

THE GOLDEN RING OF RUSSIA
Adventure bicycle tour
ITINERARY

Day	Route	Tour program	Cycling, km/mile	Accommodation
1.		Arrival	-	hostel
2.	Moscow	City-tour.	-	hostel
3.	Bus to Pereslavl-Zalessky, cycle to Slavich	City-tour in Pereslavl (Goritsky monastery, Red Square, Saviour-Transfiguration cathedral, the Boat of Peter the Great (optional), "Pleshcheevo Lake" national park)	20/15	Hotel or tents on the lake bank
4.	Cycle to Zaozer'e	Pereslavl Narrow-Gauge Railway museum (optional)	80/50	School (on the floor)
5.	Cycle to Uglich	City-tour in Uglich (the Kremlin, Museum of Russian Vodka, Bell Ring museum (optional)), banya (Russian steam bath)	45/30	Hotel
6.	Cycle to Myshkin	Ethnographic museum in Martynovo (optional), city-tour in Myshkin (Valenki (wool boot) museum, windmill)	80/50 50/30 (optional)	Cottage
7.	Cycle to Demino	City-tour in Rybinsk	60/40	Cabins
8.	Cycle to Jaroslavl	City-tour in Yaroslavl (Spassky monastery, the Volga embankment)	80/50	Hotel
9.	Train to Nerekhta Cycle to Astashevo	Banya (Russian steam bath) brewery (optional)	50/30	Cottage or tents on the Volga bank
10.	Cycle to Ples	City tour in Ples (Russian house, I. Levitan museum (optional)), banya	50/30	Hayloft
11.	Cycle to Malinki		90/55	Motel
12.	Cycle to Suzdal	Picnic on Rubskoe lake, farewell dinner	90/55	Motel or private house
13.	Cycle to Vladimir Train or bus to Moscow	City-tour in Suzdal, the Church of Intercession on the Nerl in Bogolubovo (optional), the Golden Gate and Cathedrals in Vladimir	40/25, 55/35 optional	hostel
14.	Departure from Moscow	-	-	

The itinerary may be slightly changed.