

THE GOLDEN RING OF RUSSIA
Adventure bicycle tour
ITINERARY

Day	Route	Tour program	Cycling, km/mile	Accommodation
1.		Arrival	-	Hostel
2.	Moscow	City tour in Moscow (Metro, Arbat street, Red Square) Transfer to Pereslavl-Zalessky City tour (Goritsky monastery, Red Square, Saviour-Transfiguration cathedral, "Pleshcheevo Lake" national park)	20/15	Cottage
3.	Cycle to Zaozer'e	Pereslavl Narrow-Gauge Railway museum (optional)	80/50	School (on the floor)
4.	Cycle to Uglich	City-tour in Uglich (the Kremlin, Museum of Russian Vodka, Bell Ring museum (optional)). Meeting with local cyclists	45/30	Hotel
5.	Cycle to Myshkin	City-tour in Myshkin (Valenki (wool boot) museum, windmill)	60/40	Cottage
6.	Cycle to Demino	City-tour in Rybinsk (art museum)	60/40	Cottage
7.	Cycle to Jaroslavl	City-tour in Jaroslavl (the Spassky monastery, the Volga embankment)	80/50	Guest house
8.	Cycle to Astashevo	Banya (Russian steam bath), brewery Train to Kostroma (optional)	110/30 (40/25)	Cottage
9.	Cycle to Ples	City tour in Ples (Russian house, I. Levitan museum)	50/30	Hayloft
10.	Cycle to Malinki	Jewellery factory	90/55	Motel
11.	Cycle to Suzdal	Picnic on Rubskoe lake, farewell dinner	105/65	Guest house
12.	Cycle to Vladimir Train 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)	Hostel
13.	Departure from Moscow	-	-	

The itinerary may be slightly changed.