

THE GOLDEN RING OF RUSSIA
Comfort bicycle tour
ITINERARY

Day	Route	Tour program	Cycling, km/mile
1.		Arrival	-
2.	Moscow - Rostov	Tour orientation meeting , city tour in Moscow (Metro, Arbat street, Red Square) Transfer to Rostov Kremlin.	-
3.	Cycle to Uglich	Enamel factory. City tour in Uglich. Meeting Volga. Museum of Russian Vodka, Banya (Russian steam bath - optional).	85/55
4.	Cycle to Myshkin	City-tour in Myshkin (Valenki (wool-boot) museum, windmill, folklore program)	50/30
5.	Cycle to Demino	City-tour in Rybinsk (art museum, Mologa museum)	60/40
6.	Cycle to Yaroslavl		80/50
7.	Yaroslavl	City tour in Yaroslavl (the Spassky monastery, the Volga embankment) Free time	-
8.	Cycle to Kostroma		90/55
9.	Cycle to Ples	City tour in Kostroma (the Outdoor museum of Wooden Architecture & Peasant Life, the Ipatjev monastery (optional))	60/40
10.	Cycle to Malinki	City tour in Ples (the Folklore program "Russian house", the museum of I. Levitan)	90/55
11.	Cycle to Suzdal	Picnic on Rubskoe lake Farewell dinner	105/65
12.	Cycle to Vladimir Transfer to Moscow	City tour in Suzdal (Bell rings, mead tasting) The Church of Intercession on the Nerl in Bogolubovo (optional), the Golden Gate and Cathedrals in Vladimir (optional)	40/25 (55/35) (0) optional
13.	Moscow	Departure	-

The itinerary may be slightly changed.