

Active Hiking Tour

Moscow – Elbus Region – Moscow (8 days/7 nights)

Day	Port of call	Excursion program
1	Moscow	<p>Arrival to Moscow. Meeting with a guide at the airport.</p> <p>Transfer to the hotel, check in.</p> <p>Free time</p>
2	Moscow	<p>Breakfast at the hotel.</p> <p>Bicycle sightseeing tour of Moscow.</p> <p>Time for lunch in the city center (lunch is not included).</p> <p>Walking tour of VDNH park + Botanical Garden.</p> <p>Transfer to the hotel.</p> <p>OPTION: Dinner at the hotel.</p>
3	Moscow	<p>Breakfast at the hotel.</p> <p>Transfer to Sergiev Posad.</p> <p>One-day hike-walk to the Gremyachiy Klyuch waterfall (~20km, 10 h).</p> <p>Picnic lunch on the way.</p> <p>Transfer back to hotel in Moscow.</p> <p>OPTION: Dinner at the hotel.</p>
4	Moscow – Mineralnye Vody – Kabardino- Balkar Republic (Elbrus region)	<p>Breakfast at the hotel. Check out.</p> <p>Transfer to the airport with a guide.</p> <p>Domestic flight Moscow – Mineralnye Vody.</p> <p>Meeting with a guide at the airport. Transfer to the hotel (~3,5 h), check in.</p> <p>OPTION: Dinner at the hotel.</p>

Day	Port of call	Excursion program
5	Elbrus region	<p>Breakfast at hotel,</p> <p>Walking tour to the Girlish braids waterfall with a packed lunch(~18km, 6 h).</p> <p>OPTION: Dinner at the hotel.</p>
6	Elbrus region	<p>Breakfast at the hotel.</p> <p>High-altitude excursion (~4 h) to Elbrus with time for lunch (lunch is not included).</p> <p>OPTION: Dinner at the hotel.</p>
7	Elbrus region	<p>Breakfast at the hotel.</p> <p>Walking tour to the Irikchat gorge with a packed lunch(~12km, 7-8 h).</p> <p>OPTION: Dinner at the hotel.</p>
8	Elbrus region – Mineralnye Vody –Moscow	<p>Breakfast at the hotel. Check out.</p> <p>Transfer to the airport with a guide (~3,5 h).</p> <p>Domestic flight Mineralnye Vody – Moscow.</p>