

## Treasures of Caucasus — Detailed description

Trip Length: 7    Group: 5-10    Departure: Fixed    Period: August - November

### Trip overview

This tour will make you fall in love with the Caucasus once and for all! Everyone who once meets the mountains, whose peaks touch the edge of the sky, ancient temples and fortresses that preserve their thousand-year history, mineral springs, which have absorbed all the healing power of nature, different nationalities, which from time immemorial carefully respect the Caucasian traditions and customs, will certainly change their attitude to this region of mountains and stormy rivers. The Caucasus is so complex and sometimes unbridled, but at the same time so attractive and welcoming.

During this tour you will find a journey through 6 completely different republics, each of which has its own specific flavor. You will be completely immersed in history: the medieval tower complexes Egikal and Targim in Ingushetia, as if frozen in time, ready to tell about the events of the distant past, to show how people's lives evolved and developed a multi-ethnic distinctive culture in this mountainous country. Excursions to modern cities - Pyatigorsk, Vladikavkaz and Grozny will open the Caucasus for you in a new light. Despite the differences in the beliefs and cultural traditions of the locals, they all have one thing in common: unlimited hospitality and the breadth of the "Caucasian soul". Only here you will taste aromatic Caucasian kebab, hearty khinkali and the famous Ossetian pie.

The other side of the journey is the majestic Caucasus Mountains with their amazing natural riches: Elbrus region, picturesque waterfalls, stormy rivers, alpine blue lakes, narrow gorges and endless valleys, as well as clean mountain air and many mineral springs!

You will find amazing meetings and acquaintances with the most beautiful places of the Caucasus, unique ancient monuments, memorable landscapes and good-natured people who are ready to show you the Caucasus as it really is.

### Highlights

- 6 republics of the Caucasus in just 7 days
- See one of the seven wonders of Russia - Elbrus Mount
- Take a walk in the most famous cities of the Caucasus
- Touch the ancient fortresses, whose history goes back more than 1600 years
- Improve your health in the mineral springs of the Caucasus
- Taste delicious Caucasian cuisine
- See the most beautiful waterfalls in the Caucasus
- Visit the largest and most beautiful mosque - the mosque "Heart of Chechnya"

### Tour type

DISCOVERYNATURE

### Difficulty

Easy - nothing more than normal walking while sight-seeing

### Comfort

Upgraded — all nights in comfortable rooms.

### Begining / end of the tour

Tour starts: Pyatigorsk, End of the tour: Pyatigorsk

### Program

Уникальный внутренний номер документа: 1167410

ООО «БайкалНейче» 664007, г. Иркутск, ул. Декабрьских событий, 55, офис 405.2

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ИНН 3811110257 КПП 384901001 ОГРН 1073811003221 Р/с 40702810110000700937 в АО "ТИНЬКОФФ БАНК"  
БИК 044525974 Кор. Счет 30101810145250000974

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### Day 1 — Pyatigorsk and its thermal springs

10:00 — Gathering the group in Mineralnye vody city

10:30 — Transfer to the hotel, check-in

12:30 — Lunch (Not included)

13:30 — Pyatigorsk city-tour

15:00 — Excursion to Zheleznovodsk

19:00 — Dinner (Not included)

Overnight in the hotel

Hotels: Accommodation in the hotel Intourist, Pyatigorsk, Twin room

Comfort: Comfortable accommodation, WC and bath / shower in room

### Day 2 — Elbrus - the highest mountain of Russia

07:00 — Early breakfast

08:00 — Transfer to the Mount Elbrus region

11:00 — Visit of the Adyr-Su ravine

12:00 — Mount Cheguet lift

13:00 — Lunch in the cafe (Not included)

14:00 — Mount Elbrus lift

16:00 — Return to Pyatigorsk

19:00 — Dinner (Not included)

Overnight in the hotel

Hotels: Accommodation in the hotel Intourist, Pyatigorsk, Twin room

Comfort: Comfortable accommodation, WC and bath / shower in room

### Day 3 — North Ossetia-Alania and Mountain Ingushetia

08:00 — Breakfast in the hotel

09:00 — Transfer to Vladikavkaz

12:00 — Walking city-tour

13:00 — Lunch in the city (Not included)

14:00 — Excursion to the Mountain Ingushetia

17:30 — Transfer to Grozny city

19:00 — Dinner (Not included)

Overnight in the hotel

Hotels: Accommodation in the hotel Berkat, Grozny, Twin room

Comfort: Comfortable accommodation, WC and bath / shower in room

### Day 4 — Grozny - the heart of Chechnya

09:00 — Breakfast in the hotel

10:00 — Excursion in the city Grozny

13:00 — Lunch (Not included)

15:00 — Transfer to Pyatigorsk

19:00 — Dinner (Not included)

Overnight in the hotel

Hotels: Accommodation in the hotel Intourist, Pyatigorsk, Twin room

Comfort: Comfortable accommodation, WC and bath / shower in room

### Day 5 — Cheguem waterfalls

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09:00 — Breakfast in the hotel  
 10:00 — Excursion to the Cheguem Gorge  
 13:00 — Lunch (Not included)  
 15:00 — Return to the city, time at leisure.  
 Overnight in the hotel

Hotels: Accommodation in the hotel Intourist, Pyatigorsk, Twin room  
 Comfort: Comfortable accommodation, WC and bath / shower in room

#### Day 6 — Nature and culture of the Karachay-Cherkess Republic

08:00 — Breakfast in the hotel  
 08:30 — Departure to the Dombay valley, Karachay-Cherkess Republic  
 11:00 — Stop over near the river Ulu-Murundju  
 12:00 — Walking along the Dombay meadow  
 14:00 — Lunch (Not included)  
 15:00 — Chair-lift to the mountain Mussa-Achitara  
 16:00 — Return to Pyatigorsk in the evening  
 19:00 — Dinner (Not included)  
 Overnight in the hotel

Hotels: Accommodation in the hotel Intourist, Pyatigorsk, Twin room  
 Comfort: Comfortable accommodation, WC and bath / shower in room

#### Day 7 — Kislovodsk - the pearl of the Stavropol Krai

09:00 — Breakfast in the hotel  
 10:00 — Departure to the city of Kislovodsk  
 11:00 — Excursion to the city of Kislovodsk  
 13:30 — Lunch (Not included)  
 16:00 — Transfer to the airport to the city of Mineralnye vody, end of the programme

#### Departures

Start	End	Basic price per person
05.05.2025	11.05.2025	92600.00 RUB
26.05.2025	01.06.2025	92600.00 RUB
09.06.2025	15.06.2025	92600.00 RUB
23.06.2025	29.06.2025	92600.00 RUB
07.07.2025	13.07.2025	93100.00 RUB
21.07.2025	27.07.2025	93100.00 RUB
04.08.2025	10.08.2025	93100.00 RUB
18.08.2025	24.08.2025	93100.00 RUB
01.09.2025	07.09.2025	92600.00 RUB


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15.09.2025	21.09.2025	92600.00 RUB
29.09.2025	05.10.2025	92600.00 RUB
13.10.2025	19.10.2025	92600.00 RUB
03.11.2025	09.11.2025	92600.00 RUB
17.11.2025	23.11.2025	92600.00 RUB

## Note

Single supplement - 34 700 rubles (for all 6 overnights in the hotel). You can additionally order the services of an English-speaking interpreter. The cost of the guide's services is divided among all group members interested in this service. Please check the cost of the interpreter's services with the manager. For some visits foreign tourists need a special permission. We need at least 65 days for preparing this documents.

## What's included

### Price includes

- Russian-speaking guide
- Accommodation as per itinerary
- Excursions and visits as per itinerary
- Visa invitation and registration of passports (for foreign citizens, if necessary)
- Transport a per itinerary
- Meals as per itinerary

### Price does not include

- Personal expenses and tips
- Visa fees and travel insurance
- Airline tickets
- Nature reserves and parks entrance permissions
- English-speaking guide

## Checklist & Equipment

For summer travel, we recommend preparing:

- comfortable clothes for hot and sunny weather - we advise you to give preference to natural fabrics, be sure to have sun protection (comfortable hat, SPF protection cream, sunglasses);
- protection from rain and wind - a long raincoat with a hood, for active tours - a waterproof cover on a backpack, the second pair of shoes (the ability to dry a second pair if they get wet);
- clothing in case of bad weather - when the temperature drops (in mountainous regions, on the coasts, in the evening), we recommend taking a light jacket, a warm sweater and pants

In different regions of Russia there can be significant temperature fluctuations in the summer. If you do not have experience traveling in similar regions, please contact your manager to pick up the necessary things and find out about the weather forecast in the place where you are planning your trip.

If you are traveling in the spring or autumn, please check with your manager for a list of recommended equipment and an approximate weather forecast.

## Recommended checklist

underwear, socks (several pairs)  
T-shirts, shorts  
pants, long sleeve jacket/tracksuit  
comfortable shoes for trekking  
comfortable shoes for the city  
cap/comfortable hat on head (for sun protection)  
sunglasses

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sunscreen and lip balm  
swimsuit / swim trunks  
wet wipes and antibacterial hand gel  
water bottle/flask

## Meals

If you are a vegetarian or have any particular preferences, please let us know, so we could adapt the menu.

## Visa

You need a tourist visa to travel to Russia. It can be issued for a maximum period of 30 days. Your passport has to be valid for at least six months after the expiry date of your visa and to have at least two blank pages.

BaikalNature offers visa support and has created "BaikalNature letter of invitation" package. If you buy a BaikalNature tour, this package is absolutely free; when you buy any other BaikalNature service, you will have to pay for this package.

For questions regarding obtaining an electronic visa, please contact your tour manager.

## Money

The Russian currency is ruble. The cost of travel and other services is always fixed in rubles. Please note that cards from foreign banks do not work in Russia at the moment. Tourists can obtain a bank card from a Russian bank in advance or travel with cash. If you have euros or dollars with you, exchange offices will allow you to change them easily in the cities. It is also worth noting that the exchange rate at airports is usually not the most favorable. It is better to exchange in big cities (you can check the current exchange rate online). Important! Only new banknotes without defects or any traces are accepted for exchange.

## Tipping

All persons who compose the BaikalNature travel team (guides, drivers, cooks, etc.) are paid a decent wage for their services and do not expect any tips from you. So you have no obligation to leave anything. If you really want to express your satisfaction by leaving a gratuity, and if it is in foreign currency, be aware that torn or glued coins and banknotes cannot be exchanged. Anyway, thank you for your tips, left at your discretion in envelopes.

## Health

No compulsory vaccination.

You need to get a health examination before a great trip. Consult your doctor. Get a dental checkup. If you have health problems that could worsen during the trip, make sure you have taken all your medications with you.

Provide a first aid kit that includes among other items:

- aspirin or paracetamol,
- anti-diarrheal pills,
- antiseptic,
- adhesive plaster,
- sterile pads.

If you have individual diseases, make sure you have taken your medications.

## Medical Form

No particular physical condition is required.

## Emergency Contact

You can contact BaikalNature by phone: +7 924 531 87 01 (What's App, Telegram, Viber)

In addition, your call will be forwarded to your manager, reachable 7/7.

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## Legal Mentions

Professional Guarantees: BaikalNature LLC (ООО "БайкалНейче"), United Federal Register of Tour Operators number: RTO 009402.  
Financial Guarantee: "Gaide insurance company" JSC (АО "Страховая компания Гайде"). Insurance contract N 4875/2422-49 from August 6, 2024. Amount of coverage: 500 000 RUB. Legal and actual address: BaikalNature LLC, 55 Dekabrskikh Sobyti Str., office 204.1 664007 Irkutsk Russia

## Cancellation Options

The cancellation options are:

- more than 40 days before departure - 30 % of the tour price,
- 39 - 10 days before departure - 60 % of the tour price,
- less than 10 days before departure - 100 % of the tour price.

## Travel Insurance

In addition to your personal insurance, you have an opportunity to purchase local insurance. Please, do not hesitate to ask us about our services.

## Security

Your safety is very important to us! During the trip we ask you to follow the guide's advice, read the instructions carefully and follow the group. If you have any questions or experience any discomfort, please notify your guide or tour-manager immediately.

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