

## Classic Caucasus — Detailed description

Trip Length: 6    Group: 4-12    Departure: Fixed    Period: October

### Trip overview

If you are looking for a real vacation, which has a diverse nature, centuries-old history, rich culture and, of course, hospitable people, then the Caucasus will give you all this. Visit the busiest cities of the Caucasian Mineral Waters - Pyatigorsk, Zheleznovodsk and Kislovodsk, which can boast of their originality and uniqueness, which have always been considered not only the best, but also the oldest resorts in Russia.

But the Caucasus is not only resorts with mineral springs. The main highlight of the tour will be the great Elbrus - the highest mountain peak in Europe. The best way to enjoy and appreciate its beauty is to go to the Elbrus region and take the lift from the Azau glade, then you will see a delightful picture. The Chegem Gorge with weeping waterfalls should also not be left without your attention. These places, where the pristine nature has been preserved, will conquer every demanding traveler. You will also visit the real monuments of the Middle Ages - the Ingush towers.

Spice up this adventure with tastings and master classes, and get a mixture of unique nature, ancient history and vibrant colors! You will definitely remember such an acquaintance with the Caucasus!

### Highlights

- Visit 3 Caucasus regions: Stavropol Krai, Kabardino-Balkaria and Ingushetia
- Relax in the 3 main resort cities of the Caucasian Mineral Waters
- See the highest point in Europe - Elbrus
- Learn how the rocks "cry" in the Chegem Gorge
- Taste the Caucasus: national dishes of different regions and wines

### Tour type

DISCOVERYNATURE

### Difficulty

Easy - nothing more than normal walking while sight-seeing

### Comfort

Upgraded — all nights in comfortable rooms.

### Beginning / end of the tour

Tour starts: Pyatigorsk, End of the tour: Pyatigorsk

### Program

#### Day 1 — Kislovodsk natural outskirts and Honey Waterfalls

13:00 — Lunch (Not included)

14:00 — Arrival to Pyatigorsk city and check-in

14:30 — Excursion to Honey Waterfalls

19:00 — Dinner (Not included)

Overnight in the hotel

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

## Day 2 — Chegem Gorge - the pearl of Kabardino-Balkaria

09:00 — Breakfast in the hotel's restaurant  
10:00 — Excursion to the Chegem Gorge  
13:00 — Lunch (Not included)  
14:00 — Visit to Geduko thermal springs  
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 — Excursion to the Elbrus region

09:00 — Breakfast in the hotel's restaurant  
10:00 — Excursion to the Elbrus region  
13:00 — Lunch in the cafe (Not included)  
18:00 — 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 4 — Culture and cuisine of the Caucasus

09:00 — Breakfast in the hotel's restaurant  
10:00 — Pyatigorsk city tour  
14:00 — Lunch (Not included)  
15:00 — Tasting of Caucasian wines and cognac  
17:00 — Caucasian dance master class  
19:00 — Dinner  
Overnight in the hotel

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

## Day 5 — Ancient mysteries of Ingushetia

06:00 — Breakfast in the hotel  
06:10 — Transfer to Ingushetia  
11:00 — Excursion to the Jeirakh Gorge  
13:00 — Lunch in the local cafe  
16:00 — Master class on making a national dish  
17:00 — Tour of the tower complexes of Ingushetia  
20:00 — Return to Pyatigorsk  
Overnight in the hotel

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

## Day 6 — Excursion around Zheleznovodsk and Cossack culture

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10:00 — Breakfast in the hotel's restaurant  
11:00 — Check-out  
13:00 — Lunch (Not included)  
13:30 — Excursion around Zheleznovodsk  
16:00 — Excursion to the Cossack farmstead  
18:00 — Dinner  
19:00 — End of the program

## Departures

Start	End	Basic price per person
06.05.2025	11.05.2025	81400.00 RUB
10.06.2025	15.06.2025	81400.00 RUB
22.07.2025	27.07.2025	81800.00 RUB
19.08.2025	24.08.2025	81800.00 RUB
16.09.2025	21.09.2025	81800.00 RUB
21.10.2025	26.10.2025	81800.00 RUB

## Note

Single supplement - 31 200 rubles (for all 5 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. Entrance fees and environmental tax are not included in the price (about 50 - 350 rubles)

## What's included

### Price includes

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

### Price does not include

- Personal expenses and tips
- Visa fees and travel insurance
- Nature reserves and parks entrance permissions
- Airplane/ train tickets
- 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

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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

T-shirts, shorts  
pants, long sleeve jacket/tracksuit  
rubber slippers  
comfortable shoes for trekking  
comfortable shoes for the city  
cap/comfortable hat on head (for sun protection)  
sunglasses  
swimsuit / swim trunks  
wet wipes and antibacterial hand gel  
water bottle/flask  
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### 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,

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- 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.

### 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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