

Destination Fact Sheet: Russia

Worldwide region:	Asia
Capital City:	Moscow (GMT +3-4hrs)
Environment:	Alpine mountains
When to go:	June - Sept
Itineraries:	Explorer, Expedition
Highlights:	Altai Mountains, Karelia region, St. Petersburg, Moscow, Mt Elbrus



Essentially: Russia's mix of complex history and remarkable scenery make it a must see destination.

About the country

Russia is a vast country containing 11 time zones and since the fall of the Soviet Union it has opened its doors to visitors who now flock to the great cities of Moscow and St. Petersburg. These important imperial destinations provide a great introduction to Russia's heritage, but it is an exploration of the country's most rural areas that will reward the adventurous traveller with the remote treasures of its wilderness, that lie hidden and forgotten.

Located in south-western Siberia, the Altai Mountains are a stunning area, also known as Siberian Switzerland from where that the great Siberian Rivers flow. The word 'Altai' is derived from the Mongolian for "gold" and, spending time here, you will find it easy to understand why the ancient name for this region was "The Golden Mountains'.

Explorer Programmes

The Altai Mountains are ideal locations for multi-day trekking and rafting. Your exploration of this region will begin with an internal flight to Barnaul, one of the oldest cities in Siberia, before reaching the tranquil and picturesque Katun River. Surrounded by cedar forests and alpine meadows, your trek will take you on a route where you will discover the untouched beauty of this region, with excellent views of the huge snowy massif of Mount Belukha.

Expedition Programmes

After a tour of Moscow experienced groups may travel to the southern region to climb Mt Elbrus (further information is available upon request only), otherwise groups will travel to the borders of Kazakhstan and raft the course of the Kucherla River. Passing from one village to the next, you will learn more about the traditional customs still present in this rural area before a subsequent trekking phase, either leading you to the Ak-ojouk valley, famous for its seven coloured lakes, or the Karatiurek pass, offering panoramic views over the entire region.

In summary

Russia is an emerging destination and offers excellent opportunities for adventurous school groups wishing to experience a remote and challenging environment. Groups should be experienced with outdoor adventures and must undergo a fitness programme in the UK in order to be physically prepared for the itinerary.



To discuss the variety of options for tailor making a trip to Russia for your group, please telephone us on 0845 634 4670 or visit our website at www.schoolsworldwide.co.uk