



# GEORGIA HIKING ADVENTURE



HIKING HOLIDAYS WITH ZANNA VAN DIJK  
IN PARTNERSHIP WITH **WORLD EXPEDITIONS**



# Hiking in Georgia with Zanna Van Dijk

Adventure into the scenic, mysterious and fascinating lands of Georgia



World Expeditions will endeavour to arrange for single travellers to share accommodation with another participant of the same gender, however if we cannot match you up a single supplement will be applicable. If you prefer not to share, a single supplement is payable to guarantee your own room. Please refer to our website for the additional cost.

For competitive airfares and stopover ideas to join this adventure, contact our expert staff today to receive a detailed quote.

## the trip

Join Zanna Van Dijk on this adventure into the scenic, mysterious and fascinating lands of Georgia. Explore the enthralling cities of Tbilisi and Kutaisi, three thousand year old Mtskheta and the ancient cave town of Uplistsikhe. Travel to Svaneti, a region boasting the highest mountains and glaciers. View the impressive Mt. Tetnuli (4,800m.) and ascend Chkhutnieri Pass (2730m). Walk to the village of Ushguli (2200m), the highest permanently inhabited village in Europe and UNESCO World Heritage Site. Our planned hikes will explore the dramatic landscape of the Svaneti region on foot, with inspiring views of the high mountains. Delight in the scenic panoramas of mountains, rivers and glaciers that await you in historic Georgia.

## at a glance

DAY 1	JOIN TBILISI, GEORGIA
DAY 2	TBILISI WALKING TOUR
DAY 3	TBILISI TO MTSKHETA, GORI, UPLISTSIKHE & KUTAISI
DAY 4	KUTAISI - OKATSE CANYON - BECHO
DAY 5	ETSERI TO MAZERI HIKE
DAY 6	MESTIA TO ADISHI HIKE
DAY 7	CHKHUTNIERI PASS TO IPRARI VILLAGE HIKE
DAY 8	HIKE TO USHGULI VILLAGE
DAY 9	GORVASHI HIKE, AND RETURN TO USHGULI
DAY 10	DRIVE FROM USHGULI TO KUTAISI
DAY 11	GELATI MONASTERY, PROMETHEUS GROTTO AND CONTINUE ONTO THE BLACK SEA.
DAY 12	BATUMI
DAY 13	END OF ARRANGEMENTS

## what's included

- 12 breakfasts, 6 lunches and 10 dinners
- Accommodation in comfortable hotels on a twin-share basis in cities
- Small family run hotels & guest houses on a twin-share basis, 2 nights on a multi-share basis
- Arrival and departure transfers
- Internal transport by private vehicle
- English speaking local guides & mountain guide during trek
- Local sightseeing & entrance fees to monuments as listed in itinerary
- Group medical kit

## what's not included

- Meals not indicated in the itinerary
- Bottled water
- Aerated and alcoholic drinks
- Items of a personal nature such as phone calls, laundry, etc.
- Tips
- International flights
- Airport and departure taxes
- Visas
- Travel insurance

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## trip dates

## important notes

## fast facts

**Countries Visited:**  
Georgia

**Visas:**  
Yes\*

**Vaccinations:**  
Please consult a travel vaccination specialist for up to date information

**Private Groups:**  
Private group options are available for this trip\*

**Singles:**  
A single supplement is available for this trip\*

**Leader:**  
Expert local leader

**Advice for people with limited mobility**  
This trip is not suitable for people with limited mobility.

## detailed itinerary

### DAY 1 Join Tbilisi, Georgia

If you are arriving at the airport today, you will be met and transferred to your group hotel. The remainder of the day is at your leisure. Tbilisi has been the site of human settlement since 4000BC. With a charming blend of natural beauty and delightfully crumbling art nouveau architecture, this city is sure to captivate. This evening you will meet the rest of your group, and be welcomed by Zanna and your local guide will provide a trip briefing after which we will head out in Tbilisi for dinner at a local restaurant.

Overnight: Hotel Strofi or similar  
meals: D

### DAY 2 Tbilisi Walking Tour

Tbilisi is a blend of Asian mystical world and European charm. Located in the gorge of Mtkvari River it's shaped out in accordance with the terrain and forms a very beautiful city with Mt. Mtatsminda embracing the entire town, Narikala Fortress topping up the oldest quarter of Tbilisi – Kala and Metekhi Church overlooking Mtkvari River from a rocky plateau. On our walking tour (4 to 5 hours) of Tbilisi you'll see the highlights of the Old Town with beautiful Orthodox Christian Churches, Mosque, Synagogue, famous and refreshing Sulphur Baths, narrow cobbled streets with hanging wooden carved multi-colored balconies and the 19th century houses following the architectural styles of the 19th century Europe, Narikala Fortress, the glass Bridge of Peace, Freedom Square and Rustaveli Avenue. We will ride the metro today and take the cable car for great views. We will finish our tour on Rustaveli Avenue and return to our hotel. Tonight we will enjoy dinner in a local restaurant.

Overnight Hotel Strofi or similar.  
meals: B,D

### DAY 3 Tbilisi to Mtskheta, Gori, Uplistsikhe & Kutaisi

We drive to visit the ancient 3000 year old capital and religious centre of Georgia, Mtskheta to see its historical sites. Jvari church (6th century) and Svetitskhoveli Cathedral (11th century) where the Robe of Christ is buried are both UNESCO World Heritage sites. Then drive to visit the town of Gori, en route visit a local winery to learn more about Georgian wine-making, taste wines and enjoy a home-made lunch (lunch paid locally). Continue onto the Uplistsikhe Cave Town (1st millennium BC), which is where the Great Silk Road used to pass. This is an old and interesting complex with dwelling quarters, wine-cellars, bakeries and a three-nave basilica church hewn out in rock. Afterwards we continue towards the western part of Georgia. In the evening we arrive in Kutaisi, the second largest city in the country. In Kutaisi, we may be divided into several guesthouses for overnight stays, but we will all eat together.

Overnight: Kutaisi local guesthouse/hotel.  
Driving: 4hrs  
meals: B,D

### DAY 4 Kutaisi - Okatse Canyon - Becho

In the morning we will visit the colourful Kutaisi agricultural market. Then we continue our way to the village of Gordi and "Okatse" Canyon, which offers marvellous views. The canyon walk first takes us through the fields and then brings us to the hanging bridge-way attached to the rock plateau. We have to walk approx.

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## thoughtful travel

The natural environments that you'll travel through are fragile; the cultures and traditions precious and often the communities we pass through are reliant on tourism. It is our responsibility as visitors to minimise the impact of our presence, protect what is precious and where we can leave a positive impact. Learn how you can do this by downloading the Thoughtful Traveller booklet from our website.

## trip grading Moderate

These adventures involve trekking for up to 6 or 8 hours a day at a steady pace. Be prepared for potential variable weather conditions. These adventure tours sometimes may visit remote areas where facilities are often basic. Many of these trips sometimes involve some basic lodging.

These adventure tours will often involve long journeys and rough roads. To enjoy these adventures you will need a good level of fitness and good health, a moderately active lifestyle and have a positive attitude.

Suggested preparation: We recommend 45 minutes of aerobic type exercise three times a week, from a minimum of three months prior to your departure. This can include swimming, jogging, hard walking or cycling - good cardiovascular exercise. For treks, hill or stair walking with a 7kg daypack is also highly recommended at least once a week.

1000 steps down and then continue on the Bridgeway along the canyon. Our route then will continue a local village to enable us to return to the road, where we meet our vehicle. Then we continue our journey to magnificent Upper Svaneti province. Situated on the southern slopes of the central Caucasus Mountains and surrounded by 3000m-5000m snow capped peaks, Svaneti is the highest inhabited area in the Caucasus. Four of the ten highest mountains of the Caucasus are in the region.

Overnight: Becho local guesthouse

Hiking: 1.5hrs (iron steps & pathways)

Driving: 6-7hrs (on very bumpy roads)

meals: B,D

### DAY 5 Etseri to Mazeri Hike

Today's walk is a wonderful chance to see the 2 pointed glacier of Ushba and other surrounding glaciers. In the morning we'll drive for about 20 minutes from Becho to Etseri and start our walk from the village finishing it in Mazeri, passing through forests and offering a great perspective of the province, and fantastic views. Our hike includes a manageable climb to Baki Pass (2430m), and once we arrive in Mazeri we will meet our vehicle and be transported to Mestia for overnight.

Overnight: Mestia local guesthouse

Hiking: ~7 to 8hrs; 19km; 1000m ascent; 800m descent

meals: B,L,D

### DAY 6 Mestia to Adishi Hike

In the morning we drive to Mulakhi village to start our picturesque walk to Adishi. We will start from the slopes of Mt. tetnaldi referred as the "Bride of Svaneti" since it's always dressed in white and glamorous! At the end of our walk we reach one of the most remote villages of Svaneti where people and landscapes are really special and welcoming. This remote village is difficult for vehicles to reach and sometimes, even in the summer following rain, 4WD vehicles cannot drive the road. There are only 5-6 families living in the village and they will host us in their houses, with traditional Svanetian hospitality and food. Dinner and overnight at a local guesthouse in Adishi with very basic facilities.

Note: On the occasions when our vehicles cannot access the village due to weather conditions, it may be necessary to carry an overnight bag. This night's accommodation is basic and on a multi-share basis. Hot water is available at the guesthouse but the toilet is located in an out-building.

Hiking: ~5-6hrs; 15km; 1070m ascent; 530m descent

Overnight: Adishi local guesthouse (shared bathroom facilities)

meals: B,L,D

### DAY 7 Chkhutnieri Pass to Iprari Village Hike

Today one of the most significant days of our journey is ahead of us. We will begin walking in the early hours of the morning. We follow the Adishura River and make our way across the water on horseback. After several minutes the Adishi glacier will come into sight. The eternal, huge collection of ice at Mt. Tetnaldi (4800m), the green fields and the mountain flowers, the tapestry of colours, will remain forever imprinted in our memories. Soon Ushba will rise into the horizon. Those who ascend

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## adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.

## important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

Chkhutnieri Pass (2,730m) will have the sensation that they can touch the peak of Tetnuli and clouds with their hands. We will descend down from the pass and make our way to the village of Iprari.

Note: tonight's accommodation will be in a basic but welcoming village guesthouse on a multi-share basis.

Hiking: ~7-8hrs; 20km; 620m ascent; 800m descent

Overnight: Iprari local guesthouse (shared bathroom facilities)

meals: B,L,D

### DAY 8 Hike to Ushguli Village

Today we walk to the village of Ushguli (2200m) the highest permanently inhabited village in Europe and UNESCO World Heritage Site. The village is most famous for its abundance of iconic watch towers and this is where you get the view of the highest mountain in Georgia, Mt. Shkhara (5201m). As the walk to Ushguli isn't very long (4 hours) we also have the option to walk up the steep hill to Queen Tamar's Tower. Rest of the afternoon free at leisure to explore Ushguli; or visit Lamaria Church (10th century A.D) which is the best example of Svaneti and church architecture with ancient frescoes and prominent examples of iconography.

Hiking: ~4-5hrs; 13km; 440m ascent; 175m descent (excluding Queen Tamar's Tower)

Overnight: Ushguli local guesthouse

meals: B,L,D

### DAY 9 Gorvashi Hike, and return to Ushguli

Today we take a 4-5hr walk to Gorvashi Pass – the classic hike climbing onto the Svaneti mountain range, running in the east-western direction south of the village. The walk offers some of the best panoramic views of the main ridge of the Greater Caucasus - on clear days, you will see Ushba, Elbrus and even more distant mountains. And of course, also mountains and valleys of Lower Svaneti to the south. The hike is not easy, but definitely worth it for the views we will experience.

Hiking: ~4-5hrs; 7km; 840m ascent/descent

Overnight: Ushguli local guesthouse

meals: B,L,D

### DAY 10 Drive from Ushguli to Kutaisi

Today we must leave the magnificent western mountains and make our way back to Kutaisi by vehicle. This morning we'll take a short walk towards the highest mountain of Georgia – Shkhara (5068m). We will follow the river bed of the Enguri River and see the glacier which is the source of the river. After a 2-3hr walk we drive to Kutaisi by 4WD over the Zagaro Path and enjoy the wilderness and the beauty of the surrounding mountains.

Dinner and overnight at a family hotel in Kutaisi (we might be divided into several houses, but we'll have meals together).

Hiking: ~2-3hrs; 10 to 12km; 200m ascent/descent

Driving: 5 to 6 hours

meals: B,L,D

### DAY 11 Gelati Monastery, Prometheus Grotto and continue onto the Black Sea.

This morning we visit Gelati Monastery – UNESCO World Heritage Site and continue to the underground mystical world of the Prometheus grotto with stalactites and

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stalagmites (closed on Mondays), we will take a walk in the grotto to enjoy the beauty of the nature. At the end of the tour we take the boats for more adventures. In the afternoon we drive to the 'gem of the Black Sea' – the town of Batumi and enjoy a short walking tour - Piazza square, Church of St. Nicholas, Europe square, Drama theatre of Batumi, Dancing fountains, walking down the boulevard, Alphabet tower, the moving statue of Ali & Nino and Batumi port.

Overnight at a hotel in Batumi, Tapis Rouge or similar.

Driving : 2 to 3 hours

meals: B

## DAY 12 Batumi

Today we have a change of pace, and you have a free day to relax in Batumi on the Black Sea. You can just relax on the beach or go for a swim.

Overnight : Batumi Hotel, Tapis Rouge or similar

meals: B

## DAY 13 End of Arrangements

Today we will say goodbye, with transfers to the airport arranged for your flights home.

meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

## country information

Bordered by the Caucasus to the north and the Black Sea to the west, Georgia has always been somewhat of a cultural crossroads. Regaining independence with the break up of the USSR in 1991, followed by turbulent times in the early 90's, Georgia has now emerged as a much more stable, independent state. Georgia has much to offer in terms of natural beauty, history and culture. Situated in the Mtkvari River valley, Tbilisi is the capital with a population of approx. 1.5 million, and is a vibrant and interesting city. Highlights of a visit to Tbilisi include a stroll around the charming old town, a visit to the sulphur baths, the superb artistry of the gold and silver work in the treasuries of the Janashia and art museums, and of course the delicious Georgian cuisine found in the many restaurants.

## climate

Georgia has cold, short winters and long, hot summers, however visitors come year around. Spring is a particularly lovely time of year in Georgia, depending on the region daytime temperatures are mild to warm and range from zero to 23 degrees Celsius during this time.

## dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

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## hygiene

To maintain hygiene while travelling, we recommend carrying a small tube of hand washing gel or wipes to clean hands. You should also carry a plastic bag with you during the day to collect your rubbish and dispose of it when a proper receptacle is available.

## accommodation on the trip



In the city we use comfortable, centrally located hotels. In more remote rural regions, we select the best accommodation available. Many of the hotels and guesthouses in Georgia are old fashioned, family run establishments which are warm and welcoming. Some facilities can be basic but this is reflective of their location. Two nights are spent at basic lodgings which can only accommodate on a multi-share basis.

## pre and post tour accommodation

Your travel consultant or travel agent can assist you with booking your pre and post tour accommodation. If you make your own travel arrangements please advise your travel consultant or travel agent at least 14 days prior to departure.

## what you carry

You will be required to carry all your luggage between hotels and transportation. On sightseeing days you will be required to carry a day pack with your camera, water proof clothing and any other personal items you may require during the day.

## equipment required

Specialist gear required include walking shoes and day pack (a comprehensive gear list is provided in the pre-departure information provided on booking).

## vehicles & safety

During the course of your trip, we will use a variety of vehicles, all of which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and whilst wherever possible, vehicles with seatbelts are provided, on occasion some vehicles may not have seat belts fitted.

## visas

Visas are not required for passport holders from the following countries:

Australia

New Zealand

Canada

United States

United Kingdom

Please note the following: The traveller must hold proof of sufficient funds, hold all documents required for the next destination and hold proof of return or onward tickets to next destination.

All other nationalities should check with your nearest embassy or consulate.

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Please bear in mind that visas may be required for countries you are visiting en route or transiting through on the way to your destination. It is important that you check the requirements of all countries you will visit. Visa costs and requirements do change regularly so we suggest you check with your travel agent or World Expeditions reservations consultant. It is your responsibility to obtain all necessary visas.

## info nights

World Expeditions invites you to attend our inspiring adventure travel information nights. These special evenings are designed to inform and entertain and are hosted by our most experienced and passionate adventure travellers and mountaineers. Ask our staff for a info night schedule or register on our website - [www.worldexpeditions.com](http://www.worldexpeditions.com). Shows can fill early so it is important to register your attendance so we know to save a seat, or two.

## private groups

The adventures featured in our brochures, and on our website, are just a starting point for many of our private group travellers. Working closely with our Groups Department we can organise custom designed itineraries for groups of friends, clubs, charity's, schools or even work colleagues. Our team will assist you with all aspects of your private group adventure from itinerary design to group flights. Contact our team today.

## subscribe to our e-newsletter

Never miss an amazing deal, inspirational speaker tour or exciting new trips and cutting edge adventure news. Head to our website to subscribe to our regular e-newsletter.

## social networking

Connect with us on social

FACEBOOK: [@worldexpeditions](https://www.facebook.com/worldexpeditions)

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YOUTUBE: World Expeditions

Subscribe to our channel at [youtube.com/worldexpeditions](https://youtube.com/worldexpeditions)

Share the love

Use the hashtag #WorldExpeditions on your best travel photos and videos to be featured.

## trip availability

If this trip seems right for you then we encourage you to call us now to check availability. There are many reasons why you may not be able to join your desired departure and limited space on our small group departures is just one of them. Many of our adventures require us to secure services on your behalf; such as trekking permits, train travel and visa invitation letters. The demand is increasing each year making it difficult to join a trip last minute. To ensure we can assist you onto your adventure of a lifetime we ask that you check your trip availability with our team at your earliest convenience.

## how to book

To book a World Expeditions trip, you will need to complete a booking form and pay a non refundable deposit which you can do by using our online booking function for most trips, or if you prefer, download a booking form from the website and return to your nearest World Expeditions office or travel agent. We can also help you with any additional arrangements that



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you require, such as competitive airfares to get you to your destination, stopovers, pre or post trip accommodation or any additional tours that you wish to take in conjunction with the main World Expeditions trip.