Walking in the Georgian Caucasus



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Small group holidays	Georgia	8	1690kg CO2

HOLIDAY OVERVIEW

A landscape of alpine flower-filled meadows, towering mountains, and glaciers make the Greater Caucasus mountains a thrilling walking destination. Explore Tbilisi and the Svaneti region, where you'll come across ancient stone defensive towers known as koshki as you hike its heart-achingly beautiful trails. From the thundering Ushba waterfalls to Georgia's highest peak, Shkhara (5,068m), this holiday introduces you to Georgia's most jaw-dropping sights.

WHAT YOU'LL LOVE

- Walking in the stunning Svaneti region of the Greater Caucasus mountains
- Soaking up views of meadows, lakes, glaciers, and waterfalls
- Sightseeing in Georgia's eclectic capital, Tbilisi
- Staying in locally run guesthouses in traditional villages
- Exploring the Motsameta Monastery and Academy
- Visiting UNESCO sites in Mtskheta – Jvari Monastery and Svetitskhoveli Cathedral
- A more personalised experience thanks to small group sizes (maximum 16 people)
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WHAT'S INCLUDED

- Local Tour Manager leading walks and sightseeing
- 10 nights' touring accommodation across Georgia including family-run guest houses
- 11 breakfasts, 6 lunches & 9 dinners
- All sightseeing and entrance fees (as per itinerary)
- All in-destination transport
- Return flights from London including baggage and transfers

ITINERARY - ITINERARY 2026

Day 1 **Overnight Flight**

Depart the UK on an overnight flight to Tbilisi.

Day 2 **Arrive Tbilisi**

Arrive at Tbilisi airport in the early hours and transfer to the hotel. Unpack, settle, in and get some rest. After breakfast, you're free to relax around the hotel or explore the city. Later in the afternoon, meet your local guide and fellow group members, then visit the Georgian State Museum before a welcome dinner.

Day 3 **Tbilisi Sightseeing**

Today, we will explore the Georgian capital, Tbilisi. We'll begin at the 13th century Metekhi church which enjoys magnificent views over old Tbilisi. Stroll along winding little streets admiring the colourful houses and patterned balconies as we tick off all the top sights of the city. Following the tour, we'll take a scenic cable car ride up to the ancient Narikala fortress and soak up to panoramic views over Tbilisi's cityscape before walking down to the historical domed sulphur bath area.

Day 4 **Travel to Svaneti Region**

This morning we'll take a train to the charming city of Zugdidi. The capital of the Samegrelo-Zemo Svaneti region, it was once a powerful principality, and its faded grandeur can be seen in landmarks like the Dadiani Palace. In the afternoon, we'll drive to Becho village, where we'll spend the night.

Day 5 **Ushba Waterfall walk**

Distance: 6.2 miles (10km)

Ascent/Descent: 1800 feet (550m)

Today begins with a drive to Shikhra village. From there, we will set out on foot for a walk towards the twin peaked Ushba Glacier. After crossing a deep forest, we stop to admire the waterfalls and the impressive mount Ushba, which rises to 4700 metres. Afterwards, we will head back to our base in Becho for dinner.

Day 6 **Walk Etseri village to Mazeri Pass**

Distance: 9 miles (15km)

Ascent: 3100 feet (950m)

Descent: 3300 feet (1000m)

Nestled in the mountains like a swallow's nest, the village of Esteri makes a great starting point for our hike today. Arriving to the village by road, we'll set off on foot accompanied by views of the snowy peak of Laila – one of the highest points of Georgia's Svaneti Range at 4,008m. Upon reaching the top of Mazeri Pass we are treated to views of Ushba glacier. Descending through green meadows, we'll meet up with our transport and return to the guesthouse.

Day 7 Mulakhi visit: Walk to Mestia

Distance: 8 miles (13km)

Ascent: 1700 feet (520m)

Descent: 2100 feet (650m)

Mulakhi is our destination today. This remote village is famous for its centuries-old towers that stand watch over the surrounding landscape of wildflower meadows and mountains. We'll walk through a variety of forested paths and open trails before finally returning to our guesthouse.

Day 8 Koruldi Lakes walk

Distance: 5 miles (8km)

Ascent/Descent: 2000 feet (600m)

This morning sees us set off in a fleet of 4x4s for a drive up to Jvari point (2170m) where we'll begin our walk through the Koruldi lakes. On the way, we will see countless summits and glaciers including Tetnuldi (4800m), Laila (4008m), Chatini (4012m), and Banguriani (3838m). Passing by a collection of small mountain lakes, we'll be rewarded with impressive 360-degree panoramas of the Greater Caucasus. After lunch in a scenic picnic spot, we'll descend back to Jvari and drive to the village Ushguli where we'll spend the night.

Day 9 Shkhara Glacier walk

Distance: 11 miles (18km)

Ascent/Descent: 1050 feet (320m)

Today's route takes us to the base of Georgia`s highest mountain, Shkhara (5068m). A huge glacier, it's the source of the Svaneti region's main river, the Enguri. After reaching the edge of the glacier (2500m) we return to Ushguli and continue to Mestia, where we'll overnight in a guesthouse.

Day 10 Visit Zugdidi: travel to Kutaisi

Today we leave the Svaneti region and drive to Kutaisi. But before we go, there's time to visit the Botanical Garden in Zugdidi. In the afternoon, we'll arrive at our hotel in Kutaisi.

Day 11 Mtskheta visit: return to Tbilisi

Our final day includes a visit to Motsameta Monastery which sits on a spectacular clifftop above the Tskaltsitela River – plus a stop in Georgia's ancient religious centre, Mtskheta. We'll explore Jvari Monastery and Svetitskhoveli cathedral, both of which are also listed by UNESCO. Afterwards, we'll drive to Tbilisi where we'll check in to our hotel for the final night of our trip. Together we'll enjoy a farewell dinner at a traditional Georgian restaurant.

Day 12 Departure Day

Transfer to Tblisi airport for your return flight to the UK.

DAILY WALK OPTIONS



Challenging walking grade 8

Challenging walks for fit, experienced walkers. Expect rugged or mountainous terrain, or some longer distances than typical for this grade. Typically, 12-13 miles (19-21km) with around 2,300ft (700m) of ascent.

ACCOMMODATION

Museum Hotel, Tbilisi - Georgia

What was once the home of Georgian nobility is now a boutique hotel with bags of character. Each air-conditioned room has individually designed décor, marble bathrooms, and tea and coffee making facilities. The hotel's on-site restaurant serves local and international cuisine throughout the day while guests can enjoy cocktails and French pastries at Museum Café.

Family-run guesthouses - Georgia

In Becho and Ushguli, we'll stay in traditional family-run guest houses. These small and friendly properties are a great way to experience authentic Georgian hospitality and local food, where group meals are taken in a cosy dining room. Guest rooms are simple but comfortable and come with private bathrooms.

Chalet Mestia, Mestia - Georgia

Located in Mestia, just an 8-minute walk from the Museum of History and Ethnography in the regional centre of the Svaneti mountain region, the hotel features a bar and traditional Georgian restaurant with mountain views. Rooms feature WiFi, TV and private facilities.

Hotel Grand Opera, Kutaisi - Georgia

Located by the Opera House in central Kutaisi, this 19th century former hotel palace was renovated into a boutique hotel in 2021, with stylish décor, featuring a bar, terrace and rooms with a desk, coffee machine, fridge, minibar, and safety deposit box.

ESSENTIAL INFORMATION

Packing list

Georgia's weather varies considerably from season to season, so it is good to pack layers. We travel in the summer months and depending on the location the temperatures can be mid 20s through to 30 degrees.

Essentials

- Walking boots with good ankle support and grip
- Light weight clothes including shorts
- Waterproof jacket in case of sudden showers
- Light jumpers for cooler evenings
- Walking clothing
- Walking socks (plus spares)
- Sunhat
- Water bottle (minimum 2 litre capacity)
- Headtorch
- High-factor sunscreen (minimum SPF 30)
- Sunglasses
- Rucksack (15-30 litres)
- Mobile phone
- Camera
- Personal first aid kit (containing your medication, blister plasters, etc.)
- Passport
- Visa (if applicable)
- Copy of your travel insurance policy

Recommended

- Collapsible walking poles
- Insect repellent

Optional extras

- Mat to sit on for resting and picnics during walks

JOINING INSTRUCTIONS (WITH FLIGHTS)

With flights

Book your holiday 'with flights' and you can choose to depart from selected UK airports* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email reservations@hfholidays.co.uk

If you choose to book your flights with us, we automatically include return transfers between the destination airport and hotel.

JOINING INSTRUCTIONS (WITHOUT FLIGHTS)

Without flights

Alternatively, tailor your journey to suit you by booking your holiday 'without flights' and you'll have the freedom to book your own flights from your local airport.

*Subject to availability

Your hotel is available for check in from 3pm onwards on day 1 of your holiday however dinner is not included. Please meet your guide and with flight guests at 4pm in reception on day 2 for a briefing and short walking tour before dinner.

USEFUL INFORMATION

Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so before you travel.

For more information about healthcare and its costs, please visit: https://www.nhs.uk/using-the-nhs/healthcare-abroad/

Useful information

Weather & Seasonality

Georgia benefits from a favourable temperate climate year round.

Summers around the Black Sea area are warm and humid, with average temperatures reaching the mid to high 20s in the summer months. In the Eastern part of the country, the temperature is more moderate and arid with plenty of sunshine and occasional heavy rain, especially in the spring. The maximum altitude on our programme is 2,850 metres above sea level. In the Caucasus Mountains the weather is less predictable, and you may encounter cold snaps and down pours during our walks.

LOCAL CURRENCY

Local currency for Georgian

The local currency is Georgian Lari (GEL).

Credit cards can be used in big cities like Tbilisi and Kutaisi, but in places like Becho, Mestia and Ushguli, it's better to have cash. ATMs are easy to find in Tbilisi and Kutaisi, there are a few in Mestia, but none in Becho or Ushguli.

We recommend approx. 100 GEL per day is enough, since most meals are included, however it depends how much each person wants to spend.

TRIPNOTE VALIDITY

TRIP NOTE VALIDITY These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred. In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any

doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary. The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

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