

GUIDE



SOCHI



2018

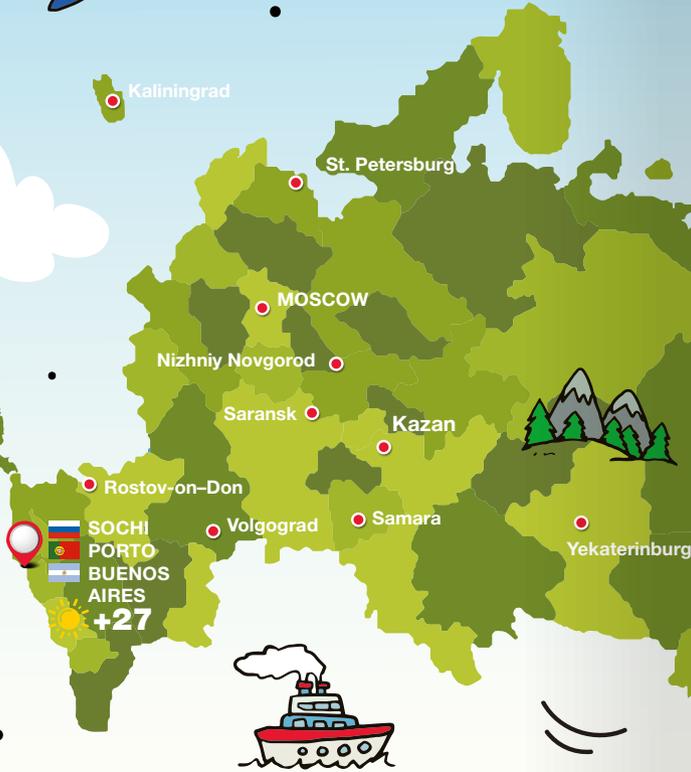
**RUSSIA
TRAVEL**

WELCOME



TO SOCHI





A LOT OF SILLY MYTHS AND LEGENDS ARE CREATED ABOUT RUSSIA, AND FOREIGNERS BELIEVE THEM TO BE THE TRUTH.

But sure enough it is an absolutely different country. And the Russians are not the people from those legends.

This tour guide will introduce you to real Russia and its people. Later you will see everything with your own eyes.

EXPECTATIONS

Foreigners often think that the everlasting winter and snow hills two meters high are Russia. Even in summer it's freezing cold and uncomfortable. May be there is no summer at all.

Follow me!
To be continued
on the next
page.

REALITY

In fact in most parts of Russia summer is a warm and nice season. By comparison, Moscow summer is like Minneapolis (the USA) summer, the summer weather in Saint Petersburg is just like the weather in summer Copenhagen (Denmark), the weather in Kazan in summer resembles the weather in Chinese Harbin. It's as hot in summer in Sochi as it is in Buenos Aires (Argentina) or Porto (Portugal).

The country is so huge that there are practically all climate zones here: from the everlasting winter to the endless summer.



Russian Ballet



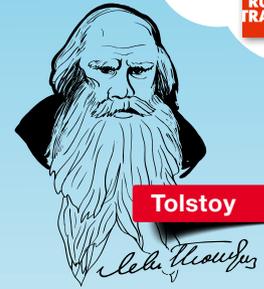
Tchaikovsky



THE COUNTRY IS SO VAST THAT IT CAN'T BE SOMEHOW LIMITED



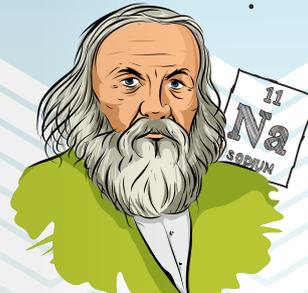
For more than 1000 years of its existence Russia has left an enormous mark in the world history, culture and science. Our achievements are as great as the territory of the country.



Tolstoy

SAME AS THE RUSSIAN HISTORY AND CULTURE...

Yashin

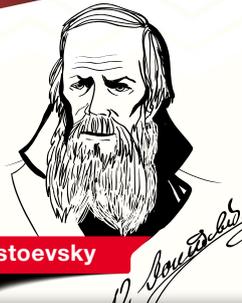


Mendeleev

The Russians were the first to launch a man into the space, we gave the world great writers, artists and musicians, we made outstanding discoveries in chemistry, physics, mathematics and other sciences, we achieved considerable success in sports.



Gagarin



Dostoevsky



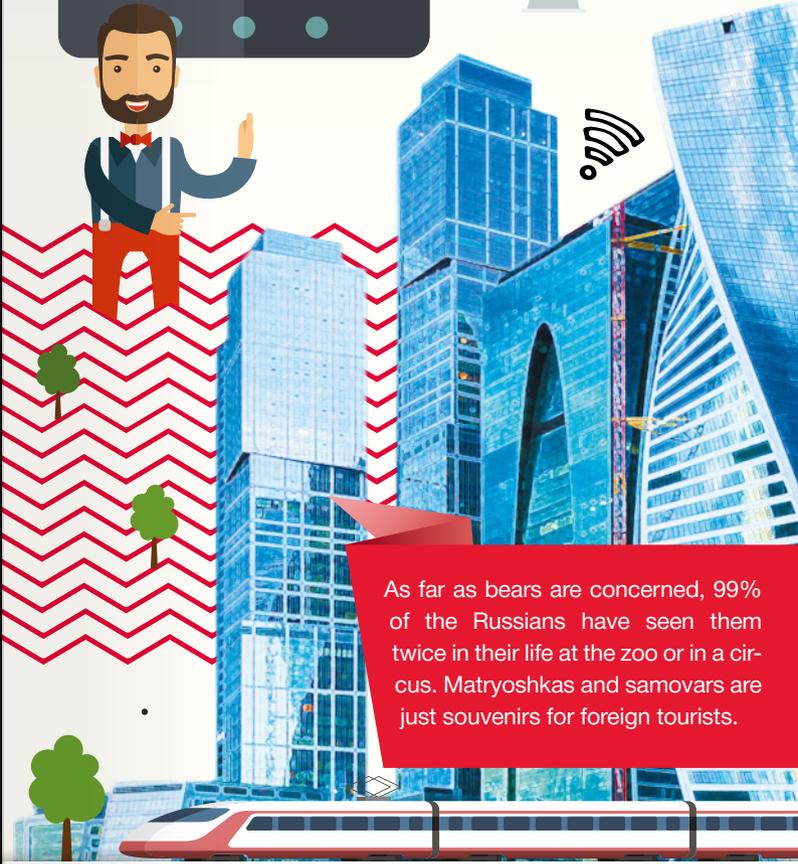
RUSSIA... EXPECTATION



REALITY

If you expect to see wild Russia, cities that look like villages, where bears walk along dirty paths, then you are terribly mistaken.

Our country is in step with the time. The Russians love their culture, no less than modern technologies that became part of their lives long time ago.



As far as bears are concerned, 99% of the Russians have seen them twice in their life at the zoo or in a circus. Matryoshkas and samovars are just souvenirs for foreign tourists.

RUSSIAN PEOPLE... EXPECTATION



Traditional
Russian
breakfast?

The Russians are kind, friendly and hospitable people, always ready to help. They are not aggressive. We are the same people like you are. And no, Russians don't drink vodka all the time.

RUSSIA
TRAVEL



REALITY



There is no place for racism or intolerance in Russia. People of more than 200 nationalities call Russia their home. It takes all sorts of people to make Russia and we are happy to be different.



skiers and snowboarders from all over the country from autumn till spring.

THE URBAN COMPLEX of Big Sochi is divided into four districts: Adlersky, Hostinsky, Central and Lazarevsky. More than 500 thousand people live here.

THIS IS one of the largest culture and economic centers of Russia. Several years ago Forbes Magazine declared Sochi to be the best city for business dealing in the country.

SOCHI is the only city in the Russian Federation that lies in the moist subtropical zone – practically without climate winter (except mountain districts). Nevertheless, in 2014 Sochi became the capital city of the Winter Olympic Games. The average air temperature in summer – 26.5°C, the sea warms up to 24.5°C.



ABOUT THE CITY

SOCHI IS THE MOST STRETCHED CITY IN RUSSIA.

It is more than 145 kilometers long. People call it the Summer capital due to the developed beaches that lie along the Black Sea coast.

Besides, it's also a mountain skiing capital because the city is enclosed by the mountain range that attracts

DE HAAS SOLANGE TYRAH-LEE, New Zealand

Sochi is a great city that has uniqueness with wow factor, when you visit, what comes to your mind is that you don't feel like you are in Russia due to the great weather all year around as well as multicultural atmosphere that makes Sochi mostly special small city of Russia.



HOW TO GET TO THE CITY

FROM THE AIRPORT

The international airport Sochi is located 28 kilometers to the south-east from the city centre. You can get to Sochi by several ways.

Speed electric train

You should inquire about the time schedule of the electric train Lastochka beforehand. The trains start from the station adjacent to the passenger air terminal and their route is Airport – the Railway station of Adler – the Railway station of Sochi.



Bus

Buses №105 and №105C go to Sochi, Adler and small resort towns every 20 minutes. They arrive at the railway station in Sochi. You can buy a ticket from the driver. Only cash is accepted. Working hours – from 6 a.m. till 10 p.m.

Route taxi

(comfortable vans) №105 and №105C have the same route as buses. Some more route taxis (№130, 131) connect the airport with several nearby villages. You can buy a ticket from the driver. Only cash is accepted. Working hours – from approx. 6 a.m. till 10 p.m.

Taxi

The airport offers online transfer orders from the airport. Besides, you can use the application program **Uber**.



FROM KRASNODAR

Guests who arrive at the Krasnodar airport can get to Sochi by train. Krasnodar is the Capital city of Krasnodar Krai. In summer months these two cities are connected by comfortable electric trains **Lastochka (a swallow) from Krasnodar to Adler and from Krasnodar to Olympic Park** plus no less than 10 long distance trains, including a double-deck deluxe train **Moscow – Adler**. The average travel time by standard trains is up to 6 hours, by Lastochka it's only 4 hours and a half.

THE HIGHWAY KRASNODAR – SOCHI

is 293 kilometers long and one of the most picturesque roads in Russia yet on summer days it can become very difficult for driving due to heavy traffic and tricky mountain spiral road sections.



WHAT TO SEE

Sochi offers its guests unique nature and historical places, all kinds of activities from beaches to extreme sports.

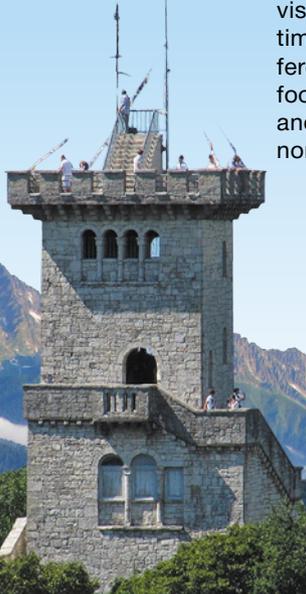
MUST-SEE

MOUNT AKHUN

Those who appreciate the beauty of nature and want to see one of the best

panoramic views of the Black Sea coast must visit the **Akhun Tower**. You can get there by car from Sputnik health resort. 30 caves are located all the way to the Tower and down the gorge you will find the cascade of Aghursk waterfalls. You can get to the Tower by taxi or by a tour coach.

You should take into consideration that it's one of the most visited places during summer time where you can find different services: local wine and food testing, souvenirs, honey and tea. Just for the record, the northernmost tea plantations in



the world are located in Sochi.

KRASNAYA POLYANA – SKI CENTER

Krasnaya Polyana, a small town 40 kilometers away from the sea, is a Russian skiing centre. The combined highway and railway connect it with Adler and the airport of Sochi. Round the town you find ski centers, **Alpika-Service, Laura, Rosa Khutor** with Olympic ski trails. There are numerous hotels of different price and comfort levels, coffee shops, restaurants, sports and entertainment venues here.

Skypark AJ Hackett Sochi entertainment park is open all year round 10-18 and

deserves your close attention. The park is located in the valley of the River Mzymta (Sochi National Park). Its central part is the longest in the world suspended

IVO CARVALHOSA, MSA student from Portugal, Russian International Olympic University

If you are more adventurous, go for a mountain hike in the nature and lose yourself and your sense in the remarkable nature, waterfalls, forests and breathtaking views of the Nature Caucasian Mountain Reserve.



footbridge, Sky-Bridge, 439 meters long.

SOCHI EMBANKMENT

Any embankment is a special place of a resort town to have an evening walk. In Sochi it is called **Promenad**. It is nearly 2 kilometers long and stretches from Morskoy Railway station to Pushkin Prospect along the central beaches Primorsky and Solnechny.

SOCHI ARBORETUM

For those who love nature landscapes **Sochi Arboretum** will be of great inter-

est. Almost 2 thousand exotic and rare plants from different corners of the world grow there. To make a visit more comfortable, the electric cars are provided for extra payment. We recommend the top point of the Arboretum for the start of your excursion. The cable way leads there.

SOCHI PARK – ENTERTAINMENT PARK

Sochi Park, a Russian version of Disneyland, is nearby Olympic Park and is among 25 best entertainment parks of

Europe. Usual open hours 10-19. There are 14 large attractions there including children’s merry-go-rounds, playgrounds, coffee shops, restaurants as well as **Dolphinarium**. The entrance price to it is included into the entire ticket. Free entrance for children under 4. Buy tickets at the ticket offices only.

NADEZHDA NAZAROVA President of Inclusive Education Center “Vklyuchi”



It’s a common-place remark that a coastline walk at the sunset is always beautiful. You should really take a walk along the embankment. If you’ve got an opportunity, I recommend an hour sail on the yacht in the sea. Thanks, there is marina in the Sea Port.

DE HAAS SOLANGE TYRAH-LEE, New Zealand

I love Sochi and with the great experience I have been enjoying, it has become one of my top 5 cities I could live in for a long-term.



WORTH SEEING



OLYMPIC PARK

It's no doubt the Olympic venues are among the most remarkable places in Sochi. A lot of International and National sports events are held here, including car races: **Formula 1 Russian Grand Prix** has been held here since 2014.

Olympic Park spreads out along the Black Sea coast in Adler district and is open from 8 a.m. till midnight.

The Olympic stadium Fisht that will host the 2018 FIFA World Cup Games, **Shayba Arena, Iceberg Skating Palace, Bolshoy Ice Dome, Adler Arena Skating Center, Ice Cube Curling Center** are located on the grounds of Olympic Park.

FRAWLEY DEVIN JOHN, Ireland,
RAIJA MARIA REKOLA, Finland,
MSA students, Russian International
Olympic University



Olympic Park from Sochi 2014 Olympics is also a must-see. Exploring the park with a bicycle is a great way to spend a day. Nearby there is also an amusement park which is also worth seeing.

Sochi Medals Plaza, Museum of Sochi, Sochi Automuseum are also in the Olympic Park grounds. The Singing fountain is in the center and works 19-20.

Free entrance. The park occupies a vast territory with bike tracks and buggy rent stations. There are different coffee shops, venture stalls with drinks and snacks.

If you are tied for time, but you want to see all the Olympic venues in full and with comfort, and to learn about the history of the 22nd Olympic Games, you can choose a grand sightseeing tour from official tour operators. Average tour time is 8 hours.

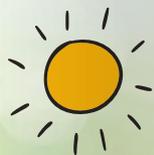
IVO CARVALHOSA,
MSA student from Portugal,
Russian International
Olympic University

Olympic Park is a place full of activities, for example, Sochi Park with Roller-coasters and other types of games. It is also possible to rent bicycles or electric devices to wonder around the Olympic Park, to see the Formula 1 Autodrome, the Sea Cost Embankment, the Olympic torch and many other

Olympic Venues such as the Fisht Stadium that hosted the opening and closing Ceremony of the Winter Olympic Games 2014 and will host the 2018 FIFA World Cup.



WHAT TO DO IF IT'S HOT?



Sochi is a city with about 300 sunny days a year! No doubt, staying in this resort city you can spend all days long swimming in the Black Sea, sunbathing and fooling around. But if you are tired of lying in the sun and hacking around, unforgettable adventures are waiting for you.

GET A DOZE OF ADRENALINE IN HIGH ROPE ADVENTURE PARK

The park is situated in the grounds of the national reserve in Krasnaya Polyana.

It is a course of ropes and obstacles hung at the heights ranging from 1 to 6 meters. Everything is connected into one logical chain and you are to pass it. Naturally, the equipment is well-fixed to trees and all the necessary safety restraint devices and helmets are provided. No special training is required. You can choose any route you like. In general, it is a perfect entertainment for adults and children. Besides, special activities for children older than 5 are available.

GO TO SEE 33 WATERFALLS

This popular place is often called Dzhegoshskiye waterfalls as they are located on the Dzhegosh stream (tributary of the river Shakhe). The cascade forms a huge stone stairway and the torrent is running down it. Some waterfalls are up to 12 meters high. You can book a tour and enjoy an excursion in a group. In this case you will have just 1 hour to enjoy the beauty of the



cascade. It is impossible to see all the 33 waterfalls. If you dislike tourist groups, take a trip of your own.

The venue is part of Sochi National Park, so it is under the State protection and everyone has to pay an ecological fee for visiting the nature reserve.

Locals are always happy to offer you house wine, cognac, chacha and mountain honey from linden or chestnut trees.

WALK IN "SOUTHERN CULTURES" PARK

If you have already visited a well-known Sochi Arboretum, now you are welcome to another green paradise of exotic nature. "Southern Cultures" Park is not far from Olympic Park in Adler, on the left bank of the River Mzymta. The park was laid out more than 100 years ago.

The park features several purpose-built ponds with wonderful black and white swans. You can stroll for hours along the picturesque lanes lined with grand silver firs, cedar trees, cypresses and admire pictures composed of flowers.

A 300-year-old oak is a star attraction of the park along with plane trees and a magnificent rose garden. The park is a quite, secluded place where you can relax under shady trees on a hot day. You are encouraged to feed ducks and swans, so have some bread with you.



WHAT TO DO IF THE WEATHER TURNS NASTY

Nobody can guarantee you good weather while you are having rest in a resort city. Of course, the number of sunny days on the Black Sea coast is rather considerable, but still. Sochi and its suburbs have on offer a lot of wonderful places to wait out nasty weather.

HAVE A CUP OF TEA

The famous Tea houses perch on a hillside in the vicinity of Dagomys. They were built to welcome foreign delegations in the middle of the 1970s. Nowadays, everybody can enjoy a nice cup of a local tea blend.

The ground floor of these small wooden houses serves as a testing zone. Besides various teas, guests are treated with home-made pancakes, honey and other sweets. You will also learn how to grow a tea bush and how tea leaves turn into a fragrant drink.



The museum rooms are worth visiting for a large and impressive collection of Russian arts and crafts: Dymkovo pottery toys, Vologda lace, Zhostovsky trays and many others.

GO ICE-SKATING

For those looking for sports activities and those who feel thrilled at the words "twizzle" and "salchow" there is the Olympic Skating Rink next to "Iceberg" Skating Palace. This is the place where the best world sportsmen worked out. Now it's open to the public and everybody can enjoy skating here.

The venue houses two rinks each 30 by 60 meters. One is geared for mass skating of 120 people at a time, another is for hockey training. Lively music brings joy to skating. Different festive events, contests, funny master-classes and theme photo sessions are a splendid addition to the guests' activities.



The rink is equipped with two locker rooms for men and women. There is a café and skate rental. It's good to have socks, gloves and a warm cardigan with you.

VISIT AN UNUSUAL MUSEUM OR EXHIBITION

On a rainy day don't hesitate to spend two hours on a visit to the Automobile Museum in Sochi located in Olympic Park. The exhibits narrate the history of the national automobile industry. The collection of cars produced in between the 1930s and the 1990s of the twentieth century includes the legendary government "Chaikas" and "Volgas". Among the displayed automobiles you find stern-looking GAZ and ZIS models as well as some others which can be seen now only in films.



Some Soviet movie segments are screened at the museum. You can leaf through old magazines and books or play chess here.

If you get bored with the museum rooms, then the Electric Museum of Nicola Tesla is for you. It's not only a display of exhibits but also a real show for children and adults which includes scientific experiments in the field of electricity ranging from synthetic electrical discharges to lightnings.

LISTEN TO ORGAN MUSIC

If you are seeking peace and tranquility, head to Sochi Chamber Philharmonic in the city center. As musicians say, it's the place where our soul, tired of everyday routine, is awaking. High vaults of the chamber provide its excellent acoustics. Performers with international names give not only concerts of organ music but also concerts of symphonic, jazz and choral music.



**PARTH KALKE,
a student, India**

You can experience all types of weather and different types of landscapes because of its subtropical weather. In the morning you can swim in the Black Sea and in the afternoon you can ski in the mountains.



FURTHER AFIELD

Well, you have swum and bathed enough in the Black Sea, have visited “Arboretum”, Olympic Park and the skiing resort “Rosa Khutor”, and you have also had some stunning views from Akhun. But all of these is not the reason to think that there are no more interesting places in Sochi. Believe us or not, the suburbs of the city have a lot on offer to even the in-the-know tourist.

TKHAGAPSH MOUNTAIN VILLAGE (AUL)

The village of stunning beauty hides in Sochi’s Lazarevsky area. The residents of it are mainly ethnical shapsugi. The name of the aul is translated from the Adyg language as “God’s waters”. You find here vast tea and hazel nuts plantations. The locals have succeeded in beekeeping and cattle breeding. The mountain air is so pure that you just make a deep breath and enjoy the views.

The Tiger cave is a gem of Tkhagapsh aul. It’s a 300-meter long footpath inside the cliff. Stalactites and

stalagmites adorn the underground way. It’s always cool there, and you can’t find a better place on a hot day. The locals tell the tourists about a small dinosaurs once seen in the cave. Of course, there are more than one legend about this wonderful, full of mysteries place. One of them says that some relics and jewels once belonged to the Caucasus noble tribes are hidden in the mountains of the aul.

In this aul you can learn much about the traditions. The local museum is home to household articles of the 19th century. Don’t miss to taste flatbread Shchalam sprinkled with sauce Shchips, maize porridge, smoked beef Lilibzh and delicious Shon – a drink made of chestnut honey.

BZERPINSKY LEDGE

Bzerpinsky ledge is a camping site in the meadows “floating” above the gap. Sometimes it is called the gate to the mountain world of the Caucasus nature resort. It will take 3–4 hours to get here from Krasnaya Polyana. If you are not in a hurry, then stay for a night and have a swim in the mountain lake. Those travelling



light have a chance to rent a tent in the camps of the Krasnopolyansky mountain club.

If it's your first time in the mountains, you will certainly need help either of your friends or of local guides. It's vital to know how to get equipped properly and how not to get lost. Besides, experienced guides will be helpful in arranging your climbing – as an example, getting admission to the territory of the nature reserve.

DZITAKU VALLEY

At some distance away from Bzerpinskiy ledge there is one more beauti-

ful place – the lake valley Dzitaku (Semiozyorye). Seven lakes of different sizes and shapes are the main tourist attractions. The water bodies are at the height of more than 2 thousand meters above the sea level. One of the lakes is called Dvulikiy for being the phenomenon of nature – it has two water outlets, one going down the northern slope, another down the southern one. The panoramic views of Pseashkho highlands, Chugush, Aibgu and Kholodny cirque are breathtaking.

It's difficult to get to Dzitaku on your own because the valley is located in the

grounds of the Caucasus State biosphere nature reserve. You'd better have a guided horseback tour.

TERMAL SPRINGS OF MATSESTA

Matsesta is a small Sochi's area located in the valley of the River Matsesta and its tributary Tsanyk. You can visit it with a day excursion or come to stay for several days to restore your health.

The resort flourished fully in the times of the USSR. At different times Iosif Stalin, Leonid Brezhnev, some foreign prominent politicians received health resort treatment here. The famous baths complexes were constructed in the 1950s.

Besides baths, the waters are used for inhalation and lavage. Many come here to cure burns, osteochondrosis, migraine and other diseases. You can take some water with you but mind that the medicinal properties of the bottled water retain for one day. Remember, the water has strong sulfur odor, which may seem unbearable for sensitive people.



Sochi is an easy-going city.

People just want to meet strangers and say hello at the bars. The warmth, weather and people, everything is great.

I met really welcoming Sochi people, they were always eager to lend a helping hand. Despite the language barriers, people were ready to show the way and assist.



**Lolade
Adewuyi**

**CHIEF STRATEGIST
AT CAMPS BAY SPORT
MEDIA**

NIGERIA



I made good friends with a doctor who invited me to his home to meet his family. We remain like brothers still.

One of my favourite places to visit is Riviera Park for its nature. The Statue of Prometheus in Matsesta is good to see.



Sochi



WHAT TO EAT AND DRINK

The flavor and variety of local cuisine are defined by the multi-national population. The Russians, the Armenians, the Ukrainians, the Adygs (the Circassians), the Georgians, the Greeks and other nationalities live there.

The local cuisine is traditionally presented by the Black Sea fish (**garfish, goatfish, flounder, gray mullet**) and sea food (**mussels, rapa whelk, oysters**), grilled meat and vegetables, all kinds of soft and in brine rennet cheeses (**Adygei cheese, suluguni, bryndza**), traditional southern sweet treats (**churchhela, baklava, Turkish delight**) variety of fruit and berries (**grapes, figs, pomegranates**) and of course local wines, honey and teas.

Of course, as any large resort city Sochi has a long chain of cafés and restaurants of classical European cuisine (French and Italian) as well as Japanese and Jewish ones. There are a lot of coffee shops, bakeries, fast-food parlours (including worldwide networks) and cheap bistros. The latter are called “**stolovaya**” in Russia.

But surely you will feel the taste of the South of Russia only in the local cuisine that combined in all the best recipes of the Black Sea area and the Caucasus nations.

MUST-TRY

First of all you should try all sorts of **shish kebab**. It's marinated in different sauces meat (pork, lamb, beef and chicken) grilled with vegetables on smouldering embers. And you must ask to bring **sauces made of tomatoes or of plums with fresh herbs and spices**.

There are a lot of fish restaurants along the coast where they serve smoked fish of the Black Sea and **trout**. **Thick sour-sweet pomegranate sauce** goes well with them. A great variety of local sea food dishes (**big and black mussels of the Black Sea**), **crabs, rapa whelk and oysters** are also cooked there. One of the best local sparkling

IVO CARVALHOSA,
MSA student from Portugal,
Russian International Olympic University

For all the people who appreciate good food, drinks and special environment I would recommend Chaika, D.O.M., Sanremo, Groza, Macaroniandshon, Corks, Old Boys Pub. For House music I would choose Cocos or TheBox. For more commercial music probably Agave or London Bar, Sky Club, Mandarin, Platform, Chicha Bar.





wines from the large Russian winery **Abrau-Durso** go well with oysters. The winery and its vine yards are located in Krasnodar Krai.

For the main course you can have fish soup with leafy greens and with toasts of dark bread or **lavash (thin bread)**.

The number of fish restaurants is great in the Central district of Sochi, especially close to the yacht marina and Morskoy Voksal (the passenger ship terminal). Besides, you can try different fish dishes at the food testing held by **Tribal Trout Farm Adler**. That state enterprise was established in the mid-

dle of the last century. Moreover, the premises of the trout farm are a good place for a walk.

In Georgian restaurants and cafés you will always find spicy soup **kharcho**, meat pies – **kudbary**, boiled or fried **khinkali**. The latter is the Georgian version of the Russian pelmeni or the Italian ravioli. You must try two sorts of **khachapuri** (Georgian cheese-pie) – imeretinskoye and adzharskoye. The main local sweet treat, **churchhela**, which is made of nuts and dried berries wrapped in a layer of condensed grape juice is better to buy in large food stores, restaurants and cafés.

SHOULD ALSO BE TRIED

In Greek restaurants they serve **musaka**, **pitta bread**, **suvlaki** and olives in different marinates.

Local dairy produce deserves your close attention. These are cheeses, **matsoni** (Armenian thick fermented milk drink), **tan** (light, refreshing, sour-milk drink) which quenches your thirst and is an ideal start after a handsome night party. It's good to add cold spring water to **ayran** – the local analogue of kefir (yogurt).

DE HAAS SOLANGE TYRAH-LEE, New Zealand

Those below are my favorite places and please get to enjoy the Russian traditional dining just meat and drink very nice to experience.

Steak House Syndicate
Surf Coffee

Trattoria Fettuccine Khmeli & Suneli Café
rasnaya Polyana.



ALCOHOL BEVERAGES

The wines of **Kuban – Abrau-Durso, Chateau Taman, Fanagoria** are at the top of the local wine list. Everywhere you find the wine sold as cask wine, packed wine or even home-made wine and cognac.

It's safe to buy alcohol from large wine manufacturer's stores or supermarkets.

The **Abkhazian wines** with a distinctive flavor of grapes **Isabella** are sold everywhere in Sochi.

In the mountain bee gardens, besides meadow honey, you can try sweet full-flavoured alcohol

drinks: **medovuha and sbiten**. They are very drinkable but you can get drunk quickly. You can also have some **chacha** – traditional Caucasian vodka.

Sochi is a sports city and the favorite drink of all sports fans is **beer**. You will find a large variety of bottled beer from all world-known producers in shops and draft beer in bars. Some private breweries in Sochi produce different sorts of beer: lager, stout, wheat, barley. Some mini-breweries work directly in food courts. There are exclusively many **sports bars and network pubs**, including **Check, Irish and German** in Tsentralny and Adlersky districts.

FRAWLEY DEVIN JOHN, Ireland,
RAIJA MARIA REKOLA, Finland,
MSA students, Russian International Olympic University

In the city center, sport bar called Dobry El there is a wide selection of beers for very reasonable prices, 1 liter from 160 rubles. Relaxed, casual atmosphere, many televisions showing a variety of sports.

Grill & Coffee Burgershop. Really tasty burgers and pizza, especially vegetable pizza with lots of cheese! Relatively cheap place and the staff are really friendly – and speak English! Always nice to go there and see the staff with the smile in their faces.





MUST-HAVE

Is it possible to leave Russia without souvenirs? You will find unique gifts for your friends and relatives absolutely in every city. As a rule, owners of the gift shops sell authentic Russian goods. In other shops you can also find a lot of interesting items.

TEA

You will find this exclusive souvenir – tea – only in Sochi. The mainly purchased blends are “Dagomyschai” and “Matsesta chai”. You can buy tea everywhere: in food shops, gift shops and on the plantations where you can get to with a tourist group.

COSMETICS

Local cosmetic factories offer hand-made soaps, shampoos, body creams and lotions, produced in eco-friendly high mountain region. The manufacturers use only natural herbs and never add harmful admixtures, pigments and conservatives. All the toiletries are prettily packaged.



SPICES

Spices is a pint-size souvenir which you'd rather buy at the markets. Trying to feature their produce at its best the sellers pack the multicolored blends very creatively. They use jars of different shapes and put various spices in layers. You can also buy salt mixed with different herbs. And don't hesitate to haggle over the price.

ALCOHOLIC DRINKS

Liqueurs, wines, aperitifs, nastoikas and balms are produced in Sochi. The balm “Krasnaya Polyana” which is made by infusing 24 herbs and 8 fruits is especially popular with tourists. The drink is bottled in ceramics, so it makes a good present. You can always buy house wine from the locals. Try it before you buy.

SWEETIES AND NUTS

In the area of Krasnaya Polyana you can buy honey exquisitely packed in jars with nuts. You must also try dried persimmon. You'll see the shrunk fruit hanging in bundles over the stalls at the markets. Don't hesitate to ask to cut it for you and try this unusual delicacy.



I'm a sight-disabled person of the first group. I give tours round the centre of Sochi for groups of 1-2 people. A girl with a good eye-sight helps me in my work. She follows the excursion, films and takes photos.

The excursion lasts about two hours. Our guest puts on an eye mask and takes a white cane. As his guide I help orientate in the surroundings – new and even extreme for perception.

RESEARCH
SCHOLAR AT
THE SOCHI
MUSEUM
OF ARTS,
ARTIST,
WRITER,
SPORTSMAN

Sergei
Grin



During these two hours our guests pass a surface level pedestrian crossing, go across a river bridge, climb a staircase, go down to the underground pedestrian tunnel, have a go by bus, make a tactile tour of Ploshchad Iskusstv and if they want, at the end of our excursion we can visit a café for a cup of tea and a small talk.

These simple daily routines for those with a good eye-sight may turn into a real ordeal for those without it. But that's the way we live our life and thoroughly enjoy it.

PEOPLE TEND
TO FORGET
THAT LIFE IS
GREAT AND MY
EXCURSIONS
ARE FOR YOU TO
REMINDE ABOUT IT





WHERE TO STAY

USEFUL ADVICE

Sochi as any big resort city has a wide range of accommodation from 5-star international hotels to small guest houses, hostels and private apartments.

Prices differ according to the location and comfort level. The distance to the beach is of great importance. Personal plans and preferences should be your guides in choosing the hotels in Sochi (Adlersky, Khostinsky, Tsentralny and Lazarevsky Disticts) for hotels of all levels are to be found there.

If you are aimed at sports events, it's reasonable

to stay at a hotel in Adler district close to the large sports venues. If the city sights are of great interest to you then choose Tsentralny district. Lazarevsky and Khostinsky districts are good for their beaches.

Most of the hotels including hostels have their sites with service details and provide the opportunity of early online booking. Absolutely everywhere you find sockets of 220 V, hot and cold tap water and drinking water. Wi-Fi is available practically everywhere. Mobile internet 3G-4G, corner shops and supermarkets, pharmacies are at your service.

Hotels of 3 stars and more always provide air conditioning, daily change of linen and towels, hygiene sets, TV, fridges, electric kettles, hair dryers, dishes, mini-bars. There are always restaurants (buffet, breakfast included as a rule), laundry service, parking lots and medical stations. Most of the hotels are equipped for mobility challenged guests. It's good to stay with children. The majority of staff speak English, seldom other languages.

1-2-star hotels and those without any provide everything necessary but for extra charge. Payments in cash are appreciated. The staff speak English on the basic everyday level.

There are 65 health resorts

IVO CARVALHOSA, MSA student from Portugal, Russian International Olympic University

Sochi offers a fantastic variety of hotels and apartments for rent, depending on the budgets there is a choice for all types. The most luxurious and most special places are for example Hyatt Regency Hotel, or Pullman Hotel or still Swiss Hotel, Radisson Congress, in Sochi center there are more average prices and very good hotel for example Brevis Apartments or Mercury.



in Sochi. They are very similar to spa-hotels but with a wider range of health and medical services. Price and comfort levels are in accordance with the star categories of the hotels. Most of them are located in Lazarevsky and Tsentralny districts, all of them are with private highly developed beaches.

TRANSPORT

The transport system of Big Sochi is determined by the length of the longest city of Russia. It stretches for more than 146 kilometers along the coastline. The fastest way to get from one end to the other is by **electric train**.

There are **six railway stations** in Big Sochi: Sochi, Adler, Khosta, Dagomys, Loo, Lazarevskoye; and 35 railway platforms are located between them. You find the actual time schedule and ticket prices in the Internet.

The network of buses and route taxis makes up the city transport of Sochi.

The buses from **№1** to **№95** are regular municipal bus routes, the buses from **№100** to **№182** are municipal suburban routes. As a rule you pay to the driver when you get off.

City buses come every 15 minutes, route taxis have shorter intervals. The route **№105** and the route **№125** start work at 04:15 a.m. and finish

work the latest – after 23:00. You can monitor the bus traffic on-line: **www.sochi.transport2018.com**.

To call a taxi, use application programs.

Morskoy Voksal Sochi (a passenger sea terminal) built in 1955 is situated in the center of the city on Ulitsa Voikova. Its central steel spire is 71 meters high.

Motor ships to Batumi, Gagra and Trabzona start from the terminal. Besides Morskoy Voksal in Sochi there are **7 sea terminals**: Lazarevskoye, Loo, Dagomys, Sochi, Khosta, Kurortny Gorodok and Adler. You can buy a boat tour along the Sochi coastline at the box offices of Morskoy Voksal.



DON'T MISS

**THE
AKHUN
TOWER**

ROSA KHUTOR

**KRASNAYA
POLYANA**

OLYMPIC PARK

GORKI GOROD

**SOCHI
PARK**

**"FISHT"
STADIUM**

"Fisht" hosted the 2018 FIFA World Cup group stage matches and one match of the quarter-final.



CAPACITY: 45 000.

LOCATION: Olympic Park, Adlersky area.

TRANSPORT: electric train, train station "Imeretinsky Kurort".



USEFUL INFORMATION

USEFUL TELEPHONE

For fire service,
call

01



For police,
call

02



NUMBERS

For ambulance,
call

03



For gas service,
call

04



RUSSIA
TRAVEL



**24-HOUR
EMERGENCY CALL
CENTRE (MOBILE
PHONE) – 112**

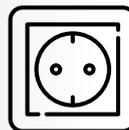
MOBILE TELEPHONY
3G, 4G, LTE

INTERNET

In all the cities of the 2018 FIFA World Cup you have an easy access to the Internet, free Wi-Fi zones in hotels and in a great number of cafés and restaurants.



ELECTRICITY



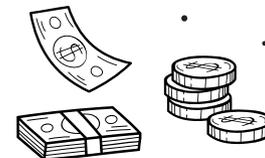
Europe-type
sockets

220 V
50 Hz

MONEY, CURRENCY EXCHANGE



You can exchange money in banks and in bureaux de change located in large shopping centers. Never change money from private dealers.





**Federal Agency
for Tourism**