ultracycle
St. Petersburg to Moscow
Cycle deep into Central Russia, for a taste of the history, culture and nature of this fascinating country. An exhilarating route through beautiful old towns, past monuments and churches, along the river Volga and into Moscow.

actionchallenge from St Petersburg to Moscow
This tough, fascinating, exhilarating bike ride immerses us in Russian history, culture and nature. Escape for a week as we cycle into another world.

Covering up to 185 km a day, we make our way as a peloton along peaceful roads and up challenging hills, riding from town to town through stunning, secluded areas of Central Russia. Not only are the days long but the undulating nature of our ride will put even the most experienced cyclist’s legs to the test.

We begin our journey exploring the historical Russian capitals of St Petersburg and Novgorod with their fascinating monuments and churches. Our bike ride takes us along rivers, from the picturesque Volkhov to the mighty Volga, Russia’s most important waterway. We put our cycling prowess to the test as we ride into Zvenigorod, known as ‘Russian Switzerland’ for its beautiful woods and pure air. We visit the famous hill top monastery of Savvino-Storozhevsky which has fantastic views of the surrounding area, before we enjoy a triumphant ride into Moscow and gaze across the city from the vantage point at the finishing line.

As a group, we celebrate our stunning bike ride and fascinating glimpse into Russian life with a celebratory meal in Moscow. Vodka anyone?

at a glance
- Activity: Cycling - road biking
- Location: St Petersburg - Moscow, Russia
- Duration: 8 days / 6 days cycling
- Difficulty: Tough
- Distance: 900 km
- Group size: 15+

trip highlights
- Visit St Petersburg by night
- Journey through Russia’s history
- Explore Moscow and the Red Square
- Cycle along the Volga River
- Pedal up the ‘Russian Switzerland’ hills
- Visit Savvino - Storozhevsky monastery
- Look around the UNESCO site of Novgorod

Action Challenge have been leading inspirational team adventures across the world for individuals, private groups, charities and corporate clients since 1999. Our trips enable people to experience the world’s most exhilarating locations, often in aid of charity. At the heart of every challenge is team spirit and fulfilment; together we take on once-in-a-lifetime adventures, achieve formidable goals and forge friendships for life.
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introduction
This fully-inclusive cycle in Russia will begin as soon as you register! You will receive a challenge pack including a training guide, kit list and discounts for all the essentials you may need. If you are raising money for a charity, we will sort out all the formalities so you can concentrate on your own preparation and fundraising. We offer pre-challenge briefings to prepare you for this tough and demanding trip. On the day of departure you will meet your group and Action Challenge leader at the airport in London. Whether you’re joining the challenge on your own or with others, you will instantly be made to feel welcome. As a team we will board our flight to St Petersburg, ready to take on this challenging bike ride!

brief itinerary

| Day 1 | Arrive in St. Petersburg |
| Day 2 | Tosno |
| Day 3 | Cycle to Staraya Russa |
| Day 4 | Ostahkov |
| Day 5 | Rzhev |
| Day 6 | Cycle to Moscow |
| Day 7 | Moscow City |
| Day 8 | Moscow / Depart |

what’s included

• International flights
• Action Challenge cycle leader
• Full support team, including local guides
• UK medic
• Support vehicles
• All accommodation
• All meals, except in free time
• Airline taxes
• Treated drinking water
• All transfers in local vehicles
• National Park entrance fees
• Celebration dinner in Moscow
• Invitation to a challenge briefing in London
• Fitness and training guide
• Discounts from UK retailers
• Reduced rates at Nomad Travel Clinics and Masta Health

how tough is the challenge?

This is a tough challenge and is therefore part of our ultracycle series. This gruelling challenge takes us over 900 km in just six days and is perfect for the more experienced cyclist. It is important that you have a road bike as these distances won’t be possible on anything less.

dates
Please visit our website for more details

cost
All inclusive trip cost from £2,099
Initial £399 deposit to sign up
Three payment options available.
Please visit our website for more details

when to go

The best time to complete this challenge is between May and August, when the weather is relatively stable.

Temperatures are usually around 25 degrees celsius, however you should be prepared for all weather conditions.

+44 (0) 207 609 6695        www.actionchallenge.com                    events@actionchallenge.com
Breakfasts each morning will be in our accommodation, lunch en-route and evening meals will be at the accommodation or in a local restaurant. All meals are provided apart from those in free time.

All meals are full of carbohydrates, protein and nutrients to keep us well fuelled throughout the trip.

We can cater for all dietary requirements if informed in advance.

If you decide that you would like to have your own room on the challenge, we can accommodate this in the majority of places.

Please email us for more information

### itinerary

#### DAY 1 - Arrive in St. Petersburg

We arrive in St. Petersburg in the afternoon and transfer to our centrally located hotel. We have time to relax and settle in before a briefing over dinner. This evening there is a guided walk of St Petersburg to see the Winter Palace, Nevsky Avenue and the beautiful embankments on the Neva River.

*Meals: D*  *Accom: Hotel*

#### DAY 2 - Tosno

The first stage of our cycle is to Tosno. Along our route we pass the towns of Pushkin and Pavlovsk which are famous for their parks and palaces; the most famous of which is Catherine Palace. This first days ride acts as a fantastic warm up for some of the longer more difficult rides that are set to test us on this challenge. Not only is this the shortest day of cycling but it is also has a progressive segment of short climbs which should help to warm up our legs and get us used to the Russian roads.

*Meals: B,L,D*  *Accom: Hotel*  *Distance: 110 km*

#### DAY 3 - Cycling to Staraya Russa

Our day starts with a short bus transfer to Spasskaya Polist from where the nice quiet road starts along the Volkov River to Great Novgorod, one of Russia's oldest and most historic cities. The historic Monuments of Novgorod and the surroundings are part of the World Heritage Site which includes the Novgorod Kremlin with the XI-century St. Sophia Cathedral and the Millennium of Russia monument. After a short stop in Novgorod we continue to Staraya Russa, another old Russian town which was the birthplace of Russian writer Fyodor Dostoevsky who wrote the novels 'The Brothers Karamazov' and 'The Possessed'. This is in fact our longest day of cycling and although it will be tough as we will be on our bikes for a long period of time, it is one of the flatter days that we will experience on our challenge.

*Meals: B,L,D*  *Accom: Hotel*  *Distance: 185 km*

#### DAY 4 - Ostahkov

Today we cycle to Ostahkov which is located on a peninsula on the southern shores of Lake Seliger. Our cycle today is probably our toughest day we will experience and includes one extremely steep climb at the beginning of the day which will tire us out for the day ahead. Lake Seliger is a protected nature reserve and is sometimes known as the "European Baikal" due to the diversity of its unique flora and fauna. Lake Seliger is one of the purest lakes of Europe and one of the most popular resorts in central Russia. The route includes 22 km of gravel road and depending on how we are feeling a bus transfer is possible.

*Meals: B,L,D*  *Accom: Motel*  *Distance: 175 km*

### food

Breakfasts each morning will be in our accommodation, lunch en-route and evening meals will be at the accommodation or in a local restaurant. All meals are provided apart from those in free time.

All meals are full of carbohydrates, protein and nutrients to keep us well fuelled throughout the trip.

We can cater for all dietary requirements if informed in advance.

### accommodation

- Seven nights in comfortable 3* hotels

All accommodation is on a twin/triple-share, single-sex basis and we will pair you with someone of a similar age, where possible.

If you wish to share a room with someone you are travelling with, please specify this on your registration form.

### additional costs

- Insurance - approximately £60
- Visa - approx £85
- Vaccinations - up-to-date on boosters.
- Tips for local staff - recommended amount £40
- Airline fuel surcharge / supplement as applied by airlines. Please note that this is capped at a maximum of £150.
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DAY 5 - Rzhev

Today we head for Rzhev along the upper reaches of the Volga. There were cruel battles in this area during the Second World War which all but wiped out the town and we come across many memorials and military cemeteries along our route. Our route is undulating but the climbs are not too extreme and it will be the distance of our previous days that begin to take their toll on our legs.

DAY 6 - Moscow Cycle

On our penultimate day of cycling we enter the outskirts of greater Moscow and begin to see more buildings starting to appear as we get closer to Russia’s capital. The distance today will be a struggle so when we finally make it to our cosy hotel we will enjoy the chance to rest our weary legs, so we are ready to take on the final day of our challenge.

Meals: B, L, D  Accom: Hotel  Distance: 150 km

DAY 7 - Moscow City

Cycling to Moscow city is the most exciting day of the challenge and a worthy way to finish our adventure. On our way we pass the beautiful Savvino-Storozhevsky monastery in Zvenigorod. The final stretch of our challenge is cycling up to a viewing point on the top of Vorob’evy hills which opens up amazing panoramic views of Moscow. This is also an excellent spot for the last group photo of our challenge before we head to our hotel ready for a celebratory meal and perhaps some Russian vodka... if we can handle it.

Meals: B, L, D  Accom: Hotel  Distance: 140 km

DAY 8 - Moscow / Depart

We wake early for a short guided tour in the center of Moscow, which includes Red Square, before we are transported to the airport for our journey home.

Kit & equipment

A kit list will be sent to you on receipt of registration. Many everyday items can be used on this challenge, and we offer a kit hire service to keep costs down.

Land only

If you are planning on travelling to St. Petersburg before the challenge or wish to organise your own flights, we do offer a land only option, with a significant discount off the trip price. You will be required to meet your group at the hotel on day two of the itinerary.

Please email us for more information

What’s not included

- Alcoholic drinks
- Drinks and food outside of meals, other than water
- Airline fuel surcharge / supplement as applied by airlines. Please note that this is capped at a maximum of £150.
- Road bikes

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payment options

A REGISTRATION DEPOSIT of £399 (for 2015) is required to secure your place. We offer 2 deposit payment options:

OPTION 1: Deposit paid in full, by card at the time of registration.

OPTION 2: Deposit paid in two 50/50 split payments. The first 50% is paid when you register and the second is charged to your payment card at the end of the following month. For this option, a £10 supplement will be charged with the first instalment.

Once registered, there are 3 PAYMENT OPTIONS to fund the balance of the trip cost. Full details are on our website.

1) SELF FUNDED

For anyone who wants to pay for the entire trip themselves. It’s then completely up to you whether or not you choose to raise any money for a charity of your choice.

The total all inclusive cost of this trip is £2,099 (for 2015), which, after you pay the £399 Registration Deposit, leaves a balance of £1,700. This final balance is due for payment 10 weeks before your departure along with any fuel surcharges levied by the airline.

2) SPONSORSHIP FUNDED

This is for anyone who wants to take on this challenge and will link it with fundraising a significant sum of money for a charity of their choice. You would have to raise at least £3,400 (for 2015) via sponsorship and donations from friends, family and colleagues, and be confident at the outset that you can achieve this total.

Pay the Registration Deposit and nominate a charity to fundraise for. All fundraising goes directly to your charity and providing that you raise at least £3,400 (for 2015), your charity will pay for the balance of your trip costs to Action Challenge. That balance, paid by your charity, is £1,700 (the same as if you were you were ‘Self Funded’) - the charity will retain at least £1,700 to help fund their work. You will have to pay any airline fuel surcharges 10 weeks prior to departure.

3) MIXED FUNDED

A mix of the 2 options above! You pay about half the trip cost yourself, and also fundraise for your charity. They pay the remaining balance of your trip costs. Ideal for anyone who wants to take on the challenge and also fundraise for a charity, BUT is happy to pay a reasonable proportion of the trip cost themselves, which with your registration deposit, is set at a level that covers at least the costs of flights & accommodation; perfect for those who feel more at ease asking for sponsorship in respect to the ‘challenge’ component of their trip.

Pay the Registration Deposit and nominate a charity to fundraise for. All fundraising goes directly to your charity and providing that you raise at least £2,550 (for 2015), your charity will pay a portion of your trip cost to Action Challenge. That balance, paid by your charity, is £1,025. At the same time, you will be required to pay the remaining balance yourself, which will be a figure of £675 (These two amounts add up to the same as the ‘Self Funded’ final balance) - the charity will retain at least £1,525 to help fund their work. You will have to pay any airline fuel surcharges 10 weeks prior to departure.

how to book

To book on to this challenge, please visit our website; www.actionchallenge.com for a full list of prices and all available dates.

private groups

If you are a charity, business, school or private group with a minimum of 10 people and fancy your own bespoke trip, please call us on +44(0)207 609 6695 or you can send us an email to events@actionchallenge.com for more information.

social media

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www.facebook.com/actionchallenge

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