Trekking in Georgia and the High Caucasus

Trip Code: GHC

Version:

WALK & TREK	GUIDED GROUP	MODERATE
		6



HIGHLIGHTS

- Outstanding views of Mount Kazbek (5,047m) one of the highest peaks in Georgia
- Explore the historic fortified villages of Mutso, Shatili and UNESCO Mtskheta city
- Trek across mountain passes, by lakes and through flower strewn meadows in the Caucasus

- Fully supported trekking and all meals included

AT A GLANCE

- 6 days trekking and walking
- Max altitude 3330m
- Join at Tbilisi

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

East of the Black Sea and bordered in the north by the long chain of the Caucasus Mountains, Georgia is one of the most exciting adventure travel and trekking/walking destinations in Europe. From the capital Tbilisi, we travel north to the striking Mount Kazbek (5047m). On trek we will walk across the Abudulauri, Barbalo and Khidotani passes and deep into the remote Khevsureti Range. Crossing open ridges, with far-reaching views, we descend through flower-filled mountain pastures into steep-sided and forested valleys, where we find the fortified medieval villages Mutso and Shatili. Close to the northern border, this is Georgia's most traditional region, home to animist shrines, friendly villages, hidden churches and impressive stone-built defensive towers. After our 'loop' northwards into the mountains, we will add to our understanding of this fascinating country with sightseeing in Tbilisi and in the nearby town of Mtskheta, a UNESCO World Heritage Site and former Georgian capital.

LOOKING to extend your holiday?

Fancy the ultimate Caucasus experience? For a complete experience, why not combine KE's Trekking in Georgia and the High Caucasus Holiday with Armenia's Trekking Highlights.

Is this holiday for you?

This is an adventurous trekking holiday through the remote south side of the Caucasus Mountains. However, it is not a particularly high-level trek, and with its maximum elevation only a little above 3000 metres, the effects of altitude will be a minor consideration. Our route follows trails between valleys and villages, and the underfoot conditions should prove straightforward for the most part, although there are a couple of steep ascents and descents as we cross the passes, and some paths which are through much vegetation. Most of the trekking days involve hiking for 5 or 6 hours, but we have two longer days with around 10 hours of walking. This trek is supported, so you will only need to carry your day pack each day.

Itinerary

Version:

Holiday Information

What's Included

- A professional and qualified tour leader
- Single timed Tbilisi Airport transfers at the beginning and end of the trip
- Accommodation as described (includes a hotel 'night' for early morning arrivals on Day 1 of the Land Only itinerary)
- All land transport throughout the trip
- Baggage transfer by vehicle whilst trekking
- 6 nights full-service camping
- Entrance fees to tourist sites which are part of the itinerary
- Meals as per the Meal Plan

What's not Included

- Travel insurance
- Tbilisi Airport transfers (other than the single group transfer at the beginning and end of the trip)
- Tips for local staff
- Entrance fees at tourist sites which are not part of the itinerary
- Breakfast on the final day if departing earlier than 8am
- Miscellaneous expenses - drinks and souvenirs etc.

Joining Arrangements & Transfers

The group will meet at our hotel in Tbilisi on the morning of Day 1 of the Land Only itinerary. A transfer will be provided for those arriving on the preferred British Airways flight in the early hours of the morning of Day 1.

You will also have access to a hotel room where you can take some rest before meeting the rest of the group for the sightseeing tour of Tbilisi in the afternoon. Then in the evening you will meet with your tour leader, followed by an evening meal.

Anyone arriving into Tbilisi earlier than Day 1 can (by prior arrangement only) check into this hotel room on the afternoon of the previous day.

At the end of the holiday there will be a single timed group transfer back to Tbilisi Airport timed to meet the check in of the preferred British Airways flight departing early in the morning on Day 10.

Additional nights and transfers to/from Tbilisi Airport can be arranged at an additional cost.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All meals are included in the holiday price.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Water from the taps may not be drinkable in all locations on this trip - please check with your guide. We recommend taking water purification tablets and a reusable bottle with a filter such as **Water-to-Go**, which can both be used to help make safe other water sources. Please note that we do not encourage the purchase of single use plastic bottles.

Georgians have a great culinary tradition and national specialties include the following: walnuts used in all sorts of ways, bean salads, aubergines and spinach dishes, layered bread and melted cheese, cured meats, fresh and pickled vegetables. They also have 500 varieties of local wines. Breakfast are continental style, with cereals, bread and jam, tea, coffee and sometimes eggs. Packed lunches are provided and will consist of bread and a variety of meats, cheeses, tomatoes and cucumber. There will also be fruit and biscuits. Dinner at camp are usually a traditional soup followed by vegetable and meat dishes with potatoes, rice or pasta.

Accommodation

Included in the holiday are 2 hotel nights in Tibilsi. The first hotel night is to enable clients on the preferred flight (arriving in the early hours of the morning of Day 1 of the Land Only itinerary) to have the use of a hotel room to rest/sleep and freshen up prior to breakfast. Note that it will also be possible for clients arriving a day earlier than Day 1 of the land Only itinerary to use this hotel night.

During the trek there are 7 nights camping. Whilst camping we will sleep in two man tents. There will also be a kitchen tent, a dining tent, and a toilet tent.

All accommodation is on a twin share basis. If you are travelling by yourself you will be paired with another single traveller of the same sex. Single rooms and/or single tents are available for a supplementary cost. If you are planning to extend your holiday, additional nights are available on request.

Group Leader & Support Staff

This group will be led by a professional and qualifed tour leader. There will be a city guide and translator who also accompanies the trek as well as a local mountain guide and full camp crew. In addition, the group will be supported by one or more drivers as required.

Altitude

This holiday involves going to moderately high altitude. During the course of your trip you will reach altitudes in excess of 2500 metres. Most people will have no difficulty with this level of altitude but before coming on the holiday, we recommend you read the advice on trekking at high altitude. You can also talk to one of our trekking experts if you have any concerns about altitude.

Spending Money

Approximately £150 (or equivalent US dollars, Euros etc.) should be allowed for miscellaneous expenses including your bar bills and reasonable tips to the support crew. If you intend to buy expensive souvenirs, you should budget accordingly (credit cards can be useful in this respect). Georgia's unit of currency is the lari. By far the easiest way to obtain your travel cash is from ATM’s using a credit card or a debit card. ATM’s are available in Tbilisi close to the group hotel or at the airport. Credit cards can be used to purchase goods and services in some shops, hotels and restaurants in Tbilisi.

Guidance on Tipping

Tips do not form part of the wages of local staff but they are very much appreciated. It is important to remember that tipping is voluntary and should be dependent on good service. It is best if the tip is given at the end of the trip by the group as a whole. We recommend that each group member contributes around £30 and that tips are then distributed between the local guide and support staff as the group feels is appropriate.

Beat the Jet Lag

Our holidays are normally designed with minimal 'down time' at the start of the trip, but having a day or two at the beginning will have the additional benefit of allowing you time to get over the stress of a long journey or travelling across time zones, leaving you refreshed and ready for your holiday. We can easily arrange for you to have additional nights and airport transfers.

Baggage Allowance

For this holiday you should take one piece of luggage, which should be a soft duffle bag and a day pack. For international flights please check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Visa Georgia

UK and USA passport holders do not require a visa for short stays.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The unit of currency in Georgia is the Lari.

Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience.

You should be aerobically fit and comfortable with 6 - 8 hours for consecutive days. Hill walking, with a good amount of ascent and descent, is the best training. Running, cycling and swimming are also good for developing cardiovascular fitness and stamina.

Climate

Daytime temperatures in the lower valleys will vary between 20°C/68°F and 25°C/77F at the times of year we operate this holiday. The weather in summer is generally excellent - with hot days, clear skies and little rain. In the mountain villages at around 2000 metres elevation, the night time temperature will fall to 10°C/50°F. As with any mountain region, cooler conditions and stormy weather cannot be ruled out at any time of year. In Tbilisi temperatures are much hotter in the summer months and can reach well into the 30's.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Georgia: A Sovereign Country of the Caucasus - Roger Rosen

- Bread & Ashes - Tony Anderson

Maps

Georgia: Geoland 50K Trekking Maps 1:50,000. Sheets 2, 3 and 4

These maps have contours at 20m intervals, with additional relief shading and numerous spot heights, plus colouring and graphics to indicate different types of terrain. The road network distinguishes between local paved or unpaved roads, dirt tracks, forest roads and footpaths. Sheets 2 and 3 cover the main walking area, whilst sheet 4 covers Kazbegi. Note that it is possible to obtain good maps from the tourist information office in Tbilisi.

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Equipment Information

Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

You SHOULD bring the following items:

- Daypack 30 litres
- Sleeping bag (comfort rated 0°C)
- Sleeping bag liner
- Hiking boots
- Gaiters*
- Trainers for camp
- Sandals for river crossings **
- Walking socks (2 or 3 pairs)
- Spare laces
- Trekking trousers*
- Waterproof over-trousers
- Waterproof jacket
- Underwear
- Thermal baselayer - leggings
- Thermal base layer shirts (2 short sleeve, 2 long sleeve)
- T-shirts / Long sleeved tops *
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)

- Water bottles 1 Litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Sunglasses
- Thermal or fleece gloves
- A selection of dry bags (to keep the contents of your luggage dry)
- Antibacterial handwash
- Washbag and toiletries
- Trekking towel
- Sunhat
- Fleece hat
- Headscarf for ladies (for church visits)
- Fleece jacket or warm jumper
- Basic First Aid Kit including: Insect repellent (DEET); antiseptic cream; throat lozenges; diarrhoea treatment (Diocalm or Immodium); painkillers; plasters/band-aids and blister treatment; and re-hydration salts (Dioralite). Glucose sweets and vitamin tablets are a useful addition.

The following items are optional:

- Thermarest (a foam mat is provided)
- Shorts* (shorts are not allowed in many church visits)
- Travel clothes
- Trekking pole

- Camera
- Pen-knife (note: always pack sharp objects in hold baggage)
- Repair kit - (eg. needle, thread, duct tape)
- Reusable cloth bag for shopping (to avoid plastic bags)

Notes

*Note that on some days you will have to walk through areas of undergrowth and full-length trousers & long sleeved tops will be necessary. You may also wish to wear gaiters on these days. Your trip leader will advise when this is necessary.

** There are several river crossings encountered on the trek. The most suitable footwear is a pair of open sandals that can be securely fastened and remain comfortable to walk in when wet. Crocs and flip flops are not suitable footwear for river crossings.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

The LAND ONLY dates and prices are for the itinerary, joining at the hotel in Tbilisi. A single transfer is included from/to Tbilisi Airport.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Tbilisi airport. The flight will depart the UK afternoon and arrive in the early hours of the following day (day 1 of the land only itinerary). The return flight will depart early morning on the last day and arrive morning of the same day.

Why Choose KE

Why KE

KE's trek will take you off the beaten track to experience the real Georgia, visiting remote traditional villages, cut off for 6 months of the year by snow.

Please Note This document was downloaded on 11/11/2026 and the trip is subject to change