

Experience Georgia

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Georgia is a land of striking contrasts, where ancient traditions meet dramatic landscapes and a deep sense of history shapes everyday life. From the soaring peaks of the Caucasus Mountains to lush valleys, vineyards, and centuries-old villages, the country offers a rich tapestry of culture and natural beauty.

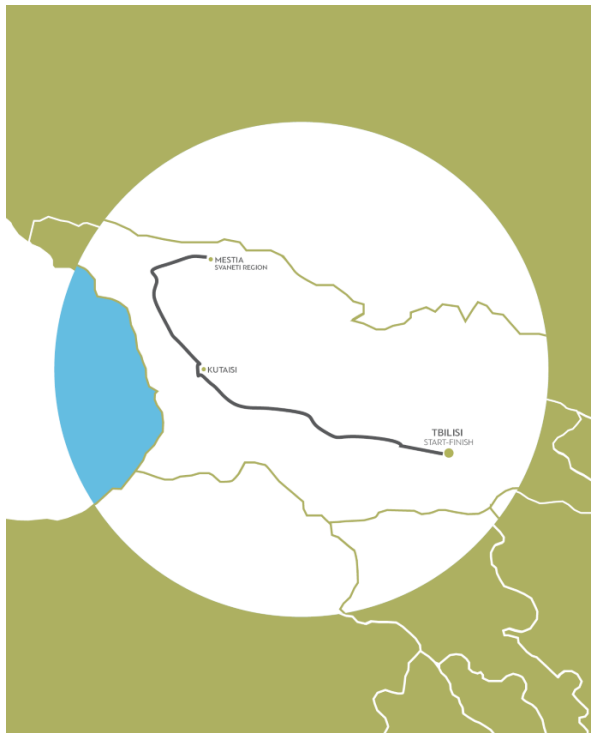
Our 10-day expedition is a journey through the vertical contrasts of the Caucasus, moving from the avant-garde pulse of Tbilisi's Vera district to the high-altitude solitude of Upper Svaneti. We don't just hike, we explore a living museum of medieval defense towers and glacier-fed rivers, staying in remote villages where the arrival of a traveler is still a celebrated event. From the refined elegance of the capital to the sun-drenched organic vineyards of Ethno Sazano, this is an immersive experience in a culture defined by legendary hospitality and its dramatic mountain landscapes.

Trip Highlights

- Navigate the Iron Age cave town of Uplistsikhe, a labyrinth of pagan temples and stone-cut streets overlooking the Mtkvari River
- Witness the thunderous Adishi Glacier and cross the icy river at its base, surrounded by the towering peaks of Tetnuldi and Shkhara
- Walk among the UNESCO-protected medieval stone towers of Europe's highest continuously inhabited village, silhouetted against the massive 5,000m Shkhara Glacier
- Swap the trail for the vines at a private wine estate, learning the secrets of handmade khachapuri, and ancient Qvevri winemaking



Map



Tour Details

Days/Nights: 10 days / 9 nights

Single supplement: Cost based on request. Availability limited.

Condition grading: Strenuous

Itinerary

Day 1

Arrival in Tbilisi and welcome dinner

In the afternoon we will meet at the hotel and set off to explore the old town. To conclude the night, we will have our first dinner together at Keto and Kote. Tucked away in the Vera district, this restaurant is housed in a beautifully restored 19th-century mansion. We will dine on their leafy terrace with views over the city, the perfect atmospheric introduction to Georgian culinary excellence.

Overnight in Tbilisi, Rooms hotel

Dinner included

Day 2

Drive towards Kutaisi, visit Uplistsikhe and have a wine degustation at Ateni

We depart Tbilisi and head west toward the Imereti region. Along the way, we make a stop at the UNESCO world heritage site of Uplistsikhe Cave Town. It holds the distinction of being one of Georgia's oldest cave settlements, with roots that extend back to the 2nd millennium BC. Stepping into this archaeological treasure is like stepping back in time, as you explore the intricate chambers, passageways, and dwellings that bear the marks of millennia of human habitation. From there, we take a scenic detour into the Ateni Valley for lunch and wine degustation at Nika Vacheishvili's Guest House. This family-run winery is led by the former Minister of Culture, who provides a deep educational dive into traditional Georgian wine culture. Next, we continue our drive to Kutaisi, after hotel check-in, our evening is spent at Sisters restaurant, set in a historic residential building with soaring ceilings and retro bohemian decor.

Overnight in Kutaisi, Newport Hotel Kutaisi

Breakfast, lunch and dinner included

Driving distance:

235 km / 4 hr 30 min

Day 3

Drive to Mestia and afternoon hike along Zuruldi Ridge

Today we head deep into the Greater Caucasus. The road winds along the Enguri River and the massive Enguri Dam before ascending into Svaneti, a land of thousand-year-old defensive towers and glaciers. After lunch, we don't wait long to explore. We ride the cable car from Mestia up to the Zuruldi Ridge (2,340 m), immediately gaining sweeping views without the steep climb. From the top, we follow a gentle ridgeline trail toward Mentashi Hill. This scenic walk offers continuous panoramas of the dramatic Svaneti peaks, including the striking pyramid of Mount Ushba and the massive wall of Mount Tetnuldi.



Overnight in Mestia, Gistola Hotel

Breakfast, lunch and dinner included

Hiking distance: 6 km / **Hiking duration:** 2 hr 30 min

Elevation gain & loss: 390 m & 390 m

Driving distance:

220 km / 4 hr 30 min

Day 4

Hike towards Zhabeshi

The multi-day trekking journey from Mestia to Ushguli begins as we leave Mestia and climb toward the Mulakhi valley. We pass through alpine meadows and small hamlets, always accompanied by views of the jagged peaks of Mount Banguriani. This is a moderate start to our journey, allowing us to soak in the silence of the mountains and the rhythmic clanging of cowbells in the distance. We finish the day in the village of Zhabeshi, tucked away at the foot of the Tetnuldi peak.

Overnight in Zhabeshi, Guesthouse Gogia

Breakfast, lunch and dinner included

Hiking distance: 16 km / **Hiking duration:** 6 hr

Elevation gain & loss: 480 m & 330 m

Day 5

Hike towards Adishi

Today's trail takes us higher as we climb toward the Tetnuldi ski resort area before descending into the remote village of Adishi. This village feels truly isolated from the modern world, with ancient towers standing guard over the valley like stone sentinels. The descent offers breathtaking views of the Adishi glacier. We will enjoy a home-cooked meal with our host family.

Overnight in Adishi, Lento Kaldani Guesthouse

Breakfast, lunch and dinner included

Hiking distance: 11 km / **Hiking duration:** 5 hr



Elevation gain & loss: 900 m & 520 m

Day 6

Hike towards Iprari

Today is one of the most exciting and challenging days of the trek as we head toward the base of the massive Adishi glacier, where we navigate the river crossing on foot (water levels permitting) or with horses. From there, we begin a steady climb to the Chkhunderi Pass (2,655m) for a panoramic view of the Caucasus range and the icy tongue of the glacier below. We then descend into the Khalde valley, passing the ruins of the "Heroic Khalde" village, and finally arrive in the village of Iprali to rest after a demanding but rewarding day.

Overnight in Iprari, Betegi guesthouse

Breakfast, lunch and dinner included

Hiking distance 18 km / **Hiking duration** 7 hr

Elevation gain & loss: 650 m & 800 m

Day 7

Hike towards Ushguli

Our final trekking leg brings us to Ushguli, a UNESCO World Heritage site and one of the highest continuously inhabited settlements in Europe. The silhouette of the Shkhara glacier provides a dramatic backdrop to the iconic Svan towers. We arrive in time for a late lunch and a stroll through the village's enchanting streets.

Overnight in Ushguli, Villa Lileo Guesthouse

Breakfast, lunch and dinner included

Hiking distance 12 km / **Hiking duration** 4 hr

Elevation gain & loss: 400 m & 150 m

Day 8

Drive from Ushguli to Zeda Sazano

We descend from the mountains and drive toward the Imereti lowlands to the village of Sazano. Here, we meet our local host at Ethno Sazano, a place dedicated to preserving Georgian agro-culture. After lunch, we will spend the afternoon feeding farm animals, walking through the organic

vineyards, and learning about ancient customs. The brave can try their hand at milking the cows for a truly authentic experience. As evening falls, dive into the rich flavors of Georgia with a hands-on culinary masterclass, where we prepare Georgian dishes and enjoy a tasting of fine Georgian wines.

Overnight in Zeda Sazano, Ethno Sazano Wine Estate

Breakfast, lunch and dinner included

Driving distance:

210 km / 5 hr

Day 9

Drive back to Tbilisi

After a slow breakfast, we make our way back toward the capital with two striking stops in the Imereti region. We first visit the Katskhi Pillar, a natural 40-meter limestone monolith with a tiny church perched on its summit. From there, we explore the Mgvimevi Convent, a unique monastery built directly into a natural cave cliffside, known for its intricate stone carvings and peaceful atmosphere. For our final roadside lunch, we stop at Kalaubani restaurant in Gomi. Upon arrival in Tbilisi, the rest of the afternoon is yours for last-minute souvenir shopping or a visit to the historic sulfur baths.

Overnight in Tbilisi, Rooms hotel

Breakfast, lunch and dinner included

Driving distance:

200 km / 3 hr

Day 10

Departure day

Breakfast is at your leisure at the hotel and following that, your trip with Tripin Adventures in Georgia concludes. Transfer independently from our accommodation in Tbilisi to the international airport for return flights home or continue.

Breakfast included



What's included

Price includes:

All accommodations as listed (or similar) based on double occupancy

Hotel taxes and service charges

All transportation during the trip by van

Services of an English-speaking qualified guide for the entire duration of the tour

Wine degustation at Nika Vacheishvili Winery

Culinary master class & wine tasting at Ethno Sazano hotel

Tour of local farms in Zeda Sazano village and cow hand milking

Entrance fees for the Cableway ride Tbilisi, Uplistsikhe Cave Town and Enguri Dam

Transport and handling of reasonably sized baggage

Included meals: Breakfast, lunches and dinners as indicated in the itinerary. Lunchboxes during trekking days

Not Included:

International air fare

Transfer to and from the airport

Medical expenses

Travel or emergency evacuation insurance

Gratuities for leader/guide or driver

Alcoholic beverages and meals other than outlined in itinerary

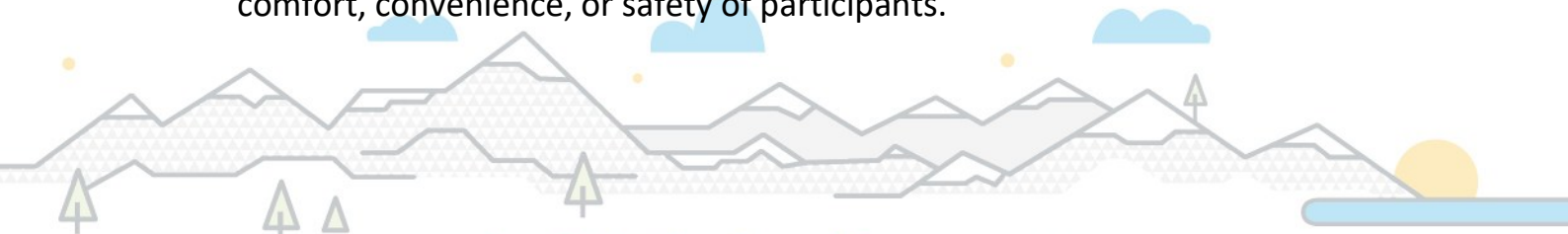
Visas if needed

Other items of a personal nature

Anything not mentioned in above program

Itinerary Changes

We are constantly updating our unique itineraries based on new information and experiences available. The walks, accommodations, and visits listed may be adjusted. The itineraries presented are subject to modification and change by Tripin Adventures. We reserve the right, without penalty, to make changes in the published itinerary whenever, in our judgment, conditions warrant, or if we deem it necessary for the comfort, convenience, or safety of participants.



Terrain

This trip is rated Strenuous and is best suited for travelers in good physical condition with hiking experience. The itinerary includes several consecutive days of trekking between Mestia and Ushguli, with daily hikes averaging 3–7 hours.

While the trails are generally well-marked, the terrain can be uneven, with rocky sections, dirt paths, and occasional river crossings. You will be walking on mountain trails, shepherd paths, and some village tracks, with a number of ascents and descents throughout. Some sections may be steeper and require careful footing, but no technical climbing is involved.

Condition Grading

Strenuous

Trips designated "Strenuous" require strong physical stamina, as we're often active for 6+ hours per day. Hikes and treks include traversing more rugged and mountainous terrain.

Starting point and getting there

Starting point is: Tbilisi

Getting There & Away: Tbilisi's Shota Rustaveli International Airport is the country's main gateway, located about 17 km from the city center. It connects Georgia with major cities across Europe, the Middle East, and Central Asia, making it a convenient arrival point for international travelers. The airport is modern and efficient, offering a smooth introduction to the country.

Getting away at the end of the trip: Tbilisi is well connected by road, rail, and air, making onward travel easy and flexible. From here, you can catch international flights or continue exploring Georgia—heading east to the Kakheti wine region for vineyard visits and traditional wineries, south to Vardzia's impressive cave monastery, or to the spa town of Borjomi, known for its mineral waters and scenic nature.

Food

Georgian cuisine is deeply rooted in tradition and shaped by the country's diverse landscapes, offering rich, comforting, and boldly



flavored dishes. From the mountains to the fertile valleys, meals often feature a variety of freshly baked breads, hearty stews, and vibrant vegetable dishes. Cheese-filled breads like khachapuri and dumplings known as khinkali are staples, while walnuts, garlic, herbs, and aromatic spices are widely used to create distinctive flavors. Meals are typically accompanied by an array of shared dishes, fresh herbs, pickled vegetables, and flavorful sauces. Georgia is also renowned for its ancient winemaking tradition, with unique amber wines and robust reds produced using traditional methods. Dining is a social and celebratory experience, often guided by a toastmaster, where food, wine, and hospitality come together to reflect the country's rich cultural heritage.

Weather

Georgia enjoys a varied climate due to its diverse landscapes, making it an excellent destination for outdoor travel and hiking, particularly in summer. July is one of the best months to visit, with long, sunny days and generally stable weather across the country.

In Tbilisi and the lowland regions, temperatures can be quite warm, typically ranging from 25–35°C with dry conditions and plenty of sunshine. Moving into the mountains, especially in the Svaneti region, the climate is noticeably cooler and more comfortable for hiking. Daytime temperatures during the Mestia to Ushguli trek usually range between 15–25°C though it can feel warmer in direct sun.

Weather in the mountains can be changeable, so occasional afternoon showers are possible, and temperatures can drop in the evenings.

Gear Checklist

Georgia in summer has a temperate climate. Base your clothing on the “layering system”, if it is hot you can “peel off” layers quickly, if it is cooler and windy you can quickly “dress up”. Even on hot days, evenings on the mountains of Georgia can be cool and breezy, so make sure to have a sweater or windbreaker type jacket.

The lighter you travel, the easier you travel. Use your best judgement and pack as lightly as possible. You will appreciate light luggage towards the end of your trip

Please consider taking along the following items on your trip.



Official Papers

- ✓ Valid passport
- ✓ Airline tickets

Luggage

- ✓ Duffel bag or rolling luggage
- ✓ Daypack camera, water bottle and snacks etc.
- ✓ Luggage locks and tags

Outerwear

- ✓ Midweight polar fleece sweater or soft cell jacket
- ✓ Rain jacket and rain pants, or poncho

Clothing

- ✓ Hiking shorts
- ✓ Casual clothing made of light-weight fabrics
- ✓ T-shirts
- ✓ Long-sleeve shirt
- ✓ Hiking pants, loose and easy to move in
- ✓ Underwear

Clothing Accessories

- ✓ Sun hat with a strap

Footwear

- ✓ Supportive hiking shoes or trail runners
- ✓ Short gaiters
- ✓ Casual, comfortable shoes for evening

Accessories

- ✓ Sunscreen and lip protection
- ✓ Sunglasses and retainer strap
- ✓ Head torch



- ✓ Security pouch or money belt
- ✓ Trekking poles or walking staff
- ✓ Camera, memory and batteries
- ✓ Reading and writing materials
- ✓ Watch with alarm or travel alarm
- ✓ Travel pillow
- ✓ Motion sickness remedies
- ✓ Personal first-aid kit
- ✓ Insect repellent (low risk)
- ✓ Electric adapter plug/converter

This is not a fixed list, but more of a guideline, so feel free to add and remove items as you see fit.

Currency & Banking

Georgia's currency is the Georgian Lari (GEL). You can exchange money at the airport, in banks, and at exchange offices in major cities like Tbilisi. ATMs are widely available and generally accept international cards, though fees may apply.

While credit cards are commonly accepted in cities, smaller towns and mountain regions, such as Svaneti, often operate on a cash basis. It is advisable to carry enough cash for meals, local transfers, and incidental expenses.

Before traveling, notify your bank to avoid any issues with card usage abroad and check for any international transaction fees. For security, consider using a money belt or small crossbody bag, keep copies of important documents, and store valuables in your hotel safe when possible. Georgia is considered a safe destination, but as with any country, it is wise to remain aware of your surroundings, particularly in busy areas.

Passports

You must have a passport valid for at least 6 months beyond the conclusion of your trip. Please make sure that you have blank pages in your passport for your visa (if required), entry and exit stamps (one for each). Please make a copy to take with you in the event yours is lost or



stolen and keep it separate from your actual passport.

Visas

No visa is required for travel to Georgia for many nationalities, allowing stays of up to one year. If you hold a different passport, we recommend checking the specific entry requirements online or with your nearest Georgian consulate to confirm visa regulations that may apply to you.

