

Silk Roads Of Georgia Cycle – NEW For 2026



ACTIVITY

Cycle

ACCOMMODATION

Hotel

CHALLENGE FACTORS

Terrain

DURATION:

9 days

GRADE



Where the Caucasus Mountains meet the Black Sea, the tiny country of Georgia has been a vital bridge between East and West for trade and cultural ideas since the days of the famed Great Silk Road.

We explore this beautiful, friendly country by bike, discovering ancient cities, forested hills, breath-taking canyons and mountain plateaux. From the high mountain lakes to the underground Prometheus Cave, via the UNESCO sites of Gelati Monastery, and the mind-blowing rock-hewn caves of Vardzia, this is a diverse trip packed with cultural richness.

Our route incorporates a unique blend of adventure, culture and natural beauty that's sure to leave a lasting impression. We finish in Tbilisi and celebrate our achievements with a night in this vibrant historic city.

DETAILED ITINERARY

Day 1: Depart London

Day 2: Arrive Tbilisi; free time

On arrival, we transfer to our hotel. We have some time to relax and freshen up before heading out to explore Georgia's historic capital city. The old districts rise in terraces, and we can wander the narrow, winding streets admiring the colourful houses with their intricately-carved wooden balconies. The impressive 13th-Century Metekhi Church offers magnificent views over the river and old centre, while the 4th-Century Narikala Fortress dominates the city and provides yet more fantastic views from its high vantage point. We also make time today for

a bike fitting, and sort out our kit for tomorrow, before meeting again for dinner and a full trip briefing. Night hotel.

Day 3: Tbilisi – Uplistsikhe – Gori

A short drive takes us north to Mtskheta, one of the oldest continuously-inhabited cities in the world. A UNESCO World Heritage Site with many historical churches and monasteries, it's a great place to start our cultural cycle adventure. Gently undulating roads take us through small villages and forest to Uplistsikhe, an ancient city cut into the rock dating back to 1000BC. Once an important trade stop on the Silk Road, this cave complex includes a basilica, theatre, bakeries and wine-cellars as well as living-quarters, all hewn out of the rock. We'll have time to visit this remarkable site before another short transfer (approx. 20 mins) takes us to the small town of Gori. Night hotel.

Drive approx. 1 hour total; Cycle approx. 62km; 5-6 hours (total ascent 650m)

Day 4: Gori – Chiatura – Kutaisi

A scenic drive takes us west to Chiatura, known for one of the world's most unique detached dwellings – a small monastery perched atop the 40m-high limestone rock monolith known as Katskhi Pillar. Here we unload the bikes and start cycling west, through limestone hills and pine forests. This is a more remote area, and at times the Caucasus Mountains to the north are clearly visible. After some beautiful hilly cycling, a half-hour transfer brings us to our hotel for the next two nights. Night hotel.

Drive approx. 2 hours total; Cycle approx. 42km; 3 hours (total ascent 830m)

Day 5: Kutaisi – Martvili Canyon – Kutaisi

Today is a day of highlights, as we head through an ascending valley towards Prometheus Cave. Almost 1.5km long, the cave runs deep into the mountainside and is beautifully lit to accentuate the many stalactites and stalagmites. En route, we'll pass Tskaltubo, a geothermal water resort where the Soviet architecture reminds us of Georgia's 20th-century history. For lunch today we are guests of a local family; we can try authentic West Georgian dishes and fine natural wine made using traditional methods. Saying goodbye to our friendly hosts, we ride on, heading to the magnificent Martvili Canyon. If there's time, we may be able to take a boat trip deeper into this stunning canyon. Then it's back to our hotel in Kutaisi for a second night. Night hotel.

Drive approx. 30 mins; Cycle 62km; 4-5 hours (total ascent 680m)

Day 6: Kutaisi – Baghdati – Akhaltsikhe

Today's ride starts with a side-trip to the nearby 12th-Century Gelati Monastery and Academy, a UNESCO World Heritage Site known for its well-preserved murals and mosaics. It was also a centre of science and education, and reflects the strength of Georgia's culture and economy in its medieval golden age. After time to enjoy this fascinating site, we pedal on, heading south towards the small town of Baghdati. where we'll have lunch with a local family. Then we load up the vehicles and drive to the small city of Akhaltsikhe, in a region of high plains surrounded by mountain ranges. Its 9th-Century castle dominates the old city, and the blend of eastern and

western cultures is clearly visible. Night hotel.

Cycle 32km; 2-3 hours (total ascent 680m); Drive approx. 3 hours

Day 7: Akhaltsikhe – Vardzia

After breakfast we start cycling towards Vardzia, one of the biggest highlights of our week. Our route gradually ascends as we follow the Kura River upstream, admiring the more mountainous scenery unfolding around us. After lunch with a local family, we devote our afternoon to Vardzia, a magnificent cave town of the Golden Age. This cave complex – which once consisted of over 3000 caves – stretches over half a kilometre and was one of the best examples of Georgia's renaissance. The rock-hewn cave, with its 12th-Century frescoes, is simply amazing; we can only wonder at how much time and effort it took to create over 1000 years ago! We stay and dine tonight at a family hotel in Vardzia. Night hotel.

Cycle 49km; 4 hours (total ascent 1205m)

Day 8: Vardzia – Saghamo Lake – Dashbashi – Tbilisi

A drive this morning takes us to Saghamo Lake, where we meet our bikes for the last time. Our last day of cycling is unforgettable, as we cross the high plateau. We pass Paravani Lake – the largest lake in Georgia. It's quite shallow and the colour of the water can appear in a variety of shades of blue. You may see some of the cranes that inhabit this area; many nest in the villages that dot this plateau. At approx. 2000m elevation, this region is known as the Georgian Siberia; in winter, temperatures can plummet to -30°C. Thankfully we'll be enjoying warmer weather, and the alpine meadows around us are often colourful with wildflowers. We finish our ride with a lovely descent to Dashbashi Canyon. Carved naturally out of the volcanic basalt rock, it's a spectacular and fitting end of our ride. We can visit the 240m-long glass bridge that spans the gorge, for an obligatory group photo before driving back to Tbilisi, where we enjoy a celebratory dinner in a local restaurant. Night hotel.

Cycle 74km; 4-5 hours (total ascent 950m)

Day 9: Fly Tbilisi to London

Transfer to the airport for our homebound flight.

(Lunch not included)

WHAT'S INCLUDED

- Return flights from London to Tbilisi
- All known airline taxes
- Transport and transfers as part of itinerary
- All accommodation in hotels on twin share basis
- All meals except where specified
- Discover Adventure crew (number dependent on group size)
- Local guide/mechanic and drivers

- Vehicle support and back-up equipment on the trip
- Bicycle (mountain bike / hybrid; contact us if you would like more detail, or to enquire about upgrading to an e-bike)
- Entry to Vardzia, Gelati Monastery, and other sites visited as part of the itinerary
- Wine-tasting at local vineyard
- **We offset 100% of the carbon emissions from your trip, including flights booked with us**

WHAT'S EXCLUDED

- Travel insurance
- Any meals specified 'not included' in itinerary
- Cycle helmet (compulsory) and water bottles
- Personal spending money, souvenirs and drinks, and tips for local guides/support crew
- Fees for any optional sites, attractions or activities
- Any applicable surcharges as per Terms and Conditions

GRADE | YELLOW

All our trips are designed to provide a challenge. Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trip lies within the **YELLOW** range.



The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors. Trip duration, accommodation and living conditions are also taken into account. Some sections will feel more challenging than others, but the grade reflects the overall trip. Unusual weather conditions can also have a significant impact.

The Accommodation icon indicates the living conditions while trekking/cycling. While there are usually several factors that present a challenge, the Challenge icon indicates the trip's most challenging element, for most people.

[Trip grading explained](#)

CHALLENGE INFORMATION

DETAILED INFORMATION

Leaders & Trip Support

Your trip will be led by experienced Discover Adventure crew - selected for their knowledge and experience, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises; they are also trained in first aid. The crew will have mobile phones and/or radios where appropriate, medical kit and other safety apparatus where necessary.

The number of crew and support vehicles looking after you will depend on the final size of your group, but the team will

be looking after every aspect of your trip whether that's transporting your luggage, ensuring your route is clear, making you lunch and sorting out any mechanical problems. Support vehicles are with the group all of the time, and carry all luggage and spares.

Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with appropriate communication devices (eg phones, radios), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary, should local conditions dictate. Pre-trip administration - such as medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

Flight Information

Group flights usually leave from London Heathrow or Gatwick on scheduled airlines and are booked through Discover Adventure Ltd under ATOL licence 5636. By travelling with Discover Adventure you are protected by the Civil Aviation Authority (CAA).

Your journey may involve a transit en route; details of route and flight times will be confirmed several months before departure. We do not always use the same airline for each destination; if you wish to know the probable carrier and flight times, please call for details. You will usually receive confirmed flight details several months before departure. Our itineraries are always based on current flight schedules and are therefore subject to change by the airline. If you prefer to book your own flights please ask us for a land-only cost.

Accommodation

Accommodation is usually in well-located, comfortable 2-3* hotel(s); standards are generally very good though there may be some variation.

Roomshare Arrangements

Our trips are sold on a shared accommodation basis, usually twin-share. Occasionally we may use hostel-style accommodation.

You can tell us if you are travelling with someone else on the trip when you book or within your passenger portal, and we will do all we can to accommodate this request. It is important that both people complete the room share request on their bookings. For customers booking and travelling together, including same-sex couples, a double bed can be requested if available.

If you're not familiar with anyone in the group, rest assured, we always pair you with someone of the same gender (as per the information you provided when booking, or passport markers), and a similar age where possible. We're actively working to improve our system's gender restrictions to be more inclusive, and we've recently made significant strides in this area. If you identify differently from the gender marker on your passport and would like to discuss this before booking, please feel free to reach out to us.

Single Supplements

In most standard hotels, we can usually offer a limited number of single rooms. This is upon request, on a first-come, first-served basis, and additional charges apply. In more communal accommodation, single rooms are rarely an option. We do not charge a single supplement if you are a solo traveller in a shared room.

Food & Dietary Requirements

We like to support local businesses and will source food locally wherever we can. Lunches will be a mix of restaurants along the route or supplies will be purchased from local shops; dinners are usually eaten at the hotel. For larger sized groups we may opt to cater the lunches ourselves with a buffet style provision. Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. Having said that, despite working very hard with the hotels, it doesn't always translate into what we'd like for you. If this is the case on your trip, please chat to the crew at the time and they will do their best to find a solution. If you know there are plenty of foods you cannot eat you may wish to bring extra snacks from home so you can top up your energy supply.

PREPARING FOR THE CHALLENGE

Challenge Grading

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[Trip grading explained](#)

Fitness Levels

This is designed to be a challenge, and it is vital that you train sufficiently for it. We will supply you with a thorough training guide once you have registered. We expect all participants to train hard in advance, but we respect everyone's limits and do not expect everyone to maintain the same pace. Inadequate training is likely to have an impact not just on your chances of completing the challenge, but enjoying it too - and we want you to have the time of your life!

Our challenges attract people of all levels of experience, fitness and ability as well as all ages and backgrounds. We design our challenges so that everyone can go at their own pace: this is not a race. If you have concerns about your fitness or if you have reduced mobility please do contact us for a confidential chat about whether this challenge is appropriate for you.

For logistical and safety reasons we sometimes need to re-group, so the front-runners may find themselves waiting for the slower ones. Please relax, and remember that this is a team effort that enables people to achieve their personal goals and earn sponsorship.

Terrain

Our cycling terrain is mainly undulating, usually on relatively smooth tarmac roads, with a small amount on unpaved trails. Some cycling days are fairly short, to allow for visiting the cultural sites that make this trip so unique - bear in mind while shorter distances generally equate to a lower challenge level, you don't have all day to manage that distance! The average distance over the week is approx 50km; the longest day also features the most climbing but comes at the end of the week, when you'll be feeling fit and taking the hills in your stride! Traffic is usually light and we will cycle at our own pace, but when we pass through a large town we may go through as a group, or load up for a short transfer.

Electric Bikes

On this particular challenge it is possible to upgrade to an electric bike, at additional cost.

In the last few years e-bikes have become increasingly popular. At Discover Adventure we see them as a great tool for inclusivity, and a great enabler for people to get out cycling - at home and on our trips - especially when continuing riding (or starting again) in older age or through health problems.

With charity challenges being at the heart of our business, we know that e-bikes are being used by beneficiaries of various charities to aid recovery, and that they enable participation in events raising funds for those charities.

E-bikes must, however, be used with caution on a multi-day, high-mileage trip and are in no way a substitute for training. Please talk to us well in advance if you are interested in using an e-bike on this challenge, so we can ensure you are aware of the pros and cons. There are a limited number available in-country, and we need plenty of advance notice (two to three months in many destinations) to be able to reserve one for the ride.

Clothing & Kit

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. We provide you with a detailed packing kit-list on registration, with plenty of information, and we are always available if you need advice.

Passport & Visa / Vaccinations

Entry requirements vary depending on your destination and nationality. It is your responsibility to ensure your passport is valid, and any visas are obtained in good time. Check the [FCO's advice](#) on entry requirements for your destination to be sure. Please ensure you allow plenty of time to apply for your visa; we will provide you with all necessary information 6 weeks prior to departure to assist with your application.

Your routine UK schedule of vaccinations should be up-to-date (especially tetanus). We recommend you check the [NaTHNaC Travel Health Pro](#) website for further details. You should always check with a GP or travel clinic for up-to-date travel health advice as it does change.

Foreign Travel Advice

For the latest travel advice from the Foreign & Commonwealth Office including security and local laws, plus passport and visa information, check www.gov.uk/foreign-travel-advice.

Travel Insurance

Travel Insurance is compulsory on all of our challenges outside of the UK; we strongly suggest that you arrange insurance cover as soon as your booking with us is confirmed, or as soon as you're able to purchase some, and at least 8 months prior to travel. Should you need to cancel prior to departure, you will need insurance to cover the costs involved (registration fee and any trip costs depending on cancellation date).

We all hope never to need it, and thankfully most of the time we don't, but on those rare occasions when you do, you want it to cover you as best it can. Whilst it's a fairly boring admin task relating to your trip of a lifetime, it is really important you ensure that you have adequate cover for the type of challenge you are taking part in as well as medical emergencies, evacuation and repatriation, so make sure you're happy with the level of cover. There are lots of suppliers out there, with a wide range in levels of cover; generally speaking, you get what you pay for! Get and pay for the right level of cover and then you can go on your adventure not having to worry about the what-if's. For more details click [here](#).

Once your travel insurance is arranged, just remember to let us know the policy number and 24-hr medical emergency phone number provided by your insurers.

Cancelling your booking

In the unfortunate circumstance that you need to cancel your booking, we would ask that you notify us in writing either by email or post. Your cancellation will be considered effective from the date the notice is received. Registration, administration and amendment fees are non refundable and, depending on your payment option and how close it is to your challenge departure date, you may be liable for a cancellation charge.

Full details of all cancellation charges may be found in the Terms and Conditions of booking.

Group Size

Your booking is part of a group challenge, and the tour costs and fundraising targets listed on our website are based on a

minimum number of participants which is shown on the challenge. Our typical groups run with approximately 15-25 participants; however you may find your group is smaller or larger than this.

We will confirm at least 12 weeks prior to departure that your challenge is guaranteed to run. Occasionally it may be possible to still run the challenge with less than the minimum numbers, subject to a small group supplement. If we think a small group supplement may be necessary, we will discuss this with you as soon as possible, usually 5 months before your departure date.

Minimum numbers and groups sizes may vary on Bespoke Charity challenges. If you are booked onto a bespoke challenge please contact your charity for full details.

Passenger Portal

We have a Passenger Portal which will give you more details of the challenge itself. It also enables you to see any outstanding information we need, the countdown to your challenge departure, see your outstanding balance, make payments and update your contact details. You can access this via the following link - [Passenger Portal Log in](#).



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Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 3 May 2026, and the challenge is subject to change.