SPICE ROADS
CYCLING

TOURING

A TASTE OF GEORGIA

Tour Code
GEO-BTG

9 DAYS
8 NIGHTS

Destinations	Georgia
Tour Meets	Tbilisi
Tour Ends	Tbilisi
Fly in to	Shota Rustaveli Tbilisi International Airport (TBS)
Fly out of	Shota Rustaveli Tbilisi International Airport (TBS)
Group Size	4-16 riders
Minimum Age	18 (on scheduled departures)

ACTIVITY PROFILE

7 Cycling days	**368** km Total cycling distance
53 km Avg distance / day	**625** m Avg climbing / day

PRICING

Price	US$ 2,950
Bike Hire (Mountain Bike)	US$ 280
Single Supplement	US$ 385

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Accommodation
- ✓ Snacks and drinks
- ✓ Entrance fees

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Airport pick up
- ✗ Airport drop off
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

DEPARTURES

11 Oct - 19 Oct 2026
20 Jun - 28 Jun 2027
18 Jul - 26 Jul 2027
03 Oct - 11 Oct 2027
17 Oct - 25 Oct 2027

TRIP PROFILE

We ride a total of **368 km over 7 cycling days**. The route links Tbilisi with the wine country of Kakheti, the historic town of Mtskheta, and the cave city of Vardzia, with daily rides averaging around 53 km and 625 m of climbing and one longer, hillier day between Kachreti and Kvareli. The week starts with a gentler introduction through the Alazani Valley, builds to a couple of more demanding stages with sustained climbs and rolling terrain, and eases off with a shorter ride into Vardzia before the transfer back to the capital. Along the way you taste Georgian wines at source, explore medieval hilltop fortresses and monasteries, and spend time in rural villages that see few foreign cyclists. The trip is fully supported, and your guide's expert knowledge of the area and terrain means that you always know what is coming up in terms of distance and difficulty. This makes a tremendous difference, as does the constant supply of water and refreshments along the way.

Suitability

This tour suits recreational cyclists with good general fitness who are comfortable riding back-to-back days of 40–75 km with regular climbing. Daily elevation gain averages around 600 m, with the hardest day featuring **74 km** and almost **1,000 m of ascent**, so you should feel at ease on sustained, moderate gradients rather than only flat rides. We recommend riding two to three times per week in the lead-up to the tour, including some hillier routes or indoor sessions that mimic climbing. Previous experience with day rides of 60 km or more will help you enjoy the longer stages, and this trip is **not suitable for complete beginners** or riders who only cycle occasionally.

Biking Conditions

The route follows a mix of **paved regional and local roads**, linking small towns, wine villages, and rural valleys; most surfaces are sealed, though you may encounter short sections of rougher tarmac, patched roads, or light gravel through villages and access lanes. Traffic is generally **light on the backroads** of Kakheti and the countryside around Akhaltsikhe and Vardzia, but riding in and out of Tbilisi and through larger towns can feel busier at times, with cars, minibuses, and the occasional truck sharing the road. Expect a mix of rolling terrain and a few longer climbs rather than technical riding, and be prepared for variable weather across mountain passes and open valleys. We generally ride rain or shine, but based on the guide's discretion or your level of comfort, modifications to the planned route can be made. It's all part of the adventure! Throughout the ride, the support vehicle is always nearby to offer refuge to any weary cyclists.

Accommodations

We stay in comfortable **3–4 star** accommodation throughout this journey, combining stylish city hotels with relaxing countryside resorts. In Tbilisi, we base ourselves at a modern, centrally located hotel with compact but well-designed rooms, air-conditioning, and easy access to the Old Town. In Kakheti, we enjoy two standout resort stays: a full-service golf and wellness resort with extensive sports facilities and pools, and a tranquil lakeside hotel surrounded by vineyards and forested hills, both offering spacious rooms, on-site restaurants, and inviting outdoor areas for evening relaxation. In Telavi, Mtskheta, and the Vardzia region, we stay in smaller local hotels and family-run guesthouses that deliver simple but comfortable rooms and a more intimate window into Georgian hospitality. Please be aware that some older or more characterful properties, while charming, may show light wear and the service pace in rural Georgia can be more relaxed than you might be used to. For larger groups, we may occasionally split the group between nearby accommodations or substitute a similar hotel if the listed property is not available.

Day 1: Meet in Tbilisi

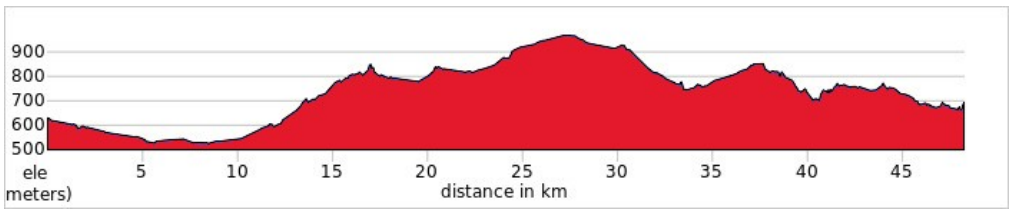
We meet at our hotel to begin our Georgian adventure. Following check-in, we **transfer** (approx. 15 min) to the historic **Metekhi Church** area to enjoy panoramic views of the river. From here, we set out on a guided walking tour of **Old Tbilisi**, where we ride the cable car and explore the patterned balconies and winding streets that define the city's character. We finish our walk in the historical sulphur bath district before we return to the hotel for a **bike fitting** to ensure our equipment is ready for the road. We conclude the day with a welcome dinner at a local restaurant to enjoy our first taste of authentic Georgian cuisine. Please let us know if you need assistance with airport **transfers** or pre-tour hotel bookings.

hotel "Moxy" Dinner

Day 2: Tbilisi → Kachreti

We leave the capital in the morning and **transfer** (approx. 1h 20) to **Sagaredjo** to start our first ride. We cycle through the dry, open landscapes of southeastern Georgia toward the **David Gareja Monastery**. We explore this spiritual complex of caves carved into sandstone cliffs dating back to the 6th century. After we explore the caves, we **transfer** (approx. 20 min) to the village of **Udabno**. We enjoy a homemade lunch with a local family who relocated here from the high mountain region of Svaneti. Because the family maintains their specific regional traditions, especially in their cuisine, we taste a unique style of mountain cooking that adds to the variety of Georgian flavours we experience on this tour. We then **transfer** (approx. 1h 10) to our resort in **Kachreti**. We enjoy free time to relax amongst the vineyards before we share dinner at our countryside hotel.

hotel "Ambasadori Kachreti" Breakfast, Lunch, Dinner

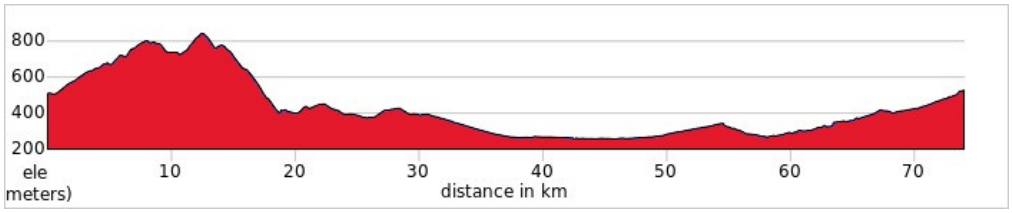


Ride 48km +779m -720m

Day 3: Kachreti → Kvareli

We start our most challenging day directly from the resort, as we head into the rolling heart of the **Kakheti wine region**. We **cycle** through a scenic landscape of vineyards and orchards on quiet village roads toward **Gavazi**. Here, we visit a local family house to learn about rural traditions and join a masterclass to make **churchkhela**, a traditional Georgian sweet made from grape juice and nuts. After we enjoy a homemade lunch, we continue our ride toward the forested hills surrounding **Kvareli Lake**. After we reach our lakeside resort, we take a short **transfer** (approx. 20 min) to a renowned winery for an expert-led wine and cheese pairing. We **transfer** (approx. 20 min) back to our hotel to relax in this peaceful setting before we share dinner.

hotel "Kvareli Lake Resort" Breakfast, Lunch, Dinner

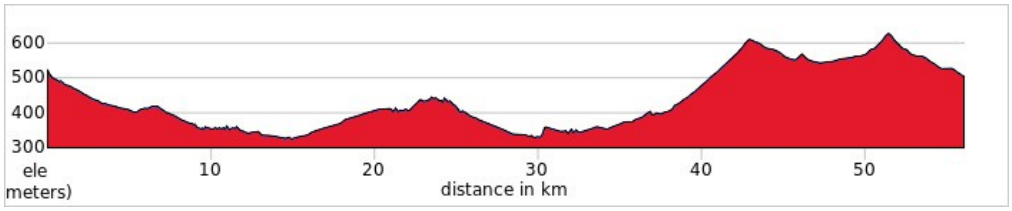


Ride 74km +938m -921m

Day 4: Kvareli → Telavi

We set out from our lakeside hotel and follow a quiet lower road that traces the foothills of the Caucasus Mountains. We make our first stop at the **Gremi architectural complex** to visit the 16th-century church and museum that once served as a vibrant regional hub. We continue our ride to the **Mosmieri winery** for a traditional Georgian lunch overlooking the vines. In the afternoon, we pedal to the **Tsinandali Estate** to explore the romantic landscape garden and the historical winery where Georgian wine was first bottled. Our final cycling stretch takes us to the village of **Kondoli** to visit a traditional wine cellar focused on ancient methods. After we explore the cellar, we take a short **transfer** (approx. 30 min) into **Telavi**. We leave the evening free for you to enjoy the atmosphere of this historic town and find a local spot for dinner.

hotel "Holiday Inn" Breakfast, Lunch

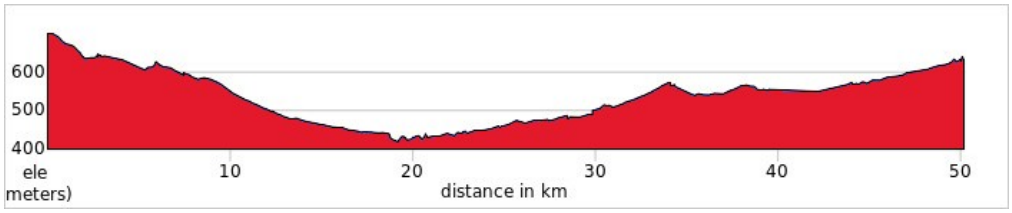


Ride 56km +562m -572m

Day 5: Telavi → Mtskheta

We begin our most relaxed riding day with a short **transfer** (approx. 10 min) to explore the vibrant Telavi farmer's market. We sample fresh local goods and soak in the atmosphere before we cycle to the majestic 11th-century **Alaverdi Cathedral**. We explore this iconic landmark that dominates the surrounding valley. From the cathedral, we enjoy a gentle rhythm as we pedal toward **Duisi**. We soak in the rural atmosphere of the **Alazani Valley** and stop for an organic lunch with a local family. After lunch, we pack the bikes for a **transfer** (approx. 2h 30) to the ancient capital of **Mtskheta**. We spend the evening in this **UNESCO-listed town**, which offers a peaceful setting for our stay. Take the opportunity to soak in the spiritual atmosphere of its historic streets as you choose a local restaurant for dinner.

hotel "Gino Wellness" Breakfast, Lunch

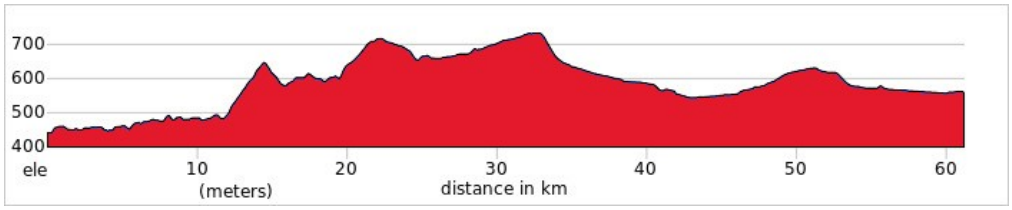


Ride 50km +328m -396m

Day 6: Mtskheta → Akhaltsikhe

We start our ride directly from the hotel and follow the river valley toward the ancient cave city of **Uplistsikhe**. This remarkable site served as a strategic hub on the **Great Silk Road**, and we enjoy a scenic picnic lunch along the route before we arrive at the caves. We explore the maze of living spaces, wine cellars, and bakeries carved directly into the sandstone. We visit a basilica cut from the rock and the remains of an antique theatre, imagining the merchants who once sought refuge here. After our exploration, we pack up the bikes for a **transfer** (approx. 2h 30) into the southern highlands. We arrive in **Akhaltsikhe**, a city defined by its multi-cultural history and the imposing Rabati Fortress. Enjoy a free evening in this historic border town, where you can explore the diverse architecture of the old district before choosing a local spot for dinner.

hotel "Lomsia" Breakfast, Lunch

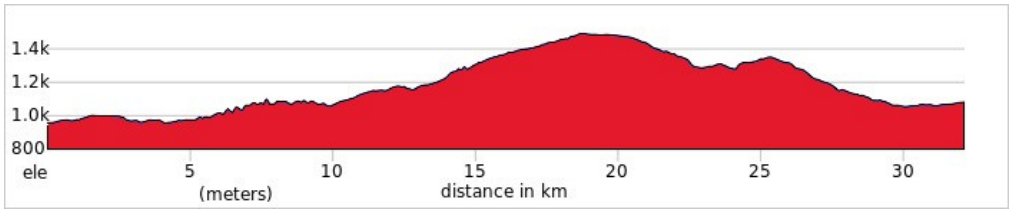


Ride 61km +640m -522m

Day 7: Akhaltsikhe → Vardzia

After breakfast, we begin a shorter but rewarding ride from our hotel toward **Vardzia**. We trace the deep gorge of the Mtkvari River, which offers views of high cliffs and old fortresses as we climb toward **Aspindza**. From here, we take a short **transfer** (approx. 40 min) to reach the **Vardzia cave town**. We spend time exploring this massive complex, which once held thousands of caves and stands as a symbol of Georgia's Golden Age. We visit the churches cut from the rock to see 12th-century frescoes before we take a final **transfer** (approx. 10 min) to a nearby **family-run estate**. We enjoy a late lunch with the family, tasting local dishes prepared with fresh ingredients from their own trout farm and organic gardens. We spend a peaceful evening in this riverside setting before we share dinner at the estate.

Family hotel "Valodia`s Cottages" Breakfast, Lunch, Dinner



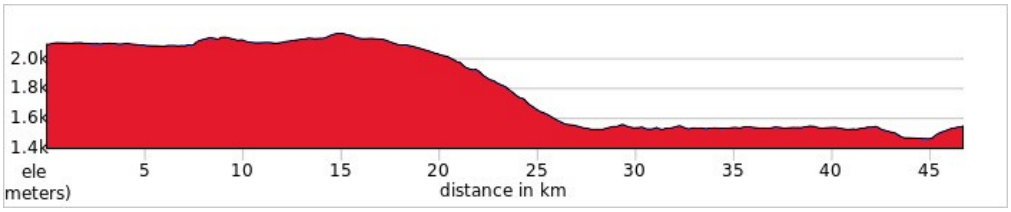
Ride 32km +778m -656m

Day 8: Vardzia → Tbilisi

We begin our final riding day with a **transfer** (approx. 1h 40) up to the 11th-century **Poka Monastery** on the shores of Lake Paravani. At **2,168 metres above sea level**, we start our ride across the wild and open landscapes of the **Javakheti Plateau**. We pedal past the largest lake in

Georgia and through remote villages where cranes nest atop the chimneys. After a homemade lunch with a local family in **Tsalka**, we continue our ride to the spectacular **Dashbashi Canyon**. We visit its hidden waterfalls and the modern glass bridge that spans the gorge before taking a final **transfer** (approx. 2h 45) back to **Tbilisi**. In the evening, we gather for a farewell dinner to celebrate our journey through the Caucasus and share our favorite stories from the road.

hotel "Moxy" Breakfast, Lunch, Dinner



Ride 47km +349m -899m

Day 9: Tbilisi departure

Our Georgian adventure officially ends after breakfast this morning. If you choose to stay longer in Tbilisi, you can visit the National Museum, explore the treasures at the Dry Bridge flea market, or enjoy a final soak in the historic sulfur baths. Please let us know if you need assistance with airport **transfers** or post-tour hotel bookings, as these are not included in the main price. We are happy to help you organise these final details for your journey home or an extended stay in the capital.

Breakfast

Disclaimer: The adventure cycling tours we operate often go beyond the beaten track, and the countries where we ride are not always predictable. Due to these reasons, it is occasionally necessary to reroute or update itineraries. Our guarantee is that we will not change a trip unless for safety or to improve it. Our listed hotels are always accurate at the time of writing, but should we have to change any hotel, it will always be for a similar or better one.

NUTS & BOLTS

Bikes

Because some people can't imagine going on a trip without their own beloved bicycle, we do not provide them as part of this tour. However, you can hire bikes locally for the price listed in the tour pricing section. We provide high-quality **Ghost Kato Universal** mountain bikes or similar. **E-bikes by Specialized Turbo Levo SL Comp Alloy** or similar are also available. If you bring your own bike, a modern **full-suspension mountain bike** is ideal. A capable hardtail cross-country mountain bike will also get the job done. Whichever bike you choose, please ensure it is in excellent mechanical order before arrival.

Bike Repairs

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

Safety

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and

emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

THE NITTY GRITTY

Passports and Visas

Georgia isn't in the Schengen Area, so time spent here doesn't count against a Schengen allowance. Citizens of the UK, US, Canada, Australia, New Zealand, the EU, Switzerland and Norway can enter without a visa and stay for up to a year. Many other nationalities can apply for an e-visa online. If yours isn't on the visa-free list, check with your nearest Georgian embassy or consulate before you book flights. Your passport must be valid for the whole of your stay.

Georgia also requires every tourist to hold health and accident insurance covering the full period of the visit, arrival and departure dates included, with a minimum cover of 30,000 GEL. Carry it on paper or on your phone, in English or Georgian.

Rules change, so confirm your own position on the Georgian Ministry of Foreign Affairs consular site: Entering Georgia. Apply only through official government pages. Others charge fees for nothing.

Health & Insurance

No vaccinations are required to enter Georgia. Check the CDC's Georgia page for current recommendations and see your doctor about a month before you travel. Travel insurance isn't optional here. Georgia requires every visitor to hold health and accident cover of at least 30,000 GEL for the full period of the stay. Beyond that legal minimum, make sure your policy covers cycling and emergency medical evacuation. Hospitals in Tbilisi are modern, but our routes run through rural districts where the nearest full facility can be a long drive. Georgia has no reciprocal healthcare agreement with the UK, the EU, the US, Canada or Australia, so a public health card from home is worth nothing here.

Weather

We ride Georgia in June, July and October. In Tbilisi and the Kakheti valleys, June runs roughly 14 to 25°C (57 to 77°F) and July roughly 17 to 29°C (63 to 84°F), so the hottest days start early. October cools to about 7 to 17°C (45 to 63°F), with clear air and the harvest just finished. The south sits higher and runs about 5°C cooler in any month. The Javakheti Plateau, above 2,000 metres, is colder again and exposed to wind even in midsummer. Rain is possible in all three months and falls heaviest in the southern highlands.

Food

Georgian cooking is built on walnuts, herbs, pomegranate, sour plums and cheese, and it doesn't taste like the cooking on either side of it. *Khachapuri* is cheese-filled bread, baked flat in Kakheti and served as a boat with an egg on top in Adjara. *Khinkali* are hand-twisted dumplings, eaten with the fingers by the knot. *Pkhali* turns spinach, beetroot or aubergine into walnut pâté. *Mtsvadi* is meat grilled over vine cuttings, and *lobio* a bean pot served with cornbread. Dishes arrive together rather than in courses, and the table is shared. Vegetarians do well in Georgia: the Orthodox fasting calendar has produced a deep vegetable repertoire. Tell us about any dietary requirement when you book and we'll arrange it with our partners in advance.

Drink

Tap water is safe across Georgia and comes off the mountains. Borjomi, the salty mineral water from the spa town of the same name, is an acquired taste. Coffee is strong and Turkish-style in the villages and third-wave in Tbilisi. Saperavi is the red to look for, and the amber whites are fermented on their skins in clay *qvevri* buried to the neck, a method still in daily use across Kakheti. *Chacha*, the grape spirit, appears at the end of dinner. Alcohol isn't included in the tour price.

Solo Travellers

SpiceRoads welcomes solo adventurers and does not charge a mandatory single supplement. We arrange for you to share a room with another traveller of the same gender. If no match is available, you receive a single room at no additional cost. If you prefer to guarantee your own

private room for the duration of the trip, a single supplement is available at the rate listed in the tour pricing.

Extra Expenses

Georgia is inexpensive by European standards. Budget cash for meals not listed in the itinerary, alcohol, coffee stops and anything you buy along the way. Riders tend to come home with wine, jars of *tkemali* plum sauce, blue tablecloths block-printed in Tbilisi, and *churchkhela* from a market stall. Entry to monasteries and small museums is a few lari where it's charged at all.

Tipping is normal but modest. City restaurants often add a 10 per cent service charge to the bill, so check before you add more. Where there's no service charge, rounding up or leaving 10 per cent is generous. Taxi fares are agreed or metered and drivers don't expect a tip. A lari or two suits a porter, and the same left for housekeeping in a city hotel is appreciated rather than expected. Village guesthouses expect nothing.

Money

The currency is the Georgian lari (GEL). Cards work in hotels, city restaurants, supermarkets and petrol stations. Cash machines are everywhere in Tbilisi and in regional towns, and they take international cards. Carry some cash as well. Village guesthouses, market stalls, monastery donations and rural cafés are cash only, and card terminals in the countryside stop working when the mobile signal drops.

GENERAL BOOKING INFO

If this is the tour for you here's what you need to do to confirm your place:

FLEXIBLE BOOKING CONDITIONS

Booking a SpiceRoads cycling adventure is easy and we try to do everything possible to make sure you have full flexibility and peace of mind. We do not require a deposit to hold your place on a tour and once full payment has been made your money is protected in our client account and you have the flexibility to cancel or change your booking if needed.

CONFIRMING YOUR BOOKING

Just complete our online booking form or send your booking details offline (email or post), and we will confirm your participation. No deposit is needed to confirm your place on a SpiceRoads tour.

You are advised to read our Booking Conditions in full before you make your payment and should you require further clarifications of any of the conditions below, please email us or call our office.

TRIP STATUS

There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other travel arrangements. If the trip status is 'Limited' will mean we have only a small number of spaces available for booking. If you are unsure about the trip status, please email us or call our office.

BOOKING ONLINE

From the tour page, click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. For the next steps, you'll need to know the names of the people travelling. If you wish you can also provide extra details such as passport numbers, height (for bike hire), or you can add that later by logging into Manage My Trip (we'll set up an account for you automatically if you don't already have one). Our system will contact you from time to time to fill in the missing information, as it will be required before departure. However, if the trip that you are booking offers a child discount, you will have to fill out the date of birth of each rider (so we can calculate the appropriate discount).

If you are having any problems please send us an email, or give us a call (+66 026 3295) and one of our travel specialists will assist you with your booking.

BOOKING OFFLINE

Just call us or send an email indicating which trip you want to join and we will happily send you a list of questions and process your booking for you.

DEPOSITS AND PAYMENTS

We do not require a deposit or full payment to book a place for you on a tour.

The balance of the tour's cost (final invoice) will need to be paid 60 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights.

In the case where a booking is made when there are less than 60 days until the tour departure date, the tour's cost should be paid in full within 72 hours of receiving an invoice from SpiceRoads. Payment can be made by credit card using our online payment gateway or by bank transfer. When making payment online you will need to confirm that you have read these booking conditions during the "checkout" process, which equates to agreeing to the terms of services and stipulations as indicated in this document.

In all cases, tour fees need to be paid "in full" before participation in a tour. No person(s) will be allowed to join a tour without fully settling their invoice and receiving a confirmation number from SpiceRoads.

The exception can be made for last-minute miscellaneous fees that can be paid locally (visas, additional local hotel bookings, etc.) can be settled on the day of arrival.

FULL FLEXIBILITY FOR TOUR CANCELATIONS

If the tour is cancelled or postponed by SpiceRoads because we didn't make the trip numbers and the tour can't run, we will make a full cash refund (by bank transfer or on your credit card).

If the tour is cancelled for any other reason, including due to Covid related travel restrictions, we will give you a full credit (with no deductions for admin or any other small-print item) to use on any SpiceRoads tour with no time limit. (Exceptions being flights, special permits and other non-refundable items and these will be advised when booking the trip).

Before paying for your tour, you can cancel your booking with no charge and up until 40 days before departure, you can change your booking to another travel date or move your booking onto another SpiceRoads tour with no charges.

If you need to cancel after you have made full payment, please see our cancellation policy.

Loyalty Riders Club

For those who have been on several long tours with us, we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour or more we will extend a 10% discount. The discount will be reflected in your online booking, but please contact us if any questions. Loyalty discounts cannot be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for a loyalty discount.

International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred relating to any flight booking you have made. Please claim any losses from your travel insurance that you acquired when you booked your holiday.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from SpiceRoads, be sure to subscribe.

CONTACT US

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