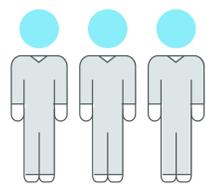


WELCOME TO RUSSIA!

GEOGRAPHY

Russia is the world's largest country. It spreads from the Pacific Ocean in the east to the Atlantic Ocean in the west.



Population: 146.8 mln people



Area: 17.1 mln sq. km (6.6 mln sq. miles)



Time zones: 11 time zones

HEALTH ISSUES

Should you need some pharmaceuticals while travelling in Russia, these are available in pharmacies. Many pharmacies in Russia are open 24/7. Please note: Russian brand names may be different from the ones you are used to. Please consult your guide before purchasing.

Pharmaceutical	Russian name
pain medications	Analgin, Ibuprofen, No-Spa
antifebrile agents	Paracetamol, Aspirin
gastroprokinetic agents	Mezym® forte, Motilium
allergy treatment	Claritin

MONEY



Russian Ruble (RUR) is the lawful currency of Russia. You may exchange currency in a bank, in a hotel or in the airport.



We recommend taking with you Euros or US Dollars as these are accepted by any currency exchange desk.

TRANSPORT



subway



bus



trolleybus



tramway



taxi



metrotram (Volgograd)



monorail (Moscow)



water taxi (Moscow, Saint Petersburg, Veliky Novgorod)



cruise ships (major rivers cruises)



cableway (Yalta, Nizhny Novgorod)



helicopter (Kamchatka Peninsula)

TIPPING

If you are happy with the service quality in a bar or restaurant, you can tip the waiter. Normally, the amount is 5% to 10% of your bill.

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WHAT TO DO IN RUSSIA?

- Visit the unique historical cities of the northwest Russia (including UNESCO World Heritage sites)
- Cultural activities (music festivals and open-air events for all tastes)
- Set on a journey of your dreams – take thousands of kilometers on the Northern Sea Route along the coast of Russia from Murmansk Region to Chukotka
- Find out about traditional crafts and learn how to make felt boots, weave woolen scarves, and carve out nesting dolls
- Enjoy the works of contemporary art by world-famous Russian artists
- Try the non-trivial gastronomic treasures of Russia (buckwheat, cabbage soup, bread, and aralia bitter)
- Find out the main destinations for family travel and trips for a big crowd
- Learn the secrets of Russia (the legendary museum exhibits, abandoned military facilities, and enchanted forests)
- Try your fate in extreme sports (auto test and race tracks, extreme downhill cycling, skiing and snowboarding)
- See the most famous water bodies of Russia (the mighty Volga and Yenisei rivers, and a real wonder of the world – Lake Baikal, and others)

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