

Welcome to Sochi

TOP-24

What to do?

Top things to do in Adler (4 km from the Airport)

- Visit Sochi Discovery World Aquarium – the largest oceanarium on Russia's southern coast
- Spend a full day at the local Disneyland – Sochi Park
- Take a walk through the Olympic Park
- Feel like a racer at the Sirius Autodrome, which hosted eight stages of the Formula-1 Grand Prix

Top things to do in Sochi (36 km from the Airport)

- Take countless photos of the white yachts and the Sochi Seaport
- Spend the day in Riviera Park: Friendship Glade, rides, a mineral water pavilion, an aquarium, and cozy cafés
- Applaud the dolphin show at the Big Sochi Dolphinarium

Top things to do in Krasnaya Polyana (45 km from the Airport)

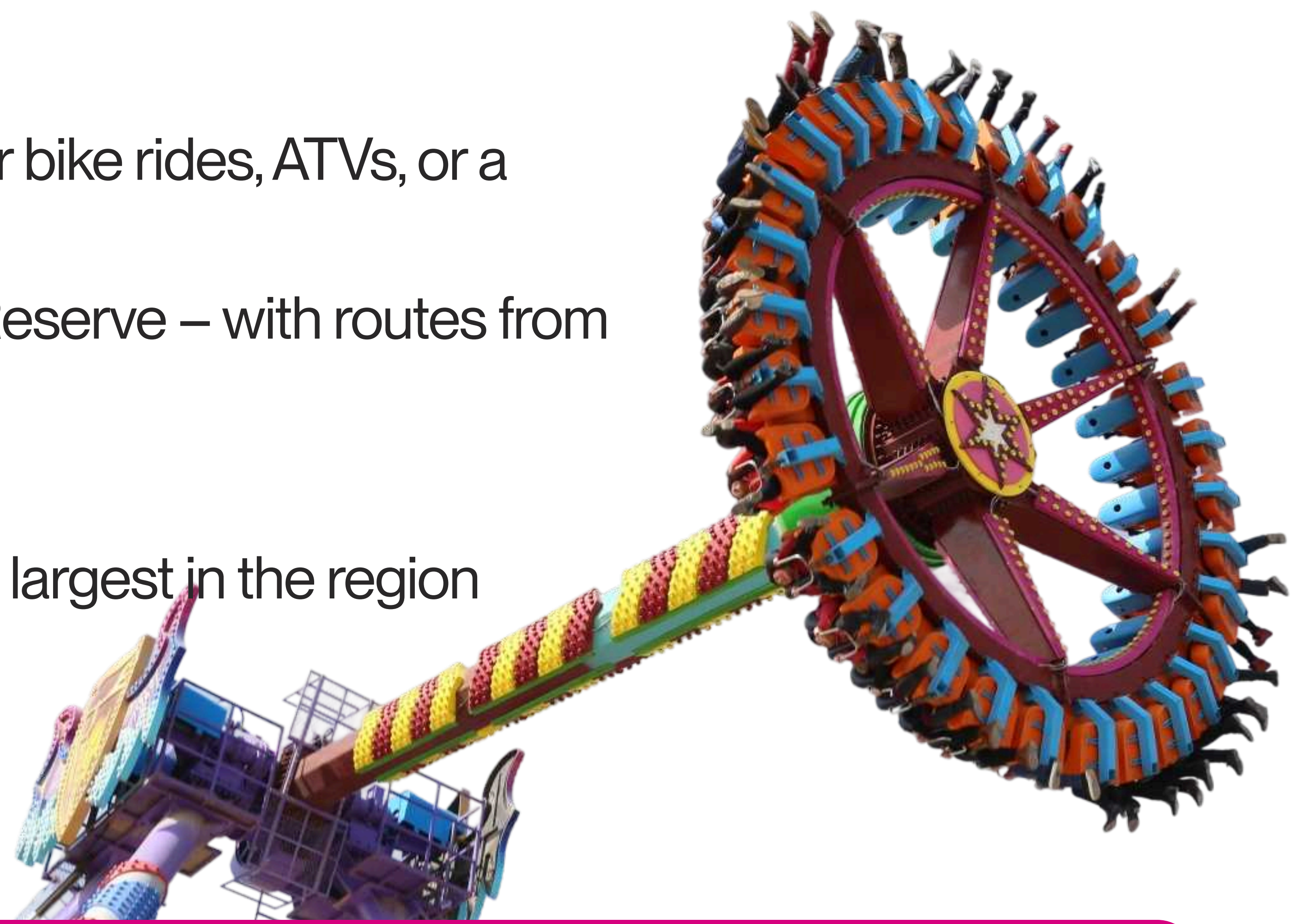
- Get an adrenaline rush at Sky Park: jump from Bungy 69 or 207 meters, fly on the Zipline or Megatroll, or ride the high-altitude swings Sochiswing
- Take an excursion across the resorts – Krasnaya Polyana, Rosa Khutor, and Gazprom Polyana
- Walk along the scenic embankment of the Mzymta River and Rosa Square with its town hall in Esto-Sadok
- Ride one of the mountain cable cars
- Rise above the clouds to the peaks of the resort and admire the panorama of the Caucasus Mountains from viewing platforms – Rosa Peak (2330 m) or the Mountain Olympic Village (1100 m)
- Visit the Ethno-Park “My Russia”, featuring buildings in various architectural styles
- Challenge yourself on the suspension bridge above the clouds at Rosa Peak
- Go hiking along the terrenkurs – the mountain health trails

Top things to do on the Black sea coast

- Have a picnic right on the beach
- Breathe in the fresh sea air while exploring the promenades or during a boat trip
- Try sea, mountain, or trout farm fishing
- Enjoy the beautiful parks: the Dendrarium in Sochi, Southern Cultures Park in Adler, or the Dendropark in Kudepsta



- Choose your favorite mountain activity – hiking, horseback or bike rides, ATVs, or a relaxing SPA
- Explore the K.G. Shaposhnikov Caucasus State Biosphere Reserve – with routes from short trails to week-long treks
- Stock up on local delicacies at the Sochi or Adler markets
- Restore your health at the Matsesta balneological resort, the largest in the region
- Attend a concert of a visiting star



What to bring back

- Local skincare and cosmetics, e.g., Matsesta or Krasnopolyanskaya Cosmetics
- Eucalyptus-based wellness products: decoctions, tinctures, and essential oils
- Dried or smoked fish
- Tableware and kitchen utensils made from boxwood or juniper
- Matsesta Tea or Hosta Tea



What to try

- Shashlik (grilled meat skewers)
- Chebureki (crispy meat pies)
- Smoked or fried red mullet
- Rapana and oysters
- Trout

