

7 Day Mestia - Ushguli trekking

Adventure & Trekking Tours

Overview

TREKKING FROM MESTIA TO USHGULI

7 days / 6 nights

Pick-up from: Tbilisi/Kutaisi/Zugdidi*

Season: June-September

Difficulty: Moderate

Trek one of the most popular trails in Georgia, connecting Mestia (administrative center of Svaneti region) and Ushguli Community of four villages recognized as UNESCO World Heritage Site. Follow old shepherds path and enjoy views of Snowy peaks of Caucasus mountains – Ushba (4,710 m) , Tetnuldi (4,858 m) and Shkhara (5,193 m).

**Please indicate your preferred pick-up and drop-off locations in the comment at check-out.*

Tour details

- Code: GH-109
 - Starts from: Tbilisi
 - Max. Group Size: 15 Adults
 - Duration: 7 Days
-

Prices

/

Sights to Visit

- [Peak Shkhara](#)
 - [Summit Ushba](#)
 - [Zugdidi](#)
-

Itinerary

Day 1: Tbilisi-Kutaisi-Mestia

(image) [Mestia](#)

Pickup from Tbilisi at 6:30 AM. Driving distance: 460km, appx. 8 hours.

Pickup from Kutaisi at 10:00 AM. Driving distance: 225 km appx. 4 hours 45 min.

We start our first day with a long drive to North-West Georgia. With a few optional stops along the way, we'll finally arrive to [Mestia](#) – administrative center and largest settlement of [Svaneti](#) region, famous for its Svan towers and magnificent views of surrounding **Caucasus mountains**. After checking in local guesthouse and some rest, we'll have an opportunity to take a walk around to explore the town and make an optional visit to one of the local ethnographic museums.

Overnight at Guesthouse in Mestia.

Day 2: Trekking: Mestia-Zhabeshi

(image)

Distance: 17.7 km approx. 5.5 hours.

Elevation: ↑ 770 m / ↓ 520 m.

Max: 1940m, Min 1400 m

The trek starts with a climb passing the Hotel Tetnuldi and follows a dirt road, through light forests and pastures.

After few steeper sections the trek opens up for a beautiful view of by Mt. Tetnuldi peak. On the way you will pass through Zhamushi and Cholashi villages and come down to the Mulkhura river until finally arriving to Zhabeshi.

Overnight at Guesthouse in Zhabeshi.

Day 3: Trekking: Zhabeshi-Adishi

(image)

Distance: 10 km approx. 4 hours.

Elevation: ↑ 850 m / ↓ 430m.

Max: 2,480m, Min 1,650

The hike today starts with a steep climb up to **Tetnuli ski resort** area, the second largest ski resort in Georgia, after [Gudauri](#). While the first part of the trek is probably the least inspiring section of Mestia-Ushguli trail, you will soon be rewarded with 360 views of surrounding mountains and valleys of [Svaneti](#). After passing the ski resort, you'll go back to hiking path and begin to descend to **Adishi village** passing through mixed forest, mountain meadows and several creeks.

Adishi is a small mountain village, isolated from rest of the world during most part of the winter.

Overnight at Guesthouse in Adishi.

Day 4: Trekking: Adishi-Iprali

(image)

Distance 17.1 km, approx. 6 hours.

Elevation: ↑ 1,081 m / ↓ 1,216 m

Max. 2715 m, **Min.** 1952 m

After breakfast, we'll continue our trek to ford Adishi river and head toward the foot of **Adishi Glacier**. As the highlight of the trail we'll go over **Chkhunderi pass (2655 m)**, which offers great views of surrounding mountains and nearby glacier. Descend to **Iprali village** for overnight.

Overnight at Guesthouse in Iprali.

Day 5: Trekking: Iprali-Ushguli

(image)

Trekking: 13.0 km, approx. 4 hours.

Elevation: ↑ 691 m / ↓ 483 m

Max. 2169 m, **Min.** 1758 m

Today, for the first time after leaving [Mestia](#) the trek will take us to main car road leading to **Ushguli**. Although, as soon as we reach the turn to **village Davberi**, we'll take a path again to avoid the cars and hike until reaching the first village of [Ushguli Community](#).

Located in the upper part of the **Enguri valley** beneath the snow-covered peak of Georgia's highest mountain, **Mt [Shkhara \(5193m\)](#)**, **Ushguli** is an incredibly atmospheric and peaceful place. With more than 40 ancient Svan towers, it has been on the **Unesco World Heritage List** since 1996, and even though it's now getting crowded with tourists there is still plenty of room to make it your personal hideaway.

Overnight at Guesthouse in Ushguli.

Day 6: Ushguli-Mestia

(image)

After breakfast, we'll take our last hike to reach the glacier at the foothills of **Mt. Shkhara**. The first part of the trail follows the flat valley of Enguri until reaching the alpine basecamp, from which trail turns uphill and follows rocky terrain leading to the glacier.

Distance of [Shkhara glacier](#) walk from **Ushguli**: 10 km
km, approx. 4-5 hours

Ascent 307 m/ **Descent** 304 m

After returning to Ushguli, we will be picked up driven back to [Mestia](#), making several optional stops (near "Tower of Love", mineral spring waters).

In the evening, you'll have a free time in Mestia and opportunity to try out local dishes in one of the local restaurants, or perhaps hit a bar and enjoy some live music of your taste.

Overnight at guesthouse in Mestia.

Day 7: Mestia-Zugdidi-Kutaisi-Tbilisi

Drive back to preferred drop-off location in [Zugdidi](#), Kutaisi or Tbilisi.

Inclusions

Included

Transportation:

- Transfers from Tbilisi or Kutaisi to Mestia and back.
- Transfer from Ushguli to Mestia – day 6.

Staff:

- Professional English speaking driver days 1, 7.
- English-speaking professional trekking guide service days 2-6.

Accommodation:

- 2 x overnights – Mestia guesthouse
- 1 x overnight– Zhabeshi guesthouse.
- 1 x overnight– Adishi guesthouse.
- 1 x overnight–Iprali guesthouse.
- 1 x overnight–Ushguli guesthouse.

Catering:

- All meals during the itinerary per table above.

Other:

- Main luggage storage in Mestia guesthouse.

Excluded

- Transfer of luggage between villages (days 2-6)*
- Airplane tickets
- Travel insurance
- Visa fees
- Single room accommodation
- Alcoholic beverages
- Other personal expenses
- Trekking gear such as**: trekking poles, backpacks, personal water storage.

*Participants of group will be provided secure luggage storage in the guesthouse in Mestia, during trekking days you are expected to carry your own day pack with personal

More Info

Additional Info

Please note, this itinerary is quite demanding and requires good physical level.

Most overnights will be in basic village guesthouses and homestays with shared facilities.

The above prices (except for solo) are based on two people sharing twin/double room accommodation.

Single Room Supplement is: 25 USD

Cancellation Policy

Cancellation is free of charge prior 7 days of the starting day.

- The booking deposit 90 USD is non-refundable.

If Tourist cancels the booked tour for some reasons not depending on Tour Operator, the following sums are kept back as a fine:

- 50% of the total cost of tourist product in case of tour cancellation 7 days or less prior to the tour;
- 100% of the total cost of the tourist product due to the Tourist's failure to appear.

[Terms & Conditions PDF](#)

Gallery

