



nileGUIDE

ALL YOU NEED TO PLAN YOUR PERFECT TRIP



Moscow for Kids

Moscow, 3 Days

Table of contents:

Guide Description	2
Itinerary Overview	3
Daily Itineraries	4
Moscow Snapshot	10

Guide Description



AUTHOR NOTE: Like any major metropolis, Moscow was not designed with kids in mind. This particular concrete jungle features high levels of pollution, bureaucracy and depraved luxury, not family entertainment. However, with a little planning, and a lot of moving around, you can have a kid-friendly trip to Russia's capital. Keep the young ones happy with this three-day itinerary which stops at museums, the zoo and the famous Moscow Circus!

Itinerary Overview

things to do
restaurants
hotels
nightlife

Day 1 - Moscow

DAY NOTE: Il Patio isn't fancy, but it's a good, cheap place to get loaded up on pasta and pizza. First stop is the Moscow Zoo, which has delighted young and old for a hundred years. After meeting the elephants, bears and camels, head over to the Doll Gallery – unfortunately, the kids can look, but not touch. Early dinner is at Starlite Diner, a colorful American theme restaurant with fun options for fussy eaters. Finally, before the sun goes down, catch a puppet show.



IL Patio

Lots of toppings to choose from



Moscow Zoo (Moskovskii Zoopark)

Animals and birds in downtown Moscow



Vakhtanov Doll Gallery (Kukol'naia Galereia Vakhtanov")

All dolled up



Starlite Diner

American territory in the heart of Russia

Day 2 - Moscow

DAY NOTE: Day 2 starts on busy Tverskaya, Moscow's main street full of shops, restaurants and squares. You're eating Russian food at the family chain Elki-Polki – the folksy interior will charm little ones hesitant to try new food. Take the metro up to the VVTs, a large park with carnival rides and rollerblades to rent. There's one giant Ferris Wheel here with a view of the city. Take in the big Moscow Circus, followed by dinner at Pancho Villa, a lively Mexican restaurant in the south of the city.



Elki-Palki

Russian fare



All-Russian Exhibition Centre (Vse-rosiiskii Vystavochnyi Tsentr - VVTs)

Ex-Soviet business park



Izmailovo Park (Izmailovskii Park)

One of Moscow's oldest parks



Pancho Villa

May be Moscow's best Mexican restaurant



Bolshoi Moskovskii Tsirk (Big Moscow Circus)

The biggest circus in Moscow

Day 3 - Moscow

DAY NOTE: The last day starts with an educational focus. Touch the dolphins at the Dolphinarium, then learn more about animals at the State Biology Museum. Ride the metro down to the far south for an afternoon at Tsaritsyno, a fantastical landscaped park where you can ride paddleboats in warm weather. After dinner at Mama Zoya, a family-style Georgian restaurant on a boat, spend the evening at Gorky Park's carnival attractions.



Moscow Dolphinarium (Moskovskaia Dolfinariia)

Swim with the animals



Timiriazev State Biology Museum (Gosudarstvennyi Biologicheskii Muzei imeni K.A. Timiriazeva)

Natural history



Tsaritsyno

Late 18th century landscape development



Mama Zoya

Inexpensive food and good service



Gorky Park

Listening to the winds of change

Day 1 - Moscow

QUICK NOTE

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contact:
tel: 7 495 251 0884
<http://il-patio.rosinter.ru/>

location:
1-aya Tverskaya-Yamskaya
Ulitsa, 2
Moscow Moscow 125047

hours:
M-F 8a-midnight, S-Su Noon-midnight

1 IL Patio

DESCRIPTION: This chain's management was the first in Moscow to recognize the city's need for reasonably priced restaurants with edible food and decent service, a concept that didn't exist 15 years ago. The market was huge and untapped, and after some trial and error the Russian company hit on the successful Il Patio formula. Thin-crust pizzas, generously spiced pastas, a salad bar, and a children's menu may be standard fare in your home town, but in Moscow they remain scarce. Il Patio is a safe choice for kids or the unadventurous, or if you're sick of Russian fare. It opens early for breakfast, too -- another rarity in Russia. The salad bar includes Russian mayonnaise-based salads and garlic-marinated vegetables, in addition to fresh raw greens. The selection of vegetarian pizzas is broader than those at most other Russia pizza joints. © Frommer's



IL Patio

contact:
tel: 7 95 255 6034
fax: 7 95 973 2056
<http://www.moscowzoo.ru/>

location:
Bol'shaia Gruzinskaia ulitsa, 1
Moscow 123242

hours:
Tu-Su summer 10a-8p, winter 10a-5p

2 Moscow Zoo (Moskovskii Zoopark)

DESCRIPTION: Founded by a public society in 1864, Moscow Zoo is the biggest and best maintained in Russia. The zoo's 49 acres are filled with cages and unbarred enclosures which both the visitors and (one hopes) the inhabitants enjoy greatly. The zoo contains more than 5,000 examples of 550 species. Located within 5 minutes walk from the White House, the zoo is adored in equal measure by Muscovites young and old. © wcities.com

contact:
tel: 7 495 238 1044/ 7 495 238 9843/ 7 495 238 9634
<http://www.artdolls.ru/>

location:
Krymskii Val, 10/14
Moscow 109012

hours:
Tu-Su 11a-8p

3 Vakhtanov Doll Gallery (Kukol'naia Galereia Vakhtanov")

DESCRIPTION: If you are a doll collector, Vakhtanov Doll Gallery will be a treat for you. The gallery was founded in 1997 by a group of enthusiastic fine doll collectors. Today the Vakhtanov Gallery is internationally known and has an exclusive right to present rare limited edition dolls created by the best masters of the art. The Vakhtanov Doll Gallery has a permanent exhibition of dolls by Dutch, American, Russian and other artists. Also, there is a Doll Collectors Club where you can get more information on rare dolls, recent world doll exhibitions; and get advice on the worth of your own doll or doll collection. © wcities.com

contact:

tel: 7 495 290 9638

location:

Bolshaya Sadovaya Ulitsa, 16
Moscow 125009

hours:

Daily 24 hrs

4 Starlite Diner

DESCRIPTION: If you're desperate for a 4am burger, you'll be forgiven for heading to this silver trailer parked incongruously in a Moscow square. This all-night diner has become something of an institution in its decade on the Moscow dining scene, thanks largely to expats who flock here with their families on weekend mornings, or with their Russian clubbing partners after a night of partying. It inhabits a leafy square well-hidden from the Garden Ring Road, and offers one of the city's few summer terraces free of exhaust fumes. Check out the informal lending library in the back near the bathrooms. Burgers are generous and juicy, and fries are crisp. Most of the fare is authentic American, though the bagels are frozen. Prices are higher than at any diner you'll find back home, but they may be worth it to say you ate a banana split in Moscow. © Frommer's



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Day 2 - Moscow

QUICK NOTE

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contact:

tel: 7 495 628 5525
fax: +7 495 995 9569
<http://www.elki-palki.ru/>

location:

Neglinnaya, 8/10
Moscow 107031

hours:

M-Su 10a-midnight

1 Elki-Palki

DESCRIPTION: Elki-Palki is a chain of Russian-style restaurants. It is one of the few places which offers predominantly Russian food and drinks on its menu, although Coca-Cola and beer are also available. The interior can differ from outlet to outlet, but it will always include a lot of woodwork and linen tablecloths. The waiters all wear national Russian costumes. Out of all the traditional Russian menu items available, the borscht (beet soup), kvas (a non-alcoholic drink made from fermented yeast) and vodka can be considered obligatory. The famous telega (a buffet of salads and starters) will set you back. You will have a wide choice of fish dishes, salads and freshly baked pies with various fillings to choose from as well. It should perhaps be noted that sharing food is not approved of. © wcities.com



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contact:

tel: 7 495 760 3386
fax: 7 495 760 3009
<http://www.vdnhexpo.ru/>

location:

Мира просп
Moskva 129223

hours:

M-Su 10a-6p

2 All-Russian Exhibition Centre (Vse-rosiiskii Vystavochnyi Tsent - VVTs)

DESCRIPTION: Largely referred to by its soviet-era acronym of V-D-N-Kh, this sprawling exhibition site was once host to a complex of exhibitions showing off the economic and technological fruits of the Soviet world. Nowadays the 68 pavilions are full of pretty ramshackle stores with all sorts of household goods. The centre boasts some 40,000 square meters of outdoor space and nearly 130,000 square meters of indoor exhibition space. It hosts some 350 exhibitions each year and 40 to 50 of them are international. The annual visitor influx is close to 10 million. Admission is free. © wcities.com

contact:

tel: 7 495 166 7909/ 7 495 166 8690
<http://www.moskva.ru/guide/parks/izmaile.html>

location:

Narodnyi prospekt, 17
Moscow 111187

hours:

M-Su 24 hrs

3 Izmailovo Park (Izmailovskii Park)

DESCRIPTION: Izmailovo Park is one of the city's oldest parks and covers an area of 332 hectares. It was founded under the reign of Peter the Great and since then has accumulated numerous ponds and attractions. It also hosts the Izmailovo market, one of the best places to pick up souvenirs. Kruglyi pond has a boat station where you can rent a catamaran or a boat for 30-50RUR. During weekends and holidays performers from the Moscow State Circus supply some light-hearted entertainment. Entry is free. © wcities.com



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contact:

tel: 7 495 239 7913/ 7 495
239 5413
<http://www.panchovilla.ru/>

location:

Bol'shaya Yakinanka, 52
Moscow 119180

hours:

Daily 24 hrs

4 Pancho Villa

DESCRIPTION: Calls itself the best Mexican restaurant in town, which probably isn't that far off the mark. It is situated in the centre of Moscow on the Old Arbat street, a veritable entertainment haven for tourists and native Muscovites alike, with its variety of different shops (including souvenir shops) and its restaurants, bars, and buskers. Without giving too much away, a visit to the toilets here is obligatory. © wcities.com



Pancho Villa

contact:

tel: 7 495 930 0300 / 7 495
939 4547
fax: 7 495 930 4315
<http://www.bolshoicircus.ru/>

location:

Prospekt Vernadskovo, 7
Moscow 117296

hours:

Daily 10a-7p

5 Bolshoi Moskovskii Tsirk (Big Moscow Circus)

DESCRIPTION: The quality here is just as good as at the central circus, it's just farther out of town in a less picturesque setting. This venue offers more varied performances and a bigger hall, meaning it's cheaper and easier to get tickets if the central circus is full. It's right across from a metro station, meaning little legs don't have to walk far to get from the circus tent to convenient transport. © Frommer's

Day 3 - Moscow

QUICK NOTE

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contact:

tel: 7 495 369 7966

<http://delfinary.ru/>

location:

Mironovskaia Ulitsa, 27
Moscow 105058

hours:

Box Office: Daily 11a-6p

1 Moscow Dolphinarium (Moskovskaia Dolfinariia)

DESCRIPTION: The only place in Moscow where natives and guests of the city can watch performing whales. Among the marine-based stars on show are white whales, Black Sea dolphins, sea lions and seals. After the show you can have your picture taken with a professional photographer. For an extra cost you can have some time in the swimming pool with the dolphins, and find out just how friendly they really are. An experienced dolphin trainer supervises the session. © wcities.com

contact:

tel: 7 495 252 3681

fax: 7 495 252 0631

<http://www.gbmt.ru/>

location:

Malaia Gruzinskaia ulitsa 15
Moscow 123242

hours:

Tu, Th-Sa 10a-6p, W 10a-8p,
Su 11a-6p (closed last Tu
every month)

2 Timiriazev State Biology Museum (Gosudarstvennyi Biologicheskii Muzei imeni K.A. Timiriazeva)

DESCRIPTION: The Timiriazev State Museum of Biology was established in 1922. The museum collection includes more than 60,000 exhibits covering many aspects of botany, zoology and paleontology. The exhibits include a catalogued herbarium, insect specimens, stuffed animals and birds and plastic anthropological models of ancient peoples. The most interesting exhibit contains specimens of irregularly developed animals. The museum greenhouse contains a large selection of interesting plants. Visitors can stop by the museum kiosk and buy biology books, dried flower arrangements and much more. © wcities.com

contact:

tel: 7 495 321 0743

<http://www.tsaritsyno-museum.ru/>

location:

Ulitsa Dolskaia, 1
Moscow 115569

hours:

W-Su 11a-6p

3 Tsaritsyno

DESCRIPTION: This embraces a park of 550 hectares, a cascade of ponds and an ensemble of unfinished pseudo-Gothic palaces. Most of these red-brick structures bear decorations and masonic symbols in white limestone. The refurbished Lesser Palace houses an exhibition of Russian cut glass while the Opera House houses a similar exhibition of art chinaware and one of the park pavilions holds a display of court memorabilia. From November to April, all three are boarded up. Facilities here include an expensive manor house restaurant and a stable with mounts and horse-drawn carriages and sleighs for hire. © wcities.com



DrPleishner

contact:
tel: 7 495 242 8550

location:
16D Frunzenskaya nab.
Moscow 119146

hours:
M-Su Noon-11p

4 Mama Zoya

DESCRIPTION: The family of Mama Zoya started with a rudimentary cafe, then expanded to an out-of-the-way cellar restaurant, and now boasts a multistory boat-restaurant moored along the Moscow River across from Gorky Park. The latest location is less intimate but more accessible and successful. The food is just as homey even if the service is not quite so familial. This is an atmospheric and decently priced way to sample the rich and underappreciated pleasures of Georgian cuisine. The grilled lamb -- cubed and skewered, ground and skewered, or grilled by the leg -- is a specialty, and it's divine. Also try adzhapsandal, an eggplant-and-tomato based ragout; or pkhali, spinach, garlic, and walnuts ground to a rich paste. Ignore the weird decor of gnomes, palms, and mannequins, and look out at the river instead. © Frommer's



wcities

contact:
tel: 7 495 237 1100
fax: 7 495 237 0707
<http://www.moscow.info/parks/gorky-park.aspx>

location:
Krymskii Val, 9
Moscow 117049

hours:
M-Su 11a-8p

5 Gorky Park

DESCRIPTION: Gorky Park (traditionally referred to as Park Kul'tury i Otdykha or Park of Culture and Recreation) stretches along 3 kilometers of the Moskva river to the southwest of the city center. The park became known to the Western public thanks to a blockbuster movie based on Martin Cruz Smith's best-selling book, 'Gorky Park,' and the Scorpions' famous song. Laid down in 1928, the original ornamental gardens are now accompanied by an entertainment zone, hosting everything from science lectures to rock concerts in its auditorium. © wcities.com

Moscow Snapshot

Local Info

While the Soviet Union is now just a memory, there is still a lot in Moscow to remind tourists what it was like--and why everyone is thankful that it has been consigned to the history books. The Kremlin, which served as the seat of communist government, is now a UNESCO World Heritage Site. An imposing walled-in complex of palaces, cathedrals and government offices, it's a familiar landmark steeped in Moscow's rich and bloody history. Inside the fortified city, you can find architecture in huge proportions--which tells you something about this former government's large ego. The Uspensky Sobor is a massive cathedral where tsars were once crowned, while the Armoury Museum is home to many of the treasures in Russia's immense store, including Faberge Eggs and the 180-carat diamond once presented to Catherine the Great.

Sights

Your visit to Moscow should rightfully begin at Red Square. Bounded on all sides by the Kremlin, the brightly colored onion-shaped domes of St. Basil's Cathedral, Lenin's Mausoleum and the State Historical Museum, Red Square can easily eat up an entire day because there are so many historic sites to see. Culture in megadoses may also be consumed in the art, sculpture and paintings found in the Pushkin Museum of Fine Arts and in the Tretyakov Gallery. Another attraction that should not be missed, if you can get a ticket, is the Bolshoi Circus, the oldest circus show in the city. You can get most places via the huge and complex Moscow Metro, which is more than just an efficient transport system--the ornately decorated and lavishly painted stations once served as bomb shelters as well.

Dining

Fine dining in Moscow is an amazing and amazingly expensive experience--if the doormen of the elitist establishments will allow you entry. Top gourmet spots

include Cafe Pushkin at Pushkin Square, Noev Kovcheg, famous for its spicy *basturma*, and Aist. For a taste of Russian food without such a hefty bill, check out Matrioshka or Moo Moo. At One Red Square you can eat the same food that was served to the tsars.

Shopping

The GUM shopping complex in Red Square is one shopping site not to be missed--but you might want to take a look at the nosebleed-level price tags before you buy. Okhoktny Ryad is home to high-street fashion, while Tverskaya Ulitsa is a hip shopping street lined with expensive boutiques. Also check out the Ulitsa Arbat, a 1-kilometer-long pedestrian street in the center of Moscow, for interesting souvenirs and street music played with typical Russian passion.

© NileGuide

History

In 1147, Prince Dolgoruki invited a group of nobles from Novgorod to a grand feast at his lodge overlooking the Moskva river. That location became the Kremlin--the power center of the emerging Russian state. The surrounding area gradually evolved into a vast metropolis and one of the world's great capital cities.

The Mongols arrived during the first half of the 13th Century, decimating the already crumbling remnants of the declining Kievan civilization. The Mongols took a relatively hands-off approach to the governance of their vast conquered territory, extracting tribute from approved princes rather than administering the areas directly. During this time, the principality of Muscovy assumed importance thanks to its advantageous position on a confluence of trade routes and the location of the Orthodox church in Moscow.

By 1480, Tatar(Mongol) domination weakened enough to allow Ivan III(the Great) the pleasure of tearing up the regime's symbol of authority in the

Assumption Cathedral. He then proceeded to subdue both the pesky Lithuanians and the proud civilization of Novgorod to the north. To celebrate his achievements, he invited Italian architects to revitalize the Kremlin, which had become the center of a now-flourishing city.

Ivan the Terrible's reign was characterized by the consolidation(in famously brutal fashion) of Moscow and the territory it governed. Ivan was obsessed with the possibility of treason and allowed no mercy to those who fell under his suspicious gaze. He died in 1584, and the years up until 1613 were marked by a series of ascension crises known as the Time of Troubles. This ended with the dawn of the Romanov Dynasty, which lasted until the revolution of 1917.

Peter the Great's reign saw the emergence of Russia onto the European political stage, but also the eclipse of Moscow by Peter's pet project: the new northern capital of St Petersburg. Peter despised the conservative views pervading many Russian philosophies, partly because of childhood traumas. He traveled to Europe on his Great Embassy, learning about western European technologies, philosophies and economies. When he returned, he was determined to bring Russia into mainstream Europe. By 1712, the Imperial court had been transferred to what became the capital of the Russian empire until the necessities of war returned that title to Moscow in 1917. Until then, Moscow was consigned to a secondary role in Russian history as Russia played out its European aspirations from St Petersburg.

In June 1812, Moscow was largely destroyed by fire and looting in the wake of Napoleon's invasion. The French were eventually chased all the way back to Paris, but Moscow was in dire need of complete reconstruction. Much of modern central Moscow dates from this period.

During the 19th century, whispers of discontent about Tsarist autocracy,(fanned by the influence of Western ideas), became louder, but the Imperial regime, despite acts like the abolition of serfdom in 1861,

Moscow Snapshot continued

was far from lenient. The end of the 19th century saw a growth both in underground revolutionary movements and dissent within the aristocracy itself. With the coming of World War I and the devastation it brought with it, the rule of the Romanovs was soon to be history, and Russia's last tsar, Nicholas II, abdicated. Soon afterward in October 1917, the Bolshevik Revolution ushered in more than 70 years of Communism.

Lenin and the Bolsheviks consolidated their power by ceding huge territory to the Germans as part of a peace deal and by exterminating remaining opposition to their regime during a three-year civil war. In March 1918, the capital was transferred from St Petersburg back to Moscow. Though this was done because St Petersburg was still under threat from the Germans, it was at the same time a suitable accompaniment to the change that was underway as Russia moved from Imperial to Soviet power.

A brief period of economic liberalization followed the restrictive "War Communism" of the civil war period. After Stalin took the helm following Lenin's death in 1924, he began isolating potential opponents and started the process of mass industrialization as well as mass terror.

During the 1930s, millions of people died in the countryside where enforced collectivization brought production to its knees. As the Great Terror gathered speed, countless numbers of people were arrested, tortured, killed or exiled to labor camps. The offices of Stalin's secret police at the Liubianka have never quite shed their symbolism as the center of Stalinist repression. Party members were assassinated as Stalin's paranoia grew ever stronger. Trials held just for show in the House of Unions resulted in dubious confessions of alleged wrongdoing by former Party faithful who were often subjected to having sulfuric acid poured on them and then condemned to death.

The terror was also accompanied by a period of mass construction. The first line of Moscow's impressive metro system was constructed and opened in 1935.

The Second World War or the Great Patriotic War, as it is known in Russia broke out on June 22, 1941 when German forces broke a previous Nazi-Soviet pact and mounted a full-scale invasion. The initial stages of the war were disastrous for the Soviet side and it took awhile for Stalin's forces, somewhat crippled by his military purges, to begin the difficult process of repelling the Fascists. Both Moscow and St Petersburg came under close threat of capture. As German forces approached Moscow in October, 450,000 people were put to work digging trenches. The Germans were finally defeated, but up to 30 million Soviet citizens died in the effort. On June 24th, Red Square witnessed a deeply symbolic moment as high-ranking soldiers rode their horses onto Red Square and trampled swastika banners in front of Lenin's Mausoleum.

Post-war Moscow was subject to a flurry of construction activity, including the start of work on Stalin's skyscrapers, (also known as the Seven Sisters), a series of buildings intended to make the city look sufficiently grand, fit for a capital of world Communism.

Stalin died in 1953 and was followed by Krushchev, whose Secret Speech to the 20th Party Congress acknowledged Stalin's crimes. Thus began The Thaw, a period of relative political and cultural relaxation after Stalin's rule by terror.

The distinctly passive Brezhnev took the country listlessly through a period of stagnation, which was followed by self-proclaimed fix-it man Gorbachev. His policies of glasnost (open public discourse) and perestroika (economic reconstruction) aimed to rejuvenate the ailing socialist state, but it was beyond help and by the late 1980s the authority of the Communist Party was under threat. The charismatic leader Boris Yeltsin rose from campaigning Moscow Party boss to become the spearhead of movements against the authority of Gorbachev. He ripped up his Party membership card on TV.

A failed coup could not slow the momentum of the fall of Soviet Communism. On Christmas day of 1991 Gorbachev resigned

and the Russian tricolor was raised above the Kremlin.

Through violent conflict between the President and the parliament in 1993 and some shaky elections along the way, Yeltsin led Russia into the brave new world of Capitalism. Since the fall of Communism, Moscow has attracted more than the lion's share of foreign capital and new development, to the extent that it is often spoken of by outsiders as a different country. Its architecture has been improved by a few projects pushed by populist mayor Luzhkov, most notably the Church of Christ the Savior, a remake of an original building swept away by the Communists.

©

Hotel Insights

Since the fall of Communism in the beginning of the 1990s, the new Russia has seen Moscow transformed to an extent unimaginable in any other Russian city, even St Petersburg. One manifestation of this is the abundance and variety of new (or newly refurbished) top-class hotels. Nearly all major hotel groups offer something in Moscow. However, the gap between the top luxury hotels- (there are 19 listed here compared to only three in St Petersburg)- and the budget accommodations is often wide.

City Center

In some rooms at the Hotel Baltschug Kempinski you'll be treated to stunning views over Red Square. Although built in 1898, it was thoroughly re-modernized by new German management during the 1990s.

The Metropol Inter-Continental is a high-class affair and possibly one of the finest hotels Moscow has to offer: art-nouveau elegance combined with modern amenities to luxurious effect, but expect to pay accordingly. A similarly-styled effort is the city-owned Le Royal Meridien National, again a luxurious hotel dating back to pre-revolutionary times.

The Marriott Moscow Royal Aurora is one of a trio of Marriot establishments in the

Moscow Snapshot continued

city, the others being the Marriott Moscow Grand and the Marriott Tverskaia. They are all well-appointed, though the Royal is the most lavish of all. It is near the Bol'shoi Theatre and is a favorite with VIP visitors.

Yet another renovated, refurbished hotel of the pre-Communist times is the Savoy Hotel Moscow, which was a languishing sub-standard Soviet hotel until extensive (and impressive) renovation at the end of the 1980s.

The Budapest is in a slightly higher price category, but is reasonably deserving of the steeper prices it demands, while the East-West Hotel is more expensive but also attractive.

North

Located some way up Tverskaia Ulitsa (Tverskaia Street), the Marriott Grand is a brand new hotel with high-tech facilities, such as in-room internet. Further up the same stretch of road lies the Sheraton Palace, a modern hotel known for the quality of its restaurants, as well as the final Marriott hotel (the Moscow Marriott Tverskaya Hotel, which is a little quieter than its counterparts though no less well-equipped).

The Moscow Marriott Tverskaya Hotel sits across from the Olympic Sports Complex. Both were erected especially for the 1980 Moscow Olympics, but have since been renovated.

One particularly curious hotel is the Marco Polo Presnja Hotel, just over two kilometers (a little over a mile) northwest of the city center on grounds owned by the Patriarch (the most senior figurehead of the Orthodox Church). This is a relatively inexpensive luxury option.

The Novotel Sheremetyevo 2 Moscow Airport is practically at the terminal of the Sheremetyevo Airport. A free shuttle bus slightly mitigates the distance to the hotel.

The Kosmos boasts an impressive number of 3500 beds. It is quite a distance from town but is located across from a metro station. The area has a generous ensemble

of restaurants as well as a reputation for prostitution.

The Sovietskaia combines Soviet styling with updated amenities and a famous pre-revolutionary restaurant, the Novyi Yar, adjacent to it.

The Traveller's Guest House is the premier option for backpackers stopping through Moscow, while Nasledie (Heritage Hostel) targets a similar market but lies a bit further away from the city center.

South

A corporate atmosphere reigns at Gazprom Hotel, in a building owned by the conglomerate of the same name. The Hotel Orlenok and Sevastopol' are two other moderate options in the south of the city.

West

The Golden Ring Hotel offers reasonably priced rooms not far from the end of the famous Ulitsa Arbat to the west of the Kremlin.

The Radisson SAS Slavjanskaya is a multi-purpose complex including some corporate offices, a shopping mall, a cinema and a 410-room hotel.

Relatively inexpensive rooms and excellent service distinguish the Katerina-City Hotel, a Scandinavian-run hotel some way to the south-east of the city center.

The Arbat hotel is located next to one of the "Seven Sisters" buildings, which dominate Moscow's skyline. This particular one towers up at the end of Ulitsa Arbat. Rooms are in the upper-medium price range. A much cheaper option in a similar area is afforded by the Belgrad, but rooms are significantly less appealing.

The Ukraina is actually located inside one of the huge Gothic monsters that forms part of the "Seven Sisters" and is accordingly Soviet in ambiance. Modern touches include a business center. The Mir is another Soviet effort located next to the White House.

©

Restaurants Insights

Moscow's contemporary dining and wine scene is utterly unlike anything that existed here during the age of the Iron Curtain. The transformation of the city from Communist citadel to Capitalist frontier is reflected in the entirely new range of restaurants that have sprung up since the beginning of the 1990s—Irish bars, snazzy American diners, expensive Japanese restaurants, Australian pubs...the list goes on. From the thriving fast-food scene to the numerous prestigious restaurants serving the new elites, eating and drinking in Moscow will not be boring. Moscow also harbors a surprisingly rich stock of ethnic cuisine from around the former Soviet Union, the most widespread being that of Georgia (a former Soviet republic to the south) but also including Central Asian and other Caucasian varieties. If you've got enough money, Moscow's selection of top class restaurants is unbeatable.

Red Square and the Kremlin

Other opportunities for high-quality Russian cuisine and exquisite presentation are offered at top-notch restaurants such as Serebrianyi Vek (the name means "Silver Century"), which was once a Soviet bathhouse. For fresh Japanese cuisine, you won't find much better than Laluna, which offers a menu of sushi rolls and a wide variety of sakes to sample. If you're looking to save some cash, there's always chain restaurants such as Sbarro. The doorway of Godunov is a large vaulted arch. Expect to find the best in obscure, ancient Russian dishes on the menu here. Red Square 1 is a fine 19th-century style restaurant as centrally located as its name suggests.

City Center

Bunker is a popular local spot for after-work drinks and dinners. There is also a live music schedule and a dance floor for those feeling more adventurous. U Babushki is a modern restaurant that serves fresh seafood dishes and French cuisine with an extensive wine list. Gratzki is a family-friendly restaurant that serves Italian food and offers live jazz music. Papa John's is a popular option for those

Moscow Snapshot continued

with children. If you'd like something more rustic try Khlestakov Traktir, which offers plenty of hearty Russian fare on its menu, while the slightly more expensive Argo specializes in Georgian cuisine. The wait staff at Elki-Palki are decked out in old-fashioned Russian costumes. Don't miss your chance to try their homemade pies. The Ukrainian restaurant Shinok has a collection of live game animals grazing out front and entertainment provided by a clown on the weekends.

Kitai-Gorod

This district displays Moscow's most impressive architecture, and the dining options here are somewhat limited, but still delicious. Kruiiz(Cruise) is a pub and steakhouse that has a pirate theme, with servers dressed accordingly. People also come here at night to grab a beer and shoot some pool. Named for a Chinese pilot, Kitaiskii Letchik Dzhao Da(Chinese Pilot Dzhao Da) is conveniently open 24 hours and is reasonably priced. Vogue Cafe is an appropriately named cafe where people go to be seen. There is also live music and an eclectic menu with everything from Russian to Italian dishes.

The North

Tsarskaia Okhota was a hunting-themed favorite of Boris Yeltsin, with a rustic interior and a live music lineup on Sunday. The German eatery Bierstube is as well known for its beer selection as it is for its menu of classics like Sausages with Sauerkraut. Always expect great service when you stop by. The American Bar & Grill is popular with Americans living abroad because of its Western menu and English-speaking staff. There is a patio open in the summer for those looking to dine outdoors.

South Of The City Center

Darbar has an extensive menu of Indian food and an à la carte menu. Khlestakov Traktir was built to model the setting of the Gogol's play "The Government Inspector," with a VIP lounge that accommodates large groups. For something different, try Bul'dog(The Bulldog), a Latin restaurant with Peruvian-style decor. If you're looking

for impressive traditional Russian creations, Danilovskii is a fantastic option.

The East

The Schwein, which is German for "pig," is a bar and restaurant that features live music and delectable German and Russian cuisine. Inside, you will find plenty of fun, pig-related decorations. For authentic Ukrainian cuisine, try Vechera na Khutore(Evenings on a Farm). The name comes from a Gogol folk story, and the building is modeled after a windmill.

The West

Kafe Ogonek is a popular local cafe where you can find a tasty, inexpensive Russian meal. Be sure to try the signature cocktail made of garlic, vodka, pepper and cloves. Le Gastronom offers unbeatable international cuisine(principally seafood, including shark) for a sizable wad of rubles. It is considered to be one of the best restaurants in Moscow. If you're looking to spend a bit less, Patio Pizza has 30 different kinds of pizza and a sizable wine list. Oblomov is a classically-decorated restaurant with pool tables and various board games available. Mama Zoia's is a no-nonsense restaurant where you can get the best in Georgian food and enjoy live, local music. For Mexican fare, Pancho Villa is a must; it's known for its generous portions of traditional dishes.

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Nightlife Insights

Moscow is one of the world's major capital cities, with entertainment and nightlife to match the title. The traditional offerings of classical music and drama have been joined in recent years by a vibrant and often extravagant array of nightclubs. The following is a mere introduction to Moscow entertainment.

Classical Music: Opera, Ballet, Orchestral

Russia's great heritage of classical music is reflected in the quality of its orchestras and orchestral venues. The Bol'shoi Theatre is a world-renowned institution and the jewel of Moscow's cultural nightlife. The performances, as well as the auditorium,

are immaculate. In terms of grandeur, the Bol'shoi surpasses anything else in Russia. It is a popular venue, especially among visiting tourists, and tickets may be difficult to find at short notice.

Other major venues include the Kremlin Palace of Congresses(State Kremlin Palace), a modern building within the walls of the Kremlin that hosts performances of the great Russian ballets. Both the Stanislavskii and Nemirovich-Danchenko Musical Theater and the Helikon Theater in Arabt run a variety of Russian and foreign classics, with the latter taking a more innovative approach.

For the city's best orchestral music, visit the Tchaikovskii Concert Hall and the Tchaikovskii Conservatory.

Theater

Modern Moscow may be a commercial epicenter, but theater and the arts still find a special role in the city life. The breadth and range of drama theaters rival those of most major capitals.

The Moscow Art Theater has always been among the city's most prominent theaters, of which there are now two branches. The original, Chekhov Moscow Art Theater(MKhAT- Moskovskii Khudozhestvennyi Teatr imeni A. Chekhova), is reputed to be the best.

The Theater on Taganka was a politically controversial theater during Soviet times. It is famous for its veiled satires.

For classic Russian drama, head to the Maly Theatre, founded in 1824. It continues to produce material predominantly from the 19th Century. The same is true for the Sovremennik Theater. Contemporary works are favored by a few theaters, most notably the Maiakovskii Theater and the Lenkom Theater. The Lenkom is the birthplace of the Russian rock-opera.

The Iugo-Zapad Theater performs a mixture of works, from foreign classics to Soviet staples.

You'll find alternative theater productions offered up at the Obraztsov Puppet Theater(Teatr Kukol imeni Obraztsova) and

Moscow Snapshot continued

the Moscow Clown Theater(Moskovskii Teatr Klounady).

Cinema

The smell of popcorn and Hollywood blockbusters can be found at the Amerikanskii Dom Kino(American House of Cinema), Moscow's most glitzy film house. The Pod Kupolom(Under the Dome) and the Kodak Kinomir(Cinema World) both feature American films.

For Russian movies, visit the Illuzion or the Kinosentr(Cinema Center).

Clubs

Moscow is home to some of the world's most fiercely fashionable clubs. The Garage and Titanik are popular nightclubs, especially with the young and rich. Golodnaia Utka(Hungry Duck's) is a wild and intense spot for dancing, while laid-back Bohemian types might prefer to stop in at Proekt OGI.

16 tonnes and Svalka are good places to hear live music, as well as Le Club and Arbat Blues Club, which both specialize in live jazz and blues.

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Things to Do Insights

Many of Moscow's quintessential sights are located in the heart of the city around the Red Square and the Kremlin. While there are things to do and places to see throughout the Russian capital, most travelers will begin their exploring here.

The Kremlin

An ancient seat of Russian power, an awe-inspiring symbol, and an internationally-renowned landmark, the Kremlin is the spiritual heart of the Russian government: a giant, walled complex combining sacred monuments of both church and state. Russian rulers have sat here since medieval times, excluding the temporary interruption when St Petersburg was made capital. There is a story that when one film crew was at work shooting a period film in the Kremlin grounds, Yeltsin himself came out of his office to instruct them to keep the

noise down. The grounds themselves are thick with history, home to a scattering of churches and cathedrals that would suffice elsewhere for a whole city.

Entry can be gained via the Kutafia Tower(Kutaf'ia Bashnia), which lies at the end of a ramp jutting from the Kremlin's west wall. Security is understandably high at this point. Walk up the ramp and you'll get to the Trinity Gate(Troitskaia Bashnia), built in 1495 and placed right on top of a 16th-century prison.?? the right, beyond the Trinity Tower is the Poteshnyi Palace(Poteshnyi Dvorets) in which Stalin had private apartments and where his wife shot herself. Next, on the right is the Kremlin Palace of Congresses(State Kremlin Palace), a former venue for Communist Party parties and now a huge 6000-seat concert hall which is, and always was, completely out of tune with its surroundings.

On the left side lies territory strictly out of bounds to tourists. From west to east the buildings are the Arsenal, the Senate and the building of the Supreme Soviet(Verkhovnyi Sovet). The first of these is fronted by an array of Napoleonic cannons while the second is very notable for being the official residence of the Russian president himself.

On the right you'll see the Patriarch's Palace(Patriarshii Dvorets), a 17th-century building constructed for the head of the Orthodox church.

You can walk through the arches of the Palace, at which point you will find yourself entering the Kremlin's core. From here you can either swing to the left for a quick peek of the Tsar Cannon(Tsar-pushka), an impressive but non-functioning 40-ton piece of heavy armory, or you could proceed onto the main square itself and investigate what's going on there. Surrounding the square, there are various churches and cathedrals.

The Rest Of Red Square

The Cathedral of the Assumption(Uspenskii Sobor) lies just beyond the Patriarch's Palace at the north end of the square

and is justifiably considered one of its key monuments. A golden-topped, five-domed structure built in the 15th Century, it was returned to Orthodox Church ownership in 1989.

Next to this(on the right) lurks the snappily-named Church of the Deposition of the Robe, a late 15th-century effort built in wholly Russian style. Inside, you'll find, among other things, a permanent display of wood-carvings. To the south lies the Hall of Facets, where Tsars would entertain guests in the Throne Room. This is closed to the public.

On the other side of the square is the Ivan the Great Bell-Tower(Kolokolnia Ivana Velikogo). It stands higher than any other of the Kremlin's buildings, while behind it, noticeably at ground-level, sits the rather forlorn Tsar Bell(Tsar-kolokol), which never made it to the bell-tower after it lost a chunk during the forging process.

The south side of the square is bordered by two cathedrals, the first of these being the Archangel Cathedral, initially erected in the 14th Century as a place of burial for the tsars but then extensively re-shaped at the beginning of the 16th Century. The second is the Annunciation Cathedral(Blagoveshchenskii Sobor), which used to be a private church for the Tsars.

From here you can head west, past the Great Kremlin Palace(Bol'shoi Kremlevskii Dvorets), which is normally closed to everyone except visiting statesmen. Keep going toward the Armory, an impressively rich ensemble of state treasures dating well back into the dim and distant history of the Muscovite regimes. From here you can exit via the nearby Borovitskii Gate.

Kitai-Gorod

Go east from the Red Square and you'll find yourself in the business neighborhood of Kitai-Gorod, an area almost entirely encircled by reconstructed medieval walls and filled with interesting traditional architecture including wonderful mansions and churches. After taking a look at the well-preserved 17th-century Tserkov Troitsy v Nikitinkakh(Church of the Trinity

Moscow Snapshot continued

in Nikitinov), you could do some shopping or grab a bite to eat at Chambers in Zariadie (Muzei Palaty v Zariade), the former home of Romanov boyars, which has been converted into a commercial center. Be sure to visit Lubyanka Square, which is where you'll also find the KGB headquarters. It's also worth checking out the Slavyanskaya Square and Theatre Square, on which sits the Bolshoi Theatre. Even if it is on the late side, you can always grab some good food 24 hours a day at the Kitaiskii Letchik Dzhao Da (Chinese Pilot Dzhao Da).

Guided Tours

Capital Tours (+7 495 232 2442/<http://www.capitaltours.ru/>)

Ost-West (+7 812 327 34 16/<http://www.ostwest.com>)

Isango (+1 866 663 7017/<http://www.isango.com/>)

Three Whales (+7 495 4208441/<http://www.threewhales.ru/t3.htm>)

Moscow Tour Guide (+7 495 565 61 63/<http://www.moscowguidedtours.com>)

Monkey Business Shrine (<http://www.monkeyshrine.com/places/moscow/guided-tours.php>)

Moscow with Elena (<http://www.yourmoscowguide.com>)

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Travel Tips

Getting There

Air

Sheremetyevo International Airport (SVO)
+7 495 232 65 65

<http://www.svo.aero/>

Sheremetyevo International Airport offers flights to and from Moscow. The airport is located ten kilometers (six miles) from the MKAD, the beltway around Moscow. There are bus, taxi, and other transportation services in and out of the Moscow International Airport. Major airlines to Moscow include:

Aeroflot Russian Airlines (+7 495 223 5555/
<http://www.aeroflot.ru/eng/>)

Air France (+1 800 237 2747/<http://www.airfrance.us/>)

British Airways (+1 800 247 9297/<http://www.britishairways.com/>)

Delta (+1 800 241 4141/<http://www.delta.com/>)

Finnair (+1 800 950 5000/<http://www.finnair.com/>)

KLM Royal Dutch Airlines (+1 800 225 2525/
<http://www.klm.com/>)

Lufthansa (+1 800 399 5838/<http://www.lufthansa.com/>)

From the Airport

There is a train that connects the airport to Moscow's Belorussky Station. The trip takes 35 minutes and costs RUB250. You will find the airport station 250 meters (820 feet) in front of Terminal 2. More information can be found here: <http://www.aeroexpress.ru/en/>

Train

Moscow has eight major train stations that provide service for long-distance, intercity travel, including:

Belorussky Station- 7 Tverskaya Zastava
Ploshchad, +7 95 251 6093

Kazansky Station- 2 Komsomolskaya
Ploshchad, +7 95 264 6556

Savyolovsky Station- Ploshchad
Savyolovskogo Vokzala, +7 95 285 9005

Yaroslavlsky Station- 5 Komsomolskaya
Ploshchad, +7 95 921 5914

Some trains come equipped with RZD sleeper cars, allowing passengers to rest during their trip.

Bus

Moscow Tramway (<http://tram.ruz.net/>) is the bus/tram/subway system with routes that span throughout Moscow. Travelers from outside of Moscow will most likely arrive at the Central Bus Terminal where intercity and long-range buses arrive and depart. It is located near Shcholkovskaya Metro station, and owned by Mostransavto (<http://www.mostransavto.ru/>).

Car

From the northern Russian cities, take route M8 south. From the southern cities, take route M2 north. From the west, follow route M1 east and from the east, take M7 west. Moscow has two major beltways: the MKAD (the outer beltway), and the Third Transportation Ring (inner beltway).

Getting Around

Moscow Tramway (<http://tram.ruz.net/>) is Moscow's favorite transportation service. However, the Moscow Metro (<http://www.metro.ru/>) is much more intriguing. The metro stations are famous for their art, murals and chandeliers. Europe's longest escalators are part of Park Pobedy station, located 84 meters (275 feet) underground.

Since metro stations are located further apart the further you travel away from the city center (four kilometers/ 2.5 miles), an extensive bus network guarantees short walking distances. Buses pick up passengers at all stations to bring them closer to their destinations.

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Fun Facts

Moscow

Country: Russia

Moscow by the Numbers:

Population: 10.4 million

Elevation: 190 m/ 623 ft

Average Annual Rainfall: 60 cm/ 23.6 in

Average Annual Snowfall: 46 cm/ 18 in

Average January Temperature: -9°C/ 16°F

Average July Temperature: 17°C/ 63°F

Length of Moscow River: 65 km/ 40 mi

Quick Facts:

Major Industries: machine building, metalworking, oil refining, publishing, brewing

Electricity: 220 V, 50 Hz, two pin thin European plugs

Time Zone: GMT+3

Country Dialing Code: +7

Moscow Snapshot continued

Area Code: 95(7 and the area code must be dialed even for local calls)

Did You Know?

Moscow has more billionaires living in the area than any other city in the world. With a

total of 74 billionaires, Moscow beats New York City's statistic by three.

Seven of Moscow's buildings, two hotels, two administrative buildings, two blocks of

flats, and the Moscow State University, look exactly the same.

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