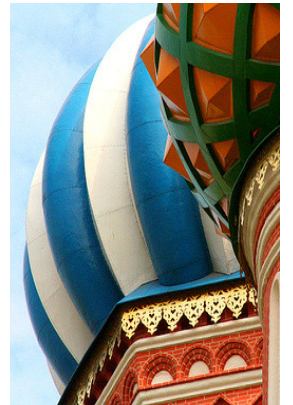
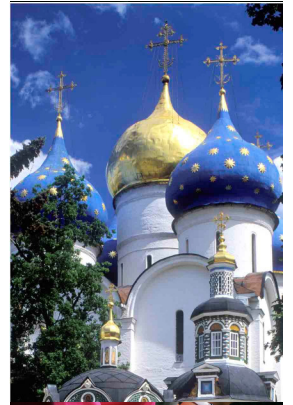


McCabe Pilgrimages

HOLY RUSSIA



With the Anglican and Eastern Churches Association
4 - 14 September 2012

An 11 day pilgrimage including
Moscow & St Petersburg

A pilgrim journey through Holy Russia

with AECA

4 - 14 September 2012



During the course of this pilgrimage, we will combine stays in both Moscow and St Petersburg, architecturally and historically very different cities, as well as visiting some of the monasteries along the River Volga. After decades of closures and confiscation as well as victimisation and execution, the Russian Orthodox Church is enjoying a huge revival. This is due both to the growth in Russian nationalism as well as the new religious freedom initiated by Gorbachev in the early 90s.

We will be visiting old working monasteries such as the Trinity Monastery at Sergiev Posad and the Alexander Nevsky Monastery in St Petersburg, as well as the recently reconstructed Church of Christ the King.

Christian missionaries first preached extensively in Russia in the 9th and 10th centuries. In approximately 988 Prince Vladimir of Kiev was baptised and established Christianity as the official religion of his dominion. The Slavs' conversion to Christianity was accompanied by the introduction of an alphabet devised by Cyril, a Greek missionary.

During the early Christian period, clergy from the Byzantine Empire came to Russia although the Slav tongue was always used in worship and gradually Russian clergy replaced the Greeks. The church's headquarters stayed in Kiev until 1300 when they moved briefly north to Vladimir and then to Moscow in the 1320s.

You also will be journeying out of Moscow to the picturesque town of Yaroslavl, situated on the Volga where we stay for two nights. This will give an opportunity to see some of the Russian countryside and to get an idea of how ordinary Russian people live.

We will also incorporate an optional opportunity to visit both the world famous Bolshoi Theatre in Moscow and the Mariinsky (Kirov) Theatre in St Petersburg. Details of programmes and prices will be included with your final invoices.

TOUR INFORMATION

The cost of this 11-day tour is £1,725 per person sharing twin-bedded accommodation on a dinner, bed and breakfast basis. We will be staying at locally graded three and four star hotels, all rooms having private facilities. Our journey is by air with BRITISH AIRWAYS flights from Heathrow to Moscow and returning to Heathrow directly from St Petersburg. Travel through Russia is by coach accompanied by a local guide. All entrance fees are included.

The only extras that will be added to your invoice are the insurance premium of £49, if required, and the Russian visa fee which is currently £77; you should also budget on an amount of approximately £50 for a group gratuity fund, to be collected by the Tour Leader. A few single rooms are available at an extra charge of £340. Please, however, see our note 'Travelling Alone' overleaf. Please note that no single compartments are available on the train. Any special diets should be printed on the Booking Form.

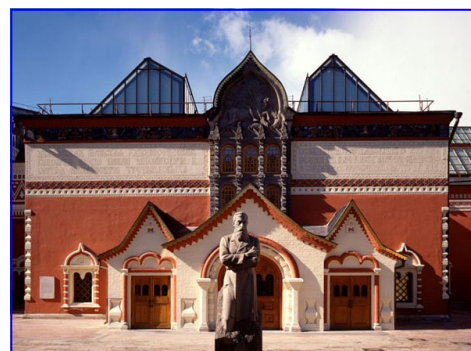
A deposit is payable now with the balance due eight weeks prior to departure. Full flight and accommodation details will be sent out with your travel wallets 2 weeks before departure.

TO MAKE A RESERVATION

To reserve your place on this tour please complete the enclosed Booking Form and send it with a deposit of £100 plus the insurance premium of £49 (if required) to:

The Revd Andrei Petrine
52 Epping Road
Toot Hill
Ongar CM5 9SQ

Tel: (01992) 524421



DAILY PROGRAMME

Tuesday Travel to Moscow

Our journey begins as we leave Heathrow to fly to Moscow. Our British Airways flight BA872 departs at 08.55 hours and arrives at 15.45. [On arrival we transfer to the four star Hotel Cosmos.](#)

Wednesday Kremlin



We begin our day in with a city orientation tour which will include views from the University area over the city. We then go the Kremlin, home to the President and

seat of the government. It was also once head of the Church as well as the state. Our visits include the Cathedral of the Assumption, used historically for coronations as well as for the inauguration of Patriarchs as well as the Armoury. After a break for lunch, we visit the impressive Tretyakov Gallery where we have the opportunity to see both the Vladimir Icon of the Mother of God as well as Rublyov's Holy Trinity and some of the collection of Russian painting.

Thursday Novodevichy Convent



This morning, we start the day at the Novodevichy Convent with its famous cemetery including the graves of Chekov, Prokofiev and Scriabin. After a break for lunch we

will continue to the Pushkin Fine Arts museum where we have the opportunity to view their fine historic collection.

Friday Cathedral of Christ the Saviour

We spend some time today at the recently rebuilt Cathedral of Christ the Saviour built on a huge scale close to the river. We then have the opportunity to enjoy a short trip on the famous Moscow Metro. We enjoy our lunch break beside Red Square and have some free time for shopping.

Saturday Sergiev Posad

We leave Moscow and visit the Trinity Monastery of St Sergius at Sergiev Posad, one of Russia's most important religious and historical landmarks and a place of spiritual and nationalist pilgrimage. Founded in 1340, it became the main link in a chain of fort-monasteries defending Moscow. Until 1988 it was the residence of the Patriarch of the Russian Orthodox Church. We drive on to Yaroslavl where we spend [two nights at the three star Hotel Ubileynana.](#)

Sunday Yaroslavl and Kostroma

We start the day in Yaroslavl, once second in size only to Moscow, where we visit the Monastery of the Transfiguration as well as the merchant church of Elijah the Prophet with its bright decoration and frescoes. This afternoon we have the option to drive east to Kostroma, also on the Volga which was

once one of the Golden Ring's most important cultural and commercial cities on the Volga. Our main visit here is to the Monastery of St Ipaty where we visit Trinity Cathedral and the red Romanov Chambers. Those who want to can spend the afternoon at leisure in Yaroslavl.

Monday Uglich

An early departure as we leave Yaroslavl and drive back along the Volga to Uglich, stopping at the Church of St Dimitry on the Blood in the waterside kremlin as well as the Transfiguration Cathedral and the Prince's Chambers. We then drive back to Moscow where after having dinner in a local restaurant, board our [overnight train to St Petersburg.](#)

Tuesday St Petersburg

Early morning arrival and breakfast at our hotel. This morning we visit the Fortress of Peter and Paul, the oldest building in St Petersburg, used for much of its existence as a political prison. We also visit the St Peter and St Paul Cathedral with its baroque interior. We then drive to Nevsky Prospect where we have a lunch break and visit the Russian Museum with its rich collection of medieval icons as well as Russian masterpieces. Three night stay in St. Petersburg at the Pribaltiskaya Hotel, overlooking the Gulf of Finland.

Wednesday Peterhof

We leave St Petersburg and drive south to visit Peter the Great's large naval base on the Gulf of Finland. He liked the area so much that he also built his own villa as well as a series of palaces across the estate. In the afternoon we return to St Petersburg to visit the baroque Alexander Nevsky monastery, home to both the seminary and the Tikhvin Cemetery which contains the graves of Tchaikovsky and Borodin amongst others.



Thursday Hermitage

We visit the Hermitage, one of the largest and richest collections of art in the world. We will start with an organised guided tour for those who wish, and then have the opportunity to explore our own private passions further. People will be free to spend the whole day in the Hermitage, or have some free time in the afternoon to do some shopping or join an optional canal cruise which your guide can arrange.

Friday Return from St. Petersburg

We start the morning at the Cathedral Church of St Nicholas, a church which functioned throughout the Soviet period. We visit both the lower and upper churches. We then visit the Cathedral of Our Lady of Kazan. After a break for lunch we transfer to the airport for our return flight BA879 which departs St Petersburg at 16.55 and arrives into Heathrow at 17.30.

(flight times shown are local)

PRACTICAL INFORMATION

McCABE PILGRIMAGES

McCabe are developing more challenging itineraries as we travel beyond the new Millennium. New itineraries include holidays in Italy featuring Rome, Assisi and the fantastic cities of Tuscany, motor yacht cruises along the coast of Turkey following in the wake of St. Paul and a journey along the Pilgrim Way to Santiago de Compostela as well as the Middle Eastern destinations we know so well including the



combination of Jordan and the Sinai desert. This brochure is just one example of the innovative holidays McCabe organises.

TRAVELLING ALONE

Many of our passengers travel alone and object to expensive "single room" supplements. McCabe Pilgrimages will accept individual bookings on a "guaranteed share" basis. We charge the basic price and accommodate you with a person of the same sex also requesting shared accommodation. If we do not find someone to share with you, you will be accommodated in a single room at only 50% of the usual single room supplement. Single travellers who do require single accommodation should request this when booking and if available a supplement will be payable.

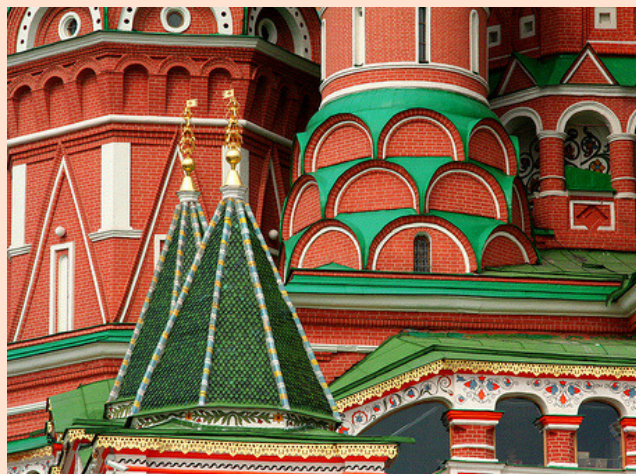
PASSPORTS, VISAS & HEALTH

A valid passport is necessary for all our tours. It must be a full ten year passport. Check NOW that it is valid for the duration of your tour. Travellers to Russia should ensure that they are holding a passport which is valid for six months after their return to the UK. Visas are required for British passport holders and McCabe Pilgrimages will assist with arrangements. Holders of other passports please consult the McCabe Pilgrimages office. No inoculations are required for

visitors to Russia, however we advise you to consult your doctor regarding your own personal requirements

TRAVEL INSURANCE

McCabe has arranged an exclusive Travel Insurance scheme with Preferential Insurance Services Limited, which is underwritten by Optimum Underwriting Limited on behalf of Groupama Insurance Ltd, to ensure the benefits levels and



assistance services match the exact requirements of the McCabe customer. McCabe will automatically include comprehensive cover for each passenger unless otherwise indicated on the booking form. The policy wording documentation will include all benefit levels, terms and conditions and general exclusions and will be sent to you with your confirmation invoice, which will act as your insurance certificate. Preferential Insurance Services Limited and Optimum Underwriting Limited are authorised and regulated by the Financial Services Authority. Principle risks covered include:

Cancellation/Curtailment	£3000
Delayed Baggage	£ 100
Missed departure	£750
Personal Baggage	£ 1,500
Travel delay	£ 100 / £3000
Mugging Benefit	£ 1,000
Personal Accident	£ 25,000
Personal Money	£ 500
Medical Expenses	£ 5,000,000
Loss of Passport	£ 300
Medical Inconvenience	£ 500
Personal Public Liability	£ 2,000,000



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