

Lakes of Mtskheta-Mtianeti

Route sheet · 8 lakes · four trips

The Region Splits in Two

Five below. Tsodoreti, Chili, Bazaleti, and the Sioni and Zhinvali reservoirs. An hour or two on tarmac, on an ordinary summer season.	Three above. The Abudelaury lakes at 2,600 m in Khevsureti. A 4x4 to Roshka, then six kilometres on foot. A two-month window a year.	They share nothing. Nothing but an administrative boundary. Planning them into one trip won't work.
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Four Trips

1	The lakes below Mtskheta Tsodoreti → Chili → Mtskheta. Half an hour from Tbilisi; both lakes are modest and suit a picnic rather than a swim. Tsodoreti can dry out to the bottom in a dry season, so check first.	<i>half a day · easy</i>
2	The Georgian Military Road Zhinvali → Ananuri → Bazaleti. The turquoise shows from the E117 on your right, but only on a sunny day. Then Bazaleti: a resort with a sanatorium and boats, 5 km from Dusheti.	<i>1 day · easy</i>
3	Sioni Reservoir Tbilisi → Tianeti → Sioni. 45 km, and even a marshrutka makes it in about an hour. Fishing, swimming, water up to 23–24°C by August. A flooded village and its church lie underneath.	<i>1 day · easy</i>
4	The coloured Abudelaury lakes A 4x4 to Roshka village (3 hours from Tbilisi), a night there, then a 6–7 km trek one way with 600 m of ascent. Green first, Blue 235 m on, White another 1.4 km. June and July only.	<i>2 days · hard</i>

What to Bring

- ✓ Cash in lari: no card terminals at the lakes
- ✓ Offline map: signal drops out in the mountains
- ✓ Trekking shoes: 6 km of trail to Abudelaury
- ✓ A warm layer: 2,600 m is cold even in July
- ✓ Sun protection: you burn faster at altitude
- ✓ Water and food: no shops at Tsodoreti or Chili

Lake Reference

8 lakes · altitude · origin · GPS coordinates

Water	Altitude	Origin	District	GPS
Tsodoret	lowland	natural, small	Mtskheta Mun.	41.76573, 44.63070
Chili	lowland	natural	Mtskheta Mun.	41.81241, 44.67865
Bazaleti	879 m	volcanic, isolated	Dusheti Mun.	42.03808, 44.67911
Sioni Reservoir	~1,000 m	reservoir, 1963	Tianeti Mun.	41.99798, 45.00656
Zhinvali Reservoir	Aragvi valley	reservoir, 75 m deep	Dusheti Mun.	42.14974, 44.77239
Abudelaure Green	~2,600 m	glacial	Khevsureti, Dusheti Mun.	42.54328, 44.83958
Abudelaure Blue	~2,600 m	glacial, deep	Khevsureti, Dusheti Mun.	42.54448, 44.83722
Abudelaure White	~2,600 m	glacial, mineral suspension	Khevsureti, Dusheti Mun.	42.54617, 44.81994

The Green Abudelaure lake comes first from Roshka, with just 235 metres between it and Blue, and another 1.4 km from Blue to White. All three are glacial, fed by the Abudelaure glacier.

Two Calendars

Top and bottom run on different seasons, and they barely overlap. The lower waters keep a summer-holiday schedule: Sioni warms to 23–24°C by August and drops to 2.7 in February, its level peaking in July and bottoming out in March. Zhinvali only turns turquoise in sun. Tsodoret depends on rainfall and vanishes in a drought. Abudelaure runs on a mountain calendar: ice from November to May, walkable in June and July, and White nearly dries by August.

How to Use the Coordinates

The format is latitude, longitude, and pastes straight into Google Maps search. Sat-nav doesn't always know these villages by name, so save the points in advance and download an offline map. For the Abudelaure lakes the coordinates point as the crow flies; walk the waymarked trail from Roshka.