

Hiking in Georgia

10 Walking Routes With Maps

One and two day routes starting from named villages and towns.
Stages, GPS coordinates, seasons and transport to the trailhead.
Print it and take it with you: the signal drops out in the mountains.

What Is Inside

Safety rules · a summary table of every route · two pages per trek:
the route stage by stage and a reference sheet with coordinates

How to Use This Guide

Read this once before your first walk

Schematics Do Not Replace Navigation

Each route has two pages: the stages with distances and a reference sheet with coordinates. This is a reference document, not a topographic map. Use an offline app for navigation on the ground.

What to Download Before You Leave Town

Install an offline navigation app and download the map of Georgia in full while you still have Wi-Fi. Save the start and finish coordinates separately. The signal drops out within the first kilometres of any gorge.

Registration in National Parks

Registration at the visitor centre is compulsory in Lagodekhi, Borjomi-Kharagauli and Mtiralala. Staff there also tell you the condition of the trails, river levels and whether snow is still lying on the passes.

The Season Decides Everything

High mountain routes with passes above 2,500 metres open in the second half of July and close at the end of September. Lower and coastal routes are walkable from April to November.

Turning Back Is Normal

If the path disappears, the river rises, a thunderstorm is coming or you have fallen behind schedule, turn around. The mountain is not going anywhere.

How to Read the Coordinates

The format is latitude, longitude and pastes into a maps search exactly as it appears. Navigation apps do not always recognise these villages by name, so save the points in advance. Coordinates point in a straight line, but you walk the path.

Emergency services in Georgia: 112

The same number reaches mountain rescue. Operators speak Georgian and English. Read out the coordinates from the reference sheet: they carry even on a poor line.

Every Route in One List

10 routes · distance · time · season · difficulty

No.	Route and Start	Distance	Time	Season and Difficulty
1	Juta → Chaukhi Pass → Abudelaury → Roshka start: Juta	22 km	2 days	above average difficulty mid-July - September
2	Shovi → Buba Glacier start: Shovi	18 km return	1 day	easy June - October
3	Glola → Udziro Lake start: Glola	24 km return	2 days	moderate July - September
4	Bakuriani → Tskhratskaro Pass → Tabatskuri Lake start: Bakuriani	28 km	2 days	moderate late June - October
5	Korolistavi → Mtirala Waterfall and Lake start: Korolistavi visitor centre	8 km return	4-5 hours	easy April - November
6	Batumi → Mount Anaria and the Fort Ruins start: Bus 15 terminus	16 km	5 hours	moderate all year
7	Lagodekhi → Gurgeni and Ninoskhevi Waterfalls start: Lagodekhi visitor centre	15 km return	6-7 hours	moderate April - November
8	Mazeri → Ushba (Shdugra) Waterfall start: Mazeri	14 km return	5-6 hours	moderate June - October
9	Borjomi-Kharagauli: The Footprints Trail start: Borjomi visitor centre	13 km loop	6 hours	easy April - November
10	Kojori → Korogli Fortress and Waterfalls start: Kojori	10 km	4-5 hours	easy all year

Juta → Chaukhi Pass → Abudelaury → Roshka

22 km · 2 days · above average difficulty · Mtskheta-Mtianeti, Kazbegi and Dusheti municipalities

Why Go

The only route in this collection where you cross the main ridge over a pass above 3,300 metres and descend to three lakes of different colours in two days.

Who Should Skip It

Beginners with no experience. There is scree, snow lies on the saddle until mid-July, and the mobile signal disappears above Juta.

The Route Stage by Stage

1

Day One. Juta to Chaukhi Pass

8 km · 5-6 h · ascent 1,150 m

A climb along the river, then switchbacks up a grassy slope. The last 200 metres are scree or snow, so poles are essential.

2

Day One. Descent to the Lakes

4 km · 2 h · descent 530 m

From the saddle you see both sides of the ridge. The descent leads into the Abudelaury valley, with camp at the Green Lake.

3

Day Two. Three Lakes

3.5 km · 2 h

Green, then Blue 235 metres on, then White another 1.4 kilometres further. The colours come from rock particles suspended in the water.

4

Day Two. Descent to Roshka

6.5 km · 3 h · descent 700 m

An easy descent down the valley to the village, where the gravel road ends and you can catch a lift.

What to Take With You

- ✓ Trekking poles for scree and snow
- ✓ Tent and sleeping bag rated to zero
- ✓ Two litres of water: no springs on the pass
- ✓ Warm layer: 3,300 m is cold even in August
- ✓ Offline map: no signal above Juta
- ✓ Cash in lari: no card terminals in the villages

Route Reference

7 points · elevation · coordinates · season · transport

Route Points

Point	Elevation	What It Is	GPS (latitude, longitude)
Juta	2200 ♂	village, guesthouses, end of the road	42.5450, 44.7550 approximate
Camp below the pass	2700 ♂	flat pitches, stream	42.5440, 44.7750 approximate
Chaukhi Pass	3338 ♂	highest point of the route	42.5420, 44.7950 approximate
Green Lake	2600 ♂	glacial, first one from Roshka	42.54328, 44.83958
Blue Lake	2600 ♂	deep, 235 m from the Green Lake	42.54448, 44.83722
White Lake	2600 ♂	mineral suspension, shrinks by August	42.54617, 44.81994
Roshka	1900 ♂	village, end of the gravel road	42.5050, 44.8700 approximate

Season

Realistically walkable from mid-July to late September. In June there is snow on the pass, in October there is a risk of snowfall.

Getting There

Marshrutka from Tbilisi to Stepantsminda, roughly 3 hours. Then a four-wheel drive to Juta. From Roshka, a car to the main road.

How to Use the Coordinates

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Shovi → Buba Glacier

18 km return · 1 day · easy · Racha-Lechkhumi and Kvemo Svaneti, Oni municipality

Why Go

The simplest way to reach a real glacier in Georgia without ropes or crampons. The ascent is spread across nine kilometres.

What Matters

In August 2023 a mudflow came down in this area and people died. Check the state of the road and any current restrictions before you travel.

The Route Stage by Stage

1

Shovi to the Chanchakhi Bridge

2 km · 40 min

Coniferous forest and a level path along the river. You still meet holidaymakers from the resort here.

2

Bridge to the Summer Camps

3 km · 1 h 20 min

The valley widens, the trees thin out, shepherds' huts appear. The dogs react to strangers.

3

Camps to the Moraine

2.5 km · 1 h 30 min

A chaos of boulders begins. The path is harder to follow, so navigate by the stone cairns.

4

Moraine to the Glacier Snout

1.5 km · 1 h

The ice is grey with rock dust. Do not approach closely or step onto it: the edge collapses without warning.

What to Take With You

- ✓ Stiff-soled boots for the moraine
- ✓ 1.5 litres of water per person
- ✓ Cash in lari
- ✓ Waterproof jacket: the weather turns quickly
- ✓ First aid kit with blister plasters
- ✓ Power bank for the navigation app

Route Reference

5 points · elevation · coordinates · season · transport

Route Points

Point	Elevation	What It Is	GPS (latitude, longitude)
Shovi	1520 ♂	resort, start of the route	42.6975, 43.6845 approximate
Chanchakhi bridge	1560 ♂	start of the riverside path	42.7080, 43.6900 approximate
Summer camps	1750 ♂	pastures, water, shepherd dogs	42.7280, 43.7020 approximate
Moraine	1980 ♂	boulders, path becomes unclear	42.7450, 43.7130 approximate
Buba Glacier snout	2100 ♂	viewpoint on the moraine	42.7550, 43.7200 approximate

Season

June to October, with July and August the peak. After heavy rain it is better to call the walk off.

Getting There

Marshrutka from Kutaisi to Oni, then a taxi to Shovi. From Tbilisi a car is easier, about 5 hours.

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Glola → Udziro Lake

24 km return · 2 days · moderate · Racha-Lechkhumi and Kvemo Svaneti, Oni municipality

Why Go

The name translates as bottomless and locals happily keep the legend going. In practice it is a small mountain lake that almost nobody reaches.

What Matters

The whole walk runs along an open ridge. There is no shade anywhere, the wind is constant, and water appears only at the seventh kilometre.

The Route Stage by Stage

1

Glola to the Ridge

4 km · 1 h 30 min · ascent 550 m

A forest track from the village, then a sharp climb onto the open ridge.

2

Ridge to the Summer Pastures

3 km · 1 h 30 min

Open walking with valleys visible on both sides. The only water source on the route.

3

Pastures to the 2,450 m Crest

3 km · 2 h

The last long climb. The path fades into the grass in places, so follow the line of the ridge.

4

Crest to Udziro Lake

2 km · 40 min

A descent into the basin holding the lake. There are flat pitches for a tent but no firewood.

What to Take With You

- ✓ Windproof jacket: the ridge is always exposed
- ✓ Sun cream and a hat
- ✓ Trekking poles
- ✓ Three litres of water: no springs above the pastures
- ✓ Tent and sleeping bag
- ✓ Offline map with the track loaded

Route Reference

5 points · elevation · coordinates · season · transport

Route Points

Point	Elevation	What It Is	GPS (latitude, longitude)
Glola	1350 ♂	village, start of the route	42.6605, 43.6300 approximate
Onto the ridge	1900 ♂	end of the forest zone	42.6450, 43.6050 approximate
Summer pastures	2200 ♂	water, possible camp	42.6320, 43.5850 approximate
Crest	2450 ♂	highest point	42.6220, 43.5680 approximate
Udziro Lake	2500 ♂	final point, camping	42.6150, 43.5600 approximate

Season

July to September. Earlier there is snow in the basin, later there is a risk of early snowfall.

Getting There

Marshrutka from Kutaisi to Oni, then a taxi to Glola. The village neighbours Shovi.

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Bakuriani → Tskhratskaro Pass → Tabatskuri Lake

28 km · 2 days · moderate · Samtskhe-Javakheti, Borjomi municipality

Why Go

A volcanic plateau with no forest and no rock walls, just rolling treeless hills to the horizon. The landscape is not Caucasian at all and people come back for exactly that.

What Matters

There is no shade all day, but getting lost is difficult: the track is clear and landmarks are visible for kilometres.

The Route Stage by Stage

1

Bakuriani to the Weather Station

7 km · 2 h · ascent 300 m

A gravel road climbing out of the village, with the last pines ending around the fifth kilometre.

2

Weather Station to Tskhratskaro Pass

6 km · 2 h 30 min · ascent 450 m

The name means nine springs, and the springs along the way are real.

3

Pass to the Plateau

7 km · 2 h 30 min · descent 300 m

A long gentle descent across open plateau. Camp where it suits you, with water from the springs.

4

Plateau to Tabatskuri Lake

8 km · 3 h

The lake appears on the horizon long before you reach it. The village of the same name sits on the shore.

What to Take With You

- ✓ High factor sun cream
- ✓ Windproof and a warm layer for the night
- ✓ Two litres of water between springs
- ✓ Hat: there is no shade all day
- ✓ Tent, or a room booked in the village
- ✓ Cash in lari

Route Reference

5 points · elevation · coordinates · season · transport

Route Points

Point	Elevation	What It Is	GPS (latitude, longitude)
Bakuriani	1700 მ	town, start of the route	41.7480, 43.5320 approximate
Weather station	2000 მ	landmark on the road	41.7150, 43.5450 approximate
Tskhratskaro Pass	2450 მ	highest point, springs	41.6900, 43.5600 approximate
Descent to the plateau	2150 მ	start of the open plateau	41.6700, 43.5900 approximate
Tabatskuri Lake	1990 მ	lake and lakeside village	41.6560, 43.6120 approximate

Season

Late June to early October. Snow lingers on the plateau longer than in Bakuriani.

Getting There

Train or marshrutka from Tbilisi to Borjomi, then the narrow-gauge train or a marshrutka to Bakuriani. Transport from Tabatskuri village is irregular.

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Korolistavi → Mtirala Waterfall and Lake

8 km return · 4-5 hours · easy · Adjara, Mtirala National Park

Why Go

The best day walk out of Batumi. Colchic forest with ferns as tall as a person, a suspension bridge, a waterfall and a lake to swim in.

What Matters

Mtirala means weeping, and this is the wettest place in Georgia with up to 4,500 mm of rain a year. Rain can start on any day of the season.

The Route Stage by Stage

1

Visitor Centre to the Suspension Bridge

1.5 km · 40 min

A riverside path through Colchic forest. Register and pay the entry fee at the centre.

2

Bridge to Mtirala Waterfall

1.5 km · 50 min · ascent 180 m

The climb becomes noticeable and the path is slippery in places from damp and moss.

3

Waterfall to the Lake

0.7 km · 20 min

A small lake below the waterfall. People swim here in summer, though the water stays cold.

4

Lake to the Viewpoint

0.3 km · 15 min

A short climb to a platform overlooking the valley. Return by the same path.

What to Take With You

- ✓ Waterproof boots: essential here
- ✓ Spare socks in a dry bag
- ✓ Cash in lari for the entry fee
- ✓ A rain jacket rather than an umbrella
- ✓ Insect repellent
- ✓ Swimwear if you go in summer

Route Reference

5 points · elevation · coordinates · season · transport

Route Points

Point	Elevation	What It Is	GPS (latitude, longitude)
Korolistavi visitor centre	250 ♂	registration, entry, parking	41.6790, 41.8650 approximate
Suspension bridge	300 ♂	landmark on the path	41.6760, 41.8760 approximate
Mtirala Waterfall	480 ♂	main point of the route	41.6720, 41.8880 approximate
Lake	520 ♂	swimming, cold water	41.6700, 41.8940 approximate
Viewpoint	600 ♂	view over the valley	41.6690, 41.8980 approximate

Season

April to November, with June and September the best. July and August are hot and very humid.

Getting There

Marshrutka or taxi from Batumi to Chakvi, then the road to Korolistavi. About 45 minutes from the city centre.

How to Use the Coordinates

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Batumi → Mount Anaria and the Fort Ruins

16 km · 5 hours · moderate · Adjara, Khelvachauri municipality

Why Go

The only route here that starts straight off a city bus.
No transfer, no car hire, no arrangements with a driver.

What Matters

The total ascent is around 550 metres and it feels considerably harder in the heat than the numbers suggest. There is no water on the route.

The Route Stage by Stage

1

Bus 15 Terminus to the Edge of the Village

3 km · 50 min

Tarmac and orchards, with the last shop before the climb.

2

Village to the Forest Path

3 km · 1 h 10 min · ascent 170 m

The road narrows to a path and enters the forest. Shade all the way to the top.

3

Forest to the Fort Ruins

2 km · 1 h · ascent 210 m

The final climb. At the top are walls and fragments of masonry overgrown with scrub.

4

Fort, Panorama and Descent

8 km · 2 h

A platform with a view of the city, port and sea. Return by the same path.

What to Take With You

- ✓ Two litres of water: no springs on the route
- ✓ Boots with grip: slippery after rain
- ✓ Power bank
- ✓ Hat and sun cream
- ✓ Snacks
- ✓ Batumi transport card

Route Reference

5 points · elevation · coordinates · season · transport

Route Points

Point	Elevation	What It Is	GPS (latitude, longitude)
Bus 15 terminus	60 მ	start, city transport	41.6480, 41.6900 approximate
Edge of the village	180 მ	last shop	41.6420, 41.7020 approximate
Forest path	350 მ	start of the forest zone	41.6360, 41.7150 approximate
Anaria fort ruins	560 მ	main point of the route	41.6300, 41.7300 approximate
Batumi panorama	540 მ	viewing platform	41.6310, 41.7340 approximate

Season

All year round except on days with heavy rain. In summer, set off early.

Getting There

City bus number 15 to the terminus. Pay by card or transport card on board.

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Lagodekhi → Gurgeniani and Ninoskhevi Waterfalls

15 km return · 6-7 hours · moderate · Kakheti, Lagodekhi Protected Areas

Why Go

Georgia's oldest reserve, established in 1912. Dense old forest, two waterfalls and the feeling that nothing here has been touched for a long time.

What Matters

You will not be allowed onto the trail without registering at the visitor centre. Your name and departure time go into the logbook, which works as a form of insurance.

The Route Stage by Stage

1

Visitor Centre to the Junction

2 km · 40 min

A wide track through the forest. At the junction most walkers head for Gurgeniani.

2

Junction to Gurgeniani Waterfall

2 km · 1 h · ascent 200 m

A climb through forest on a clear path, with wild boar tracks along the way.

3

Gurgeniani to the Upper Gorge

2 km · 1 h 20 min

The gorge narrows and the path crosses the stream several times. After rain the crossing can become impassable.

4

Gorge to Ninoskhevi Waterfall

1.5 km · 1 h

The waterfall drops around forty metres. Return by the same path.

What to Take With You

- ✓ Covered clothing because of ticks
- ✓ Boots you do not mind soaking
- ✓ Passport for registration
- ✓ Insect repellent
- ✓ Two litres of water
- ✓ Waterproof jacket

Route Reference

5 points · elevation · coordinates · season · transport

Route Points

Point	Elevation	What It Is	GPS (latitude, longitude)
Lagodekhi visitor centre	450 მ	registration required	41.8290, 46.2790 approximate
Trail junction	600 მ	signpost, choice of route	41.8380, 46.2840 approximate
Gurgeniani Waterfall	800 მ	first waterfall	41.8520, 46.2900 approximate
Climb through the gorge	950 მ	stream crossings	41.8620, 46.3000 approximate
Ninoskhevi Waterfall	1050 მ	drop of around 40 m	41.8700, 46.3100 approximate

Season

April to November. In spring and early summer there are many ticks, so cover your legs.

Getting There

Marshrutka from Tbilisi to Lagodekhi from Isani station, about 3 hours. The visitor centre is a 20 minute walk from town.

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Mazeri → Ushba (Shdugra) Waterfall

14 km return · 5-6 hours · moderate · Samegrelo and Upper Svaneti, Mestia municipality

Why Go

Ushba, a twin-headed peak of 4,710 metres, is considered one of the hardest mountains in the Caucasus. Happily, you do not need to climb anything to see it up close.

What Matters

The final section crosses a boulder field. Set off early: after midday, cloud often swallows Ushba entirely.

The Route Stage by Stage

1

Mazeri to the Dolra Valley

2.5 km · 50 min

A path from the village through forest along the river. Signposts exist but are sparse.

2

Valley to the Trailside Cafe

2 km · 45 min

The only place with tea and food on the route. There is no service beyond it.

3

Cafe to the Boulder Field

1.5 km · 50 min · ascent 120 m

The forest ends and an open slope opens up with a view of the Ushba wall.

4

Boulder Field to Shdugra Waterfall

1 km · 45 min

Hopping from boulder to boulder. Poles and attention to your footing are essential.

What to Take With You

- ✓ Trekking poles for the boulder field
- ✓ Warm layer: glacial wind at the falls
- ✓ An early start before the cloud arrives
- ✓ Boots with ankle support
- ✓ Two litres of water
- ✓ Cash in lari for the cafe

Route Reference

5 points · elevation · coordinates · season · transport

Route Points

Point	Elevation	What It Is	GPS (latitude, longitude)
Mazeri	1500 ♂	village, guesthouses	43.0530, 42.6180 approximate
Dolra valley	1600 ♂	riverside path	43.0640, 42.6220 approximate
Trailside cafe	1700 ♂	tea, food, toilet	43.0730, 42.6270 approximate
Boulder field	1820 ♂	field of large rocks	43.0830, 42.6310 approximate
Shdugra Waterfall	1950 ♂	view of both Ushba summits	43.0900, 42.6350 approximate

Season

June to October, with July and August the peak. Snow is possible on the approach in early June.

Getting There

Marshrutka or taxi from Mestia to Mazeri, about 25 kilometres. Arrange the return trip in advance.

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Borjomi-Kharagauli: The Footprints Trail

13 km loop · 6 hours · easy · Samtskhe-Javakheti, Borjomi-Kharagauli National Park

Why Go

If this is your first walk in the Georgian mountains, start here. Borjomi-Kharagauli is one of the few parks in the country with European-style waymarking.

What Matters

It is a loop, so you return to the same point. The ascent is moderate and spread evenly across the route.

The Route Stage by Stage

1

Visitor Centre to the Forest

2.5 km · 50 min · ascent 150 m

Register at the centre, where they also sell a paper map of the park.

2

Forest to the Viewpoint

3.5 km · 1 h 40 min · ascent 280 m

Mixed forest with paint markers on the trees. The viewpoint looks out over the valley and the ridges.

3

Viewpoint to the Spring

3 km · 1 h 20 min · descent 180 m

The descent follows the other side of the loop. You can refill at the spring.

4

Spring to the Visitor Centre

4 km · 1 h 30 min · descent 250 m

A gentle return along a forest track to the starting point.

What to Take With You

- ✓ Passport for registration
- ✓ Waterproof jacket
- ✓ Head torch: it gets dark early in autumn
- ✓ 1.5 litres of water
- ✓ Food for the whole day
- ✓ Cash in lari

Route Reference

5 points · elevation · coordinates · season · transport

Route Points

Point	Elevation	What It Is	GPS (latitude, longitude)
Borjomi visitor centre	800 ♂	registration, park maps	41.8330, 43.3600 approximate
Entering the forest	950 ♂	start of the waymarked trail	41.8250, 43.3480 approximate
Viewpoint	1230 ♂	highest point of the loop	41.8100, 43.3300 approximate
Spring	1050 ♂	drinking water	41.8200, 43.3380 approximate
Back at the visitor centre	800 ♂	closing the loop	41.8330, 43.3600 approximate

Season

April to November. The park stays open in winter, but the trail then needs snow equipment.

Getting There

Train or marshrutka from Tbilisi to Borjomi. The visitor centre in Likani is 15 minutes by taxi from the station.

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Kojori → Korogli Fortress and Waterfalls

10 km · 4-5 hours · easy · Kvemo Kartli, Tbilisi municipality

Why Go

The fastest way into the mountains from Tbilisi. The marshrutka takes about forty minutes and drops you at 1,350 metres, noticeably cooler than the city in summer.

What Matters

You can decide in the morning and be home by evening. The route works in winter too, but there is snow on the ground.

The Route Stage by Stage

1

Kojori to the Ridge Path

1.5 km · 30 min · ascent 70 m

From the marshrutka stop the path climbs onto an open ridge.

2

Ridge to Korogli Fortress

1.5 km · 40 min · ascent 80 m

A tower and part of the walls on a rocky spur. The view works in both directions.

3

Fortress to the Gorge

2.5 km · 1 h · descent 350 m

The path drops away and shade and a stream appear. The most pleasant part of the route.

4

Gorge to the Kojori Waterfalls

1.5 km · 40 min

The waterfalls are small, but in summer locals gather by the water with barbecues.

What to Take With You

- ✓ 1.5 litres of water
- ✓ Boots with grip
- ✓ Swimwear in summer for the waterfalls
- ✓ Snacks or money for a cafe in Kojori
- ✓ Windproof: it is cooler up there
- ✓ Cash in lari for the marshrutka

Route Reference

5 points · elevation · coordinates · season · transport

Route Points

Point	Elevation	What It Is	GPS (latitude, longitude)
Kojori	1350 მ	marshrutka stop	41.6640, 44.7020 approximate
Ridge path	1420 მ	onto the open section	41.6600, 44.6960 approximate
Korogli Fortress	1500 მ	tower and walls, panorama	41.6560, 44.6870 approximate
Descent into the gorge	1150 მ	start of the descent, shade	41.6510, 44.6910 approximate
Kojori waterfalls	1080 მ	finish, spots to rest	41.6480, 44.6950 approximate

Season

All year round. In winter there is snow in Kojori, so bring suitable footwear.

Getting There

Marshrutka from Vake or Rustaveli metro stations, about 40 minutes. It runs regularly throughout the day.

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