



URBAN
ADVENTURES
BEST. DAY. EVER.

Tour Name

Eat like a Russian

Tour City

Moscow

Tour Snapshot

Get ready to eat like a Russian on this delicious foodie tour of the Danilovsky neighbourhood in Moscow. Check out the bustling local market and discover what Russian cuisine is all about, find out what locals like to eat on special occasions (spoiler alert — caviar is involved!) and take a trip down memory lane to discover the foods of countries that once belonged to the USSR.

Highlights

- Explore the colourful Danilovsky market with a local
- Taste some of our favourite Russian cuisine
- Try *tvorog*, a deliciously traditional dairy treat
- Discover more about the diverse range of people who live in our beautiful city
- Visit an off-the-beaten-track neighbourhood and see how locals live day to day

Inclusions: Local English-speaking guide, all food and drinks mentioned in the itinerary (local honey, a local dairy product, a

local seasonal fruit, red caviar, smoked lard, pickled cucumber, sauerkraut, pilaf, chudu, pie and tea). If a dish is not available on the day, it will be substituted with a similar and equally delicious product.

Exclusions: Additional food and drinks, souvenirs and personal shopping, tips/gratuities for your guide

Schedule details

- Duration: 2.5 hours
- Meeting point:
Outside the nearby entrance to Danilovsky market, next to the sign that says '????', meaning entrance.
View on [Google Maps](#).
- Find the exact meeting point with what3words: [///trifle.lonely.neat](https://trifle.lonely.neat)
- Starting time: 3.00 PM
- Ending point:
Metro station 'Tulskaya'.

Full Itinerary

Our tour begins in the little-known Danilovsky district of Moscow, which is home to one of the most prominent examples of constructivist architecture in the city. Parisians have long argued about the beauty of the Eiffel Tower; the Muscovites have polarised opinions about the Ship House.

Having learned a little about the lives of locals here as we walk, we'll arrive at the tastiest part of our tour — the food market — and this particular one attracts both trendy chefs and savvy locals alike. Our degustation menu for the day will include sour, spicy, cheesy and sweet treats for your delectation. We hope you're hungry!

We'll start with nature's bounty: Russian honey served with herbs and berries. Next it's on to appetisers and you'll try the freshest cheeses and curd from the Caucasian region. You'll be surprised by the number of milk products Russia and other countries from the former USSR used to consume every day.

You'll then try juicy tangerines from Abkhazia if it's winter or delicious apples in summer from the gardens around the city.

Then it's on to two proper Russian delicacies. First is smoked lard, which sounds a bit odd to the western palate, but trust us, it's rich, fulfilling and delicious! Then, red caviar from the island of Sakhalin, an absolute must-eat while in Moscow.

Next we'll time travel to the Soviet era to take a peep at a typical kitchenette with striped tablecloth, cut glass and toffees for children, plus plenty of jars of pickles and homemade jams. You can then taste the secret cure to every Russian's hangover, salty cucumbers and sauerkraut. After these salty delicacies, a *Kvas* or fruit-drink will banish your thirst.

We'll then head south to explore our favourite dishes from Uzbekistan and Dagestan, pilaf and *chudu* (scones) with cheese or pumpkin, finishing off with tea and pies. We recommend the sweet pie with poppy seeds. Yummy!

Happy and full, you'll be guided to the metro station or you can of course stay and shop for tasty souvenirs too! Don't forget to ask your local guide for tips on what else to see, do and where to eat during your stay in magnificent Moscow.

Additional information

Inclusions: Local English-speaking guide, all food and drinks mentioned in the itinerary (local honey, a local dairy product, a local seasonal fruit, red caviar, smoked lard, pickled cucumber, sauerkraut, pilaf, chudu, pie and tea). If a dish is not available on the day, it will be substituted with a similar and equally delicious product.

Exclusions: Additional food and drinks, souvenirs and personal shopping, tips/gratuities for your guide

Your Trip: For your Urban Adventure you will be in a small group of a maximum of 6 people.

Confirmation of booking: If you have your voucher, your booking is confirmed. We'll see you at the start point. Get in touch if you have any concerns or require more information via the email address or phone number (business hours only) on your voucher.

Closure of sites: This would be highly unlikely but a substitute location can be found if this happens.

Child Policy: This is a child-friendly tour. Children between the ages of 6 and 11 inclusively are permitted on this tour at the rate listed above. Please select 'child' above when booking. Children under the age of 6 are permitted to join this tour free of charge. Please inform us at the time of booking if you'll be bringing a child under the age of 6. You can do so in the special request box on the checkout page.

Dietary Notes

We can accommodate vegetarians and some other dietary restrictions. Please notify us in advance if you have any dietary requests. You can do so in the 'Additional information' box at checkout, or by emailing us at info@moscowurbanadventures.com.

Local contact

Office phone number: +7 9037208398

Email address: info@moscowurbanadventures.com