

Calling all ecogardeners, culture buffs, and peacemakers! Join us to travel to Russia in late spring and experience a broad range of Russian cultural offerings. You'll be supporting ecogardening workshops for agricultural researchers, teachers, environmentalists and dacha gardeners, while enjoying a marvelous cultural experience!

Travel with Carol Vesecky, Director of Biointensive for Russia and long-time BfR volunteer Shoshana Billik, both of whom are fluent in Russian, and a small group of interesting, garden-and travel-loving people like yourself!

Visit vibrant Moscow and stately St. Petersburg; the 19th-century artist's colony Abramtsevo • Sergiev Posad, a Golden Ring town rich in religious tradition and folk crafts • the Bryansk & Orel regions where BfR's partner the NGO Viola operates • the Krasnodar Region, a little-explored gem of southwestern Russia on the Black Sea.

Guided excursions will be offered to churches, monasteries, museums, and dacha gardens. Visits to the world-famous Russian ballet and theater or opera will be arranged. We'll get to know BfR's partners in four different Russian regions by learning about their work and partying with them, Russian-style! We'll also enjoy the relaxing and therapeutic effects of a Russian banya (steam bath).

This trip is limited to eight eco-tourists, so contact us ASAP if you're interested! For a complete itinerary and a travelogue of an earlier tour, call Carol at 650-856-9751 or e-mail <cvesecky@igc.org>.

More info: For background on our outreach work in the Former Soviet Union, visit <http://biointensiveforrussia.igc.org/> and on the ecogardening method, see www.growbiointensive.org.

Registration Information

May 29 - June 16, 2005 \$3200 (to/from SFO)

May 29 - June 16, 2005 \$3000 (to/from JFK)

May 30 - June 16, 2005 \$2300 (land-only cost)

Cost: Visas, medical insurance, airfare from SFO or JFK, train fare, accommodations and breakfast, escort/interpreters, transfers, and excursions will be covered. Proceeds will support GROW BIOINTENSIVE workshop and experiment costs.

Russian hosts: A strong network of friends and partners dating back to the "citizen diplomacy" era will work with us to plan our visits. In the Moscow area, Tatyana Petrova, local coordinator for REAP International's Moscow-area hosting, will arrange our accommodations, transport, and cultural visits. In St. Petersburg, old friends Albina Kochegina, Natasha Krestiankina, and Vladimir Shestakov will make our arrangements. Lyudmila Zhirina and Igor Prokofiev from the NGO Viola and Vladimir Loginov, respectively, will coordinate our visits to Bryansk and Orel and the Krasnodar Region.

Accommodations will vary from a modestly priced, full-service hotel in Moscow, to a mountain resort in the Krasnodar Region, to elegantly furnished apartments in an art academy in St. Petersburg. Some flexibility will be required of ecotourists, but every effort will be made to ensure comfort.

Your nonrefundable deposit of \$150 will secure your place. One-half of the balance is due March 31 and the remainder by April 29. Checks should be made payable to "Biointensive for Russia." Please mail to Carol Vesecky, BfR, 831 Marshall Drive, Palo Alto, CA 94303.

Further details will be forthcoming on request and as they are developed. Call Carol Vesecky at 650-856-9751, or write to her at <cvesecky@igc.org> for more information.

ANNOUNCING...
BIOINTENSIVE FOR RUSSIA'S
2005 CULTURE/ECO-AG
TOUR TO RUSSIA!
May 29-June 16, 2005



Travel with us to Moscow & the Golden Ring, Bryansk & Orel, the Krasnodar Region, and St. Petersburg & environs while supporting agroecology projects in Russia



Biointensive for Russia

Biointensive for Russia (BfR) promotes GROW BIOINTENSIVE sustainable mini-farming through Russian publications and seminars hosted by ecology groups and agricultural colleges in Russia and Uzbekistan. We aim to offer models of sustainable living to all who are concerned about the futures of our children and grandchildren.

Tour Staff

Carol Vesecky (BfR's Director) will coordinate the tour, and can offer Russian instruction prior to the trip – in person or via print and audiotapes.

Shoshana Billik is a longtime BfR supporter who has studied and volunteered in Russia. She will be meeting the group in Moscow.

Tatyana Perova, the Avrorins, and Evgeny Shmelev in the Moscow area, **Ludmila Zhirina and Igor Prokofiev** in Bryansk, **Vladimir Loginov** in the Krasnodar Region, and **Albina Kochegina, Vladimir Shestakov** and others in St. Petersburg will coordinate our hosting.

Our Destinations

Moscow

Our city tour will include the fabled Kremlin, Red Square, and St. Basil's Cathedral. We'll find time also for the Tretyakov Gallery, a literary museum (Tolstoy, Pushkin, Chekhov), a cultural performance, and a church service or synagogue visit if desired.

Sergiev Posad and Abramtsevo

We'll visit the famous Golden Ring city Sergiev Posad and the 19th-century artist's colony Abramtsevo, followed by a dacha garden tour and picnic near the base of three past workshops, the Educational Methods Center in the rural town of Novo-Sin'kovo, near Dmitrov.

Bryansk/Orel

BfR's partner organization, the NGO Viola, will host us. We'll tour Bryansk's arboretum and a monastery, picnic near Biointensive gardens in both Bryansk and Orel, and browse the Turgenev and other literary museums in Orel.

Krasnodar Region

This fascinating and beautiful part of Russia is still little explored by Americans. We'll relax on a Black Sea beach in Sochi and stroll in the renowned botanical gardens there. We'll also learn about the local archaeology and ethno-graphy of this area in Maikop and explore the nearby mountains and canyons, in search of edible mushrooms and ancient artifacts.

St. Petersburg

The cultural offerings of this great city must be experienced to be believed! The State Russian Museum and the Hermitage are *de rigueur*. An excursion to Repino, dinner at Na Zdorov'ye restaurant, and other cultural events will be offered as options.



Tentative Itinerary

May 29 Depart from SFO or JFK for Moscow's Sheremetyevo II airport, via Aeroflot

May 30-June 3 Moscow and Golden Ring

- Moscow city tour, to include Red Square, the Kremlin's Armory and churches, and the Tretyakov Gallery or Pushkin Fine Arts Museum
- Performance at Bolshoi Theater or other historic venue
- Tours of monastery city Sergiev Posad and 19th-century artists' colony Abramtsevo, followed by:
- a dacha garden tour and picnic with BfR's longtime friends the Avrorins and Evgeny Shmelev of the Russian Ministry of Agriculture's Educational Methods Ctr., near Dmitrov

June 3 Travel by train from Moscow to Bryansk

June 3-7 Bryansk and Orel

- Tour the arboretum in Bryansk guided by a forest academy teacher, and a local Orthodox monastery
- Help interview dacha gardeners, members of BfR's partners of the Viola nonprofit organization, on their success with the GROW BIOINTENSIVE method
- Support Viola in its efforts to assist the residents of the areas contaminated by radiation from the Chernobyl nuclear accident to survive leukemia, cancer, thyroid disease, cataracts, and other radiation-induced illnesses
- Tour the ancient Russian city of Orel (pron. ahr-YOL), where Viola is conducting seminars. Visit the literary museums and the newly double-dug Biointensive gardens
- Share a picnic with Orel's new GROW BIOINTENSIVE gardeners after a double-digging demonstration

June 7-9 Train to Krasnodar from Bryansk

June 9-12 Krasnodar Region/Black Sea

- BfR's partner, Vladimir Loginov, will show us Biointensive gardens and introduce us to the North Caucasus Environmental Watch organization, which is working to prevent a major road being built through one of the local nature reserves
- Visit Maikop, the capital of Adygeya, and learn about this ancient region and its Circassian peoples at its fabulous ethnographic and historical museum
- Discover ancient burial mounds and study the fauna and flora of the region and gather mushrooms while hiking in the nearby Caucasus mountains
- Enjoy the renowned Botanical Gardens or relax on the shores of the Black Sea at the resort town of Sochi which, as in tsarist and Soviet times, is a popular subtropical vacation spot

June 12 Travel by air from Sochi to St. Petersburg

June 12-15 St. Petersburg and environs

- Experience the beautiful canals and palaces of Peter the Great's "Window to the West"
- Tour the world-famous Hermitage and Russian Museum, and possibly the Dostoevsky Museum
- Tour Peterhof, Peter the Great's summer home, or the Catherine Palace in Pushkin
- Visit a children's garden on Krestovsky Island, or the world-famous Botanical Garden with Albina Kochegina
- Attend a performance of the White Nights Festival at the opulent Mariinskii Theater

June 16 Fond farewells and departure from St. Petersburg via Moscow to SFO or JFK