

# How to spend your weekend?



OUTDOOR ACTIVITIES...



THE REASON WHY MOST PEOPLE LOOK FORWARD TO FRIDAY NIGHTS IS BECAUSE THERE'S NO WORK OR SCHOOL THE FOLLOWING DAY. THIS MEANS THAT THEY CAN SPEND THE ENTIRE WEEKEND RELAXING SOMEWHERE, DOING THINGS OTHER THAN WORK, SEEING FRIENDS, SPENDING TIME WITH FAMILY – THE LIST GOES ON. IF YOU'RE A STRESSED-OUT EMPLOYEE, YOU DEFINITELY DESERVE TO GIVE YOURSELF A TREAT DURING THE WEEKENDS.



# Enjoy the great outdoors

If you have a bike, a basketball, volleyball, frisbee, badminton or even just running shoes, you can spend the weekend doing something sporty. Enjoy the great outdoors by going on a short hike with the family. The fresh air would do you a world of good, and you can pack a picnic basket using the stuff that you already have in your kitchen. You can also go biking, swimming, or play a game at a local park.



# If you are adrenaline junkie...

EXTREME WEEKEND" - A SIMPLE WAY TO TEST YOURSELF AND LEARN THE ELEMENTS OF MINING EQUIPMENT (WORKING WITH ROPES, BASIC UNITS, CROSSING A ROPE). THE ROUTE PASSES THROUGH THE MOST BEAUTIFUL MOUNTAIN CRIMEA, SO YOU WILL NOT ONLY STRICTLY DOSED EXTREME, BUT A WHOLE BUNCH OF GORGEOUS SCENERY.



# Meeting/ day1 *(Simferopol, at the railway stations, at*

*about 10 am.)*

**STARTING POINT:** the Angarsk pass

**THE SECOND POINT:** the ridge Elham-Kai to the place of accommodation  
- the pass Funa

**THE THIRD POINT:** after breaking camp we begin to get acquainted c  
ropes, knots, harness and other equipment necessary for our extreme tour.

**THE FOURTH POINT:** in the evening you can visit the cave and make a  
MAN out there a little speleo-dive on the lower gallery of the cave



# At the end of our weekend-tour/day2

The last stage of our extreme weekend will take place on the slopes of South Demerdzhi. This will first need to climb to its top, or rather the so-called crown (height of about 1200m). This is one of the best viewing areas of the Crimea.

And then we pass over one of the stone towers and already from the top will begin descent "dyulferom" to the legendary Valley of the Ghosts. Intricate stone carvings, dwarf pines hanging over the abyss and a narrow trail winding between them ...

Descending from the mountains we go to the final point of our tourist trail - the village of Radiant. From here you can go to Simferopol and Alushta. If you plan to leave the same evening, then take tickets to the train leaving from Simferopol until 19:00.



# In conclusion...

IF YOU FIND ORDINARY SPORTS TOO BORING AND UNEXCITING AND YOU WANT TO BUILD CHARACTER AND FORM A STRONG PERSONALITY, YOU CAN TRY YOURSELF AT DIFFERENT TYPES OF EXTREME SPORT: ROCK CLIMBING, RAFTING, SCUBA DIVING, SURFING, SNOWBOARDING, PARACHUTING, HANG-GLIDING, BUNGEE JUMPING ETC. THEY ARE ALL DEVELOP PATIENCE AND SELF-CONTROL, AND HELPS TO CONTROL YOUR FEAR.

