

Mestia-Adishi

Distance: 27.9 km

Approximate Time: 1-2 days

Accumulated Climb: 1969 m

Accumulated Descent: 1269 m

Difficulty Level: Moderate

Max / Min Altitude: 2480 m / 1396 m

Blazes: Red and White

Recommended Season: June–October

Route description:

From the park in Mestia town center, head down the road southeast which leads towards the museum. Cross the bridge just past the restaurant Dror, immediately turning left after the river.

At the first fork, go right in the direction of Hotel Tetnaldi, which is above on your right. Continue on the road, bearing right at a fork about 500 meters on toward the Hotel Banguriani. Follow the road straight for another two kilometers as it turns to dirt, leading gently away from civilization.

Near the end of the road a white sign points to a footpath steeply up to the right. If you reach the abandoned Soviet alpine resort, you've gone too far. The climb here is steep but brief, which is reflective of the hike as a whole. Follow the markings as the trail bends up the ridge. Before you reach the top of the ridge you will pass a huge open meadow on your left, which makes a spectacular spot for exploring and picnicking.

Continue on the path as it goes up and over the ridge. As you enter the valley, a white sign appears left of the trail and points vaguely east. There are two ways here, a dirt road going down to the first village, and a path forking left and going above the villages. The trail marked on the map takes the route through the villages on the jeep track. If you take the trail to the left to stay high, you will pass above the first few villages and through the village of Lakhiri. There are several routes through the valley, and it is well-worth getting off the beaten path and finding your own way. Staying high is advisable early in the season, when the stream crossings are more difficult.

Beyond Cholashi and its "Beer Bar," the blazes continue north of the Mulkhura to Zhabeshi at the end of the valley. This was the normal route before summer of 2017, when a major storm washed out the bridges. As of fall 2017, the only way to cross the river in Zhabeshi was via a zip-line (Tyrolean traverse) set up by a local mountain guide, who was charging hikers to use it. (In order to recoup his investment in the equipment.) An easier and more certain way to get to Zhabeshi is to cross the car bridge after Cholashi. Turn left after the bridge and continue on the car road on the south side of the Mulkhura.

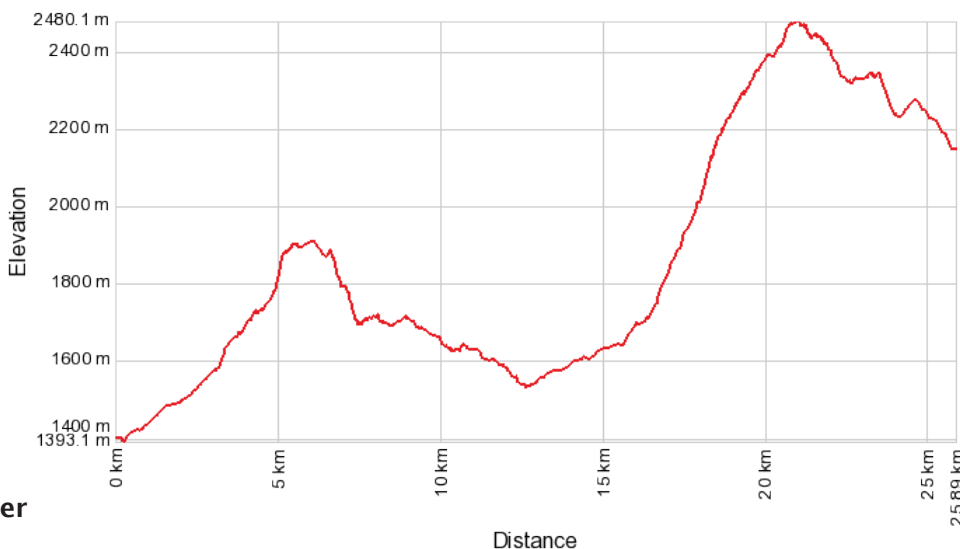
From Zhabeshi, the trail is marked with red and white blazes following the road south from Zhabeshi, which soon becomes a path. If you are staying in Chvabiani or Tsaldashi, there are also shortcuts that connect with the trail going southeast. Bear left next to an iron-rich mineral water spring, where a white sign points the way. Turn left at the first intersection of paths. Continue through the forest into a meadow at the end of which is another water source. Another 1.5 km of forest trekking, with many lovely camping spots along the way, leads to the ridge.

Here the trail exits the forest next to the Tetnaldi ski resort. Cross the wide and dusty road to follow a smaller road with a white sign on it. Follow this as it loops south and then east and connects back with the main road you just crossed. About 500 meters further is a white sign. Turn here onto a path on the right. The route should be well-marked with red and white blazes from here, but note that some things are prone to change due to the construction work in this area.

From the road the path heads south along a small creek. At the first fork bear right and continue following the blazes along the path. You will continue passing through bits of forest and meadow. About three kilometers from the road you will see a small shepherd's hut on your left next to a stream. Continue as the path bends around the ridge and soon the village of Adishi will appear below.

There are plenty of guesthouses in Adishi and a few places to eat. Don't expect any fancy hotels here, as it remains a traditional village with some people opening up their homes to travelers.

If you intend on camping for the night, you may wish to continue on past the village and up the Adishchala River. The path is quite straightforward, passing through the north side of Adishi across a bridge, and then straight east. You'll see a church above to the left and the river below to the right. Continue straight for five kilometers, passing various ruins along the way. The trail leads vaguely down to the Adishchala River, as there is no bridge and different places where people attempt to cross it. There are several excellent camping spots here in forested flat ground near the river.





TRANSCAUCASIAN TRAIL

TCT Svaneti Map 4: Mestia to Adishi

Map 3

Mestia

Zardlashi
Ghebra
Murskheli
Artskheli
Lakhiri
Zhamushi
Cholashi
Majdieri
Chvabiani
Zhabeshi

Tetnudi ski lifts

