



📍 TOUR DETAILS

Step beyond the winding streets of Tbilisi's Old Town and journey upward to where the city reveals itself from above. In this live and interactive experience, we'll explore the hillsides that frame the capital, where sweeping views, quiet neighborhoods, and everyday Georgian life come together. As we move through these elevated vantage points, you'll see how past and present intertwine, from historic fortresses and hillside churches to modern homes perched along the slopes. Along the way, we'll share stories of Tbilisi's resilience, culture, and the rhythms of daily life that continue just beyond the busy center. This is a side of Tbilisi that many visitors miss. Join us to experience the beauty, perspective, and atmosphere of a city shaped as much by its hills as by its history.



★ MEET YOUR TOUR GUIDE: ANNA



Anna was once a licensed tour guide in Saint Petersburg, Russia. However, due to the Russian-Ukrainian war, she had to leave her beloved city and job. She then moved to Israel, but after the outbreak of the war there, she and her family had to relocate again. Anna now lives in Tbilisi, where she is exploring the city and learning all about it. She has a passion for observing different cultures, learning history, and sharing her knowledge and experiences.

PRIVATE TOURS | Anna is available for private tours, live streamed or in person. It's a special way to celebrate a birthday, anniversary, holiday, or special occasion -or to add to an upcoming trip. Please reach out to Wowzitude and we will be happy to connect you.

📍 WHAT TO EXPECT

Get ready for something special. We're traveling with no passport, no plane ticket and no luggage. And yet you'll experience all the sights, sounds and stories with just your laptop, favorite snack and amazing guide.

The tour will be live streamed by your guide directly from their city. While on the tour you'll be able to see a full screen video of your guide and their surroundings, interact with them and other travelers.

🎵 MUSIC SELECTION

Georgian Folk Song - O Rero Rera - <https://www.youtube.com/watch?v=FZ0aumkjUmY>

Georgian National Anthem - "Tavisupleba" (KA/EN) - <https://www.youtube.com/watch?v=wxvkbArNf4>

TBILISI, GEORGIA – RECIPES



Tkemali Spritz | Makes One Cocktail

Ingredients:

- 3 oz dry Georgian white wine (or Pinot Grigio)
- 1 oz vodka
- 1 tbsp tkemali (Georgian sour plum sauce)
- ½ oz fresh lime juice
- 2 oz sparkling water
- Ice
- Fresh mint and a plum slice, to garnish

Instructions:

- Add tkemali and lime juice to a shaker and stir to combine.
- Add vodka and wine, fill with ice, and shake for 10 seconds.
- Strain into a large wine glass over ice.
- Top with sparkling water and stir gently.
- Garnish with fresh mint and a plum slice.



Pkhali (Georgian Walnut & Vegetable Bites) | 20 pieces / serves 4–6

Ingredients:

- 1 lb fresh spinach (or cooked beets for a variation)
- 1 cup walnuts, finely ground
- 3 cloves garlic, minced
- ½ cup fresh cilantro, finely chopped
- ¼ cup fresh parsley, finely chopped
- 1 tsp ground coriander
- ½ tsp ground fenugreek
- ¼ tsp cayenne pepper
- 2 tbsp red wine vinegar
- ½ tsp salt, or to taste
- Pomegranate seeds, to garnish



Instructions:

- Blanch spinach in boiling salted water for 2 minutes, then drain and squeeze out as much liquid as possible. Finely chop the cooked spinach.
- In a large bowl, combine ground walnuts, garlic, cilantro, parsley, coriander, fenugreek, cayenne, and red wine vinegar. Mix well.
- Add the chopped spinach to the walnut mixture and combine thoroughly. Season with salt to taste.
- Refrigerate the mixture for 30 minutes — this makes it easier to shape.
- With damp hands, roll the mixture into balls about 1 inch in diameter (roughly the size of a golf ball).
- Press a single pomegranate seed into the top of each ball as a garnish.
- Serve at room temperature on a platter. Can be made a day ahead and refrigerated.

TBILISI, GEORGIA – SANCKS



SNACK SELECTION

- **Churchkhela** - These candle-shaped treats are made by dipping nuts in concentrated grape juice. The quintessential Georgian candy has a chewy, nougat-like texture. Brands like Klimi are imported.
- **Tkemali Sauce** - Tangy tkemali sauce is made from sour plums. It's used on meats but also makes a great dipping sauce. Look for the prepared sauce from companies like Marani in specialty stores.
- **Khachapuri Chips** - Khachapuri is Georgia's famous cheese bread. These chips emulate the flavor with dough flavored and topped with cheese. Brands like Pilosophie make packaged khachapuri chips.

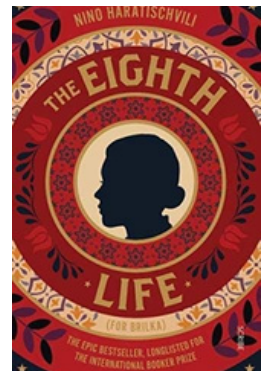


TBILISI, GEORGIA – BOOKS



BOOK SELECTION

- **The Eighth Life by Nino Haratischvili:** A sweeping family saga spanning several generations, this novel explores the tumultuous history of Georgia in the 20th century, from the Soviet era to the present day. Haratischvili masterfully weaves together personal and historical narratives, offering deep insights into Georgian culture and politics.
- **Hard by a Great Forest by Leo Vardiashvili:** A Georgian-born author's novel following a man who travels to Tbilisi searching for his missing father and brother, drawing readers deep into the city's streets, history, and post-Soviet atmosphere. It has been praised as one of the most vivid literary portraits of Tbilisi in recent years.
- **Waiting for the Electricity by Christine Parsons:** A humorous and satirical novel set in post-Soviet Georgia, where corruption and confusion reign in the wake of communism. The story follows Slims Achmed Makashvili, a humble maritime lawyer who dreams of bringing American-style efficiency and opportunity to his homeland. It's a funny, warm, and accessible read that gives travelers a real feel for everyday life in Tbilisi.



TBILISI, GEORGIA – MOVIES



MOVIE SELECTION

- **Tangerines (2013)** - This Estonian film tells the story of an Estonian man caught amidst conflict in Abkhazia, Georgia. It provides a look at the aftermath of the Georgian-Abkhazian war.
- **"Repentance" (1984)** - This Soviet-era film by renowned Georgian director Tengiz Abuladze is set in a small town near Tbilisi. It's an allegorical drama critiquing totalitarianism and the cult of personality under Stalin's rule. Despite censorship, it became an influential and celebrated work.
- **"My Happy Family" (2017)** - This award-winning drama by Nana Ekvtimeishvili and Simon Gross centers on a middle-aged Tbilisi woman who decides to break from traditional Georgian family conventions by moving out on her own. It offers an intimate character study amid the backdrop of modern Tbilisi.



TBILISI, GEORGIA – FUN FACTS

FUN FACTS

- 1. Georgia Is the Birthplace of Wine:** Georgia has been producing wine for over 8,000 years, making it one of the oldest winemaking cultures on earth. Georgians use a traditional method called qvevri, large clay vessels buried underground, to ferment and store wine. This ancient technique is so significant that UNESCO added it to its list of Intangible Cultural Heritage.
- 2. Tbilisi Was Named After a Hot Spring:** The city's name comes from the Old Georgian word "tbili," meaning warm. Legend has it that King Vakhtang Gorgasali discovered the site in the 5th century when his hunting falcon fell into a naturally heated sulfur spring and emerged unharmed. Today, those same sulfur baths in the Abanotubani district are still open and one of the city's most beloved attractions.
- 3. Georgia Has Its Own Completely Unique Alphabet:** The Georgian script is one of only 14 independent alphabets in the world and dates back to at least the 5th century. It bears no resemblance to any other writing system, not Latin, not Cyrillic, not Arabic. Walking through Tbilisi, you'll see this beautifully curved script on every street sign, menu, and storefront.
- 4. Tbilisi Has a Thriving Underground Electronic Music Scene:** Tbilisi is considered one of Europe's top cities for electronic music, with clubs like Bassiani earning global recognition. The scene is so culturally significant that in 2018, thousands of Tbilisi residents took to the streets in a rave-style protest to defend their club culture after a police raid and won.
- 5. Georgia Is Home to One of the Deepest Caves on Earth:** The Veryovkina Cave in Georgia's Abkhazia region descends over 7,250 feet underground, making it the deepest known cave on the planet. Georgia's dramatic karst landscape has made it a premier destination for extreme cave explorers from around the world, adding a wild adventure dimension few travelers expect from this small Caucasian nation.

TBILISI, GEORGIA – MAPS





Food & Drink

- Georgian meals are famous for having dozens of dishes on the table all at once, rather than serving courses one at a time. How does that compare to how you grew up eating? Do you think the way a culture serves food says something about its values?
- Georgia is considered the birthplace of wine, with an 8,000-year history of winemaking. Did anyone in your family make homemade wine, beer, or spirits? What do you remember about it?
- Khinkali dumplings have a very specific ritual for how you eat them. You hold them by the top knot, bite a small hole, and sip the broth first. Do you have any foods from your own background that come with unspoken rules about how they must be eaten?

Culture & Traditions

- The Supra feast is led by a Tamada, a toastmaster chosen to guide the table through meaningful toasts about family, peace, and life. Who was the "Tamada" at your family table growing up? Was there someone who always led the conversation or set the tone?
- Georgians have a saying that guests are sent from God, and hospitality is treated as almost sacred. How does that compare to the way hospitality was practiced in the home or community you grew up in?
- Georgia has maintained a fierce national identity despite being invaded and occupied by Persians, Arabs, Mongols, Russians, and Soviets over the centuries. What do you think allows a culture to hold onto its identity even under enormous outside pressure?

History

- Tbilisi has been conquered and rebuilt more times than almost any city on earth, by Persians, Arabs, Mongols, and Russians. What does it say about a people that they keep rebuilding their capital city no matter what? Does that remind you of anything in your own lifetime?
- Georgia was part of the Soviet Union until 1991. For those of you who remember the Cold War era, how did you think about Soviet life back then? Does seeing a place like Tbilisi change that picture at all?
- Tbilisi sits directly on the ancient Silk Road, the great trade route between Europe and Asia. What goods, ideas, or cultural traditions do you think traveled along those routes? How do you think trade routes shaped the modern world?

Architecture

- Tbilisi's architecture tells three very distinct stories, medieval Georgian, Imperial Russian, and Soviet Brutalist, all visible on the same street. Have you ever been somewhere where you could see layers of history just by looking at the buildings around you?
- The city has a famous modern glass bridge called the Peace Bridge, sitting right next to ancient 6th-century churches. Do you think modern architecture belongs next to historic buildings, or does it clash? What examples from your own city come to mind?

Reflection & Personal Connection

- After seeing Tbilisi today, what was the single image or moment from the tour that stuck with you most, and why?
- Georgia is a small country, about the size of West Virginia, that has managed to preserve a language, an alphabet, a cuisine, and a culture entirely its own. What small or overlooked things from your own background do you feel deserve more recognition?
- The Mother Georgia statue holds wine in one hand to welcome friends and a sword in the other to warn enemies. If you had to choose one image or symbol to represent your own hometown or heritage, what would it be?

**Green Urban Development and Public Transportation**

- **Expansion of Green Spaces:** Tbilisi is actively working to create and maintain urban green spaces, which serve as vital "lungs" for the city, improving air quality and promoting biodiversity. Parks such as Rike Park and Vake Park provide locals and visitors with peaceful areas to enjoy while supporting the city's green initiatives.
- **Sustainable Public Transport:** Tbilisi is transitioning to more sustainable public transport options. The city is increasing the number of electric buses and is also working on upgrading its metro system to reduce emissions. Visitors are encouraged to use these eco-friendly transit options, making it easier to explore Tbilisi without contributing to pollution.

Preservation of Historical Architecture and Adaptive Reuse

- **Restoration of Historic Buildings:** Tbilisi has a strong focus on preserving its historical architecture while modernizing sustainably. Many old buildings have been carefully restored using eco-friendly materials and practices, ensuring that cultural heritage is maintained without compromising on environmental sustainability.
- **Adaptive Reuse Projects:** The city has embraced adaptive reuse, turning old, unused buildings into hotels, cafes, and cultural spaces. This practice reduces the need for new construction while maintaining the charm of Tbilisi's architectural history. Examples include the transformation of old caravanserais (ancient inns) into modern spaces for commerce and tourism.

Waste Reduction and Recycling Initiatives

- **Zero-Waste Movement:** Tbilisi is actively working to reduce waste generation. The city has implemented waste separation systems in several neighborhoods, encouraging residents and tourists alike to recycle. Public awareness campaigns focus on reducing single-use plastics and promoting the use of reusable items, with some restaurants and cafes embracing the zero-waste philosophy.
- **Circular Economy Practices:** Local markets, such as the Dry Bridge Flea Market, offer second-hand and upcycled goods, supporting the idea of reuse and sustainability. By encouraging the purchase of second-hand items, Tbilisi helps reduce waste while fostering a culture of sustainability.

Sustainable Tourism Practices

- **Green Hotels and Accommodations:** Tbilisi is home to a growing number of eco-friendly hotels that prioritize energy efficiency, water conservation, and the use of local materials. Many accommodations are part of the Green Key program, which certifies hotels that meet strict environmental standards. These establishments encourage responsible behavior from their guests, such as conserving energy and minimizing waste during their stay.
- **Responsible Travel Campaigns:** The city promotes responsible tourism by encouraging visitors to respect local culture, support local businesses, and minimize their environmental footprint. Tbilisi's tourism board actively promotes eco-conscious travel itineraries that highlight walking tours, sustainable dining experiences, and visits to local artisans.

Sustainable Food and Local Markets

- **Farm-to-Table Movement:** The farm-to-table movement is growing in Tbilisi, with many restaurants sourcing ingredients from local farms that practice sustainable agriculture. This reduces food miles and supports the local economy, while offering tourists a taste of authentic Georgian cuisine made with fresh, seasonal ingredients.
- **Tbilisi's Markets:** Visitors can explore Tbilisi's vibrant local markets, such as the Dezerter Bazaar, where farmers sell organic produce and homemade goods. These markets highlight the importance of local food systems and reduce the environmental impact of food transportation.

**Accessible Public Transportation**

- **Modernized Buses and Metro:** Tbilisi has made strides in improving its public transportation to be more accessible. Many of the city's buses are equipped with low floors and ramps for easy boarding for individuals using wheelchairs or with mobility issues. Additionally, Tbilisi's metro system is working toward greater accessibility, with some stations offering elevators and escalators to ensure easier access to platforms.
- **Kukushka Funicular Railway:** Tbilisi's famous funicular railway, which connects the city center with the scenic Mtatsminda Park, has been adapted to provide wheelchair access, allowing visitors to enjoy stunning panoramic views of the city without physical barriers.

Accessible Attractions and Landmarks

- **Tbilisi Old Town:** Though parts of the Old Town feature narrow, cobblestone streets, efforts have been made to improve accessibility. Guided tours are available that follow smoother routes, avoiding the steeper, less accessible areas. Several key landmarks, such as the Anchiskhati Basilica and the Narikala Fortress, have undergone partial modifications to make them easier to explore for visitors with mobility issues, though more extensive upgrades are still in progress.
- **Peace Bridge:** The strikingly modern Peace Bridge, which spans the Kura River, is fully accessible with smooth ramps and wide walkways. It provides a convenient and scenic way for all visitors to cross between the old and new parts of the city, making Tbilisi more navigable for those with mobility challenges.
- **Tbilisi Botanical Garden:** The Tbilisi Botanical Garden, a popular green space located at the base of the Narikala Fortress, offers paved walkways and easy access for those with mobility aids. Its wide, flat paths make it one of the more accessible outdoor attractions in the city.

Accessible Museums and Cultural Institutions

- **Georgian National Museum:** The Georgian National Museum has worked to ensure that its exhibits are accessible to all. The museum provides wheelchair-accessible entrances, elevators, and ramps throughout the building. Additionally, the museum offers audio guides and visual aids for visitors with hearing or visual impairments, making the experience inclusive for all.
- **Museum of Fine Arts:** The Museum of Fine Arts in Tbilisi has also adapted its facilities for accessibility, offering ramps, wide walkways, and elevators to allow visitors with mobility challenges to enjoy the extensive collection of Georgian and international art.
- **Tbilisi Opera and Ballet Theatre:** This iconic venue has made significant upgrades to improve accessibility, including the installation of ramps and accessible seating. Additionally, the theatre offers assistive listening devices for guests with hearing impairments, ensuring that everyone can enjoy performances.

Accessible Hotels and Accommodations

- **Accessible Rooms and Facilities:** Tbilisi's hotel industry is increasingly recognizing the importance of accessibility. Many major hotels, such as the Marriott Tbilisi and Radisson Blu Iveria, offer wheelchair-accessible rooms with features like roll-in showers, wider doorways, and accessible bathrooms. These hotels also provide accessible common areas, such as restaurants, pools, and lobbies, ensuring that guests with mobility challenges have a comfortable stay.
- **Boutique Hotels with Accessibility Features:** Some smaller, boutique hotels in Tbilisi are also making efforts to provide accessible rooms and services. While older buildings present challenges, many have been renovated to include ramps, elevators, and accessible bathrooms.

TBILISI, GEORGIA – MYTHS & FACTS



- Myth: Tbilisi is a small, quiet city with little to explore.
 - Fact: Tbilisi is a vibrant capital with a rich mix of architecture, culture, and neighborhoods, blending medieval streets, Soviet-era landmarks, and modern design.
- Myth: Georgian food is just bread and cheese.
 - Fact: Georgian cuisine is incredibly diverse, featuring dishes like khinkali (dumplings), khachapuri (cheese-filled bread), fresh herbs, walnuts, and flavorful stews.
- Myth: Tbilisi is a new city with limited history.
 - Fact: Tbilisi dates back to the 5th century and has been shaped by Persian, Ottoman, Russian, and Georgian influences over centuries.
- Myth: The city is flat and easy to navigate on foot.
 - Fact: Tbilisi is built among hills and valleys, with steep streets, winding paths, and incredible viewpoints throughout the city.
- Myth: Georgia is part of Russia.
 - Fact: Georgia is an independent country with its own language, alphabet, and distinct cultural identity.
- Myth: Wine culture in Georgia is modern.
 - Fact: Georgia is considered one of the oldest wine-producing regions in the world, with traditions dating back over 8,000 years.
- Myth: Tbilisi is only worth visiting in the summer.
 - Fact: Tbilisi is a year-round destination, with colorful autumn foliage, cozy winter cafés, blooming spring hillsides, and lively summer evenings.

Can You Say It? | Georgian (ქართული / Kartuli)

Georgian is a unique language with its own beautiful alphabet. Give these a try as you explore Tbilisi:

- | | |
|---|---|
| • Hello გამარჯობა (Gamarjoba) | • Good Evening საღამო მშვიდობისა (Sagh'amo mshvidobisa) |
| • Thank You მადლობა (Madloba) | • Welcome კეთილი იყოს თქვენი მობრძანება (Kethili ikos tkveni mobrdzaneba) |
| • Please / You're Welcome გთხოვთ (Gthkhovt) | • My Name Is... მე მექვია... (Me mqvia...) |
| • Yes დიახ (Diakh) | • I Don't Understand არ მესმის (Ar mesmis) |
| • No არა (Ara) | • Do You Speak English? ინგლისურად ლაპარაკობთ? (Inglisurad laparaktobt?) |
| • Cheers / Toast გაუმარჯოს (Gaumarjos) | • Where Is the Bathroom? სად არის ტუალეტი? (Sad aris tualeti?) |
| • How Are You? როგორ ხარ? (Rogor khar?) | • Help! დამეხმარეთ! (Damekhmaret!) |
| • Delicious გემრიელია (Gemrielia) | • Very Good ძალიან კარგი (Dzalian kargi) |
| • Goodbye ნახვამდის (Nakhvamdis) | • See You Later მერე გნახავ (Mere gnakh'av) |
| • Good Morning დილა მშვიდობისა (Dila mshvidobisa) | |

**8:30 AM – Breakfast Like a Local**

- Start at a neighborhood bakery or café in Old Town with khachapuri or lobiani and Georgian coffee. It's a simple, authentic way to begin the day.

9:30 AM – Old Town Walking Tour

- Wander cobblestone streets, wooden balconies, and colorful homes while passing landmarks like Anchiskhati Basilica and the Gabriadze Clock Tower. This area reflects centuries of layered history.

10:45 AM – Sulfur Baths District (Abanotubani)

- Visit the iconic domed bathhouses and learn how the city was founded around these natural hot springs. The architecture here is one of Tbilisi's most recognizable sights.

11:30 AM – Narikala Fortress & City Views

- Take the cable car up to Narikala Fortress for panoramic views of the city and river. Walk along the walls and visit the Mother of Georgia statue.

12:30 PM – Lunch with a View

- Enjoy a relaxed lunch overlooking Old Town with dishes like khinkali, eggplant with walnut, and fresh salads. Pair with a glass of traditional Georgian wine.

2:00 PM – Meidan Bazaar

- Browse this underground market filled with handmade crafts, spices, and local souvenirs. It's a great place to experience Georgian artistry.

2:45 PM – Bridge of Peace & Rike Park

- Walk across the modern Bridge of Peace and stroll through Rike Park along the river. This area shows Tbilisi's contemporary side.

3:30 PM – Dry Bridge Market

- Explore a lively flea market featuring antiques, Soviet-era items, and local artwork. Each stall offers a glimpse into Georgia's recent past.

5:00 PM – Coffee Break in Vera or Sololaki

- Relax at a local café with a dessert like churchkhela or honey cake. These neighborhoods highlight Tbilisi's creative, modern culture.

6:30 PM – Rustaveli Avenue Stroll

- Walk along the city's main boulevard lined with theaters, museums, and grand architecture. It's a great way to see the city transition into evening.

7:45 PM – Traditional Georgian Dinner

- Settle in for a longer meal featuring grilled meats, vegetable dishes, and regional wines. Dinner here is as much about connection and storytelling as it is about food.

TBILISI, GEORGIA – ABOVE THE CITY



Nature in the Hills of Tbilisi

Just beyond the winding streets of Old Town, Tbilisi opens up into a landscape of rolling hills, rocky cliffs, and green spaces that offer both beauty and perspective. These hills are not only scenic, they are deeply tied to the city’s identity, shaping how it looks, feels, and lives.

Mtatsminda Mountain

Rising above the city, Mtatsminda offers sweeping views of Tbilisi and the Kura River below. It is a favorite spot for locals to walk, reflect, and enjoy fresh air just minutes from the city center.

Narikala Ridge & Surrounding Hills

The hills around Narikala Fortress are dotted with walking paths, wild grasses, and quiet lookout points. From here, you can see how the city stretches between nature and architecture.

Tbilisi Botanical Garden

Nestled in a gorge below the fortress, this peaceful garden is filled with waterfalls, shaded paths, and a wide variety of plants. It feels like a hidden retreat right in the heart of the city.

Sololaki Hills

These hills rise just behind one of Tbilisi’s oldest neighborhoods and offer a quieter, more residential feel. You’ll find a mix of nature and everyday life, with locals walking, gathering, and enjoying the views.

Turtle Lake (Kus Tba)

A short drive or hike from the center, Turtle Lake is a popular escape surrounded by forested hills. It’s a place where locals come to relax, walk, and enjoy nature away from the busy streets.

Did You Know?

Tbilisi’s hills help create natural temperature shifts across the city, which is why some neighborhoods feel cooler and breezier than others, especially in the warmer months.

