



Day Trips from Moscow

Sergiev Posad p159

Home to the Trinity Monastery of St Sergius, Sergiev Posad's easy distance from Moscow and historic atmosphere ensure it's the most visited destination in the Golden Ring.

Abramtsevo p164

An artists colony and country estate, Abramtsevo was a font of artistic inspiration during the 19th-century renaissance of traditional Russian painting, sculpture, architecture and arts.

Vladimir p165

The 12th-century capital of medieval Rus was formative in establishing a distinctively Russian architectural style. Ancient Vladimir still shows off several remarkable structures that date back to its heyday.

Suzdal p168

Dating to the 11th century, Suzdal was a medieval capital and a spiritual centre. The village is still ringed with monasteries and peppered with merchant churches, making for an idyllic fairy-tale setting.

Borodino p172

The site of turning-point battles in the Napoleonic War of 1812 as well as the Great Patriotic War (WWII), Borodino Battlefield is also an idyllic destination far from the crowds, traffic and smog.



TOP SIGHT TRINITY MONASTERY OF ST SERGIUS

In Russia, it doesn't get any holier than Sergiev Posad (Сергиев Посад), founded in 1340 by the country's most revered saint, St Sergei of Radonezh. Since the 14th century, seekers have been journeying here to pay homage to him.

Sergiev Posad continues to be one of the most important spiritual sites in Russia and is usually crowded with pilgrims. It's an easy day trip from Moscow and that's how most people visit it. There are a handful of museums and other attractions, but the monastery is the main drawcard and it's more than enough to merit the trip here.

Note that visitors to the monastery should refrain from photographing the monks. Female visitors should wear headscarves, and men are required to remove their hats before entering the churches.

DON'T MISS

- ♦ Trinity Cathedral
- ♦ Vestry
- ♦ Chapel-at-the-Well

PRACTICALITIES

- ♦ **Area code** ☎496
- ♦ **Location** Sergiev Posad is 80km north of Moscow.

History

In 1340 St Sergei of Radonezh founded the **Trinity Monastery of St Sergius** (Troitse-Sergieva Lavra; ☎496 544 5356; www.stsl.ru; ☀5am-9pm) **FREE**, which soon became the spiritual centre of Russian Orthodoxy. St Sergei is credited with providing mystic support to Prince Dmitry Donskoy during his improbable victory over the Tatars in the battle of Kulikovo Pole in 1380. Soon after his death at the age of 78, Sergei was named Russia's patron saint.

Spruced up on the occasion of St Sergius' 700-year anniversary in 2014, the monastery is an active religious centre with a visible population of monks in residence. This mystical place is a window into the age-old belief system that has provided Russia with centuries of spiritual sustenance.

Trinity Cathedral

Built in the 1420s, the squat, dark **Trinity Cathedral** (Троицкий собор) is the heart of the Trinity Monastery. The tomb of St Sergei stands in the southeastern corner, where a me-