



## KNOW BEFORE YOU GO

- ❑ Travelers should remain alert to ongoing military conflict, which presents a variety of dangers that may impact road travel and public transportation with little or no notice, including the ability to leave the country. Dangers include drone attacks. Prior to travel, refer to the US State Department's most up-to-date travel advice and warnings at <https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/RussianFederation.html>
- ❑ There is a high risk of US citizens being targeted for wrongful detention. Arbitrary enforcement of laws is widespread.
- ❑ Do not travel to the Crimean Peninsula or to Russian-occupied territories of Ukraine. Emergency services and assistance to foreign citizens are unavailable.
- ❑ Driving is on the right. Road lighting is insufficient beyond cities. Driving after dark is not recommended.
- ❑ Drivers are required to carry a valid license with a notarized Russian translation, current visa, a 1968 version of an International Driving Permit (IDP), vehicle documents and proof of insurance valid within the Russian Federation; comprehensive insurance is recommended. An IDP must be obtained prior to travel. Carry a passport at all times; copies are not accepted by authorities conducting frequent security checks.
- ❑ A Russian driver's license is mandatory for visitors traveling on business or employment visas.
- ❑ Drivers entering the Russian Federation from other countries may be required to pay a National Road Tax.
- ❑ Visitors must register their arrival with local authorities for stays of more than seven days. Evidence of registration is required at passport control desks when leaving the country. Failure to produce documentation carries penalties.
- ❑ The Russian Ruble/Rouble (RUB) is the national currency. Mastercard and Visa are not currently operational unless the card was issued in the Russian Federation. Other credit cards may not be accepted. Changing currency outside of banks, hotels or exchange bureaus is illegal. Exchange authorities may refuse US bills that are worn or damaged.
- ❑ Pedestrians account for an estimated 29% of all road traffic fatalities.
- ❑ Riders of two- and three-wheeled motorized vehicles make up about 6% of traffic deaths.
- ❑ Legal blood alcohol limit is below 0.03 g/dl for all drivers. Despite legal alcohol limits, drink driving is a factor in an estimated 23% of traffic crashes.
- ❑ There are 11.2 road deaths per 100,000 people in the Russian Federation, compared to 2.2 in Sweden and 2.3 in the UK.



Source: CIA Factbook

## ROAD CULTURE

- **Tailgating, speeding** and dangerous overtaking are common.
- **Many drivers** fail to adhere to traffic laws, including the use of seatbelts.
- **Drivers**, including motorcyclists, may weave in and out of traffic.
- **Motorists frequently** drive and park on sidewalks and in pedestrian-designated areas.
- **Drivers generally** yield to pedestrians in crosswalks.
- **Pedestrians often** step into streets and crosswalks even when there is oncoming traffic.
- **Though illegal**, hitchhiking is common, particularly in remote areas. Do not pick up persons soliciting for rides.



## ROAD CONDITIONS

- **Of the** 1,283,387 km (797,460 miles) of roads, 927,721 km (576,459 miles) are paved, including 39,143 km of expressways (24,322 miles); and 355,666 km (221,001 miles) are unpaved.
- **The Russian Federation** is the largest country on earth by area, and spans 11 time zones.
- **Road conditions** vary widely. Outside of major cities, roads are generally poorly maintained; conditions worsen in remote and rural areas. Roads may lack shoulders, adequate lighting and paved surfaces.
- **City streets** often lack lane markings.
- **There are** few roads in remote areas. Many have dirt surfaces that become impassable after snow melt due to deep mud.
- **Road signs** and street names are generally in Cyrillic. Some major urban areas may also include Latin lettering.
- **Distances between destinations** are often vast. When traveling to remote areas, drivers should carry extra food, water, fuel and tires; along with tools, a tow rope, shovel, jumper cables, spare keys, bulbs for vehicle lights, cell phone batteries, a satellite phone, warm clothing and blankets.
- **Traffic jams** are common in Moscow, Saint Petersburg and other large metropolitan areas.
- **There are many** road construction sites. These locations are often unmarked and unlit.
- **Power outages** occur frequently throughout the country.
- **There are** toll roads in the Barnaul and Pskov regions, and on the Pechori state border. Roads include the M3, M4/ Lipetsk Highway and M11 motorways.
- **Tolls may** be paid in cash or by credit card at toll booths. Vehicles equipped with transponders may pay electronically.
- **Outside** of some locations in Moscow and Saint Petersburg, cash is required at fuel stations. Supplies of petrol or essential items may be scarce due to ongoing military conflict.
- **Protests** and demonstrations take place frequently. Harassment of US citizens occurs. Avoid all demonstrations, which have the potential to become violent and disrupt road travel and public transportation.
- **Security measures** may include curfews, restrictions on personal movement, and seizure of private property, including cell phones. Random and roadside police checkpoints are common. Access to many areas is restricted.
- **Road crossings** between Finland and Russia are closed. Other land borders with Latvia, Finland, Estonia, Lithuania, Azerbaijan, Georgia and Norway may be busy or may close with little to no warning. Long waits and detailed questioning by border authorities are common. Only local residents may travel via land to Belarus.
- **Travel restrictions** apply to cars, tour buses and trains.
- **Do not travel** to western or southern areas of the country due to explosions and drone attacks, especially near borders with Ukraine located close to Moscow and Saint Petersburg.
- **A state of emergency** has been declared in Rostov Oblast near the border with Ukraine. Security conditions are unstable.
- **Avoid all** travel to Chechnya, North Ossetia, Ingushetia, Dagestan, Stavropol Krai, Karachayevo-Cherkessiya, and Kabardino-Balkariya, and all areas within the North Caucasus region, including Mt. Elbrus. Kidnappings, suicide bombings and violence toward westerners, particularly US citizens, are common.
- **There is** a possibility of sudden escalation in tensions along the Korean Peninsula, especially during or after North Korean nuclear and missile tests.

Maximum Speed Limits

Type of road	Maximum speed
Urban areas	60 kph (37 mph)
Residential areas	20 kph (12 mph)
Rural roads	90 kph (56 mph)
Expressways	110 kph (68mph)

Always adjust speed according to signage, hazards and weather conditions.

Examples of road and traffic signs in the Russian Federation

								
No right turns	Shared use pathway	Crossroads showing priority road	Priority over oncoming traffic	Pedestrians prohibited	Merging traffic	No parking allowed	Road closed to all traffic	Overtaking prohibited



## Road Conditions, continued

- **Pedestrian infrastructure** is better developed in cities and large towns than in small towns and rural areas.
- **Pedestrians** should avoid walking alone, particularly at night. Dangers include poor lighting in rural areas and small towns, and unstable social conditions in cities.
- **Beyond cities**, loose livestock and large wildlife, including moose, are common on roads.
- **There are** many temporary seasonal ice roads over rivers and other bodies of water, especially in Siberia.
- **If traveling** over an ice road, follow all posted rules and regulations regarding use of these routes.
- **The following roads** may present particular challenges to motorists:
  - » **The Trans-Siberian Highway** links Saint Petersburg and Vladivostok. The 10,943 km (6,800-mile) route is a collection of federal highways. Surface conditions vary significantly; roads through or close to major urban areas are generally better maintained than rural and remote sections. Some stretches are hazardous, with broken pavement and low areas prone to seasonal flooding. Sections running through Siberia are unpaved. During winter, snow and ice accumulation add to risks. This road is a major trade route. Large transport trucks are common. Drivers may be fatigued.
  - » **The road through the Lefortovo Tunnel** in Moscow is part of the Third Ring Road, and is nicknamed the Tunnel of Death due to high numbers of fatal crashes. The tunnel road is 3.2 km (2 miles) long, with seven lanes (three northbound and four southbound). The road is paved and runs beneath the Yauza River. Roof leakages, dripping water and severe winter temperatures contribute to black ice on the road, creating hazardous conditions. Speeding, skidding on ice and loss of vehicle control are major factors in high numbers of serious and fatal crashes. Multiple crashes during a single day are common. Avoid this route.
  - » **The Kolyma Highway/R504/Trassa/Kolymskaya trassa (“The Kolyma Route”)**, also known as the “Road of Bones,” is the only route connecting Yakutsk and Magadan. The road is part of the M56, and is 1,868 km (1,160 miles) long. The route generally takes from four to five days to travel; few services are available. This route is extremely dangerous and remote, and is largely unpaved. Many sections are made from clay and turn to slick surfaces and deep mud following rain. Heavy snow and thick ice cover most sections during winter months. Its reputation as a difficult drive makes it popular with adventure tourists. Do not attempt this road.

## REGIONAL AND SEASONAL CONDITIONS

- **Traffic along** major routes in and out of cities may be particularly heavy during major holidays, including Russian New Year, Victory Day, Russia Day, Constitution Day, Defender of the Fatherland Day, Labour Day, Christmas, Eastern Orthodox Christmas and Unity Day. Some holiday dates vary by year.
- **Many areas** within the Western Caucasus mountains are located at high elevations. Altitude sickness symptoms include dizziness, lack of coordination, headache, fatigue, shortness of breath and nausea, and can impair driver judgment and increase road risks.
- **The Russian Federation** is subject to seismic activity, floods, forest fires and extreme winter conditions.
- **Tremors** and volcanic activity may occur in Chechnya, the Kuril Islands and in the Kamchatka Peninsula.
- **Spring flooding** is common in western areas of the country and throughout Siberia.
- **Forest fires** occur in western and southern regions. Smoke from fires may limit visibility.
- **During winter**, heavy snow and ice on roads may significantly increase hazards. Not all roads are regularly cleared, especially in small towns and remote areas.
- **Be familiar with emergency procedures.** The Red Cross provides a website and free, downloadable emergency app: <http://www.redcross.org/get-help/prepare-for-emergencies/types-of-emergencies>

## TRANSPORTATION

- **Transportation options** include cars, taxis, buses, minibuses (“marshrutkas”), trolleybuses, subways, streetcars/trams, rideshares, trains and boats.
- **Public transportation** is well developed in major urban areas, but may currently be unreliable.
- **Mapping app** services including Yandex, Google Maps and Citymapper are available for route planning.
- **Public transport** networks in most large cities include buses and streetcars.
- **Buses include** full-size vehicles, and minibuses called “marshrutkas.” Networks are extensive and include city, regional and long-distance routes.
- **All towns** and cities have a central bus station called an “avtokzal” (Автовокзал).
- **Buses** are run by individual municipalities.
- **Payment for transport** varies from one location to another, and may include cash, bank cards, reloadable smartcards or digital tickets.
- **Marshrutkas** (large vans or minibuses) are operated by private companies and usually run along fixed routes; vehicles are numbered according to specific route.



## Transportation, continued

- **In some towns**, marshrutkas share stops with city buses.
- **Long-distance** coach services are available between many destinations, but may be less comfortable than train travel.
- **Moscow, Saint Petersburg, Nizhny Novgorod, Novosibirsk, Samara, Yekaterinburg, Kazan and Volgograd** have metro systems. Subway construction is underway in additional cities.
- **Larger subway** stations generally have signs in both Cyrillic and Latin lettering; ticket machines offer multilingual options.
- **Reloadable** transportation smart cards can be used for subway systems in Moscow and Saint Petersburg.
- **Rideshares** are available in some major cities. Use only services that have a dispatch app providing vehicle description, license plate number and driver's name. Verify all information before entering vehicle.
- **Licensed**, clearly marked taxis in cities are generally regarded as safe and reliable. Order taxis via a local taxi app or through a reputable hotel.
- **Taxi meters** may not be functional. Agree on fare with driver prior to travel.
- **Request** the number of a trustworthy taxi company from your hotel or travel agent.
- **Marshrutkas** are sometimes used as shared taxis.
- **Avoid** unmarked "gypsy" taxis. Passengers have been robbed or kidnapped in unofficial taxis.
- **Do not** flag taxis on the street or enter a vehicle occupied by unknown persons.
- **The train network** is extensive and generally regarded as safe and efficient. Trains are operated by government-run RZD (Russian Railways). Though the Russian Federation shares borders with 14 other countries, many international routes are currently suspended, including trains connecting Moscow to Helsinki, Finland; China, Austria and other countries.
- **Rail services** include high-speed, intercity and commuter trains. In some remote areas, trains are old.
- **There are** 82 RZD-branded trains that cover long-distance routes. Most have sleeper cars and English-speaking staff.
- **Many** unbranded trains operate along the same routes, but offer less services and generally lack English-speaking attendants.
- **There are** 25 separate companies under the RZD umbrella that run suburban train routes.
- **Train tickets** are available as paper tickets, e-tickets (vouchers are issued to an email address and physical tickets are collected at stations), or through

e-registration on train company websites (this form delivers a digital ticket to an email address). Some company websites are Russian-only.

- **The RZD app** has an English-language option ("Russian Railways Passengers: train tickets") for buying tickets and planning travel.
- **Security is high** at railway stations. Passengers are required to show passports when boarding.
- **If traveling** by overnight train, lock compartment door and avoid moving around the train alone, especially at night.
- **Boat travel** carries high risks. Safety is below western standards. Sinkings are common.
- **Many vessels** are overloaded, poorly maintained and lack adequate life-saving equipment. If traveling by boat, bring your own life preserver. Do not board vessels that are overcrowded or during inclement weather.

## TRAFFIC REGULATIONS

- **Drivers must** be at least 18 years of age, and a minimum of 25 to rent a vehicle. Some rental agencies may have additional restrictions.
- **Seat belts** are compulsory for drivers and passengers.
- **Safety restraints** are required for children up to age 7. Children through age 11 must be secured in an appropriate safety restraint when riding in the front seat. Children ages 7 to 11 riding in rear seats may use a seat belt if appropriate to their size and height.
- **Helmet use** is mandatory for motorcycle and motorbike drivers and passengers. Helmets must be fastened and meet national standards.
- **Children** under age 12 are prohibited from being motorcycle passengers.
- **In general**, traffic laws are strictly enforced.
- **Law requires** drivers to yield to pedestrians in crosswalks.
- **Parking is prohibited** within 50 meters (164 feet) of a level crossing, and within 5 meters (16 feet) of a pedestrian crossing or intersection.
- **Winter tires** are mandatory from Dec. 1 to March 1.
- **Passenger vehicles** must be equipped with a warning triangle, first aid kit, fire extinguisher and spare lightbulbs.
- **Headlights** must be used during the day outside of urban areas.
- **Drivers** of vehicles with headlights that cannot be adjusted must carry headlight converters (stickers that can be placed on headlights to prevent them from blinding motorists coming from the opposite direction).
- **Motorists approaching** from the right, as well as trams, buses and emergency vehicles, have priority.
- **Right turns** on red are prohibited unless traffic lights are equipped with a green arrow turn signal.



## Traffic Regulations, continued

- **In large towns** and cities, left turns are prohibited except at intersections with traffic lights.
- **Crossing** a solid double white line is prohibited.
- **It is illegal** to drive a dirty vehicle or one that has an obscured license plate.
- **Parking** is allowed on sidewalks when pedestrians are not present.
- **Picking up** hitchhikers is prohibited.
- **Police** may issue on-the-spot fines for any traffic offence. Police are not allowed to accept cash. Payment must be made at a Russian bank.
- **Police require** probable cause to conduct breath tests, except in the case of crashes involving fatalities.

## Moscow (Capital)

- » Transportation options include cars, taxis, buses, trolleybuses, metros, streetcars/trams, monorail, minibuses (“marshrutkas”), trains, bicycles and boats.
- » Moscow has been the location of recent large-scale terrorist attacks.
- » There are three major ring roads around the city: the MKAD, Garden Ring Road/Sadovoe Kol’tso and Third Ring. Police roadblocks are common.
- » Driving is not recommended. Twice-daily rush hour traffic is particularly dense, especially on the Garden Ring Road. Traffic jams may occur throughout the day.
- » During summer and holidays, heavy traffic out of the city is common on Fridays, and into the city on Sunday evening and Monday morning.
- » Parking restrictions are common and navigation can be difficult. Many road signs have only Cyrillic lettering.
- » Public transportation is well-developed. City buses, trolleybuses, trams and metro trains are operated by different companies, but share a fare system.
- » Reloadable Troika smartcards and phone apps are accepted on public transportation.
- » Bus routes are extensive and include city, regional and long-distance routes. Most main streets have at least one bus route. The Yandex Maps app can help locate bus, trolleybus and tram stops and assist with route planning.
- » Buses include full-size vehicles, and minibuses called “marshrutkas.” Marshrutkas are large vans or minibuses operated by private companies that generally run along fixed routes; vehicles are numbered according to specific route. Marshrutkas may share stops with city buses.
- » City, regional and long-distance coaches may arrive to and depart from different stations.
- » Tram routes are limited, and are not located in city center.
- » The metro/subway system is extensive and generally regarded as safe and efficient.
- » Metro entrances are open from 5:30 am to 1 am. Escalators heading down stop running at 1 am.
- » Large metro stations generally have signs in both Cyrillic and Latin lettering; ticket machines offer multilingual options.
- » Each metro train car has a map written in Latin script.
- » Some metro names are repeated: there are two Smolenskaya and two Arbatskaya stations that are unconnected.
- » The Moscow Monorail has six stations and covers 4.7 km (2.9 miles). There are interchange points between the metro and monorail.
- » Licensed, marked taxis are generally regarded as safe and reliable. Order taxis via a local taxi app or through a reputable hotel. Request the number of a trustworthy company from your hotel, or from your travel agent, prior to travel.
- » Avoid unmarked “gypsy” taxis. Passengers have been robbed or kidnapped in unofficial taxis.
- » Do not flag taxis on the street or enter a vehicle occupied by others.
- » Taxi meters may have been adjusted to reflect inflated fares. Agree on fare with driver prior to travel.
- » Rideshares are available and may be operated by large taxi companies. Use only services that have a dispatch app providing vehicle description, license plate number and driver’s name. Verify all information before entering vehicle.
- » There are ten train stations. Most are located next to metro stations.
- » The train network is extensive and generally regarded as safe and efficient. Trains are operated by government-run RZD (Russian Railways). Many international routes are currently suspended.



## Moscow, continued

- » Rail services include high-speed, intercity and commuter trains. There is a Central Circle line running on a loop between the Third Transport Ring and Ring Road.
- » Train tickets are available as paper tickets, e-tickets (vouchers are issued to an email address and physical tickets are collected at stations), or through e-registration on train company websites (this form delivers a digital ticket to an email address). Some company websites are only in Russian.
- » The RZD app has an English-language option for buying tickets and planning travel.
- » Security is high at railway stations. Passengers are generally required to show passports when boarding.
- » If traveling by overnight train, lock compartment door and avoid moving around the train alone at night.
- » Pedestrian infrastructure is well developed. Not all drivers observe rules granting pedestrians right-of-way at crossings.
- » Velobike is a citywide bike sharing program with more than 430 stations throughout the city. Pre-registration and a smartphone are required to use the system.
- » Boat travel carries high risks. Safety is below western standards and sinkings are common.
- » Many vessels are overloaded, poorly maintained and lack adequate life-saving equipment. If traveling by boat, bring your own life preserver and do not board vessels that are overcrowded or during inclement weather.
- » Moscow has four airports: Sheremetyevo International Airport, Domodedovo International Airport, Vnukovo International Airport and Zhukovsky International Airport. Travelers should note that multiple companies have placed international sanctions against Russian airlines, which may affect the ability to depart the country.
- » Sheremetyevo International Airport is about 32 km (20 miles) northwest of the city.
- » Transport between the airport and city includes trains, buses, taxis, rideshares and rental cars.
- » Aeroexpress rail link connects the airport and Belorussky Railway Terminal in the city's northwest.
- » Multiple city buses, including a night bus, provide regular service to main city locations. Destinations include several major metro stations.
- » Domodedovo International Airport is 45 km (28 miles) southeast from city center.
- » Aeroexpress rail link and commuter trains connect the airport and Paveletsky Railway Terminal.
- » Buses between the airport and city are available 24 hours a day.
- » Vnukovo International Airport is located 30 km (19 miles) southwest from city center.
- » Aeroexpress rail link connects the airport and Kievsky Railway Terminal
- » Buses between the airport and multiple city locations run from about 5:15 am to 1:20 am.
- » Zhukovsky International Airport is about 47 km (29 miles) east of the city.
- » Airport buses connect the airport to Kotelniki metro station in the city.
- » "Fixed Price Official Taxis" connect airports to city center locations. Avoid unlicensed taxis and drivers soliciting for fares in the arrivals area of airports.
- » Rideshares and many car rental agencies are represented at all four airports.

## Saint Petersburg

- » Second-largest city and former capital.
- » Transportation options include cars, taxis, buses, trolleybuses, metros, streetcars/trams, minibuses ("marshrutkas"), trains, bicycles and boats.
- » Driving is not recommended. Traffic is heavy. Road networks and signage can make navigation difficult. Much of the city consists of small islands separated by waterways and canals. During winter, frozen surfaces limit boat travel.
- » There are nine drawbridges in the city. Traffic jams are common when bridges are open.
- » Bolshoy Obukhovskiy Most bridge across the Neva River south of city center is passable to vehicular traffic at all times.
- » There is a major cruise port. Pedestrian traffic increases significantly when ships are in port.
- » Public transportation is well developed and generally regarded as safe and efficient.
- » The Yandex.Transport app has information on the city's buses, trolleybuses and trams.



## St. Petersburg, continued

- » Bus systems are extensive. There are seven main stations, called “Aytovokzal.”
- » Buses and trolleybuses often share the same stops. Both types of buses are generally crowded.
- » Long-distance coach services are available between the city and many destinations.
- » Marshrutkas are large vans or minibuses operated by private companies that generally run along fixed routes; vehicles are numbered according to specific route.
- » Fares for marshrutkas are paid in cash directly to drivers. Marshrutka drivers rarely speak English.
- » Trams are limited and are not an efficient mode of transport in city center. Tickets are sold onboard. Attendants usually speak only Russian.
- » There is a metro system with five lines and 72 stations. Trains operate daily from 5:45 am to 12:30 am. Frequency depends on line and time of day, but is generally between two and four minutes.
- » Metro stations have signs in English. Onboard announcements are made in Russian only.
- » Ticket machines with English-language options are available in some stations. Reloadable “Sputnik” transportation smartcards are accepted for travel. Brass tokens may also be used at turnstiles.
- » Metro trains are often crowded during twice-daily rush hours.
- » Licensed, clearly marked taxis in cities are generally regarded as safe and reliable. Order taxis via a local taxi app or through a reputable hotel. Request the number of a trustworthy company from your hotel or travel agent.
- » Taxi meters may not be functional. Agree on fare with driver prior to travel.
- » Avoid unmarked “gypsy” taxis operating in tourist areas. Passengers have been robbed or kidnapped in unofficial taxis.
- » Do not flag taxis on the street or enter a vehicle occupied by unknown persons.
- » Rideshares are available and are operated by Yandex.Taxi. Use only services that have a dispatch app providing vehicle description, license plate number and driver’s name. Verify all information before entering vehicle.
- » Trains are operated by government-run RZD (Russian Railways). The rail network is extensive and generally regarded as safe and efficient.
- » Trains include commuter, intercity, regional, high-speed Sapsan trains and overnight rapid trains. High-speed international service between the city and Helsinki, Finland and routes to some other countries is currently suspended.
- » There are five main train stations: Baltiysky, Finlyandsky, Ladozhsky, Moskovsky and Vitebsky.
- » Train tickets are available as paper tickets, e-tickets (vouchers are issued to an email address and physical tickets are collected at stations), or through e-registration on train company websites (this form delivers a digital ticket to an email address). Some company websites are only in Russian.
- » The RZD app has an English-language option for ticket purchases and travel planning.
- » Security is usually high at railway stations. Passengers are required to show passports when boarding.
- » Those traveling by overnight train should keep compartment doors locked and avoid moving around the train alone.
- » Pedestrian infrastructure is well developed.
- » Persons on foot are at risk from inattentive drivers who may disregard pedestrian right-of-way laws.
- » Cycling infrastructure is underdeveloped. There are few bike lanes; cyclists must share roads with motorized traffic.
- » Boats are operated by multiple companies. Safety standards vary.
- » Many vessels are overloaded, poorly maintained and lack adequate life-saving equipment. If traveling by boat, bring your own life preserver and do not board vessels that are overcrowded or during inclement weather.
- » Pulkovo Airport is about 17 km (10.5 miles) from city center.
- » Transportation between the airport and city includes buses, minibuses, taxis, rideshares and rental cars.
- » City buses connect the airport to Moskovskaya metro station, where connections are available to other lines.
- » Minibus K3 runs between the airport and both Moskovskaya and Sennaya Ploshchad/Spasskaya metro stations.
- » Official taxis may be ordered at a service booth in the airport arrivals hall. Taxis may also be pre-booked; drivers meet passengers in the arrivals area. Rideshares are also available.
- » Car rental agencies are represented in the arrivals area.



## ACCOMMODATIONS AND INCLUSIONS FOR MOBILITY CHALLENGED

- **Accessible infrastructure** is underdeveloped in most places and lacking in others. Persons with mobility challenges may find it difficult to get around the country, particularly in small towns and rural areas.
- **Most forms** of public transportation, including the Moscow Metro system, are not accessible to those with mobility challenges. Russian Railways provides a Mobility Assistance Center available 24 hours a day; requests for assistance must be made in advance of travel. Visit the company website for details.
- **Crossing streets** in major urban centers often requires pedestrians to use underpasses; these walking tunnels have stairs or steep ramps and are not equipped with elevators.
- **Sidewalks** are generally uneven, and may be difficult to navigate for persons with mobility challenges or for those who rely on wheelchairs. Sidewalks in Moscow often have curb cuts for easier access.
- **Access** for wheelchair users may be limited in some public areas.
- **Parking spaces** reserved for mobility challenged drivers are indicated by the letter “P” and a wheelchair symbol.

## EMERGENCY INFORMATION

- **Responders** to emergency numbers in remote areas may not speak English.
- **Pre-program** emergency numbers into your phone before departure. Emergency assistance is limited or non-existent in remote areas, including within the Arctic Circle.
  - » Police: 02; Ambulance/medical services: 03; Fire: 01; General emergency: 112
- **Responses** to emergency situations may be delayed or non-existent outside of major cities. First responders may not be able to reach patients in remote areas, or to provide urgent or life-saving care.
- **Private medical care** in major cities and popular tourist centers is generally on par with western standards. In small towns and rural areas, care may be below western standards. In the event of serious illness or injury, medical evacuation to another country may be necessary, but may be unavailable due to travel restrictions.
- **Hospitals and clinics** in remote areas may not use disposable intravenous (IV) needles, syringes or other supplies. If personal health conditions require these items, carry your own supply.
- **Most** private medical centers require cash payment prior to the delivery of care. Credit cards may be accepted.
- **Some medicines** prescribed in other countries may be illegal in the Russian Federation. Verify the legality of all medications prior to travel, and carry all medicines in their original packaging accompanied by a written doctor’s prescription and a notarized translation into Russian of each medication.
- **Common** over-the-counter cold medications containing pseudoephedrine are illegal in the Russian Federation.
- **If involved in a crash:**
  - » Call police and notify rental car agency; motorists driving a private vehicle must contact a breakdown/towing company. Take photographs of scene if possible.
  - » Do not move vehicle until authorities indicate you may do so, unless its position presents a danger to other road users; drivers who move a vehicle may be held liable even if not at fault.



### ABOUT THE ASSOCIATION FOR SAFE INTERNATIONAL ROAD TRAVEL (ASIRT)

ASIRT is a non-profit humanitarian organization established in memory of Aron Sobel, age 25, who was killed along with 22 other passengers in a Pamukkale Bus Company crash on the roads of Turkey.

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