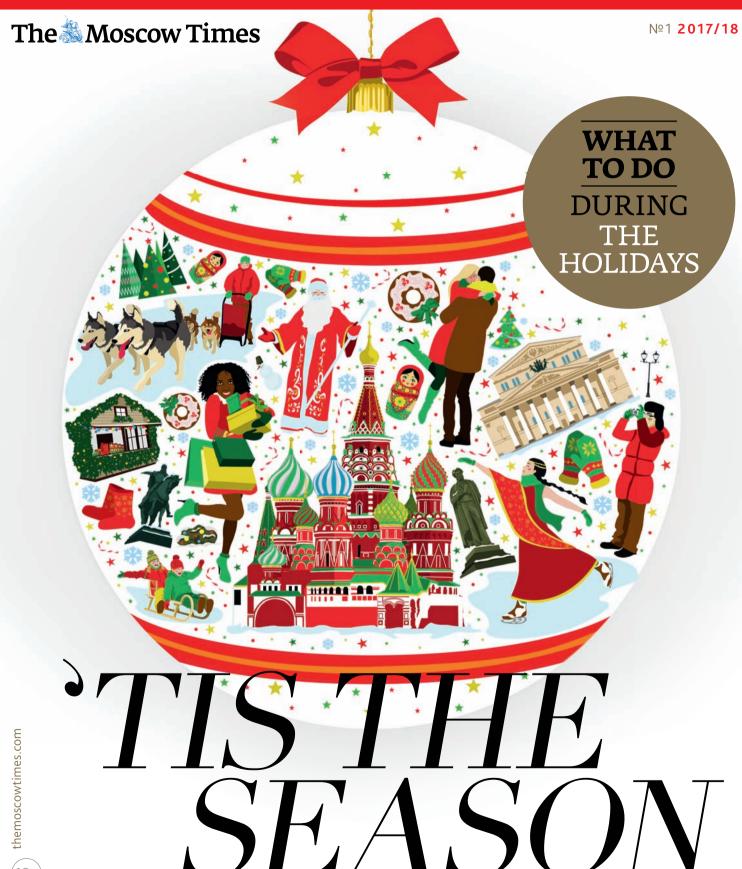
Winter Guide





The sign of a real man

The Moscow Times

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HOW TO HAVE A HAPPY WINTER

inter in Moscow is a glorious season — when walking down the street under arches of lights and past trees covered with tinsel and ornaments is sheer delight, and there is a party or premiere almost every night.

ut then there is the other winter in Moscow: frigid cold, snow up to your knees or slush over your ankles, dark

mornings and overcast days... For many, winter is a season to survive, not enjoy.

ut it doesn't have to be that way! Our guide this year is filled with ideas: how to stay fit, where to walk or ski in the woods, where to go in the city and across the country. We want to help you enjoy the winter and greet spring in great health, in good spirits, and filled with energy.

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KREMLIN BALLET

HOLIDAY GALA

he modern Kremlin Palace Theater's "Ballet-Gala" showcases international ballet stars in short performances including a premiere performance of "A Christmas Story" choreographed and performed by Ivan Vasiliev, Russia's leading male dancer.

WHEN Dec. 19 at 7 p.m.

1 Ulitsa Vozdvizhenka. Metro Teatralnaya, Borovitskaya. +7 (495) 620 7846. kremlinpalace.org/ru/content/calendar.

SOUNDING CANVASES

ART FOR EYE AND EAR

visual concert pairs the music of the popular classics by Nikolai Rimsky-Korsakov and Gustav Holst as well as Indian traditional melodies with the exotic paintings by Gauguin, Matisse, and Nikolai Roerich. The performers, including pianist Marina Belashuk, the Sunset Hangpan ensemble, and a women's chamber choir take you to a sunny dreamland. WHEN Dec. 23 at 7 p.m.

Moskontsert Mirror Room.

4 Pushechnaya Ulitsa, Bldg. 2. + 7 (499) 923 2278. belcantofund.com/actions/detail.php?ID=5833.

THE NUTCRACKER CHRISTMAS CLASSIC

his visual symphony about childhood dreams captures the magic and excitement of Christmas. Among the best in Moscow, the dancers at the Stanislavsky Nemirovich-Danchenko Musical Theater perform Tchaikovsky's classic ballet in spectacular sets meant for today's children.

WHEN Dec. 29 to Jan. 4, matinee and evening performances

17 Ulitsa Bolshaya Dmitrovka 17. Metro Chekhovskaya. +7 (495) 723 7325. stanmus.ru/performance/23.





HOLIDAY ON STAGE

THE BEST SEATS IN THE HOUSE

oscow's classical performing arts are at their finest during the holiday season, with family favorites as well as new Christmas and New Year's events. But for the more adventurous music lovers, there are some exciting premieres and rarely performed pieces. Just be sure to buy your tickets right away!

A MIDSUMMER NIGHT'S DREAM

BOLD AND SURPRISING

xpect the unexpected in this meditation on love adapted from Shakespeare's topsy-turvy comedy at the Gogol Center. Emotions fly high as spectators follow the actors around four luxurious sets in this visceral performance directed by Kirill Serebrennikov.

WHEN Dec. 28-31 at 7 p.m.

8 Ultisa Kazakova. Metro Kurskaya. +7 (495) 120 7543. en.gogolcenter.com/events/

THE QUEEN OF SPADES PREMIERE

he world premiere at the Bolshoi Theater of Tchaikovsky's proto-horror opera is directed by the popular Latvian director Rimas Tuminas. The piece, completed a year before Tchaikovsky's early death, illustrates the growing delirium of an army engineer as he envisions himself seducing the matronly Queen of Spades for her riches.

WHEN Feb. 15-18 at 7 p.m.

1 Teatralnayas. Metro Teatralnaya. +7 (495) 455 5555. www.bolshoi.ru/en



their concert at the Chamber Hall of Dom Muzyki.

WHEN Feb. 16 at 7 p.m.

52 Kosmodamianskaya Neberezhnaya, Bldg. 8. Metro Paveletskaya. +7 (495) 730 1011. www.mmdm.ru/ru/events/hor-sretenskogomonastyrya-14.

1 Teatralnaya. Metro Teatralnaya. +7 (495) 455 5555. bolshoi.ru/en/ performances/4004/.

THE SERVANT-MISTRESS

TIMELESS COMIC OPERA

n this 18th-century comic opera at Helikon, a witty maidservant persuades her slow-on-the-uptake aristocratic master to marry her. The first of its kind, this comic opera mixes spoken dialogue and Harpo Marx-style mime in its jocular approach to aria. Giovanni Pergolesi's masterpiece remains a hilarious all-time classic.

WHEN March 24 at 7 p.m.

9 19/16 Bolshaya Nikitskaya Ulitsa. Metro Chekhovskaya/ Arbatskaya. +7 (495) 250 2222. www.helikon.ru/en/node/1043





QUICK OUT THE DOOR

To get out of the theater fast after the performance, rent binoculars when you check your coat.
You get to jump to the head of the line to return the binoculars and get your things.

sretensky monastery men's choir

POWERFULLY MOVING

Ithough Russian classical music may be best known to the world, the country also maintains an impressive tradition of opera-quality choral singing in its Orthodox churches. Characterized by a range of colors from the high tenor to the basso profundo, the Sretensky Monastery Men's Choir's unearthly timbre resonates with the inimical tolling of church bells. Even if you know nothing about the Orthodox Church, the music is beautiful and profoundly moving. Don't miss

GUIDE TO THE ORCHESTRA

CHARMING CHILDREN'S SHOW

he Bolshoi Theater New Stage is the venue for a "theatrical concert" of Benjamin Britten's "Young Person's Guide the Orchestra" and Camille Saint-Saens' zoological fantasy "Carnival of the Animals," pieces that present the various orchestral instruments by comparing them to animals. This production adds video, playful young dancers, and interactive media sure to delight children of all ages.

WHEN Feb. 22-24, matinee and evening performances.





3 FABULOUS FIRS

Need some ideas for this year's tree decorations? On Kuznetsky Most you can see trees specially decorated by some of Russia's top designers — and plenty of shops and chalets where you can pick up unique ornaments to create your own holiday masterpiece.



4 BONNE ANNÉE

Tverskaya Ploshchad, under the monument to Moscow founder Yuri Dolgoruky, is hosting theater troupes from a dozen countries who will put on their holiday shows every day. The square will also have chalets selling pre- or post-theater treats and one-of-a-kind gifts from all over Russia and Europe. You can also warm up watching glass blowers.



5 ICE AND LIGHTS

Pushkin Square and the boulevards off it will be lit up with lights, decorations, chalets, and trees — and filled with the sounds of the season. Watch ballet on ice, take a spin around the rink, and then sit back with some mulled wine and enjoy a winter concert.



LIFE M☆SCOW HACK

TRIM THE TREE

City Christmas tree markets open around Dec. 20. If you want to put up your tree earlier, OBI at Avia Park promises to have trees by early December.







1 + 2 FOREST AND ICE

THE MOSCOW TIMES GUIDE WINTER 2017/18

Manage Square will be covered with an enormous forest of fir and pine trees — a labyrinth of over 500 trees, the perfect stage for immersion theater productions. After getting lost and found, wander through the holiday fair, take the kids to some master classes, and then dive down the city's tallest and longest ice slide.

e the kids to some master we down the city's tallest e.

CHECK ONLINE

These are just a few highlights of Moscow's Holiday Festival. To find out more, see mos.ru.



JOURNEY INTO THE SPIRIT OF CHRISTMAS

Every year the center of Moscow is transformed into a magical holiday village, lit up with lights and filled with something for the whole family to see, do, enjoy, eat, or drink. Most of the action stretches from the central squares by the Kremlin, up Tverskaya Ulitsa and along Tverskoi Bulvar. But be sure to walk over to Kuznetsky Most and Novy Arbat. Each city neighborhood has holiday trees and treats, too.

A DAY IN THE MUSEUM

WARM UP WITH MOSCOW'S HOT ART



El Lissitzky

AVANT-GARDE PIONEER

his joint project of the Jewish Museum and Tolerance Center and the Tretyakov Gallery is the first large-scale El Lissitzky retrospective. El Lissitsky's avant-garde art revolved around "prouns" — an art form that combines painting and architecture. The New Tretyakov Gallery's part of the retrospective focuses on prouns from its own and foreign collections, while the Jewish Museum and Tolerance Center will show some of Lissitzky's "pre-avant-garde" works. Don't miss this rare opportunity. The show runs until February 18.

Pewish Museum and Tolerance
Center. 11 Ulitsa Obraztsova, Bldg. 1A.
Metro Marina Roshcha.

+7 (495) 645 0550. jewish-museum.ru

New Tretyakov Gallery. 10
Krymsky Val. Metro Oktyabrskaya.

o matter how cold it is outside, it's always warm in Moscow's grand museums — the perfect places for long afternoons of exploration followed by a fortifying cup of tea in the cafe.



Chaim Soutine

MOSCOW RETROSPECTIVE OF RUSSIAN-BORN FRENCH ARTIST

orn near Minsk, Chaim Soutine fled the 1917 Revolution in France and became a leading representative of the School of Paris in the 1920s and 1930s. Friends with Amedeo Modigliani, Soutine became one of the finest abstract expressionists of the era. The retrospective at the Pushkin Museum is a joint project with the Musée d'Orsay and includes over 60 works: paintings by Soutine divided into the genres he was most prolific in (landscapes, still lifes and portraits), as well as works by contemporary artists inspired by Soutine. The show runs until January 21.

12 Ulitsa Volkhonka.

Metro Kropotkinskaya.

+7 (495) 609 9520. arts-museum.ru +7 (495) 957 0727. tretyakovgallery.ru



Takashi Murakami UNDER THE RADIATION

his season the Garage Museum of Contemporary Art has organized the first Russian retrospective of Takashi Murakami, one of the best-known Japanese contemporary artists. Often called "the Japanese Andy Warhol," his own brand of pop art and trademark smiley faces are easily recognizable. The show puts his work into the context of Japanese culture and the artist's exploration of Eastern and Western traditions. One of the main attractions of the Moscow exhibit is a replica of his studio in Tokyo. The show runs until February 4.

9 Krymsky Val. Metro
Oktyabrskaya. +7 (495) 645 0520.
garagemca.org

Someone 1917 REVOLUTIONARY ART

omeone 1917 is a comprehensive survey of various art tendencies at the time of the 1917 Revolution and in the turbulent years that followed. There are 120 paintings and sculptures on view, many influenced by revolutionary events, including those by Kuzma Petrov-Vodkin, Boris Kustodiev, Kazimir Malevich, Olga Rozanova, Lyubov Popova, and Vassily Kandinsky. The show runs until January 14.

• 10 Krymsky Val. Metro
Oktyabrskaya. +7 (495) 957 0727.
tretyakovgallery.ru

Kazimir Malevich EXHIBITION AT A MONUMENT

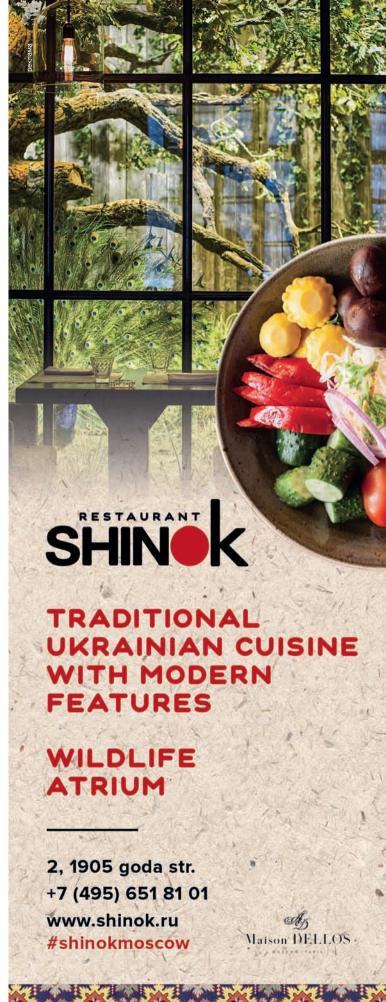
he discussion about whether "Black Square" is art has been over for a long time, but Malevich's painting is still considered controversial by many in Russia. The exhibition at Rabochy i Kolkhoznitsa (Worker and a Collective Farm Girl), itself an extraordinary monument by sculptor Vera Mukhina, aims to show different facets of Malevich's oeuvre, not just his abstract painting. Come to be surprised and delighted. The show runs till February 25.

Rabochiy i Kolkhoznitsa Pavillion, VDNKh. Metro VDNKh. +7 (495) 544 3400. vdnh.ru

Gustav Klimt/ Egon Schiele DRAWINGS FROM THE ALBERTINA MUSEUM

he Pushkin Museum has an exhibit of about a hundred drawings from the Albertina Museum in Vienna of arguably the two most important Austrian painters from the turn of the 20th century: Gustav Klimt and Egon Schiele. The show - the first major exhibition of their graphic works in Russia - allows visitors to compare the Art Nouveau style of Klimt with post-expressionist manner of Schiele, who was much influenced by his older compatriot. The show runs until January 14.

• 12 Ulitsa Volkhonka. Metro Kropotkinskaya. +7 (495) 609 9520. arts-museum.ru



BUNDLE UP WARMLY AND ENJOY

THE GREAT OUTDOORS



or a huge urban center, Moscow has a surprising number of places for recreation, even in the winter. Most sites are easily accessible by metro or bus. Whether you want to ski downhill or cross-country, try out a snowboard or just stroll in the fresh frosty air, we've got it for you. And guess what? There

are husky puppies, too.

VOLEN

AND STEPANOVO

BEST FOR MOUNTAIN SKIING

Volen, 60 kilometers to the north of the city, is one of the best-known ski resorts in the Moscow region. A short 15-minute bus ride away is Stepanovo, a smaller complex. There are ski lifts, runs of varying difficulty, and high-quality slope maintenance, as well as an alpine-themed hotel and Russian and Finnish bath houses on site.

1 Troitskaya Ulitsa. Yahroma, Moscow region. +7 (495) 993 9540. www.volen.ru

MESHCHERSKY PARK

IDEAL FOR CROSS-COUNTRY

Located just outside the city limits in Odinstovo, Meshchersky Park



is one of the newest additions to Moscow's outdoor preserves with lots of woodlands and a large pond. It's a beautiful place for quiet walks. There are paths and routes for cross-country skiing —

a total of five tracks, ranging from just over a kilometer to four kilometers. You can rent skis there or bring your own.

Odinstovsky raion.
Bus 883 from Metro
Filyovsky Park
to Mershchersky
Prud stop.
park-meshersky.ru

moskva news agency; volen and stepanovo; meshchersky pari

KUZMINKI PARK

SLED RIDES IN THE CITY

Kuzminki offers several types of sled rides pulled by magnificent and strong huskies for both kids and adults. You can choose a simple twenty-minute ride and a tour of the husky nursery or a more adult-oriented, three-hour trip to a lake in the depths of the park — with champagne and a barbecue afterwards. And then — more snuggles with husky puppies.

7 Ulitsa Zarechye, Bldg. 2. Metro Lublino. +7 (915) 034 0834. park-kuzminki.ru

SOKOLNIKI

CROSS-COUNTRY AT A CITY PARK

This huge park has some of the best skiing in the city. Besides a 2-kilometer track, you can go off it to zip around part of the 45-kilometer ski route. If you have your own skis, it's open 24 /7, otherwise you can rent



some at the park where the 6th Luchevoi and Maisky Prosek come together. If you don't want to ski, you can stroll through the forest, skate on the big rink, try Nordic walking, or go tubing down one of the hills.

1/1 Ulitsa Sokolnichesky Val. Metro Sokolniki. +7 (499) 393 9222. park.sokolniki.com/en

KANT

ARTIFICIAL HILL ON THE OUTSKIRTS

Kant is an artificial hill just a five minute walk from Nagornaya metro station, where you can enjoy snowboarding or skiing. Nicknamed the "Moscow Alps" by its management, Kant offers 11 ski runs including one trail exclusively for beginners. There are also tubing runs, a cafe and instructors for newbies.

7 Elektrolitny Proyezd, Bldg. 2.

Metro Nagornaya. +7 (495) 669 7849. kant-sport.ru/sports/skiing/ svobodnoe-katanie

LISYA GORA

SOMETHING FOR EVERYONE

Lisya Gora, or "Fox Mountain," is a picturesquely named complex seven kilometers outside Moscow city limits, that offers five slopes catering to both beginners and confident skiers. The complex has snowboard and ski jumps, including some for freestyle practice. Tubing is an option, and all runs are open until midnight if you prefer night-time skiing.

Ceonovskoye Shosse,

Balashikha, Moscow region.

+7 (985) 210 0906. foxrock.su



Moscow's Only Gated Community Adjacent to the Anglo-American School of Moscow

Only 13 kilometers from the Kremlin and nestled in a park setting, Pokrovsky Hills is Moscow's most prestigious residential development, offering 207 Western-style townhomes, ranging from 160 sq.m. to 340 sq.m.

For information, call

[PHReceptionist@himes.com]

SEASON'S BEST OFF THE BEATEN DATH



The Queen of Spades

opera takes places at the historic Goncharov-Filippov mansion rather than a theater. Viewers wander around the building, watching as different parts of the story unfold in different parts of the mansion.

1/15 Yauzskaya Ulitsa, Bldg. 3.
Metro Kitai-Gorod. pushkinopera.ru

mong Moscow's magnificent concert halls and venerable museums are hundreds of off-beat shows, concerts, tours and galleries. They may be small, but they are fascinating!

Narkomfin

VLADISLAV SHAPOVALOV

IMAGE DIPLOMACY

ladislav Shapovalov's solo show at the Moscow Museum of Modern Art looks at images used in political culture and the strategies of the U.S.S.R. and the U.S. "The Family of Man" photo show is the prime example of U.S. cultural diplomacy. The Soviet side is represented by VOKS and its prefabricated, ready-to-install exhibitions. Until January 25.

10/2 Gogolevsky Bulvar. Metro Kropotkinskaya. +7 (495) 699 8052.

THE QUEEN OF SPADES

IMMERSIVE OPERA IN A MANSION

The Queen of Spades is the product of the combined work of two giants of Russian culture: Alexander Pushkin and Pyotr Tchaikovsky. This original production of the famous

THE HOUSE OF FUTURE UTOPIA

A JOURNEY INTO NARKOMFIN

arkomfin, a semi-dilapidated constructivist masterpiece, welcomes guests for tours of the building in English organized by the group Moscow Through Engineer's Eyes. Designed by the celebrated constructivist pioneer, Moisei Ginzburg, Narkomfin was an attempt to implement a new, Soviet-type residential building, where private rooms were combined with communal spaces like a canteen, gym, and club. The oddly shaped rooms have a strange appeal. Reserve in advance!

25 Novinsky Bulvar, Bldg.1. Metro Barrikadnaya. +7 (499) 322 2325. engineer-history.ru



MUMY TROLL

#1 RUSSIAN ROCK BAND

Mumy Troll is probably Russia's most popular rock band, but its concerts in the capital are quite rare. The group's December 14 concert at Stadium Live is devoted to the 20th anniversary of Mumy Troll's debut album "Morskaya," but fans expect to hear new material from the upcoming album, which is slated to be released by the end of the year.

80 Leningradsky Prospekt, Bldg. 17. Metro Sokol. +7 (916) 440 4750. stadium-live.ru

KHARDZHIEV'S ARCHIVE

RUSSIAN AVANT-GARDE

Nikolai Khardzhiev was a legendary collector of the Russian avant-garde who lost part of his collection when he emigrated from Russia in 1990. The exhibition at the IN ARTIBUS Foundation showcases the masterpieces of Khardzhiev's Archive, reuniting them in one place for the first time since the split. Until January 30.

17 Prechistenskaya Naberezhnaya. Metro Kropotkinskaya.

+7 (495) 640 0249. inartibus.org

CINEMA MUSEUM NEW SPOT AT VDNKH

The brand new Cinema Museum at VDNKh is a treat for any Russian film buff. Photos, extensive archive footage, posters, sketches and even costumes from films by the great Russian directors: Sergei Eisenstein, Andrei Tarkovsky, Rolan Bykov and many others.

Pavillion 36, VDNKh. Metro VDNKh. +7 (495) 150 3610. museikino.ru

MIKHAIL SHEMYAKIN RUSSIAN IMPRESSIONIST

The Museum of Russian Impressionism has opened a show of works by

Mikhail Shemyakin, whose career coincided with Stalin's purges of the 1930s. The museum also has a great permanent collection, and the building itself is worth the price of admission. Until January 17.

7 15 Leningradsky Prospekt, Bldg.

11. Metro Belorusskaya. +7 (495) 145 7555. **rusimp.su**

DON QUIXOTE'S ATTACK

DALI MEETS ZVEREV

The Anatoly Zverev Museum is famous for its innovative exhibitions that present a different aspect of Zverev's oeuvre. This time it's devoted to the character of Don Quixote, and Zverev's works are juxtaposed with Salvador Dali's prints and a contemporary art installation by Platon Infante. Until March 25.

20-22 2nd Tverskaya-Yamskaya Ulitsa. Metro Mayakovskaya. +7 (495) 730 5526. museum-az.com

SPECIAL FEATURE

In partnership with Swissotel Krasnye Holmy Moscow





BREAKFASTS & LUNCHES WITH A PANORAMA OF MOSCOW

ity Space Bar & Restaurant, located on the 34th floor of Swissotel Krasnye Holmy, is famous for its breathtaking 360° panoramic views over Moscow. Recently, the bar started working from 11 am offering late breakfasts and lunches at the altitude 140 m above the city.

The breakfast a la carte menu caters for every taste: here you will find classic breakfasts dishes like poached eggs, yogurts, granolas, croissant sandwiches with a selection of fillings, or Russian specialties like puffy cottage cheese pan-

cakes (syrniki) and pancakes with salmon caviar, or interesting dishes like rice porridge with lychee and coconut milk or poached eggs with smoked salmon.

Set menus for lunch offer Pan Asian cuisine which is a signature of City Space. Choose the main dish and compliment it with a starter, salad, soup or dessert to get your personal set menu at the fixed price. 2 dishes – 980 RUB, 3 dishes – 1250 RUB, 4 dishes – 1450 RUB.

City Space Bar & Restaurant.

34th floor of Swissotel Krasnye Holmy.

+7 495 221 5357. www.cityspacebar.com

FOR A NIGHT **OF ROMANCE**



INSIGHT

Insight is part of Project 354 – several restaurants at the top of the OKO skyscraper with a viewing platform in Moscow City. At 354 meters it's the highest restaurant in Moscow, where you can have dinner while watching the clouds below. It's a "true cost" restaurant: you pay an entrance fee plus the market price of each dish. Try hamachi or whale sushi or go for plum-flavored udon noodles with foie gras or Wagyu beef tartare with oyster sauce.

21/2 Pervy Krasnogvardeysky Proyezd. Metro Mezhdunarodnava.

+7 (495) 777 7111. project354.ru

BELUGA

Located on the second floor of the Hotel National, Beluga has breathtaking views of the Kremlin. As its name suggests, Beluga offers about twenty varieties of caviar – with prices from moderate to astronomical. Caviar is served traditionally, with a shot of cold vodka. The non-caviar section of Beluga's menu focuses on traditional Russian and Soviet cuisine.

15/1 Mokhovaya Ulitsa, Bldg. 1. Metro Okhotny Ryad, Teatralnaya. +7 (495) 901 0336. rappoport.restaurant/ restaurants/beluga.html

WHO'S M☆SCOW WHO



ALEXANDER RAPPOPORT

Alexander Rappoport rules over one of Russia's top gastronomic empires. Doctor Zhivago and Beluga, as well as Erwin and the carnivore's heaven Voronezh are essential stops on Moscow's culinary route.

TOP FIVE FAVORITES OF THE SEASON



LAVKALAVKA

Pioneer of the "new Russian cuisine" — a creative approach to traditional Russian dishes — this "farm to table" restaurant is part of a growing empire, which also includes a supermarket chain and a real farmer's market. This season try deer tartar (550 rubles), borsch with brisket (650 rubles) or pearl barley porridge with chanterelles (520 rubles).

21/2 Petrovka Ulitsa. Metro Chekhovskaya, Pushkinskaya. +7 (495) 621 2036. restoran. lavkalavka.com

MEATLESS

Meatless at Paveletskaya is the third location of this relatively new grill chain. Everything comes from the grill — even the mozzarella and tomatoes in the Caprese salad and the cheesecake for dessert. Meatless sources its meat from the Voronezh region. Try the veal ribs with special black salt, which comes from Orthodox Easter celebrations (790 rubles).

2 Zatsepsky Val, Bldg.3. Metro Paveletskaya. +7 (495) 730 1013, ch1ef.ru

SEVERYANE

Severyane's chef is Georgy Troyan, one of the

best of Russia's new generation of chefs. and Severyane is his playground. This is real "auteur cuisine." The not-to-miss main dish is pike perch grilled in a Russian oven served with cabbage and fennel cream (800 rubles). Or come for

breakfast and go all out and order poached eggs with latkes and pike caviar (350 rubles).



Metro Biblioteka im. Lenina, Okhotny Ryad. +7 (495) 700 0898 facebook.com/severyane.moscow



CITY SPACE

This space-themed cocktail bar on the 34th floor of Swissotel Krasnye Holmy provides truly stunning 360-degree views of downtown Moscow, including the Kremlin and all the Seven Sisters highrises. You can't go wrong with one of the bar's innovative cocktails. like a maple old fashioned (1,200 rubles) and one of the snacks – try



tuna tataki (950 rubles). If you have a good appetite, splurge on a beautifully grilled steak or their famous Caesar salad with tempura shrimp.

9 52 Kosmodamianskaya Naberezhnaya, Bldg.6.

Metro Paveletskaya. +7 (495) 221 5357. cityspacebar.com

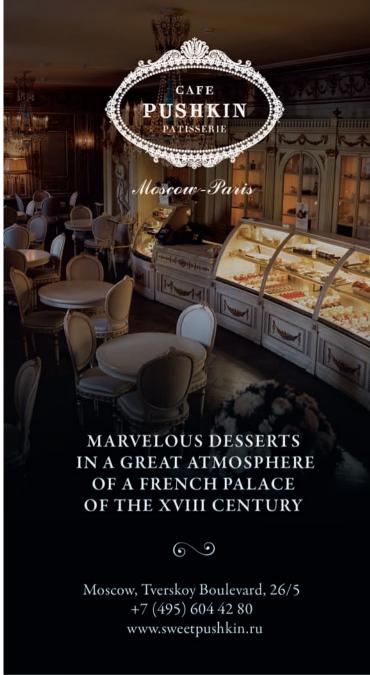
TEHNIKUM

Tehnikum was conceived as a more accessible version of White Rabbit, which is regularly featured on the list of the world's top 50

restaurants. The menu is very innovative. Try delicious duck breast with Venere black rice and pear (760 rubles), and for dessert order dumplings made with mascarpone and mango (350 rubles).

7/5 Ulitsa Bolshaya Dmitrovka, Bldg. 2. Metro Okhotny Ryad, Teatralnaya. +7 (926) 936 7876. tehnikumbistro.ru









azbek is our favorite choice for traditional Georgian cuisine in Moscow. Interiors filled with sunlight, exposed brick and artfully distressed wooden walls, carved wooden screens and weathered floors, and an enormous wood-burning stove behind a magnificent sideboard. That's where the young chef from Tbilisi, Mamia Jojua, and his mother bake bread and khachapuri.

Kazbek also has a magical winter garden in a glassed-in and heated veranda. Turquoise walls the color of the sea on a hot sunny day, a plethora of green plants, vintage light fixtures, Georgian rugs on the walls, and wild grapes rambling along the carved screens and brick walls — just like in the courtyards of Tbilisi. All year round, it's a delightful place to start the day with coffee, have a filling lunch, or drink wine in the evening as you celebrate an important event with your friends and family.

At Kazbek, you're in Georgia without leaving Moscow. The genuine hospitality, cozy atmosphere and beautifully prepared traditional Georgian cuisine at Kazbek will warm the soul on the coldest winter day.

2 Ulitsa 1905 Goda. Metro Ulitsa 1905 Goda. +7 (495) 651 8100. mykazbek.ru

Best of the Caucasus

GREAT FOOD, **FABULOUS ATMOSPHERE**



SOUTHERN COMFORTS

ZHAROVNYA

Zharovnva is a brand new chain of grill bars with a flagship restaurant on Bolshaya Dmitrovka. The menu is focused on dishes prepared on a Josper grill, which combines the functions of an oven and a grill. Try marrowbones with black bread baked with garlic (560 rubles) or Rib eve steak. Only grain-fed beef is used.

11 Bolshaya Dmitrovka. Metro Okhotny Ryad. +7 (495) 909 1079. жаровня.рф

YEST KHINKALI, **PIT VINO**

Yest khinkali, pit vino literally means "Eat khinkali, drink wine" and that's exactly what this small cafe in the upscale Patriarch's Ponds neighborhood invites you to do. Khinkali, popular Georgian dumplings (from 60 rubles), vary from traditional beef and a mix of beef and pork, to lamb, mushrooms and even Sulguni cheese.

4 Ulitsa Malaya Bronnaya.

Metro Tverskaya, Pushkinskaya. +7 (495) 975 5535. facebook.com/ eatkhinkali

YUZHANE

The owner of Yuzhane ("Southerners") is butcher-cum-restaurateur Tahir Kholikberdiyev, who has a full-cycle meat farm in the south of Russia. Try green salad with Black Sea mussels (540 rubles) or fried



WHO'S I☆SCOW



ARKADY **NOVIKOV**

Arkady Novikov is Moscow's preeminent restaurateur. He started out with venues that defined the city's 2000s restaurant scene, such as Vogue Café, Galereya, and Vanil. Then he jumped on the burger bandwagon with the Farsh chain. After sanctions were imposed, he opened a chain of cheese stores/ restaurants called Syrovarnya. He just opened Novikov Restaurant & Bar in London.

Ossetian cheese with eggplant. If feeling adventurous, try nutria, also known as river rat, in a burger or as a grilled leg.

10 Prospekt Akademika Sakharova. Metro Turgenevskaya. +7 (495) 926 1640. facebook.com/yuzhanemsk

ACHA CHACHA

Along with the usual Georgian staples, Acha Chacha serves ailadzh — Abkhazian polenta with cheese (350 rubles), which is perfect with fresh matsoni yogurt (150 rubles). Try the black khinkali dumplings (50 rubles each) and excellent chacha (a grape liquor similar to grappa).

9B Leningradsky Prospekt, Bldg. 1. Metro Belorusskava.

+7 (499) 257 5243. achachacha.ru

























THE GIFT THAT KEEPS ON GIVING

THE GREAT COLLECTORS

ne of the greatest changes in the Moscow art scene in recent years is the appearance of private museums representing the tastes of a new breed of art collector. But this is an old Russian tradition. **HOW HAS RUSSIA**, a poor and beleaguered country on the fringe of Europe, managed to amass one of the world's best collections of European art?

Thanks to its private collectors.

Russia's first great collector was Empress Catherine the Great, who purchased a private collection of art in 1764 and began to add buildings on to the Winter Palace to house it. Now the collection, amounting to more than three million works of art, is known as the Hermitage Museum.

But many of the Hermitage's most famous works came to Russia thanks to the great 19th century Russian collectors of art.

The Great Collectors

t all began in Moscow, when two brothers, Sergei and Pavel Tretyakov, used profits from the family textile trade to collect paintings. In 1892, Pavel donated the collection, largely of Russian art, to the city of Moscow. Today the Tretyakov Gallery is the greatest museum of Russian art in the world.

Meanwhile, in another part of Moscow Sergei Shchukin and Ivan Morozov were collecting European artists. Shchukin was a textile merchant whose obsession with art began in 1897 with his first trip to Paris. He brought back a work called "Lilacs in the Sun" by Claude Monet. Within a few years he bought another 13 paintings by Monet, and then almost 40 paintings by Henri Matisse, as well as canvases by Paul Gauguin, Vincent Van Gogh and Paul Cezanne. While other collectors laughed at him, he was the first collector to appreciate Pablo Picasso and brought over



50 works back to Moscow. By the 1917 Revolution, Shchukin had gathered the finest and most prescient collection of impressionist and post-impressionist works in the world.

Ivan Morozov was another Moscow merchant who fell in love with French art, particularly the impressionists and their successors. His favorite painter was Cezanne, although he bought works by Renoir, Pissarro, Bonnard and many others.

The 1917 Revolution forced both collectors to emigrate, and their collections were expropriated by the state. First the government repurposed Shchukin's mansion into the State Museum of New Western Art to house both collections. But the works were eventually divided up among state museums — primarily the Hermitage in St. Petersburg and the Pushkin Museum of Fine Arts in Moscow.

Continuing the Tradition

uring the Soviet era, purchasing art from artists or individuals directly, outside official galleries or state com-







mission stores, was illegal. But threat of imprisonment did not stop collectors, who furtively acquired art works and hid them in their apartments. Only after the dissolution of the Soviet Union did some of these collectors come out of their rich closets. Some of these great collections are now housed in the Museum of Private Collections at the Pushkin Museum.

This national tradition continued in post-Soviet Russia as oligarchs became successors to the 19th century merchant and industrialist collectors.

Perhaps the best known collector and patron of the arts is the oil tycoon Roman Abramovich, who has channeled millions into new cultural establishments like the Garage Museum of Contemporary Art in Moscow.

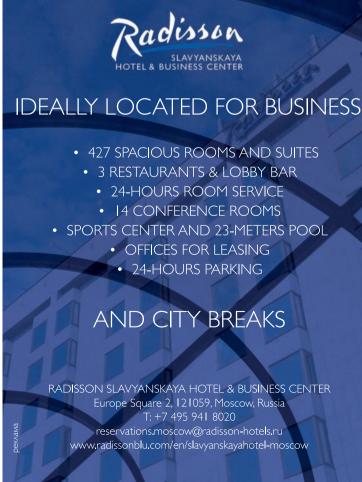
The Museum of Russian Impressionism, opened in 2016 in a repurposed confection factory, was founded by billionaire Boris Mints. About 15 years ago he began to seriously collect the work of Russian impressionist artists. Now his collection, and the stylish space and adjacent business center, is a welcome addition to the Moscow art scene.



RUSSIAN NOBLE CUISINE RESTAURANT

26/A, Tverskoy boulevard | +7 (495) 739 0033 | www.cafe-pushkin.ru







MOSCOW'S BESTICE RINKS

SKATE YOUR WINTER BLUES AWAY

s the frost rolls into Moscow and temperatures drop far below zero, the thought of emerging from underneath your covers into the bone-chilling cold sends you right back to bed. But that's why ice skating exists — the ultimate muscle-stimulating, blood-pumping remedy for winter lethargy. Strap on your ice skates and zoom through the cold winter air at one of these rinks.

GUM – RED SQUARE

SKATING BYTHE KREMLIN

Vladimir Lenin is the only Muscovite who's been granted the luxury of sleeping through the winter. Glide along the GUM ice rink just meters away from his resting place. The thought of spending decades in that mausoleum coupled with the invigorating view of the St. Basil's Cathedral and the Kremlin towers will keep your feet moving.

OPEN Nov. 30, daily
10 a.m. to 10 p.m.

TICKET 300 – 600 rubles

RENTALS 150 rubles

3 Red Square. Metro Teatralnaya. +7 (495) 788 4343 **gum.ru/rink**

PATRIARCH'S POND

POSTCARD PRETTY

Quaint Patriarch's Pond is primarily

known as the former neighborhood of Russia's favorite satirist Mikhail Bulgakov and the first location featured in his masterpiece, "Master and Margarita." It also boasts a wonderful skating rink equipped with temperature adjusting



VDNKh

technology that makes it immune to weather changes. The illuminated nightlights add to the enchanting spectacle of Bulgakov's surreal Moscow. Just don't talk to any strangers!

OPEN Tues. to Fri. 4 p.m. to 10 p.m., Sat. and Sun. noon to 10 p.m.

TICKET Free RENTALS 150 rubles for children, 250 rubles for adults

7 Patriarshy Pereulok. Metro Mayakovskaya. ezhikezhik.ru/places/ katok-na-patriarshih

VDNKH

BIG MIGHT BE BETTER

The sheer size of VDNKh and its grand pavilions epitomize the breadth of Soviet ambition. So does its ice rink —the largest in the country. You're sure to work up an appetite after skimming over 20,000 square meters of ice, so drop by the food court conveniently adapted for your ice skates. OPENS Dec. 1, Tues. to Thurs., 11 a.m. to 11 p.m.; Fri., Sat., Sun. 10 a.m. to 11 p.m.

TICKET 300 – 600 rubles RENTALS 150 rubles

119 Prospekt Mira. Metro VDNKh. +7 (495) 544 34 00 vdnh.ru/en

ARTPLAY

HIPSTER ROOFTOP RINK

Throw on your slickest skates and head over to Moscow's first rooftop ice rink at the Artplay Center. Sitting atop a five story building, this incredibly hip, 1,000-square-meter rink offers panoramic views of Moscow's historic center and Moscow City. For the upcoming holiday season the Artplay rooftop is preparing a rich selection of themed parties, film screenings and ice shows. There's an ice-sculpting platform and a cafe where you can warm your hands afterwards.

OPEN daily noon to midnight TICKET 200 rubles RENTALS 200 rubles

• 19 Nizhaya Syromyatnicheskaya. Metro Sretensky Bulvar. +7 (495) 917 4767. artplay.ru



SOKOLNIKI PARK

TREES AND LIGHT SHOWS

Take a rest from Moscow's urban sprawl and head to the wooded park Sokolniki for its tree-lined, 5,400 square meter ice rink. But it's not all sylvan surroundings. A large multimedia screen and illuminated pylons flash dazzling light shows, and there is an Italian trattoria for apres-skate pasta. If you like to dance on ice, look for one of their skating discos.

OPEN daily 10 a.m. to midnight

LIFE M☆SCOW HACK

WARM ON THE RINK

Wear a light jacket but a very warm hat and sturdy gloves to protect your hands if you fall. Wear thin socks under your skates and bring a warm pair to put on afterwards. **ADULT TICKET** 300 rubles on weekdays, 400 rubles on Fri., Sat. and Sun **RENTALS** free

5-y Luchevoi Prosek.

Metro Sokolniki. +7 (499) 393 9222 park.sokolniki.com

DED MOROZ MANOR

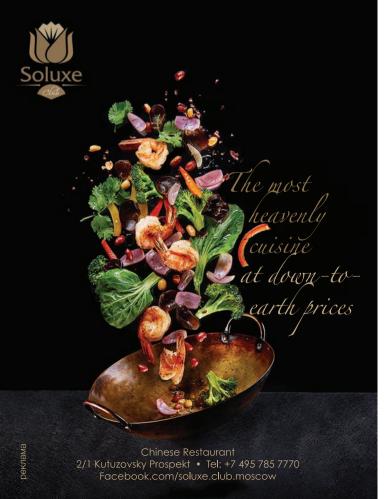
HO-HO-HO ON THE ICE

Unless you're eager to reconnect with your inner child, this ice rink in the estate of Russia's Santa Claus is for the younger set, who can skate with their favorite fairy tale characters. Take a tour of the Snow Maiden's theater or learn how to write a persuasive letter to Ded Moroz.

OPEN Wed. to Fri. 10 am to 6 pm, Sat. and Sun. noon to 6 pm. TICKET 300 rubles adult, 100 rubles children's RENTALS 200 rubles

• 168 Volgogradsky Prospekt.

Metro Kuzminki. +7 (915) 009 1252 dedmorozmos.ru/to-parents/ice-magic





HEAVENLY CUISINE AT DOWN-TO-EARTH PRICES, WITH A PANORAMA VIEW FROM THE 25TH FLOOR.



24 Rusakovskaya Ulitsa • Sokolniki, Krasnoselskaya, Elektrozavodskaya Tel: +7 495 544 5550 • Open daily, noon to midnight Keep warm this winter at one of Moscow's live concert venues, sipping a drink and listening to some great music. There's a club for every kind of music, so get moving!

IZVESTIYA HALL

POPATA CONSTRUCTIVIST MASTERPIECE

Located on the ground floor of the iconic constructivist building that housed the headquarters of a major Soviet era newspaper, Izvestiya Hall specializes in pop-music of all stripes, from Benjamin Clementine to Russian pop-rap artist Burito and Polish folk music band Percival (Feb. 4).

5 Pushkin Square. Metro Pushkinskaya. +7 (495) 125 1208. izvestiya-hall.ru

16 TONS

INDIE BANDS AND MORE

16 Tons is a medium-sized club that provides a more intimate atmosphere, although if the group playing is popular, it can be packed to the rafters. Its focus has always been on Russian and international indie bands, like Moa Pillar (Dec. 9) and Lucidvox (Dec. 22) but there's also an occasional pop or mainstream rock concert, like Billy's Band (Dec. 1-2) or Chaif (Dec. 19).

6 Presnensky Val. Metro Ulitsa 1905 Goda. +7 (495) 253 5300. 16tons.ru

STADIUM LIVE

FROM ROCK TO RAP

The younger and larger brother of Glavclub, located conveniently near Sokol Metro station, Stadium specializes in Russian bands playing anything from mainstream rock to rap. The biggest concerts this season are rappers Skriptonit (Feb. 24) and Maks Korzh (Dec. 11), Ukrainian pop rap sensation Griby (Dec. 9) and rock heavyweights Mumy Troll (Dec. 14) and Alisa (Dec. 24). Rock around the Christmas tree.

80 Leningradsky Prospekt, Bldg. 17.

Metro Sokol. +7 (495) 540 5540. stadium-live.ru

GLAVCLUB

MAJOR LIVE VENUE

One of the oldest and largest live venues, Glavclub has changed many names, but remained one of the major concert spots in the city. This season Glavklub offers vary from Moscow rock and roll veterans Bravo (Dec. 2) to British bands Lamb (Dec. 1) and Oh Wonder (Dec. 6).

11 Ulitsa Ordzhonikidze. Metro Leninsky Prospekt. +7 (495) 230 1030. alavclub.com

RED

ROCK CHOCOLATE ISLAND

Red is at the very heart of "Red October Island," site of a former chocolate factory. Anything goes here, from indie-rockers Sansara (Dec. 3), to oppositionist rapper Noize MC (Jan. 2) to Norwegian heavy metal band Satyricon (Jan. 28).

💡 9 Bolotnaya Naberezhnaya. Metro Kropotkinskaya, Polyanka. +7 (495) 649 3959. red-msk.ru



DANCE THE COLD AWAY

Here are our favorite halls to dance to the oldies but goodies of the 2010s, 2000s, 1990s or even 1980s. Good dance music never grows old.

UNTITLED

DANCE AMONG ART

This bar-cum-gallery tries really hard to recreate a Berlin or Brooklyn vibe. The exposed brick interior serves as a setting for various exhibitions and installations, but the weekend is reserved for music and dancing. As for the music, anything goes – from rap to 1990s Russian pop, with songs by Irina Allegrova and Mirazh.

♥ 15 Ulitsa Petrovka. Metro Chekhovskaya, Pushkinskaya. +7 (697) 118 1409. facebook.com/ untitledhub

POWERHOUSE

FUNK AND WHISKY

Famous for its funk and hip-hop parties, this club/restaurant offers plenty of live indie-rock and jazz concerts, as well as electronic music. There's also an imaginative menu by



up-and-coming chef Kim Yerunov at affordable prices and a great whisky bar to pair with the food.

7/4 Goncharnaya Ulitsa. Metro Taganskaya, Marksistskaya. +7 (495) 698 0550. facebook.com/ powerhousemoscow/

IMAGINE! CAFE

A GUILTY PLEASURE

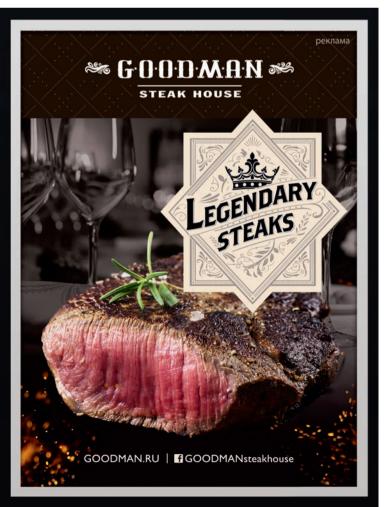
Having changed its name and own-

ers one too many times, Imagine is still known among Muscovites by its old name, "Krizis Zhanra" ("a crisis in genre"). On weekends there's at least one live cover band plus dancing into the early hours of the morning to everything from Foster the People to Blur.

• 16/16 Ulitsa Pokrovka, Bldg. 1.

Metro Turgenevskaya, Kitai-Gorod.

+7 495 623 2594. facebook.com/
imaginemoscow





Pluton



MUSIC

GET A

7 Bolshoy Zlatoustinsky Pereulok. Metro Lubyanka. +7 (495) 624 5732. propagandamoscow.com

STILL GOING STRONG

PROPAGANDA

This club has been around since the 1990s and it still attracts a crowd every weekend. It's been hosting great DIs from all over the world and offers music of different styles every night. Propaganda — called "propka" by insiders —is famous for its Sunday-night gay parties. There's also great and inexpensive food.

SQUAT 3/4

TECHNO IN A FORMER BATHHOUSE

Squat 34 now occupies the building that used to house the Central Baths. Located in its basement, Squat ¾ is all about gothic interiors and bohemian atmosphere. Apart from regular techno parties and a bar, Squat 34 has a Greek cafe, a barber shop and a concept clothing store.

3 Teatralny Proyezd, Bldg. 4. Metro Teatralnaya, Lubyanka. +7 (967) 162 6062. facebook.com/ squat3.4

PLUTON

DIY MEETS INDUSTRIAL

Another resident of Artplay, Pluton opened its doors just a couple of months ago. Located in an abandoned industrial building, it's all white tile and high ceilings. It has a very DIY, cozy feel to it, but they still throw a mean electronic party or a live concert.

8A Nizhnyaya Syromyatnicheskaya Ulitsa. Metro Kurskaya, Chkalovskaya. +7 (903) 254 2669. facebook.com/ plutonplace

RODNYA

ROOFTOP CLUB

One of the veterans on the techno scene, Rodnya's located on the top



floor of one of the Artplay complex buildings. In the summer, clubbers dance right into dawn on the roof terrace, but the partying doesn't stop in winter. Come here for one of the resident DI parties or bands touring from abroad.

🖓 10 Nizhnyaya Syromyatnicheskaya Ulitsa, Bldg. 7. Metro Kurskaya, Chkalovskaya. +7 (925) 003 5590. facebook.com/RODNYA

AGLOMERAT

TECHNO ON CONCRETE

Aglomerat is located in what used to be part of the Mars factory. Its bare concrete space is the perfect setting for a dystopian film. Aglomerat started by hosting one-off events, but it has now switched to evenings of DIs from Russia and abroad and occasional live concerts.

💙 3 Kostomarovsky Pereulok, Bldg. 12. Metro Kurskaya, Chkalovskaya. +7 (968) 450 8760. facebook.com/ aglomeratpromo

JAZZ CHILL AND MELLOW

Jazz clubs in Moscow have a high-society feel, not the usual "walk-in, have a drink" vibe. Check the club's schedule and buy a ticket in advance since some events might be sold out.

ESSE

LOW KEY JAZZ

This rather low-key venue on Novokuznetskaya offers all kinds of jazz, from classical to cutting edge, including no-cover events. It has a homey atmosphere and hosts special jazz nights. Be sure to check the schedule before you go!

27 Pyatnitskaya Ulitsa, Bldg. 3A.

Metro Tretyakovskaya. +7 (495) 951 6404. jazzesse.ru

KOZLOV CLUB

OLDIE BUT GOODIE

One of the first and most important venues on Moscow's jazz scene, Kozlov Club is named after Alexei Kozlov, a legendary Soviet/Russian jazz musician. It recently moved to a new location on Ulitsa Maroseika,



with two stages, all night parties and vocal jams every Friday.

9/2 Ulitsa Maroseika Kitai-Gorod. Metro Kitai-Gorod. +7 (926) 952 0077. kozlovclub.ru

IGOR BUTMAN CLUB

VETERAN JAZZ CLUB

This is another veteran jazz club, named after another famous Sovi-

et/Russian musician, Igor Butman. Located in the Taganka neighborhood, the club offers regular concerts of Igor Butman himself and his band, as well as other Russian and foreign musicians. It also holds jazz festivals.

21 Verkhnyaya Radishchevskaya Ulitsa. Metro Taganskaya. +7 (495) 792 2109. butmanclub.ru/

taganka/

SOLUTION DESCRIPTION OF THE PROPERTY OF THE PR





The art of winter living

STAYING HEALTHY

inter in Moscow can be a time of flu, sprained ankles, and general low energy. But it doesn't have to be! Here are some of our favorite places to go for medical aid and preventative care. Make this the season to be healthy!

LIFE

LET THE LIGHT IN

It's not the cold that gets to you, it's the darkness. Counteract Moscow's winter gloom by turning on every light in your apartment as soon as you get out of bed, walking outside during the day when the sun is shining, and taking vitamin D.

GO THAI

MORE THAN MASSAGE

Russians have fallen in love with Thailand and Thailand has returned the favor. The city now has hundreds of Thai spas. If you spend too much time bent over a computer you need the wonders of a good Thai massage, or better yet a series of them over a couple of weeks.

Keep yourself in shape, in good spirits, with all your meridians clear and flowing at your local Thai spa. Our favorite, Thai Pattara Spa, has a shop for Thai food and cosmetic products and a great home-cooking restaurant for after-massage renewal. And they speak English.

16 Begovaya Ulitsa. Metro Dinamo. +7 (495) 945 8899. thaipattaraspa.ru



KERALI AYURVEDA AND YOGA CENTER

BALANCE AND STRENGTH

Another very popular form of medicine in Moscow is Ayurveda, the ancient system of health care from Southeast Asia. The Kerali center doctors all studied in India but have lived in Moscow for decades and adapted their methods to the city's specific conditions. The center holds yoga classes, has a café and store, and can help you get through the worst of the winter blahs.

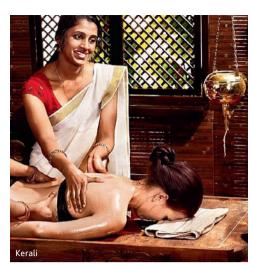


Metro Lomonosovsky Prospekt. +7 (495) 646 1331. ayurveda.ru

HOMEOPATHY

TRADITIONAL MEDICINE

In Russia, homeopathic medicine has been developed along with allopathic (mainstream) medicine for centuries. The Moscow



Homeopathic Medical Center has been around since 1935 and offers treatment for a wide range of ailments and chronic problems. Treatment is slow, but steady and relies on herbs that do not generally have side effects.

2 2nd Vladimirskaya Ulitsa.

Metro Perovo, Shosse Entuziastov. +7 (495) 672 2695. mhc-r.ru

> A Maison DELLOS

BANYA

ORIGINAL RUSSIAN SPA

There's a good reason Russians and other northern nations invented saunas and steam baths: when it's cold outside, you need some powerful heat to warm you down to the bones. There is nothing quite so invigorating and at the same time relaxing

as a day at the banya (bath house). Sit and steam, jump into a cold pool, steam again, let your buddy smack you with some branches, jump back into the pool... rinse and repeat. Finish with a massage and then some hot, sweet herbal tea. Or beer. Your skin, lungs, and outlook on life will thank you. There are plenty of options for public or private banyas in the city;

our favorite is the traditional one in the Presnya district.

7 Stolyarny Pereulok, Bldg. 1.

Metro Ulitsa 1905 Goda. +7 499 255 5306 (men). +7 499 253 8690 (women). baninapresne.ru.

MEDSI

RELIABLE, MODERN CARE

If you do get ill this winter,
Moscow has plenty of excellent
clinics and hospitals with modern,
international-standard care.
The largest and one of the best
is the Medsi group, with several
clinics around the city and the
topnotch Botkinskaya hospital.
If you need an English-speaking
doctor, the clinic at 26 Prospekt
Mira, Bldg. 6 (entrance on
Grokholsky Pereulok) can serve you.

24/7 call center +7 (495) 152 4753. Grokholsky clinic +7 (495) 730 5735. medsi.ru



REST-VOLNA.RU I @ VOLNA_MOSCOW



Legendary meat restaurant | Elegant french chalet interior



GIVE IN TO GUILTY PLEASURES

WHEN YOU REALLY NEED A BREAK

Binge-Watch Serials COUCH, POPCORN, REMOTE

hanks to Netflix and stores specializing

in DVDs, you no longer have to beg your relatives for series spoilers or dabble in illegal downloads on VPN servers. Netflix (netflix. com/ru) has monthly plans from about eight to 12 euros and enough series to get you through to spring. If you like the old-fashioned disc method, check out Transylvania (transilvania.ru), Dom Knigi (mdk-arbat.ru), Mir Kino (vk.com/ mirkinomsk), **Dom Kultury** (domkultury.su) or **Ozon.ru**. Beware of mislabeled covers that promise a soundtrack in the original language but deliver Russian dubbing. In stores ask the salesclerk to open it up and check it before you hand over your cash. And then: a weekend on the couch in torn sweatpants and the biggest bowls of popcorn and chips your kitchen can provide.

Sometimes you just can't take the Russian winter. It's dark and cold and snowing, and it's going to be that way for another four months. When you hit the wall of winter, it's time to give yourself a treat. Here are our secret survival rituals.

Have a Man Day RENEWAL AT A BESPOKE BARBERS

en, if you are not feeling your best, how about a day at the barbers? In a place that looks like an exclusive men's club, with professionals who have all gotten their training in London? Put yourself in competent hands at **GB Barbers**. You can have the classic haircut and shave, but consider adding on a "masculine" manicure and pedicure. If that's not enough, sign up for a facial, massage or paraffin therapy for your winter-dried hands and legs. In Russian and English.

10 Ulitsa Vozdvizhenka (Voentorg, entrance from Bolshoi Kislovsky Pereulok).

Metro Arbatskaya, Biblioteka Lenina. +7 495 797 2052. **jpbarbers.ru/eng**.

Spa Day RELAX, REFRESH, REHYDRATE

he best cure for the dry and irritated skin, lackluster hair, and low-energy of winter is a day at a spa. Moscow is filled with great spas, so you may already have your favorite. If not, try the Mandara Spa at the **Lotte Hotel**, where East meets West in the most relaxing way. Various types of massage, facials, peels and scrubs, and oxygen treatments make you feel human again. Relax in the Jacuzzi, silk bath, hammam and sauna before and after treatments

8 Novinsky Bulvar, Bldg. 2. Metro Smolenskaya. +7 495 745 1000. mandaraspa.com/spa/Russia-Lotte-Hotel-Moscow

Ice Cream Night ULTIMATE COMFORT FOOD

lassic Russian ice cream is about as good as ice cream gets. The best of it is made with just three main ingredients: heavy cream, egg yolks and sugar. No palm oil or even water are added. The next time you've had a really hard week and the nearest public holiday is in two months, consider a splurge on the ultimate Russian comfort food, i.e., ice cream. After serious and extensive consumer testing. we vote for Чистая линия vanilla (пломбир), produced by a small Moscow company and sold in retro-designed paper sacks. Top with homemade jam, chopped nuts and bits of chocolate, cookies or fruit. Russian friends call it the "taste of childhood." We call it: worth the calories.



Happy Hour **HOT COCKTAILS**

I hen we say "hot cocktails," we really mean "hot" — mulled wine, Irish coffee, sbiten (a hot Russian drink made with honey and spices) or a mug of hot, spicy, boozy cranberry cocktail. VDNKh Park (vdnh.ru) is a great place for mulled wine as a break from skating or strolling. Grab one and keep warm on the ice. Strelka has a whole menu of hot drinks, but our favorite is Hot Gold made with orange juice, amaretto and cinnamon (strelkainstitute.com/en/bar/?v=bar).

Another place that never fails to please is Scandinavia (scandinavia.ru), where the bar staff really knows how to warm up body and soul. If you don't feel up for one of their trademark hot cocktails, try their excellent mulled wine. If it's too cold to venture out, master do-it-yourself mulled wine. Start by ordering in some dry red wine, then add slices of orange, cinnamon sticks, cloves and ginger, bring almost to a boil and then flavor with a bit of honey. It may still be cold outside, but you'll be glowing within.

Tanning Salon GRAB YOUR SUNGLASSES

hen health organizations warn about the dangers of sun damage, they are talking about places that actually have sunlight. In Moscow during the winter, where it is dark until 10 a.m., overcast all day, and dark again at 4 p.m., sun is a memory, not a health risk. You can pop some vitamin D. but 10 minutes of controlled artificial sunlight will perk you up and rid you of that pasty white winter look. But do it right. Be sure to wear goggles and use skin protection. Check to see that the tanning bed is clean. Don't go more than once or twice a month, and don't beg the technician to let you stay in longer than recommended. And go to the highest-end spa or tanning salon you can afford.



GASTRONOMIC JOURNEY WHERE 'EAST MEETS WEST' AT PREMIER FINE DINING RESTAURANT

EXCEPTIONAL DINING IN INTIMATE SETTING EXPERT ACTION AT THE OPEN KITCHEN

- Fresh and creative European dishes flavoured with a light Asian touch
- Winter-inspired dazzling desserts
- CHEF'S TABLE for culinary interested guests In lively ambience

RENAISSANCE MOSCOW MONARCH CENTRE HOTEL Bld.1 31A Leningradsky Prospect Moscow

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RENAISSANCE®





The end of the year is a magical season of travel, parties and family gatherings — but it can also be a time of stress as you finish off projects at work and try to fit in holiday shopping along with everything else on your to-do list. Here are a few tips to end the year on an easier and happier note.

Calendars and Planners

ESSENTIAL FOR THE NEW YEAR

ow can you start the new year without new calendar? All the major bookshops in Moscow sell wall calendars and day planners, but the first floor of the Dom Knigi shop at 8 Novy Arbat has the most varied assortment, including the coveted Moleskins (various sizes and colors), as well as day planners and diaries in French, Italian, English and, of course, Russian. Beware, though: the imported planners have import-high prices. Both the Tretyakov Gallery and the Pushkin Museum of Fine Arts sell wall calendars showcasing their collections — good for your office and for gifts.

Cleaning Services HOLIDAY-READY

 $\int\limits_{\text{foot}\, -\text{ or keeping your apartment clean for guests, parties,} }^{\text{tarting the year on a clean}}$

LIFE M☆SCOW HACK

PAY YOUR DEBTS

According to Russian tradition — and superstition — it's important to pay all your debts by Dec. 31. If you pay them after Jan. 1, you'll be in debt all year. The Russian tax and traffic services also want you to pay up by year's end, especially if you're traveling abroad.

and festive get-togethers — is harder in the end-of-the-year rush of work deadlines, holiday shopping, travel plans and the round of business and social parties. For a one-time massive clean, consider a service like **Qlean** that promises same-day or next-day service and can do a clean sweep of a three-room apartment for the fixed

ENDING THE YEAR ON A HIGH NOTE

price of about 3,000 rubles. They even do windows and post-repair cleaning for separate fees.

Q qlean.ru

Fitness- Forward NEW YEAR'S DISCOUNTS

n Moscow, like in every other city on the planet, fitness clubs have figured out that the best way to entice new members is with January discounts. Folks who have gained weight over the holidays—i.e., everyone—and people who make resolutions to lose it—i.e, almost everyone—are prime targets. This year, go for it and stick with it. Check out some clubs and decide which one you want to join, and then tell the sales rep to let you know when the discount

(акция) kicks in. If you're an early riser, consider a day pass — usually until 4 or 5 p.m. — which can be up to 50 percent off the standard membership fee. If you're already a member, renew during a discount membership drive.

Helping the Needy REALLY DOING GOOD

t the end of the year, orphanages, hospitals, homes for the elderly and other organizations are besieged by well-wishers. But in most cases, they don't need what people bring — and they need donations year round, not just in December. This year, make your generosity count. On the site takiedela.ru click on хочу помочь (I want to help) and see (in Russian)





a list of organizations proven to do good work and clickable donation options. Charities Aid Foundation (cafrussia.ru) supports a variety of projects and helps guide corporate and individual donors (English and Russian). Another aggregate site is **blago.ru** (Russian), where you can make donations to exactly the person or organization you want to help. The organization Perspektiva has a solid track record of helping people with disabilities in Russia for 20 years, and has easy ways of donating at perspektiva-inva.ru/ en (in English). And if you have bags of used clothes, household items, purses, jewelry, or other useful things, bring them to one of the Shops of Joys (lavkaradostej. ru) — charity shops that use the proceeds to support a wide variety of philanthropy. Spread some joy over the coming year!

Mailing Gifts EVEN AT THE LAST MINUTE

f you left shopping and sending holiday gifts until the last minute, don't worry: Moscow has you covered. Although the major courier companies don't serve individuals, you can mail presents to family and friends at home with two courier services: Mailboxes, Etc. (mberussia.com) and Independent Postal Service (ips.ru). Expect to pay 3,000-5,000 rubles for a 1-kilo package to get to the U.S. or Europe in less than a week



Sometimes you just can't go outside. It's -35 C. There is 40 centimeters of snow. The slush is over your ankles. No worries! You can order home delivery of just about anything, from a refrigerator to dog treats. Pay online or in cash.

DELIVERY CLUB WORLD'S CUISINES ON AN APP

Delivery Club is one site with over 5,000 restaurants, which lets you filter by cuisine, delivery time, payment methods, and price. There is a convenient app for your smartphone, and you can also order premium class products from farmer's markets. If it's 4 a.m. and you need chicken soup, this is the service for you.

OZON RUSSIA'S AMAZON

Ozon says it stocks over 4 million items, and who's to doubt them? They started off with books, and now have just about everything else you'd need. Cold medicine? Got it. Cat litter? Yup. Towels, air conditioners, rugs, computers, printer paper, flower seeds, toys, running shoes, dress shirts? Check, check and check. Payment online or in cash. In most cases, next-day delivery.

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Get out of town

WEEKEND WINTER GETAWAYS

ometimes all you need to enjoy winter is a change of scenery. Here are some of our favorite winter getaways — from road trips to neighboring regions to a flight to a neighboring country.

POLENOVO

PAINTER'S ESTATE

Prominent Russian painter
Vasily Polenov designed all the buildings on his estate on the
Oka River, and it's the only Russian museum to be continuously directed by the artist's descendants. The estate has a lovely house and museum, with acres of forests and fields for wandering. There are several hotels and guest houses nearby. This winter you can see the Prologue exhibition – about life at the estate between 1917 and 1937, when Polenov's son and the museum's first director were arrested during Stalin's purges.

Polenovo, Tula region.

+7 (48734) 33838. polenovo.ru

NIKOLA-LENIVETS

LAND-ART IN A NATURE PRESERVE

ikola-Lenivets is located in the Kaluga region and is only accessible by car, but it's worth the trip. Part of a natural reserve, the forests and fields here are dotted with site-specific land art installations, including works by Russia's best land artist, Nikolai Polissky. Special programs are organized for New Year's Eve and Christmas with skiing, skating, and games for adults and kids, and holiday meals made from local organic produce.

Nikola-Lenivets, Kaluga region. +7 (499) 504 4333. nikola-lenivets.ru

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ST. PETERSBURG

ART GETAWAY

ussia's northern capital is perfect for an art getaway weekend. Start with the obvious — the Hermitage Museum, arguably the best museum in Russia, now showing a large exhibition devoted to the centenary of the 1917 Revolution. Check out the exhibition at the Faberge museum devoted to Soutine. Modigliani and other "legends of Montparnasse." Pay a visit to the Russian Museum, which has a collection to rival the Tretyakov Gallery, as well as the Rosphoto museum, which hosts unusual exhibitions about art and photography.

TALLINN

NORDIC DELIGHT

he capital of Estonia is a delightful respite from Moscow's hustle and bustle. You can easily spend a day or two exploring the well preserved medieval city center and some great examples of turn of 19th-century wooden architecture. Tallinn has a beautiful city park called Kadriorg with the Catherine I palace and Peter the Great's house. as well as KUMU – a contemporary art museum with a great collection of Estonian art and international-level exhibitions. Stunning harbor views and island trips might make you decide to stretch your weekend into a very, very long weekend.



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TRAVEL LIKE A NATIVE

Join the Aeroflot frequent flyer program and wait for one of the company's discount events. Buy air tickets for the next six months at up to half price.

YASNAYA POLYANA

NATURE MEETS ART AND LITERATURE

asnaya Polyana is the ancestral estate of legendary writer and thinker, Leo Tolstoy. It's now a museum devoted to keeping everything exactly how it was in 1910, the year of the writer's death. Tolstoy's house is still in pristine condition, full of books and paintings. Walk through the forest to pay your respects at Tolstoy's resting place or wander around one of the many ponds. Check the site for special conferences and events.

Yasnaya Polyana, Tula region. +7 (48751) 76125. ypmuseum.ru





HOLIDAY SHOPPING

Moscow has turned into the mall capital of the world, so there is no dearth of places to shop for holiday essentials like wrapping paper or tinsel for your tree. But how about those special gifts for family and friends? Here's where we'll be heading off to do our holiday shopping this year.

Izmailovo Market **CHRISTMAS CENTRAL**

es, you have to go here. Because beyond the piles of matryoshka dolls, fake fur hats, and Soviet memorabilia, it's the best place for tree ornaments (wooden, etched glass, knitted or antique); table linen; small works of art (lithographs, ceramics, drawings); shawls; jewelry and stones (like purple charoite, only found in Russia). You might end up buying a rug, or an antique hutch, or a painting, or puppets, or a chess set made of amber and ebony. Bring cash and extra tote bags. Because you just never know what's there this week.

OPEN Sat. and Sun., 9 a.m. to 6 p.m.

73 zh Izmailovskoye Shosse. Metro Partizanskava.

Dreams of Moscow

FESTIVAL AND MARKET

he Museum of Moscow is kicking off the season on Sat. and Sun. Dec. 2 and 3 with a winter festival called Dreams of Moscow. The courtyard will have food stands, huge Christmas tree, choirs singing and plenty of entertainment for kids. Inside there will be concerts, mini-plays and a Christmas market with one-ofa-kind gifts and books, postcards, calendars and other paraphernalia all about Moscow. Bring the whole family — and while Grandma watches the kids, Mom and Dad can do some stealthy Christmas shopping.

2 Zubovsky Bulvar.

Metro Park Kultury. +7 (495) 739 0008. mosmuseum.ru

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170A Varshavskoye Shosse, Bldg. 1. + 7 (800) 350 9233. russkie-valenki.ru

DRESS FOR HOLIDAY SUCCESS

is the season of parties: corporate parties, office parties, embassy bashes, Christmas cocktails and then — New Year's Eve. If you think, "I've got nothing to wear!" — we've got your back. This year, shop for your holiday dresses and suits with some of Russia's best new indie clothes designers. Need a little black dress? Check out Galina Zhondorova's designs at glzn.ru — beautiful and affordable. Is your budget higher and taste more adventurous? Then check out Alena Akhmadulina's designs at alenaakhmadullina.ru. to find something for the modern corporate princess. Men who like a hip urban look should stop in Flacon Design Factory over the weekend (flacon.ru/residents/ lounger) or call +7 (950) 225 6780 to set up an appointment. And for not-your-mother's-sweaters, see this innovative knitwear company at brusnikabrand.com/lookbook. Be a trendsetter this holiday season.

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