

sochi.ru®
2014 
paralympic games

OFFICIAL SPECTATOR GUIDE

The Paralympic Winter Games,
Sochi 2014

All information is correct
as of the date of publication
The Sochi 2014 Organizing
Committee reserves the right
to update the information
enclosed in this version
as required.

February, 2014





Dmitry Chernyshenko

*President of the Sochi 2014
Organizing Committee*

Dear friends,

In the winter of 2014, the eyes of millions of people from around the world will be fixed on Sochi, and Russia's first Paralympic Winter Games.

I have no doubt that our Games are going to be truly innovative. They will be a window for the world to see the new modern Russia and bring with them positive change for the city, the region and the country more widely.

I believe the most important aspect that will make our Games a success will not be the ultra-modern sports venues and world class facilities, but you, the spectators. After all, we have designed the Sochi 2014 is for everyone. It is your emotion that will bring the venues to life. It is your support that will inspire the world's best athletes scale new sporting heights.

As Games organizers, we are making every effort to ensure that thousands of people will be able to attend the Games. This manual contains everything you need to know in order to be able to feel at home in Sochi.

Don't miss this chance to become part of Paralympic history and to show your support for your favorite sports stars!

See you in Sochi!

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FACTS AND FIGURES

PARALYMPIC WINTER SPORTS

PARALYMPIC WINTER GAMES

7-16 March
2014

9 days of competition

45 countries will participate
in the Paralympic Winter Games
in Sochi

72 sets of medals
will be contested
in 5 Paralympic sports



FIND OUT
MORE
ABOUT
THE GAMES
IN SOCHI

The Paralympic Winter Games in Sochi will feature competition in 5 winter sports:

Alpine Skiing



Alpine Skiing
ROSA KHUTOR Alpine Center



Para-snowboard
ROSA KHUTOR Alpine Center



Biathlon
LAURA Cross-Country Ski & Biathlon Center



Cross-Country Skiing
LAURA Cross-Country Ski & Biathlon Center



Ice Sledge Hockey
SHAYBA ARENA



Wheelchair Curling
ICE CUBE Curling Center






Learn more about Paralympic sports at the Sochi 2014 Games:
sochi2014.com/en/paralympic.



Get closer to the sports by taking advantage of the educational information at the venues — such as slide presentations, video boards and much more! Be part of history!

GAMES COMPETITION SCHEDULE

ABOUT THE GAMES

		MARCH 2014												
COMPETITION VENUE		SPORT / DISCIPLINE	7 Friday	8 Saturday	9 Sunday	10 Monday	11 Tuesday	12 Wednesday	13 Thursday	14 Friday	15 Saturday	16 Sunday		
COASTAL CLUSTER	 FISHT Olympic Stadium		Opening Ceremony 20:00									Closing Ceremony 20:00		
	 SHAYBA Arena	 ICE SLEDGE HOCKEY		Preliminary Games 09:30-11:30 CZE-NOR 13:00-15:00 CAN-SWE 16:30-18:30 USA-ITA 20:00-22:00 RUS-KOR	Preliminary Games 09:30-11:30 CZE-SWE 13:00-15:00 CAN-NOR 16:30-18:30 USA-KOR 20:00-22:00 RUS-ITA			Preliminary Games 09:30-11:30 KOR-ITA 13:00-15:00 NOR-SWE 16:30-18:30 USA-RUS 20:00-22:00 CAN-CZE	Play-off 5th-8th 16:00-18:00 20:00-22:00	Semifinals 13:00-15:00 20:00-22:00	Game for 7-8 place 13:00-15:00 Game for 5-6 place 20:00-22:00	Bronze Medal 13:00-15:00 Gold Medal 20:00-22:40		
	 ICE CUBE Curling Center	 WHEELCHAIR CURLING		Round Robin 09:30-12:30 15:30-18:30	Round Robin 09:30-12:30 15:30-18:30	Round Robin 09:30-12:30 15:30-18:30	Round Robin 09:30-12:30 15:30-18:30	Round Robin 09:30-12:30 15:30-18:30	Round Robin 09:30-12:30 15:30-18:30	Round Robin 09:30-12:30 15:30-18:30	Tie-breakers 09:00-12:00 14:00-17:00 19:00-22:00	Semifinals 09:30-12:30 Bronze & Gold Medal Games 15:30-18:55		
MOUNTAIN CLUSTER	 ROSA KHUTOR Alpine Center	 ALPINE SKIING		M / W Downhill All classes 10:00-13:10	M Super G All classes 10:00-12:35	W Super G All Classes 10:00-11:35		M/W Super Combined All classes 09:30-12:00 15:30-18:10		M Slalom All classes 16:00-17:30 19:00-20:25	M / W Snowboard Cross Standing 10:00-12:20 W Slalom All classes 16:00-17:00 19:00-20:05	M Giant Slalom All classes 9:30-11:30 13:00-15:00	W Giant Slalom All classes 09:30-11:00 13:00-14:25	
	 LAURA Cross-Country Ski & Biathlon Center	 BIATHLON		M 7.5 km W 6 km Sitting 10:00-11:35 Standing, Visually Impaired 12:00-15:00				M 12.5 km W 10 km Sitting 10:00-12:25 Standing Visually Impaired 13:00-16:25			M 15 km W 12.5 km Sitting 10:00-12:00 Standing Visually Impaired 12:30-17:20			
		 CROSS-COUNTRY SKIING			M 15 km Sitting 10:00-11:35 W 12 km Sitting 12:30-14:20	M 20 km Classic W 15 km Classic Standing Visually Impaired 10:00-15:20			M/W 1 km Sprint Free Qualification All classes 10:00-11:40 Semifinals & Finals 12:30-15:30			Mixed Relay 4x2.5 km All classes 10:00-11:30 Open Relay 4x2.5 km All classes 12:00-13:30	M 10 km Free Standing Visually Impaired 10:00-12:15 M 10 km W 5 km Sitting 12:30-14:45	

M — Men
W — Women

The competition schedule is subject to change.
All information regarding changes is published on the official website sochi2014.com.



GAMES FLOWER & VICTORY CEREMONY SCHEDULE

ABOUT THE GAMES

	COMPETITION VENUE	SPORT	MARCH 2014													
			7 Friday	8 Saturday	9 Sunday	10 Monday	11 Tuesday	12 Wednesday	13 Thursday	14 Friday	15 Saturday	16 Sunday				
COASTAL CLUSTER	FISHT Olympic Stadium		Opening Ceremony 20:00												Closing Ceremony 20:00	
	MEDALS PLAZA			Biathlon ▲ M 7.5km, Sitting ▲ W 6km, Sitting Alpine Skiing Downhill ▲ M Standing ▲ M Sitting ▲ M Visually Impaired ▲ W Standing ▲ W Sitting ▲ W Visually Impaired	Biathlon ■ M 7.5km, Standing ■ M 7.5km, Visually Impaired ■ W 6km, Standing ■ W 6km, Visually Impaired Cross-Country Skiing ▲ M 15 km, Sitting Alpine Skiing Super G ▲ M Standing ▲ M Visually Impaired	Cross-Country Skiing ■ W 12 km, Sitting Alpine Skiing Super G ▲ W Sitting ▲ W Standing ▲ W Visually Impaired	Cross Country Skiing ■ W 15km, Classic, Standing ■ W 15km, Classic, Visually Impaired ■ M 20km, Classic, Standing ■ M 20km, Classic, Visually Impaired Biathlon ▲ M 12.5km, Sitting ▲ W 10km, Sitting	Alpine Skiing Super Combined ■ M Sitting ■ M Visually Impaired ■ W Sitting ■ W Standing ■ W Visually Impaired Biathlon: ■ M 12.5km, Standing ■ M 12.5km, Visually Impaired ■ W 10km, Standing ■ W 10km, Visually Impaired	Cross-Country Skiing ■ M 1 km, Sprint Free, Sitting ■ M 1 km, Sprint Free, Standing ■ M 1 km, Sprint Free, Visually Impaired ■ W 1 km, Sprint Free, Visually Impaired	Alpine Skiing Slalom ■ M Sitting ■ M Standing ■ M Visually Impaired Biathlon ▲ M 15km, Sitting ▲ W 12.5km, Sitting Snowboard Cross Standing ▲ W Snowboard Cross Standing ▲ M Snowboard Cross Standing	Biathlon ■ M 15km, Standing ■ M 15km, Visually Impaired ■ W 12.5km, Standing ■ W 12.5km, Visually Impaired Alpine Skiing Slalom ■ W Sitting ■ W Standing ■ W Visually Impaired Cross-Country Skiing ▲ 4x2.5km Mixed Relay ▲ 4x2.5km Open Relay					
	SHAYBA Arena		ICE SLEDGE HOCKEY													● Ice Sledge Hockey
	ICE CUBE Curling Center		WHEELCHAIR CURLING													● Wheelchair Curling
MOUNTAIN CLUSTER	ROSA KHUTOR Alpine Center		ALPINE SKIING	Downhill ◆ M Standing ◆ M Sitting ◆ M Visually Impaired ◆ W Sitting ◆ W Standing ◆ W Visually Impaired	Super G ◆ M Sitting ◆ M Standing ◆ M Visually Impaired	Super G ◆ W Sitting ◆ W Standing ◆ W Visually Impaired	Super Combined ◆ M Sitting ◆ M Standing ◆ M Visually Impaired ◆ W Sitting ◆ W Standing ◆ W Visually Impaired		Slalom ◆ M Sitting ◆ M Standing ◆ M Visually Impaired	Snowboard Cross Standing ◆ W Snowboard Cross Standing Slalom ◆ W Sitting ◆ W Standing ◆ W Visually Impaired	Giant Slalom ● M Sitting ● M Standing ● M Visually Impaired	Giant Slalom ● W Sitting ● W Standing ● W Visually Impaired				
			BIATHLON	◆ M 7.5km, Sitting ◆ M 7.5km, Standing ◆ M 7.5km, Visually Impaired ◆ W 6km, Sitting ◆ W 6km, Standing ◆ W 6km, Visually Impaired			◆ M 12.5km, Sitting ◆ M 12.5km, Standing ◆ M 12.5km, Visually Impaired ◆ W 10km, Sitting ◆ W 10km, Standing ◆ W 10km, Visually Impaired			◆ M 15km, Sitting ◆ M 15km, Standing ◆ M 15km, Visually Impaired ◆ W 12.5km, Sitting ◆ W 12.5km, Standing ◆ W 12.5km, Visually Impaired						
	LAURA Cross-Country Ski & Biathlon Center		CROSS-COUNTRY SKIING			◆ M 15 km, Sitting ◆ W 12 km, Sitting	◆ M 20 km, Classic, Standing ◆ M 20 km, Classic, Visually Impaired ◆ W 15 km, Classic, Standing ◆ W 15 km, Classic, Visually Impaired	◆ M 1 km, Sprint Free, Sitting ◆ M 1 km, Sprint Free, Standing ◆ M 1 km, Sprint Free, Visually Impaired ◆ W 1 km, Sprint Free, Sitting ◆ W 1 km, Sprint Free, Standing ◆ W 1 km, Sprint Free, Visually Impaired			◆ Mixed Relay 4x2.5 km ◆ Open Relay 4x2.5 km	● M 10 km, Free, Sitting ● M 10 km, Free, Standing ● M 10 km, Free, Visually Impaired ● W 5 km, Free, Sitting ● W 5 km, Free, Standing ● W 5 km, Free, Visually Impaired				

M — Men
 W — Women
 ■ Victory Ceremony for previous day event
 ▲ Victory Ceremony for same day event
 ● In-Venue Victory Ceremony
 ◆ In-Venue Flower Ceremony

The competition schedule is subject to change.

All information regarding changes is published on the official website sochi2014.com.

TOP 8 TIPS FOR SPECTATORS

1. Please visit the official website, sochi2014.com, for the most up-to-date information about the Games. Be aware that event times are subject to change. You can check for changes to the Games schedule here.
2. To enter the Olympic park, the competition venues and the Ceremony venues, you must have a valid ticket and Spectator Pass. You can apply for a Spectator Pass at pass.sochi2014.com.
3. Check the [transportation routes](#) and plan your route ahead of time.
4. If you are purchasing tickets for events which take place at different venues in the Mountain and Coastal Clusters on the same day, please make sure you allow enough time between events in order to travel from one venue to another.
5. We recommend you arrive early and allow time to pass through security checks. Please check which items are permitted / not permitted to bring with you.
6. Please note Visa cards and cash are the only accepted way of payment for all services at the Games.
7. Please make sure that you have adequate protective winter weather clothing with you for attending Paralympic events. The weather may change quickly and the conditions vary greatly from those that you experienced when leaving your accommodation, particularly in the mountains, where you should make sure you have warm water-resistant clothing that offers protection from snowfall. You will be able to find the weather forecast during the Games at the sochi2014.com website at the venue pages.
8. Please take into account the innovative Sochi2014 Accessibility Map project kartadostupnosti.ru and use the "Accessibility Map" as your guide around the city!

YOUR TICKET AND SPECTATOR PASS

- 12 How to purchase a ticket
- 15 How to obtain your Spectator Pass
- 17 Additional Ticket Information

HOW TO PURCHASE A TICKET

YOUR TICKET AND SPECTATOR PASS

In order to gain access to the Games, you will need a valid ticket and a Spectator Pass.

HOW TO PURCHASE A TICKET

The official ticketing website of Sochi 2014

tickets.sochi2014.com

BUYING TICKETS

If you live in the Russian Federation, you will be able to purchase tickets on the official ticket website, tickets.sochi2014.com.

To buy tickets, you will need your ID and a Visa payment card.

1. Select an event on the website tickets.sochi2014.com, choose the tickets and complete payment.
2. Receive confirmation of your ticket purchase by email.
3. Get your ticket:
 - by postal delivery
 - or pick it up in person at the Main ticket centers in Sochi by presenting your printed order confirmation.

 It is recommended picking up your tickets in advance at the Main ticket centers in Sochi in order to avoid long queues at venues.

Spectators who do not reside in the Russian Federation may buy tickets through [Authorized Ticket Reseller](#) or through the National Paralympic Committee of their country. Under consent of National Paralympic Committees, the Sochi Website can also be used for ticket sales [for citizens of certain territories as marked on the Sochi Website](#).

To buy tickets you will need ID and a valid payment method (Visa card or cash). Children born after February 1, 2012 do not need a ticket or Spectator Pass to attend events if accompanied by an adult who has both.


YOUR TICKET AND SPECTATOR PASS

TICKET BOX OFFICES AND THE MAIN TICKET CENTER

In the Ticket Box Offices you can purchase tickets or print out pre-booked tickets. In the Main ticket centers you can also purchase and print out pre-booked tickets, fill-in the ticket refund / claim form or find Sochi 2014 staff to answer any questions you may have regarding your ticket.

Ticket Center locations	Operation time
56, Gorkogo str., Sochi (Sochi transport hub)	08:00 — 20:00
113, Lenina str., Sochi (Adler transport hub)	08:00 — 20:00

During Games Time, depending on availability, it will be possible to purchase **additional tickets** in the Ticket Box Offices located near the Paralympic venues in the Coastal and Mountain Clusters.

 Buy your tickets in advance! It will guarantee attendance of your favorite competitions.

Note! To enter in the Olympic park you need a valid ticket!

Ticket Box Offices location	Operation time during the Paralympic Games
Sochi Airport	09:00 — 21:00
Olympic Park hub (bus station)	
07 Mar. 2014	14:00 — 00:00
08 Mar. 2014 — 15 Mar. 2014	07:00 — 00:00
16 Mar 2014	14:00 — 00:00
Inside the Olympic Park	1-2 hours before the competition session
Mountain Cluster venues	3 hours before the competition session

HOW TO PURCHASE A TICKET

Payment for ticket purchases at the Main Ticket Centers and Ticket Box Offices will be possible in cash or by Visa card.

Sochi 2014 Ticket program support service at

+7 (800) 555-5214

will be available from 7am till 9pm to help you with any additional information you might need.

The terms and conditions for ticket purchase and ticket refunds can be found on tickets.sochi2014.com.

HOW TO OBTAIN YOUR SPECTATOR PASS

APPLYING FOR A SPECTATOR PASS

After buying your tickets, we recommend that every spectator begins the Spectator Pass registration process as soon as possible via pass.sochi2014.com or at one of the Spectator Registration Centers.

Only ticket holders may obtain a Spectator Pass. You only need to apply once for a Spectator Pass, even if you have tickets for multiple sporting events, as it will be valid for the entire period of the Sochi 2014 Olympic and Paralympic Winter Games. If you hold already a spectator pass from the Olympic, this will also apply for the Paralympic period.

Procedure for applying for a Spectator Pass

Step 1. Submitting an Application


In order to submit your application to receive a Spectator Pass ahead of the Games, you need to go to pass.sochi2014.com or at to one of the Spectator Registration Centers.

Step 2. Pick-up

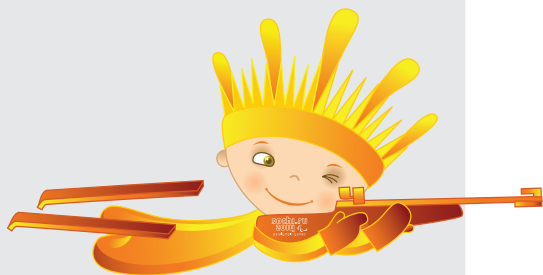
Spectators may pick up their Spectator Pass in person at one of the official Spectator Registration Centers in Sochi or Moscow by showing the ID indicated when they submitted their Spectator Pass application.

Step 3. Activation

Spectator Passes will be activated when the spectator visits a Spectator Registration Center in person and shows the ID indicated when submitting the Spectator Pass application.

 **Important!** The passport should be the one you use to enter the Russian Federation.

If you purchase tickets for events taking place at different venues in the Mountain and Coastal Clusters on the same day, please make sure you allow **enough time** between the events in order to travel from one venue to another.



HOW TO OBTAIN YOUR SPECTATOR PASS

ADDITIONAL TICKET INFORMATION

SPECTATOR PASS REGISTRATION CENTERS

18, Kolobovskiy 1st, Moscow, Metro «Trubnaya»	10:00 – 20:00
31, Kurortny prospekt, Sochi	10:00 – 19:00
7, Novaya Zarya str., Sochi, Trade center «Moremall»	10:00 – 22:00
1/1, Bestujeva str., Adlerskiy district, Sochi, shopping mall «Mandarin»	10:00 – 22:00
70, Karasunskaya str., Krasnodar, Central microdistrict	10:00 – 19:00
56, build. 1, Gorkogo str., Sochi hub (train station)	10:00 – 22:00
113, Lenina str., Adler hub (train station)	10:00 – 22:00

Spectator registration program support service

+7 (800) 550-00-14

For information about the Spectator Pass, help filling out the application form, Spectator Registration Center addresses, and other useful information, please visit pass.sochi2014.com.

TAKE CARE OF THE TICKET AS IF IT WAS CASH

Pay attention to your ticket. Damaged tickets may not be accepted and lost tickets unfortunately cannot be replaced.

BUY YOUR TICKETS IN ADVANCE

It will guarantee attendance of your favorite competitions.

REMEMBER, A TICKET DOES NOT GIVE PERMISSION TO RE-ENTER A COMPETITION

If you exit a venue after a competition has begun, you cannot re-enter with a used ticket. When you are on route to an event make sure that you have everything that you need with you.

USING A TICKET ON THE SPECTATOR TRANSPORT SYSTEM

If you have a ticket to the Paralympic Winter Games, then your journey, on the day of the event you are attending, will be free of charge on the Spectator transport system.

PERSONS WITH AN IMPAIRMENT

Sochi 2014 is accessible for spectators with an impairment. To buy a ticket with an assigned seat equipped for individuals with an impairment, go to tickets.sochi2014.com, and submit the electronic form in the 'Help' section.

You can also issue a ticket for individuals with a disability by telephone, by calling the Sochi2014 ticketing help line on

+7 (800) 555-5214.

ADDITIONAL TICKET INFORMATION

GOING TO THE GAMES WITH CHILDREN

Ticket Holders under 18 years can only attend a Session accompanied by an adult who possesses a Ticket and a Spectator Pass.

- !** **Please note:** Children under the age of 2 years (born after 1st of February 2012) do not need a Ticket and a Spectator Pass. Children older than 2 years (born before 1st of February 2012) years must have a Ticket and a Spectator Pass.

DELAY, POSTPONEMENT OR CANCELLATION OF AN EVENT

Please note that tickets to delayed or postponed events are valid and are not exchangeable. If an event is cancelled, you can apply for a refund.

REFUNDS

The ticket refund process is outlined by the Organizing Committee. In case of a refund, you have to send your unused ticket and a refund claim to the Organizing Committee. The form for a refund claim is on the website tickets.sochi2014.com, in the "Help" section, and will also be available at the Main ticket centers and offices.

- !** **Note!** At the Main ticket centers and Tickets Box Offices you can't get money back for your ticket.

If you bought a ticket from [Authorized Ticket Reseller](#), the refund will be managed by the [Authorized Ticket Reseller](#) from whom you have bought the ticket.

BARRIER-FREE ENVIRONMENT



BARRIER-FREE ENVIRONMENT



THE GAMES IN SOCHI WILL BE FULLY ACCESSIBLE FOR PEOPLE WITH IMPAIRMENTS.

All the competition venues and transport infrastructure facilities have been designed in accordance with accessibility requirements.

Public transport is equipped with information tables, ramps and areas for wheelchairs.

In the stands special areas are provided for wheelchair users, with places for the people accompanying them.

In Sochi **parking places** have been set aside for people with impairments, and hotels are providing accessible accommodation.

Toilets at the venues are equipped with special hand rails and have enough space in which to maneuver a wheelchair.

Special services for people with impairments will be provided at the venues during the Paralympic Winter Games (sign language and audio description services (during Opening and Closing Ceremony days only), hearing aid repairs, the provision of accessible transport and wheelchairs and other such services).

ACCESSIBILITY MAP

kartadostupnosti.ru

The innovative Accessibility Map project is one of the key elements of the legacy that will be left by the Sochi Games. The map publishes information about the city's infrastructure, featuring elements of the barrier-free environment and the accessible routes. When planning your visit to the 2014 Games in Sochi, make sure you use the "Accessibility Map" as your guide around the city, and, if necessary, as a "navigator around the barrier-free environment".

Call center on creating a barrier-free environment and ethics of interaction with people with impairments

8 800 550 91 11.

SPECTATOR TRANSPORT SYSTEM



TRANSPORT SYSTEM

SPECTATOR TRANSPORT SYSTEM

The spectator transport system will run between the competition venues and the main districts of the city of Sochi. Transportation for spectators includes a network of rail and bus routes, as well as a system of cableways.

The transport infrastructure facilities have been designed in accordance with accessibility requirements: information tables, ramps and areas for wheelchairs, Games mobility accessible shuttles at venues are available.

Spectator transport system is free of charge for spectators with an Paralympic ticket.


 **Please note!** You can't use the bus or cable way routes without a ticket on the day of competition. Buy your ticket in advance!

Transportation hubs are located in the major districts of the Coastal and Mountain Clusters: Sochi, Matsesta, Khosta, Adler, Airport and Olympic park, as well as in Krasnaya Polyana, Laura and Rosa Khutor.

SERVICES AT THE HUBS:

 Information desks

 Toilets

 Cafés, restaurants

 Police

 ATMs

 Merchandising

NOTE!

Be ready to go through security checks when using transportation. Schedule extra time for transportation.

The Competition schedule is subject to change. In order to plan your travel, please check the latest version of the competition schedule at sochi2014.com.

Rail Lines


- Operation hours during the Paralympic Winter Games: 06:00 — 02:00
- Operation time for the direction Sochi — Airport is 24 hours


Buses, Mountain Buses

- Operation hours during the Paralympic Winter Games: 05:00 — 01:00
- Buses are available for spectators with a valid ticket for a competition

Cableways

- Starts to operate 3 hours before the event and ends 3 hours after the event
- It is not possible to buy a ticket just for a cableway. Cableways are available for spectators with a valid ticket for a competition at this venue on that day

 **Important!** During the Games, road access to Sochi will be limited for private vehicles, and unauthorized access to the Paralympic venues is prohibited. Please choose public transport for spectators to travel to competition venues, to Sochi and around the city during the Games.

 **Important!** Luggage restrictions are applicable when using railway routes R1, R2, R4. Requirements and restrictions are identical to the ones applicable to the venues. Plan your trip accordingly:

- Upon your arrival on the first day to the Sochi Airport if you need to get to the center of the city or Adler, take the R3 railway route, as it is more convenient.
- If you are accommodated in Mountain Cluster or closer to the Olympic park, take the bus routes and B5 or a feeder bus. You can get yourself familiar with the list of restricted items at sochi2014.com/en/paralympic/spectators.

TRANSPORT SYSTEM

SPECTATOR TRANSPORT SYSTEM

CABLEWAYS TRAVEL TIME (min.)

Cableways connect the transportation hubs (Krasnaya Polyana, Laura Hub and Rosa Khutor 3S) to the sports venues in the Mountain Cluster: Laura Cross-country Ski & Biathlon Center and Rosa Khutor Alpine Center. The cableways are accessible (ramps and areas for wheelchairs, accessible elevators at the exit from the cableways station, Games mobility accessible shuttles (from the cableways station to the venues). **Please find Sochi 2014 volunteers to get more information about access the venue.**

Route*	Start	End	App.time, min.
I	Laura Hub	Laura Cross-country ski and biathlon center	12
III	Krasnaya Polyana Hub	Cableway III 3S Top Station (Pihtovaya Polyana)	12
VII	Rosa Khutor 3S Hub	Rosa Khutor Alpine Center	11
X	Top Station Cableway III – 3S (Pihtovaya Polyana)	Laura Cross-country ski and biathlon center	8

* The door width of the gondolas I, X is fixed at 80 centimeters. The gondola seats can be lifted easily to create more space, so 1-2 wheelchairs may enter a cabin. This support will be provided by technical workers.

As for the 3S gondolas (III, VII), their door width is 1 meter and each cabin can carry 1 wheelchair user.

The gondola has fixed speed for more wheelchair user comfort.

TRAIN JOURNEY TIME (min.)*

	Krasnaya Polyana Hub	Olympic Park Hub	Sochi Hub	Adler Hub	Khosta Hub	Matzesta Hub	Airport Hub
Krasnaya Polyana Hub	–	42	79	48	58	68	57**
Olympic Park Hub	55	–	49	13	28	38	22**
Sochi Hub	91	51	–	32	20	10	43
Adler Hub	55	14	32	–	11	21	9
Khosta Hub	70	30	20	11	–	9	20**
Matzesta Hub	80	40	10	21	9	–	30**
Airport Hub	64**	23**	45	9	20**	30**	–

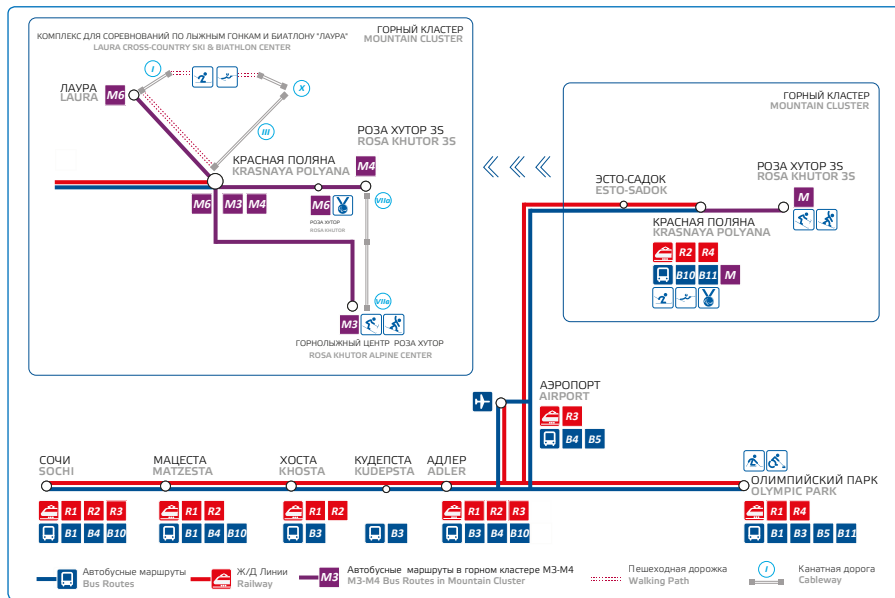
* The timetable indicates the maximum travel time, it may vary due to the specifics of the train timetable in the Mountain Cluster.

This time doesn't include the change time between the trains.

** This time doesn't include the change time the trains at Adler hub.

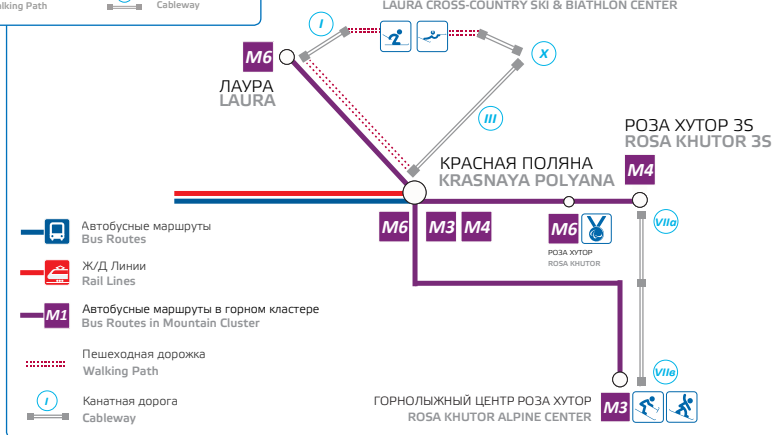
TRANSPORT SYSTEM

SPECTATOR TRANSPORT SYSTEM



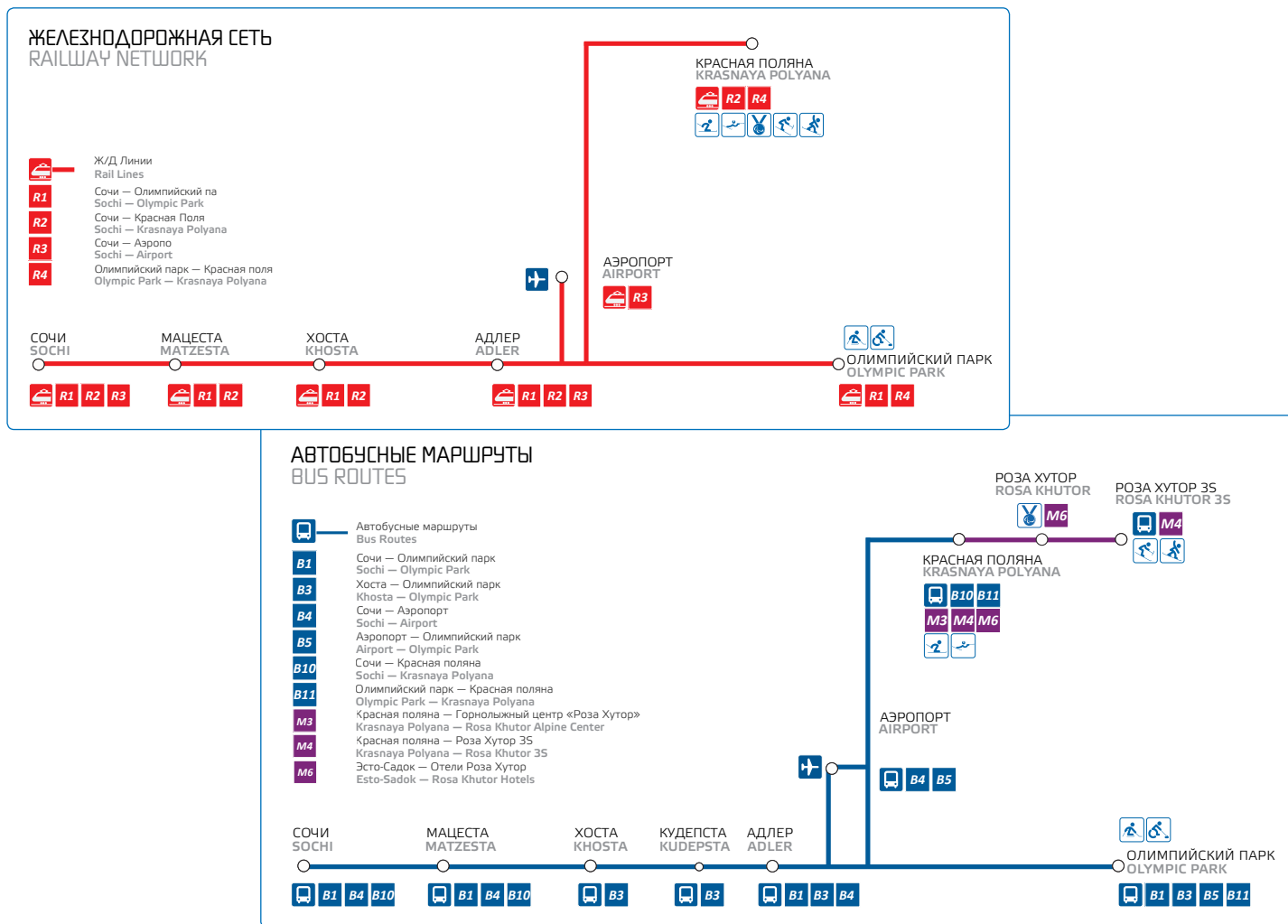
ТРАНСПОРТ ДЛЯ ЗРИТЕЛЕЙ. ГОРНЫЙ КЛАСТЕР SPECTATORS TRANSPORTATION. MOUNTAIN CLUSTER

КОМПЛЕКС ДЛЯ СОРЕВНОВАНИЙ
ПО ЛЫЖНЫМ ГОНКАМ И БИАТЛОНУ 'ЛАУРА'
LAURA CROSS-COUNTRY SKI & BIATHLON CENTER



TRANSPORT SYSTEM

SPECTATOR TRANSPORT SYSTEM



TRANSPORT SYSTEM

SPECTATOR TRANSPORT SYSTEM

BUS JOURNEY TIME (min.)*

	Krasnaya Polyana Hub	Olympic Park Hub	Sochi Hub	Adler Hub	Khosta Hub	Matzesta Hub	Airport Hub	Rosa Khutor 3s Hub
Krasnaya Polyana Hub	—	81	121	100	90	107	89	M4 — 11
Olympic Park Hub	81	—	58	21	41	43	17	92
Sochi Hub	118	54	—	39	—	14	41	121
Adler Hub	90	16	40	—	16	24	11	84
Khosta Hub	117	35	—	17	—	—	28	117
Matzesta Hub	104	40	15	25	—	—	36	115
Airport Hub	89	17	45	11	27	35	—	100
Rosa Khutor 3s Hub	12	93	133	82	112	119	101	—

* The time in the table is the maximum travel time, it may vary due to the specifics of the bus timetable in the Mountain Cluster.

This time doesn't include the change time between the bus routes.



The weather conditions in the Coastal and Mountain Clusters may vary greatly: expect large amounts of snow in the mountains and warm, windy and sometimes rainy weather on the coast.

CITY OF SOCHI BUS TIMELINE

Be transported to Sochi!

Public transport will be readily available during the Games. The city of Sochi, Adler, Krasnaya Polyana, Lazarevskoe, Khosta, Matsesta, Dago-mys and Golovinka are all well interconnected. We invite you to have a look at the most relevant routes they have.

Public transport within the City of Sochi is paid and a valid ticket on the day of competition does not allow the free transportation. Public transport fares start at 17 rubles.

№	Route	First Bus		Last bus		Interval between buses (min)							Duration (minutes)
		hour, minutes.	hour, minutes.	hour, minutes.	hour, minutes.	07:00 — 09:00	09:00 — 16:00	16:00 — 19:00	19:00 — 22:00	22:00 — 02:00			
1	<ul style="list-style-type: none"> Novaya Zarya Circus 20th Gomostrelkovoy Divizii Str. 	5:00	2:00	5	10	5	10	10	10	100			
7	<ul style="list-style-type: none"> Truda Str. Konstitutsyi Str. Gorkogo Str. Platanovaya Alley stop Sanatoriyi Rus 	5:00	2:00	5	10	5	15	15	90				
17	<ul style="list-style-type: none"> Sochi train station Vinogradnaya Str. Novaya Zarya stop Donskaya Str. (circular) 	5:00	2:00	5	10	5	10	20	47				
18	<ul style="list-style-type: none"> Novaya Zarya stop Vinogradnaya Str. Ordzhonikidze Str. Winter theater Tchernomorskaya Str. Kurortnyi Prospect Donskaya Str. 	5:00	2:00	5	10	5	10	10	68				
105	<ul style="list-style-type: none"> Sochi train station Sochi Airport Moldovka village Krasnaya Polyana Esto-Sadok village Rosa Khutor 	5:00	2:00	10	10	10	10	10	288				
105к	<ul style="list-style-type: none"> Sochi train station Khosta Kudeptsya Sochi airport Moldovka village 	5:00	2:00	20	20	20	20	20	162				

TRANSPORT SYSTEM

№	Route	Interval between buses (min)								Duration (minutes)
		First bus hour, minutes.	Last bus hour, minutes.	07:00 — 09:00	09:00 — 16:00	16:00 — 19:00	19:00 — 22:00	22:00 — 02:00		
122	<ul style="list-style-type: none"> Sochi train station Sputnik hotel Kudeptsy, Darwin Str. Verkhnenikolaevskoe village 	5:10	2:00	5	5	5	5	15	140	
14	<ul style="list-style-type: none"> Sochi train station L. Tchaikinoi Str. 	6:00	0:00	15	30	15	15	30	60	
104	<ul style="list-style-type: none"> Klubnichnaya Str. Baranovka village, Vysokogornaya Str. 	6:05	00:15	10	20	15	20	30	100	
131	<ul style="list-style-type: none"> Adler train station Galitsino village 	5:00	0:00	15	30	15	30	50	129	
132	<ul style="list-style-type: none"> Adler train station Tchereshnya village 	5:00	0:00	15	30	15	30	50	115	
135 135k	<ul style="list-style-type: none"> Adler train station Lenina Str. Moldovka village Krasnaya Polyana Esto-Sadok village Rosa Khutor 	5:10	1:00	10	10	10	10	30	218	
173	<ul style="list-style-type: none"> Sochi Airport Veseloe village Psou 	5:50	0:00	15	30	15	30	60	100	
63	<ul style="list-style-type: none"> Krasnaya Polyana Train station Esto-Sadok Krasnaya Polyana train station Kepsha 	5:50	2:00	20-25	30	30	30	30-40	66	
67	<ul style="list-style-type: none"> Lazarevskoe Pobedy Str. 	6:50	2:00	10	20	10	30	30	60	
60	<ul style="list-style-type: none"> Kudeptsy Adler train station Market Aviatsionaya Str. (circular) 	5:30	2:00	10	15	10	20	20	80	
100	<ul style="list-style-type: none"> Nekrasovo cultural center Veseloe village Adler train station 	5:00	2:00	5	10	5	10	10	100	

VENUES

- 34 Coastal and Mountain Clusters
- 40 Services at the venues
- 42 Coastal Cluster
- 52 Mountain Cluster

COASTAL AND MOUNTAIN CLUSTERS

VENUES

A total of 5 venues in two clusters have been built in Sochi for the Games — the Mountain Cluster (Krasnaya Polyana and Rosa Khutor) and the Coastal Cluster (the Olympic park). The two Clusters are 48 km apart and linked by a high speed modern transport connection.

KEY TIPS FOR VISITING SPORTS VENUES:

- 1 Before leaving your hotel always check transport timetables.
- 2 To enter sports events you must present your valid ticket and Spectator Pass. If you don't yet have a Spectator Pass, find out **how to get one**.
- 3 A separate ticket is needed for each event. If you did not manage to get tickets in advance, you may buy them at the Main Ticket Centers or Ticket Box Offices at the Games depending on availability. Buy your tickets in advance!
- 4 Visa cards and cash are the only accepted form of payment for all services at the venues.
- 5 Please allow time to go through security. **Be aware of what you can and can't bring with you** — refreshments will be available at cafés and fast-food outlets at the venues.
- 6 Spectators with small children may bring the child's food.
- 7 If you have any questions please ask the Sochi 2014 volunteers — they will be easily recognizable by their uniforms.

SPECTATOR SCREENING PROCEDURE AT THE VENUES

All spectators will be required to go through security checks upon entering the venues. The personal security checks and the procedure for checking personal belongings will be the same as those found at the airport. Spectators with an impairment will be asked to go through security checks in accessible areas.

Every spectator must:

- have a valid ticket to the Games on their person for the accurate date and session, plus a Spectator Pass;
- present their personal belongings for checking;
- follow the instructions of the Games staff.



Important! Mobile communication service within the competitions area is provided by MegaFon — the Sochi 2014 General Partner. If your device has not automatically connected to the MegaFon network, please select MegaFon in your device settings and remain connected. You will be charged according to your tariff plan.

Spectators with an impairment will be asked to go through security checks in accessible areas.

LIST OF PROHIBITED ITEMS AT THE VENUES:

- Firearms and sharp implements, ammunition, explosives;
- Flammable liquids and materials, gases and gas canisters, toxic, poisonous, and caustic substances. Narcotic and psychotropic substances;
- Medicines, no more than 1 packet, no more than 3 types, with a total capacity of no more than 100 ml;

- Large bags and suitcases (dimensions less than or equal to 50×50×50 cm);
- Food and drink products, including alcoholic beverages (with the exception of children's food and milk, no more than 1 liter per child), thermos flasks and jars, glass containers and bottles, liquids with a total volume greater than 100 ml;
- Flags and banners larger than 2×1 m, or the flags of countries which are not participating in the Games. Printed literature, banners, banners with religious, political or offensive content or content which is contrary to civil order and / or morals;
- Any advertising materials;
- Radio frequency equipment (with the exception of USB modems, smart phones and telephones, security keys, medical implants, hearing aids), laser devices, tripods;
- Devices creating excessive noise which may impede the staging and watching of events (vuvuzelas, etc.);
- Sporting goods and bicycles;
- Any items which look like the aforementioned prohibited items or are copies of banned items.

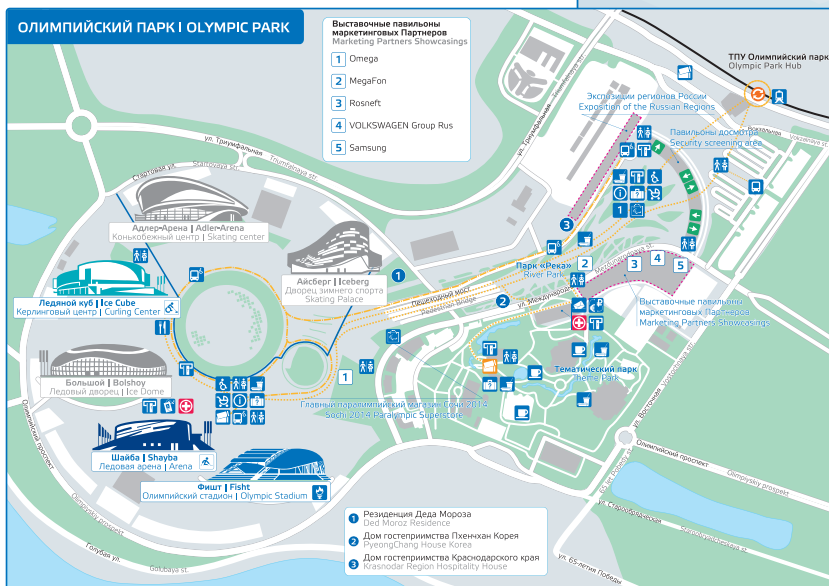
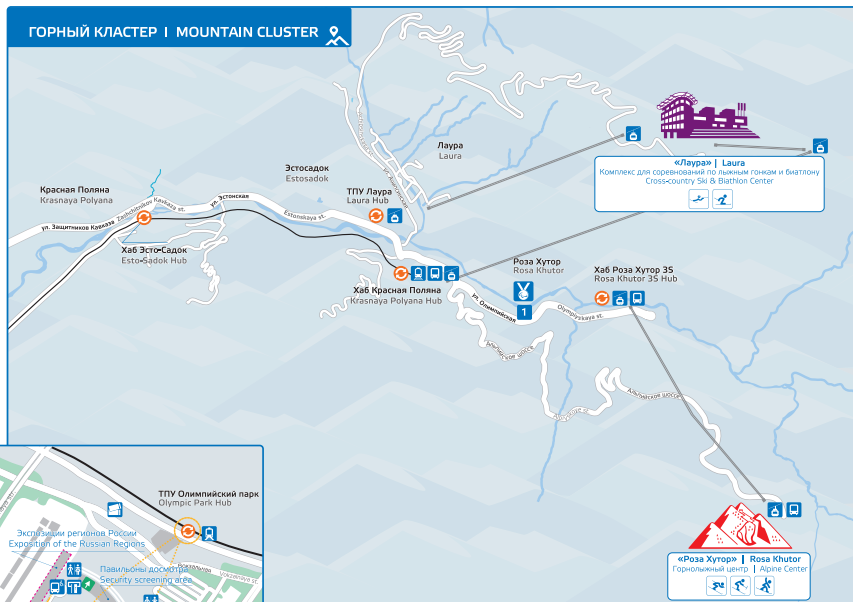
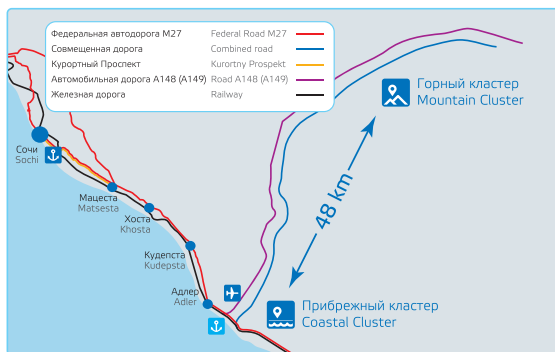
A detailed list of prohibited items (with exceptions) and a code of conduct at the venues sochi2014.com/en/spectators-security-and-medicine.

RULES OF CONDUCT AT VENUES

- Be careful when crossing the driveways, try to avoid slippery surfaces (wet floor, ice);
- It is prohibited to attempt to scale the fence, railings, lighting devices, masts, supporting structures;
- It is prohibited to smoke outside of designated and marked areas;
- In the event of fire, or other emergency situations, keep calm and immediately report them to any Games workforce representative or law enforcement officer, and follow their instructions;
- Unauthorized attachment of the permitted flags and banners on the surfaces of buildings and/or structures in the Venues is prohibited;
- Unauthorized presence on the competition in the aisles and on the stairs of sports facilities, as well as, obstructing the movement of participants and spectators is prohibited;
- In order to avoid conflicts pay attention to the on-site warning and restrictive signs.

COASTAL AND MOUNTAIN CLUSTERS

VENUES



Транспорт | Transport

- Аэропорт Airport
- Морской порт Сочи Sochi Seaport
- Морской порт Адлера Adler Seaport
- ТПУ - Транспортно-пересадочный узел Transport Hub
- Автобусная остановка Bus station
- Железнодорожная платформа Railway station
- Станция канатной дороги Cableway station
- Автомобильные дороги Road
- Железная дорога Mainline railway
- Совмещенная дорога Combined Road
- Канатные дороги Cableway

Прочее | Other

- 1 Mascots of Sochi 2014 Paralympic Games Талисманы Паралимпийских игр «Сочи 2014»
- Medals Plaza Паралимпийская Площадь: празднования и награждений

SERVICES AT THE VENUES

VENUES



Entrance / Exit



Accessible



Accessible Toilet (Women)



Accessible Toilet (Men)



Ramp



Accessible Toilet



Toilet



Toilet (Women)



Toilet (Men)



Pedestrian Crossing



Stairs



Elevator



Accessible Elevator



Café



Snacks



Concession/ Restaurant



The Award Ceremony



Live Sites



ATM



Tickets Box Office



Ticket Resolution Office



Information Desk



Official Merchandise Sochi 2014



Lost & Found



Bank



Postal and Parcel Services



Meeting Point



Medical Station



Changing Table



Stroller Storage



Spectator's Tent

OLYMPIC PARK

To get to the **Olympic Park**, where all the sports venues of the Coastal Cluster are located, spectators will need to travel to the Olympic park transportation hub. All venues in the Coastal Cluster are within walking distance of one another. For spectators with an impairment the Games mobility accessible shuttles will be available.

Journey times to the Olympic Park using the Spectator Transport system (by train):

from Sochi airport	22 minutes
from Sochi City center	51 minutes
from Adler	13 minutes

During the Games the Olympic Park will be open daily

07 Mar. 2014	16:00 – 23:30
08 Mar. 2014 – 15 Mar. 2014	07:30 – 23:30 entry until 22:30
16 Mar. 2014	16:00 – 23:30

To get to the Olympic Park

spectator must have a Spectator Pass plus:

- 1 a ticket to a competition on the current date or
- 2 an official invitation to the Olympic Park or
- 3 a ticket to the Olympic Park. Olympic park ticket price is 50 RUB.

Olympic Park hub operation time

06 Mar. 2014 – 16 Mar. 2014 from 05:00 till 02:00

Ticket Box Office – Olympic Park hub (bus station)

07 Mar. 2014	14:00 – 00:00
08 Mar. 2014 – 15 Mar. 2014	07:00 – 00:00
16 Mar. 2014	14:00 – 00:00

Travel Time from Olympic Park transport hub to the Olympic Park venue entrances*

From	To	Estimated travel time (min)
Olympic park Hub	Ice Cube Curling Center	37
	Shayba Arena	30
	Fisht Olympic Stadium	30
	Theme Park	14

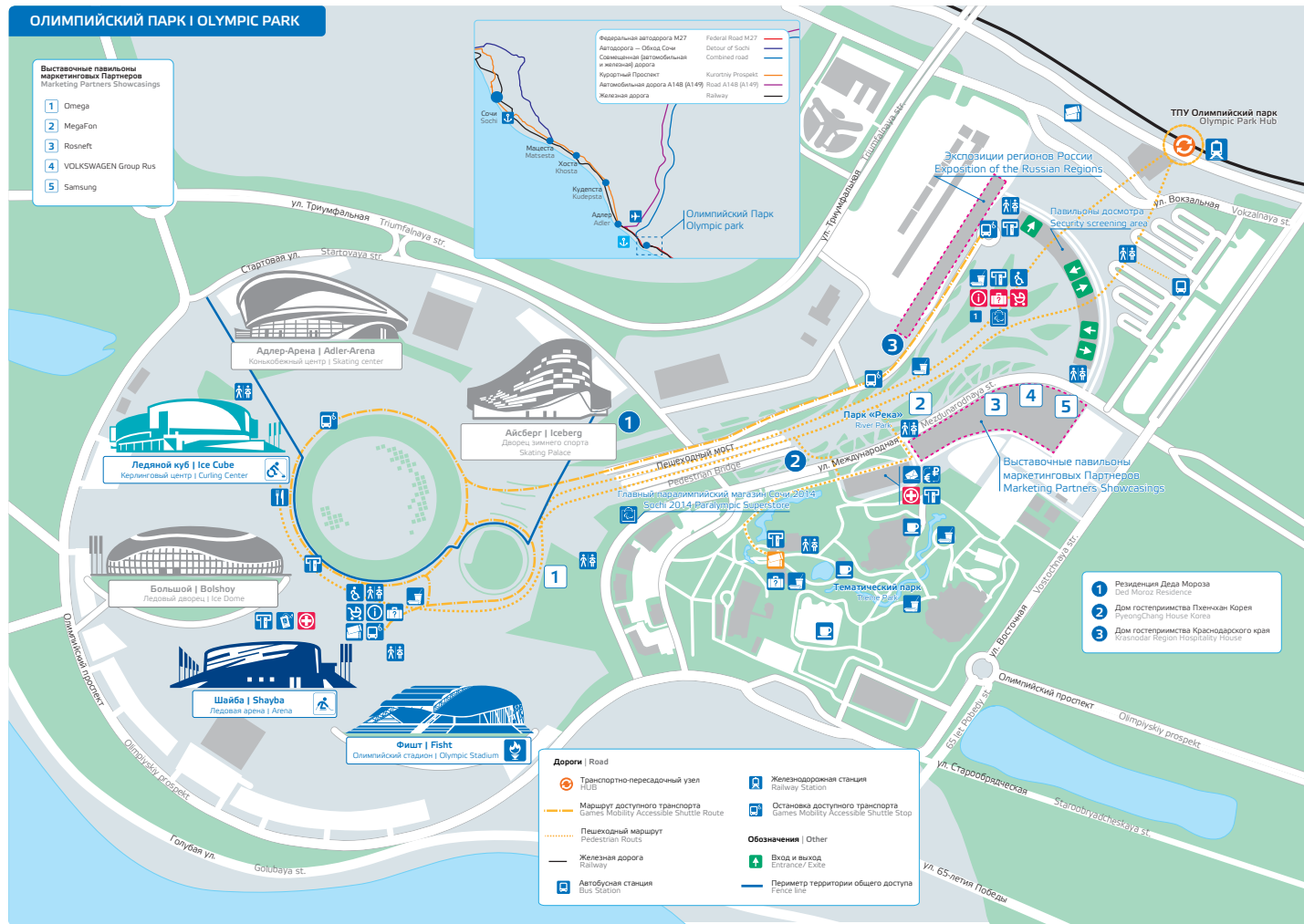
* Calculated on the basis of average Speed (4 km/h).

The Games mobility accessible shuttle station is located near the entrance to the Olympic Park.



Be ready for a great amount of people wanting to get into the Olympic park. Buy your tickets beforehand on the tickets.sochi2014.com website or at the Main ticket centers in Sochi.

Please pay attention to the signs at the venues. They help you to find your way around, along with the audio announcements on the loud speakers and the information video panels. The signs are written in both Russian and English.



Olympic Park Hub



"FISHT" OLYMPIC STADIUM

07 Mar. and 16 Mar., on Ceremony Days the "Fisht" Olympic Stadium will be open from 17:00. Don't miss the Events!

Information desk. Information desks are situated on every floor at the venue. Here you can get all the information you need, and find clothes you have lost.

Ticket resolution office. TRO is situated next to the information desk. Here you can resolve any problem with your ticket for the Opening and Closing Ceremonies.

Cafe. Café and restaurants are situated on the 3rd and 5th floors.

Stroller storage. Store your stroller and enjoy the show with your kids.

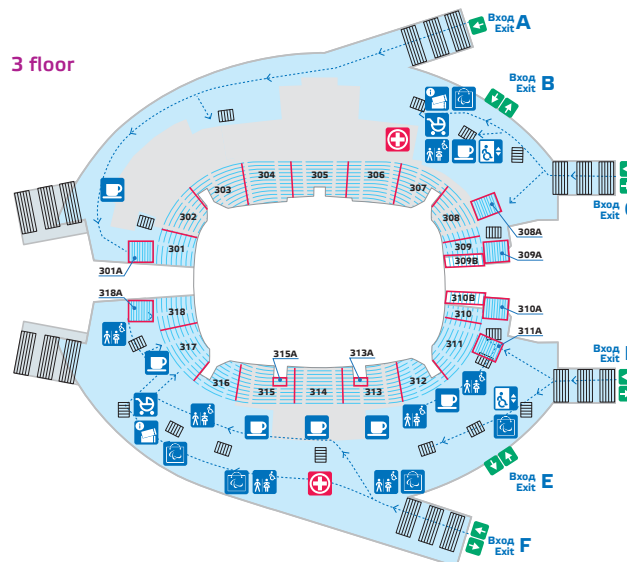
Official merchandise Sochi 2014. Remember, you can only pay by cash or a Visa card.

On the days of the events the venue opens for spectators at 17:00.

Attention! To get to stand 301 use entrance A, and entrance C for stands 308 and 309. For stands 310 to 316 use entrance D. In order to get to stands 316 through 318 use entrance F.

Attention! The "Fisht" Olympic stadium is an open stadium, all the spectator areas are not heated, do not forget to put on warm clothes.

3 floor



Fun fact! The stadium is divided into two separate parts, West and East, connecting two parts of the world! Please use the entrance indicated on your ticket.

"SHAYBA" ARENA

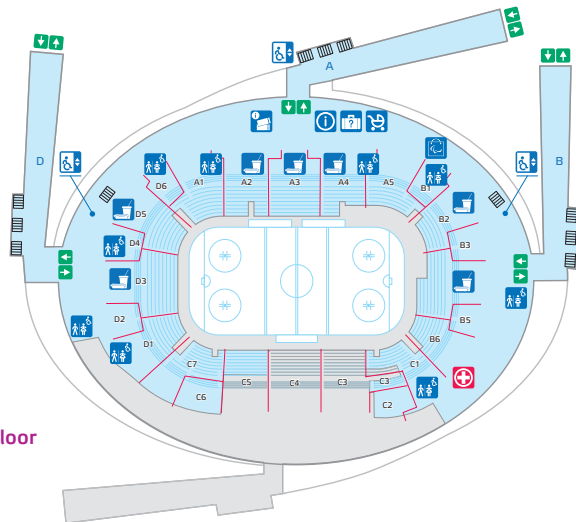
Information desk. The information desk is situated in the spectator foyer next to entrance A and is combined with the Lost&Found. All lost items will be kept until the end of the competition. Ask volunteers for more information. You can also take advantage of the stroller storage service situated at the info desk.

Ticket resolution office. Here you can resolve any problem with your ticket, or get a consultation from the Games staff.

Accessibility. Spectators with impairment can use accessible elevators, which are situated next to entrance A, G and F.

The venue opens 1 hour before the competition.

Entrance to the stalls is possible through entrances A, B, D, G, F.



2 floor

Fun Fact! The venue has been designed to look like a flying puck.

"ICE CUBE" CURLING CENTER

Information desk. Stay in the know. Get any information you need from trained staff.

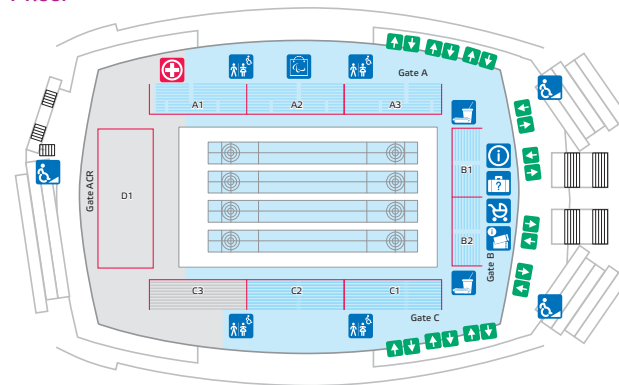
Stroller storage. Family friendly Olympics! Store your stroller and enjoy the competitions with your kids.

Official merchandise Sochi 2014. Take Sochi2014 home with licensed merchandise. Remember, you can only pay by cash or a Visa card.

Venue opens 1 hour before the start of the competition.

For spectators attending 2nd and 3rd sessions — the venue opens 45 minutes before the start.

1 floor



MOUNTAIN CLUSTER

VENUES

TIPS:

1. Allow time to get to the Mountain Cluster. Get to know the transportation routes for spectators.
2. For people with impairments Games Mobility Assistance Shuttles at venues are available.
3. Take note of journey times. Plan ahead!
4. Allow time to access the transport or venue entrance security check points, given the number of spectators travelling.
5. To gain access to competitions you will need your Ticket and your Spectator's Pass.
6. You have access to the cable way only by showing a valid ticket to the competition on that day. Buy your tickets beforehand.
7. Venues at the Mountain Cluster open 3 hours before the competition.
8. Venues have warming tents and concession points — you can eat hot food and keep extra warm!
9. Significant amount of walking is part of the spectator experience at major sporting events, so it is recommended wearing comfortable shoes.

The weather conditions in the Coastal and Mountain Clusters may vary: expect large amounts of snow in the mountains and mild, blustery and occasional light rain on the coast.

Find the weather forecast during the Games at sochi2014.com!

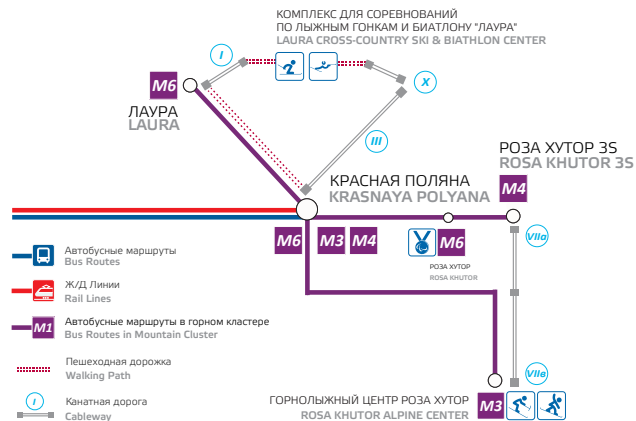


TRAVEL TIME IN MOUNTAIN CLUSTER*

From	To	Ways	Estimated travel time (min)
	Rosa Khutor Alpine Center	Bus M3	25
	Rosa Khutor Alpine Center	Bus M4 + Cableway VII	13 + 11
Krasnaya Polyana Hub	Laura Cross-country Ski and Biathlon Center	Cableway III + Cableway X + Walkway	12 + 8 + 10 *
	Laura Cross-country Ski and Biathlon Center	Walkway + Cableway I + Walkway	20 + 12 + 20 *
	Rosa Khutor 3S Hub	Bus M4	13

* Calculated on the basis of the average speed of 4 km/h.

The transport infrastructure is accessible. **Please find Sochi2014 volunteers to get more information about access the venue.**



MOUNTAIN CLUSTER

VENUES

ГОРНЫЙ КЛАСТЕР | MOUNTAIN CLUSTER

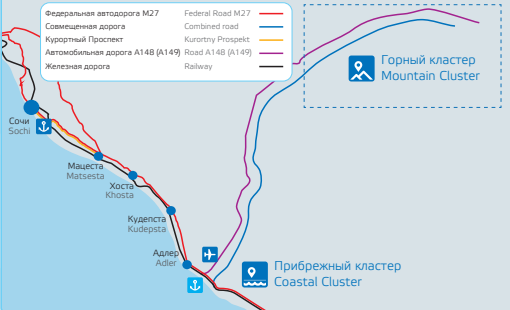
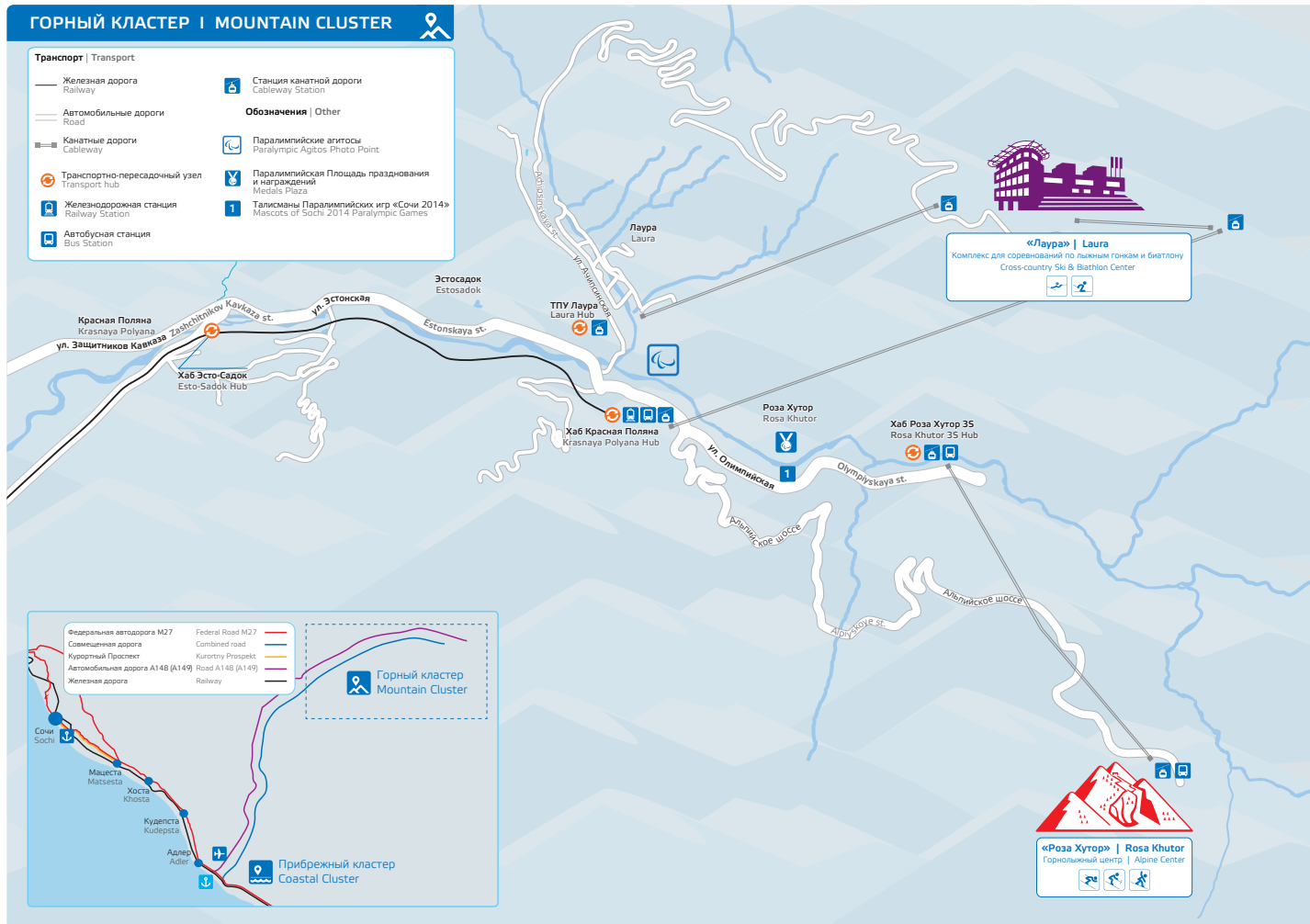
Транспорт | Transport

- Железная дорога
Railway
- Автомобильные дороги
Road
- Канатные дороги
Cableway
- Транспортно-пересадочный узел
Transport hub
- Железнодорожная станция
Railway Station
- Автобусная станция
Bus Station

- Станция канатной дороги
Cableway Station

Обозначения | Other

- Паралимпийские агитосы
Paralympic Agitos Photo Point
- Паралимпийская Площадь празднования и награждения
Medals Plaza
- Талисманы Паралимпийских игр «Сочи 2014»
Mascots of Sochi 2014 Paralympic Games



MOUNTAIN CLUSTER

VENUES



MAIN MOUNTAIN CLUSTER TRANSPORT HUBS SCHEMES



MOUNTAIN CLUSTER

VENUES

«LAURA» CROSS-COUNTRY SKI & BIATHLON CENTER

Concession. Don't forget to eat and drink to keep warm. Concession points are situated at the skiing stadium, biathlon stadium and on the cableway station "Priyut-1".

1 Spectators tent. You can warm up in tents specially made for spectators! Get information about their whereabouts from volunteers.

Official merchandise Sochi 2014. Take Games home! Remember, you can only pay by cash or a Visa card.

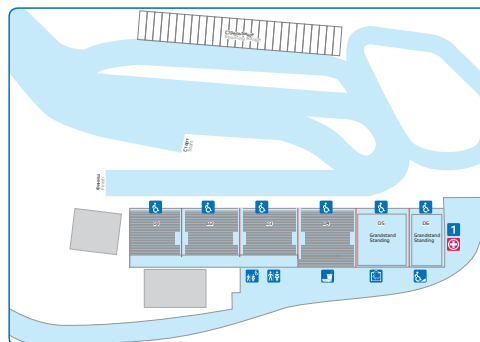
Venue opens 3 hours before the start of the competitions.

We recommend to arrive to the "Krasnaya Polyana" hub (the closest hub to the venue) three hours before the beginning of the competition!

It takes about an hour to get from the hub to the venue, including the cableway trip and the scenic walk. On your way to the venue you will be able to rejoice in the grand scenery of Krasnaya Polyana, buy souvenirs, and have a great time. Whilst at the venue take advantage of the unique opportunity to witness the athletes' training, which begins an hour before the biathlon competition — it is an interesting sight available for the spectators of the Games. Plan your trip in advance!

Fun Fact! An hour before the biathlon competition you can witness athletes training! And from the west cableway station you can see the ski track and mountains.

For spectators with an impairment the Games mobility accessible shuttles will be available at venue.



Cross-country and Biathlon stadium

MOUNTAIN CLUSTER

"ROSA KHUTOR" ALPINE CENTER



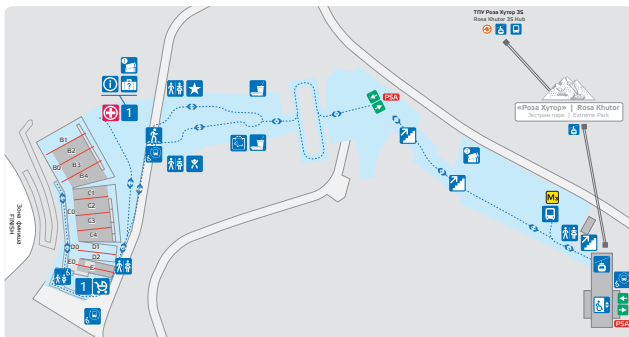
Concession. Going to an alpine skiing competition put on comfortable and warm clothes, in order to feel at ease during your time in the mountains. You can find hot snacks in the different concession points in the square in front of the spectator stands.



Ticket resolution office. Got a problem with your ticket? You can get help here! ... even if the ticket is soaked in tears of happiness for your favorite athlete.



Information desk. All the questions regarding competition results and participating athletes, schedules, and transport maps — will be answered here. The full picture of the competition day is available at the information desk.



Whilst planning your journey, keep in mind that 3 hours before competition the venue will be opened for spectators.

Fun fact! The «Rosa Khutor» Alpine Center is situated on the Aibga ridge, close to the Mzymta river. This is where all the alpine skiing competitions will be held: Downhill, Slalom, Giant Slalom, Super-G, Super Combined, and Para Snowboard Cross.

ATMOSPHERE

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- 68 City of Sochi

CEREMONIES

ATMOSPHERE



THE OPENING CEREMONY OF THE PARALYMPIC WINTER GAMES

THE OPENING CEREMONY of the Paralympic Winter Games reflects and continues the tradition and principles of the Paralympic values and spirit, helping spread them throughout the world. The required elements, protocol and ritual of the Opening Ceremony assure the continuity of the Paralympic tradition and ritual from city to city and Games to Games.

THE CLOSING CEREMONY is a celebration for the participants in the Paralympic Games, a chance to celebrate the drama of the Games and the successes of the athletes. It is a time to revel in friendships made and of borders and boundaries crossed.

THE OPENING AND CLOSING CEREMONIES OF THE GAMES are thrilling and memorable events at the Paralympic Games. The involvement of the best athletes and the most talented artists, and the support of the viewers, will help create a truly unforgettable show.

THE OPENING CEREMONY

the Fisht Olympic Stadium
07 Mar. 2014, 20:00

THE CLOSING CEREMONY

the Fisht Olympic Stadium
16 Mar. 2014, 20:00



VICTORY CEREMONIES AT THE ROSA KHUTOR MEDALS PLAZA

Every evening on the Rosa Khutor hundreds of guests and participants of the Games will come together to the Paralympic Medals Plaza to share the joy with the champions on the Victory Ceremony and enjoy the Gala concert in honor of the medalists.

On the main Paralympic Games stage the best regional creative teams will perform to show all the richness, diversity, uniqueness and beauty of the culture of Russia, and then guests will enjoy performances by famous Russian artists.

Alongside with broadcasting of the Paralympic competitions on the big screens, there will be different local activities such as entertainment and show programs and communication with legendary Paralympic champions and medalists.

The program of the Medals Plaza will start with the Paralympic Flame Lighting Ceremony — **05 Mar., 2014.**

Schedule of Medals Plaza (08.03.2014 to 15.03.2014)

Time	Event
17:00 — 18:00	Regional program. Performance of the best ensembles, showing all the aspects of the multinational traditions of the Russian regions.
18:00 — 19:00	Medal ceremony
19:00 — 22:00	Regional program. Performance of the best ensembles, showing all the aspects of the multinational traditions of the Russian regions. Gala-concert of Russian and international performers.

Technical partner of the Live Sites Sochi 2014 project — company OJSC **Rostelecom.**

CULTURAL PROGRAM OF THE GAMES

ATMOSPHERE



THE CULTURAL PROGRAM OF THE GAMES became the climax of the unique four-year Sochi 2014 Cultural Program. Guests and participants of the Games will enjoy remarkable and memorable performances alongside the very best that Russian culture has to offer. The cultural program of the Games is a mix of all variety of multinational and the many aspects of the Russian culture presented on ten scenic platforms and museums located in Sochi and Krasnaya Polyana. 83 regions of Russia have carefully selected the best of their unique culture.

You will find works of arts of all types, genres and the technics, executed by modern and young perspective local artists in the city museums.

SEE MORE INTERESTING PLACES IN SOCHI!

In the city of Sochi there are many more sites that are part of the cultural program, go visit many of the best landmarks in the city and be surprised by the activities happening inside or nearby!

Main spaces of the Games cultural program

Zimny Theater	7 – 16 March	2, Teatralnaya str., Sochi
Hall of Organ and Chamber Music in the name of A.F. Debolskaya	7 – 16 March	32, Kurortnyj prospekt, Sochi
"Galaktika" Center	7 – 16 March	Esto-Sadok village, Krasnaya Polyana, Sochi
Regional Cultural Center "Adler"	7 – 16 March	84/4, Ulianova str., Adler, Sochi
Sochi Art Museum	10 January – 16 March	51, Kurortnyj prospekt, Sochi
N. Ostrovskiy Literary-Memorial State Museum	10 January – 16 March	4, P. Korchagina str., Sochi
Museum of Sochi	10 January – 16 March	54/11, Vorovskogo str., Sochi

CULTURAL PROGRAM OF THE GAMES

ACTIVITIES IN THE OLYMPIC PARK

Schedule of exhibition in museums of the city of Sochi during the Games

21.12.13 – 23.03.14	Exhibition from the collection of the "Peterhof" State Museum Reserve "Education of body power". Sports and the Romanov family	Sochi Art Museum, 51, Kurortnyi Prospect
06.12.13 – 15.03.14	All Russian exhibition "Sport — art — Sochi" (Russian Painter Society)	Sochi Art Museum, 51, Kurortnyi Prospect
04.02.14 – 20.03.14	Personal exhibition of the National artist of Russia Sergey Andriyaki (Moscow State Academy of a water color and fine arts, Moscow)	N. Ostrovskiy Literary-Memorial State Museum, 4, P. Korchagina str., Sochi
17.12.13 – 17.03.14	Photo exhibition "Images of Russia" . (ROSFOTO state museum and exhibition center, St. Petersburg) Authors — Olga Bulynina and Mikhail Nikitin	N. Ostrovskiy Literary-Memorial State Museum, 4, P. Korchagina str., Sochi
02.10.13 – 02.10.14	Exhibition "Ancient gold of Kuban and Black Sea Coast" Joint exhibition with State budgetary institution of culture of Krasnodar Krai "Krasnodar state historical and archaeological memorial estate" of E.D.Felitsyna	Museum of Sochi, 54/11, Vorovskogo str., Sochi

For the full program, including the most recent updates and schedules, please visit our website at culture.sochi2014.com.

HOSPITALITY HOUSES

The program of Houses may include the organization of activities for members of the team, and winners of the Games, events for the general public, concerts, sales of the Houses' own souvenirs, food and beverages and the organization of cultural and educational activities. Houses can be either free for the Olympic Park spectators and visitors to access or they can have limited access by invitation only. Currently the Olympic Park includes the Krasnodar Region Hospitality House and the PyeongChang 2018 Organizing Committee activities.

THEME PARK

The Olympic Park also contains the Sochi Park Theme Park. Olympic Park visitors can access the Sochi Park Theme Park area for free. In the Sochi Park Theme Park visitors can stroll through the Enchanted Labyrinth, which is based on Pushkin's fairy tales; a wellappointed landscaped park with a man-made lake; ride carousels; and watch a variety of shows in the Theme Park's theme areas. The Theme Park's entertainment program includes performances by 150 artists from different regions of Russia.

THE RESIDENCE OF DED MOROZ

Ded Moroz is one of the brightest and most popular symbols of winter in Russia. In view of the great popularity of the character among children, his residence in the Olympic Park will be a major attraction for the youngest guests of the Games.

EXHIBITION OF THE RUSSIAN REGIONS

The Exhibition will allow the participants and guests of the Games to get acquainted with the cultural and ethnical diversity of Russia, the traditions of its indigenous ethnic groups, and the touristic highlights attractiveness of Russia and its innovative potential.

SOCHI 2014 MARKETING PARTNERS SHOWCASING

Exhibition pavilions of Sochi 2014 Marketing Partners are located inside the Olympic Park and are operated by the Partners during the Games time period. There will be around 5 pavilions during Paralympic Winter Games. Inside the pavilions Partners demonstrate their own products and services to the Games visitors in an interactive and attractive manner. Games visitors will have a unique opportunity to participate in special interactive entertainment provided by Sochi 2014 Partners' programs and obtain a memorable experience of the Games spirit.

CITY OF SOCHI



Транспорт | Transport

— Железная дорога
Mainline railway

..... Тоннель
Railway tunnel

🔄 ТПУ - Транспортно-пересадочный узел
Transport Hub

🚤 Морской порт Сочи
Sochi Seaport

Прочее | Other

📷 Паралимпийские агитосы
Paralympic Agitos Photo Point

📮 Центральный почтамт
Central Post Office

👥 Точка сбора волонтеров
Volunteers

1 🏖️ Пляж «Ривьера»
Riviera Beach

2 🏛️ Музей истории города-курорта Сочи
Museum of Sochi Resort

3 🏛️ Музей спортивной славы Сочи
Sporting Glory of Sochi Museum

4 🏞️ Парк «Ривьера»
Riviera Park

5 🏗️ Виадук
Viaduct

6 🏠 Бани Руденко
Rudenko Banya

7 🏢 Здание Морского вокзала г. Сочи
Sochi Sea Port Building

8 🕒 Часы обратного отсчета «Сочи 2014»
Sochi 2014 Countdown Clock

9 🏰 Собор Михаила Архангела
Cathedral of the Archangel Michael

10 🏠 Сочинский маяк
Sochi Lighthouse

11 🎵 Концертный зал «Фестивальный»
Festivalny Concert Hall

12 📖 Библиотека им. Пушкина
Pushkin Library

13 🏠 Вилла: Вера
Villa Vera

14 🎵 Зал камерной и органной музыки
им. Алеси Дебольской
The Organ and Chamber Music Hall

15 🏛️ Площадь искусств
Arts Square

16 🏛️ Сочинский художественный музей
Sochi Art Museum

17 🏛️ Литературно-мемориальный музей Н. А. Островского
N. Ostrovsky Literary and Memorial Museum

18 🎭 Зимний театр
Winter Theatre

19 🎭 Летний театр
Summer Theatre

20 🏠 Дача-музей В.В. Барсовой
V. Barsova's House Museum

21 🏗️ Виадук через Верещагинскую балку
Vereschaginsky Viaduct

22 🎪 Цирк
Circus

23 🌳 Сад-музей «Дерево Дружбы»
Friendship Tree Garden Museum

24 🐾 Талисманы Паралимпийских игр «Сочи 2014»
Mascots of Sochi 2014 Paralympic Games

CITY OF SOCHI

Sochi is one of the biggest and most beautiful resorts in Russia. Officially, Sochi is the central part of the resort, which also includes the districts of Lazarevskoe, Khosta, and Adler. The city of Sochi is spread out among the foothills of the Caucasus and along the shores of the Black Sea. The city is situated at the same latitude as Nice and Toronto.

The territory of Sochi comprises 200,000 hectares, including 30,000 hectares of arboretums, botanical gardens and protected nature reserves with unique flora and fauna. Sochi is known for the unique combination of Mediterranean and Alpine climates.

The region has a Mediterranean-style climate, gentle and moderate, with an average winter temperature in the range of 8 – 10 °C along the coast. In the summer, the temperature can reach up to 38 – 40 °C. In the mountains, the air temperature in summer may never get above 8 °C, and in the winter, the temperature in the mountains is often below zero.



WHERE TO EAT. Sochi boasts a well-developed tourist infrastructure. Restaurants in Sochi demonstrate Russian hospitality and flavors. In many cafés vegetarian and faith-based diets are available. In addition the majority of restaurants and cafés have Internet access. Information about the infrastructure in Sochi (food, entertainment, walking tours) is available at the hotel where you are staying in Sochi and from tour operators.



WHERE TO STAY. To choose the best location for your hotel and get the standard of accommodations you are accustomed to, make sure you plan your accommodation and book a hotel in advance.

EMERGENCY NUMBER

(fixed phone dial):

Police: 02 Emergency: 03 Fire Services: 01

Unified number for all emergency services:

(Police / Emergency / Fire Services) **112**

112 is available from both mobile and fixed phones.

Whilst dialing there is no need for prefixes.

To learn more about the city of Sochi, please visit:

sochi2014.com/en/spectators-travel-to-sochi

english.sochiru.ru

sochiadm.ru

AROUND THE GAMES

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AROUND THE GAMES

AROUND THE GAMES

SOCHI 2014 VOLUNTEERS During the Games of 2014 in Sochi, you will meet friendly people from the team of Paralympic volunteers at the sports venues, in the airport or in the city of Sochi. The Sochi 2014 volunteers will be happy to answer your questions or to give you any information you may need during your trip. The Sochi 2014 volunteers can easily be identified by their uniform and badges. Most of the volunteers speak both Russian and English. Please feel free to ask them questions.



SOCHI 2014 AMBASSADORS TEAM is one of the liveliest projects of the Sochi Organizing Committee for the 2014 Paralympic Winter Games. Amongst our ambassadors there are famous athletes, significant persons of culture, art and show business, who present the 2014 Paralympic Games in Sochi all over the world and actively participate in promotion of the Paralympic values and healthy lifestyle all over the country. Sergey Shilov, Alexander Ovechkin, Natalia Vodianova, Evgeny Plushenko, Tatyana Navka, Svetlana Khorkina, Ivan Skobrev and many others have joined Sochi 2014 Ambassadors team.

SOCHI 2014 OUR CHAMPION

This project will familiarize the general public with Paralympic athletes living in various federal regions of Russia, and with their sporting achievements. In the framework of the project, the athletes participate in various cultural, sports and educational projects.

Find out more on sochi2014.com/en/paralympic-awareness-program.



PARALYMPIC TORCH RELAY

The relay of the Paralympic Flame is a large sports related celebration, which always precedes the Summer and Winter Paralympic Games. More than 1,500 torchbearers over the course of 10 days will carry the Paralympic Flame across the territory of the host country of the future Games, symbolizing the approaching Paralympics.

These relays have their own unshakable traditions. In 2014, new traditions will be formed. The birthplace of the Paralympic Movement, Stoke Mandeville, England, will become the first place in history to be involved in the Paralympic Torch Relay outside of the Games hosting country. Stoke Mandeville will continue to be involved in all future Paralympic Torch Relays. The symbol of the future Paralympics will also visit 46 cities in eight Russian federal districts, where the main part of the relay is held. Find out more about the Paralympic Torch Relay by visiting torchrelay.sochi2014.com/en/paralympic.

LICENSED MERCHANDISE

For real Olympic and Paralympic Games fans, a wide variety of Paralympic Sochi2014 merchandise is available!

The widest range of merchandise will be exhibited in the Main Paralympic shop in the Olympic park, where spectators can buy Official Paralympic merchandise items.

Take the Games with you!

AROUND THE GAMES

VIRTUAL TOURS BY SOCHI 2014 AMBASSADORS

Scan a QR-code
and learn more
about the Games!

sochi.ru
2014
paralympic games
EDUCATION



ALPINE SKIING



SLEDGE HOCKEY



BIATHLON
& CROSS-COUNTRY SKI



WHEELCHAIR
CURLING



BE HEALTHY!

In order to get the best out of the Games, please note the following information.

MEDICAL ASSISTANCE AT THE VENUES



If a situation arises which requires medical assistance, please immediately consult the nearest member of Games staff or the nearest volunteer, or go directly to a medical station. Each sports venue will have a clearly signposted medical station. Medical stations help visitors to the Games obtain medical help quickly and effectively.

SOCHI MEDICAL SERVICE

- City hospital No. 2, 43/2, Vinogradnaya str., Sochi
+7 8622 535125, 535476
- City hospital No. 4, 42, Dagomysskaya str., Sochi
+7 8622 614230, 615130
- City hospital No. 6, 50, Kirov str., Sochi,
+7 8622 400673, 400529
- City hospital No. 8, 24, Turchinskiy str., Krasnaya Polyana, Sochi
+7 (8622) 437-365

You may get a medical consultation at any of the regional polyclinics or private clinics in Sochi.

MEDICAL INSURANCE

Russian and foreign spectators must have a medical insurance policy on their person in order to receive medical assistance. For foreign spectators having insurance, medical services have to be paid in Russia with further reimbursement by their insurance company.

SMOKE-FREE ENVIRONMENT



The city of Sochi and the Paralympic venues have been declared a smoke-free environment. Smoking is prohibited at all the competition venues and in all public places. Smoking areas are only located outside the venues and are marked with special signs.

Medical assistance at the sports venues is free of charge. If further professional care is needed, it is subject to the terms of your medical insurance arrangements.

HELPFUL WEBSITES

The official Sochi 2014 website

www.sochi2014.com/en/paralympic — find out all the latest and relevant information about the Games!

The official Sochi2014 page with all the needed information for spectators sochi2014.com/en/games/spectator — find out how to get to Sochi, where to stay, and what to do there.

The official website for purchasing tickets to the Games tickets.sochi2014.com

Sochi 2014 Spectator Pass registration website pass.sochi2014.com

Sochi 2014 Torch relay website torchrelay.sochi2014.com/en/paralympic — know all the latest information about the torch relay.

Sochi 2014 Cultural Olympiad website culture.sochi2014.com/en — discover all the entertainment that is happening around the Games.

Sochi 2014 Mascots talisman.sochi2014.com/en — get to know the mascots of the Sochi 2014 Paralympic Games.

The official website for the Sochi2014 volunteers vol.sochi2014.com/en — discover how and where can the volunteers help you.

The official website of the International Paralympic Committee paralympic.org — find out more about the Paralympic Movement.

LIKE. SHARE. COMMENT.

#SOCHI2014

Official Hashtag of the Sochi 2014 Winter Games

WE THANK OUR PARTNERS
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PARTNERS | ПАРТНЕРЫ



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