

Moscow's Best Swimming Holes

Summer's here and the swimming is terrific.

By [Daniil Galaydov](#)

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Pavel Kassir / TASS

Moscow has a surprising number of beaches for swimming in lakes, canals and streams, which are just opening up after the long period of self-isolation and cool, rainy weather.

In Moscow city, the swimming zones are not officially open: the city is still on high alert mode in response to the coronavirus pandemic. So wait until they officially open or go at your own risk.

But the swimming season in the neighboring Moscow region has already begun.

Here are our top picks for the best places for sunbathing, swimming and water sports. As far as we can tell, all these beaches are regularly monitored by the public health services and are safe in terms of water quality, but check with monitoring agencies since the situation may change.

Troparevo Beach

Entrance: Free

The beach is mostly sandy, and there are wooden bridges and steps leading into the fairly deep water. The swimming area is equipped with changing cabins, toilets and free wooden sun beds.

The place offers many recreation activities: children's carousels and trampolines, sports fields and even a boat station where you can rent catamarans when the beach is open to swimmers.

The location also has a lunch area serving meals and light snacks. For car owners, there is a small number of free parking lots located a bit distant from the lake.

12 Ulitsa Akademika Vinogradova

By public transportation: From Teply Stan metro station by bus № 388 to Mikrorayon 8A Teply Stan bus stop.

Serebryany Bor–2 Beach

Admission: Free

This is one of the most popular recreational areas in Moscow. A sandy and grassy beach equipped with sun loungers and shower cabins stretches for almost a kilometer along the Moscow River bank.

The location has also everything for a family holiday, including a paid mini-zoo, rentals of sun beds, boats and quad bikes. There are a few parking spaces, but not close to the beach without a special pass.

44 Tamanskaya Ulitsa

By public transportation: From Polezhaevskaya or Khoroshevo metro station by bus №T21 to the end of the line, as well as by trolleybus № 20.

Serebryany Bor–3 Beach

Admission: Free

This recreation area is larger than the neighboring beach, but with the same mostly grassy and sandy river bank. This beach has a lot more water activities: boats, catamarans and even wakeboards available for a rent.

The territory is also equipped with showers and changing cabins. Sun beds can be rented.

Only local residents are allowed to enter the beach area by private vehicle, but the parking area nearby is larger than at the neighboring beach. There is also special bicycle parking.

15 4th line of Serebryany Bor

By public transportation: From Polezhaevskaya metro station by bus №390 to the Serebryany Bor bus stop (Plyazh № 3).

Beach Club

Admission: 1,000 rubles (\$14) on weekdays, 2,000 (\$28) rubles on weekends and holidays

The beach is located on the banks of the Khimki reservoir and is a popular location for Muscovites who want to feel like they're at a foreign resort.

The beach is made of fine sand that was — rumor has it — brought from abroad and is divided into two zones: for regular visitors and for VIP guests.

There is an outdoor gym and even an open-air dance floor available for guests. You can rent jet skis and wakeboards while your children play on a special playground. The parking lot is guarded and personal items and belongings can be left in a storage room.

39 Leningradskoe Shosse

By public transportation: 10-minute walk from the Vodny Stadion metro station

Beach Bukhta Radosti (Bay of Joy)

Admission: Free

One of the most popular summer vacation spots in the Moscow region, this one-and-a-half-kilometer beach on the territory of the Pirogovskoye vodokhranilishe (Pirogovskoye Reservoir) is mainly grassy and sandy.

Behind the beach is a dense pine forest. There is everything for active recreation with friends or family: playgrounds for children, jet skis rental, catamarans, boats and yachts.

If you want a picnic, you can rent a separate wooden gazebo with a barbecue.

Amateur teams come here to play football or volleyball, and there is a paintball club at the beach. Parking is paid.

Moscow region, Mytishchi, Sorokino village, Bukhta Radosti.

By public transportation: From regional train station Mytishchi (Yaroslavl direction) by bus or minibus №26. Buses leave every 10-15 minutes. Travel time: 25 minutes. Bus stop Sorokino village.

From Medvedkovo metro station, take bus or minibus № 438. Shuttle buses run every 20-30 minutes.

Lake Senezh

Admission: 300 rubles (\$4) or free

Lake Senezh is one of the most enchanting tourist destinations in the Moscow region and the

main landmark of Solnechnogorsk.

There are two beaches located about half a kilometer from each other. The city beach has an entrance fee, but there is also a free beach called Veretevsky. The city beach has swimming pools, playgrounds and cafes.

Lake Senezh is very famous among local kitesurfers, and they regularly hold sailing regattas.

Moscow region, Solnechnogorsk city district, lake Senezh.

By public transportation: By commuter train from Leningradsky railway station to Podsolnechnaya station. Travel time: just over an hour.

By bus from Moscow, Vodny Stadion metro from Monday to Saturday 5:15 to 22:25 every 25 minutes, on Sundays — from 5:45 to 21:45 every 25 minutes) Bus №440.

Freestyle Extreme Watersports Park

Admission: Free

The Freestyle extreme park is located on the territory of the famous Luberetskiye Karyery (Lubertsy Quarries).

This is the best location for fans of active water sports. There are experienced trainers who help beginners to get up on a wakeboard or start surfing. They also hold jet ski races.

One of the best features of this beach is that you can ride a cable car down the mountain right over the surface of the water (just like in the movies).

There are also open sports grounds for playing volleyball and other sports. Cafes and bars also operate in the park.

Moscow region, Dzerzhinsky, 19 Ugreshskaya Ulitsa

By public transportation: From Lyublino metro station by bus №305 to Rynok bus stop.

From Kotelniki metro by bus № 904 to Mountain Freestyle bus stop.

From Lyubertsy metro by buses №20 and №21 to Rynok bus stop.

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