

## Winter Trekking — Detailed description

Trip Length: Group: 1-10 Departure: Fixed Period: December - January

### Trip overview

This trek from the village of Listvyanka to Bolshiye Koty is aimed at making you discover landscapes of the frozen Baikal and its crystal ice field. One of its advantages is the accessibility of a comparatively difficult adventure (18 km/11 mi to do in a day possibly in bad weather conditions) to anyone enjoying good health and loving hikes since we will only carry our personal belongings, our snack, and all elevation changes will come to nought. We will sleep in a warm home of locals and will taste local cuisine. We will visit the village of Bolshiye Koty and its surroundings and its small but nice museum about the lake.

### Highlights

- Trekking within amazing sceneries
- Discovery of genuine Siberian villages

### Tour type

NATURE

### Difficulty

Easy - nothing more than normal walking while sight-seeing

### Comfort

Standard — most of nights in comfortable rooms, some nights in tents or rooms with shared WC.

### Program

Day 1 — -

Day 2 — -

### Departures

New departures available soon

### Note

### What's included

#### Price includes

- English-speaking guide
- Accommodation as per itinerary
- Transport as per itinerary
- Excursions and visits as per itinerary
- Reserves and national parks entrance permissions
- Letter of invitation
- Ice studs for shoes

#### Price does not include

- Medical insurance
- Administrative registration
- Personal expenses and tips
- Visa fees and travel insurance
- Banya
- Airline tickets

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## Checklist & Equipment

You will need in Russia in winter:

- to protect yourself from the cold weather;
- to protect yourself from the wind;
- to protect your feet from moisture;
- to protect yourself from the sun's reflection from ice and snow.

Allow the system of "three layers":

- The first layer, called "second skin", determines the performance of the other two layers. It will transport sweat to the next layer and dry quickly to avoid cooling after exercise. Therefore forget the cotton retains moisture in the skin and choose underwear in synthetic fabrics.
- The second layer must keep the heat of the body as long as possible. Warm synthetic or mixed (wool or fleece turtleneck sweater) fabrics, that dry quickly, are preferable.
- The third layer should protect you against wind and moisture. Choose a jacket, long enough, 100% waterproof, preferably with hood.

We recommend you to pack all your stuff in two bags: a small backpack and a large travelling bag.

**SMALL BACKPACK:** will be useful for carrying your personal belongings during the day (camera, film, personal medication, bottled water, etc.) You will also use it as hand luggage during air travel for all your heavy (to lighten the travel bag in the luggage compartment), fragile (camera, etc.) and necessary (toilet bag, etc.) things.

**BIG TRAVEL BAG or BIG BACKPACK:** must contain the rest of your stuff. It will be in the luggage compartment during the flight. It will be transported by vehicles.

Crampons for walking on ice will be provided on the spot.

## Recommended checklist

Universal AC power outlet

Thermal underwear

POLARTEC or similar pullover

Windproof waterproof pants and jacket (GORE-TEX, EVENT, SIMPA-TEX)

Trekking pants

Toilet roll

Pocket knife (to put in checked baggage)

Sewing kit

Down jacket

Fleece jacket or warm sweater

Comfortable pants

Mountain boots for walking on ice and snow

Thick socks

Wool gloves and winter cap

Warm gloves or mittens

Moisturizer

Lipstick

Important travel documents: Passport and visa, original or electronic airplane tickets (with a sets of photocopies kept separately), bank card

Wipes

Wristwatch or pocket alarm clock

Charger and spare battery for camera/phone

Photo / video camera

Tour vouchers and programme

Ice cleats

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## Meals

Homestay cuisine based on fresh products.

Cold lunch and hot dinner, cooked on an open fire in the evening.

If you are a vegetarian or have any particular preferences, please let us know, so we could adapt the menu.

## Laundry

Some hotels and inns offer laundry services for a variable sum of money. It is sometimes possible to use laundry services at homestay (when there is running water) for a fee.

## Visa

You need a tourist visa to travel to Russia. It can be issued for a maximum period of 30 days. Your passport has to be valid for at least six months after the expiry date of your visa and to have at least two blank pages.

BaikalNature offers visa support and has created "BaikalNature letter of invitation" package. If you buy a BaikalNature tour, this package is absolutely free; when you buy any other BaikalNature service, you will have to pay for this package.

For more information please contact your nearest Russian Embassy or Visa Application Center.

## Money

The Russian currency is ruble. In all cities and many large villages of Russia, you can easily withdraw rubles, using a Visa or MasterCard, from ATMs, located in banks, department stores or hotel lobbies, some of them are open 24 hours a day. If you have euros or dollars with you, exchange offices will allow you to change them easily in the cities, seldom in the countryside. However, it can be difficult to exchange traveler's checks, even in cities.

## Tipping

All persons who compose the BaikalNature travel team (guides, drivers, cooks, etc.) are paid a decent wage for their services and do not expect any tips from you. So you have no obligation to leave anything. If you really want to express your satisfaction by leaving a gratuity, and if it is in foreign currency, be aware that torn or glued coins and banknotes cannot be exchanged. Anyway, thank you for your tips, left at your discretion in envelopes.

## Health

No compulsory vaccination.

You need to get a health examination before a great trip. Consult your doctor. Get a dental checkup. If you have health problems that could worsen during the trip, make sure you have taken all your medications with you.

Provide a first aid kit that includes among other items:

- aspirin or paracetamol,
- anti-diarrheal pills,
- antiseptic,
- adhesive plaster,
- sterile pads.

If you have individual diseases, make sure you have taken your medications.

## Emergency Contact

You can contact BaikalNature by phone: +73952 26 56 94.

In addition, your call will be forwarded to your manager, reachable 7/7.

## Legal Mentions

Professional Guarantees: BaikalNature LLC (ООО "БайкалНейче"), United Federal Register of Tour Operators number: RTO 009402.

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Financial Guarantee: "Gaide insurance company" JSC (АО "Страховая компания Гайде"). Insurance contract N 9302/19-49 from September 30, 2019. Amount of coverage: 500 000 RUB. Legal and actual address: BaikalNature LLC 119A Dekabrskikh Sobyti Str., office 13 664007 Irkutsk Russia

### **Travel Insurance**

In addition to your personal insurance, you have an opportunity to purchase local insurance. Please, do not hesitate to ask us about our services.

### **Security**

The travelers' security is our primary aim and also the long-term reputation of our travel agency. First-aid kit, adapted for this tour, is available at your guide.

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