

## Trekking To The Source Of The Lena River — Detailed description

Trip Length: Group: 2-4 Departure: Fixed Period: December - January

### Trip overview

Hiking in the protected nature of the Baikalo-Lensky nature reserve, discovery of amazing sceneries of Lake Baikal and wild taiga, and unforgettable adventure in the company of forestry officers devoted to the reserve - here is what this tour have to offer. On trekking days we will spend nights in winter huts heated with stoves, that will allow us to avoid carrying tents. Nevertheless, you will carry your personal belongings and sleeping bags, food will be divided among all participants. This trekking does not require a special training, but it is necessary to have a good level of fitness and to be used to hike for long distances. Any help in preparing meals is very welcome.

Almost total absence of mosquitoes, abundance of wild animals and shallow fords defined the travel period for this tour. Five days of autonomous trekking with hikes from 10 km/6 mi to 25 km/16 mi a day off the beaten trail will offer you the plenitude of feelings.

### Highlights

- Almost complete isolation
- Discovery of wild nature of the reserve where any human activity is forbidden
- Possibility to see wild animals

### Tour type

NATURE

### Difficulty

Moderately Easy - 1-3 hours of physical activity daily

### Comfort

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

### Program

Day 1 — -

Day 2 — -

Day 3 — -

Day 4 — -

Day 5 — -

Day 6 — -

Day 7 — -

Day 8 — -

Day 9 — -

Day 10 — -

Уникальный внутренний номер документа: 1088730

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Day 11 — -

Day 12 — -

## Departures

New departures available soon

## Note

Disembarkation on the Ushkany Islands to see the seals is not included (1000-2000 RUB per person). Breakfast on Day 1 and lunch/dinner on Day 12 are not included.

## What's included

### Price includes

- English-speaking guide
- Russian-speaking guide services
- Russian-speaking guide
- Accommodation as per itinerary
- Transport as per itinerary
- Excursions and visits as per itinerary
- Nature reserves and parks entrance permissions
- Accident insurance
- Letter of invitation

### Price does not include

- Meals as per itinerary
- Visa invitation and registration of passports (for foreign citizens, if necessary)
- Personal expenses and tips
- Visa fees and travel insurance
- Bathing in springs
- Airplane/ train tickets
- Sleeping bag rental

## Checklist & Equipment

For summer travel, we recommend preparing:

- comfortable clothes for hot and sunny weather - we advise you to give preference to natural fabrics, be sure to have sun protection (comfortable hat, SPF protection cream, sunglasses);
- protection from rain and wind - a long raincoat with a hood, for active tours - a waterproof cover on a backpack, the second pair of shoes (the ability to dry a second pair if they get wet);
- clothing in case of bad weather - when the temperature drops (in mountainous regions, on the coasts, in the evening), we recommend taking a light jacket, a warm sweater and pants

In different regions of Russia there can be significant temperature fluctuations in the summer. If you do not have experience traveling in similar regions, please contact your manager to pick up the necessary things and find out about the weather forecast in the place where you are planning your trip.

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## Recommended checklist

pants, long sleeve jacket/tracksuit

rubber slippers

comfortable shoes for the city

raincoat / windproof and waterproof jacket with HOOD!

cap/comfortable hat on head (for sun protection)

sunglasses

sunscreen and lip balm

swimsuit / swim trunks

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towel  
wet wipes and antibacterial hand gel  
water bottle/flask  
spray against mosquitoes and ticks (for summer outdoor tours)  
sleeping bag  
trekking telescopic poles  
winter (down) jacket and warm pants (windproof and waterproof) / winter suit  
thermal underwear  
comfortable winter boots (suitable for walking on ice and snow)  
fleece jacket/sweater with collar  
warm mittens (for convenience, thin gloves and a second layer of mittens with fur) / ski gloves  
thermal socks  
comfortable warm hat and scarf (snood)  
ski mask  
winter expedition boots (like Sorel or Baffin)  
fleece balaclava  
moisturizing cream  
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### **Meals**

At restaurants and homestays in cities, traditional cuisine consists of local specialties.  
Cold lunch and hot dinner, cooked on an open fire in the evening.

### **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.

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For questions regarding obtaining an electronic visa, please contact your tour manager.

## Money

The Russian currency is ruble. The cost of travel and other services is always fixed in rubles. Please note that cards from foreign banks do not work in Russia at the moment. Tourists can obtain a bank card from a Russian bank in advance or travel with cash. If you have euros or dollars with you, exchange offices will allow you to change them easily in the cities. It is also worth noting that the exchange rate at airports is usually not the most favorable. It is better to exchange in big cities (you can check the current exchange rate online). Important! Only new banknotes without defects or any traces are accepted for exchange.

## 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.

It is advisable to keep the following vaccines valid:

- diphtheria,
- tetanus,
- Polio.

Tick-borne encephalitis is present in areas of forest, taiga where ticks are the carriers of encephalitis between May and July. As of August, they are no longer carrying the virus. If you do not get vaccinated, you should follow the basic precautions, including:

- protective clothes
- use of repellents
- daily check of the skin.

It is also possible to take out special insurance covering the analysis of the insect and vaccines.

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: +7 924 531 87 01 (What's App, Telegram, Viber)

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.

Financial Guarantee: "Gaide insurance company" JSC (АО "Страховая компания Гайде"). Insurance contract N 4875/2422-49 from August 6, 2024. Amount of coverage: 500 000 RUB. Legal and actual address: BaikalNature LLC, 55 Dekabrskikh Sobyti Str., office 204.1 664007 Irkutsk Russia

## Travel Insurance

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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

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