

Trekking To The Source Of The Lena River — Detailed description

Trip Length: Group: 2-4 Departure: Fixed

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: 32209

ООО «БайкалНейче» 664007, г. Иркутск, ул. Декабрьских Событий, 119А, офис 13

+7 499 705 65 58, +7 812 424 49 57, 8 800 555 73 54, факс: +7 3952 209 519
ИНН 3811110257 КПП 384901001 ОГРН 1073811003221 Р/с 40702810132120001891 в Филиале ПАО «БАНК УРАЛСИБ»
в г.Новосибирск БИК 045004725 Кор. Счет 30101810400000000725

 baikalnature.com

 +7 3952 26-56-94

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
- Accommodation as per itinerary
- Transport as per itinerary
- Meals
- Excursions and visits as per itinerary
- Reserves and national parks entrance permissions
- Banya
- Letter of invitation

Price does not include

- Medical insurance
- Administrative registration
- Personal expenses and tips
- Visa fees and travel insurance
- Transfer from airport / railway station on first day
- Transfer to airport / railway station on last day
- Sleeping bag rental

Checklist & Equipment

It is hot in summer at Lake Baikal area. Nevertheless, you should always have something to put on, as weather in Siberia is very changeable.

If you plan your trip in May or September, please feel free to bring your hat, gloves and windjacket in case of snow or rain.

June is also pretty cool.

July and August are the hottest months, which offer you temperatures of 25 ° - 35 ° at daytime and 15 ° - 18 ° at night. On the shores of Lake Baikal, like in the Alps, you should wear T-shirts and shorts in the sunny afternoons, sweaters and jackets in the cool evenings.

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 BACKPACK: must contain the rest of your stuff. It will be in the luggage compartment during the flight. You will bring it during some days of the trekking.

Recommended checklist

Raincoat or wind and waterproof shell jacket (with hood !)

Universal AC power outlet

Large 60 litres backpack

POLARTEC or similar pullover

Sleeping bag rated from -10° C to +15° C

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

Trekking socks

Уникальный внутренний номер документа: 32209

ООО «БайкалНейче» 664007, г. Иркутск, ул. Декабрьских Событий, 119А, офис 13

+7 499 705 65 58, +7 812 424 49 57, 8 800 555 73 54, факс: +7 3952 209 519

ИНН 3811110257 КПП 384901001 ОГРН 1073811003221 Р/с 40702810132120001891 в Филиале ПАО «БАНК УРАЛСИБ» в г.Новосибирск БИК 045004725 Кор. Счет 30101810400000000725

 baikalnature.com

 +7 3952 26-56-94

Trekking pants
Long sleeve shirts or sweatshirts
Shorts
T-shirts
Socks
Cap or hat to protect against sun
Foulard or tagelmust
Comfortable walking shoes (like Vibram or similar)
Comfortable shoes for city
Headlamp
Sunscreen for skin and lips
Sunglasses with filter
Mosquito net for face
Toilet roll
Pocket knife (to put in checked baggage)
Flask
Flip-flops for banya
Sewing kit
Fleece jacket or warm sweater
Moisturizer
Lipstick
Bath towel
Swimsuit
Important travel documents: Passport and visa, original or electronic airplane tickets (with a sets of photocopies kept separately), bank card
Tick and mosquitoes repellent spray
Forceps for extracting ticks
Wipes
Wristwatch or pocket alarm clock
Binoculars
Charger and spare battery for camera/phone
Photo / video camera
Tour vouchers and programme
Ice cleats
Laundry detergent to wash your clothes

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

Уникальный внутренний номер документа: 32209

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.

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: +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.

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

Уникальный внутренний номер документа: 32209

ООО «БайкалНейче» 664007, г. Иркутск, ул. Декабрьских Событий, 119А, офис 13

+7 499 705 65 58, +7 812 424 49 57, 8 800 555 73 54, факс: +7 3952 209 519
ИНН 3811110257 КПП 384901001 ОГРН 1073811003221 Р/с 40702810132120001891 в Филиале ПАО «БАНК УРАЛСИБ»
в г.Новосибирск БИК 045004725 Кор. Счет 30101810400000000725

 baikalnature.com

 +7 3952 26-56-94

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

First-aid kit, satellite phone, walkie-talkie are available at your guide.

Уникальный внутренний номер документа: 32209

ООО «БайкалНейче» 664007, г. Иркутск, ул. Декабрьских Событий, 119А, офис 13

+7 499 705 65 58, +7 812 424 49 57, 8 800 555 73 54, факс: +7 3952 209 519

ИНН 3811110257 КПП 384901001 ОГРН 1073811003221 Р/с 40702810132120001891 в Филиале ПАО «БАНК УРАЛСИБ»
в г.Новосибирск БИК 045004725 Кор. Счет 30101810400000000725

 baikalnature.com

 +7 3952 26-56-94