

## 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
- Russian-speaking guide
- Accommodation as per itinerary
- Excursions and visits as per itinerary
- Nature reserves and parks entrance permissions
- Letter of invitation
- Ice studs for shoes

#### 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
- Accident insurance
- 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.

If you are traveling in the spring or autumn, please check with your manager for a list of recommended equipment and an approximate weather forecast.

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## Recommended checklist

rubber slippers

comfortable shoes for trekking

raincoat / windproof and waterproof jacket with HOOD!

sunglasses

swimsuit / swim trunks

comfortable warm hat and scarf (snood)

ski mask

moisturizing cream

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## Meals

Homestay cuisine based on fresh products.

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

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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 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.

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

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### **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**

Your safety is very important to us! During the trip we ask you to follow the guide's advice, read the instructions carefully and follow the group. If you have any questions or experience any discomfort, please notify your guide or tour-manager immediately.

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