

## Stay In Buryat Village Of Arshan — Detailed description

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

### Trip overview

This tour will allow you to discover the Buryat village of Arshan, no matter summer or winter. Located at the foot of the Eastern Sayans, this village is filled with numerous thermal springs. You will be able to visit Buddhist temple Datsan, the mountain Kyngarga river and its pretty cascades.

### Highlights

- Most "get-to-know-local-people" journey
- Discovery of picturesque mountains

### Tour type

NATURE

### Difficulty

Physical rating not assigned

### 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

- Russian-speaking guide
- Accommodation as per itinerary
- Letter of invitation

#### Price does not include

- Transfers in Irkutsk
- English-speaking guide
- Transport a per itinerary
- Visa invitation and registration of passports (for foreign citizens, if necessary)
- Personal expenses and tips
- Visa fees and travel insurance
- Accident insurance

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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.

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

winter (down) jacket and warm pants (windproof and waterproof) / winter suit

fleece jacket/sweater with collar

warm mittens (for convenience, thin gloves and a second layer of mittens with fur) / ski gloves

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## Meals

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

Breakfast only.

## Laundry

Some hotels and inns offer laundry services for a variable sum of money. It is sometimes possible to use laundry services at homestay

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(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.

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.

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### 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

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

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