

## Kayaking & trekking on the Russian Arctic with Pavel Ageychenko — Detailed description

Trip Length: 7    Group: 3-6    Departure: Fixed    Period: December - January

### Trip overview

We get burned up with a great idea to combine a visit to the two largest massifs of the Kola Peninsula - Khibiny and Lovozero. The key to our solution became Lake Umbzero, translated from the Sami language as a closed lake or surrounded by mountains. On both sides of the lake, there are immense mountain ranges of incredible beauty, and their heart is the picturesque Umbzero Lake. So, we have a special plan for you!

What about crossing the deepest lake of the Kola Peninsula from north to south by kayaks. It's a perfect spot for kayaking, as it's surrounded by breath-taking mountains and lake scenery. On the west side, you can see the spectacular Lovozero massif with its tiny bays and pebble beaches, on the east side, we admire the oldest mountains Khibiny. Apart kayaking, we offer exciting trekking to some unique sights and place of power.

We will look into the secluded corners of the mountain ranges and follow along the absolutely wild paths of the Kola Peninsula. The entire route is far from civilization: just you and the wilderness. And the combination of the water-hiking route is ideal for outdoor holiday!

In summer 2021 the trip will be guided by Pavel Ageychenko, the founder of BaikalNature, who will pass on to you his virus of the passion for the great outdoors of Russia!

### Highlights

- Best itinerary to explore Lovozero and Khibiny
- Discovery the deepest and one of the largest lake of the Russian Arctic
- Kayaking in the heart of the Kola Peninsula
- Trekking to some hidden unique places
- Full immerse in wild nature beyond the Arctic circle
- Possibility to see the northern lights
- Romantic overnights in tents under starry sky
- Tour is led by professional guides

### Tour type

ACTIVENATURE

### Difficulty

Extreme - 7+ hours of challenging/extreme physical activity daily

### Comfort

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

### Beginning / end of the tour

Tour starts: Murmansk, End of the tour: Murmansk

### Program

#### Day 1 — Arrival in Murmansk

09:35 — Arrival to the Murmansk airport

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10:00 — Departure to lake Umbozero

13:00 — Lunch at the base

14:00 — Kayaking on lake Umbozero

18:00 — Setting up the camp and rest

19:00 — Dinner on fire

Overnight in tent

Hotels: Camping,

## **Day 2 — Along Lake Umbozero on kayaks**

09:00 — Breakfast in the camp

11:00 — Navigation on kayak

13:00 — Outdoor lunch

15:00 — Continuation of the way

19:00 — Dinner

Overnight in tent

Hotels: Camping,

## **Day 3 — Trekking in Lovozero massif**

09:00 — Breakfast

11:00 — Trekking to lake Rayvr

13:00 — Lunch picnic

15:00 — Arrival to Uzury

19:00 — Dinner on fire

Overnight in tent

Hotels: Camping,

## **Day 4 — Discovery of the Khibiny massif**

09:00 — Breakfast

11:00 — Kayaking to Khibiny massif

13:00 — Lunch picnic

17:00 — Set up the camp and rest

19:00 — Dinner on fire

Overnight in tent

Hotels: Camping

## **Day 5 — Day of trekking in Khibiny**

09:00 — Breakfast

11:00 — Khibiny mountain by foot

13:00 — Lunch - picnic

15:00 — Return to the camp

19:00 — Dinner on fire

Overnight in tent

Hotels: Camping,

## **Day 6 — Last day of kayaking**

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09:00 — Breakfast

11:00 — Navigation on Kayak

13:00 — Lunch picnic

15:00 — Accommodation at the tourist base

19:00 — Dinner at the base

20:00 — Russian banya

Overnight at the base

Hotels: Accommodation at the tourist base Zasheek, Room for 2-4 people

Comfort: Comfortable accommodation, WC and shower on the floor

### Day 7 — End of the tour

09:00 — Breakfast

11:00 — Transfer to Murmansk

### Departures

Start	End	Basic price per person
23.08.2021	29.08.2021	36700.00 RUB

### Note

Departure is guaranteed for the group of 6 people. If it is less number of participants, the price will be recalculated. For every participant it is provided: vest, neoprene slippers and gloves, plate, mug, tent, sleeping bag, Accommodation in tents is possible for one, two and three people. The tour is held on single and double kayaks.

### What's included

#### Price includes

- English-speaking guide
- Transport as per itinerary
- Banya
- Tent rental
- Sleeping bag rental
- Kayak and equipment rental
- Meals according to the program

#### Price does not include

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

### Checklist & Equipment

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.

During your kayak tour, your luggage will be carried in a dry-bag (70 L.), on the kayak itself. Please think about it while packing !

### Recommended checklist

Sunglasses

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

Large 70 - 85 litres backpack

POLARTEC or similar pullover

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

Trekking socks

Trekking pants

Long sleeve shirts or sweatshirts

T-shirts

Socks

Cap or hat to protect against sun

Comfortable walking shoes (like Vibram or similar)

Headlamp

Sunscreen for skin and lips

Sunglasses with filter

Mosquito net for face

Flask

Comfortable pants

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

Wipes

Photo / video camera

## Meals

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.

## 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

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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.

### Medical Form

You should be physically fit enough for this tour.

### 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 7890/22-49 from September 19, 2022. Amount of coverage: 500 000 RUB. Legal and actual address: BaikalNature LLC, 55 Dekabrskikh Sobyti Str., office 405.2 664007 Irkutsk Russia

### Cancellation Options

The cancellation options are:

- more than 30 days before departure - 15% of the tour price,
- 29 - 7 days before departure - 30% of the tour price,
- less than 7 days before departure - 50% of the tour price.

### 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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