EXCURSION-ETHNOGRAPHICAL TOUR “GREAT SAYAN RING”
(10 days/9 night, period: May-September)

Arrival dates for 2014:

- 21 May – 30 May
- 18 June – 27 June
- 02 July – 11 July
- 23 July – 01 August

- 06 August – 15 August
- 20 August – 29 August
- 03 September – 12 September

Promotional tour for travel agencies and journalists at any of these dates in case we have other pax, price – 600 EUR

PART I
For the most of people Siberia remains a mysterious and inaccessible land. The main reason is a lack of information. Travel on the Great Sayan Ring will raise the veil of the mystery, and everything you see will remain in your memory for a long time. You will learn how Siberians lived in past centuries as well as present day. You will feel the hospitality of local people and realize the richness of this nation's cultural traditions. Moreover you will touch the origins of religions - from the Orthodox Church to Shamanism. And without doubt expanses of Siberia will not leave you indifferent! The Great Sayan Ring is a unique opportunity to touch the nature and culture of three very different regions: the Krasnoyarsk Territory, Tuva and Khakassia Republics.

Program of the tour:
Day 1
80 km

After the tourists' arrival (6 am-7.30 am) to Krasnoyarsk airport they are transferred to the center located hotel “Krasnoyarsk”. Meeting at the railway station is also possible. Breakfast at the hotel (buffet), short rest. 10 am meeting with the guide in the hotel lobby. This day there is a sightseeing including a visit to the symbol of Krasnoyarsk - the Paraskeva Pyatnitsa chapel situated on the Karaulnaya mountain and shown in the 10-ruble banknote. In the 17th century the Cossacks who founded the city built a watch tower on this mountain. One can enjoy a picturesque view of the city, of the river Yenisey, of the surrounding mountains and the nature reserve Stolby. You will pass the historic town part with its monuments of XVIII-XIX centuries, the former mansions of Siberian merchants and patrons, you will see the monument to Krasnoyarsk founder Andrey Dubensky, the Annunciation Cathedral, the Theatre Square and much more.

Lunch in a city restaurant.

If you have been to Krasnoyarsk, but haven't visited the reserve “Stolby”, you haven't seen the heart of the city, its lungs, its soul. The next point of the excursion is the famous fun-park “Bobrovy log”. In the fun-park you will have a chance to discover a beautiful view on the national park “Stolby” (Takmak rock) going up the hill by the ropeway to the observation point overlooking the magnificent views of the city and surroundings. This tour is a wonderful opportunity to plunge into the wild nature without leaving the city.

We are going to visit the Regional Museum which is considered to be among the best historical and
After early breakfast departure to the Siberian south. Today the tourists will have a chance to see a man made sea, to cross two nature zones and to reach the Sayan mountains. The group will travel to the South through the city of Divnomorsk. They will cross the river Yenisey twice. The road goes along one of the biggest dams in the world - the Krasnoyarsk Hydroelectric power station. It was built in 1972, forming a water basin 400 km long.

Arrival to Abakan, capital city of Khakassia republic, lunch.

Then the group goes to Shushenskoe village, located near the Sayano-Shushenskaya hydroelectric power station. The dam was built in 1987, height 245 meters, the length of the ridge 1,070 meters, the width at the base of 110 meters, the width of the crest 25 meters. Hydroelectric dam forms the Sayan-Shushenskoye reservoir volume of 31.34 km³ and an area of 621 km². In the area of the reservoir there is the Sayano-Shushensky Biosphere Reserve.

You will overnight in the guesthouses of the museum Shushenskoe, it still has the customs and traditions of the Siberian village of the late 19th century, with its streets and houses, it will help you to feel the atmosphere of country life. Guesthouses were reconstituted with preservation of cultural styles of Angara river area and south of Krasnoyarsk Territory. The realities of peasant life are combined with modern comfort living.

Stopping for a rest in the new village, becoming masters of estates, enjoying traditional peasant cuisine, learning the basics of craft, taking part in the games and entertainments, ceremonies and celebrations, guests can feel the real Siberian farmers.

Before dinner a visit to Russian banya is highly recommended (not included)!

*Accommodation in guesthouses in Shushenskoe village. Breakfast, lunch, dinner.

PART 2

Living in the rush of big cities, limited by the daily routine, the majority of us don't have an opportunity to stay alone with our thoughts and with our real “self”. People have forgotten what the real silence is, how the grass rustles at dawn, how sunset looks like, how the water flows. Do you believe that stones, trees, wind and clouds are alive and you can even talk to them? We don't feel being a part of nature. We even think that we don't need it. Greatness of the tuvan steppes, silence of the Sayan mountains, sky and cedar taiga smell will certainly remind that you are a part of this all too.

The day begins with the excursion to the ethnographical museum "Shushenskoe" that will bring you to the real Siberian village of XIX-XX centuries. The history of the museum is inextricably linked with the name of Vladimir Lenin, who lived in Shushenskoye in exile 1897-1900. This corner of antiquity is situated on a bank of the river Shush, near its confluence with the Yenisei. There are numerous monuments of architecture on the 7 hectares: farmhouses, commercial shop, jail, tavern, about 200 wooden buildings. A lot of people go here attracted by ancient Siberian traditions, which are fully preserved in this place. A visit to a real tavern will bring everybody another surprise, you can see handicrafts and go to the shop of a merchant. Here you will be served a cup of tea in a real Siberian izba.

After a lunch the group continues its way towards Tuva (430 km) across the West Sayan mountains. You will see the host of this territory - Sleeping Sayan warrior if you look attentively at the contours of the mountain. The legend says that one day the khakasian warrior Sayan fell asleep here. He can be seen now lying on the back with folded arms.

In June now here, now there you can see globe-flowers, flowers of a bright orange colour, which are so fond of Siberians.

Closer to the evening the group comes to Tuva. It's amazing but as soon as the bus crosses the border between Krasnoyarsk region and comes to Tuva even the scenery changes. It seems like you are coming to another planet and another age. There are almost no signs of civilisation on the most part of Tuva territory, steppes and sharp mountains are over the hundreds kilometres.

The group makes a stop not far from Kyzyl city in a yurts' complex. Accommodation in the real thick felt yurts built by Tuvians specially for the tourists.

After dinner – the performance with the traditional throat singing – “khoomei”. The throat singing - a fantastical capability of the Tuva people (and some other Siberian nationalities) to emit simultaneously two or three sounds of different tone and to sustain the same sound for 25-30 seconds without taking a breath. If you close your eyes it is hard to believe that the sounds are emitted by a person and not by a musical instrument. Have you ever dreamed of open spaces of the sky? At the end of the day you can enjoy Tuvinian starry sky in all its glory with the help of a telescope installed in the yurt complex. You can see many constellations; an experienced guide will help you in this, even if you have not been strong in astronomy. From time to time the soul of each urban resident asks for something special, for what we have never enough time in everyday. And
Day 4

70 km

then we look at the stars.

* Accommodation in the yurts’ complex. Breakfast, lunch and dinner

The Europeans are still interested in the eastern traditions. The route that covers the Sayan ring lets you visit the heart of Asia. The place of this day is Kyzyl, the capital of Tuva. This city is situated in the place where Biy-Khem (the Big Yenisey) and Ka-Khem (the Small Yenisey) unite their waters and give a life to the great river Yenisey. The first sightseeing to visit here is the Geographical Centre of Asia. Built in 1964, the monument represents a big globe on which the contours of continents are marked, Tuva and Kyzyl are specially indicated.

The next place of visiting is the Buddhist temple where you will have a chance to hear a sermon of the lama. Buddhism in Tuva exists in harmony with shaman beliefs. So after the Buddhist temple we will go to a Shaman community where you can pay and ask about your health and future, get information about shamanism secrets.

Lunch is organized in a local restaurant.

After eating the group will visit the Regional Museum of Tuva (exhibition "Scythian gold") and see unique archaeological finds of different epochs.

Free time in the city.

Visit to local handicrafts who will share the secrets of making shamanic drums, yurts, utensils, jewelry.

Dinner with traditional dishes of Tuvan cuisine including meat and dairy products will be cooked specially for the guests on returning back to the yurt complex.

To make the guests’ life as clear as the milk, to let spirits of heaven and earth help to the successful resolution of all deals, to make the travel trouble free, we invite you to Tuvan tea ceremony. During the ceremony you will hear a story about cooking national Tuvan tea with milk and salt, you will learn about the history of tea in Tuva, about tea legends and parables. You’ll feel the taste of the rich culture, feel the wonderful land of steppes and open spaces of Tuva.

In the evening you will see a bewitching show: shamans’ kamlaniye**. Kamlaniye is a magical communication between shamans and spirits. During this ritual the shamans dance around fire, sing and beat a drum. Kamlaniye will leave a long lasting impression, nobody remains indifferent after this ritual. There the shamans will tell you about their traditions, rituals and abilities. After that you will get an opportunity to ask them about your future, your health and experience the ritual of purification**.

* Accommodation in the yurts’ complex "Biy-Khem". Breakfast, lunch, dinner

** Extra charge

Day 5

440 km

Nowadays the tourists can follow exactly the same path that ancient nomads followed crossing Tuva from the east to the west and reach Khakassia. The route will go through the mountain pass. Here you can meet places which are considered to be energetically powerful. Before lunch there is a stop near a breathtaking mountain Khairykan - one of the most respected places in Tuva. In 1992 it was chosen by Dalai Lama XIV to be an energetically powerful place. Once a year local shamans come here to get energy, strengthen and purify their spirits.

Many of the Tuvan people are still nomads. The group will meet a family of real nomads (if nomads are there that time). The nomads’ way of life today has little difference with their life a hundred years ago. Traditionally a yurt, where they live is divided into two halves - a man's half and a woman's half. Guests are received in a special place.

Picnic is organized right on the grass, next to a Buddha stela. And around the larches a lot of edelweiss's are growing, which became a symbol of the mountains for many people.

On the way tourists will see the center of Buddhist culture, a ruined temple Ustuu-Khuree. The temple was the crowning of Buddhist construction in Tuva. And it was unique not only in Tuva, but also in like the former Soviet Union. In 1930, after the adoption of a special resolution Ustuu-Khuree was closed, and in 1937 destroyed. In 1999, the Russian government, recognizing the historic and architectural value of the unique temple Ustuu-Khuree, decided to restore it. In July 2012 during the open-air music festival taking place every year there the new temple Ustuu-Khuree was officially re-opened Khakassia begins after the Sayan pass, at a height of 2214 metres. The mountains here are covered with fabulous cedar taiga. The tourists will spend the next two days in the taiga camp "Snow Leopard" built on the bank of the river Stoktysh.

You can enjoy walking on colourful moss here, breathe pure mountain air, taste traditional taiga cuisine.

* Accommodation in the camp "Snow Leopard". Breakfast, lunch, dinner

The first day in taiga will amaze you by silence, not usual in big cities. In the morning the group will go to the mountain "Mayak", to the bridge of love or to the hunters’ house. It is also possible to hike to the mountain lake Marankul (8 km one way) or Stoktyshskie mountain lakes (10 km one way). In case of bad weather we can offer you a visit to Lama Vostokov. White Lama Vostokov is a professor of Tibetan medicine, who will talk about the local medicinal herbs and opportunities of health improvement in the unique conditions of Sayan Nature.

The pendant bridge is over mount river, which flows across taiga forest overcoming many rapids. There is a local tradition according to which a lover if he wants to prove his love has to carry in one's arms his beloved lady over this bridge. Lunch. In July and August you can gather gifts of the forest - berries and mushrooms
which you don't even need to look for - they are just under your feet. You will also have a chance to eat cedar nuts. A Siberian cedar is a unique tree. Those cedars which you will be surrounded by are the witnesses of several centuries, fed hundreds of generations who lived in taiga.

Taiga air makes you healthier, but the real cure for all illnesses is a Russian banya. A steaming Russian banya with brooms made of coniferous twigs, birch and oak twigs. Those who are courageous enough can jump into the cold river right after steaming. Time after the lunch is spent at the fireplace. Cedar taiga, fire, star-spangled sky and silence will make you forget about rush of the cities. All this will make you feel a part of wild nature.

After dinner evening at the fireplace. Cedar Taiga, starry sky and the silence that we forget about in the city surround you and only the crackle of the blazing fire...

* Accommodation in the camp "Snow Leopard". Breakfast, lunch, dinner

PART III

The ancient earth of Khakassia takes the lead over Siberia and even Russia for the abundance of its archeological relics. Here right by the road you can see the rock drawings, every twenty meters - a burial mound or a stone figure, which is still serving as a cult place for the local people.

Feel the energy and power of the Khakassian land. This unearthly peace of mind and inner cleanliness, ease and lucidity will accompany you. Suddenly you will recognize yourself and no. This world is full of mysteries. And you are a part of these mysteries, you should only let yourself become free. Khakassia is a centre of the favorable emotions, diluted by amazement before the fantastical proximity of eternity.

Day 7

After breakfast - bid farewell to "Snow Leopard" (242 km) and taiga.

On the route the group makes a stop at a khakasian village where there is a monument Khurtuyakh tas, where native women bring there gifts if they wish to have a baby.

By afternoon the group arrives to the Kyug valley (in Khakassian "kyug" means "delight") 137 km far from Abakan. Two great mountains chains stand near each other here. The Khakasian people call this valley "delight", archaeologists find a lot of monuments of different cultures. There is a yurt complex "Kyug" situated not far from the nature reserve "Kazanovka". Free time for walking around and horse riding**.

Accommodation again in yurts, this time it will be wooden khakassian yurts also built specially for tourists.

After dinner - a performance of the khakassian national folklore group.

Khakassian speech sounds here, Khakassian food is not exotic, all rituals are natural without striving for theatricality.

In the silence of the Khakassian valley you can really calm and relax and the scent of the beautiful irises will give you new energy.

* Accommodation in the yurt complex "Kug"**. Breakfast, lunch, dinner.

** Extra charge

Day 8

The history of Khakassia is very reach and has plenty of memorable dates.

The excursion to the National museum of Khakassia "Kazanovka" will let you know more about the inheritance of ancient civilizations. This museum is situated under the open sky and includes mountains, canyons, caves, mixed forest, rare plants. There are more than 2000 archeological monuments on the territory of the nature reserve. Every year archaeologists open 30-40 new monuments. The main purpose of this museum is to preserve natural and historical landscapes, reconstruction and development of local people's life, gathering, searching, forming and protection of the funds. In "Kazanovka" the tourists will have a chance to see rock paintings which are 3000-5000 years old. Archaeologists make copies of these paintings on paper for further studying and you can take these copies with you as souvenirs.

Visit to an ethnographical village "Khakassian aal," where the tourists have a chance to get personally acquainted with everyday life of Khakassian people from the late 19th - early 20th centuries.

After dinner those who wish can visit banya**.

* Accommodation in the yurt complex "Kug". Breakfast, lunch, dinner.

** Extra charge

Day 9

Departure from the yurt complex to the capital of Khakassia - Abakan. The group will travel to this city from "Kyug" valley. You will be able to see the exposition of stone monuments in the Regional museum of Khakassia. Among them there are fantastic animals, sun like gods, figures with animal's heads. Local people believe that some of these stones still have great power.

After that the group will visit the Valley of Kings. There are 30 burial hills in this valley that date back to III-IV century B.C. The largest hill is named The Big Salbyk hill. The hill's circumference is 500 m, its height is more than 11 meters. The total weight of vertical stones is approximately 60 tons. Many think that this is a place where shamans enrich their power.

The group will have lunch in the open air. After that - a long way back to Krasnoyarsk.

Don't try to understand everything that you have seen during this journey. Understanding will come to you later. The most important thing is a powerful emotional impulse that you will get. It will last for a long time, until you visit Siberia again.

*Accommodation in a hotel***. Breakfast, lunch, dinner.
Day 10
50 km

Breakfast. Group transfer to the airport / railway station.

1670 EUR per person  (joining to a group)
SGL supplement – 338 EUR
/Cost of the individual tour for a group of 2 pax and flexible dates: 2 930 EUR per person/

Included:
- All transportation by bus, including group transfer airport/station-hotel-airport/station
- TWN accommodation in hotels, campings, yurt-campings according to the route
- Full Board meals, including water, juices, coffee, tea and local drinks
- Excursions and folk programs
- Entrance tickets to Museum, recreational fees to parks and reserves
- English/French/German-speaking guide

Not included:
- Air and train tickets to/from Krasnoyarsk
- Additional services on spot & shaman rituals

* Group transfer is for tourists, arriving Krasnoyarsk by morning flights from 06:00 till 07:30 and departing by flights from 07:00 till 11:00. Individual transfer supplement – 30 EUR OW / 60 EUR RT

EXCURSION-ETHNOGRAPHICAL TOUR
"The Mysteries of Sayan Ring"
(09 days/08 night, period: May-September)

Arrival dates for 2014:

May, 21 – May, 29
June, 18 – June, 26
July, 02 – July, 10
July, 23 – July, 31

August, 06 – August, 14
August, 20 – August, 28
September, 03 – September, 11

Promotional tour for travel agencies and journalists at any of these dates in case we have other pax, price – 600 EUR

"... Again and again I close my eyes and imagine myself to appear within Siberian horizons surrounded by admirable scopes. I used to travel in many palces, but “Sayan ring” tour turned something outstanding. It couldn’t be organized better - it just was perfect. Thank you for given travelling pleasure and good luck to you!"

Jeff Ward
New Zealand ambassador in Russia
Krasnoyarsk

Day 1

After the tourists’ arrival (6 am-7.30 am) to Krasnoyarsk airport they are transferred to a hotel. Breakfast at the hotel (buffet), short rest.

10 am meeting with the guide in the hotel lobby.

This day there is a sightseeing including a visit to the symbol of Krasnoyarsk - the Paraskeva Pyatnitsa chapel situated on the Karaulnaya mountain and shown in the 10-ruble banknote. In the 17th century the Cossacks who founded the city built a watch tower on this mountain. One can enjoy a picturesque view of the city, of the river Yenisey, of the surrounding mountains and the nature reserve Stolby. You will pass the historical town part with its monuments of XVIII-XIX centuries, the former mansions of Siberian merchants and patrons, you will see the monument to Krasnoyarsk founder Andrey Dubensky, the Annunciation Cathedral, the Theatre Square and much more.

Lunch in a city restaurant.

If you have been to Krasnoyarsk, but haven’t visited the reserve “Stolby”, you haven’t seen the heart of the city, its lungs, its soul. The next point of the excursion is the famous fun-park “Bobrovy log”.

In the fun-park you will have a chance to discover a beautiful view on the national park “Stolby” (Takmak rock) going up the hill by the ropeway to the observation point overlooking the magnificent views of the city and surroundings. This tour is a wonderful opportunity to plunge into the wild nature without leaving the city.

We are going to visit the Regional Museum.

This museum is considered to be among the best historical and ethnographical museums in Siberia. The museum was opened in 2001. It will provide an excellent prelude to your travel and your first impression of the Great Sayan Ring tour.

Dinner in a restaurant.

19.20 Departure to Abakan by train (train tickets not included**)

*Accommodation in the train, breakfast, lunch, dinner.

** extra charge

Distance 80 km a day

Abakan-Minusinsk-Shushenskoye village

Day 2

Arrival in Abakan, capital city of Khakassia republic. Breakfast in a café. A short sightseeing tour visiting the Siberian unique landscaping park “Garden of the dream”.

The park has so many unexpected and interesting things: the Eiffel Tower, the evil claws and beak of an huge eagle, unsightly mounds near the grass are funny hedgehog, an English lawn, meditation in a Japanese garden, and the most impressing thing is many Siberian amazing plants, pergolas, swings, funny little creatures, sitting at the edges of walkways and much more. The park is unique one in Russia.

Then the group goes to an old Russian town Minusinsk. Lunch.

During the excursion you will see Saviour Cathedral, walk around the city-centre, aged merchant’s houses, visit a local market where you can buy famous Minussinsk tomatos.

Tomatoes in Minusinsk were began to grow the last century. Many local residents still use seed varieties, which fell to them by inheritance from grandparents. The largest tomato weighing nearly 2 kg, raised a local man in 2010.

Excursion to the local museum of Russian Decembrists’.

Then the group goes to Shushenskoye village. During this trip you will visit.
the Sayano-Shushenskaya hydroelectric power station. The dam was built in 1987, height 245 meters, the length of the ridge 1,070 meters, the width at the base of 110 meters, the width of the crest 25 meters. Hydroelectric dam forms the Sayan-Shushenskoye reservoir volume of 31.34 km\(^3\) and an area of 621 km\(^2\). In the area of the reservoir there is the Sayano-Shushensky Biosphere Reserve. Amazingly clear water allows to exist a trout farm near hydroelectric power station, because trout are known to not tolerate polluted water. Visit a trout farm, where it is possible to buy fresh fish.

You will overnight in the guesthouses of the museum Shushenskoe.

It still has the customs and traditions of the Siberian village of the late 19th century, with its streets and houses. It will help you to feel the atmosphere of country life. Guesthouses were reconstituted with preservation of cultural styles of Angara river area and south of Krasnoyarsk Territory. The realities of peasant life are combined with modern comfort living. Stopping for a rest in the new village, becoming masters of estates, enjoying traditional peasant cuisine, learning the basics of craft, taking part in the games and entertainments, ceremonies and celebrations, guests can feel the real Siberian farmers.

Before dinner a visit to Russian banya is highly recommended (not included)!

*Accommodation in guesthouses in Shushenskoe village. Breakfast, lunch, dinner.

Distance 400 km a day

Going to Tuva

Day 3

The day begins with the excursion to the ethnographical museum "Shushenskoe".

It will bring you to the real Siberian village of XIX-XX centuries. The history of the museum is inextricably linked with the name of Vladimir Lenin, who lived in Shushenskoye in exile 1897-1900. This corner of antiquity is situated on a bank of the river Shush, near its confluence with the Yenisei. There are numerous monuments of architecture on the 7 hectares: farmhouses, commercial shop, jail, tavern, about 200 wooden buildings. A lot of people go here attracted by ancient Siberian traditions, which are fully preserved in this place. A visit to a real tavern will bring everybody another surprise, you can see handicrafts and go to the shop of a merchant. Here you will be served a cup of tea in a real Siberian izba. Lunch.

After a lunch the group continues its way towards Tuva (430 km) across the West Sayan mountains. You will see the host of this territory - Sleeping Sayan warrior if you look attentively at the contours of the mountain. The legend says that one day the khakasian warrior Sayan fell asleep here. He can be seen now lying on the back with folded arms.

In June now here, now there you can see globeflowers, flowers of a bright orange colour, which are so fond of Siberians.

Closer to the evening group comes to Tuva.

It’s amazing but as soon as the bus crosses the border between Krasnoyarsk region and comes to Tuva even the scenery changes. It seems like you are coming to another planet and another age. There are almost no signs of civilisation on the most part of Tuva territory, steppes and sharp mountains are over the hundreds kilometres. The group makes a stop 22 km from the city Kyzyl, on the bank of the Biy-Khem river (in Tuvan — Big Yenisey), in the yurts’ complex.

Accommodation in the real thick felt yurts built by tuvians specially for the tourists.

After dinner — the performance with the traditional throat singing — "khoomei".

The throat singing - a fantastical capability of the Tuva people (and some other Siberian nationalities) to emit simultaneously two or three sounds of different tone and to sustain the same sound for 25-30 seconds without taking a breath. If you close your eyes it is hard to believe that the sounds are emitted by a person and not by a musical instrument.

Who of us has not dreamed of the open spaces of the sky? At the end of the day you can enjoy Tuvinian starry sky in all its glory with the help of a telescope installed in the yurt complex. You can see many constellations; an experienced guide will help you in this, even if you have not been strong in astronomy. From time to time the soul of each urban resident asks for something special, for what we have never enough time in everyday. And then we look at the stars.

* Accommodation is in the yurts’ complex "Biy-Khem". Breakfast, lunch and dinner

Distance 430 km a day

Kyzyl

Day 4

The Europeans are still interested in the eastern traditions. The route that covers the Sayan ring lets you visit the heart of Asia.

The place of this day is Kyzyl, the capital of Tuva.

This city is situated in the place where Biy-Khem (the Big Yenisey) and Ka-Khem (the Small Yenisey) unite their waters and give a life to the great river Yenisey. The first sightseeing to visit here is the Geographical Centre of Asia. Built in 1964, the monument represents a big globe on which the contours of continents are marked, Tuva and Kyzyl are specially indicated.

The next place of visiting is the Buddhist temple where you will have a chance to hear a sermon of the lama. Buddhism in Tuva exists in harmony with shaman beliefs. So after the Buddhist temple we will go to a Shaman community where you can pay and ask about your health and future, get information about shamanism secrets. Lunch is organized in a local restaurant.
After eating the group will visit the Regional Museum of Tuva (exhibition “Scythian gold”) and see unique archaeological finds of different epochs.

Free time in the city.

Visit to local handicrafts who will share the secrets of making shamanic drums, yurts, utensils, jewelry. A dinner with traditional dishes of Tuvan cuisine including meat and dairy products will be cooked specially for the guests on returning back to the yurt complex.

To make the guests’ life as clear as the milk, to let spirits of heaven and earth help to the successful resolution of all deals, to make the travel trouble free, we invite you to Tuvan tea ceremony. During the ceremony you will hear a story about cooking national Tuvan tea with milk and salt, you will learn about the history of tea in Tuva, about tea legends and parables. You’ll feel the taste of the rich culture, feel the wonderful land of steppes and open spaces of Tuva.

In the evening you will have an opportunity to book a bewitching show: shamans' kamlanie (NOT included). Kamlanie is a magical communication between shamans and spirits. During this ritual the shamans dance around fire, sing and beat a drum. Kamlanie will leave a long lasting impression, nobody remains indifferent after this ritual. There the shamans will tell you about their traditions, rituals and abilities. After that you will get an opportunity to ask them about your future, your health and experience the ritual of purification.

* Accommodation in the yurts’ complex “Biy-Khem”. Breakfast, lunch, dinner
** Extra charge

Distance 70 km a day

Touristic camp «Snow leopard»

Day 5 Nowadays the tourists can follow exactly the same path that ancient nomads followed crossing Tuva from the east to the west and reach Khakassia.

The route will go through the mountain pass.

Here you can meet places which are considered to be energetically powerful. Before lunch there is a stop near a breathtaking mountain Khairykan - one of the most respected places in Tuva. In 1992 it was chosen by Dalai Lama XIV to be an energetically powerful place. Once a year local shamans come here to get energy, strengthen and purify their spirits.

Picnic is organized right on the grass, next to a Buddha stela. And around the larches a lot of edelweiss’s are growing, which became a symbol of the mountains for many people.

On the way tourists will see the center of Buddhist culture, a ruined temple Ustuu-Khuree.

The temple was the crowning of Buddhist construction in Tuva. And it was unique not only in Tuva, but also in like the former Soviet Union. In 1930, after the adoption of a special resolution Ustuu-Khuree was closed, and in 1937 - destroyed. In 1999, the Russian government, recognizing the historic and architectural value of the unique temple Ustuu-Khuree, decided to restore it. In July 2012 during the open-air music festival taking place every year there the new temple Ustuu-Khuree was officially re-opened.

Khakassia begins after the Sayan pass, at a height of 2214 metres. The mountains here are covered with fabulous cedar taiga.

The tourists will spend the next two days in the taiga camp "Snow Leopard" built on the bank of the river Stoktysh. You can enjoy walking on colourful moss here, breathe pure mountain air, taste traditional taiga cuisine.

* Accommodation in the camp "Snow Leopard". Breakfast, lunch, dinner

Distance 440 km a day

Touristic camp «Snow leopard»

At one with nature

Day 6 The first day in taiga will amaze you by silence, not usual in big cities.

In the morning the group will go to the mountain "Mayak", to the bridge of love or to the hunters' house. It is also possible to hike to the mountain lake Marankul (8 km one way) or Stoktyshskie mountain lakes (10 km one way).

In case of bad weather we can offer you a visit to Lama Vostokov. White Lama Vostokov is a professor of Tibetan medicine, who will talk about the local medicinal herbs and opportunities of health improvement in the unique conditions of Sayan Nature.

The pendant bridge is over mount river, which flows across taiga forest overcoming many rapids. There is a local tradition according to which a lover if he wants to prove his love has to carry in one's arms his beloved lady over this bridge.

Lunch.

In July and August you can gather gifts of the forest - berries and mushrooms which you don't even need to look for - they are just under your feet.

You will also have a chance to eat cedar nuts. A Siberian cedar is a unique tree. Those cedars which you will be surrounded by are the witnesses of several centuries, fed hundreds of generations who lived in taiga.

Taiga air makes you healthier, but the real cure for all illnesses is a Russian banya. A steaming Russian banya with brooms made of coniferous twigs, birch and oak twigs. Those who are courageous enough can jump into the cold river right after steaming.

After dinner evening at the fireplace. Cedar Taiga, starry sky and the silence that we forget about in the city
Day 7
After breakfast - bid farewell to “Snow Leopard” and taiga.

On the route the group makes a stop at a khasian village where there is a monument Khurtuyakh tas, where native women bring there gifts if they wish to have a baby.

By afternoon the group arrives to the Kyug valley (in Khakassian “kyug” means “delight”) 137 km far from Abakan. Two great mountains chains stand near each other here. The Khakasian people call this valley “delight”, archaeologists find a lot of monuments of different cultures. There is a yurt complex “Kyug” situated not far from the nature reserve "Kazanovka". Excursion to the State museum-reserve of Khakassia "Kasanovka". It is hard to believe but you really will see petroglyphs 3-5 thousand years old. Moreover you will be shown how archaeologists make copies from it for study, this pictures you can take with you like rare souvenir. Besides, you’ll know the role of vertical stones which stay all around Khakassia and see real archaeological excavations.

After dinner - a performance of the Khakassian national folklore group.

Khakassian speech sounds here, Khakassian food is not exotic, all rituals are natural without striving for theatricality.

In the silence of the Khakassian valley you can really calm and relax and the scent of the beautiful irises will give you new energy.

* Accommodation in the yurt complex "Kug". Breakfast, lunch, dinner.

Coming back to Abakan
Day 8
Departure from the complex and in a couple of hours arrival in Abakan, the capital of Khakassia. A visit to the Republican Regional Museum.

Three is unique collection of stone statues is kept. Some of them are considered to be still powerful. Lunch.

From Abakan the group goes to “The Valley of Kings”, there are about 30 burial mounds aged from the IV-III century B.C.

The culminuation of the trip will be the Great Salbyk Mound which was built on the noble family’s grave and excavated by archaeologists in 1954-56. It measured 0,5km in perimeter and 11,5 m high, the weight of stones is up to 60 tonnes.

Then back way to Abakan. Dinner.

29.20 Departure to Krasnoyarsk, train № 124 (tickets** – extra charge)

* Accommodation in train. Breakfast, lunch, dinner.

** Extra charge

Distance 280 km a day

Completion a tour program
Day 9
6.30 am Arrival to Krasnoyarsk railway station, end of the program, you can take a taxi to the airport or order a transfer at our company in advance** (extra charge). We advise you to purchase tickets for flights with departure not earlier than 9 am.

1274 EUR per person (joining to a group)

SGL supplement – 257 EUR

/Cost of the individual tour for a group of 2 pax and flexible dates: 2345 EUR per person/

Included:
- All transportation by bus
- Basic accommodation in hotels, campings, yurt-campings according to the route/basic conditions/
- Full Board meals, including water, juices, coffee, tea and local drinks
- Excursions and folk programs
- Entrance tickets to Museum, recreational fees to parks and reserves
- English/French/German-speaking guide

Not included:
ACTIVE EXCURSION TOUR “SAZAY EXPANSES”
(10 days/9 night, period: July-August)

Arrival dates for 2014: July, 10 – July, 19, July, 26 – August, 04

Siberia is still an unknown land, terra incognita. You will be able to reveal its mysteries choosing the tour “Sayan expanses”. The journey includes three territories of Siberia: Krasnoyarsk region, Tuva and Khakasia. Every territory has its own peculiarities, history, culture and unique nature. The tourists will visit the state nature reserve “Stolby”, West Sayan mountains and the famous park Ergaki. They will get acquainted with amazing Tuva Republic, with its fantastic landscapes and salty lakes similar to the waters of the Dead Sea.

Arrival in Siberia

Day 1
Your acquaintance with Siberia begins in Krasnoyarsk.
The tourists are met at the railway station at 09:00 local time, the luggage should be delivered to the cloak-room. Transfer, accommodation in hotel, breakfast only according to tourists wish**.
The first place of the program is the nature reserve Stolby.
You will come to the guard place with an experienced guide and after that walk approximately 5 km up to the hill. While walking guide will tell you the story of the reserve, in 2010 it celebrated its 70 anniversary.
Then the group will walk around the nature reserve (about 3 km). The bravest can try to climb one of the rocks. During the excursion you will hear a lot of interesting legends and stories. Almost every rock is unique and has its own name – Grandfather, the First rock, Feathers, Takmak, Elephant, Lion’s gate, Manskaya Baba, Vultures, Fortress and many others.
The tourist territory of the nature reserve occupies the territory of 1500 hectares.
After that everybody can have rest in a forest hut. The lunch is a lunch-box.

After that you will go down to the guard place where you will be met by the bus and then you will go to a sightseeing excursion.
You will visit the most interesting places of the city. One of them is Karaunaya mountain where the chapel is situated. Some time ago it was called Kum-Tigei hill. The Cossacks who founded the city built a watch tower there in the beginning of the 17th century. The stone chapel appeared in 1865. In the
21st century a cannon was installed near the chapel which shoots every midday. One can enjoy a fascinating view of the city, Yenissei river and the nature reserve “Stolby”.

**Dinner in a café (on your own**)**

**Arriving to the railway station. Boarding the train Krasnoyarsk-Abakan №124 (tickets **).**

**Day 2**

*Accommodation in the train; lunch.**

**Extra charge**

**Between two cultures**

At 06.30 the guests are met in Abakan – the capital city of Khakassia republic. Earlier it was known as Ust-Abakansko village. In the beginning of the 20th century the village got the status of the city and the new name Abakan.

After the breakfast in a café the group will have a short excursion around the city. Then the tourists go to Shushenskoe village.

This small village is widely known for its ethnographic museum. The excursion to the ethnographical museum "Shushenskoe" will bring you to the real Siberian village of XIX-XX centuries**. The history of the museum is inextricably linked with the name of Vladimir Lenin, who lived in Shushenskoye in exile 1897-1900. This corner of antiquity is situated on a bank of the river Shush, near its confluence with the Yenisei. There are numerous monuments of architecture on the 7 hectares: farmhouses, commercial shop, jail, tavern, about 200 wooden buildings. A lot of people go here attracted by ancient Siberian traditions, which are fully preserved in this place. A visit to a real tavern will bring everybody another surprise, you can see handicrafts and go to the shop of a merchant. Here you will be served a cup of tea and traditional dishes in real Siberian izba. The famous festival of ethnic music called “The Sayan ring” is held near the village annually.

After that the way to Ergaki national park. During the way the lunch will be organized for tourists. On the way to mountains West Sayan you will see the mountain Sleeping Sayan. Silhouette of man lying on his back, face and flowing long hair, hands folded on his chest, legs and feet. A warrior Sleeping Sayan amazes, wakes the imagination and inspiration ... He is covered by numerous legends, and for many hundreds of years it remains the most majestic, mysterious and enigmatic spectacle in Ergaki.

The territory of the natural park “Ergaki” is a traditional tourist center in the south of the region and the most visited part of the West Sayan mountains. The highest peaks of “Ergaki” are Aradansky (2466 m) and Zvezdniy (2265 m).

The pilgrim place of all creative people is the pass of Artists. From this pass one can see the view of the central part of Ergaki and the valley of Left Taigish river. You can also see the peaks Ptiza, Zvezdniy, Dragon’s tooth, Conus, Zerkalny and Brothers. There are two beautiful lakes situated not far from them – the Lake of Mountain spirits and the Lake of Artists.

The natural park “Ergaki” is for sure a pearl of Siberia. The lovers of pristine wild nature should definitely visit this amazing corner of the world.

Arriving to the start point (621 km, tourist complex “Tushkanchik”), changing dress, the luggage will be delivered to the cloak-room, the hiking along a path in mountainous taiga, 8 km to the lake Svetloye. Its shape resembles a church dome, due to such a form the lake was named, Svetloye means Saint. Arriving to the camping, accommodation in camps for 2 or 4 people, dinner. Night fire.

**Extra fee for Russian cossacs folklore performance in the museum**

**Climbing the mount Ptitsa (Bird)**

Day 3

Waking up at 9:00, morning swimming, morning exercise, breakfast and preparing for a walk to a Bird’s shoulder.

Rom the camping it is possible to see the whole way to the peak. Tourists will go along a path climbing a mount to the height of 1700 meters above the sea level, the forest is left back. We can see mountains, lakes and taiga, it is amazing! The path is becoming narrower and tourists reach the pass Ptitsa, from this place it is really seen a big bird, an eagle that is touching land with its pads and putting its wings together. Lunch box on the way.

During the trip you will see lake of Mountain Spirits, rocks “Two Brothers” and the bridge between them “Parabola”. Some rocks looking like a turtle, camel, deserted castles. The trip will take about 4-5 hours, 10 km.

After returning to camping rest and satisfying dinner. Preparing for night banya and swimming in the lake. The day finishes with songs and stories, games and competitions on the night fire.

**Meeting with the Dinosaur**

Day 4

A new morning, new day and new impressions. After breakfast the group goes to a new trip to the highest point of the region. It is the mount Dinosaur (12 km, 7-8
The path runs along the lake Svetloye, we climb up the hill and down to the lake Zolotarnoye or Malakhitovoye. The lake is big, located outside the forest. Packed lunch on the way. The next attraction is a cliff Dragon's Tooth, it will surprise with its concave rock walls. It hosts the championships among climbers of Russian and world level.

Dinner over the campfire. Evening communication, exchange of experiences, looking through pictures taken during day trip, it makes the rest warm and friendly.

*Accommodation in the camping, breakfast, lunch, dinner.

Sayan mountains and Tuva republic

Day 5

After breakfast the group says goodbye to the camping, peaks Ptitsa and Zvezdny and promise to return back some day. The back way on foot (8 km, 2-3 hours). The bus meets the group, tourists get their luggage, change clothes and continue the program. Lunch by the way.

There is a watching place on the border of Krasnoyarsk region and Tuva from where you can see the fascinating republic. Many are amazed by the fact that when they cross the border the surrounding landscape changes dramatically. It seems that you have entered another planet and time. The major part of Tuva doesn't have any civilization. Endless steppes stretch for hundreds of kilometers interrupted only by rocks.

The group makes a stop 22 km from the city Kizil, on the bank of the Biy-Khem river (in Tuvan – Big Yenisey), in the yurts’ complex*. Accommodation in the real thick felt yurts built by tuvians specially for the tourists.

After dinner – the performance with the traditional throat singing – “khoomei” **.

The throat singing is a fantastical capability of the Tuva people (and some other Siberian nationalities) to emit simultaneously two or three sounds of different tone and to sustain the same sound for 25-30 seconds without taking a breath. If you close your eyes it is hard to believe that the sounds are emitted by a person and not by a musical instrument.

Who of us has not dreamed of the open spaces of the sky? At the end of the day you can enjoy Tuvinian starry sky in all its glory with the help of a telescope installed in the yurt complex. You can see many constellations, an experienced guide will help you in this, even if you have not been strong in astronomy. From time to time the soul of each urban resident asks for something special, for what we have never enough time in everyday. And then we look at the stars.

* Accommodation is in the yurts’ complex “Biy-Khem”. Breakfast, lunch and dinner.

** Extra charge

The Center of Asia

Day 6

The day begins with a visit to the capital of Tuva – Kyzyl. You will visit several interesting places there.

The first and the main pride of the city is the Center of Asia monument. It is made in the shape of a globe. Tuva and Kyzyl are specially marked on it. The monument stands on the bank of Yenisei, on the place of the geographical center.

After that the group will visit the Republican museum of Tuva. Its collection includes interesting archaeological findings beginning from the Bronze age. They can tell a lot about the culture of ancient tuvinian tribes.

After lunch the tourists will go shopping to the souvenir shops and walking around the city.

Then we go to the lake Dus-Khol (Svatikovo).

On the way we stop near a mineral spring Tos-Bulag. Lake is known as therapeutic. Swimming and mud bathing. Each tourist could tell that healing properties of the lake is higher than ones of the Dead Sea in Israel or the Lake Tuz in Khakassia. Mineralization of water in Dus-Hole is very high, up to 280 g/liter. With the help of mud some diseases of the joints, digestive apparatus, of peripheral and central nervous system, also skin and gynecological diseases can be cured.

Dinner will give everybody a chance to taste national tuvinian cuisine. Late in the evening the tourists will see a mysterious performance – the ritual of shamans’ kamlanie **. It is a unique show during which a shaman communicates with spirits. Nobody will stay indifferent after this ritual.

*Accommodation in a yurt complex “Biy-Khem”, breakfast, lunch and dinner.

** Extra charge

Following the path of nomads

Day 7

During this day the group will follow the path of the nomads in order to cross Tuva from the east to the west and to reach Khakassia.

The group will cross the mountain pass. They will meet places of strong energetic concentration. There will be a short stop near Khajyrakan mountain. In 1992 this mountain was chosen as an energetically powerful place and was consecrated by Dalai-Lama XIV. Local shamans come here once a year to renew their energy, to strengthen and to cleanse their spirit. Everybody who visits this place can feel its power.

Picnic on the grass (lunch-boxes).
Khakassia Republic starts on the Sayan pass, on the height of 2206 meters. The next day will be spent in powerful taiga, in the tourist center “Snow leopard”. The center stands on the bank of a clean mountain river Stoktysh. You can walk on colorful carpet of moss here, enjoy mountain air and traditional dishes of taiga cuisine.

**Accommodation in the tourist center “Snow leopard“, breakfast, lunch, dinner**

### Taiga happiness

Day 8

Taiga rest is a perfect possibility to get rid of noise and city fuss. A touch to pristine nature can return inner harmony. After breakfast the tourists will go a mountain lake “Marankul” which is situated 1520 meters high above the sea level.

The water temperature in the lake is usually 12-18 degrees. The way to the lake goes through the cedar taiga. The group will have lunch on the lake.

Then you will walk to the camp situated on the lake shore where you can swim and go rafting. Then the group will return to the tourist center.

In the evening you will have a chance to visit Russian banya with fresh brooms and then to jump in the freezing water of a mountain river.

After dinner the group will gather around the campfire. The night sky with millions of stars and coniferous forest scent can give you the feeling of unity with nature.

**Accommodation in the tourist center “Snow leopard“, breakfast, lunch, dinner**

### Closing the ring

Day 9

In the morning the tourists can do a healing massage**.

After lunch the tourists will leave “Snow leopard” and go down to the plateau. During their way they will stop near Khurtuyah tas stele.

It is a special stone, worshiped by the women of Khakassia who wish to have a baby. In 2003 the stele was returned to its historical place from the Regional museum.

The final destination of our journey is Abakan city.

**Dinner, Khakassian folklore performance**

The main program is over. Boarding the train 124 to Krasnoyarsk to 067 to Moscow (tickets **).

Moreover, you can stay overnight in Abakan** and in the morning fly to Moscow**.

**Accommodation in the train, breakfast, lunch, dinner.

** Extra charge

### Farewell

Day 10

Meeting the tourists at the railway station of Krasnoyarsk. Those who continue their trip will be served breakfast** and then transferred to the airport**.

**Extra charge

980 EUR per person (*joining to a group*)

SGL Supplement – 167 EUR

/Cost of the individual tour for a group of 2 pax and flexible dates: 1904 EUR per person/

**Included:**

- All transportation (bus, minibus)
- TWN accommodation at „Snow Leopard“ camping (no WC), yurt-camping, in TWN or TRPL tents at tents camping.
- Full Board meals, including water and tea
- Excursions with entrance tickets to museums, recreational fees to parks and reserves
- English/German-speaking guide

**Not included:**

- Railway tickets Krasnoyarsk – Abakan – Krasnoyarsk (64 EUR OW)
- Alcoholic drinks
- Folk programs and shaman rituals
- Additional services on spot
- Supplements for conveniences in room at Snezny Bars camping (from 30 to 64 EUR per person depending on chalet type).
EXCURSION TOUR “Pearls of Tuva”
(8 days/7 nights, period: June - August)

Departure dates for 2014:
1. 23 June – 30 June
2. 07 July – 14 July
3. 21 July – 28 July
4. 11 August – 18 August

“Tuva? A bird has to cover many thousands of miles in the direction of the rising sun before it has overcome the Altai Mountains. There, in the geographical heart of Asia Tuva lies, in the north it borders with up to 4000m high mountain ranges of Altai and Sayan, in the south it changes over to prairies and semiprairies, up to the border with Mongolia. Politically, the Tuva Republic now belongs to the Russian Federation. Autonomous Republic as a part of the Russian Federation is after all, bigger than Greece and Belgium together. Siberian taiga, high-mountain tundra, bogs and branches of the Gobi Desert border here with each other. Reindeer, willow grouses, bears, wolves and frozen mammoth bones from river banks are found side by side with yaks, camels and bustards.

Just over 300,000 people live in this rich nature, it is a folk with an ancient history and culture. Originally and even to the present time they have been nomads. We get to know their traditions and their ideas, their art and culture, the hardness of their daily life and their skills. Tuva is a country in an ancient crossroads of cultures: Skyphen, Huns, Chinese, Mongolians, Russians and others have left their mark - monuments, inscriptions, rock carvings, fairy tales, buildings from the past, prince graves ... ”

From the German book „Mysterious Tuva. Expeditions to the heart of Asia” of Sew’jan I. Weinstein („Geheimnissvolles Tuwa. Expeditionen in das Herz Asiens”)
Alouette Publishing House
www.alouette-verlag.de

Program of the tour:

Day 1 The tourists' arrival, meeting at the airport of Kyzyl, transfer to the yurts camp "Biy-Khem" (25 km). Free time, rest, those who wish can walk through the outskirts and go up the nearest hill to watch the whole Biy-Khem valley. Evening bonfire.
*Accommodation in the yurt complex “Biy-Khem”. Breakfast, lunch, dinner.

Day 2 Breakfast. The group goes to the west to the mineral spring (in Tuvian – arjaan) called Shivilig (420km.). In translation Arjaan means “saint water, mineral water, healing spring”.
Before lunch there is a stop near the breathtaking mountain Khajyrakan – one of the most respected places in Tuva. In 1992 it was chosen like energetically powerful place and consecrated by Dalay Lama XIV. At least once a year local shamans come here to get energy, strengthen and purify their souls.
Lunch is held on the grass, with the company of “Seven Sisters” – hundred years old larch trees, growing from one root. Arrival to the place Chindozyn, camping building, dinner and a rest at the evening bonfire.
*Accommodation in the tents’ camp. Breakfast, lunch, dinner.

Day 3 Breakfast. Departure (6 km) to the mineral spring “Shivilig”, then with the guide the group goes for a walk (4-5 km) to the next mineral spring Churek-Arzhan. It is weakly radioactive spring, where the water temperature varies from 3 to 9 °C, radon content corresponds to the lower limit for that kind of healing waters. Tourists will learn about healing properties of springs and about methods of treatment.
Returning to the camp, lunch. After lunch at the request of the tourists a walk to the foot of the mountain Mongulek will be organized (up to 10 km one way and back). After returning to the camp the group is going to visit the nomads, who stay nearby. Understanding the way of traditional Tuvan nomadic family makes a strong impression. During the visit, you can see way of nomadic life. Return to the camp, sitting at the campfire and...
**Accommodation at tent camp. Breakfast, lunch, dinner.**

**Day 4**

Breakfast. Departure to Kyzyl (130 km). On the way there will be a stop at nomad’s yurt and you will learn about their unique lifestyle and traditions. It will leave an unforgettable impression. The next stop is near Ustuu-Huree, the Buddhist temple, a unique building having no analogies within former USSR. In 1930 it was closed, and in 1937 completely destroyed. In 1999 according to the decree of local authorities it was decided to restore the building. This idea was widely supported by ethno- and rock-musicians, who organized annual festival in Chadan town. All the gatherings from the festival go for charity on the resurrection of the temple and lama (Buddhist monks) training. Lunch during the way. Departure to Sayano-Shushenskoe reservoir (100 km). Tent camp installation. Dinner, evening bonfire. **Accommodation at tent camp. Breakfast, lunch, dinner.**

**Day 5**

After the breakfast departure to Kyzyl (180km). Stop at Syyn-Churek (Maral’s heart). Tourist will be shown how archeologists work at excavations, copy ancient rock paintings on paper. You will be presented a copy of them as a souvenir.


After the dinner you will attend a real Tuvinian tea ceremony**. During the ceremony you will hear legends and parables about tea, a story about methods of making and brewing Tuvinian national tea with milk and salt, you will learn the history of tea in Tuva. To make the lives of our guests as bright as white milk, to make the spirits of skies and ground assist you every day, we invite you to attend Tuvinian tea ceremony. Along with this tea you will taste the rich culture of Tuvinian people, you will see amazing land of steppes of Tuva. After that you will have dinner with Tuvinian national cuisine.

**Accommodation at “Biy-Khem” yurt-comlex. Breakfast, lunch, dinner.**

**Extra fee**

**Day 6**

Breakfast, walking around the yurt complex. Free day. You can have a rest at the yurt-complex, you can go for a walk around the top of the hill or you can visit Kyzyl by yourself and have a nice walk there. In the evening shaman’s kamlaniey** mystic performance. It is a talk with spirits in the light of a bonfire. It’s the most pare thing when a whole company of shamans act together! For one it would be a rite of clearing and meditation, or you can just make a wish that will come true for sure! For the other tourists there’s an option just to visit banya** in Kyzyl (extra fee).

**Accommodation is in the yurts’ camp “Biy-Khem”. Breakfast, lunch, dinner**

**Extra fee**

**Day 7**

Excursion to Kyzyl, the capital of Tuva (50 km), visiting the Geographical Centre of Asia. Then a visit to the Buddhist temple where the tourists will hear sermon of a lama. Visit of local craftsmen, who will tell the secrets of making traditional national Tuvinian musical instruments, shaman’s drums and traditional jewellery. Lunch in the restaurant. Then visit to the National Museum of Tuva (“The Scythian gold” exhibition), the souvenir shop, post office and Kyzyl suburbs and even a mineral spring.

Dinner, where the traditional dishes of Tuvan cuisine are cooked specially for the guests After dinner – the performance of traditional throat singing – “khoomei” - a fantastical capability of the Tuva people (and some other Siberian nationalities) to emit simultaneously two or three sounds of different tone and to sustain the same sound for 25-30 seconds without taking a breath. If you close your eyes it is hard to believe that the sounds are emitted by a person and not by a musical instrument.

**Accommodation in the yurts’ complex “Biy-Khem”. Breakfast, lunch, dinner**

**Extra fee**

**Day 8**

Breakfast. Departure to Krasnoyarsk by flight or to Abakan by bus/car.

917 EUR per person (joining to a group)

SGL Supplement – 73 EUR

/Cost of the individual tour for a group of 3 pax and flexible dates: 1290 EUR per person/

**Included:**

- All transportation by minibuses and UAZ cars
- TWN accommodation in campings, yurt-campings and tents according to the route
- Full Board meals, including water, coffee, tea
- Excursions and folk programs
- Entrance tickets to Museum, recreational fees to parks and reserves
- English/German/French/Italian-speaking guide

**Not included:**

- Air and train tickets to/from Kyzyl (Tyva)
- Alcoholic drinks
- Folk programs
- Additional services on spot