



Ordzhonikidze str, 28A, office 2,
Novokuznetsk,
Kemerovo oblast, 654005 Russia
Individual Taxpayer Identification Number
4217102069, Tax Registration Reason
Code 421701001 Principal State
Registration Number 1084217001747
Phone/fax (3843) 390-912,
e-mail: odysseya@inbox.ru;
odysseya@kuz.ru , www.odysseya-tury.ru

Russian Business and Organization
Classification 85220714
Russian National Classifier of
Economic Activities 63.30
Checking account
40702810826170004452
Division №8615 of Sberbank,
Kemerovo, Russia,
Correspondent account
30101810200000000612
RCBIC 043207612

POST-TOUR "GORNÝ ALTAI: Experience the energy of Altai"



This tour is arranged for inquisitive voyagers, who want to appreciate each instant of their lives. The schedule of the tour will provide you with a complete notion of Gorný Altai. You will visit the most interesting geographic, natural, historical, and cultural sites of this inimitable, charming and mysterious land.

The fastness of the trip and change of travel modes and means of transport will help you enter into the beauty of the Altai nature and have a rest after the hard-driving program of the Conference. Seeing Chermal, a marvelous and energy-emanating site chosen for the recreation, you will have an unforgettable weekend and get an energy boost for months.

Overall duration: 6 days and 5 nights.
Type of track: Composite
Group size: 8–10 persons.
Meals: three meals
Shift: 29.06.2014 – 04.07.2014.

TOUR PROGRAM

DAY 1, 29th of June 2014:

Air travel to the Altai Republic.

Flight from Novosibirsk (Tolmachevo airport) to Gorno-Altai. Departure at 13:00, arrival at 14:35. Time of the journey is 1h. 35min.

Participants will be met at the Gorno Altai airport and transferred to the Usnezha Village.

Arrival at Usnezha Village, accommodation in the recreation facility Nika Mansion House: double rooms, building 5 (near the health center, across the road from the central building at the bottom of Mt. Seligur).

The appropriate location of Nika on the bank of the magnificent Katun River, surrounded by majestic mountains will allow you to acknowledge the unique nature of Altai. Comfortable rooms, fitting every taste and the kind staff of the hotel will ensure homely atmosphere.

Description of the recreation facility: <http://tur-04.ru/> A billiards hall, conference hall, true Russian sauna, sauna with an indoor summer pool (3 × 4 m), health center (<http://tur-04.ru/med/>), children's playground, and 20-m swimming pool will serve for your proper family and corporate recreation. These services are





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rendered for a small additional fee.

**DAYS 2 - 5,
30th of June and 1 – 3rd July 2014:**
Resting in the recreation.



You are suggested following excursion program:

Altai village and the museum of Russian dolls "Desyatiruchka".

It is a place where artists create and connoisseurs of Qigong improve their health. There everyone can feel his talent and realize it.

There is a choice of travel ways: by foot, on horseback or on mountain bike, with a way along the bank of the Katun river. Horses or bikes are to be paid on the spot additionally.

Here one can buy paintings by local artists and popular native souvenirs.

Excursion to the Botanical Garden. In the Botanical Garden you will find plants of Altai Mountains, meadows and plants from all around the world. Here ecologically clean Altai herbs are harvested. You can buy a collection of herbs and enjoy throughout the year delicious and healthful herbal tea.

Rafting along Katun, excursion to the Biika Archeological Site.

Our raft under the guidance of experienced instructors will begin the journey from Kamishlinski waterfall and fall down the river Katun along the Chemalsky tract. You will travel to Tavdinskie caves where the legends of the Altai with the history of ancient peoples who inhabited the Altai Mountains in different eras are waiting for you. When you climb to the cave, you will see a beauty panorama of Katun River surrounded by mountains.





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Excursion "Legends of Chermal".

You will visit a functional hydroelectric station on the Chermal River, learn about the history of its erection, and have a walk along a goat path over the Katun River. From the path, you will have a splendid view of the confluence of Chermal and Katun (Sartakpai's Gate) and the Cliff of Lamentations. Then you will visit an Orthodox church on Patmos Island and take a walk on the new Chermal bridges, feel the energy of swirling water of the Katun and Chermal rivers under your feet. Those places are full of amazing energy.



Day 6, 4th July 2014:

Spare time for leisure, sightseeing, and sunbathing on the Katun bank. After lunch check out and start to Novosibirsk in a van, or an air travel Gorno-Altaysk - Novosibirsk.

- Tour cost without flight per person: **19.350** rubles or **€435**
- Tour cost with flight per person: **24.750** rubles or **€550**

The price includes:

- ❖ Transfer from Gorno Altaysk airport to the Nika Mansion House and return transfer.
- ❖ Accommodation in double rooms for 6 days\5 nights.
- ❖ Three meals a day on 2,3,4,5 days, lunch and picnic on 1st day and a breakfast on last, 6th day.
- ❖ Excursions

Extra services:

- ❖ Rent of horses or mountain bikes for the excursion to Askat.
- ❖ Services at the recreation facility: billiards hall, swimming pool, sauna, health center, etc.
- ❖ Souvenirs.
- ❖ Options in the Russian sauna: branch bunches, towels, etc.
- ❖ Refreshment during the trip Novosibirsk—Usnezha—Novosibirsk.
- ❖ Trip Akademgorodok – Tolmachevo airport, Novosibirsk and return trip.

The program can be slightly modified with the approval of the group orderer.

Please send your application to participate in the post-tour to e-mail: bgrs2014@bionet.nsc.ru with copy to odysseya@inbox.ru marked "Application for post-tour, Altai". Please, include in the e-mail following information:

- **Name, Age, City of residence, Country of residence.**

If it is necessary, you can book a double room with double bed - please indicate this in the application!