

TIME TO TRAVEL

CATALOG OF RUSSIAN
TOURIST ROUTES

DISCOVER®

R U S S I A



DISCOVER RUSSIA NATIONAL TOURISM PORTAL



English Version



Chinese Version

TIME TO TRAVEL



Electronic version
of the Time to Travel
catalog

DISCOVER RUSSIA



B2B Website

The Time to Travel catalogue of tourist routes for international travellers was developed by the Centre for Strategic Research with the support of the Ministry of Economic Development of the Russian Federation. It features 18 tested tourism products designed specifically for visitors from China, India and the countries of the Middle East.

This collection showcases Russia's tourism potential through routes that are accessible and appealing to international travellers, taking into account their cultural, religious and gastronomic preferences, as well as their desire for unique experiences. In addition, the Time to Travel catalogue serves as an effective tool for facilitating cooperation between tourism industry businesses and foreign tour operators.

由战略研究中心在俄罗斯联邦经济发展部的支持下专为外国游客创建的«Time to Travel»旅游产品目录，包含18个专门为来自中国、印度和中东地区的游客量身定制且经过实践检验的旅游产品。

该精选集通过易于外国游客理解的路线，有助于展现俄罗斯的旅游潜力。这些路线兼顾了外国游客的文化、宗教和饮食偏好，以及他们对获得独特体验的需求。此外，«Time to Travel»产品目录也是旅游企业与境外旅行社开展合作的有效工具。





Moscow
The city where
the journey begins

Start your journey through Russia in Moscow, its heart and main transport hub. Feel the beat of the metropolis and enjoy its historical heritage, modern culture, themed festivals and exceptional cuisine. After that, continue your adventure to any destination of your choice: from snow-capped mountain peaks to sunny seaside resorts.

4–11

Kamchatka Krai
The Land
of the Dragons

Set off on a journey through Kamchatka Krai, one of Russia's most amazing places, where nature has retained its pristine form, magnificence and beauty. Dormant volcanoes, the Valley of Geysers, mountain peaks and sopkas (volcanic hills), hot springs, rich wildlife and the mystique of shamanic rituals draw tourists like a magnet.

16–21

Amur Region
How I Became Russian

An immersive journey through the locations of the TV series «How I Became Russian», beloved by millions of Chinese viewers, offers not just an opportunity to visit Russia, but also to immerse oneself in the story. Every location of the tour represents a distinct episode filled with events experienced by the characters.

28–33

Altai Krai
Altai Therapy:
Happiness to the Brim

If the constant rush of noisy megacities wears you down, this journey is for you. Enter an atmosphere of calm, silence, and relaxation: unplug with a digital detox, wander eco trails, drink in breathtaking scenery, breathe fresh mountain air, and enjoy the scent of healing herbs. Altai offers an authentic communion with nature, vibrant culinary discoveries, and unique regional traditions.

42–49

Tyumen Region
The Warmth
of Siberia

Recharge in the very heart of Siberia! Hot springs, bath complexes, traditional Russian entertainment and cuisine await you. The Tyumen Region is a unique place where modern wellness harmonises with the region's history and culture. Leave the stereotypes behind: Siberia is warm, heartfelt and welcoming!

58–65

Tula Region
The Arms Capital
of Russia

Tula is the arsenal and shield of Russia. For three centuries, internationally renowned weapons have been crafted here. It is also the birthplace of the great Russian writer Leo Tolstoy, as well as the home of Tula gingerbread and the samovar. Unveil the secrets of local craftsmen and experience greatness – all in one trip!

74–81

Three Capitals
Moscow, Murmansk,
Saint Petersburg

An unforgettable journey through three capitals of Russia awaits: Moscow, St. Petersburg, and Murmansk. Visit world-class museums, stroll through magnificent palace-and-park ensembles, venture beyond the Arctic Circle, enjoy a boat trip at sea, and try your luck chasing the Northern Lights. Your extraordinary Russian adventure begins here!

88–95

Irkutsk Region
Lake Baikal:
Place of Power

Discover the magnificence and unique energy of Eastern Siberia. Here, the vast taiga stretches around Baikal, the deepest and clearest lake on the planet; ancient shamanic traditions merge with modern culture, and Siberian cuisine amazes with its flavours!

104–113

**Republic
of Tatarstan**
Nature's Embrace

Enjoy the beauty of Kazan, one of Russia's most authentic tourist destinations. Here, European and Eastern cultures intertwine, preserving the region's unique traditions. The city offers walks through historical sights, picturesque landscapes and delicious local food. Immerse yourself in nature and experience generous Tatar hospitality.

122–129

Tyumen Region
Authentic
Siberia

Recharge and enjoy nature in the very heart of Siberia. Hot springs, bath complexes, traditional Russian entertainment, and authentic cuisine with a modern twist – everything is ready for a unique getaway and incredible experiences. Leave the stereotypes behind: Siberia is warm and welcoming!

140–147

Saint Petersburg
Cultural capital of Russia

St. Petersburg is the cultural capital of Russia renowned for its palaces, museums and the atmosphere of imperial Russia that cannot be found anywhere else. Here you can admire the valuable treasures of the Hermitage, enjoy the elegance of the city's architecture, blooming gardens and century-old estates, as well as see its drawbridges and experience the romance of walking along rivers and canals.

12–15

Primorsky Krai
Golden Keys
to Primorye

Immerse yourself in a world of wild nature, rich gastronomy, and vivid impressions. Expect breathtaking panoramic views, encounters with rare wildlife, diving experiences, and evenings filled with vibrant cultural experiences. Discover Primorye as a true destination of strength and inspiration, where unique adventures and premium hospitality create the perfect conditions for an unforgettable escape.

22–27

Republic of Buryatia
Hospitable Baikal

Discover the true treasure – the planet's greatest lake, Baikal! Feel its magnificence, energy, and raw power. Unforgettable views, untouched wilderness, relaxing hot springs, and unique rituals await you. The journey will be enriched by centuries-old traditions, local gastronomy, and the legendary hospitality of the Russian soul.

34–41

Altai Krai and Altai Republic
Great Altai:
In Search of the Tao

Prepare for an unforgettable adventure. Travel along the Chuysky Trakt, one of the world's most scenic highways, unwind amid the protected landscapes of a premium mountain resort, and discover the flavours of distinctive Siberian cuisine. Your journey also includes a unique wellness experience: a rest beside the beehives, lunch in the grotto of the Tavdinsky Caves, and a visit to a traditional shamanic ail. Altai offers unforgettable experiences and a true digital detox.

50–57

**Khanty-Mansi
Autonomous Area-Yugra**
In the Footsteps
of the Red Dragon:
Five Elements of Yugra

An unforgettable introduction to the Russian North, walks through snow-covered nature parks, giant mammoths, traditional rituals and a meeting with a shaman – all this awaits you on a journey through the oil capital of Russia.

66–73

Tver Region
The Soul of Russia

We invite you on a journey along the mighty Volga River – a symbol of Russian history and culture. Discover crystal-clear lakes, dense forests, elegant noble estates, and the atmosphere of Imperial Russia. Here you will immerse yourself in ancient traditions, enjoy a river cruise through the region's most picturesque spots, and sample local cuisine at an authentic eco-farm.

82–87

**Murmansk
Region**
Arctic Glow

A true Arctic fairy tale and the northernmost adventures await. Travel to the edge of the world, experience the power of the Arctic Ocean, and set out in search of the Northern Lights. Get ready for thrilling snowmobile expeditions, encounters with reindeer and huskies, tastings of freshly caught seafood, and boat trips in search of whales.

96–103

Tyumen Region
Russian Holiday:
From the Capital of Russia
to the Capital of Siberia

Discover multifaceted Russia: from the rhythm and energy of the bustling capital to modern wellness and the uniqueness of Siberian nature. The journey combines hot springs, bath complexes, Russian-style entertainment and traditional cuisine with a modern twist. Leave the stereotypes behind: Siberia is warm, heartfelt and welcoming!

114–121

Altai Republic
The Golden
Mountains of Altai

Discover the untouched beauty of the Altai Mountains, where soaring peaks, turquoise rivers, and flowering valleys create a sense of serene seclusion. Stay at an exclusive resort amidst breathtaking scenery and endless horizons, and savour unforgettable sunsets.

130–139

Tver Region
Russian Fairy Tale

Welcome to a true Russian fairy tale! You will experience an unforgettable journey along the banks of the mighty Volga River, enjoy picturesque landscapes from a bird's-eye view, step into the history of Imperial Russia, and try your hand at fishing and golf. And that's not all – exquisite culinary discoveries and the world-famous Russian banya await you!

148–153

MOSCOW

The city where
the journey begins

World-class destination

Moscow offers a rich experience of architecture, culture, gastronomy, events, and high-quality service, creating a complete urban journey.

Exciting experiences for travellers

Seasonal projects such as Summer in Moscow and Winter in Moscow, alongside the Moscow Estates Festival and the Moscow Tea Time Project, ensure a diverse range of activities to suit every taste.

Main travel hub

Moscow serves as the main gateway to Russia's many travel destinations — from historic towns and natural landscapes to the country's rich cultural diversity.

DISCOVER[®]
RUSSIA

Moscow Kremlin



discover.moscow –
plan your trip here

LOCATIONS

Zaryadye Park

This striking landscape park sits next to Red Square, blending contemporary architecture with Moscow's historic core. The Floating Bridge offers panoramic views over the Moscow River and the Kremlin. The park's botanical diversity reflects Russia's natural richness, recreating four landscapes: steppe, forests, meadows, and Arctic lands.

VDNH

A monumental exhibition complex showcasing the achievements of the Soviet era and modern Russia. With historic pavilions, fountains, parks, and seasonal attractions, VDNH is one of the largest cultural and recreational spaces in the country — a city within a city.



Tretyakov Gallery

The State Tretyakov Gallery is home to one of Moscow's richest collections of fine art. Here you can stand face-to-face with Ivan Aivazovsky's seascapes, Ivan Shishkin's landscapes, the fairy-tale worlds of Viktor Vasnetsov, and epic canvases capturing moments such as the exile of Boyarynya Morozova and the death of Ivan the Terrible's son. The gallery also holds icons from the pre-Mongol period — among the oldest in Russia.

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Sparrow Hills and Luzhniki

One of the seven hills of Moscow with a panoramic viewpoint over the city's skyline and one of its most iconic sports complexes, connected by a cable car crossing the Moskva River.



Pushkin Museum

The museum holds around 700,000 original works created across various periods and displays masterpieces by Rembrandt, Rubens, Botticelli, Canaletto, Poussin, and other outstanding artists.



Cinema Park Moskino

An open-air film complex with immersive sets and cinematic environments. With a projected area of over 1,100 hectares by 2030, Moskino is becoming the largest cinematic space in the world.



Moscow Zoo

A historic zoo with over 1,000 species, combining education, conservation, and family-oriented experiences.



Dream Island Amusement Park

The largest indoor theme park in Europe, with themed zones, attractions, and entertainment spaces designed around a fairy-tale-inspired world.



MOSCOW PLUS

How about expanding your horizons and trying something new for a day or two?

Moscow+ themed itineraries allow you to start your journey in the capital of Russia and travel to other regions of the country. Moscow is the main transportation hub of Russia. Its 10 railway stations, 4 airports, and 2 river terminals will ensure your seamless journey to the Northern Lights and majestic whales of Murmansk, the world-renowned masterpieces of Saint Petersburg, the Spirit of Siberia in Tyumen, the Russian fairy tale of Vladimir, and many other gems across Russia's vast lands. Soak it all up while you're here!

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RUSSIA



Golden Ring

This is a journey back through the centuries, uniting Moscow and the towns lying northeast of the Russian capital: Vladimir, Suzdal, Ivanovo, Kostroma, Yaroslavl, Rostov Veliky, Pereslavl-Zalessky, and Sergiev Posad. These ancient cities are where Russian identity was formed, and the first chronicles were written. This tour is an ideal way to experience the origins of Russian art, architecture, and faith.



Moscow + St. Petersburg

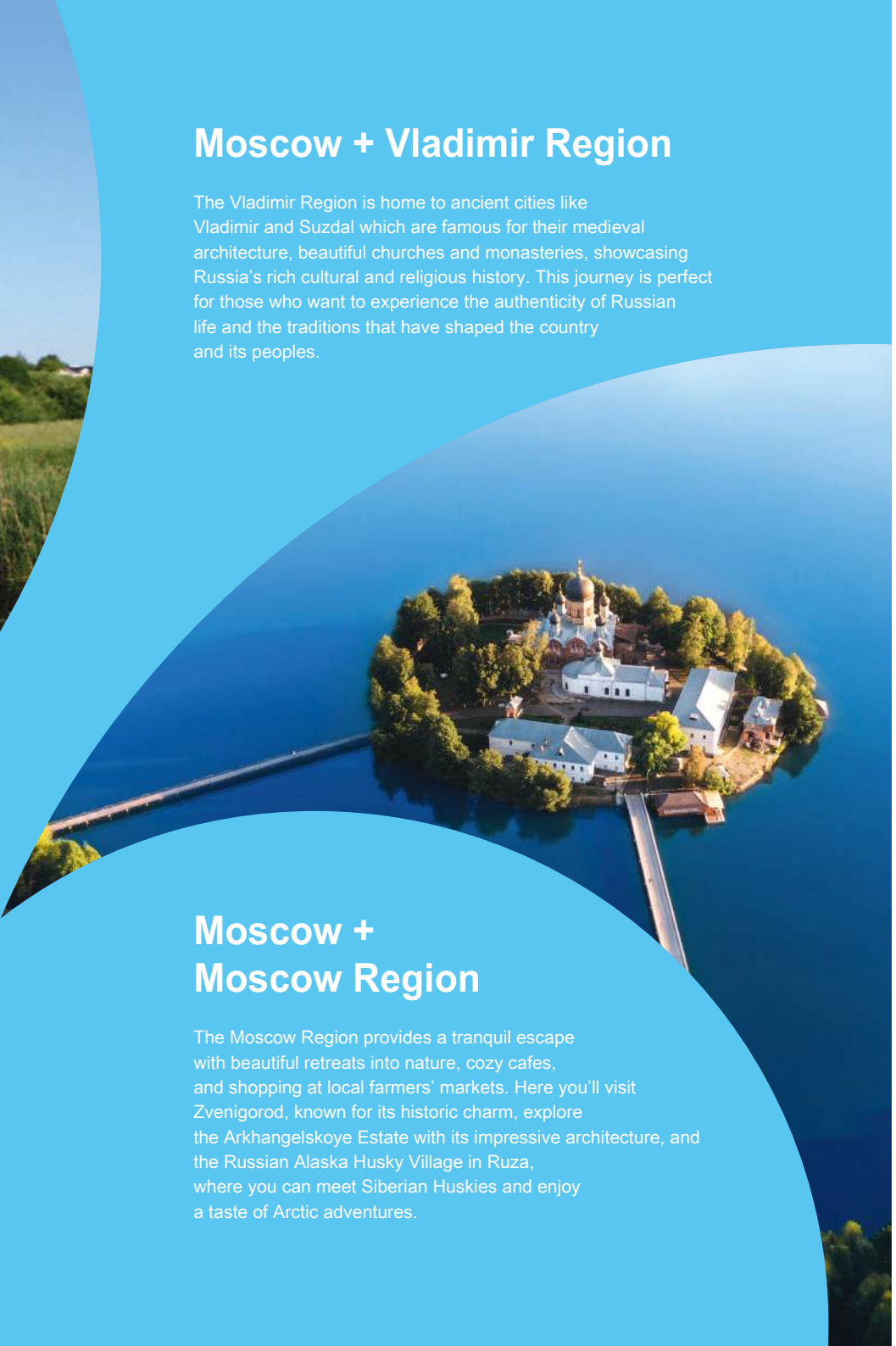
This tour is an incredible opportunity to immerse yourself in Russian culture while exploring imperial palaces of St. Petersburg and vibrant city streets of Moscow. It's perfect for anyone eager to experience the heart of Russia, combining art, history, culture, and modern excitement into one memorable trip.

[Read more on pages 12–15](#)



Moscow + Vladimir Region

The Vladimir Region is home to ancient cities like Vladimir and Suzdal which are famous for their medieval architecture, beautiful churches and monasteries, showcasing Russia's rich cultural and religious history. This journey is perfect for those who want to experience the authenticity of Russian life and the traditions that have shaped the country and its peoples.



Moscow + Moscow Region

The Moscow Region provides a tranquil escape with beautiful retreats into nature, cozy cafes, and shopping at local farmers' markets. Here you'll visit Zvenigorod, known for its historic charm, explore the Arkhangelskoye Estate with its impressive architecture, and the Russian Alaska Husky Village in Ruza, where you can meet Siberian Huskies and enjoy a taste of Arctic adventures.

Moscow + Murmansk Region

This tour is a perfect mix of history, culture, and nature. Just a 2-hour flight from Moscow and you can marvel at the Northern Lights, go whale watching, and take unforgettable photos of Arctic landscapes.

[Read more on pages 96–103](#)



Moscow + Tyumen Region

In Tyumen Region you'll discover the rich history and unique culture of Siberia, enjoy natural thermal springs, warm hospitality and authentic cuisine that tastes like centuries of tradition.

[Read more on pages 58–65, 114–121, 140–147](#)



Moscow + Kazan

In Kazan the cultures of the East and West converge, creating a captivating mix with diverse traditions, impressive architecture, and mouth-watering gastronomy. The region is also known for its deep-rooted Muslim cultural heritage, which shapes the city's identity.

[Read more on pages 122–129](#)



Moscow + Tula Region

The Tula Region – the historic heartland of Russia, known for its legendary gunsmiths, world-famous writers, and centuries-old craft traditions. Here, you'll experience true Russian hospitality and time-honored cuisine.

[Read more on pages 74–81](#)



Moscow + Tver Region

The Tver Region offers an opportunity to immerse yourself in the breathtaking aura of Russian nature, admire the peaceful banks of the Volga River, enjoy active recreation, premium resorts, and ancient cities.

[Read more on pages 82–87, 148–153](#)



SAINT PETERSBURG

Cultural capital of Russia

St. Petersburg, or the «Venice of the North», is one of the most magnificent cities in the world, where Russian character and European elegance coexist. Here, age-old history blends harmoniously with the present day: impressive and majestic imperial palaces and estates strike visitors with their scale and opulent décor, while stone cathedrals and churches, architectural ensembles, sophisticated gardens and fountain cascades, old squares, broad embankments and drawbridges all shape the city's unique atmosphere.

St. Petersburg is a major centre of Russian culture, meticulously preserving masterpieces of the past. The city is home to museums, opera and ballet venues, theatres, art clusters and creative spaces.

The White Nights season, when romance and the pure magic of light are in the air, adds a special charm to exploring the northern capital.

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RUSSIA

St. Isaac's Cathedral



Travel portal
of Saint Petersburg

LOCATIONS

Hermitage

One of the world's largest art museums and St. Petersburg's leading museum. It is situated in the Winter Palace and adjacent historic buildings on Palace Square. The museum's collection brings together art from various eras and countries — from antiquity to works by modern European masters — forming one of the world's most valuable cultural collections.

Peterhof

An imperial country residence on the coast of the Gulf of Finland, renowned for its palaces, gardens and fountains. Peterhof is considered one of the most impressive palace-and-park complexes in Europe and reflects the scale and style of Russia's imperial era.

Mariinsky Theatre

One of the world's most prominent opera and ballet theatres and St. Petersburg's most significant centre of musical culture. World-class productions that preserve the traditions of Russian classical art and maintain high standards of performance are staged there.

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RUSSIA

Iconic Churches of St. Petersburg

Kazan Cathedral, St. Isaac's Cathedral and the Church of the Saviour on Spilled Blood are three major churches and key architectural symbols of St. Petersburg. Each of them reflects distinct historical periods as well as different architectural styles.



Fabergé Museum

The museum houses the world's greatest collection of artworks created by the firm of Carl Fabergé. It includes the renowned Imperial Easter Eggs designed for the Russian Imperial Family. The exhibition brings together jewellery, decorative arts and works of Russian applied art from the 19th and 20th centuries.



Peter and Paul Fortress

It is the historic heart of St. Petersburg and the place where the city was founded. Inside the fortress, visitors will find the Peter and Paul Cathedral and the tombs of Russian emperors, while its embankments offer astonishing panoramic views of the Neva River and the city centre.



Summer Garden

One of St. Petersburg's earliest parks established during the reign of Peter the Great. The Summer Garden is famous for its marble sculptures, formal avenues and the atmosphere of a French formal garden, where the history of the city intertwines with tranquillity and leisurely strolls.



Kronstadt

A historic naval city located on an island in the Gulf of Finland and closely associated with the development of the Russian Navy. Its main landmarks include St. Nicholas Naval Cathedral and the system of sea forts that shape a unique maritime landscape around the city.



- Charge up with the power of volcanoes
感受火山能量
- Take a walk on the volcanic sand of Khalaktyrsky Beach
漫步哈拉克特尔海滩的火山黑沙
- Visit the Valley of Geysers
去看间歇泉谷
- Observe wild bears
观赏野生棕熊
- Bathe in the hot springs
泡天然温泉
- Taste the bounty of the ocean
品尝海洋馈赠

THE LAND OF THE DRAGONS

龙之地

Set off on a journey through Kamchatka Krai, one of Russia's most amazing places, where nature has retained its pristine form, magnificence and beauty. Dormant volcanoes, the Valley of Geysers, mountain peaks and sopkas (volcanic hills), hot springs, rich wildlife and the mystique of shamanic rituals draw tourists like a magnet.

踏上前往堪察加边疆区的旅程，探访俄罗斯最神奇的目的地之一。这里的大自然保留着最原始的面貌、壮丽与美丽。沉睡的火山、间歇泉谷、山峰与火山锥、温泉、丰富的野生动物以及萨满仪式的神秘气息，像磁石般吸引着旅行者。

Kamchatka Krai
堪察加边疆区

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R U S S I A

Route 路线

DAY 1 / 第1天

- Welcome at the airport in Petropavlovsk-Kamchatsky
彼得罗巴甫洛夫斯克-堪察加机场接机
- Transfer to Khalaktyrsky Beach on the Pacific Ocean
/2 hours by bus/
乘车前往哈拉克特尔海滩，抵达太平洋沿岸
/2小时，巴士/
- Stop at the Russia Begins Here Monument
/20 minutes/
途中停留参观《俄罗斯从这里开始》纪念碑
/20分钟/
- Walk along Khalaktyrsky Beach, flying kites for good luck
/1 hour/
漫步哈拉克特尔海滩，放风筝祈福
/1小时/
- Transfer to the centre of Petropavlovsk-Kamchatsky
/1 hour, by bus/
乘车返回彼得罗巴甫洛夫斯克-堪察加市中心
/1小时，巴士/
- Lunch at the «Dva Morya, Okean» restaurant serving cuisine from the Pacific Ocean region
/1 hour/
在《两海一洋》太平洋风味餐厅午餐
/1小时/
- Guided tour of the historic centre of Petropavlovsk-Kamchatsky: the city promenade, views of Avacha Bay and Vilyuchinsky Volcano, and a visit to Nikolskaya Sopka
/2 hours, on foot/
彼得罗巴甫洛夫斯克-堪察加历史中心游览：城市沿江步道，远眺阿瓦恰湾和维柳钦斯基火山，前往尼科利斯卡娅山
/2小时，步行/
- Visit to the observation deck of Petrovskaya Sopka: panoramic views of Avacha Bay
/20 minutes/
参观彼得罗夫斯卡娅山观景台：俯瞰阿瓦恰湾全景
/20分钟/
- Transfer and check-in at the Laguna Hotel 4*
/1 hour 45 minutes by bus/
乘车前往拉古娜四星级酒店并入住
/1小时45分钟，巴士/

- Dinner at the Mishka restaurant serving local dishes
/1 hour/
在《米什卡》当地风味餐厅晚餐
/1小时/
- Return to the hotel and rest
返回酒店休息

DAY 2 / 第2天

- Breakfast at the hotel
酒店早餐
- Transfer to Nikolayevka Airport
/40 minutes by bus/
乘车前往尼古拉耶夫卡机场
/40分钟，巴士/
- Helicopter tour:
直升机观光游览：
Option 1: flight to and tour of the Valley of Geysers, flight to the Uzon Volcano caldera, sightseeing tour of the Eastern Thermal Field, visit to the Nalychevo Nature Park, bathing in hot springs (optional), picnic in the countryside, lunch boxes provided
/7 hours 30 minutes/
方案一：飞越并游览间歇泉谷，飞越乌宗火山口，参观东热田区，前往纳雷切沃自然公园（可自费泡天然温泉），户外野餐，提供简餐餐盒
/7小时30分钟/
- Option 2:** flight to and walk along the shores of Kurile Lake, observing bears and the salmon run, flight to Ksudach Volcano, walk by Klyuchevoye Lake, visit to Shtyubel Volcanic Crater Lake, flight to and bathing in the Khodutkinskiye Hot Springs (optional), picnic in the countryside, lunch boxes provided
/7 hours 30 minutes/
方案二：飞越并漫步库里尔湖沿岸，观赏野生棕熊和鲑鱼洄游，飞至克苏达奇火山，游览克柳切沃耶湖，参观施秋别利亚火山口湖，飞至霍杜特卡温泉（可自费泡汤），户外野餐，提供简餐餐盒
/7小时30分钟/
- Flight back to Nikolayevka Airport
/1 hour/
飞抵尼古拉耶夫卡机场
/1小时/
- Transfer to the town of Yelizovo
/30 minutes by bus/
乘车前往叶利佐沃市
/30分钟/
- Dinner at the Dragon restaurant serving Chinese cuisine
/1 hour 30 minutes/
在《龙》中餐厅晚餐
/1小时30分钟/
- Return to the hotel and rest
返回酒店休息
- Breakfast at the hotel



DAY 3 / 第3天

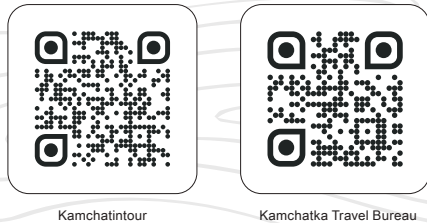
- 酒店早餐
- Transfer to the Marine Passenger Terminal in Petropavlovsk-Kamchatsky
/1 hour 30 minutes by bus/
乘车前往彼得罗巴甫洛夫斯克-堪察加的海运码头
/1小时30分钟，巴士/
- Cruise to Starichkov Island, observing wildlife, fishing and enjoying a lunch of ukha (fish soup) made from freshly caught seafood
/5 hours/
乘快艇前往斯塔里奇科夫岛的海上之旅：观赏野生动物、垂钓，午餐品尝新鲜捕捞的海鲜鱼汤
/5小时/
- Interactive programme:
互动式参观：
Option 1: the Vulkanarium Museum of Volcanoes, where visitors can touch pieces of solidified lava and rock
/1 hour/
方案一：火山博物馆，可亲手触摸凝固的熔岩和岩石
/1小时/
- Option 2:** the AO Okeanrybflot History Museum, an introduction to Kamchatka salmon and the museum's fishing vessels
/1 hour/
方案二：《海洋渔业公司》博物馆，了解堪察加鲑鱼及该渔业公司的船队
/1小时/
- Walk along the eco-trail around Kultuchnoye Lake
/1 hour/
沿库尔图奇诺耶湖生态小径徒步
/1小时/
- Dinner at the Asia Mix Chinese restaurant, with dishes prepared by a Chinese chef
/1 hour/
在Asia Mix中餐厅享用由中国主厨烹制的晚餐
/1小时/
- Return to the hotel and rest
返回酒店休息
- Breakfast at the hotel

DAY 4 / 第4天

- 酒店早餐
- Transfer to the airport
/30 minutes by bus/
乘车前往机场
/30分钟，巴士/

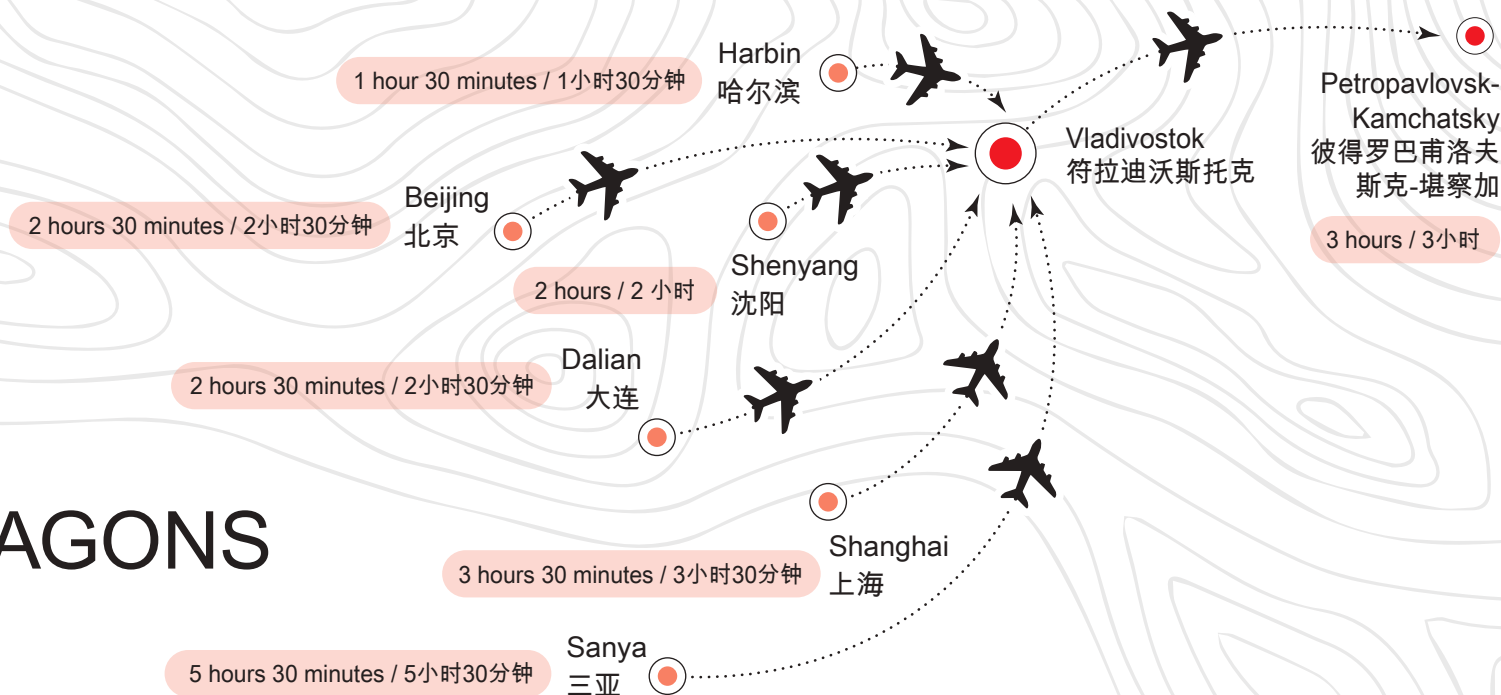


Kamchatka Krai
堪察加边疆区



THE LAND OF THE DRAGONS

龙之地



Tour duration / 行程时长

4 days / 3 nights / 4天/3夜

Flights / 航班

Beijing – Vladivostok, Harbin – Vladivostok, Shanghai – Vladivostok, Dalian – Vladivostok, Sanya – Vladivostok, Shenyang – Vladivostok, Vladivostok – Petropavlovsk-Kamchatsky

直飞航班：北京 – 符拉迪沃斯托克、哈尔滨 – 符拉迪沃斯托克、上海 – 符拉迪沃斯托克、大连 – 符拉迪沃斯托克、三亚 – 符拉迪沃斯托克、沈阳 – 符拉迪沃斯托克

符拉迪沃斯托克 – 彼得罗巴甫洛夫斯克-堪察加

Tour type / 旅游类型

Family / Group / 家庭/团队游

Group size / 团队人数

2-18 people / 从2人到18人

Season / 季节

☀ June / 六月 – 🍁 October / 十月

Tour cost / 旅游费用

2-9 people: from 4 300 USD / 27 500 CNY / 300 000 RUB
9-18 people: from 3 600 USD / 24 000 CNY / 265 000 RUB
2-9 人: 每人起价 4 300美元 / 27 500 元/ 300 000 卢布
9-18 人: 每人起价 3 600美元 / 24 000 元 / 265 000 卢布

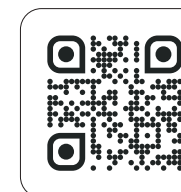
Accommodation / 住宿

Laguna Spa Hotel 4* 拉古纳SPA温泉酒店 4*

Additional hotel options:
Russky Dvor Hotel 3* 俄罗斯庭院酒店 3*
Avacha Hotel 3* 阿瓦恰酒店 3*
Arseniev Hotel 3* 阿尔谢尼耶夫酒店 3*

Meals / 餐饮

Salmon ukha (fish soup), freshly caught seafood, caviar, fish stroganina (sliced frozen fish), crab meat, telnoe (fish cutlet), berries (lingonberries, blueberries, crowberries)
鲑鱼鱼汤、现捕海鲜、鱼子酱、鱼刨花冻鱼片、蟹肉、鱼蓉饼、浆果 (越橘、蓝莓、黑果越橘)



Kamchatka Krai Tourism Portal

Kamchatka Krai
堪察加边疆区

DISCOVER®
RUSSIA

- Feel the natural power of the Far East
感受远东的自然之力
- Discover the world of untamed nature
开启野生世界之门
- Immerse yourself
in global culture and art
触摸世界文化与艺术
- Indulge in seafood delicacies
尽享海洋美味
- Restore your energy in a floating banya
在漂浮的桑拿中重焕身心

GOLDEN KEYS TO PRIMORYE

通往滨海边疆区的金钥匙

Immerse yourself in a world of wild nature, rich gastronomy, and vivid experiences. Expect breathtaking panoramic views, encounters with rare wildlife, diving experiences, and evenings filled with vibrant cultural experiences. Discover Primorye as a true source of strength and inspiration, where unique adventures and premium hospitality create the perfect conditions for an unforgettable escape.

沉浸在野生自然、丰盛美食与鲜活体验的世界中。壮丽的全景风光、珍稀动物观察、海上探险及高雅文化艺术之夜正等着您。开启滨海边疆区——真正的力量与灵感之地：独一无二的探险之旅与高品质服务，为您打造完美的度假条件！

Primorsky Krai
滨海边疆区

DISCOVER®

R U S S I A

Route 路线

DAY 1 / 第1天

- Arrival at Vladivostok Airport
抵达符拉迪沃斯托克机场
- Traditional Russian welcome ceremony with bread and salt
/1 hour/
用俄罗斯传统面包和盐迎接客人
/1小时/
- Transfer to VLADIVOSTOK Grand Hotel & SPA 5*
/1 hour, minivan/
乘车前往 VLADIVOSTOK Grand Hotel & SPA 5*
/1小时, 迷你巴士/
- Check-in and rest at VLADIVOSTOK Grand Hotel & SPA 5*
/1 hour/
入住VLADIVOSTOK Grand Hotel & SPA 5* 酒店, 休息
/1小时/
- Lunch at the hotel restaurant
/1 hour/
在酒店餐厅午餐
/1小时/
- Sightseeing tour: Tokarevsky Lighthouse, Eagle's Nest Hill, panoramic viewpoints over the city
/3 hours, minivan and walking/
市区观光游览: 托卡列夫斯基灯塔、鹰巢山、城市观景台
/3小时, 迷你巴士+步行/
- Seafood dinner at the hotel restaurant
/1 hour 30 minutes/
在酒店餐厅享用海鲜晚餐
/1小时30分钟/
- **Optional:** Vladivostok nightlife experience — evening walking tour through the city center (bars, jazz, street performers)
可选项目: 符拉迪沃斯托克夜生活——傍晚市中心徒步游览 (酒吧、爵士乐、街头艺人)
- Return to the hotel and rest
返回酒店休息

DAY 2 / 第2天

- Breakfast at the hotel
酒店早餐
- Transfer to Russky Island and Cape Tobizina
/1 hour, bus and jeeps/
乘车前往俄罗斯岛的托比津纳角
/1小时, 巴士+越野车/
- Hiking tour at Cape Tobizina: dramatic cliffs above the sea, breathtaking views, photo stops
/3 hours, walking/
徒步前往传奇的托比津纳角: 悬于海上的悬崖、壮丽景色、拍照停留
/3小时, 步行/
- **Option 1**
方案一:
Visit to a floating banya in the sea area: hot steam, fresh sea air, herbal tea
/1 hour 30 minutes/
前往海上漂浮桑拿: 热蒸汽、清新海风、草本茶
/1小时30分钟/
- Lunch with seafood delicacies (catering service)
/1 hour 30 minutes/
午餐品尝海鲜盛宴 (户外餐饮)
/1小时30分钟/
- Transfer to the hotel
/1 hour 30 minutes/
乘车返回酒店
/1小时30分钟/
- Dinner at the premium Chinese cuisine restaurant Lotus Room / Uliss Asia
/1 hour/
在Lotus Room / Uliss Asia高级中餐厅晚餐
/1小时/
- Visit to the Mariinsky Theatre
/4 hours/
参观马林斯基剧院
/4小时/



- **Option 2**
方案二:
Visit to the «Russian Mariculture» seafood farm: guided tour, scuba diving experience, harvesting shellfish from the seabed
/2 hours 30 minutes/
参观«俄罗斯海洋养殖»海鲜农场: 游览、水肺潜水、从海底捕捞贝类
/2小时30分钟/
- Lunch with freshly harvested seafood
/1 hour/
午餐品尝现捕海鲜
/1小时/
- Visit to a floating banya in the sea area: hot steam, fresh sea air, herbal tea
/1 hour 30 minutes/
前往海上漂浮桑拿: 热蒸汽、清新海风、草本茶
/1小时30分钟/
- Return to the hotel and rest
返回酒店休息

DAY 3 / 第3天

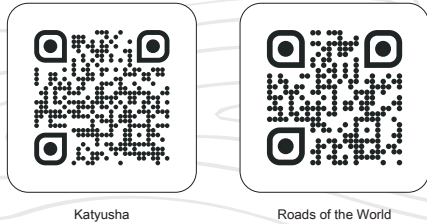
- Breakfast at the hotel
酒店早餐
- Transfer to Primorsky Safari Park
/1 hour 30 minutes, minivan/
乘车前往滨海边疆区野生动物园
/1小时30分钟, 小型巴士/
- Safari Park tour: rare wildlife species, tigers, leopards, bears in their natural habitat
/1 hour 30 minutes/
参观野生动物园: 珍稀动物、老虎、豹子、以及自然栖息地中的熊
/1小时30分钟/
- Transfer to Dunay settlement
/1 hour 30 minutes, minivan/
乘车前往杜奈村
/1小时30分钟, 小型巴士/
- Boat excursion: coastal views of the Petukh, Elephant and Dragon Rocks, and a Steller sea lion rookery
/1 hour/
从海上观赏«公鸡»«大象»«龙»等岩石, 以及北海狮栖息地
/1小时/
- Walking tour on Putyatn Island
/30 minutes/
徒步游览普佳京岛
/30分钟/
- Picnic in Marmornaya Bay
/1 hour 30 minutes/
在马尔马拉湾野餐
/1小时30分钟/
- Transfer to Muravinaya Bay
/2 hours, minivan/
乘车前往穆拉维伊纳亚湾
/2小时, 小型巴士/
- Visit to the integrated entertainment resort «Primorye» with dinner at the Cascade restaurant
/2 hours/
参观«滨海»综合娱乐度假村, 并在«卡斯卡德»餐厅享用晚餐
/2小时/
- Return to the hotel and rest
返回酒店休息

DAY 4 / 第4天

- Breakfast at the hotel, check-out
酒店早餐, 退房离店
- Walking tour through the historic city centre, the Millionka district, and souvenir shops
/1 hour 30 minutes/
步行游览: 历史市中心、«百万卡»街区、纪念品商店
/1小时30分钟/
- Visit to an art gallery with a private viewing of Russian and international paintings and an opportunity to purchase selected artworks
/1 hour/
参观美术馆, 俄罗斯及外国绘画非公开展示, 可购买部分展出作品
/1小时/
- Lunch at the restaurant Millionka
/1 hour/
在«百万卡»餐厅午餐
/1小时/
- Transfer to Fort No. 1 of the Northern Defence Sector of the Vladivostok Fortress
/1 hour, minivan/
乘车前往符拉迪沃斯托克要塞北部防御区的1号堡垒
/1小时, 小型巴士/
- Guided tour of the fort
/1 hour 30 minutes/
参观堡垒
/1小时30分钟/
- Transfer to Vladivostok Airport
/1 hour minivan/
乘车前往符拉迪沃斯托克机场
/1小时/

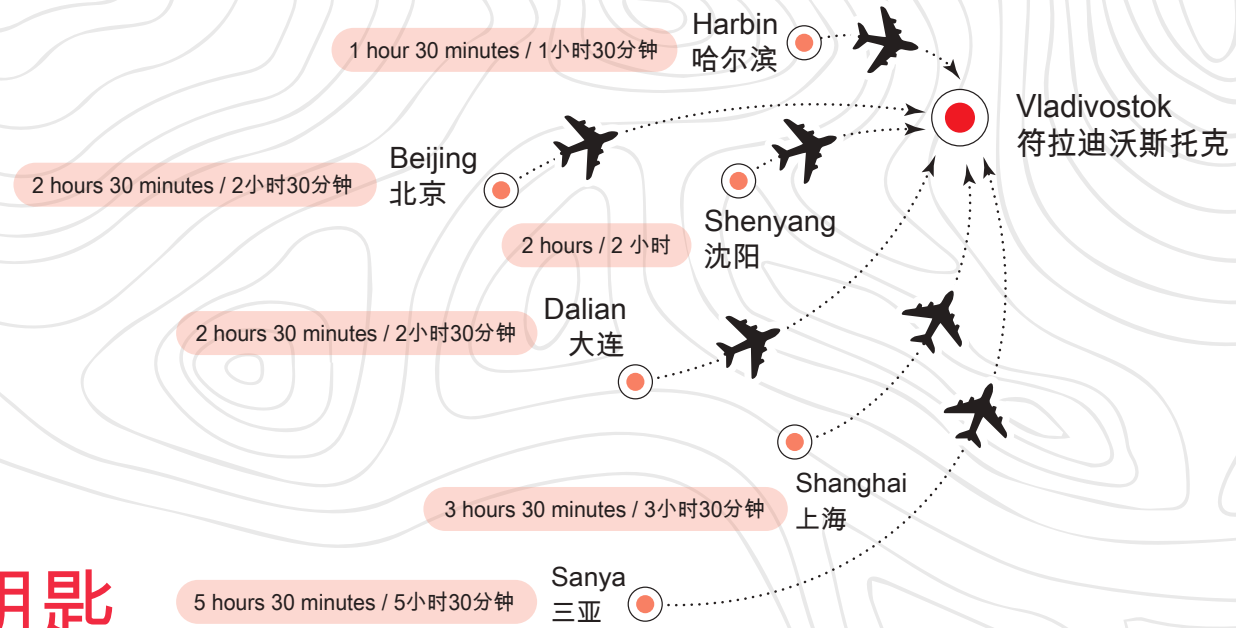


Primorsky Krai
滨海边疆区



GOLDEN KEYS TO PRIMORYE

通往滨海边疆区的金钥匙



⌚ | Tour duration / 行程时长

4 days / 3 nights / 4天 / 3夜

✈ | Flights / 航班

Beijing – Vladivostok /2 hours 30 minutes/
Harbin – Vladivostok /1 hour 30 minutes/
Shanghai – Vladivostok /3 hours 30 minutes/
Dalian – Vladivostok /2 hours 30 minutes/
Sanya – Vladivostok /5 hours 30 minutes/
Shenyang – Vladivostok /2 hours/

北京 – 符拉迪沃斯托克 /2小时30分钟/
哈尔滨 – 符拉迪沃斯托克 /1小时30分钟/
上海 – 符拉迪沃斯托克 /3小时30分钟/
大连 – 符拉迪沃斯托克 /2小时30分钟/
三亚 – 符拉迪沃斯托克 /5小时30分钟/
沈阳 – 符拉迪沃斯托克 /2小时/

🚶 | Tourtype / 旅游类型

Individual / Group / 个人/团队

🕶 | Group size / 团队人数

From 1 to 5 guests / 1至5人

💳 | Tour cost / 旅游费用

1–5 guests:
from 4 500 USD / 29 000 CNY / 319 000 RUB
Optimal group size: 5 guests
1–5 人 : 每人起价 4 500 美元 / 29 000 元 /
319 000 卢布
最佳团队人数为 5 人

🌸 | Season / 季节

🌱 ☀ 🍁 April–October / 4月至10月

★ | Accommodation / 住宿

VLADIVOSTOK
Grand Hotel & SPA 5*
RODINA Residence
Vladivostok 5*
Additional hotel options:
Lotte Hotel Vladivostok 5*
Novotel Vladivostok 4*
Cosmos Smart Vladivostok 4*
海参崴格兰德水疗酒店 5*
海参崴祖国公馆酒店 5*
额外的酒店:
海参崴乐天酒店 5*
海参崴诺富特酒店 4*
海参崴科斯莫斯智能酒店 4*

🍴 | Meals / 餐饮

Seafood delicacies (Kamchatka crab, scallops,
oysters, squid, sea urchins and various types of fish)
linden and taiga honey from Far Eastern apiaries
pine nut and lingonberry liqueurs
海鲜珍品 (堪察加蟹 / 帝王蟹、
扇贝、生蚝、鱿鱼、海胆、各种鱼类)、海盐或海带巧克力、
远东养蜂场的蜂蜜 (椴树蜜 / 泰加林蜜)、松仁酒和越橘酒



Primorye Krai Tourism Portal

Primorsky Krai
滨海边疆区



- Step into the shoes of a hero from a popular TV series
亲身体验热门剧集主角的感觉
- Unveil the secret of the Russian soul
揭开俄罗斯灵魂的秘密
- Take part in a photo competition and win a prize
参加摄影比赛并赢取奖品
- Discover Russian culture, customs and superstitions
学习俄罗斯人的文化、习俗和民间信仰
- Make pelmeni and enjoy traditional Russian cuisine
亲手制作俄罗斯饺子，
品尝传统俄罗斯美食

HOW I BECAME RUSSIAN

战斗民族养成记

An immersive journey through the locations of the TV series «How I Became Russian», beloved by millions of Chinese viewers, offers not just an opportunity to visit Russia, but also to immerse oneself in the story. Every location of the tour represents a distinct episode filled with events experienced by the characters.

沉浸式影视路线，带你走进深受众多中国观众喜爱的电视剧《战斗民族养成记》拍摄地。这不仅仅是一次俄罗斯之旅，更是一场置身于剧中的体验——每个旅游景点都像独立的一集，充满剧中人物经历的各种故事与事件。

Amur Region
阿穆尔州

DISCOVER®

RUSSIA

Route 路线

DAY 1 / 第1天

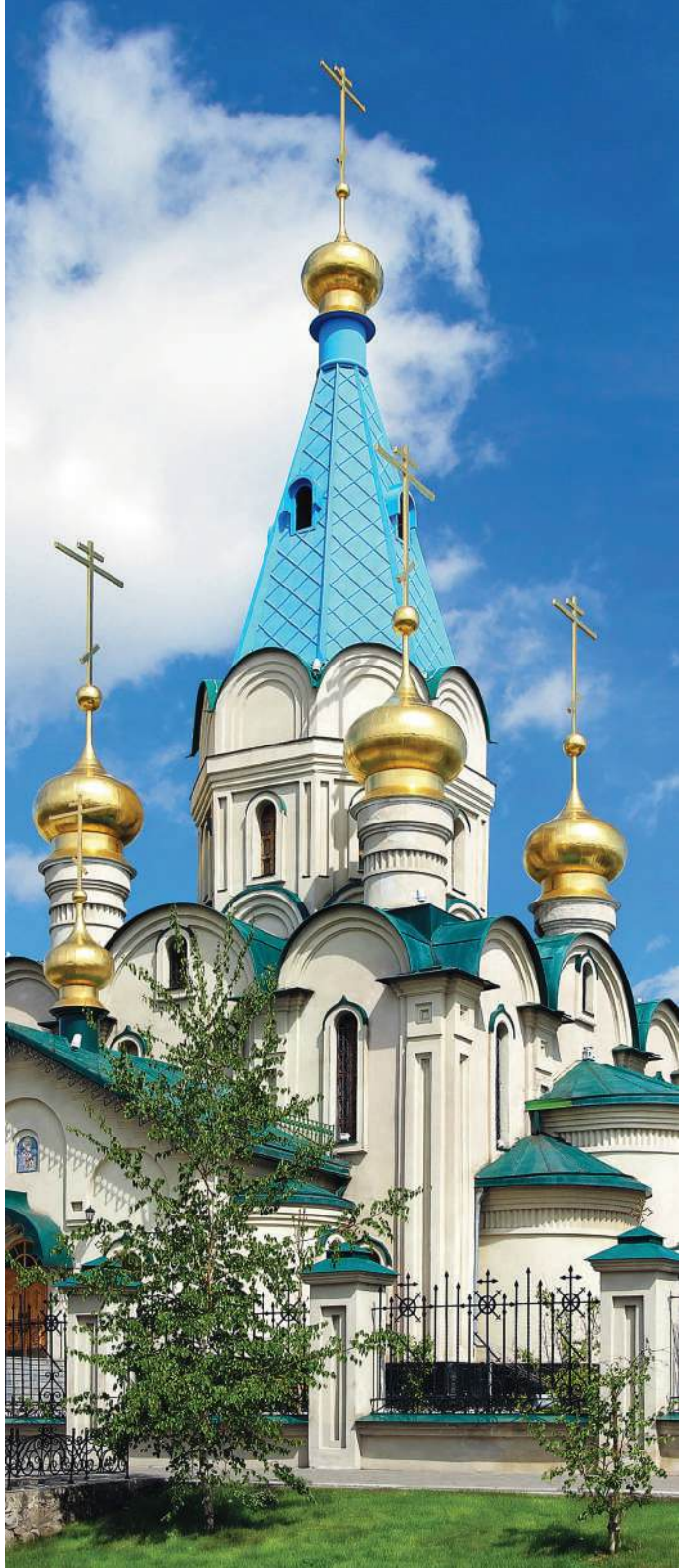
- Meet-and-greet in Blagoveshchensk
在布拉戈维申斯克市迎接客人
- Visit to the Russian-Chinese Friendship House and Lenin Square
/1 hour/
参观俄中友谊之家，游览列宁广场
/1小时/
- Visit to the Time Capsule Museum: an interactive exhibition on everyday life in Russia
/1 hour/
参观《时间胶囊》博物馆：关于俄罗斯生活与日常传统的互动展览
/1小时/
- Transfer to the Mercure Hotel and check-in
/10 minutes by bus/
乘车前往美居酒店并入住
/10分钟，巴士/
- Lunch at the Vostok restaurant serving traditional Russian cuisine
/1 hour 20 minutes/
在Vostok餐厅午餐，提供俄式传统菜单
/1小时20分钟/
- Walk through Patriot Park: tour of a partisan camp from the Second World War and a display of military equipment
/1 hour 20 minutes/
漫步《爱国者》公园：参观卫国战争时期游击队员营地及军事装备展
/1小时20分钟/
- Visit to the Albazin Fortress Museum: a reconstruction of the first Russian settlement on the Amur River, established in the 17th century, and an introduction to the daily life of the first settlers and the history of the Russian-Chinese border areas; or activities at the Avangard Centre: climbing

wall, obstacle course, shooting range, laser tag and UAV control
/1 hour 20 minutes/
参观《阿尔巴津堡垒》博物馆：17世纪阿穆尔河上第一个俄罗斯定居点的复原，了解开拓者生活及俄中边境地区历史 / 或参观《先锋》中心：攀岩墙、障碍跑道、射击场、激光对战、无人机操控
/1小时20分钟/

- Guided tour of Victory Square, including the Triumphal Arch, one of the main landmarks of the city
/1 hour/
游览胜利广场，观凯旋门——该市主要标志之一
/1小时/
- Dinner at the Nastoyatel bar, with a screening of excerpts from the TV series «How I Became Russian» and a quiz on superstitions and traditions associated with drinking, hosted by an actor from the series.
/2 hours/
在《修道院》小酒馆餐厅晚餐。观看《战斗民族养成记》剧集片段。与剧集演员一起进行关于饮酒习俗与禁忌的问答游戏
/2小时/
- Evening walk back to the hotel along the embankment
/1 hour/
沿着傍晚的河堤散步返回酒店
/1小时/

DAY 2 / 第2天

- Breakfast at the hotel, check-out
酒店早餐，退房离店
- Visit to the Babintsev House City Museum: a flower-arranging workshop
/1 hour/
参观《巴宾采夫之家》城市博物馆：花束制作大师课
/1小时/



- Visit to the School of Russian Ballet: pointe technique workshop and a performance by students
/1 hour 25 minutes/
参观俄罗斯芭蕾舞学校：足尖鞋大师课，学员表演
/1小时25分钟/
- Lunch: Russian pelmeni-making workshop (shaping techniques, tasting pelmeni with various fillings and a hands-on cooking experience)
/1 hour/
午餐：烹饪大师课《俄罗斯饺子》——包饺子过程、品尝不同馅料的饺子，美食参与形式
/1小时/
- Visit to the Hut of Russian Fun Museum: a theatrical welcome ceremony in traditional costumes, participation in traditional Russian games, singing and round dances. Photo session in the traditional interior of a Russian hut known as an izba
/2 hours 40 minutes/
参观《俄罗斯民俗木屋》博物馆：身着民族服装的戏剧化迎宾仪式，参与传统俄罗斯游戏、歌舞。在传统俄式木屋环境中拍照
/2小时40分钟/
- «Amur Evening» interactive dining experience at the Ivologa restaurant, serving Far Eastern cuisine. Screening of the film «How I Became Russian», featuring photos from the tour and clips of the guests. Award ceremony with gifts for the most active tour participants
/1 hour 40 minutes/
在远东美食餐厅《黄鹌》享用《阿穆尔之夜》美食晚餐。观看《战斗民族养成记》影片，片中融入本次行程的照片和客人的影像。为最活跃的团员举行颁奖仪式并赠送礼物
/1小时40分钟/
- Visit to souvenir and grocery shops
/1 hour/
前往纪念品商店和食品店购物
/1小时/

Amur Region
阿穆尔州



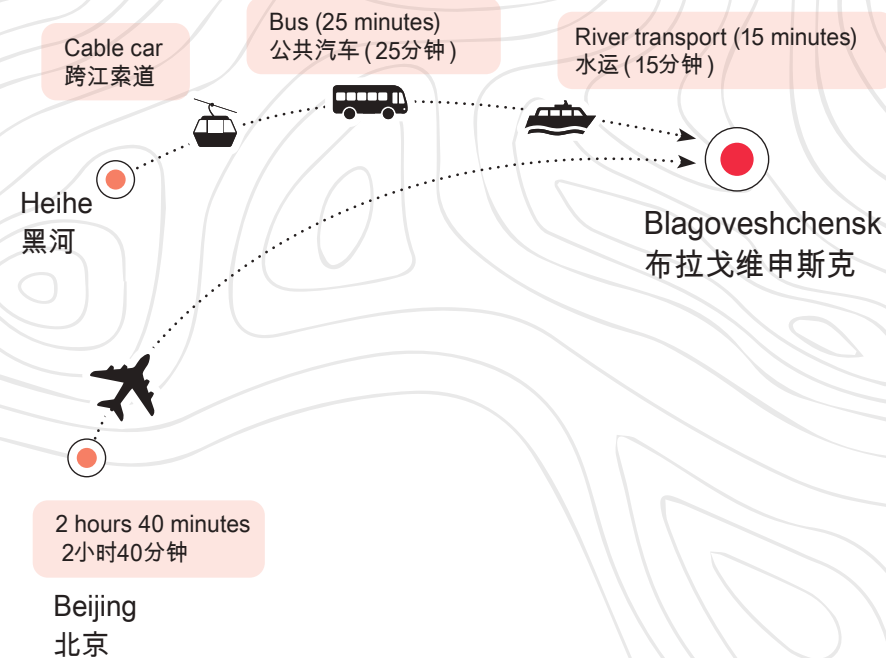
Bon Voyage



Amur Far Eastern
Tourism Center

HOW I BECAME RUSSIAN

战斗民族养成记



Tour duration / 行程时长

2 days / 1 night / 2天/1夜

Flights / 航班

Beijing – Blagoveshchensk /2 hours 40 minutes/
北京 — 布拉戈维申斯克 航班 (2小时40分钟)

Tour cost / 旅游费用

from 1 000 USD / 6 900 CNY / 72 050 RUB
从1 000 美元/ 6 900 元 / 72 050 卢布

Tour type / 旅游类型

Family / Group / Youth
家庭游 / 团队游 / 青年游

Group size / 团队人数

5–10 people / 从5人到10人

Season / 季节

All year round / 全年开放，四季皆宜

Accommodation / 住宿

Mercure 4*
Additional hotel options:
Festival Apart Hotel 5*
Gloria 4*

美居酒店 4*
额外的酒店:
节庆公寓酒店 5*
格洛丽亚酒店 4*

Meals / 餐饮

borscht, caviar, traditional Russian pickles and appetisers /
红菜汤、鱼子酱、腌菜以及传统俄罗斯小吃



Amur Region Tourism Portal



Amur Tourism Center

Amur Region
阿穆尔州

DISCOVER®
RUSSIA

- Feel the power of Lake Baikal – the deepest lake on the planet
感受贝加尔湖的磅礴气势——地球上最深的湖泊
- Visit Russia's largest Buddhist monastery complex
参观俄罗斯最大的佛教寺院群——伊沃尔金斯基达干寺
- Restore your strength in natural mineral springs
在天然温泉中恢复元气
- Taste authentic Baikal cuisine
品尝贝加尔湖特色美食

HOSPITABLE BAIKAL

热情好客的贝加尔湖

Discover the true treasure – the planet's greatest lake, Baikal! Feel its magnificence, energy, and raw power. Unforgettable views, untouched wilderness, relaxing hot springs, and unique rituals await you. The journey will be enriched by centuries-old traditions, local gastronomy, and the legendary hospitality of the Russian soul.

亲身感受这真正的瑰宝——地球上最壮丽的湖泊——贝加尔湖！感受它的壮丽、活力与磅礴。难忘的风光、原始的自然风光、温泉休闲以及独特的仪式都在等待着您。源远流长的传统、当地美食以及俄罗斯人热情好客的待客之道，将为您的旅程增添别样的魅力。

Republic of Buryatia
布里亚特共和国

DISCOVER®

R U S S I A



Route 路线

DAY 1 / 第1天

- Arrival at Ulan-Ude Airport
抵达乌兰乌德市机场
- Transfer
/30 minutes by bus/
接机
/30分钟，巴士/
- Lunch at the Buryatia Hotel restaurant, featuring traditional Buryat cuisine
/1 hour 30 minutes/
在《布里亚特》酒店餐厅享用午餐：
布里亚特风味美食
/1小时30分钟/
- Walking tour of Ulan-Ude: «Soviet Heritage», including a photo session at the monument to V. I. Lenin — the world's largest Lenin head — and visits to souvenir shops
/2 hours/
乌兰乌德《苏联遗产》徒步游览，在列宁纪念碑（全球最大的列宁头像）前拍照留念，参观纪念品商店
/2小时/
- Check-in at the Baikal Plaza / Buryatia Hotel, followed by leisure time
入住《贝加尔广场》/《布里亚特》酒店，休息
- Dinner at a Chinese restaurant – Hau Mulan / New Shanghai
/1 hour/
在中餐馆《花木兰》/《新上海》享用晚餐
/1小时/
- Leisure time
休息，自由活动

DAY 2 / 第2天

- Breakfast at the hotel and check-out
酒店早餐，退房
- Transfer
/1 hour by bus/
接送
/1小时，巴士/
- Visit to the Ivolginsky Datsan — the most renowned Buddhist monastery in Buryatia
/3 hours/
参观伊沃尔金斯基达干寺——
布里亚特最著名的达干寺
/3小时/
- Lunch at the monastery café
/1 hour/
在寺院咖啡厅享用午餐
/1小时/
- Transfer to Goryachinsk,
with photo stops along the way
/3 hours by bus/
乘车前往戈里亚奇斯克，沿途拍照
/3小时，巴士/
- Check-in at the Harmony / Tea Way Hotel
入住《和谐》酒店 / 《茶之路》酒店
- Dinner at the hotel restaurant
在酒店餐厅享用晚餐
- Leisure time
休息，自由活动

DAY 3 / 第3天

- Breakfast at the hotel
在酒店享用早餐
- Transfer
/1 hour 30 minutes by bus/
接送
/1小时30分钟，巴士/
- Transbaikalian National Park tour: a walk to the lake, panoramic views, lunch (on board a boat in summer and on the shore in winter), a boat trip across Chivyrkuisky Bay, and bathing in hot springs
/8 hours/
游览外贝加尔国家公园：徒步前往湖畔，欣赏全景风光，享用午餐（夏季在游船上，冬季在湖畔），乘游船游览奇维尔库伊湾，在温泉中沐浴
/8小时/
- Transfer
/1 hour 30 minutes by bus/
前往戈里亚奇斯克的接送服务
/1小时30分钟，巴士/
- Dinner at the hotel
/1 hour/
酒店晚餐
/1小时/
- Leisure time
休息自由活动



Republic of Buryatia
布里亚特共和国



DAY 4 / 第4天

- Breakfast at the hotel and check-out
酒店早餐，退房
- Transfer to the village of Tarbagatay,
with photo stops along the way
/2 hours 30 minutes by bus/
前往塔尔巴加泰村的接送服务，沿途拍照停留
/2小时30分钟，巴士/
- Tour programme: a warm welcome at the home
of the Semeiskie Old Believers, participation
in traditional rituals and games, a folklore
performance, a traditional Old Believer lunch,
and a photo session
/3 hours 30 minutes/
游览项目：走进谢梅伊斯基老信徒家庭，
感受热情接待，参与仪式和游戏，观看民俗表演，
享用传统老信徒午餐，拍照留念
/3小时30分钟/
- Transfer to Ulan-Ude
/1 hour by bus/
前往乌兰乌德市
/1小时，巴士/
- Check-in at the Baikal Plaza / Buryatia Hotel,
followed by leisure time
入住《贝加尔广场》/《布里亚特》酒店，休息
- Dinner at the hotel or one
of the city's Chinese restaurants
在酒店或市内某家中餐厅享用晚餐
- Leisure time
休息，自由活动

DAY 5 / 第5天

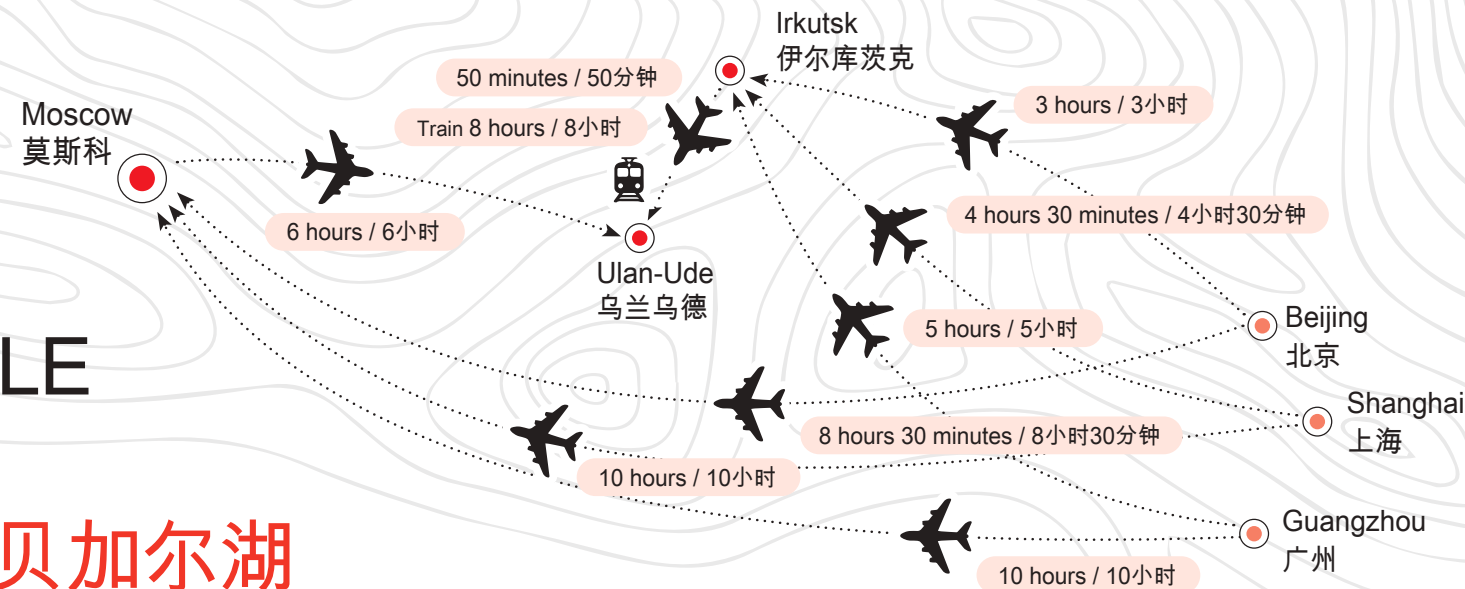
- Breakfast at the hotel and check-out
在酒店享用早餐，退房
- Transfer to Ulan-Ude Airport
/30 minutes by bus/
前往乌兰乌德机场
/30分钟，巴士/



Tourism Portal
of the Republic of Buryatia

HOSPITABLE BAIKAL

热情好客的贝加尔湖



Tour duration / 行程时长

5 days / 4 nights / 5天/4晚



Tour type / 旅游类型

Family / Group / 家庭/团队游



Group size / 团队人数

2 – 40 guests / 2至40人



Flights / 航班

Beijing – Moscow / 8 hours 30 minutes/
Shanghai – Moscow / 10 hours/
Guangzhou – Moscow / 10 hours/
Moscow – Ulan-Ude / 6 hours/

北京 – 莫斯科 / 8小时30分钟/
上海 – 莫斯科 / 10小时/
广州 – 莫斯科 / 10小时/
莫斯科 – 乌兰乌德 / 6小时/

Beijing – Irkutsk / 3 hours/
Shanghai – Irkutsk / 4 hours 30 minutes/
Guangzhou – Irkutsk / 5 hours/
Irkutsk – Ulan-Ude / 50 minutes by plane
or 8 hours by train/

北京 – 伊尔库茨克 / 3小时/
上海 – 伊尔库茨克 / 4小时30分钟/
广州 – 伊尔库茨克 / 5小时/
伊尔库茨克 – 乌兰乌德 / 飞机50分钟
或火车8小时/



Tour cost / 旅游费用

2-5 people:
from 1 350 USD / 9 000 CNY / 99 000 RUB
6-12 people:
from 1 200 USD / 8 000 CNY / 88 000 RUB
13-40 people:
from 1 050 USD / 7 000 CNY / 77 000 RUB

2-5人：每人起价 1 350美元 /
9 000元人民币 / 99 000卢布
6-12人：每人起价 1 200美元 /
8 000元人民币 / 88 000卢布
13-40人：每人起价 1 050美元 /
7 000元人民币 / 77 000卢布



Accommodation / 住宿

Buryatia Hotel 3*, Baikal Plaza 4*,
Harmony 3*, Tea Way 4*

«布里亚特»酒店 3星级, «贝加尔广场»
酒店 4星级,
«和谐»酒店 3星级, «茶之路»酒店 4星级



Meals / 餐饮

Baikal cuisine: omul ukha (fish soup), sagudai
(fresh omul appetiser), vegetable stew, flat-
bread or pie with taiga berries, Siberian tea,
sweets and fruit

贝加尔湖特色美食：奥穆尔鱼汤、萨古代（新
鲜奥穆尔鱼开胃菜）、蔬菜炖菜、配有针叶林
浆果的薄饼/馅饼、西伯利亚茶、糖果、水果



Season / 季节



All year round / 全年开放，四季皆宜



BuryatIntour



Baikal Buryatia



Baikal Partner



BaikalEast Group

Republic of Buryatia
布里亚特共和国

DISCOVER®
RUSSIA

- Feel the power of pristine nature
感受原始自然的力量
- Recharge with the energy of the mountains
汲取群山能量
- Discover ancient healing rituals
体验古老仪式
- Relax at the region's famed wellness resorts
探访著名的阿尔泰康养胜地
- Savour dishes made from time-honoured recipes
品尝古法食谱复原的特色菜肴

ALTAI THERAPY: HAPPINESS TO THE BRIM

阿尔泰疗愈之旅：幸福满溢

Altai Krai 阿尔泰边疆区

If the constant rush of noisy megacities wears you down, this journey is for you. Enter an atmosphere of calm, silence, and relaxation: unplug with a digital detox, wander eco-trails, drink in breathtaking scenery, breathe in fresh mountain air, and enjoy the scent of healing herbs. Altai offers an authentic communion with nature, vibrant culinary discoveries, and unique regional traditions.

如果您厌倦了喧嚣的大都市，那么这场旅程正是为您而设。您将沉浸在宁静、安然、身心修复与信息排毒的氛围中，漫步生态步道，欣赏壮丽景色，呼吸清新的山间空气，感受疗愈草本的芬芳。阿尔泰是与自然真正合一的地方，这里有令人惊喜的美食体验，也有独具魅力的地方传统！

DISCOVER®

RUSSIA

Route 路线

DAY 1 / 第1天

- Meeting at Gorno-Altaysk Airport
在戈尔诺—阿尔泰斯克机场接机
- Transfer to the hotel
/30 minutes/
前往酒店
/30分钟/
- Accommodation at Shambala 5* /
Grand Chalet Altay 5* / Hvoya v Gorakh 5*
入住《香巴拉》5星级酒店 / 《Grand Chalet Altai》
5星级酒店 / 《山间松针》5星级酒店
- Lunch at the hotel restaurant
/1 hour 30 minutes/
在酒店内餐厅享用午餐
/1小时30分钟/
- Visit to a beekeeping farm: tour, honey tasting,
and herbal tea with Altai herbs
/3 hours/
Optional: sleep therapy on beehives
参观养蜂场：游览、蜂蜜品鉴、
品尝阿尔泰草本茶
/3小时/
可选项目：在蜂箱上面体验健康睡眠
- Dinner at the hotel restaurant
/1 hour 30 minutes/
在酒店内餐厅享用晚餐
/1小时30分钟/
- Rest at the hotel
在酒店休息
- Visit to the bath and spa complexes
on the hotel grounds
/1 hour 30 minutes/
体验酒店内的洗浴和水疗中心
/1小时30分钟/

DAY 2 / 第2天

- Breakfast at the hotel
酒店早餐
- Visit to Tavdinsky Caves
/1 hour 45 minutes/
参观塔夫金斯基洞穴
/1小时45分钟/
- Walk through Roerich Park and along the bank
of the Katun River, with an observation deck and
photo stops; visit to exhibition pavilions featuring
Roerich's paintings
/1 hour 45 minutes/
漫步《廖里赫》公园及卡图尼河畔，参观观景台并
停留拍照，参观展出廖里赫画作的展馆
/1小时45分钟/
- Lunch at the hotel restaurant
/1 hour 30 minutes/
在酒店内的餐厅享用午餐
/1小时30分钟/
- Transfer to the Siberian Coin Resort
/30 minutes/
前往《西伯利亚硬币》度假村
/30分钟/
- Free time at the Siberian Coin Resort.
Optional activities: casino, spa complex,
karaoke club, quad biking, horse riding, maral
farm excursion
/2 hours 30 minutes/
在《西伯利亚硬币》度假村休闲放松。可选活动：
参观赌场、水疗中心、卡拉OK俱乐部，骑全地形
车、骑马，或前往马拉尼克游览
/2小时30分钟/
- Dinner at one of the resort restaurants
/2 hours/
在度假村内的一家餐厅享用晚餐
/2小时/
- Return to the hotel and rest
返回酒店休息



DAY 3 / 第3天

- Breakfast at the hotel
酒店早餐
- Summer: rafting on the Katun River
夏季：卡通河漂流
- Winter: snowmobiling
at the Sibirskaya Moneta Resort
冬季活动：在“西伯利亚硬币”度假区体验雪地摩托
- Lunch at one of the hotel restaurants: Ptichka at
Shambala 5*, Sosny at Grand Chalet Altai 5*, or
Gornye Porogi at Khvoya v Gorakh 5*
酒店内餐厅午餐：“小鸟”餐厅（香巴拉五星级酒店）、
“松树”餐厅（Grand Chalet Altai 五星级酒店）、
“山间急流”餐厅（山间松针五星级酒店）
- Transfer to the hotel
/30 minutes/
前往酒店
/30分钟/
- Relaxing evening ethno-cultural programme at
the hotel: ethno-meditation, throat singing, and
performances on traditional musical instruments
/1 hour/
酒店内的晚间放松民族文化活动：民族冥想、
喉音歌唱、民族乐器演奏
/1小时/
- Dinner at the hotel restaurant
/1 hour 30 minutes/
在酒店餐厅享用晚餐
/1小时30分钟/
- Rest at the hotel
在酒店休息

Altai Krai
阿尔泰边疆区

DAY 4 / 第4天

- Breakfast at the hotel, check-out
酒店早餐，退房
- Transfer
/1 hour 30 minutes by bus/
乘车前往游览地
/1小时30分钟/
- Visit to Altai Kholmogory Dendropark: free time, guided excursions, and a herbal tea ceremony with medicinal herbs
/2 hours/
参观阿尔泰霍尔莫戈里树木园：自由活动、导览参观及草药茶仪式
/2小时/
- Lunch at Ukrop i Grenka Café
/1 hour/
在《莳萝与面包丁》咖啡馆享用午餐
/约1小时/
- Bus transfer to the Old Believers' estate Kerzhatskiye Palaty
/1 hour 30 minutes by bus/
乘车前往《克尔扎茨基帕拉蒂》老信徒庄园
/1小时30分钟, 巴士/
- Visit to the Kerzhatskiye Palaty ethno-centre — interactive programme with hands-on master classes
/2 hours/
参观《克尔扎克宫殿》民族中心：互动体验项目与大师课
/2小时/
- Dinner at the Old Believers' estate Kerzhatskiye Palaty: traditional home-style dishes
/1 hour 30 minutes/
在《克尔扎茨基帕拉蒂》老信徒庄园享用晚餐：传统家常菜
/1小时30分钟/
- Transfer
/1 hour by bus/
接送
/1小时，乘大巴/

- Accommodation and leisure time at the Belokurikha Resort: Altai West Park Hotel / Na Kamushkakh Hotel (3* and 5*)
入住贝洛库里哈度假村并休息：“Altai West”公园酒店，或“石头上”三星及五星级酒店

DAY 5 / 第5天

- Breakfast at the hotel
酒店早餐
- Transfer to Belokurikha Gornaya resort, ascent by cable car to the mountain peak
/30 minutes/
前往《贝洛库里哈-戈尔纳亚》度假村，乘坐缆车登上山顶
/30分钟/
- ☀ ● Summer: walks along eco-trails, quad biking, paragliding, photo stops
/2 hours/
夏季：生态步道徒步、骑全地形车、滑翔伞飞行、停留拍照
/2小时/
- ❄ ● Winter: alpine skiing, snow tubing and sledding, snowmobile rides
/2 hours/
冬季：高山滑雪、雪圈和雪橇、雪地摩托之旅
/2小时/
- Lunch at the Altai RestArt restaurant
/1 hour 30 minutes/
在《阿尔泰RestArt》餐厅享用午餐
/1小时30分钟/
- Descent by cable car and transfer to Belokurikha resort
/30 minutes/
乘坐缆车下山，转乘至贝洛库里哈度假村
/30分钟/
- Sightseeing tour of Belokurikha, the centre of restorative medicine
/30 minutes/
游览贝洛库里哈区域——康复医学中心
/30分钟/



- Master class in making natural cosmetics at the LA CLIM workshop using Altai herbs
/1 hour 30 minutes/
在LA CLIM工坊参加天然化妆品制作大师班，使用阿尔泰草药
/1小时30分钟/
- Return to the hotel, rest in the spa complex
返回酒店，在水疗中心休息
- Dinner at the hotel
/1 hour 30 minutes/
在酒店享用晚餐
/1小时30分钟/
- Rest at the hotel, morning transfer to the airport
在酒店休息，次日早晨前往机场

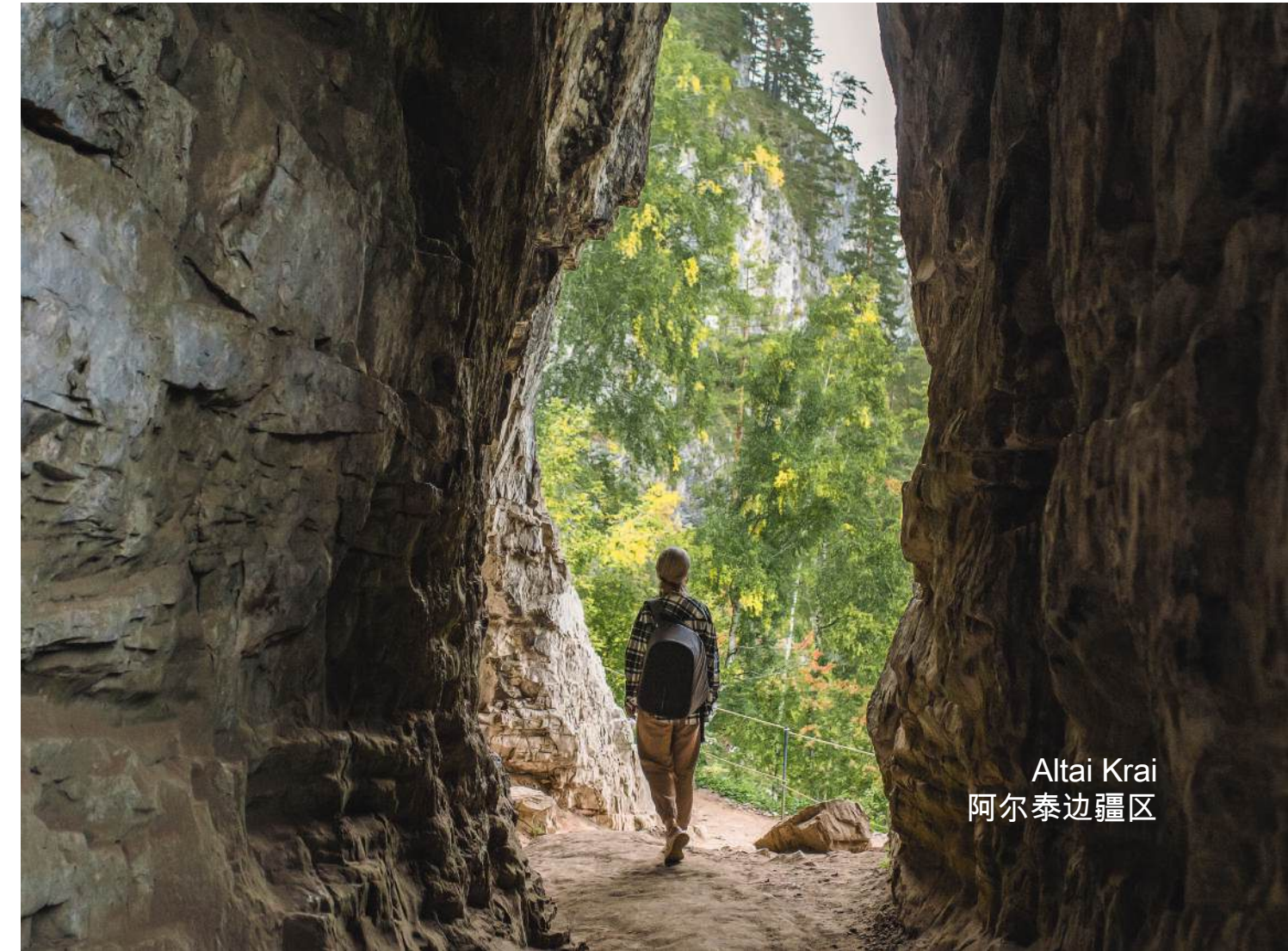
DAY 6 / 第6天

- Breakfast at the hotel, check-out
酒店早餐，退房
- Transfer to the village of Srostki
/1 hour 30 minutes by bus/
前往斯罗斯特基村
/乘大巴约1小时30分钟/
- Introduction to the village of Srostki: traditional Russian izbas and majestic Siberian landscapes. Visit to Mount Piket and the V. M. Shukshin All-Russian Memorial Museum-Reserve
探索斯罗斯特基村：欣赏传统的俄罗斯木屋与雄伟的西伯利亚自然风光。随后前往皮克特山，参观V.M.舒克申全俄纪念保护区
- Transfer to Biysk
/30 minutes by bus/
前往比伊斯克
/30分钟，巴士/
- Lunch at the Kalina Krasnaya tavern: Siberian cuisine made from natural ingredients
/1 hour 30 minutes/
在《卡利纳·克拉斯纳亚》餐馆享用午餐：采用天然食材制作的西伯利亚风味美食
/1小时30分钟/
- Tea Ceremony: authentic varieties of Altai tea and infusions made from meadow herbs. A photo session in Russian folk costumes and kokoshniks
/1 hour/
茶道体验：品尝正宗的阿尔泰特色茶和草本茶饮。期间将安排俄罗斯传统民族服饰与头饰的拍照留念环节
/1小时/
- Transfer to Barnaul
/2 hours by bus/
前往巴尔瑙尔市
/2小时，巴士/
- Accommodation at Altai Hotel 4*
入住《阿尔泰》4星级酒店

DAY 7 / 第7天

- Dinner at the Russian Shanghai Chinese restaurant
/2 hours/
在中餐馆《俄罗斯上海》享用晚餐
/2小时/
- Rest at the hotel
在酒店休息

- Breakfast at the hotel, check-out
酒店早餐及退房
- Transfer to Barnaul Airport
前往巴尔瑙尔市机场

Altai Krai
阿尔泰边疆区



ARGO

ALTAI THERAPY: HAPPINESS TO THE BRIM

阿尔泰疗愈之旅：幸福满溢



Tour duration / 行程时长

7 days / 6 nights / 7天 / 6晚



Tour cost / 旅游费用

2 people: from 2 855 USD / 19 000 CNY / 209 300 RUB
3-4 people: from 2 595 USD / 17 300 CNY / 190 300 RUB
5-10 people: from 2 360 USD / 15 700 CNY / 173 000 RUB
10-20 people: from 2 145 USD / 14 300 CNY / 157 300 RUB

2人：每人起价 2 855美元 / 19 000元人民币 / 209 300卢布
3-4人：每人起价 2 595美元 / 17 300元人民币 / 190 300卢布
5-10人：每人起价 2 360美元 / 15 700元人民币 / 173 000卢布
10-20人：每人起价 2 145美元 / 14 300元人民币 / 157 300卢布



Meals / 餐饮

Dishes made with natural local ingredients: mountain honey,
pine nuts, wild berries, herbal teas
精选生态纯净的当地食材：高山蜂蜜、松子、野生浆果、草本茶



Flights / 航班

No direct flights

Beijing – Moscow /8 hours 30 minutes/
Shanghai – Moscow /10 hours/
Guangzhou – Moscow /10 hours/

Beijing – Novosibirsk /5 hours/
Shanghai – Novosibirsk
/6 hours 30 minutes/

Beijing – Irkutsk /3 hours/
Shanghai – Irkutsk /4 hours 30 minutes/
Guangzhou – Irkutsk /5 hours/
Harbin – Irkutsk /2 hours 40 minutes/

Moscow – Gorno-Altaysk
/4 hours 30 minutes/
Novosibirsk – Gorno-Altaysk /1 hour/
Irkutsk – Gorno-Altaysk
/2 hours 30 minutes/

无直飞航班

北京 – 莫斯科 /8小时30分钟/
上海 – 莫斯科 /10小时/
广州 – 莫斯科 /10小时/

北京 – 新西伯利亚 /5小时 /
上海 – 新西伯利亚 /6小时30分钟/

北京 – 伊尔库茨克 /3小时 /
上海 – 伊尔库茨克 /4小时30分钟/
广州 – 伊尔库茨克 /5小时/
哈尔滨 – 伊尔库茨克 /2小时40分钟/

莫斯科 – 戈尔诺-阿尔泰斯克
/4小时30分钟/
新西伯利亚 – 戈尔诺-阿尔泰斯克
/1小时/
伊尔库茨克 – 戈尔诺-阿尔泰斯克
/2小时30分钟/



Tour type / 旅游类型

Family / Group / Wellness /
家庭游 / 团队游 / 康养旅游

Group size / 团队人数

2-20 people / 2至20人



Accommodation / 住宿

Shambala 5*, Grand Chalet Altay 5*,
Hvoja v Gorakh 5*, Altai West Park Hotel 4*,
Na Kamushkakh 5*, Altai RestArt 5*
香巴拉 5星级、Grand Chalet Altay 5星级、
山间松针 5星级、阿尔泰西公园酒店 4星级、
卡穆什基 5星级、阿尔泰重启 5星级



Season / 季节



All year round / 全年开放，四季皆宜

Novosibirsk
新西伯利亚Irkutsk
伊尔库茨克Gorno-Altaysk
戈尔诺-阿尔泰斯克Beijing
北京Harbin
哈尔滨Shanghai
上海Guangzhou
广州

4 hours 30 minutes / 4小时30分钟

1 hour / 1 小时

2 hours 30 minutes / 2小时30分钟

2 hours 40 minutes / 2小时40分钟

8 hours 30 minutes / 8小时30分钟

10 hours / 10 小时

5 hours / 5 小时

6 hours 30 minutes / 6小时30分钟

10 hours / 10小时



Altai Krai Tourism Portal

Altai Krai
阿尔泰边疆区

DISCOVER®

RUSSIA

- Feel the power of untouched wilderness
感受原始自然的力量
- Recharge with the energy of the mountains
汲取山间的能量
- Restore your strength in an authentic Russian banya (steam bath)
在正宗的俄式桑拿房中恢复精力
- Embark on a journey along mountain rivers and lakes
开启山间河流与湖泊之旅
- Sample dishes inspired by centuries-old recipes
品尝遵循古老配方烹制的佳肴

GREAT ALTAI: IN SEARCH OF THE TAO

伟大的阿尔泰：寻道之旅

Altai Krai
and Altai Republic
阿尔泰边疆区，
阿尔泰共和国

Prepare for an unforgettable adventure. Travel along the Chuysky Trakt, one of the world's most scenic highways, unwind amid the protected landscapes of a premium mountain resort, and discover the flavours of distinctive Siberian cuisine. Your journey also includes a unique wellness experience: a rest beside the beehives, lunch in the grotto of the Tavdinsky Caves, and a visit to a traditional shamanic ail. Altai offers unforgettable experiences and a true digital detox.

准备好开启一场难忘的冒险吧！你将沿着世界上风景最优美的道路之一——丘亚公路展开旅程，在顶级度假村的自然保护区内恢复精力，并品尝独具特色的西伯利亚美食。此外，你还将体验在蜂箱上过夜、在塔夫丁洞穴的岩洞中享用午餐，并探访萨满村落。阿尔泰——这里充满鲜活的情感，更是真正的数码排毒之旅！

Route 路线

DAY 1 / 第1天

- Guest arrival at Gorno-Altaysk Airport
在戈尔诺-阿尔泰斯克机场迎接客人
- Transfer to the Belokurikha resort
/2 hours by bus or minivan/
前往贝洛库里哈度假村
/2小时，巴士或小型厢式车/
- Check-in at the Altay Restart Hotel 5*
入住«Altay Restart»五星级酒店
- Lunch at the RestArt restaurant,
serving authentic Siberian cuisine
/1 hour/
在西伯利亚特色餐厅«ResArt»享用午餐
/1小时/
- Getting to know the resort:
游览度假区：
- ☀ ● Summer: a walk along therapeutic
trails (terrain cure)
夏季：徒步健行
- ❄ ● Winter: cable car ride
冬季：乘坐缆车
- Relaxation in the aquathermal complex
/2 hours/
在温泉水疗中心休闲放松
/2小时/
- Dinner at the RestArt restaurant
在«RestArt»餐厅享用晚餐
- Return to the hotel and rest
返回酒店，休息

DAY 2 / 第2天

- Breakfast at the hotel
酒店早餐
- Transfer
/1 hour by bus or minivan/
接送
/1小时，巴士或小型厢式车/
- Visit to Solonovka, an Old Believer village,
and its open-air ethnographic museum,
including master classes and tea tasting
/2 hours/
参观索洛诺夫卡旧礼仪派村落及露天民俗博物馆，手工大师课，茶点
/2小时/
- Lunch at the village guest house
/1 hour/
在村落客栈享用午餐
/1小时/
- Transfer
/1 hour by bus or minivan/
接送
/1小时，巴士或小型厢式车/
- Leisure time at the hotel:
酒店休闲：
- ☀ ● Summer: a walk along the therapeutic
walking paths (terrain cure)
夏季：徒步健行
- ❄ ● Winter: downhill skiing
冬季：高山滑雪
- Dinner at the Derevnja restaurant,
serving authentic Russian cuisine
/1 hour/
在俄式创意餐厅«德列夫尼亚»享用晚餐
/1小时/
- Return to the hotel and rest
返回酒店，休息



DAY 3 / 第3天

- Breakfast at the hotel and check-out
酒店早餐，退房
- Transfer
/1 hour by bus or minivan/
接送
/1小时，巴士或小型厢式车/
- Visit to the Altai Kholmogorye Arboretum
/1 hour/
参观«阿尔泰丘陵»植物园
/1小时/
- Lunch at the Ukrop i Grenka café
/1 hour/
在«莳萝与面包丁»咖啡馆享用午餐
/1小时/
- Transfer
/1 hour by bus or minivan/
接送
/1小时，巴士或小型厢式车/
- ☀ ● Summer: a horse ride through the maral enclosure
夏季：骑马漫游马拉尔尼克
- ❄ ● Winter: visit to Swan Lake Nature Reserve
/1 hour/
冬季：参观«天鹅湖»自然保护区
/1小时/
- Check-in at the Altai Palace Hotel 5*
入住«Altai Palace»五星级酒店
- Rest and wellness treatments at the Medical SPA
/2 hours/
在Medical SPA享受休闲与水疗护理
/2小时/
- Dinner at the Lastochki restaurant, serving original cuisine
/1 hour/
在创意餐厅«燕子»享用晚餐
/1小时/
- Optional: visit to the gambling zone
可选项目：参观博彩区
- Return to the hotel and rest
返回酒店，休息



Altai Krai
and Altai Republic
阿尔泰边疆区，
阿尔泰共和国

DAY 4 / 第4天

- Breakfast at the hotel
酒店早餐
- Visit to the Tavdinsky Caves
/1 hour 30 minutes/
参观塔夫丁洞穴
/1小时30分钟/
- Lunch in a cave grotto
/1 hour/
在洞穴岩洞中享用午餐
/1小时/
- Walk through the Roerich Park
/1 hour/
漫步廖里赫公园
/1小时/
- Visit to an apiary: honey tasting
and a rest beside the beehives
/2 hours 30 minutes /
参观养蜂场：品尝蜂蜜、在蜂箱旁小憩
/2小时30分钟/
- Transfer to the hotel
/2 hours by bus or minivan/
前往酒店
/2小时，巴士或小型厢式车/
- Rest and wellness treatments
at the Medical SPA
/2 hours/
在Medical SPA休息并享受水疗护理
/2小时/
- Dinner at the Lastochki restaurant,
serving original cuisine
/1 hour/
在创意餐厅「燕子」享用晚餐
/1小时/
- **Optional:** visit to the gambling zone
可选项目：参观博彩区
- Return to the hotel and rest
返回酒店，休息

DAY 5 / 第5天

- Breakfast at the hotel and check-out
酒店早餐，退房
- ☀ ● Summer: a boat trip along the Katun River
夏季：卡图尼河水上巡游。
- ❄ ● Winter: a jeep tour to the Blue Lakes
冬季：前往蓝湖的吉普车之旅
- Lunch at the Chemalskoye Podvorye restaurant
/1 hour/
在「切马尔庄园」餐厅享用午餐
/1小时/
- A scenic drive along the Chuysky Trakt
/2 hours/
乘车游览风景如画的丘亚公路
/2小时/
- Check-in at the Manzherok Hotel 5*
入住「Manzherok」5星级酒店
- Visit to the resort's spa complex
/2 hours/
参观度假村水疗中心
/2小时/
- Dinner at the Manzhara gastronomic restaurant
/1 hour/
在「Manzhara」美食餐厅享用晚餐
/1小时/
- Return to the hotel and rest
返回酒店，休息

DAY 6 / 第6天

- Breakfast at the hotel
酒店早餐
- Cable car ride to the top
/1 hour/
乘坐缆车上山
/1小时/
- Visit to the thermal complex or outdoor activities:
参观温泉中心或参与户外活动：
- ☀ ● Summer: paragliding, buggy rides, eco-trails,
wake park, bike park
夏季：滑翔伞、沙滩车、生态步道、滑水公园、
山地自行车公园
- ❄ ● Winter: downhill skiing, snow tubing
冬季：高山滑雪、雪圈
- Lunch at the Panorama 1020 restaurant
on the mountain summit
/1 hour/
在山顶「全景1020」餐厅享用午餐
/1小时/
- Visit to the Shamansky Ail with an interactive programme
/1 hour 30 minutes/
参观「萨满村」，参与互动体验
/1小时30分钟/
- Dinner at the Manzhara gastronomic restaurant
/1 hour/
在「Manzhara」美食餐厅享用晚餐
/1小时/
- Return to the hotel and rest
返回酒店，休息

DAY 7 / 第7天

- Breakfast at the hotel and check-out
酒店早餐，退房
- Transfer to Gorno-Altaysk Airport
/1 hour by bus or minivan/
前往戈尔诺-阿尔泰斯克机场
/1小时，巴士或小型厢式车/



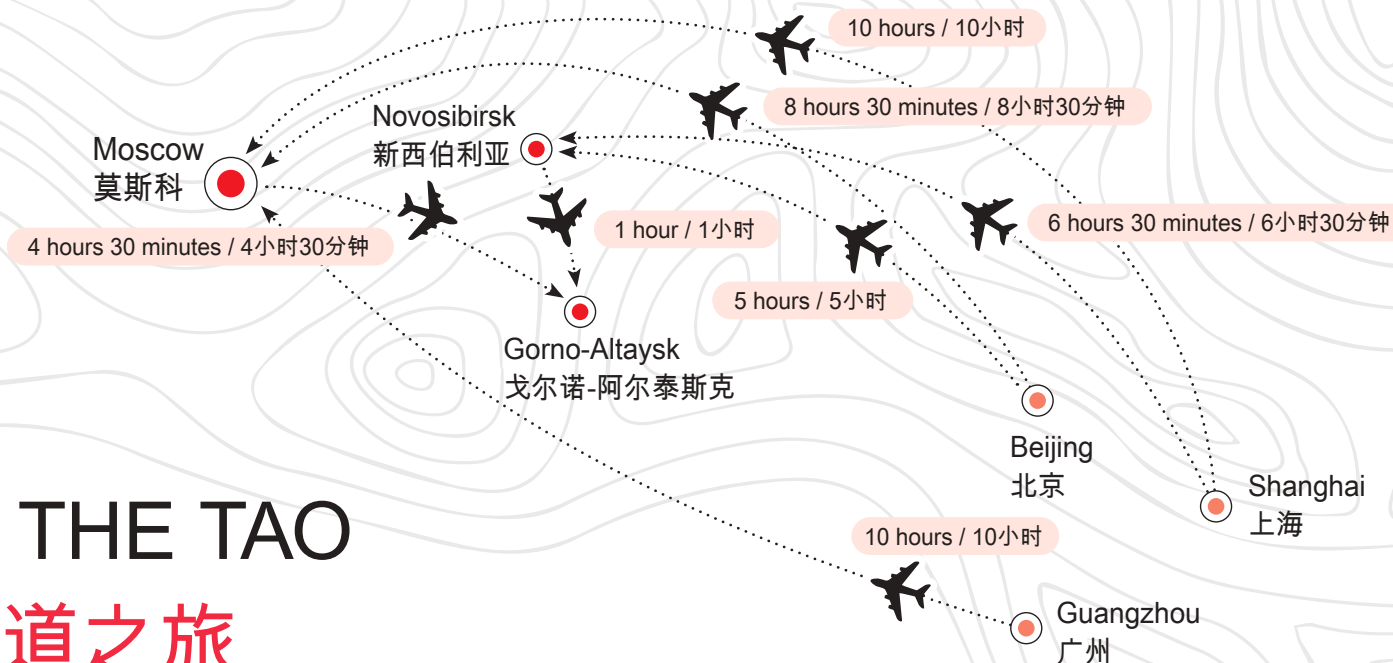
Altai-Active-Tour



ARGO

GREAT ALTAI: IN SEARCH OF THE TAO

伟大的阿尔泰：寻道之旅



Tour duration / 行程时长

7 days / 6 nights / 7天 / 6晚



Flights / 航班

No direct flights to the region.
Beijing – Moscow / 8 hours 30 minutes/
Shanghai – Moscow / 10 hours/
Guangzhou – Moscow / 10 hours/
Beijing – Novosibirsk / 5 hours/
Shanghai – Novosibirsk / 6 hours 30 minutes/
Moscow – Gorno-Altaysk / 4 hours 30 minutes/
Novosibirsk – Gorno-Altaysk / 1 hour/
该地区没有直飞航班。
北京 - 莫斯科 / 8小时30分钟/
上海 - 莫斯科 / 10 小时/
广州 - 莫斯科 / 10 小时/
北京 - 新西伯利亚 / 5 小时/
上海 - 新西伯利亚 / 6小时30分钟/
莫斯科 - 戈尔诺-阿尔泰斯克 / 4小时30分钟/
新西伯利亚 - 戈尔诺-阿尔泰斯克 / 1 小时/



Tour type / 旅游类型

Family / Individual / Small groups

家庭 / 个人 / 小型团体



Group size / 团队人数

2-20 guests / 2至20人



Tour cost / 旅游费用

2-4 people: from 6 000 USD / 39 000 CNY / 428 000 RUB
5-10 people: from 4 600 USD / 30 000 CNY / 328 000 RUB
10-20 people: from 3 300 USD / 21 500 CNY / 235 000 RUB
2-4人：每人起价 6 000美元 / 39 000元 / 428 000卢布
5-10人：每人起价 4 600美元 / 30 000元 / 328 000卢布
10-20人：每人起价 3 300美元 / 21 500元 / 235 000卢布



Accommodation / 住宿

Altay Restart 5*, Altai Palace 5*, Manzherok 5*

«Altay Restart»五星级酒店, «Altai Palace»五星级酒店
«Manzherok»五星级酒店



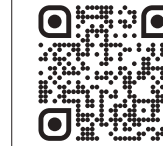
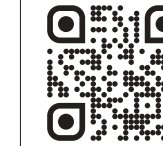
Meals / 餐饮

Dishes made from organic local ingredients: mountain honey, pine nuts, wild berries and herbal teas, combining elements of ancient Russian cuisine with Altai traditions
采用生态纯净的当地食材烹制：山蜂蜜、松子、野生浆果、草本茶 融合了古老的俄罗斯烹饪元素与阿尔泰传统



Season / 季节

All year round / 全年开放, 四季皆宜

Altai Krai
Tourism PortalAltai Republic
Tourism Portal

Altai Krai
and Altai Republic
阿尔泰边疆区，
阿尔泰共和国

DISCOVER®
RUSSIA

- Experience authentic Siberia
探寻真正的西伯利亚
- Bathe in hot springs
畅享地热矿物温泉
- Refresh yourself in a traditional Russian banya (steam bath)
体验俄罗斯传统桑拿的精髓
- Bake a giant blin (pancake) in the «Battle of Blin Bakers»
在《煎饼大战》中亲手制作巨型俄式薄饼
- Meet the creatures of the Jurassic and Ice Age
邂逅侏罗纪与冰河时代的远古生灵

THE WARMTH OF SIBERIA

西伯利亚的温暖

Recharge in the very heart of Siberia! Hot springs, bath complexes, traditional Russian entertainment and cuisine await you. The Tyumen Region is a unique place where modern wellness harmonises with the region's history and culture. Leave the stereotypes behind: Siberia is warm, heartfelt and welcoming!

在西伯利亚的心脏地带开启一场轻松自在的疗愈之旅！这里有地热温泉、传统桑拿、地道的俄罗斯民俗乐趣，以及独具特色的美食体验。在秋明州，现代康养度假与当地悠久的历史文化完美交融。忘掉刻板印象吧——西伯利亚是一个温暖、真诚、热情好客的地方

Tyumen Region
秋明州

Route 路线

DAY 1 / 第1天

- Guest arrival at Tyumen Airport
在秋明市机场接机
- Transfer to the hotel
/30 minutes by bus/
乘坐巴士前往酒店
/车程约30分钟/
- Check-in at the Marcial Mayr Resort 4*
入住玛尔齐亚尔度假村 4*
- Lunch at the Marcial restaurant
在«玛尔齐亚尔»餐厅享用午餐
- Visit to the thermal complex, water park and spa
complex at the Marcial Mayr Resort: hot springs,
a Siberian-style banya experience with steam
treatments, a jacuzzi and a seawater pool
/2 hours/
参观玛尔齐亚尔度假村地热综合体、水上乐园及
SPA区：地热矿物温泉、西伯利亚式桑拿与蒸汽
浴、按摩浴缸、海水泳池
/体验时间约2小时/
- Dinner at the August restaurant serving fine
Siberian cuisine: signature dishes made from
seasonal, organic ingredients
在高级西伯利亚风味餐厅«August»享用晚餐：
品尝以当季生态纯净食材烹制的创意菜品
- Relaxation at the hotel
返回酒店休息

DAY 2 / 第2天

- Breakfast at the hotel
酒店早餐
- Transfer to Yalutorovsk, the city of blin
(pancake) bakers, accompanied by
an overview of the Tyumen Region
and Siberia presented by the guide
/2 hours by bus/
乘车前往亚卢托罗夫斯克 —“煎饼之城”。
途中导游将介绍秋明州与西伯利亚
/车程约2小时/
- Interactive programme: participation in the
«Battle of Blin Bakers», including the baking
of giant blini, a workshop and a tasting
/1 hour/
互动体验项目：参加“煎饼大战”— 亲手制作巨型
俄式薄饼，参加大师课与美食品鉴
/约1小时/
- Participation in the Siberian Carnival: tasting
of Siberian cuisine, photo session in traditional
Siberian costumes, ancient rituals, Siberian
Cossack competitions, and archery
/1 hour 30 minutes/
参加“西伯利亚狂欢节”：品尝西伯利亚风味美食，
身着传统西伯利亚服饰拍照，体验古老仪式、
哥萨克竞技、射箭等活动
/1小时30分钟/
- Lunch at the Krestyanskoe Zastolie café
/1 hour/
在«农民餐桌»咖啡馆享用午餐
/约1小时/
- Transfer to Tyumen
/2 hours by bus/
乘车返回秋明
/车程约2小时/



- Visit to the Gorodskie Parilni bathhouse complex
(«Bathing Traditions of Siberia» programme):
steam room, cold plunge tub, open-air pool,
herbal steam, personalised Siberian banya
session with a bath master
/2 hours/
参观«城市蒸汽浴场»综合体，体验«西伯利亚沐浴
传统»项目：蒸汽浴、冷水浴池、露天温水泳池、
草本蒸汽、由专业浴师提供的专属“西伯利亚式”
蒸汽护理
/约2小时/
- Dinner at the Chum restaurant-museum:
signature dishes made from northern
produce, theatrical serving
/1 hour 30 minutes/
在餐厅博物馆«Chum»享用晚餐：品尝以北方特色
食材制作的招牌菜，体验剧场式上菜服务
/1小时30分钟/
- Return to the hotel and rest
返回酒店休息



Tyumen Region
秋明州

DAY 3 / 第3天

- Breakfast at the hotel
酒店早餐
- City sightseeing: meeting a merchant's wife, drinking tea brewed in a samovar, and tasting Tyumen nalivkas (fruit liqueurs) and sweets
/1 hour 30 minutes/
秋明市区观光游：与商人角色互动，体验俄罗斯茶炊品茶，品尝秋明特色果酒与糖果
/1小时30分钟/
- Visit to the Museum Complex of I. Ya. Slovtsov: viewing the palaeontological collection and taking part in a workshop on making the legendary Siberian carpet
/1 hour/
参观斯洛夫佐夫博物馆综合体：观赏古生物收藏，并参加传奇西伯利亚地毯制作大师课
/约1小时/
- Visit to a souvenir shop: artworks made from mammoth ivory, cosmetics based on healing mud and mineral water, authentic souvenirs and oil-themed souvenirs
/45 minutes/
参观纪念品商店：选购猛犸象牙艺术品、以疗愈泥与矿物水为基础的护肤品、特色纪念品以及石油主题纪念品
/约45分钟/
- Transfer to the Taiga Eco Park
/45 minutes/
乘车前往郊外生态公园「泰加」
/车程约45分钟/
- Lunch at the Polyanka café
/1 hour/
在「林间空地」咖啡馆享用午餐
/约1小时/



- Interactive programme at the eco-park
/1 hour 30 minutes/
生态公园互动项目
/1小时30分钟/
- ❄️ ● Winter: husky sledding, snow tubing, skiing, ice skating and interactive play areas
冬季：哈士奇雪橇、雪圈、滑雪、滑冰及互动游乐区
- ☀️ ● Summer: bubble football for adults, rope park, all-terrain vehicle rides
夏季：成人碰碰球、绳索公园、全地形车体验
- Visit to the spa complex with an open-air hot spring
/2 hours/
参观带有露天热矿物温泉的SPA综合体
/约2小时/
- Dinner at the Brew's Lee Asian brewery
/1 hour 30 minutes/
在亚洲风味啤酒餐厅「Brew's Lee」享用晚餐
/1小时30分钟/
- Return to the hotel and rest
返回酒店休息

DAY 4 / 第4天

- Breakfast at the hotel and check-out
酒店早餐，办理退房
- Shopping and visiting souvenir shops
购物，参观纪念品商店
- Transfer to Tyumen Airport
/30 minutes by bus/
乘车前往秋明市机场
/车程约30分钟/

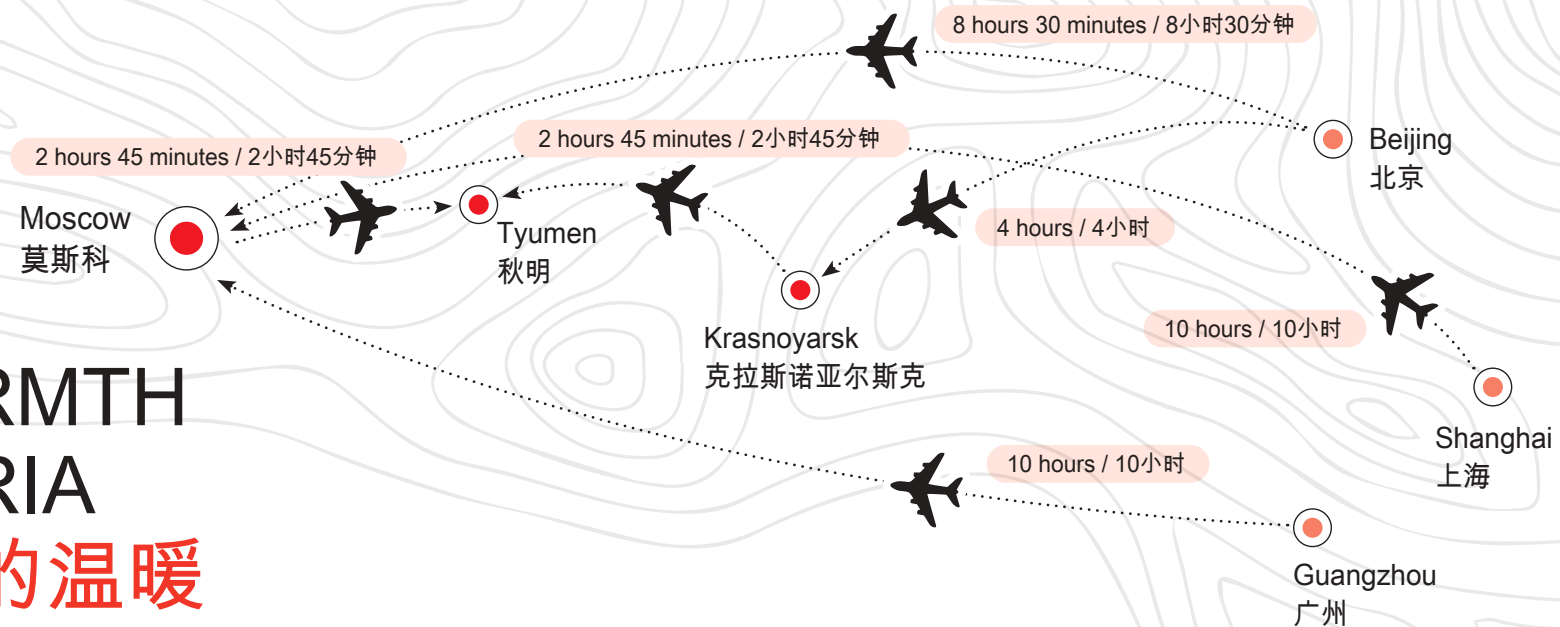


Tyumen Region
秋明州



Booking center

THE WARMTH OF SIBERIA 西伯利亚的温暖



Tour duration / 行程时长

4 days / 3 nights / 4天/3夜



Flights / 航班

No direct flights to the region

Beijing – Krasnoyarsk /4 hours/
Krasnoyarsk – Tyumen /2 hours 45 minutes/

Beijing – Moscow /8 hours 30 minutes/
Shanghai – Moscow /10 hours/
Guangzhou – Moscow /10 hours/
Moscow – Tyumen /2 hours 45 minutes/

该地区没有直飞航班

北京 – 克拉斯诺亚尔斯克 /4 小时/
克拉斯诺亚尔斯克 – 秋明 /2 小时 45 分钟/
北京 – 莫斯科 /8小时30分钟/

上海 – 莫斯科 /10 小时/
广州 – 莫斯科 /10 小时/
莫斯科 – 秋明 /2 小时 45 分钟/



Tour type / 旅游类型

Family / Group 家庭/团队游



Group size / 团队人数

2-15 guests / 2至15人



Tour cost / 旅游费用

2-5 people: from 2 600 USD / 186 000 RUB/ 17 000 CNY
6-9 people: from 1 750 USD / 123 000 RUB/ 11 150 CNY
10-15 people: from 1 500 USD / 106 000 RUB/ 9 600 CNY
2-5人：每人起价 2 600美元 / 186 000卢布 / 17 000元人民币
6-9人：每人起价 1 750美元 / 123 000卢布 / 11 150元人民币
10-15人：每人起价 1 500美元 / 106 000卢布 / 9 600元人民币



Accommodation / 住宿

Marcial Mayr Resort 4* 入住：玛尔齐亚尔度假村 4*
Additional hotels: 秋明可选酒店：
Remezov Hotel 4* «Remezov»酒店 4*
Siberia Resort 4* «西伯利亚»疗养院 4*
DoubleTree by Hilton 4* 秋明希尔顿逸林酒店 4星级
Mercure Hotel (Accor) 4* 美居酒店（雅高集团）4星级
Taiga Eco Hotel 3* «泰加»生态酒店 3*
Usadba Tourist Base «庄园»度假基地



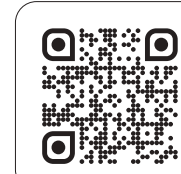
Meals / 餐饮

Siberian cuisine: muksun, nelma, sterlet, sturgeon, game meat, ukha (fish soup), and dishes based on 18th-century recipes
西伯利亚美食：白鲑、宽鼻白鲑、星鲑、鲟鱼、野味、乌哈鱼汤（俄式鱼汤），以及按照18世纪菜谱复原的特色菜肴



Season / 季节

☀️❄️🌸🍂 All year round / 全年开放，四季皆宜



Tyumen Region Tourism Portal

Tyumen Region
秋明州

DISCOVER®
RUSSIA

- Visit the real Russian North
探访真正的俄罗斯北方
- Experience the traditions and lifestyle
of the northern peoples
亲近北方民族的传统与生活方式
- Become friends with reindeer
与驯鹿亲密互动
- Take a walk on a glacier that was formed 250 000 years ago
漫步于拥有25万年历史的冰川之上
- Learn all about oil
了解关于石油的一切

IN THE FOOTSTEPS OF THE RED DRAGON: FIVE ELEMENTS OF YUGRA

追寻红龙的足迹：尤格拉五大元素

Khanty-Mansi
Autonomous Area-Yugra
汉特—曼西自治区—尤格拉

An unforgettable introduction to the Russian North, walks through snow-covered nature parks, giant mammoths, traditional rituals and a meeting with a shaman — all this awaits you on a journey through the oil capital of Russia. Get ready for active recreation, an amazing dining experience and an incredible burst of energy. Yugra will definitely remain in your heart forever!

难忘的俄罗斯北方之旅、雪境自然公园漫步、巨型猛犸象、传统仪式以及与萨满的相遇——这一切都将在俄罗斯石油之都的旅程中等待着您。准备好迎接活力满满的户外体验、令人惊喜的美食发现和充满能量的旅程吧！尤格拉将永远留在您的心中！



DISCOVER®

RUSSIA

Route 路线

DAY 1 / 第1天

- Arrival at Kogalym Airport before the start of the tour
于行程开始前一天抵达科加雷姆市机场
- Check-in at the Cosmos Smart Kogalym 3*
入住 Cosmos Smart Kogalym 酒店 3*
- Breakfast at the hotel
酒店早餐
- Transfer
/3 hours by bus/
乘坐巴士前往游览地点
/车程约3小时/
- Visit to the Sopochinykh Reindeer Herders' Camp:
meeting a shaman, welcome ceremony, meeting the reindeer, fishing, a photo session in traditional costumes
/6 hours/
参观索波钦鹿牧民营地：与萨满相见，参加欢迎仪式，认识驯鹿，体验钓鱼，身着民族服饰拍照
/约6小时/
- Traditional lunch
/1 hour/
享用民族风味午餐
/约1小时/
- Transfer
/3 hours by bus/
乘车返回
/车程约3小时/
- Dinner at the U Kamelka restaurant
/1 hour/
在«U Kamelka»餐厅享用晚餐
/约1小时/
- Return to the hotel and rest
返回酒店休息

DAY 2 / 第2天

- Breakfast at the hotel
酒店早餐
- Guided tour of the oceanarium, diving among sharks
/2 hours/
参观海洋馆，体验与鲨鱼潜水
/约2小时/
- Lunch at the U Kamelka restaurant serving local specialities
/1 hour/
在«U Kamelka»餐厅享用午餐，品尝当地特色菜
/约1小时/
- Workshop on painting with crude oil
/1 hour/
参加«石油绘画»大师课
/约1小时/
- Visit to the water park, surfing lessons
/2 hours/
参观水上乐园，并学习冲浪技巧
/约2小时/
- Dinner at the Stary Tomas restaurant serving Russian and Chinese cuisine
/1 hour/
在«老托马斯»餐厅享用晚餐，品尝俄罗斯与中国风味菜肴
/约1小时/
- Return to the hotel and rest
返回酒店休息



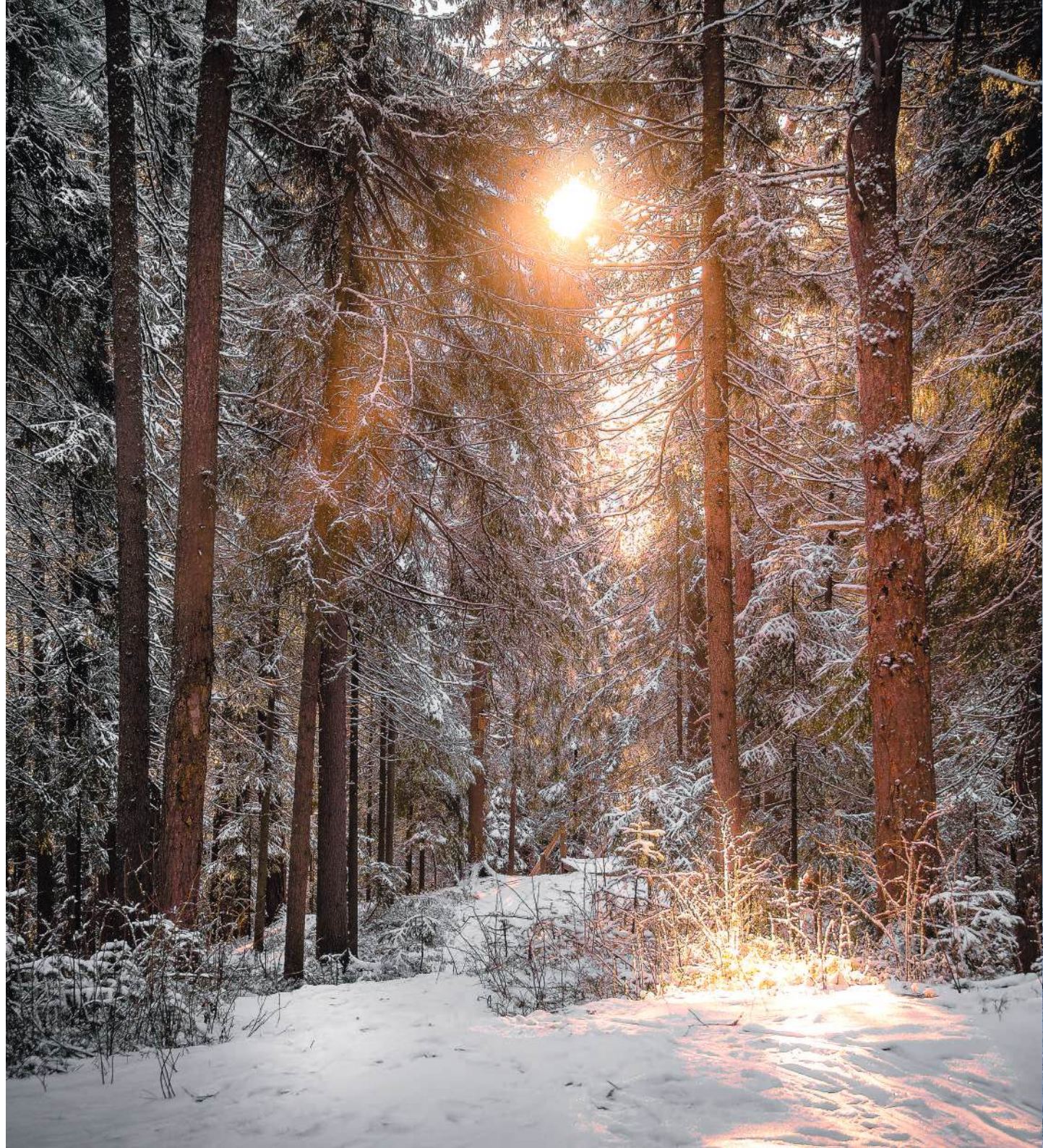
DAY 3 / 第3天

- Breakfast at the hotel, check-out
酒店早餐，办理退房
- Transfer to Surgut
/4 hours by bus/
乘坐巴士前往苏尔古特
/车程约4小时/
- Check-in at City Park Hotel 4*
入住 City Park Hotel 酒店 4*
- Lunch at the VERANDA restaurant
/1 hour/
在 VERANDA 餐厅享用午餐
/约1小时/
- Visit to the Borovaya Airfield and the Aviation Museum.
Sightseeing flight over Surgut
/2 hours/
参观博罗瓦亚机场及航空博物馆，乘机俯瞰苏尔古特
/约2小时/
- Visit to the Azhur Style glassblowing studio:
a workshop on making a Dragon's Breath amulet
/1 hour 30 minutes/
参观«Azhur Style»玻璃吹制工坊：
参加«龙之呼吸»护身吊坠制作大师课
/约1小时30分钟/
- Dining tour highlighting northern cuisine
at the VERANDA restaurant,
with a presentation by the chef
/1 hour 30 minutes/
在 VERANDA 餐厅开启北方美食之旅，由主厨进行菜品介绍
/约1小时30分钟/
- Return to the hotel and rest
返回酒店休息

Khanty-Mansi
Autonomous Area-Yugra
汉特—曼西自治区—尤格拉

DAY 4 / 第4天

- Breakfast at the hotel, check-out
酒店早餐，办理退房
- Transfer to Khanty-Mansiysk
/4 hours by bus/
乘坐巴士前往汉特—曼西斯克
/车程约4小时/
- Check-in at the Taray 4*
入住«Taray»酒店 4*
- Lunch at the Panorama restaurant
在«Panorama»餐厅享用午餐
- Visit to the Museum of Geology, Oil and Gas
/1 hour/
参观地质、石油与天然气博物馆
/约1小时/
- Tour of the Core Storage Facility,
interactive programme
/1 hour 30 minutes/
参观岩心储藏馆，并参加互动体验项目
/约1小时30分钟/
- Traditional dinner at the Misne restaurant
/1 hour/
在«Misne»餐厅享用民族风味晚餐
/约1小时/
- Return to the hotel and rest
返回酒店休息



DAY 5 / 第5天

- Breakfast at the hotel
酒店早餐
- Visit to the Torum Maa Open-Air Ethnographic Museum:
a ritual with a shaman, an introduction to ethnic cultures,
workshops, and a photo session in traditional costumes
/2 hours 30 minutes/
参观露天民族志博物馆«Torum Maa»: 与萨满举行仪式，
体验民族文化项目、大师课，并身着民族服饰拍照
/约2小时30分钟/
- Lunch at the Panorama restaurant
/1 hour 30 minutes/
在«Panorama»餐厅享用午餐
/约1小时30分钟/
- Tour of the Archeopark cultural and tourist complex
/2 hours/
参观文化旅游综合体«考古公园»
/约2小时/
- Walk across the Red Dragon Bridge
漫步«红龙»大桥
- Dinner at the Panorama restaurant serving local dishes
/1 hour/
在«Panorama»餐厅享用当地特色晚餐
/约1小时/
- Return to the hotel and rest
返回酒店休息

DAY 6 / 第6天

- Breakfast at the hotel (lunch boxes), check-out
酒店早餐（餐盒），办理退房
- Morning transfer to Khanty-Mansiysk Airport
/20 minutes by bus/
清晨乘车前往汉特—曼西斯克机场
/车程约20分钟/



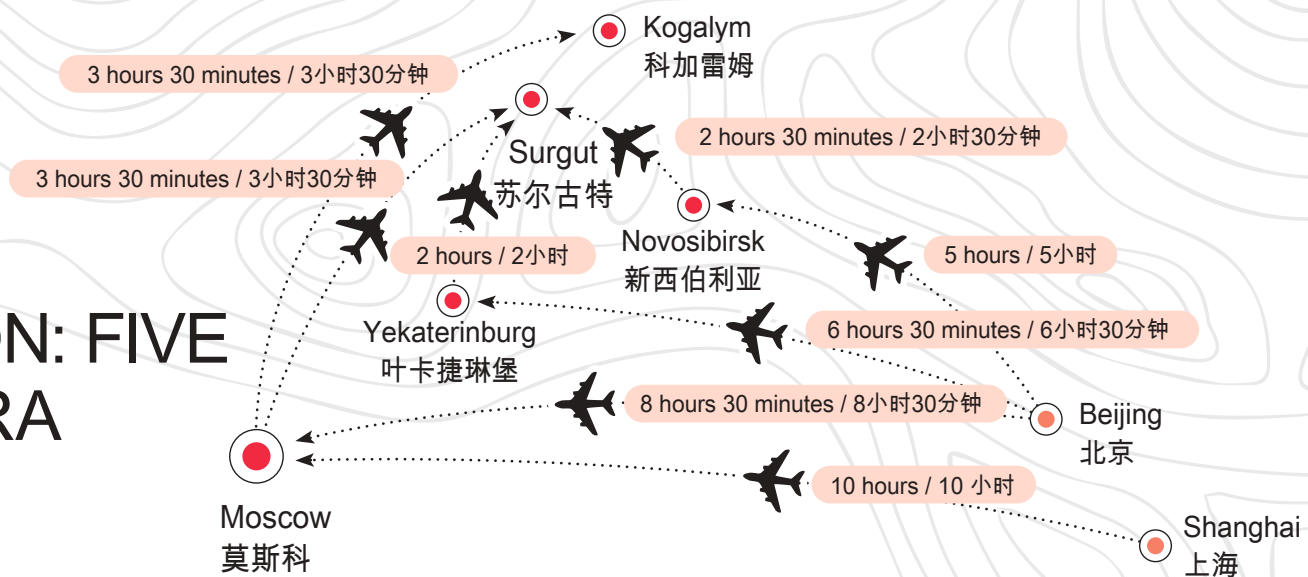
Khanty-Mansi
Autonomous Area-Yugra
汉特—曼西自治区—尤格拉



Yugra360

IN THE FOOTSTEPS OF THE RED DRAGON: FIVE ELEMENTS OF YUGRA

追寻红龙的足迹： 尤格拉五大元素



Tour duration / 行程时长

6 days / 5 nights / 6天 / 5晚

Tour type / 旅游类型

Family / Group
家庭游 / 团队游

Group size / 团队人数

2-20 people / 2至20人

Tour cost / 旅游费用

10-20 people: from 1 350 USD / 8 500 CNY / 94 500 RUB
6-10 people: from 2 000 USD / 12 250 CNY / 136 400 RUB
2-6 people: from 2 400 USD / 15 200 CNY / 168 500 RUB

10-20人：每人起价 1 350美元 / 8 500元人民币 / 94 500卢布
6-10人：每人起价 2 000美元 / 12 250元人民币 / 136 400卢布
2-6人：每人起价 2 400美元 / 15 200元人民币 / 168 500卢布

Flights / 航班

Beijing – Novosibirsk / 5 hours/
Beijing – Yekaterinburg / 6 hours 30 minutes/
Beijing – Moscow / 8 hours 30 minutes/
Shanghai – Moscow / 10 hours/
Novosibirsk – Surgut / 2 hours 30 minutes/
Yekaterinburg – Surgut / 2 hours/
Moscow – Kogalym / 3 hours 30 minutes/
Moscow – Surgut / 3 hours 30 minutes/
Khaty-Mansiysk – Moscow / 3 hours 30 minutes/
Khaty-Mansiysk – Yekaterinburg / 2 hours 30 minutes/
Khaty-Mansiysk – Novosibirsk / 2 hours/

北京 — 新西伯利亚 / 约5小时/
北京 — 叶卡捷琳堡 / 6小时30分钟/
北京 — 莫斯科 / 8小时30分钟/
上海 — 莫斯科 / 约10小时/
新西伯利亚 — 苏尔古特 / 约2小时30分钟/
叶卡捷琳堡 — 苏尔古特 / 约2小时/
莫斯科 — 科加雷姆 / 3小时30分钟/
莫斯科 — 苏尔古特 / 3小时30分钟/
汉特—曼西斯克 — 莫斯科 / 3小时30分钟/
汉特—曼西斯克 — 叶卡捷琳堡 / 约2小时30分钟/
汉特—曼西斯克 — 新西伯利亚 / 约2小时/

Accommodation / 住宿

Cosmos Smart Kogalym 3*
City Park Hotel 4*
Taray 4*

Cosmos Smart Kogalym 酒店 3*
City Park Hotel 酒店 4*
«Taray»酒店 4*

Meals / 餐饮

Venison salamat (flour porridge),
shulyum (hearty soup) with blood,
lingonberry pie, taiga tea; sterlet, nelma
and muksun stroganina
(sliced frozen fish); sandwich
with tugun and fermented berries,
elk steak

鹿肉萨拉马特、血汤、越橘馅饼、泰
加森林茶；星鲑、宽鼻白鲑、白鲑刺
身；索西瓦鲱鱼配腌浆果三明治；驼鹿
肉牛排

Season / 季节

All year round / 全年开放，四季皆宜



Khaty-Mansi Autonomous
Area – Yugra Tourism Portal

Khaty-Mansi
Autonomous Area-Yugra
汉特—曼西自治区—尤格拉

DISCOVER®
RUSSIA

- Explore the museum of Russian weaponry
探访俄罗斯武器博物馆
- Visit the estate of the great writer Leo Tolstoy
参观伟大作家列夫·托尔斯泰的庄园
- Bake and try Tula gingerbread – the most delicious in Russia
亲手烤制并品尝图拉蜜糖饼，俄罗斯最美味的点心
- Enjoy tea from a real samovar
品尝用真正的俄式茶炊煮出的茶
- Learn all about the Battle of Kulikovo
了解库利科沃战役的全部历史

THE ARMS CAPITAL OF RUSSIA

俄罗斯的兵器之都

Tula is the arsenal and shield of Russia. For three centuries, internationally renowned weapons have been crafted here. It is also the birthplace of the great Russian writer Leo Tolstoy, as well as the home of Tula gingerbread and the samovar. Unveil the secrets of local craftsmen and experience greatness – all in one trip!

图拉是俄罗斯的军械库与盾牌。三个世纪以来，这里一直在生产举世闻名的武器。这里还是伟大俄罗斯作家列夫·托尔斯泰的故乡，也是图拉姜饼和俄式茶炊的发源地。在一次旅行中，探寻当地工匠的秘密，感受伟大吧！

Tula Region
图拉州

DISCOVER®

RUSSIA

Route 路线

DAY 1 / 第1天

- Transfer from Moscow to Tula
/2-3 hours by bus or train/
从莫斯科到图拉的接送服务
/2-3小时, 大巴或火车/
- Tour of the Kremlin, including a traditional Russian welcome with bread and salt, a tasting of local specialities, performances by Tula accordionists, and Russian folk songs and dances
/1 hour 30 minutes, on foot/
图拉克里姆林宫游览: 俄罗斯传统迎宾礼 (面包和盐), 品尝当地特色美食, 图拉手风琴手表演, 俄罗斯民间歌舞, 克里姆林宫整体观光
/1小时30分钟, 步行/
- Lunch options (Svetski / Kitayka restaurant):
Russian set menu
/1 hour/
午餐 (可选餐厅): Svetski / Kitayka — 俄式套餐
/1小时/
- Visit to the State Museum of Arms, workshop on assembling/disassembling weapon replicas: deactivated AK-74M, Mosin rifle, AK-47, Makarov pistol, PPS (Sudayev submachine gun), PPSH, deactivated AK-12
/5 minutes per weapon/

photo session with the weapons
/2 hours/

参观国家武器博物馆, 武器模型拆装大师课:
AK-74M YC, 莫辛步枪, AK-47, 马卡洛夫手枪, ППС (苏达耶夫冲锋枪), ППСШ, AK12CY
/每件武器约5分钟/

持武器拍照
/2小时/

- Guided tour of Patriot Park or visit to the Citadel club: axe throwing, crossbow or archery
/40 minutes/
«爱国者»公园游览 或 «城砦»俱乐部活动:
投斧, 弩或弓射击
/40分钟/
- Visit to the Tula samovar shop, a demonstration of various ignition techniques by a craftsman, a photo with a woman dressed as a merchant's wife, the opportunity to purchase samovars, and the option of arranging delivery to China
/1 hour/
参观图拉茶炊商店: 大师展示不同生火方式, 与商人妻子合影, 购买茶炊, 可安排送货到中国
/1小时/
- Dinner at the hotel restaurant
/1 hour 30 minutes/
酒店餐厅晚餐
/1小时30分钟/
- Leisure time at the hotel
酒店休息

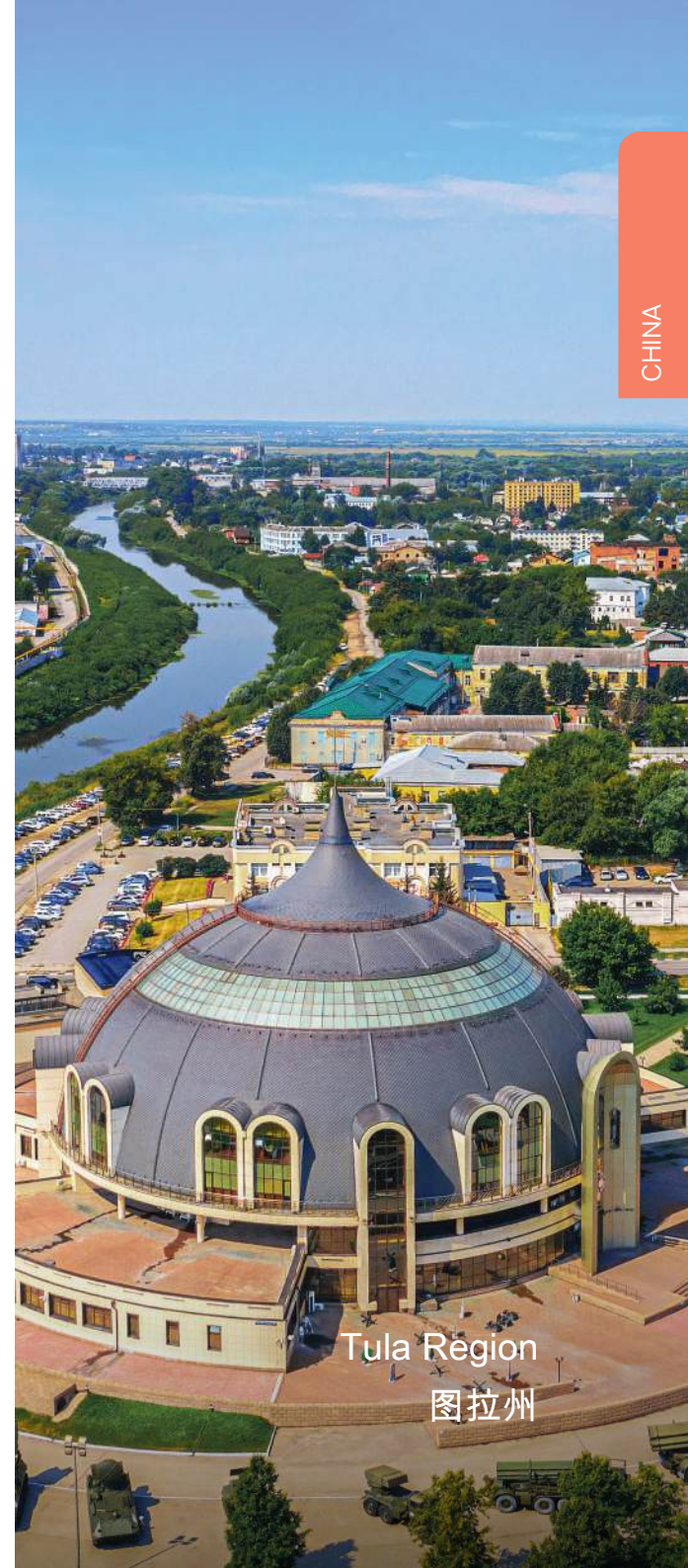
DAY 2 / 第2天

- Breakfast at the hotel
酒店早餐
- Visit to the Dobrodey Craft Yard: a photo session with a Tula goose, wood chopping and lighting a samovar.

Workshop options: making a horseshoe or painting a Filimonovo toy; alternatively, a visit to a silkscreen printing and modelling workshop
/2 hours/
参观«多布罗杰伊»手工艺坊: 与图拉鹅合影, 劈柴, 点燃茶炊, 自选大师课: 制作马蹄铁, 彩绘菲利蒙诺夫玩具 / 参观丝网印刷及造型工作坊
/2小时/



- Tasting of gingerbread with various fillings, purchase of gingerbread and souvenirs
/1 hour/
品尝不同馅料的蜜糖饼, 购买蜜糖饼和纪念品
/1小时/
- Discover Leo Tolstoy's estate and step back in time: enjoy tea in the Coachman's Hut and make Leo Tolstoy's health belt, a talisman he wore
/2 hours 30 minutes/
探索列夫·托尔斯泰庄园, 穿越回他的时代: 在车夫小屋品茶, 并亲手制作«列夫·托尔斯泰健康腰带»——这件被视为他护身符的特别纪念品
/2小时30分钟/
- A self-guided walk through the estate's park, leisure time
/1 hour 30 minutes/
在庄园自由散步, 休息
/1小时30分钟/
- Lunch at the Rasstegai refectory:
a set menu featuring dishes based on Sophia Tolstaya's recipes
/2 hours/
在«拉斯捷盖»餐厅午餐: 根据索菲亚·托尔斯泰食谱制作的套餐
/2小时/
- Transfer from Tula to Moscow
/2 hours by bus/
从图拉返回莫斯科的接送服务
/2小时, 大巴/



Tula Region
图拉州

EXTRA DAY / 额外一天

A DAY ON KULIKOVO FIELD /
库利科沃战场一日游

from 280 USD / 2 000 CNY / 20 000 RUB
从 280 美元/ 2000 元 / 20 000 卢布

- Breakfast at the hotel
酒店早餐
- Transfer to The State Museum-Reserve
«Kulikovo Field»
/2 hours by bus/
接送前往库利科沃战场博物馆保护区
/2小时, 大巴/
- Memorial on Red Hill: the monument
to Dmitry Donskoy and the Temple
of St. Sergius of Radonezh
/1 hour, on foot/
红山纪念区: 德米特里·顿斯科伊纪念碑,
谢尔盖·拉多涅日斯基教堂
/1小时, 步行/
- Bogatyr Camp Interactive programme: spear
throwing, coin minting, target archery, Russian
games and pastimes, workshops, and a tasting
of traditional dishes from bygone times
/2 hours/
互动节目《勇士营地》: 投掷长矛, 打制硬币, 射箭靶,
俄罗斯民间游戏与娱乐, 大师课, 品尝古代菜肴
/2小时/
- Photo session in traditional helmets
and chain mail
/1 hour/
穿戴古代头盔, 锁子甲拍照
/1小时/

- Lunch at the Kulikovo Field Kitchen
Museum Café, with options: Russian warrior's
lunch / Horde warrior's lunch
午餐在博物馆餐厅《库利科沃战场厨房》:
可选: 俄罗斯勇士套餐 / 汗国勇士套餐
- The Kulikovo Battlefield Museum:
The Tale of the Battle with Mamai.
A New Interpretation guided tour,
observation deck
/1 hour/
库利科沃战役博物馆: 参观展览
《马迈之战传奇·新解读》, 观景平台
/1小时/
- Leisure time, visit to the souvenir shop
/40 minutes/
自由活动, 参观纪念品商店
/40分钟/
- Transfer to the Barin restaurant
(Aleksandrovo Estate)
/40 minutes by bus/
接送前往《巴林》餐厅 (亚历山德罗沃)
/40分钟, 大巴/
- Dinner at the Barin restaurant
/1 hour/
《巴林》餐厅晚餐
/1小时/
- Transfer to Moscow
/3 hours by bus/
接送返回莫斯科
/3小时, 大巴/
- Arrival in Moscow
抵达莫斯科



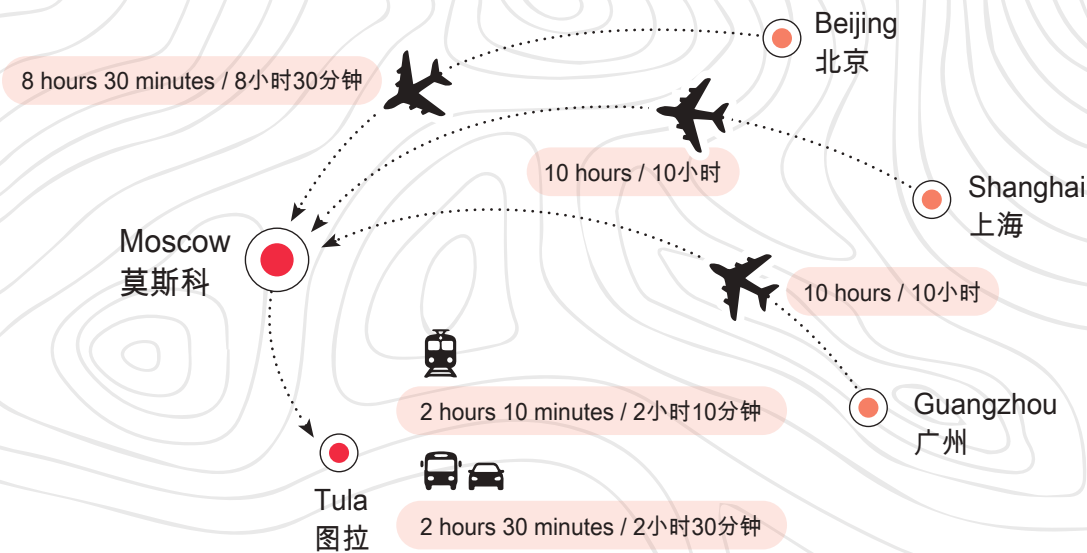
Tula Region
图拉州



Intourist

THE ARMS CAPITAL OF RUSSIA

俄罗斯的兵器之都



Tour duration / 行程时长

2 days / 1 night / 2天/1夜



Flights / 航班

Beijing – Moscow / 8 hours 30 minutes/
Shanghai – Moscow / 10 hours/
Guangzhou – Moscow / 10 hours/

北京 — 莫斯科 / 8小时30分钟/
上海 — 莫斯科 / 约10小时/
广州 — 莫斯科直飞 / 约10小时/



How to get there / 如何到达

By bus / car from Moscow
/ 2 hours 30 minutes/
By commuter train / train from Moscow
/ 2 hours 10 minutes/

乘坐大巴或汽车从莫斯科出发 — 2小时30分钟
乘坐市郊列车或火车从莫斯科出发 — 2小时10分钟



Tour type / 旅游类型

Family / Group / 家庭/团队游



Group size / 团队人数

5–40 people / 从5个人到40个人



Tour cost / 旅游费用

5–10 people: from 1 200 USD / 8 000 CNY / 84 000 RUB
10–20 people: from 1 100 USD / 7 500 CNY / 78 000 RUB
20–30 people: from 880 USD / 6 000 CNY / 62 000 RUB
30–40 people: from 650 USD / 4 250 CNY / 44 000 RUB

5–10 人: 每人起价 1 200美元 / 8 000元 / 84 000 卢布起
10–20 人: 每人起价 1 100美元 / 7 500 元 / 78 000 卢布起
20–30 人: 每人起价 880 美元 / 6 000 元 / 62 000 卢布起
30–40 人: 每人起价 650美元 / 4 250 元 / 44 000 卢布起



Accommodation / 住宿

AMAKS Hotel Tula 4*
AZIMUT City Hotel Tula 4*
SK Royal Hotel Tula 5*

阿马克斯图拉酒店 4*
阿兹姆特图拉城市酒店 4*
SK皇家图拉酒店 5*



Meals / 餐饮

Tula gingerbread, Belev pastila, Turgenev soup,
Ankovsky pie and dishes based on Leo Tolstoy's family
recipes

图拉姜饼, 别廖夫软果糕, 屠格涅夫汤, 安科夫馅饼以及列夫·托尔斯泰家族食谱中的菜肴



Season / 季节

All year round / 全年开放, 四季皆宜



Tula Region Tourism Portal

Tula Region
图拉州

DISCOVER®
RUSSIA

- Discover the town of Kalyazin – the «Russian Atlantis»
探索«俄罗斯亚特兰蒂斯»——卡利亚津古城
- Immerse yourself in ancient traditions
沉浸于古老传统之中
- Learn the traditional art of fortune-telling with pies
学做最美味的俄式馅饼占卜未来
- Experience the atmosphere of Imperial Russia in a palace dating back to the era of Catherine the Great
在叶卡捷琳娜大帝时代的宫殿中感受沙皇俄国的氛围
- Restore your strength in an authentic Russian banya (steam bath)
在正宗的俄式桑拿中恢复身心活力

THE SOUL OF RUSSIA

俄罗斯之魂

We invite you on a journey along the mighty Volga River — a symbol of Russian history and culture. Discover crystal-clear lakes, dense forests, elegant noble estates, and the atmosphere of Imperial Russia. Here you will immerse yourself in ancient traditions, enjoy a river cruise through the region's most picturesque spots, and sample local cuisine at an authentic eco-farm.

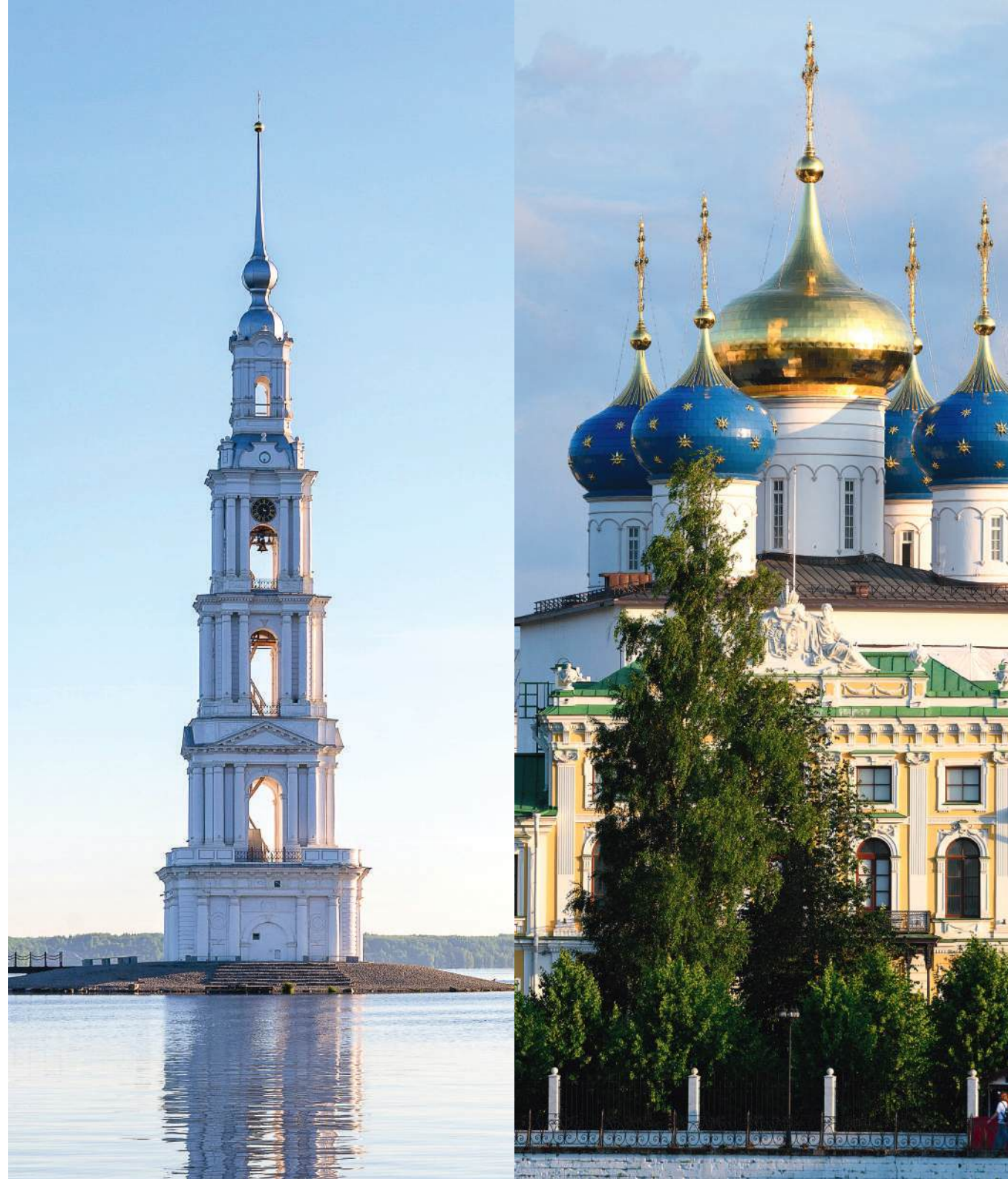
我们诚邀您踏上伏尔加河之旅——这条伟大的河流是俄罗斯历史与文化的象征。清澈的湖泊、茂密的森林、典雅的贵族庄园，以及沙皇俄国的独特氛围正等待着您。在这里，您将亲近古老传统，乘船巡游本地区最美的风景，并在真正的生态农场品尝当地特色美食。

Tver Region
特维尔州

Route 路线

DAY 1 / 第1天

- Transfer from Moscow to Kalyazin
/3 hours by bus/
乘坐巴士从莫斯科前往卡利亚津市
/车程约3小时/
- Visit to the Miller's Farmstead: a traditional windmill, barn, and collection of antique household items. Tea with traditional fortune-telling pies
/30 minutes/
参观磨坊主庄园：风车、谷仓、古老生活器具。品尝茶点，享用俄式馅饼占卜未来
/约30分钟/
- Workshop on making traditional fabric beads
/30 minutes/
古老手工编织珠饰制作大师课
/约30分钟/
- Excursion to the submerged bell tower
/1 hour/
参观被淹没的钟楼
/约1小时/
- ☀ ● Summer: boat trip across the Uglich Reservoir
夏季：乘船游览水库
- ❄ ● Winter: walk across the frozen reservoir (+ bus transfer)
冬季：步行冰面前往钟楼，或乘巴士前往
- Lunch at the Voda restaurant featuring signature Russian cuisine and panoramic views of the bell tower
/1 hour/
在俄式创意菜餐厅«Voda»享用午餐，可欣赏钟楼景观
/约1小时/
- **Option 1:** Visit to the Bison Park (boat transfer in summer, bus transfer in winter)
/1 hour/
方案一：参观野牛公园。夏季乘船前往，冬季乘巴士前往
/约1小时/
- **Option 2:** Guided tour of the Retro Garage Museum, including a test drive of a vintage Soviet-era car
/1 hour/
方案二：参观«复古车库»博物馆，并乘坐苏联时期汽车体验自驾巡游
/约1小时/
- Transfer to Kashin
/1 hour by bus/
乘坐巴士前往卡申市
/车程约1小时/
- Check-in at the Tetkovo Wellness Complex
入住«Tetkovo»康养综合体
- Wellness rituals in an authentic Russian banya
在正宗的俄式桑拿中体验康养仪式
- Buffet dinner at the hotel restaurant
在酒店餐厅享用自助晚餐
- Leisure time at the hotel
酒店休息



DAY 2 / 第2天

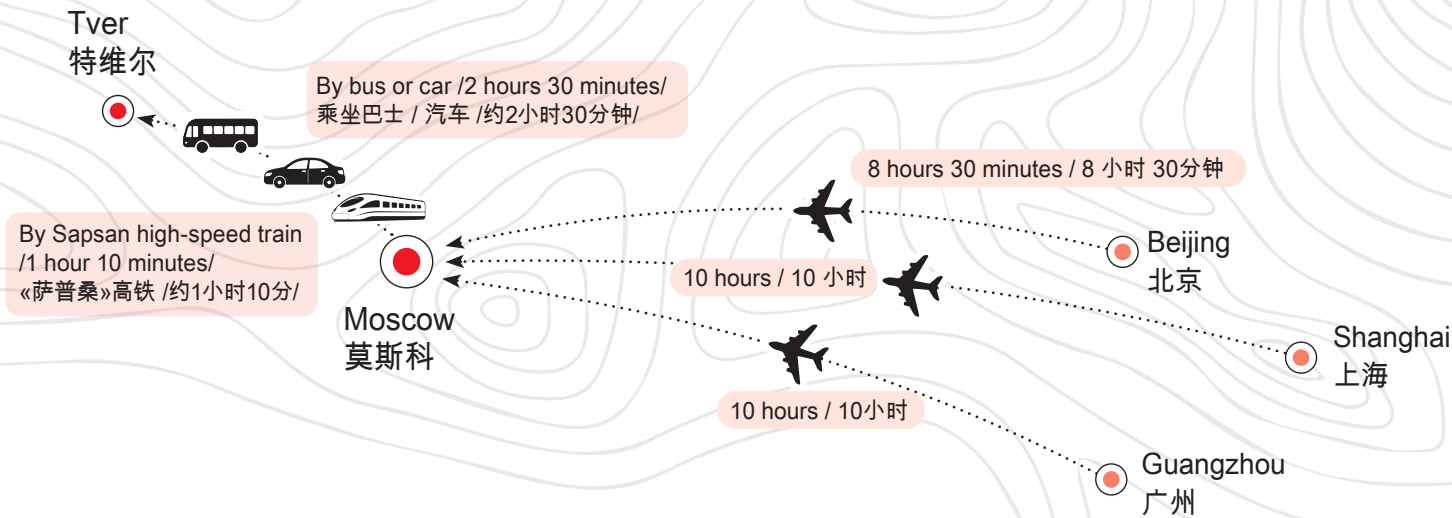
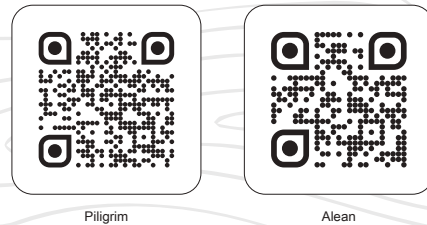
- Breakfast at the hotel and check-out
酒店早餐，办理退房
- Visit to the observation deck with panoramic views of the heart-shaped island.
Make a wish following an ancient legend
登上观景平台，俯瞰心形岛全景，并按照古老传说许下心愿
- Transfer to Tver
/2 hours 30 minutes by bus/
乘坐巴士前往特维尔市
/2小时30分钟/
- Guided tour of the Imperial Travel Palace and a photo session in costumes from the reign of Catherine the Great
/1 hour/
参观叶卡捷琳娜二世行宫，并身着叶卡捷琳娜时代服饰拍照
/约1小时/
- Lunch at the Lublin restaurant specializing in local cuisine
/1 hour/
在当地风味餐厅«Lyublin»享用午餐
/约1小时/
- Visit to the Tver Manera Interactive Museum: workshop on traditional hand-block printing of patterns onto fabric
/1 hour/
参观互动博物馆«特维尔风格»：体验古法手工织物纹样拓印大师课
/约1小时/
- Free time for shopping and visiting souvenir stores
/30 minutes/
购物，参观纪念品商店
/约30分钟/
- Brunch at the 12 Dubov Eco Farm featuring fresh farm produce
/1 hour 30 minutes/
在生态农场«12棵橡树»享用天然食材早午餐
/1小时30分钟/
- Transfer to Moscow
/2 hours 30 minutes by bus/
乘坐巴士返回莫斯科
/2小时30分钟/



Tver Region
特维尔州

THE SOUL OF RUSSIA

俄罗斯之魂



Tour duration / 行程时长

2 days / 1 night / 2天1夜

Flights / 航班

No direct flights to the region. Direct flights to Moscow are available from Beijing / 8 hours/, Shanghai / 10 hours/, and Guangzhou / 10 hours/.

没有直飞航班。从北京 / 8小时/、上海 / 10小时/ 和广州 / 10小时/ 均有直飞莫斯科的航班

Tour type / 旅游类型

Family / Group / 家庭/团队游

Group size / 团队人数

2-30 guests / 2至30人

Tour cost / 旅游费用

2-5 people: from 530 USD / 3 300 CNY / 37 850 RUB
6-10 people: from 410 USD / 2 600 CNY / 29 000 RUB
11-19 people: from 350 USD / 2 300 CNY / 25 000 RUB
20-30 people: from 340 USD / 2 200 CNY / 24 000 RUB

2-5人：每人起价 530美元 / 3 300人民币 / 37 850卢布起
6-10人：每人起价 410美元 / 2 600人民币 / 29 000卢布起
11-19人：每人起价 350美元 / 2 300人民币 / 25 000卢布起
20-30人：每人起价 340美元 / 2 200人民币 / 24 000卢布起

Accommodation / 住宿

Tetkovo Wellness Complex

康养综合体«Tetkovo»

Meals / 餐饮

Shchi (cabbage soup), Pozharsky cutlets, Choryg (egg pie with fish), blueberry pies

俄式白菜汤、面包糠炸肉排、乔雷格鱼蛋馅饼、蓝莓馅饼

Season / 季节

All year round / 全年开放, 四季皆宜



Tver Region
Tourism Portal

Tver Region
特维尔州

DISCOVER®
RUSSIA

THREE CAPITALS

三座首都

Moscow, Murmansk,
St. Petersburg
莫斯科、摩尔曼斯克、圣彼得堡

An unforgettable journey through three capitals of Russia awaits: Moscow, St. Petersburg, and Murmansk. Visit world-class museums, stroll through magnificent palace-and-park ensembles, venture beyond the Arctic Circle, enjoy a boat trip at sea, and try your luck chasing the Northern Lights. Your extraordinary Russian adventure begins here!

一场横跨俄罗斯三座首都的精彩旅程正等待着您——莫斯科、圣彼得堡与摩尔曼斯克。您将参观世界级博物馆，漫步皇家园林与公园，跨越北极圈，享受海上巡游，并在追寻北极光的旅途中邂逅幸运。令人难忘的俄罗斯之旅，就从这里开始！

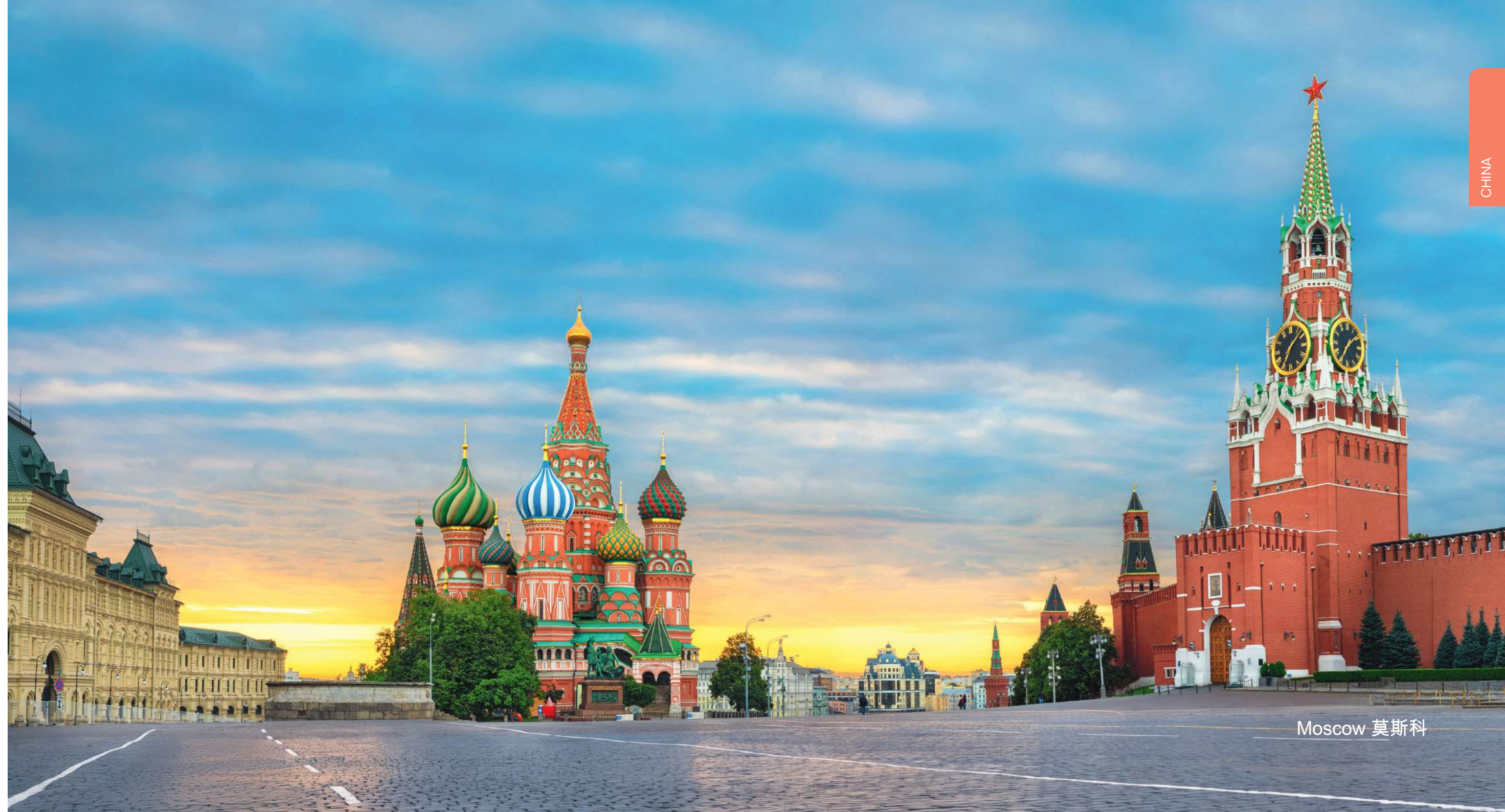
DISCOVER®
RUSSIA



Moscow 莫斯科

THE CAPITAL OF RUSSIA / 俄罗斯首都

- Panoramic city tour of Moscow
莫斯科市区观光游
- Guided tour of the city centre: the Moscow Kremlin, the Armoury Chamber, Alexander Garden, and Zaryadye Park
莫斯科中心城区游览：莫斯科克里姆林宫、军械库、亚历山大花园、扎里亚季耶公园
- Visit to the Tretyakov Gallery
参观特列季亚科夫画廊
- Excursion to the VDNH exhibition complex, including the Aviation and Cosmonautics Pavilion and the Ferris wheel
参观国民经济成就展览馆：航空与航天馆、摩天轮
- Lunch at a restaurant serving Moscow-style cuisine: "Moscow Lunch"
在首都风味餐厅享用"莫斯科午餐"
- Evening river cruise with dinner
乘坐游船夜游并享用晚餐



Moscow 莫斯科



Murmansk

摩尔曼斯克

THE CAPITAL OF THE ARCTIC / 北极之都

- Panoramic city tour of Murmansk
摩尔曼斯克市区观光游
- Visit to the Lenin Nuclear Icebreaker
参观«列宁号»核动力破冰船
- Northern Lights hunting experience
追寻北极光
- Boat trip and whale-watching excursion
海上巡游，寻找鲸鱼
- ❄️☀️ ● Visit to the Northern Lights Adventure Park:
Meet huskies and reindeer
/Winter: snowmobile rides/
/Summer: ATV rides/
参观«北极光»户外活动公园：与哈士奇和驯鹿互动
/ 冬季：雪地摩托/
/ 夏季：乘坐四轮越野车 /
- Ice floating experience
in the Arctic Ocean (Kola Bay)
北冰洋漂浮体验（科拉湾）
- Visit to a sea urchin processing facility
参观海胆加工厂
- Traditional Russian banya
体验真正的俄式桑拿



Murmansk
摩尔曼斯克



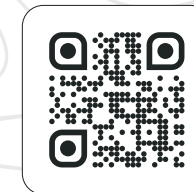
St. Petersburg 圣彼得堡

RUSSIA'S CULTURAL CAPITAL / 俄罗斯文化之都

- Panoramic city tour of St. Petersburg
圣彼得堡市区观光游
- Visit to the State Hermitage Museum
参观艾尔米塔什博物馆
- Visit to St. Isaac's Cathedral
and the Church of the Savior on Spilled Blood
参观圣以撒大教堂与滴血救世主教堂
- Visit to the Peterhof Museum-Reserve
(palaces, fountains, and parks)
参观彼得霍夫博物馆保护区：宫殿、喷泉与园林
- Excursion to the historic port city of Kronstadt
游览港口城市喀琅施塔得
- ☀ ● Summer: boat trip along the Neva River
and drawbridge viewing
夏季：涅瓦河游船夜游，欣赏开桥奇景
- Visit to the Museum of Russian Vodka
with the «Russian Vodka» tasting menu
参观伏特加博物馆，并品尝«俄罗斯伏特加»套餐



St. Petersburg
圣彼得堡



Petrotour Service



Tari Tour

THREE CAPITALS 三座首都

2 hours 30 minutes
2小时30分钟

2 hours / 2小时

1 hour 30 minutes
1小时30分钟

Murmansk
摩尔曼斯克

St. Petersburg
圣彼得堡

Moscow
莫斯科



Tour duration / 行程时长

8 days / 7 nights / 8天 / 7晚



Tour type / 旅游类型

Cultural / Gastronomic Tour / 观光游、美食游



Group size / 团队人数

2-18 guests / 2至18人



Season / 季节

All year round / 全年开放，四季皆宜



Tour cost / 旅游费用

2-4 guests: from 4 650 USD / 30 141 CNY / 331 555 RUB

5-7 guests: from 3 460 USD / 22 478 CNY / 247 260 RUB

8-15 guests: from 2 870 USD / 18 645 CNY / 205 100 RUB

16-18 guests:
from 2 380 USD / 15 445 CNY / 169 900 RUB

2-4人：
每人起价 4 650美元 /
30 141元人民币 /
331 555卢布

8-15人：
每人起价 2 870美元 /
18 645元人民币 /
205 100卢布

5-7人：
每人起价 3 460美元 /
22 478元人民币 /
247 260卢布

16-18人：
每人起价 2 380美元 /
15 445元人民币 /
169 900卢布

- See the Northern Lights
邂逅北极光
- Venture Beyond the Arctic Circle
跨越北极圈
- Witness the Midnight Sun
观赏午夜太阳
- Taste Arctic Cuisine
品尝北极风味美食
- Encounter Whales
遇见鲸鱼

Murmansk region 摩尔曼斯克州

ARCTIC GLOW 北极之光

A true Arctic fairy tale and the northernmost adventures await. Travel to the edge of the world, experience the power of the Arctic Ocean, and set out in search of the Northern Lights. Get ready for thrilling snowmobile expeditions, encounters with reindeer and huskies, tastings of freshly caught seafood, and boat trips in search of whales.

真正的北极童话与最北方的震撼体验正在等待你！你将来到世界尽头，感受北冰洋的澎湃力量，并开启一场追寻北极光的梦幻之旅。准备好乘坐雪地摩托展开刺激探险，认识驯鹿与哈士奇，品尝新鲜捕捞的海洋珍味，并乘船出海寻找鲸鱼的身影。

DISCOVER®

RUSSIA

Route 路线

DAY 1 / 第1天

- Meet-and-greet at the airport and transfer to the Cosmos Hotel /30 minutes by bus/ 机场接机，乘车前往«Cosmos»酒店 /车程约30分钟/
- Meet your guide and receive your Polar Explorer Passport and Arctic Explorer welcome kit 与导游会面，领取«极地探索者护照»和北极探索者欢迎礼包
- Lunch featuring Arctic cuisine specialties /1 hour/ 在北极风味餐厅享用午餐 /约1小时/
- Sightseeing tour of the Arctic capital, including a visit to the Lenin Nuclear Icebreaker /2 hours 30 minutes/ 北极之都观光游，并参观«列宁号»核动力破冰船 /约2小时30分钟/
- Dinner at the Sampo restaurant, including a visit to the northernmost brewery /2 hours/ 在«Sampo»餐厅享用晚餐，并参观世界最北端的啤酒厂 /约2小时/
- Northern Lights hunt (winter/autumn) / Midnight Sun picnic overlooking Kola Bay (summer) /3 hours/ 追寻北极光 (冬季、秋季) / 在午夜阳光下野餐，欣赏科拉湾景色 (夏季) /约3小时/

DAY 2 / 第2天

- Breakfast at the hotel, check-out 酒店早餐，办理退房
- Programme at Aurora Park: meet huskies and reindeer, snowmobile rides (winter) / ATV rides (summer), visit to a Sámi tent, and a photo session in traditional costumes /2 hours 30 minutes/ 极光公园项目：与哈士奇和驯鹿互动、乘坐雪地摩托 (冬季) / 全地形车 (夏季)、参观萨米族帐篷、试穿传统民族服饰并拍照 /约2小时30分钟/
- Sámi picnic (winter) / outdoor picnic (summer) /1 hour/ «萨米野餐» (冬季) / 户外自然野餐 (夏季) /约1小时/
- Ice floating experience in the Arctic Ocean (Kola Bay) /2 hours/ 北冰洋漂浮体验 (科拉湾) /约2小时/
- Accommodation at the Northern Lights Residence 入住«北极光»度假村
- Free time: rest, walks around the property, or a visit to a traditional Russian banya /2 hours/ 自由活动：休息 / 园区漫步 / 俄式桑拿 /约2小时/
- Dinner /1 hour 30 minutes/ 晚餐 /约1小时30分钟/
- Northern Lights hunt (winter/autumn) / boat trip across Kola Bay (summer) /3 hours/ 追寻北极光 (冬季、秋季) / 科拉湾水上游览 (夏季) /约3小时/



Murmansk region
摩尔曼斯克地区

DAY 3 / 第3天

- Breakfast at the hotel, check-out 酒店早餐，办理退房
- Visit to a sea urchin processing facility /1 hour/ 参观海胆加工厂 /约1小时/
- Visit to and photo stop at the «Waiting Woman» Monument, with panoramic views of the city /1 hour/ 参观«等待者»纪念碑并拍照，俯瞰城市全景 /约1小时/
- Visit to local souvenir shops /1 hour/ 参观纪念品商店 /约1小时/
- Lunch at the Tsarskaya Okhota restaurant /1 hour 30 minutes/ 在«Tsarskaya Okhota»餐厅享用午餐 /约1小时30分钟/
- Transfer to the airport /1 hour 30 minutes by bus/ 送往机场 /车程约1小时30分钟/



EXTRA DAY / 额外一天

not included in the basic tour price;
不包含在基础旅游费用内

A DAY IN TERIBERKA /
捷里别尔卡一日游

- Transfer to Teriberka, including
a visit to the world's northernmost wind farm
/2 hours 30 minutes by bus/
前往捷里别尔卡，参观世界最北端的风力发电场
/约2小时30分钟/
- Boat excursion (available year-round)
/2 hours/
全年乘坐快艇出海游览
/约2小时/
- Lunch at the Teribersky Bereg restaurant
/1 hour/
在«Teribersky Bereg»餐厅享用午餐
/约1小时/
-    Snowmobile tour through Teriberka Nature Park
(winter) / hiking tour through Teriberka Nature Park
with a visit to Dragon Eggs Beach
(summer and autumn)
/2 hours/
捷里别尔卡自然公园雪地摩托之旅 (冬季) / 捷里别
尔卡自然公园徒步之旅并游览«恐龙蛋»海滩
(夏季和秋季)
/约2小时/
- Transfer back to Murmansk
/2 hours by bus/
乘车返回摩尔曼斯克
/车程约2小时/



Tour cost / 旅游费用

from 280 USD
1 900 CNY
20 000 RUB per person

起价：280美元
1 900元人民币
20 000卢布

Murmansk Region
摩尔曼斯克地区

ARCTIC GLOW

北极之光



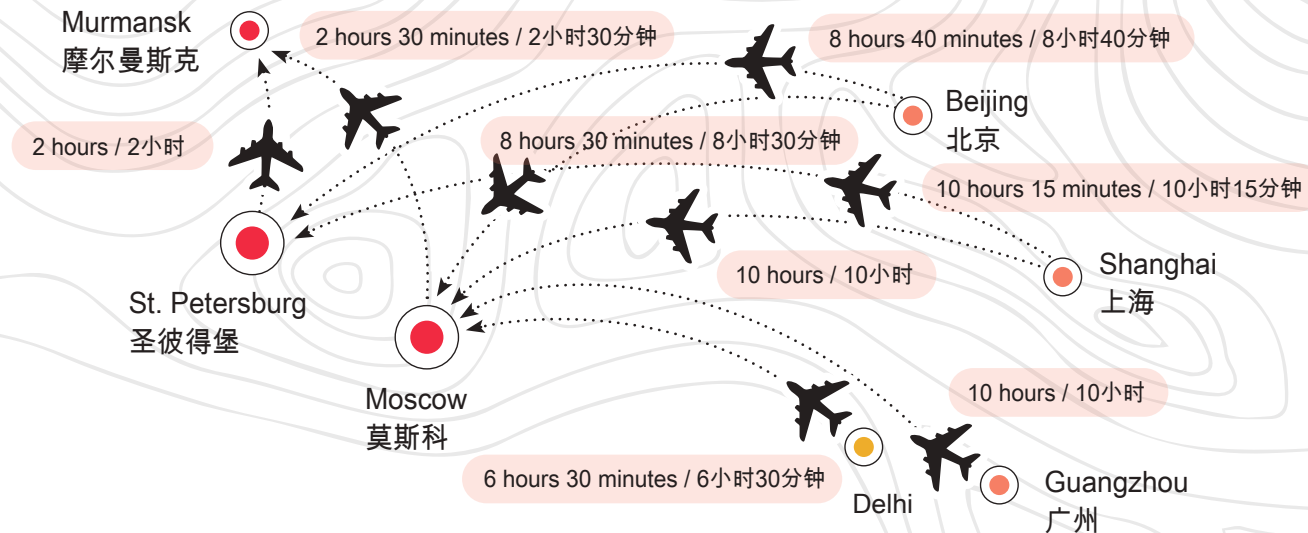
My Arctic



Kutuzov in Murmansk



Visit Murmansk



Tour duration / 行程时长

3 days, 2 nights / 3天2夜



Tour type / 旅游类型

Family / Group / 家庭游 / 团队游



Group size / 团队人数

2-16 guests / 2至16人



Flights / 航班

Delhi – Moscow / 6 hours 30 minutes/
广州 – Moscow / 10 hours/
Beijing – Moscow / 8 hours 30 minutes/
Beijing – St. Petersburg / 8 hours 40 minutes/
Shanghai – Moscow / 10 hours/
Shanghai – St. Petersburg / 10 hours 15 minutes/
Moscow – Murmansk / 2 hours 30 minutes/
St. Petersburg – Murmansk / 2 hours/

德里 – 莫斯科 / 6小时30分钟/
广州 – 莫斯科 / 10小时/
北京 – 莫斯科 / 8小时30分钟/
北京 – 圣彼得堡 / 8小时40分钟/
上海 – 莫斯科 / 10小时/
上海 – 圣彼得堡 / 10小时15分钟/
莫斯科 – 摩尔曼斯克 / 2小时30分钟/
圣彼得堡 – 摩尔曼斯克 / 2小时/



Tour cost / 旅游费用

2-4 guests: from 2 000 USD / 13 500 CNY / 141 000 RUB
2-4人：每人起价 2 000美元 / 13 500人民币 / 141 000卢布

5-7 guests: from 1 600 USD / 11 000 CNY / 115 500 RUB
5-7人：每人起价 1 600美元 / 11 000人民币 / 115 500卢布

8 guests: from 1 500 USD / 10 200 CNY / 107 000 RUB
8人：每人起价 1 500美元 / 10 200人民币 / 107 000卢布

16 guests: from 1 250 USD / 8 600 CNY / 90 000 RUB
16人：每人起价 1 250美元 / 8 600人民币 / 90 000卢布



Accommodation / 住宿

Cosmos Hotel 4*, AZIMUT Hotel 4*, Meridian Hotel 4*,
Northern Lights Residence Glamping 4*

«Cosmos»酒店 4*、«Azimut»酒店 4*、«Meridian»酒店 4*、
«北极光»穹顶露营地 4*



Meals / 餐饮

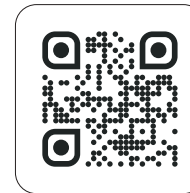
Venison, seafood, crab / 鹿肉、海鲜、螃蟹



Season / 季节



Winter / Summer / Autumn
冬季 / 夏季 / 秋季

Murmansk Region
Tourism Portal

Murmansk Region
摩尔曼斯克地区

DISCOVER®
RUSSIA

- Visit Baikal and witness the power and beauty of the deepest lake in the world
去贝加尔湖，感受世界最深湖的壮阔与力量
- Explore a major place of power and pilgrimage site for shamans across Asia
探访全亚洲萨满的圣地与能量之源
- Feel the contrast of hot steam and icy air in a Russian banya (steam bath) on the shore of the lake
在湖边的俄式桑拿房里，体验滚烫蒸汽与冰冷空气的强烈反差
- Try traditional Siberian cuisine
品尝地道的西伯利亚美食
- Immerse yourself in the atmosphere of traditions and ancient crafts
沉浸于传统与古老手工艺的氛围之中

Irkutsk Region
伊尔库茨克州

LAKE BAIKAL: PLACE OF POWER

贝加尔湖：能量之地

Here, the vast taiga stretches around Baikal, the deepest and clearest lake on the planet; ancient shamanic traditions merge with modern culture, and Siberian cuisine amazes with its flavours!

领略东西伯利亚的壮丽与独特能量：无边无际的针叶林在此与地球上最深，最清澈的湖泊——贝加尔湖相遇，古老的萨满传统与现代文化交融，而西伯利亚美食则令人惊叹于其独特风味！

DISCOVER®

R U S S I A

Route 路线

DAY 1 / 第1天

- Transfer from the airport to the centre of Irkutsk
从机场到伊尔库茨克市中心的接送服务
- Sightseeing tour of the city:
the Irkutsk Babr Statue, the history of the Great Tea Road, wooden architecture and the 130th Quarter
/1 hour 30 minutes by bus/
伊尔库茨克市区观光游览: 伊尔库茨克巴布尔兽雕像, 伟大茶路历史, 木结构建筑及130街区
/1小时30分钟, 巴士/
- Lunch at Speshilov's Collection restaurant: the «Merchant's Lunch», featuring signature Siberian dishes, tea served from a wood-burning samovar, desserts with Siberian berries, and a collection of antique samovars
/1 hour 30 minutes/
在 Speshilov's Collection 餐厅享用午餐: 品尝具有西伯利亚特色的《商贾午餐》、饮用柴烧俄式茶炊冲泡的茶水、享用西伯利亚浆果甜点, 并欣赏店内收藏的古董俄式茶炊
/1小时30分钟/
- Tour of the Siberian Sloboda Open-Air Architectural and Ethnographic Museum: historic estates and Siberian wooden architecture, photo sessions in period costumes, craft workshops
/3 hours, on foot/
参观露天建筑与民族志博物馆《西伯利亚自由村》: 西伯利亚古老庄园和木结构建筑, 古装拍照, 手工艺大师课
/3小时, 步行/

- Visit to the crafts fair and souvenir shops selling items made by Siberian artisans
前往手工艺集市和西伯利亚工匠产品纪念品商店
- Transfer to and check-in at a hotel on the banks of the Angara River
/30 minutes by bus/
接送并入住安加拉河畔酒店
/30分钟, 巴士/
- Dinner at the hotel restaurant: Siberian Treasure set menu featuring local cuisine
/1 hour 30 minutes/
在酒店餐厅晚餐: 《西伯利亚宝藏》套餐, 含当地风味菜肴
/1小时30分钟/
- Relaxation at the hotel, visiting the spa
酒店内休息, 可前往SPA水疗中心



DAY 2 / 第2天

- Breakfast at the hotel
酒店早餐
- Trip to the settlement of Listvyanka
/1 hour by bus/
乘车前往利斯特维扬卡镇
/1小时, 巴士/
- Tour of Listvyanka: a cable car ride up to the Chersky Stone observation deck with panoramic views of Lake Baikal and the Angara River, visit to the Baikal Museum with its Baikal seal aquariums
/1 hour 30 minutes by bus/
利斯特维扬卡游览: 乘坐缆车前往切爾斯基之石观景台, 俯瞰贝加尔湖与安加拉河的全景; 参观贝加尔博物馆, 观赏馆内饲养贝加尔海豹的水族箱
/1小时30分钟, 巴士/
- ❄️ ☀️ Lake Baikal cruise by motorboat (in summer) / by Hivus hovercraft (in winter): bays, crystal clear ice, stops for taking photos and visiting the tunnels of the legendary Circum-Baikal Railway
/4 hours/
乘快艇 (夏季) / 气垫船 (冬季) 游览贝加尔湖: 海湾, 透明冰层, 拍照停留, 并参观传说中的环贝加尔铁路及其隧道
/4小时/
- ❄️ ☀️ Lunch at a restaurant in Listvyanka (summer) / merchant-style dishes, frozen tea and shchi (cabbage soup) served on the ice of Lake Baikal, and the «Kiss of Baikal» served in ice shot glasses (winter). Photo session in a kartuz (traditional cap) and frock coat during lunch
/1 hour 30 minutes/
在利斯特维扬卡的餐厅享用午餐 (夏季) / 在贝加尔湖冰面上享用商贾特色菜、冻茶和俄式圆白菜汤, 并体验《贝加尔之吻》冰杯烈酒 (冬季)。午餐期间可佩戴传统卡尔图兹帽并身穿长礼服拍照留念
/1小时30分钟/
- Arrival in the settlement of Bolshoye Goloustnoye and check-in at an eco-hotel on the shores of Baikal with panoramic views of the lake
/30 minutes/
抵达大戈洛乌斯特诺耶, 入住湖畔生态酒店, 酒店可欣赏贝加尔湖全景
/30分钟/
- Leisure time for walking along the shores of Baikal
/30 minutes/
自由活动, 可在贝加尔湖畔散步
/30分钟/
- «Silver of Lake Baikal» dinner: merchant-style sagudai
/1 hour 30 minutes/
晚餐《贝加尔之银: 商人风味的萨古戴》
/1小时30分钟/
- Performance by a Buryat ensemble on the shores of Baikal: dancing in traditional costumes, throat singing, brewing Buryat tea with milk and salt, bonfire
/1 hour/
贝加尔湖畔布里亚特歌舞团表演: 民族服装舞蹈, 呼麦, 制作布里亚特咸奶茶, 篝火
/1小时/
- Relaxation at the hotel, visit to a Russian banya (steam house) on the shores of Baikal (optional)
酒店休息, 可自费前往贝加尔湖畔俄式桑拿

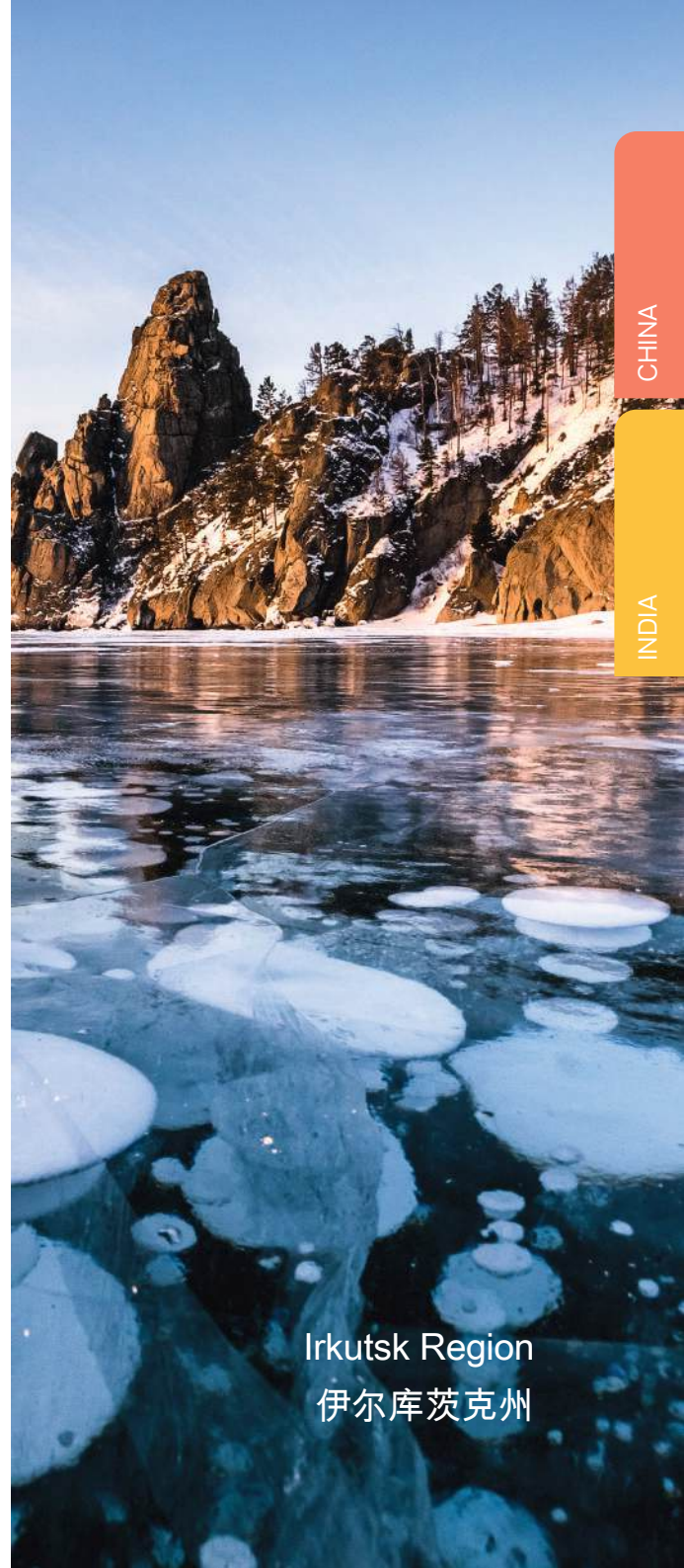
DAY 3 / 第3天

- Breakfast at the hotel
酒店早餐
- ❄️☀️● Lake Baikal cruise: by motorboat (in summer) /
by Hivus hovercraft (in winter) to Peschanaya Bay
with stops for taking photos
/2 hours/
贝加尔湖之旅: 乘快艇 (夏季) / 气垫船 (冬季)
前往佩斯恰纳亚湾 (沙滩湾), 沿途拍照停留
/2小时/
- ❄️☀️● Peschanaya Bay: white and yellow sand, turquoise water,
stop at Baklany Kamen (Cormorants Stone) by motorboat
(summer) / ice skating, frozen bubbles under Baikal, stilt
trees, observation decks with views of the Khamar-Daban
range (winter)
佩斯恰纳亚湾: 白色与黄色沙滩, 碧绿湖水; 夏季乘快艇停靠
鸬鹚岩; 冬季可滑冰, 观赏冰中气泡, 高跷树, 以及俯瞰哈
马尔达班山脉的观景台
- ❄️☀️● Picnic on the shores of Baikal (summer) /
«Merchant's Ration» lunch on the Baikal ice (winter)
/1 hour/
贝加尔湖畔野餐 (夏季) / 冰上«商人干粮»午餐 (冬季)
/1小时/
- ❄️☀️● Trip to Olkhon Island by bus (summer) / by Hivus
hovercraft, with a picnic on the ice of Lake Baikal (winter).
Photo stops along the way
前往奥尔洪岛: 乘坐大巴车 (夏季) / 乘坐 Hivus 气垫船并
在贝加尔湖冰面上野餐 (冬季)。途中会停车供游客拍照
- Transfer to hotel and check-in
(BaikalWood Hotel & SPA or another of the same level)
/1 hour/
接送并入住«贝加尔木与SPA»酒店 或同等等级酒店
/1小时/
- Guided tour to the iconic Shamanka Rock at Burkhan Cape
/1 hour, on foot/
徒步前往布尔汗角的萨满岩
/1小时/
- Olkhon-style dinner at the hotel
/1 hour/
酒店内«奥利洪晚餐»
/1小时/



DAY 4 / 第4天

- Breakfast at the hotel
酒店早餐
- Trip to the southern part of Olkhon: views
of the Maloe More Strait, the Garden of
Stones, a visit to Kobyl'ya Golova (Mare's
Head) Cape and Serdtse (Heart) Lake
/2 hours/
奥利洪岛南部游览: 欣赏小海海峡风光,
参观«石头花园», 前往马头角与心脏湖
/2小时/
- Transfer to Irkutsk
/4 hours and 30 minutes by bus/
送往伊尔库茨克
/4小时30分钟, 巴士/
- On the way back to Irkutsk: Nomad's lunch
at a café serving Buryat cuisine
/1 hour/
前往伊尔库茨克途中, 在布里亚特风味餐厅
享用«游牧民族午餐»
/1小时/
- **Optional:** Visit to souvenir and jewellery
shops or to the fish market
/1 hour/
可自行选择参观纪念品店, 珠宝店或鱼市
/1小时/
- «Gifts of the Taiga» dinner at the
Okhotnikov restaurant: dishes featuring elk,
wild goat, roe deer and Manchurian wapiti
/1 hour 30 minutes/
在«猎人»餐厅享用«泰加林馈赠»晚餐: 菜品
包括驼鹿, 野山羊, 西伯利亚孢, 马鹿等野味
/1小时30分钟/
- Transfer to the airport
/30 minutes by bus/
送往机场
/30分钟/

Irkutsk Region
伊尔库茨克州

EXTRA DAY / 额外一天

A DAY IN BAIKALSK / 贝加尔斯克一日

not included in the basic tour price;
price is available on request

不包含在基础旅游费用内, 价格根据要求提供

Transfer to Baikalsk
and the Gora Sobolinaya Ski Resort
/3 hours by bus/
前往贝加尔斯克市«索博利纳山»滑雪度假村
/3小时, 巴士/

Hotel check-in
入住酒店

Lunch at the hotel restaurant with panoramic
views of Baikal
/1 hour/
在酒店餐厅享用午餐, 可欣赏贝加尔湖全景
/1小时/

Walks along eco-trails on the mountain
and a visit to the Barguzin sable breeding
farm (in summer) / skiing (in winter)
/3 hours 30 minutes/
徒步山区生态小径, 参观巴尔古津紫貂养殖场
(夏季) / 滑雪 (冬季)
/3小时30分钟/

Rest at the hotel
酒店内休息

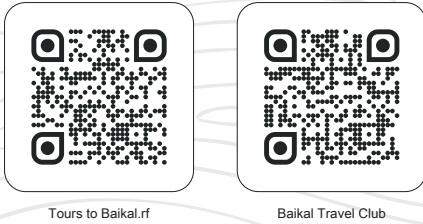
Baikalsk dinner at the hotel
/1 hour 30 minutes/
在酒店享用«贝加尔»晚餐
/1小时30分钟/

Banya (steam bath) with a bath master
/2 hours/
蒸汽浴配蒸汽大师
/2小时/

The following day:
transfer to Irkutsk by minivan
次日, 乘坐小型巴士前往伊尔库茨克

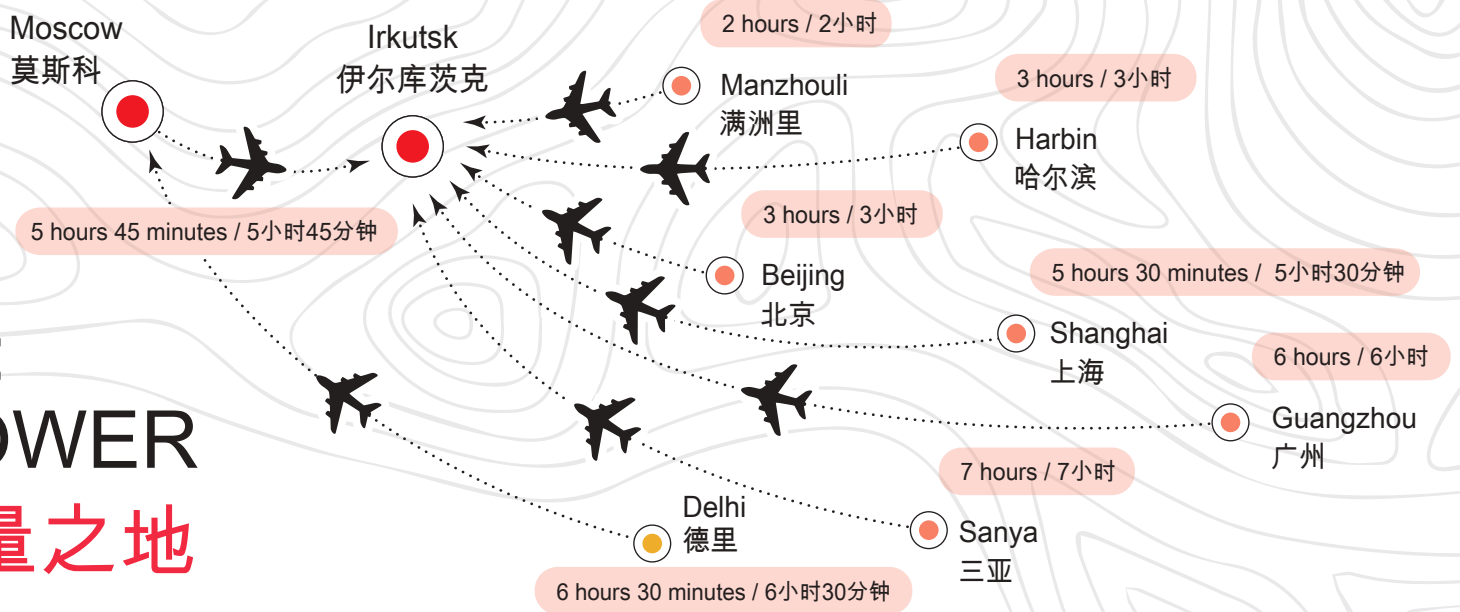


Irkutsk Region
伊尔库茨克州



LAKE BAIKAL: PLACE OF POWER

贝加尔湖：能量之地



Tour duration / 行程时长

4 days / 3 nights / 4天/3夜

Flights / 航班

Flights from China to Irkutsk /2-7 hours/
Moscow – Irkutsk /5 hours 45 minutes/
Delhi – Moscow /6 hours 30 minutes/
乘坐飞机从中国到伊尔库茨克 /2-7 小时/
莫斯科 - 伊尔库茨克 /5小时45分钟/
德里 - 莫斯科 /6小时30分钟/

Tour type / 旅游类型

Family / Group / 家庭/团队游

Group size / 团队人数

2-16 people / 从2人到16人

Accommodation / 住宿

Burduguz 4*, Uliger, Azatay,
BaikalWood Hotel&SPA
布尔杜古兹酒店, 乌利格尔酒店, 阿扎泰酒店,
贝加尔木屋温泉酒店

Meals / 餐饮

Rare fish species: omul and muksun;
game meat: elk, roe deer and Manchurian wapiti
珍稀鱼类—奥木尔鱼和穆克松鱼, 野味—驼鹿,
西伯利亚狍和马鹿

Season / 季节

All year round / 全年开放, 四季皆宜

Tour cost / 旅游费用

SUMMER
2-4 people: from 4 500 USD / 30 500 CNY / 320 000 RUB
5-7 people: from 3 500 USD / 24 000 CNY / 250 000 RUB
8 people: from 2 400 USD / 16 500 CNY / 172 500 RUB
16 people: from 2 000 USD / 13 500 CNY / 141 500 RUB

WINTER
2-4 people: from 4 600 USD / 31 500 CNY / 330 000 RUB
5-7 people: from 3 600 USD / 24 800 CNY / 260 000 RUB
8 people: from 2 600 USD / 18 000 CNY / 189 000 RUB
16 people: from 2 300 USD / 15 500 CNY / 161 500 RUB

夏季:
2-4 人: 每人起价 4 500 美元 / 30 500 元 / 320 000 卢布
5-7 人: 每人起价 3 500 美元 / 24 000 元 / 250 000 卢布
8 人: 每人起价 2 400 美元 / 16 500 元 / 172 500 卢布
16 人: 每人起价 2 000 美元 / 13 500 元 / 141 500 卢布

冬季:
2-4 人: 每人起价 4 600 美元 / 31 500 元 / 330 000 卢布
5-7 人: 每人起价 3 600 美元 / 24 800 元 / 260 000 卢布
8 人: 每人起价 2 600 美元 / 18 000 元 / 189 000 卢布
16 人: 每人起价 2 300 美元 / 15 500 元 / 161 500 卢布



Irkutsk Region Tourism Portal

Irkutsk Region
伊尔库茨克州



- Walk across Red Square and take a «flight over Russia»
- Enjoy an evening cruise on the Moskva River
- Experience authentic Siberia
- Bathe in hot springs
- Refresh yourself in a traditional Russian banya (steam bath)
- Bake a giant blin (pancake) in the «Battle of Blin Bakers»

RUSSIAN HOLIDAY: FROM THE CAPITAL OF RUSSIA TO THE CAPITAL OF SIBERIA

Discover multifaceted Russia: from the rhythm and energy of the bustling capital to modern wellness and the uniqueness of Siberian nature. The journey combines hot springs, bath complexes, Russian-style entertainment and traditional cuisine with a modern twist. Leave the stereotypes behind: Siberia is warm, heartfelt and welcoming!

Tyumen
Region



DISCOVER®

R U S S I A

Route

DAY 1

- Meet at the airport in Moscow
- Transfer to the hotel
/1 hour 30 minutes by bus/
- Check-in at the Ararat Park Hyatt Moscow 5*
- Lunch at the Moscow-Delhi restaurant
/1 hour/
- Sightseeing tour of Red Square, visit to GUM, shopping and ice cream tasting, visit to Zaryadye Park, and the «Flight over Russia» virtual tour
/2 hours/
- Cruise on a Radisson yacht along the Moskva River, with dinner
/1 hour 30 minutes/
- Return to the hotel and rest

DAY 2

- Breakfast at the hotel, check-out
- Transfer to the airport
/1 hour 30 minutes by bus/
- Flight to Tyumen
- Transfer from Tyumen Airport
/40 minutes by bus/
- Lunch at the #SibirSibir restaurant serving local dishes
/1 hour/
- «Tyumen – Gateway to Siberia» interactive sightseeing tour
/1 hour/
- Check-in at the Marcial Mayr Resort 4*
- Visit to the thermal complex, water park and spa facilities at the Marcial resort: hot spring, Siberian-style relaxation in a banya (steam bath), jacuzzi, seawater pool
/2 hours/
- Dinner at the August restaurant serving fine Siberian cuisine: signature dishes made from seasonal, organic ingredients
/1 hour/
- Return to the hotel and rest



DAY 3

- Breakfast at the hotel
- Transfer to Yalutorovsk, the city of blin (pancake) bakers, accompanied by an overview of the Tyumen Region and Siberia presented by the guide
/2 hours by bus/
- Interactive programme: participation in the «Battle of Blin Bakers», including the baking of giant blini, a workshop and a tasting
/1 hour/
- Participation in the «Siberian Carnival»: tasting of Siberian cuisine, a photo session in traditional Siberian costumes, ancient rituals, Siberian Cossack competitions, and archery
/1 hour 30 minutes/
- Lunch at the Krestyanskoe Zastolie café
/1 hour/
- Transfer to Tyumen
/2 hours by bus/
- Visit to the Gorodskie Parilni bathhouse complex («Bathing Traditions of Siberia» programme): steam room, cold plunge tub, open-air pool, herbal steam, personalised Siberian banya session with a bath master
/2 hours/
- Dinner at the Chum restaurant-museum: signature dishes made from northern produce, theatrical serving
/1 hour 30 minutes/
- Return to the hotel and rest

DAY 4

- Breakfast at the hotel, check-out
- Shopping, visiting souvenir shops
- Transfer to Tyumen Airport
/30 minutes by bus/



Tyumen Region



EXTRA DAY A DAY IN TOBOLSK

Not included in the basic tour price;
price available on request

- Breakfast at the hotel
- Visit to Tobolsk: guided tour of the Tobolsk Kremlin, St. Sophia Assumption Cathedral /1 hour/
- Visit to Gostiny Dvor, workshop on making an amulet from nettles /1 hour/
- Lunch at a local restaurant /1 hour/
- «Escape from the Prison Castle» quest /1 hour/
- Return to Tyumen
- Dinner at a local restaurant /1 hour 30 minutes/



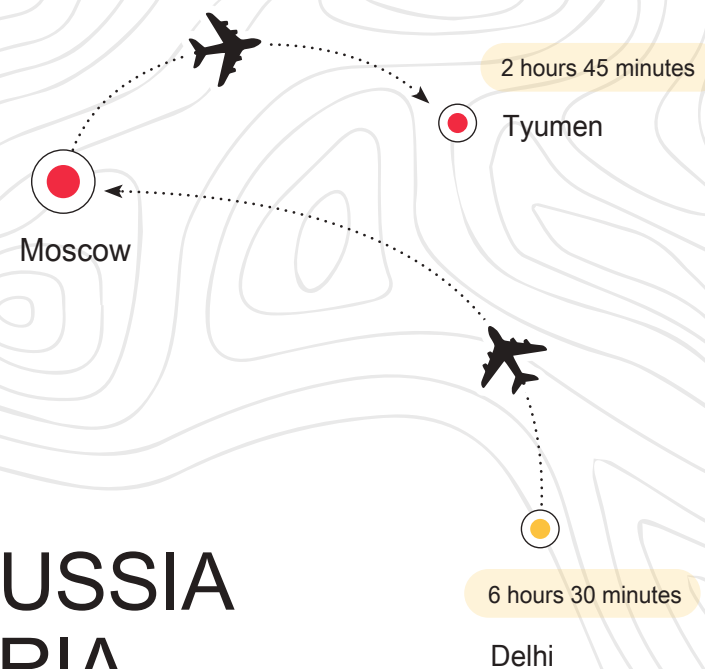
Tyumen Region



Booking center



FUN&SUN



RUSSIAN HOLIDAY: FROM THE CAPITAL OF RUSSIA TO THE CAPITAL OF SIBERIA



Tour duration

4 days / 3 nights



Tour type

Family / Group



Accommodation

Ararat Park Hyatt Moscow 5*, Marcial Mayr Resort 4*
Additional: Remezov Hotel 4*, Siberia Resort & SPA 4*
DoubleTree BY HILTON 4*, Mercure Hotel (Accor) 4*
Taiga Eco Hotel 3*, Usadba Tourist Base



Flights

Delhi – Moscow (6 hours 30 minutes)
Moscow – Tyumen (2 hours 45 minutes)



Group size

2–15 people



Meals

Siberian cuisine: muksun, nelma, sterlet, sturgeon, game
meat, ukha (fish soup), and dishes based on 18th-centu-
ry recipes



Tour cost

from 1 800 USD / 173 000 INR / 130 000 RUB



Season

☀️ ❄️ 🍁 ☀️ All year round



Tyumen Region Tourism Portal

Tyumen Region

DISCOVER®
RUSSIA

- Immerse yourself in historic events at the Kazan Kremlin
انغمس في أعماق الأحداث التاريخية داخل كرمين قازان
- Feel the atmosphere of Kazan, walking along Bauman Street
استشعر أجواء مدينة قازان الساحرة أثناء تنزهك في شارع باومان
- Visit the legendary island town of Sviyazhsk
زُر مدينة سفيياجسك الأسطورية الواقعة على الجزيرة
- Experience the charm of the Alpaca Park
استمتع بالأجواء الحماسية في حديقة الألباكا
- Be proud of your catch at VIP fishing
افخر بصيدك الوفير في رحلة الصيد الفاخرة (VIP).
- Refresh yourself in a traditional Russian banya (steam bath)
استعد قواك في حمام روسي أصيل

NATURE'S EMBRACE

في أحضان الطبيعة

Enjoy the beauty of Kazan, one of Russia's most authentic tourist destinations. Here, European and Eastern cultures intertwine, preserving the region's unique traditions. The city offers walks through historical sights, picturesque landscapes and delicious local food. Immerse yourself in nature and experience generous Tatar hospitality.

استمتع بجمال مدينة قازان، التي تُعد واحدة من أكثر الوجهات السياحية أصالة في روسيا؛ حيث تتشارك فيها الثقافتان الأوروبية والشرقية، محتفظة بالتقاليد الفريدة للمنطقة. تتيح لك المدينة فرصة التنزه بين المعالم التاريخية، وتأمل المناظر الطبيعية الخلابة، وتذوق المأكولات المحلية الشهية. انغمس في أحضان الطبيعة، وعش تجربة ضيافة تترستان الكريمة.

Republic of Tatarstan
جمهورية تاتارستان

Route

DAY 1 / اليوم 1

- Arrival at Kazan Airport
الوصول إلى مطار مدينة قازان
- Transfer to the Luciano Hotel & SPA 5*
/1 hour by minivan/
نقل إلى فندق Luciano Hotel & SPA 5*
/ساعة واحدة بالحافلة الصغيرة/
- Lunch at the Umay restaurant
غداء في مطعم «أماي»
- Walk along Bauman Street, visit the
Kazan Kremlin and the Kul Sharif Mosque
/1 hour/
نزهة في بومان شارع وزيارة كرمين قازان ومسجد قول شريف
/مدة ساعة/
- Leisure time, relaxation at the hotel
وقت حر واستراحة في الفندق
- Dinner at the hotel restaurant
عشاء في مطعم الفندق

DAY 2 / اليوم 2

- Breakfast at the hotel
إفطار في الفندق
- Transfer to the Udacha Rybaka
country fishing club
/45 minutes by minivan/
الانتقال إلى نادي الصيد الريفي «أوداتشا ريباكا»
(حظ الصيد).
/45 دقيقة بالحافلة الصغيرة/
- Activities at the country club: VIP fishing
and a barbecue with freshly caught fish
/3 hours/
راحة في النادي الريفي: صيد أسماك VIP + غداء
باربيكو مع سمك طازج مصطاد حديثاً
/3 ساعات/
- Transfer to Kazan
/45 minutes by minivan/
الانتقال إلى قازان
/45 دقيقة بالحافلة الصغيرة/
- Shopping at the Centre
of Unique Craftsmanship
/1 hour/
التسوق في مركز الحرف اليدوية الفريدة.
/ساعة واحدة/
- Walk around the Tugan Avylym
National Complex
/30 minutes/
نزهة في المجمع الوطني «توغان أفيليم»
/30 دقيقة/
- Dinner at a halal restaurant
عشاء في مطعم حلال
- Return to the hotel
العودة إلى الفندق



DAY 3 / اليوم 3

- Breakfast at the hotel
إفطار في الفندق
- Transfer to Sviyazhsk
/1 hour by minivan/
الانتقال إلى سفياجسك
/ساعة واحدة بالحافلة الصغيرة/
- Walk around the island town of Sviyazhsk,
taking part in medieval interactive activities
/1 hour/
جولة في مدينة سفياجسك الواقعة على الجزيرة مع
المشاركة في أنشطة تفاعلية ممتعة مستوحاة من أجواء
العصور الوسطى
/1 ساعة/
- BBQ with organic meat from a local farm
at the Sviyaga Country Club
/1 hour 30 minutes/
حفلة شواء باللحم العضوي من مزرعة محلية في نادي
سفياجا الريفي (سفياجا كاتري كلوب).
/ساعة و30 دقيقة/
- Visit to the Alpaca Park /1 hour/
زيارة حديقة الألباكا /1 ساعة/
- Return to the hotel /1 hour/
العودة إلى الفندق /1 ساعة/
- Dinner at the hotel restaurant (halal)
عشاء في مطعم الفندق (حلال)

DAY 4 / اليوم 4

- Breakfast at the hotel
إفطار في الفندق
- Transfer to the airport in Kazan
/1 hour/
نقل إلى مطار مدينة قازان
/1 ساعة/

Republic of Tatarstan
جمهورية تاتارستان



MIDDLE EAST

EXTRA DAY /اليوم الإضافي/

A DAY AT THE UTRAU COUNTRY CLUB يوم في النادي الريفي أوتراو

not included in the basic tour price; price is available on request
غير مشمول في السعر الأساسي للبرنامج: السعر متاح عند الطلب.

Breakfast at the hotel, check-out
إفطار في الفندق + تسجيل الخروج من الفندق

Quad biking through the forest
/1 hour by minivan/
ركوب الدراجات الرباعية في الغابة
/ساعة واحدة بالحافلة الصغيرة/

Leisurely walk along the forest eco-trails
نزهة خفيفة على المسارات البيئية في الغابة

Transfer to the Utrau country club
نقل إلى النادي الريفي «أوتراو»

Accommodation in a cosy mirrored treehouse in the forest
إقامة مريحة في منزل شجري مغطى بالمرابا وسط الغابة

Lunch on site
الغداء في الموقع

Free time for nature activities
(padel tennis, stand-up paddleboarding, water cycling, etc.)
وقت حر للأنشطة في الطبيعة، مثل البادل تنس، والتجديف على لوح
الوقوف، وركوب الدراجات المائية وغيرها.

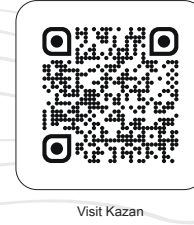
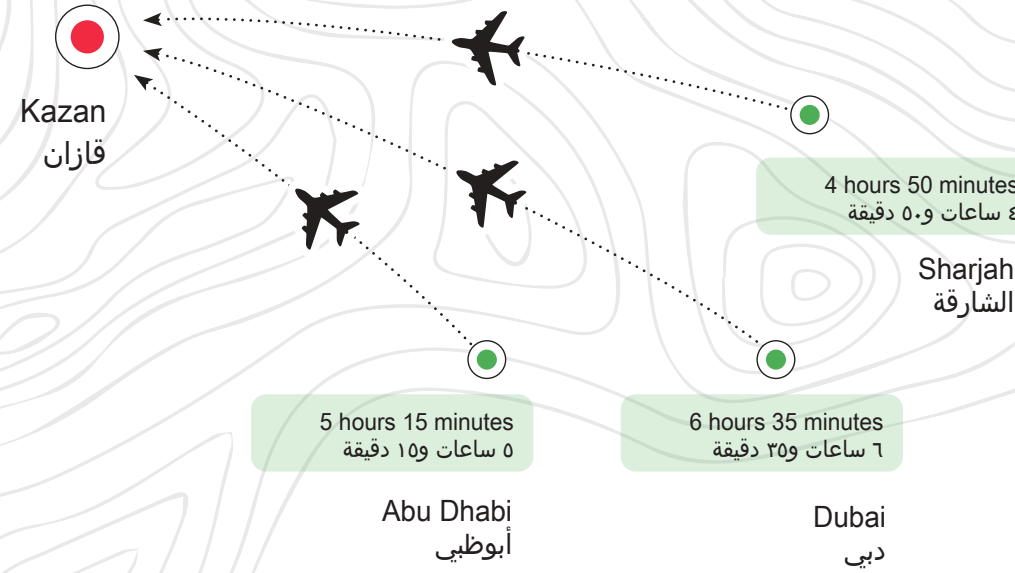
Dinner on site
العشاء في الموقع

Relaxation in a Russian banya (steam bath)
راحة في الحمام الروسي التقليدي



MIDDLE EAST

Republic of Tatarstan
جمهورية تاتارستان



NATURE'S EMBRACE

في أحضان الطبيعة

Tour duration / مدة البرنامج



4 days / 3 nights
٤ أيام / ٣ ليالي

Flights / رحلات مباشرة / غير مباشرة



Dubai – Kazan (6 hours 35 minutes),
Abu Dhabi – Kazan (5 hours 15 minutes),
Sharjah – Kazan (4 hours 50 minutes)

رحلة دبي – قازان (٦ ساعات و ٣٥ دقيقة)
رحلة أبوظبي – قازان (٥ ساعات و ١٥ دقيقة)
رحلة الشارقة – قازان (٤ ساعات و ٥٠ دقيقة)

Tour cost / تكلفة البرنامج



4-6 people: from 2 800 USD / 10 000 AED / 200 000 RUB
السعر لـ ٤-٦ أشخاص: من ٢٨٠٠ دولار / ١٠٠٠٠ درهم إماراتي / ٢٠٠ ألف روبل

Tour type / نوع البرنامج



Family / Group
عائلي / جماعي

Group size / عدد المشاركين



4-6 people
من ٤ إلى ٦ أشخاص

Season / الموسم



May–September
مايو – سبتمبر

Accommodation / الإقامة



Luciano Hotel & SPA 5*
Additional hotel options:
DoubleTree by Hilton Kazan 4*,
Ramada by Wyndham Kazan
City Centre 4*
Utrau Country Club 4*

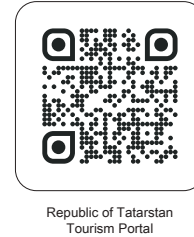
فندق Luciano Hotel & SPA 5*
*SPA 5
خيارات إضافية:
*DoubleTree
by Hilton Kazan 4
*Ramada
by Wyndham Kazan
النادي الريفي «أوتراو» 4*

Meals / الطعام



Echpochmak (triangular pastry), zur belish
(pie with various fillings), qistibi (flatbread with
various fillings), tokmach (noodle soup), chak-chak
(fried dough with honey), boortsog (fried dough),
Tatar tea, ayran (yogurt-based drink)

الإيشوشماك (فطائر مثلثة الشكل)، والزور بيليش (فطيرة بحشوات
متنوعة)، والكيسيتبي (خبز مفرد بحشوات متنوعة)، والتوكماش
(شورية النودلز)، والتشاك تشاك (العجين المقلّى بالعسل)،
والبورتسوج (العجين المقلّى)، والشاي التتري، والأبران



Republic of Tatarstan
جمهورية تاتارستان

DISCOVER®
RUSSIA

Feel the power of pristine nature
استشعر قوة الطبيعة البكر

Recharge with the energy
of the mountains
املاً روحك بطاقة الجبال

Discover ancient traditions
اكتشف التقاليد العريقة

Admire landscapes from
a bird's-eye view
تأمل المناظر الخلابة من منظور عين الطائر

Enjoy premium service
استمتع بخدمة فاخرة

THE GOLDEN MOUNTAINS OF ALTAI

جبال ألتاي الذهبية

Discover the untouched beauty of the Altai Mountains, where soaring peaks, turquoise rivers, and flowering valleys create a sense of serene seclusion. Stay at an exclusive resort amidst breathtaking scenery and endless horizons, and savour unforgettable sunsets. Expect culinary delights crafted from local ingredients, bespoke helicopter excursions, and the soothing warmth of a traditional Russian banya.

اكتشف الجمال البكر لجبال ألتاي؛ حيث تلتقي القمم الشاهقة، والأنهار الفيروزية، والوديان المزهرة، لتمنحك شعوراً بالسكينة والعزلة التامة. أقم في منتجع حصري وسط مناظر طبيعية تحبس الأنفاس وأفاق لا متناهية، واستمتع بمشاهدة غروب شمس لا ينسى. تنتظر هناك مأكولات شهية معدة من مكونات محلية، وجولات مخصصة بالطائرات المروحية، والدفاء المريح لحمام «البانيا» الروسي التقليدي.

Altai Republic
جمهورية ألتاي

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Holidays at Altay Village Teletskoe 5*

Altay Village Teletskoe 5* عطلة في فندق

DAY 1 / اليوم 1

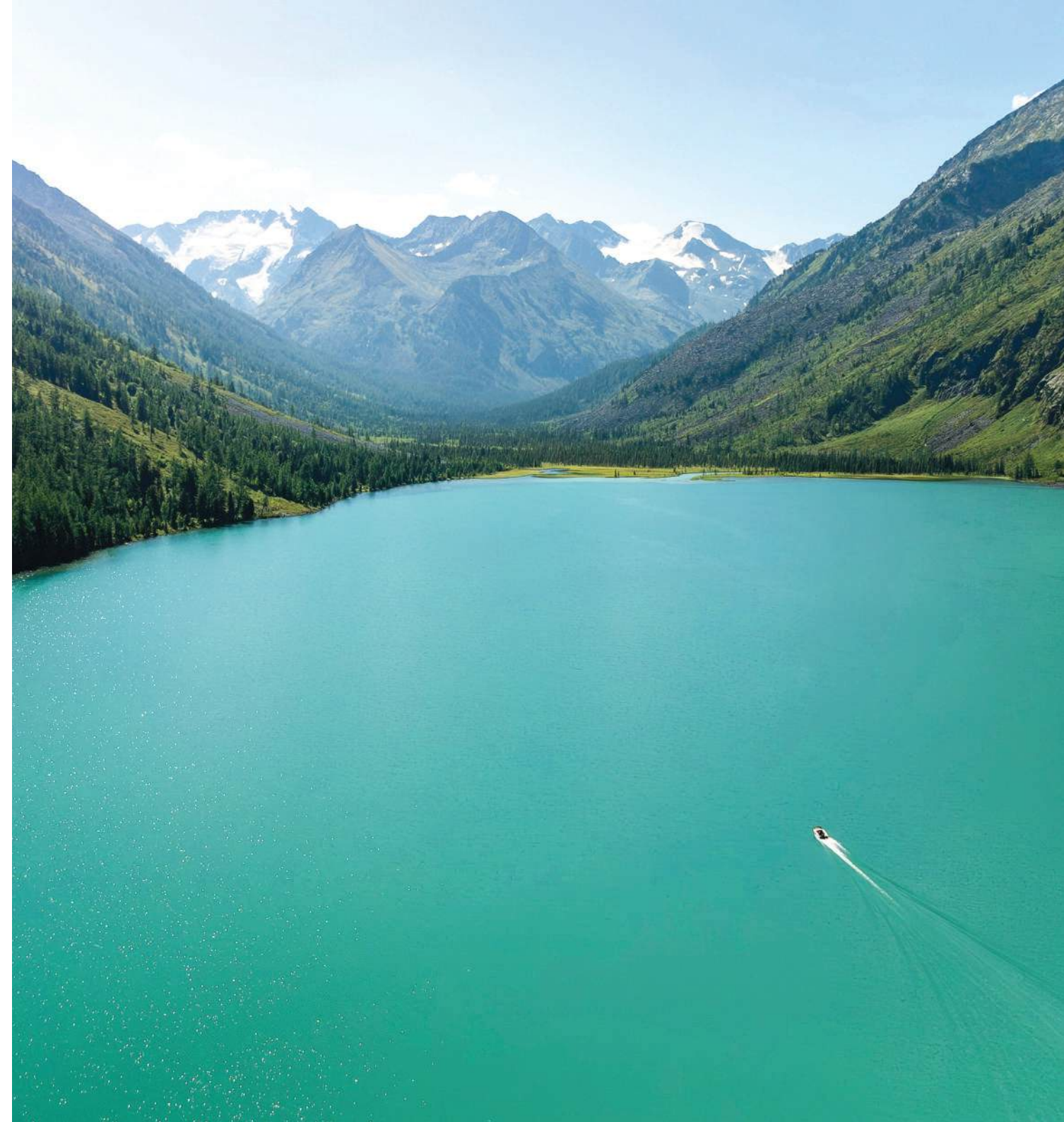
- VIP meet-and-greet at Gorno-Altaysk Airport
استقبال خاص لكبار الشخصيات في مطار مدينة غورنو-ألتايسك
- Private transfer /30 minutes, minivan/
نقل خاص /دقيقة، بالحافلة الصغيرة 30/
- Brunch at Rerikh Restaurant /1 hour 30 minutes/
وجبة برانش في مطعم «ريريخ» /ساعة و30 دقيقة/
- Scenic transfer to the pier /3 hours/
انتقال عبر طريق ذي مناظر خلابة إلى الرصيف /3 ساعات/
- Transfer to the hotel — summer by boat, winter by minivan /1 hour/
الانتقال إلى الفندق: صيفاً - قارب، شتاءً - ميني فان /1 ساعة/
- Check-in and accommodation in a cedar chalet at Altay Village Teletskoe 5*
تسجيل الدخول والإقامة في شاليه من خشب الأرز في منتجع ألتاي (Altay Village Teletskoe 5*) فيليج تيليتسكوي 5 نجوم
- Lunch at the hotel restaurant /1 hour 30 minutes/
غداء في مطعم الفندق /ساعة و30 دقيقة/
- Leisure time for relaxation and a stroll around the grounds
وقت حر للاسترخاء والتنزه في أرجاء المكان

DAY 2 / اليوم 2

- Optional: access to the spa complex and traditional banya
اختيارياً: زيارة مجمع السبا والبانيا الروسية
- Dinner at the hotel restaurant /2 hours/
عشاء في مطعم الفندق /2 ساعة/
- Breakfast at the hotel
إفطار في الفندق
- Teletskoe Lake cruise — summer by boat, winter by aeroboat /2 hours/
نزهة في بحيرة تيليتسكوي: صيفاً - قارب، شتاءً - قارب هوائي /2 ساعة/
- Private lakeside lunch prepared by a chef /1 hour 30 minutes/
غداء خاص من إعداد الشيف على ضفاف البحيرة /ساعة و30 دقيقة/
- Return to the hotel for relaxation
العودة إلى الفندق والاسترخاء
- Dinner at the signature restaurant Ozero with panoramic views /2 hours/
عشاء في مطعم المأكولات الإبداعية «أوزيرو» بإطلالة بانورامية /2 ساعة/

DAY 3 / اليوم 3

- Breakfast
إفطار
- Guided walk along the eco-trails /1 hour/
جولة على المسارات البيئية /1 ساعة/
- Lunch at Ozero Restaurant /2 hours/
غداء في مطعم «أوزيرو» /2 ساعة/
- Afternoon at leisure with spa access
وقت حر بعد الظهر مع إمكانية الدخول إلى السبا
- Additional programmes:
Summer: jeep tours, fishing, diving
Winter: snowmobile rides
برامج إضافية:
صيفاً: جولات بسيارات الجيب، صيد السمك، الغوص
شتاءً: جولات بعربات الثلج
- Dinner at Ozero Restaurant /2 hours/
عشاء في مطعم «أوزيرو» /2 ساعة/



Altai Republic
جمهورية ألتاي



MIDDLE EAST

Holidays at Altay Resort Cosmos Collection 5*

عطلة في فندق Altay Resort Cosmos Collection 5*

4 / DAY 4

- Breakfast at the hotel, check out of the hotel
الإفطار في الفندق، مغادرة الفندق
- Transfer
/3 hours, minivan/
نقل
3 ساعة، ميني فان/
- Accommodation at Altay Resort Cosmos Collection 5*
الإقامة في فندق 5* Altay Resort Cosmos Collection
- Lunch at Pilgrim restaurant
/2 hours/
غداء في مطعم «بيليغريم»
2 ساعة/
- Relaxation: a visit to the spa complex, pools and a Russian banya (sauna)
الاسترخاء: زيارة مجمع السبا، والمساح، والساونا
- Dinner at the hotel restaurant
/2 hours/
عشاء في مطعم الفندق
2 ساعة/
- Optional: visit to a cigar club and hookah lounge
اختيارياً: زيارة نادي السيجار، الشيشة

5 / DAY 5

- Breakfast at the hotel
إفطار في الفندق
- Visit to a maral-breeding farm:
meet marals and deer, horseback riding
/3 hours/
زيارة إلى مزرعة لتربية أيل المارال: تعرف على
أياكل المارال والغزلان، وركوب الخيل.
3 ساعات/
- Lunch at the hotel restaurant
/2 hours/
غداء في مطعم الفندق
2 ساعة/
- Free time: shopping, fitness centre,
spa complex and bathhouse
وقت حر: تسوق، زيارة الصالة الرياضية، مركز
السبا، مجمع البانيا الروسية
- Dinner at the hotel restaurant
/2 hours/
عشاء في مطعم الفندق
2 ساعة/



Additional programmes:
Summer: helicopter excursion to Mount Belukha
Winter: helicopter excursion to the Surdinsky Lakes

برامج إضافية:
صيفاً: جولة بطائرة هليكوبتر إلى جبل بيلوخا
شتاءً: جولة بطائرة هليكوبتر إلى بحيرات سوردينسكي

6 / DAY 6

- Breakfast at the hotel
إفطار في الفندق
- Transfer
/1 hour, minivan/
نقل
ساعة واحدة بالحافلة الصغيرة/
- Visit to the Altai Culture Centre: an ethnic programme
and a master class in making a traditional souvenir
/1 hour 30 minutes/
زيارة إلى مركز ألتاي الثقافي: برنامج عرقي وورشة عمل لصنع
تذكارات تقليدية.
ساعة و30 دقيقة/
- Lunch at the hotel restaurant
/2 hours/
غداء في مطعم الفندق
2 ساعة/
- Free time: recharge at the spa
وقت حر، استعادة النشاط في مركز السبا
- Dinner at the hotel restaurant
/2 hours/
عشاء في مطعم الفندق
2 ساعة/



MIDDLE EAST

Altai Republic
جمهورية ألتاي

Holidays at the Manzherok Mountain Resort

عطلات في منتجع مانجيروك الجبلي

7 / DAY 7

Breakfast at the hotel, check out of the hotel
الإفطار في الفندق، مغادرة الفندق

Transfer
/1 hour, minivan/
الانتقال
ساعة واحدة، بالحافلة الصغيرة/

Accommodation at the Manzherok mountain resort
الإقامة في منتجع «مانجيروك» الجبلي

Lunch at the Manzhara restaurant
/2 hours/
غداء في مطعم «مانجارا»
/2 ساعة/

Leisure time, walk around the hotel grounds
الاسترخاء، جولة في أرجاء الفندق

Visit to the spa complex and medical centre
زيارة مجمع السبا والمركز الطبي

Dinner at the hotel restaurant
/2 hours/
عشاء في مطعم الفندق
/2 ساعة/

8 / DAY 8

Breakfast at the hotel
إفطار في الفندق

Jet-boat ride on the Katun River,
stop at the waterfall
/2 hours/
نزهة بقارب نفاث في نهر كاتون مع توقف عند الشلال
/2 ساعة/

Lunch at the hotel restaurant
/2 hours/
غداء في مطعم الفندق
/2 ساعة/

Leisure time, walk around the hotel grounds
الاسترخاء، جولة في أرجاء الفندق

Visit to the spa complex and medical center
زيارة مجمع السبا والمركز الطبي

Dinner at the hotel restaurant
/2 hours/
عشاء في مطعم الفندق
/2 ساعة/

Optional:
buggy tours and cable car rides
برامج إضافية:
جولات بعربات الباغي وركوب التلفريك

9 / DAY 9

Breakfast at the hotel
إفطار في الفندق

Guided tour of the Botanical Garden
/1 hour 30 minutes/
جولة في الحديقة النباتية
/ساعة و30 دقيقة/

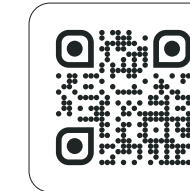
Lunch at the hotel restaurant
/2 hours/
غداء في مطعم الفندق
/2 ساعة/

Leisure time, walk around the hotel grounds
الاسترخاء، جولة في أرجاء الفندق

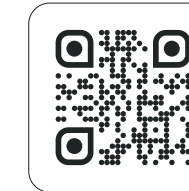
Visit to the spa complex and medical centre
زيارة مجمع السبا والمركز الطبي

Dinner at the hotel restaurant
/2 hours/
عشاء في مطعم الفندق
/2 ساعة/

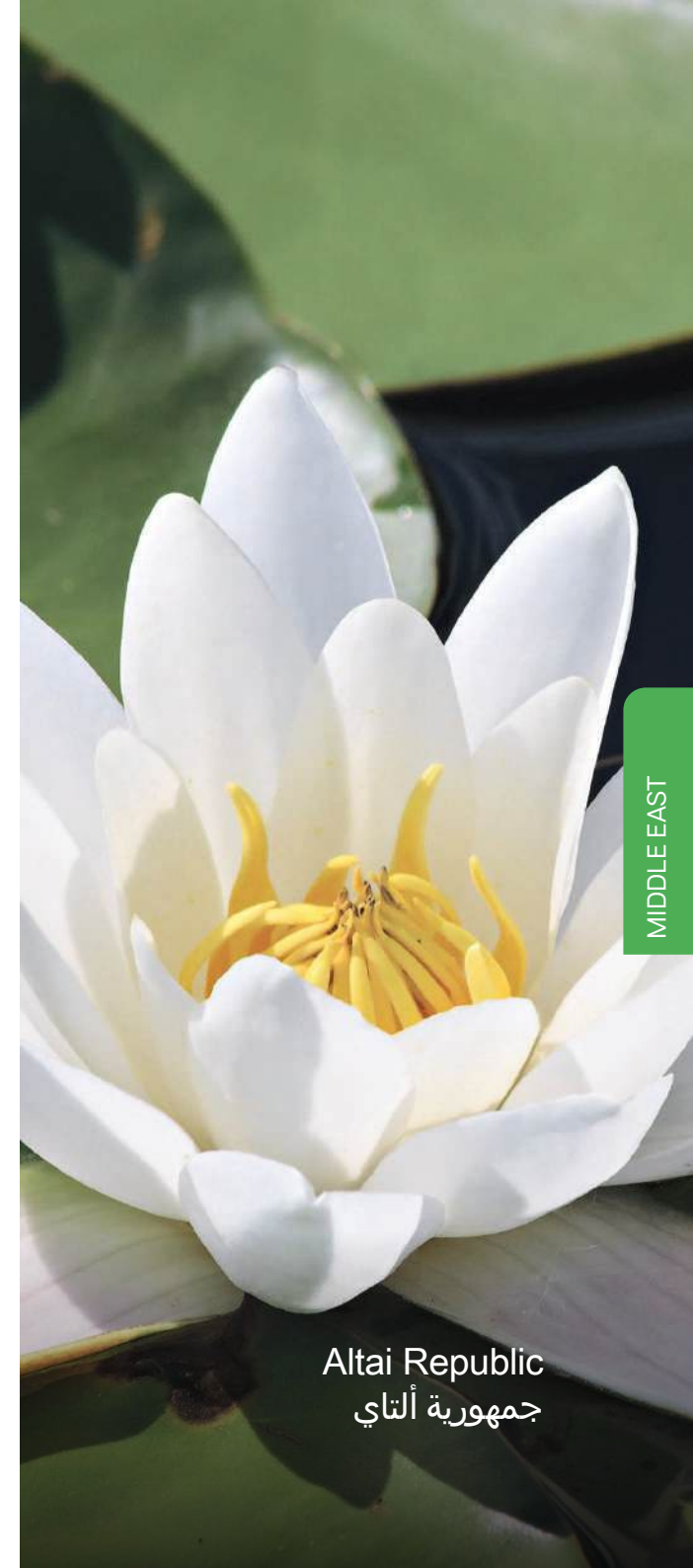
Optional: paragliding
برامج إضافية:
الطيران بالمظلات



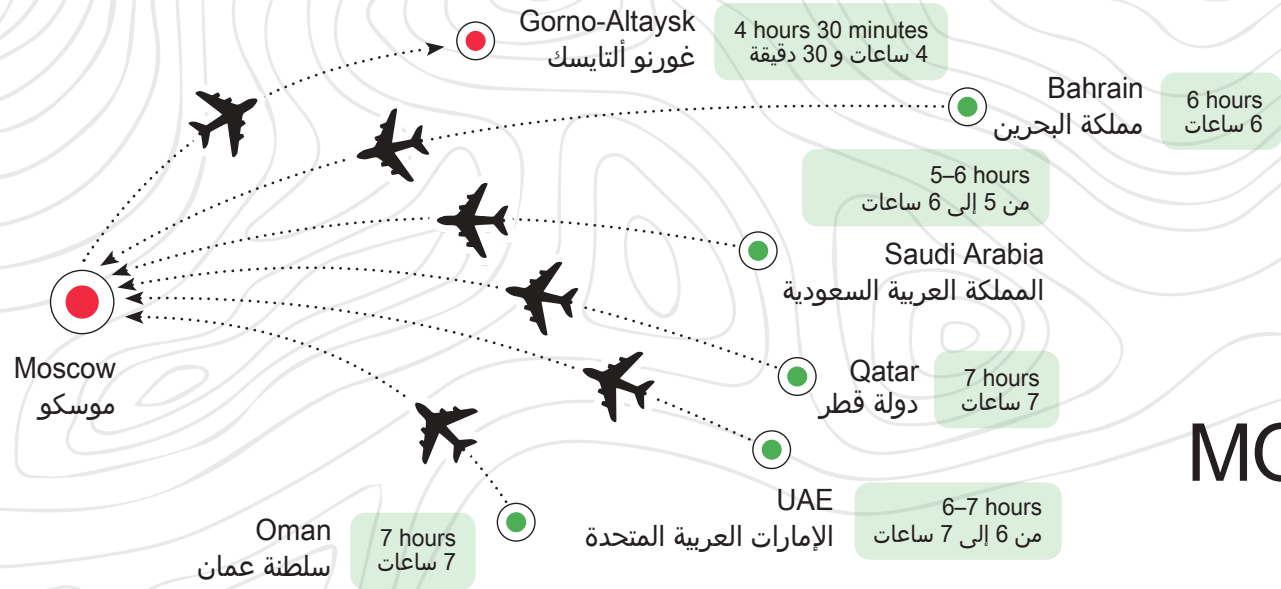
Altai Aktiv Tour



Altai Center



Altai Republic
جمهورية ألتاي



Soul of Altai



Altai Without Borders

THE GOLDEN MOUNTAINS OF ALTAI

جبال ألتاي الذهبية



Altai Republic Tourism Portal

Altai Republic
جمهورية ألتاي

DISCOVER®
RUSSIA

Tour duration / مدة البرنامج



From 3 days / 2 nights
من 3 أيام / ليلتين

Flights / رحلات مباشرة / غير مباشرة



No direct international flights; travel via Moscow.
Direct flights to Moscow are available from the UAE /6-7 hours/, Qatar /7 hours/, Bahrain /6 hours/, Saudi Arabia /5-6 hours/, and Oman /7 hours/
Moscow – Gorno-Altaysk /4 hours 30 minutes/

لا توجد رحلات دولية مباشرة: يتم السفر عبر موسكو. تتوفر رحلات مباشرة إلى موسكو من الإمارات العربية المتحدة (6-7 ساعات)، دولة قطر (7 ساعات)، مملكة البحرين (6 ساعات)، والمملكة العربية السعودية (5-6 ساعات)، سلطنة عمان (7 ساعات) موسكو – غورنو ألتايسك (4.5 ساعات)

Group size / عدد المشاركين



1 to 5 people
من 1 إلى 5 أشخاص

Tour type / نوع البرنامج



Family / Individual
عائلي / فردي

Tour cost / تكلفة البرنامج



Full package of services (9 days/8 nights)
from 8 000 to 24 000 USD
Cost of a stay at a specific resort —
available upon request

باقة خدمات كاملة (9 أيام / 8 ليال) من 8 000 إلى 24 000 دولار أمريكي
تكلفة الإقامة في منتجع محدد — تتوفر عند الطلب

Season / الموسم



All year round على مدار العام

Accommodation / الإقامة



Altai Village Teletskoe 5*
Cosmos Collection
Altai Resort 5*
Manzherok Hotel 5*

Altai Village Teletskoe 5*
Cosmos Collection
Altai Resort 5*
فندق «مانجيروك» 5*

Meals / الطعام



Cuisine made with organic local ingredients: mountain honey, pine nuts, wild berries, herbal teas, artisanal cheeses and fresh river fish

أطباق من منتجات محلية عضوية نظيفة: عسل الجبال، حبوب الصنوبر السيبيري، الثوت البري، شاي الأعشاب، أجبان حرقية، أسماك نهريّة طازجة

Discover authentic Siberia
اكتشف سيبيريا، وعش تجربتها الأصيلة

Bathe in hot springs
استحم في الينابيع الساخنة

Restore your strength in a traditional
Russian banya (steam bath)
استعد قوتك في حمام «البانيا»
الروسي التقليدي (حمام البخار)

Touch the hair of the Prophet
Muhammad – a sacred relic
المس خصلة من شعر النبي
محمد – الأثر المقدس

Try fine Siberian cuisine
تذوق المطبخ السيبيري الفاخر

AUTHENTIC SIBERIA

سيبيريا الأصيلة

Recharge and enjoy nature in the very heart of Siberia. Hot springs, bath complexes, traditional Russian entertainment, and authentic cuisine with a modern twist — everything is ready for a unique getaway and incredible experiences. Leave the stereotypes behind: Siberia is warm and welcoming!

استعد قواك واستمتع بالطبيعة في قلب سيبيريا. الينابيع الحرارية المعدنية، ومجمعات الحمامات، والألعاب الروسية التقليدية، والمطبخ السيبيري التقليدي بأسلوب عصري - كل شيء جاهز لإقامة فريدة وانطباعات لا تنسى. انس الصور النمطية: سيبيريا هي الدفء والروح والضيافة!

Tyumen Region
منطقة تيومين

Route

DAY 1 / اليوم ١

- Guest arrival at Tyumen Airport
الاستقبال في مطار تيومين
- Transfer to the hotel
/30 minutes by bus/
نقل إلى الفندق
/30 دقيقة/
- Check-in at the Marcial Mayr Resort 4*
تسجيل الدخول في منتجع ماير «مارتسيال» 4*
- Lunch at the Marcial restaurant
/1 hour 30 minutes/
غداء في مطعم «مارتسيال»
/ساعة و30 دقيقة/
- Visit to the thermal complex, water park and spa
area at the Marcial Mayr Resort: hot springs,
a Siberian-style banya with steam treatments,
a jacuzzi and a seawater pool
/2 hours/
زيارة المجمع الحراري، والحديقة المائية، ومنطقة السبا في
منتجع مارتسيال ماير (Marcial Mayr): الينابيع الساخنة، وبانيا
على الطراز السيبيري مع علاجات البخار، وجاكوزي، ومسبح
بمياه البحر
/ساعتان/
- Dinner at the August restaurant,
serving fine Siberian cuisine: signature dishes
made from seasonal, organic ingredients
/1 hour 30 minutes/
تناول العشاء في مطعم «أوغست» الذي يقدم المطبخ
السيبيري الفاخر: أطباق مميزة محضرة من
مكونات موسمية وعضوية.
/ساعة و30 دقيقة/
- Return to the hotel and rest
العودة إلى الفندق للراحة

DAY 2 / اليوم ٢

- Breakfast at the hotel
إفطار في الفندق
- Transfer to the Taiga Eco Park
/50 minutes by bus/
نقل إلى الإيكو بارك «تايفا»
/50 دقيقة، بحافلة/
- Outdoor activities at the Taiga Eco Park:
husky sledding, snow tubing, ice skating,
ATV rides and snowmobiling
/1 hour/
الأنشطة الخارجية في منتزه «التايفا» البيئي: ركوب زلاجات الهاسكي،
والانزلاق على الثلج بالإطارات المطاطية، والتزلج على الجليد، وجولات بمركبات
الدفع الرباعي (ATV) لجميع التضاريس، وجولات بالمركبات، وركوب الدراجات
الثلجية.
/1 ساعة/
- Lunch at the Polyanka café
/1 hour 30 minutes/
غداء في مقهى «بوليانكا»
/ساعة و30 دقيقة/
- Visit to the thermal complex at the eco park
/2 hours/
زيارة المجمع الحراري داخل الإيكو بارك
/ساعتين/
- Transfer
/50 minutes by bus/
نقل
/50 دقيقة، بحافلة/
- Shopping: Anna Mancini's Siberian fur shop
and Legends of Siberia souvenir gallery
/1 hour/
التسوق: متجر الفراء السيبيري لآنا مانشيني،
ومعرض الهدايا التذكارية «أساطير سيبيريا»
/1 ساعة/
- Dinner at the Chum restaurant-museum: signature dishes made
from northern produce, served with a theatrical presentation
/1 hour 30 minutes/
تناول العشاء في مطعم ومتحف تشوم (Chum): أطباق مميزة مُحضرة من
المنتجات الشمالية، وتقديم بأسلوب مسرحي للمكونات، مع عرض استعراضى
/ساعة و30 دقيقة/
- Return to the hotel, relaxation
العودة إلى الفندق للراحة

DAY 3 / اليوم ٣

- Breakfast at the hotel and check-out
تناول الإفطار في الفندق، وتسجيل المغادرة
- Visit to the repository of the I. Ya. Slotvsov Museum
Complex: touching a sacred relic —
a hair of the Prophet Muhammad
/45 minutes/
زيارة مخزن التحف والمقتنيات في مجمع إ.يا. سلوفتسوف:
لمس المقدس - «شعرة النبي محمد»
/45 دقيقة/
- Transfer to the House-Museum
of Russian Horse Breeds
/1 hour by bus/
نقل إلى متحف بيت سلالات الخيول الروسية
/1 ساعة، بحافلة/
- Visit to the House-Museum of Russian
Horse Breeds, where all Russian horse breeds
are gathered under one roof
/1 hour/
زيارة متحف بيت سلالات الخيول الروسية، حيث تجتمع
جميع سلالات الخيول الروسية تحت سقف واحد
/1 ساعة/
- Lunch at the #SibirSibir restaurant
serving local dishes
/1 hour/
غداء في مطعم المطبخ المحلي "#سيبيريا سيبيريا"
/1 ساعة/
- Transfer to Tyumen Airport
/30 minutes by bus/
نقل إلى مطار مدينة تيومين
/30 دقيقة، بحافلة/

Tyumen Region
منطقة تيومين



EXTRA DAY /اليوم الإضافي/

A DAY IN TOBOLSK

يوم في توبولسك

Breakfast at the hotel

الإفطار في الفندق

Guided tour of Tobolsk: the Tobolsk Kremlin, Gostiny Dvor (merchant court), and a workshop on making an amulet from nettles

/1 hour 45 minutes/

زيارة توبولسك: جولات إرشادية في كرمين توبولسك، وغوستيني دفور، وورشنة عمل لصنع تميمة من نبات القراص /ساعة و45 دقيقة/

Lunch at a local restaurant

/1 hour 30 minutes/

الغداء في مطعم بالمدينة /ساعة و30 دقيقة/

Visit to the bone-carving factory

/45 minutes/

زيارة مصنع منتجات نحت العظام /45 دقيقة/

Visit to the gallery of Rene Reza, a phillumenist and artist

/45 minutes/

زيارة معرض فنان الفيلوميزم Rene Reza /45 دقيقة/

Return to Tyumen

العودة إلى تيومين

Dinner at a local restaurant

/1 hour 30 minutes/

العشاء في مطعم بالمدينة /ساعة و30 دقيقة/



Tyumen Region

منطقة تيومين



Tyumen
تيومين

Dubai
دبي

from 5 hours / من 5 ساعات



Booking center

AUTHENTIC SIBERIA

سيبيريا الأصيلة

مدة البرنامج / Tour duration 4 days / 3 nights 4 أيام / 3 ليال	نوع البرنامج / Tour type Family / Group عائلي / جماعي	الإقامة / Accommodation منتجع ماير «مارتسيال» 4* فنادق إضافية في تيومين: فندق «ريمزوف» 4* مصنع «سيبير» 4* *DoubleTree by Hilton 4 *Mercure Hotel (Accor) 4 إيكو-فندق «تايجا» 3* منتجع «أوسادبا»
رحلات مباشرة / غير مباشرة / Flights Flight Dubai – Tyumen /from 5 hours/ /دبي – تيومين /من 5 ساعات	تكلفة البرنامج / Tour cost 10-15 people: from 1 600 USD / 5 800 AED / 106 000 RUB 6-9 people: from 1 800 USD / 6 800 AED / 123 000 RUB 2-5 people: from 2 700 USD / 9 900 AED / 186 000 RUB	الطعام / Meals Siberian cuisine: muksun, nelma, sterlet, sturgeon, game meat, ukha (fish soup), and dishes based on 18th-century recipes المطبخ السيبيري: سمك الموكسون، وسمك النيلما، وسمك الستيرليت، وسمك الخفش، ولحوم الطرائد البرية، وحساء الأوخا (حساء السمك)، وأطباق معدة وفق وصفات تعود إلى القرن الثامن عشر
عدد المشاركين / Group size 2-15 guests من 2 إلى 15 شخص	10-15 شخص: من ١٦٠٠ دولار / ٥٨٠٠ درهم / ١٠٦٠٠٠ روبل ٩-٦ أشخاص: من ١٨٠٠ دولار / ٦٨٠٠ درهم / ١٢٣٠٠٠ روبل ٥-٢ أشخاص: من ٢٧٠٠ دولار / ٩٩٠٠ درهم / ١٨٦٠٠٠ روبل	
الموسم / Season All year round / على مدار العام		



Tyumen Region Tourism Portal

Tyumen Region
منطقة تيومين

DISCOVER®
RUSSIA

- Restore your strength in a traditional Russian banya (steam bath) with signature steam treatments
استعد قواك في حمام روسي تقليدي فاخر مع جلسات بخار خاصة ومبتكرة
- Take a helicopter tour over Russia's picturesque landscapes
انطلق في رحلة هليكوبتر مذهلة فوق الطبيعة الروسية الواسعة الخلابة
- Experience the atmosphere of imperial Russia in a palace from the era of Catherine the Great
اغمر نفسك في أجواء روسيا الإمبراطورية داخل قصر من عصر كاترين العظيمة
- Enjoy playing golf amid unique natural scenery
استمتع بلعبة غولف استثنائية وسط مناظر طبيعية ساحرة وفريدة
- Try natural produce at a local eco farm
تذوق المنتجات الطبيعية الطازجة مباشرة من المزرعة العضوية المحلية

RUSSIAN FAIRY TALE

حكاية روسية

Welcome to a true Russian fairy tale! You will experience an unforgettable journey along the banks of the mighty Volga River, enjoy picturesque landscapes from a bird's-eye view, step into the history of Imperial Russia, and try your hand at fishing and golf. And that's not all – exquisite culinary discoveries and the world-famous Russian banya await you!

مرحبًا بكم في حكاية روسية حقيقية! ستخوضون رحلة لا تُنسى على ضفاف نهر الفولغا العظيم، وتستمعون بالمناظر الطبيعية الخلابة من منظور عين الطائر، وتلامسون تاريخ روسيا الإمبراطورية، وتجربون مهاراتهم في صيد الأسماك والغولف. كما تنتظركم اكتشافات مبهرة في فن الطهي والحمام الروسي الشهير عالميًا.

Tver Region
منطقة تفير

Route

DAY 1 / اليوم ١

Transfer from Moscow to Zavidovo Resort
/1 hour 30 minutes by bus/

الانتقال إلى زافيدوفو من موسكو
/ساعة و30 دقيقة، حافلة/

Check-in at the Radisson Hotel 5*
الإقامة في فندق 5* Radisson Hotel

Lunch at the Zavidovo Resort
/1 hour 30 minutes/

الغداء داخل المنتجع
/ساعة و30 دقيقة/

Explore the golf courses, try your
hand at golf, and discover the enchanting
Yamskoy Forest by golf cart
/1 hour 30 minutes/

جولة في ملاعب الغولف، ولعب الغولف، ورحلة إلى غابة
يامسكوي الساحرة (في عربات الغولف)
/ساعة و30 دقيقة/

VIP fishing experience
/1 hour/

صيد أسماك VIP
/ساعة واحدة/

Dinner with a breathtaking sunset
view at the Tsarevna restaurant
/1 hour 30 minutes/

العشاء ومشاهدة غروب الشمس في مطعم "تساريفنا"
/ساعة و30 دقيقة/

Return to the hotel for a well-deserved rest
العودة إلى الفندق، والاستراحة

DAY 2 / اليوم ٢

Breakfast at the hotel
إفطار في الفندق

Helicopter tour over the Russian expanses
and the mighty Volga
/30 minutes/

جولة بالمروحية فوق السهول الروسية ونهر الفولغا العظيم
/30 دقيقة/

Lunch at the Crimea restaurant
/1 hour 30 minutes/

تأول الغداء في مطعم Crimea
/ساعة و30 دقيقة/

Russian banya: steam treatments with birch
and oak bath brooms, salt wraps, and an ice plunge pool.
Tea tasting with Medovik honey cake, gingerbread,
and baranki (ring-shaped bread rolls)
/1 hour 30 minutes/

تجربة الحمام الروسي التقليدي مع التبخير بأغصان البتولا والبلوط، والتغطية
بالمح، والغطس في حوض ماء مملح، يليها شاي روسي مع كعك العسل،
والبرانيكي، والبرانكي
/ساعة ونصف/

Relaxation in a wooden house at the spa complex
/1 hour/

استراحة في منزل خشبي داخل مجمع سبا
/ساعة واحدة/

Traditional Russian dinner at the Zhar restaurant
/1 hour 30 minutes/

عشاء روسي تقليدي في مطعم Zhar
/ساعة ونصف/

DAY 3 / اليوم ٣

Breakfast at the hotel and check-out
الإفطار في الفندق، ومغادرة الفندق

Transfer to Tver
/1 hour by bus/

الانتقال إلى مدينة تفير
/ساعة واحدة، حافلة/

Guided tour of the Imperial Palace and the Greenhouse
/1 hour/

جولة في القصر الإمبراطوري والدفيئة
/ساعة واحدة/

Introduction to period costumes from
the era of Catherine the Great, with a photo
session in the magnificent palace
/30 minutes/

التعرف على أزياء عصر الإمبراطورة كاترين العظمى، وجلسة
تصوير في القصر القيصري الفاخر
/30 دقيقة/

Lunch at the Felicita restaurant,
featuring the regional dish «Galiani's Macaroni»
/1 hour 30 minutes/

الغداء في مطعم "فيليشينا" مع الطبق
الإقليمي "ماكرونبي من غالينبي"
/ساعة و30 دقيقة/

Transfer to the eco-farm
/1 hour by bus/

الانتقال إلى المزرعة البيئية
/ساعة واحدة، حافلة/

Walk around the eco-farm,
meet the deer and feed them by hand
/30 minutes/

جولة في المزرعة البيئية، والتعرف على الغزلان وإطعامها من اليد
/30 دقيقة/

Brunch at the 12 Dubov eco-farm,
prepared with natural produce
/1 hour 30 minutes/

وجبة برانش من منتجات طبيعية في المزرعة البيئية "12 دوفوف"
/ساعة و30 دقيقة/

Transfer to Tver
/1 hour by bus/

الانتقال إلى مدينة تفير
/ساعة واحدة، حافلة/

Shopping and visiting souvenir shops
/1 hour/

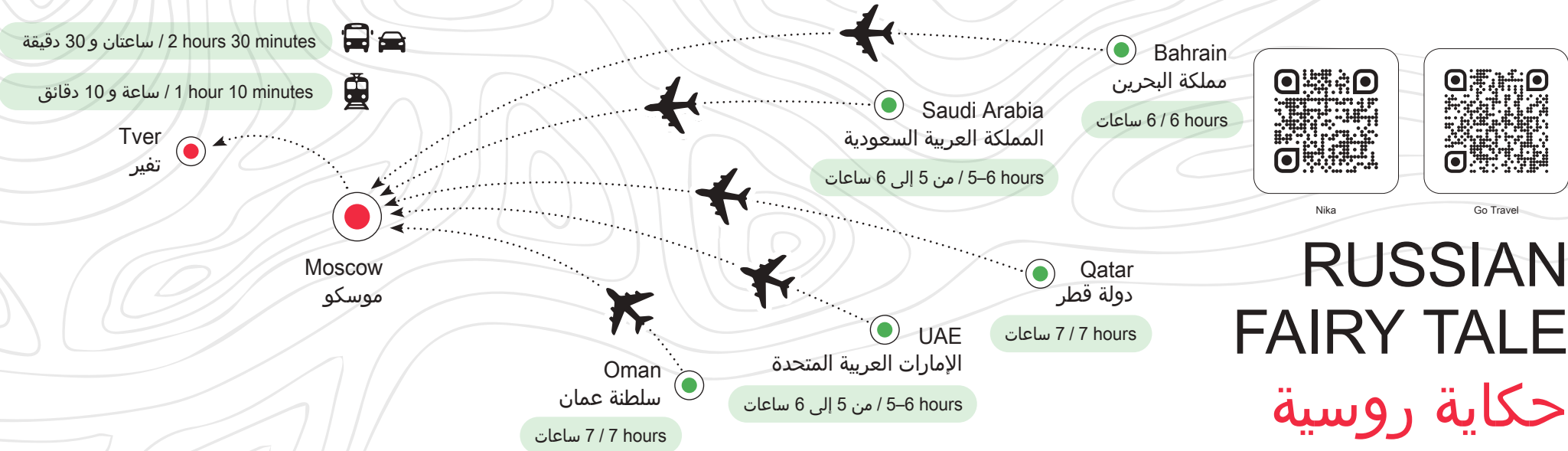
التسوق وزيارة متاجر الهدايا التذكارية
/ساعة واحدة/

Transfer to Moscow
/1 hour by bus/

الانتقال إلى موسكو
/ساعة واحدة، حافلة/

Tver Region

منطقة تفير



مدة البرنامج / Tour duration 3 days / 2 nights ٣ أيام / ليلتان	نوع البرنامج / Tour type Premium / Family بريميوم / عائلي	الإقامة / Accommodation Radisson Hotel 5*
رحلات مباشرة / غير مباشرة / Flights No direct flights; connections are available via Moscow only. UAE – Moscow / 5-6 hours/ Qatar – Moscow / 7 hours/ Bahrain – Moscow / 6 hours/ Saudi Arabia – Moscow / 5-6 hours/ Oman – Moscow / 7 hours/ By bus / by car from Moscow / 2 hours 30 minutes/ By Sapsan high-speed train from Moscow / 1 hour 10 minutes/ لا توجد رحلات طيران مباشرة؛ تتوفر رحلات الربط عبر موسكو فقط. الإمارات - موسكو / 5-6 ساعات، قطر - موسكو / 7 ساعات، البحرين - موسكو / 6 ساعات، المملكة العربية السعودية - موسكو / 5-6 ساعات، عُمان - موسكو / 7 ساعات/ بالحافلة / بالسيارة من موسكو / ساعتان و 30 دقيقة / بقطار سابسان (Sapsan) السريع من موسكو / ساعة و 10 دقائق /	تكلفة البرنامج / Tour cost From 11 200 USD/ 800 000 RUB (VIP tour for 2 people) من 11,200 دولار أمريكي / 800,000 روبل روسي (جولة VIP لشخصين)	الطعام / Meals The signature Tver dish "Galani's Macaroni", farm produce, honey, gingerbread, and traditional dishes at premium restaurants طبق تغير الشهير «ماكاروني من غالاني»، منتجات المزارع الطبيعية، العسل، الخبز الزنجبيلي، والأطباق الوطنية في المطاعم الفاخرة
عدد المشاركين / Group size From 2 to 18 people من ٢ إلى ١٨ شخص	الموسم / Season All year round / على مدار العام	



Tver Region Tourism Portal

Tver Region
منطقة تغير

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TIME TO TRAVEL

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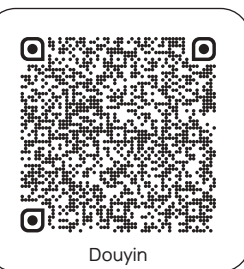


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TIME TO TRAVEL

CATALOG OF RUSSIAN
TOURIST ROUTES

