



LLC «SOLONGO»

Inbound touroperator in Baikal region  
skefer@mail.ru

## 夏のバイカル湖とイルクーツク 大自然と古都の10日間

7月4日ー7月13日

ウランウデーウストバルグジンーバルグジン自然保護区ーバルグジンの谷ーウランウデーバイカル自然保護区ーイルクーツクーリストリビャンカーイルクーツク

企画及び旅のリーダー:[渡辺節子](#)

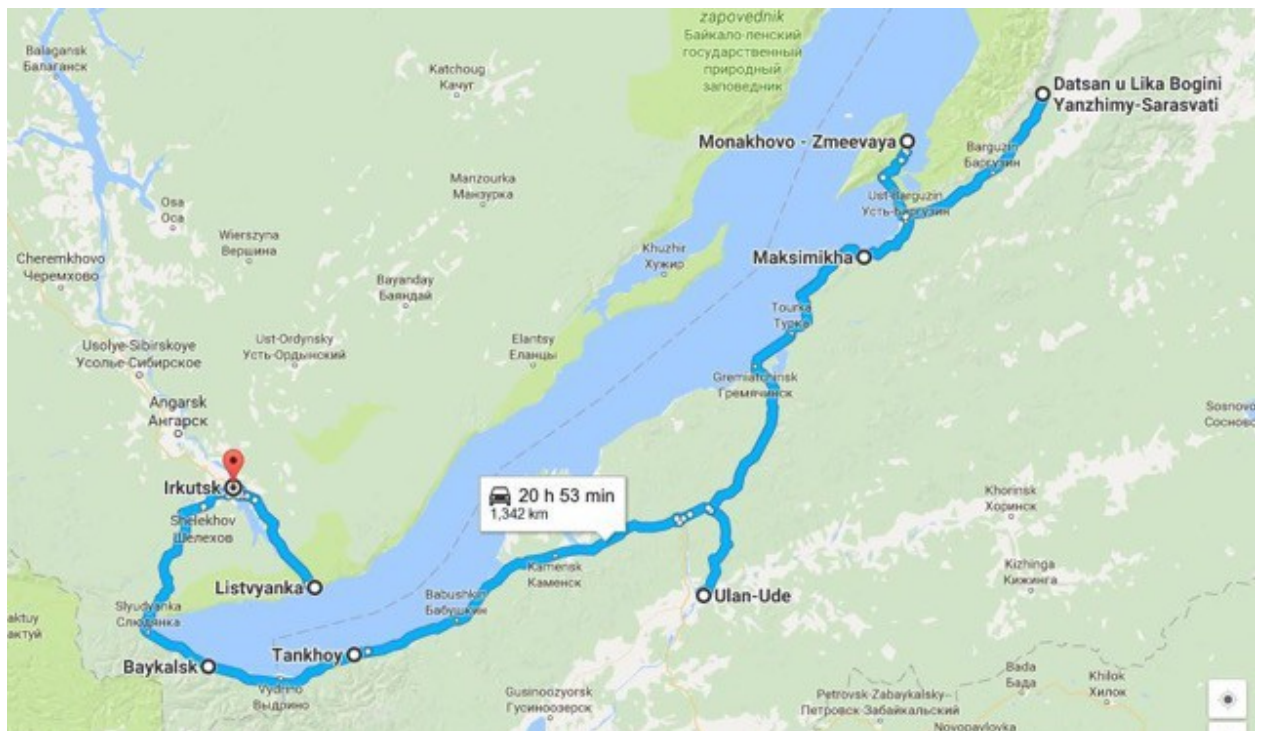
現地手配:LLC SOLONGO

協力:ブリヤート共和国観光局、日本旅行作家協会中東欧グループ

費用:[info@shejapan.com](mailto:info@shejapan.com) にお問い合わせ下さい

定員:10名

注意：ロシアのビザ申請に時間がかかること、僻地の航空券がとれにくいことを鑑み、早めに申し込んでください。





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7月4日東京発北京経由

7月5日ウランウデ

11:25 ウランウデ空港着 昼食後2時間半の市内観光後ホテルチェックイン

昼食 ローカルレストラン、

世界一大きなレーニン像、日本人捕虜建設のオペラ劇場、チベット仏教本山見学

夕食@ホテル4\*

*Today's scheduled activities:*

*Ulan-Ude is a capital of Buryatia Republic. It was founded in 1666 by Russian cossaks but before them here was many times ago a northern capital of Gunn empire.*

*There is a magnificent monument of **Lenin's head on central square**. It is one of the biggest Lenin's monuments in the world. Then visit historical center of the town and observation point on the top of the mountain where also located the **Buddhist Temple Rimpoche Bagsha**.*



7月6日 ウランウデ – バイカル湖– マクシミハ村(240 km)

朝食

10.00 ユネスコ無形文化遺産セメイスキ村へ(70 km)

15.00 バイカル湖沿いに、マクシミハ村へ (240 km)

昼食 途中の伝統的なロシアレストランで

19.00 チェックイン、夕食@ホテル 3連泊 マクシミハ泊

*Today's scheduled activities:*

*The Old Believers of Buryatia are a colorful branch of Orthodox Russians exiled to Siberia in the XVIII century after the church reform carried out by Patriarch Nikon.*



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*They managed to save their culture, singing art, religion as they were two centuries ago. Lunch at family, ritual funny games, Old Believers polyphonic songs and a lot of fun. Culture of Old Believers is a part of UNESCO world cultural heritage.*



### 7月7日マキシミハ- チビルキ湾へ

8.00 朝食

9.00 – 17.00 バルグジン自然保護区のチビルキ湾へ

船で対岸に渡ります。バイカルアザラシ保護島ウシユカン

島に渡ることもできます。（追加料金。入島制限）

昼食 ピクニックランチ@湖畔の露店温泉で

17.00 ホテルへ

19.00 夕食@ホテル マキシミハ泊

*Today's scheduled activities:*

*Variety of landscapes within the small territory of the Chivirkuisky Bay is unique, it became one of the reasons for establishing of the national park with sandy dunes and glasswort bogs, beaches and lakes, undisturbed taiga of Siberia and alpine meadows, snowy mountains and the Chivirkuisky Bay basin. Also you will have a chance to enjoy hot springs exactly on the Baikal shore.*





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### 7月8日 マキシミハ – バルグジン谷

8.00 朝食

9.00 – 18.00 バルグジン谷へ遠足

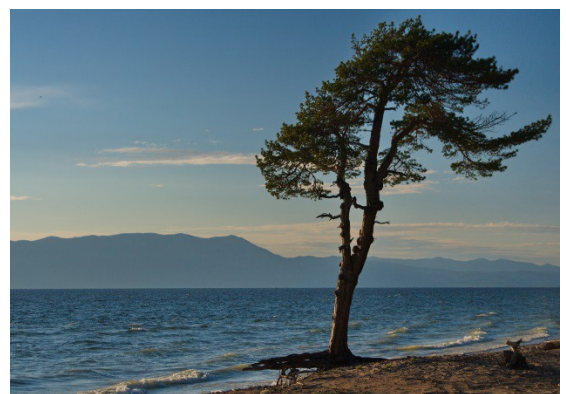
14.00 昼食@村のカフェで

18.00 マキシミハへ

19.00 夕食@ホテル マキシミハ泊

*Today's scheduled activities:*

*The Barguzin valley is one of interesting places of Baikal region. It is a place for the relief, the healing springs, history and culture of the people living here. It is considered as place of birth of Genghis khan's mother Oelun.*



### 7月9日 マキシミハ-ウランウデ

7.00 朝食

8.00 – 12.00 ウランウデへ



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12.00 – 17.00 ブリヤート村へ（昼食付き）（70 km）

ウランウデへ

夕食@ホテル      ウランウデ泊

*Today's scheduled activities:*

*Experience both the traditions and contemporary life of the Buryat people with a cultural tour in the village of Atsagat. While there are many opportunities to see Buryat artifacts and architecture throughout the Baikal region and take the time to personally experience a slice of daily life of Buryat people. You'll be met by villagers, dressed in national costumes, will be shown the interior of the dwelling and told about the history and traditions of the Buryat people by themselves. Besides, you'll also try your hand in traditional cooking and Buryat sports. The folk songs will create an atmosphere of joy and leave a pleasant impressions and good memory about the place.*



7月10日,ウランウデー バイカルスク

7.00 朝食

8.00 - 12.00 バイカル自然保護区へ(タンクホイ) (234 km)

昼食@途中のカフェ@タンクホイ

バイカル自然保護区遠足 (76 km)

夕食@ホテル      タンクホイ泊

*Today's scheduled activities:*

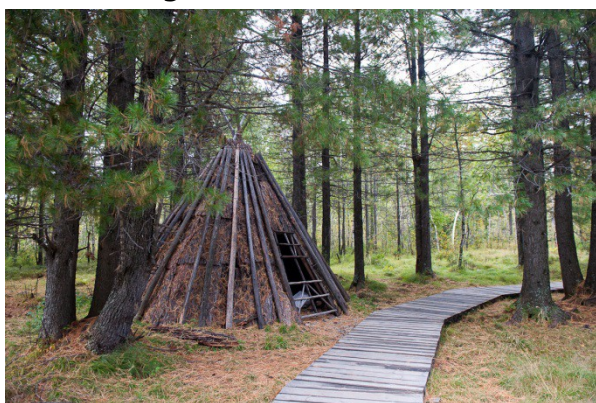


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*The Baikalskiy Nature Reserve is the only Baikal reserve that does not extend to the shores of the lake; the northern boundary of the reserve is formed by the artificial barriers of the main road and the railway that extend along the shores of Lake Baikal. The eastern limits of the Baikalskiy reserve pass along the valley of the river Levaya Mishikha, while its western border passes through the valley of the river Vydrinaya. The reserve stretches some 60 kilometres adjacent to the shores of the lake.*

*In Tanknoi you will visit informational center with museum and also enjoy walk on a ecological trail*



Baikalsk- Listvyanka-Irkutsk

7.00 朝食

8.00-10.00 イルクーツクへ k(149 km)

10.00-11.00 リストリビャンカへ (60 km)

バイカルミュージアム、見晴台へ

昼食@レストリビャンカのレストラン

16.00 イルクーツクのホテルにチェックイン

夕食@ホテル

*Today's scheduled activities:*

*Baikal museum is dedicated to scientific study of the lake.*

*You can see the results of the Lake Baikal scientific research through dynamic exhibits and programs. The Museum's aquarium is home to local species like pike, perch, small fry, catfish, carp scaly, carp mirror, crucian and sturgeon.*





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*You can even virtually plunge into maximum depth of 1637 meters (5370 feet)  
and explore lake from the inside like researchers of Baikal*



7月12日イルクーツク

朝食

10.00-13.00 市内観光

13.00 昼食@イルクーツク市内のレストラン

夕食@ホテル

夕食後空港へ

*Today's scheduled activities:*

*Irkutsk is a large city in Eastern Siberia and the administrative center of Irkutsk region. It is situated on the bank of Angara river. Irkutsk is traditionally considered as the cultural capital of Eastern Siberia. The city has more than 80 cultural and art institutions, including theaters, museums, libraries, art centers, concert and exhibition halls. Irkutsk is a historical city with a large number of historically preserved neighborhoods. It has about 685 historical and cultural monuments, 108 of them are on the federal list of historical preservation.*



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#### 旅行条件

- ・ 三つ星以上のホテル

7月13日北京経由東京着

- ・ 16人乗り、エアコンつきバス、
- ・ 全線随行ガイド
- ・ 観光費用すべて
- ・ 三食つき
- ・ 価格は参加人数により変わります。