

Esoteric tour Initiation into shamanism

Day 1. The nomads

The tourists' arrival, meeting at the airport or bus terminal of [Kyzyl](#) between 09.00 and 16.00.




There are direct flights from Novosibirsk, Krasnoyarsk and Irkutsk / you can take flight Moscow-Abakan and then shared taxi Abakan-Kyzyl (400 km).

Transfer to the [yurt camp Biy-Khem](#).

An Yurt is a temporary abode, with a very light framework, covered with felt. On the ground in the centre of the yurt there is a fireplace. The entrance is a small door facing the east. The yurt is furnished for two people. You can feel yourself as a genuine nomad with only one distinction that there are all conveniences, which are an integral part of city resident's life.

Free time, rest, those who wish can walk through the outskirts and go up the nearest hill to watch the whole Biy-Khem valley. The valley, where the camp is located, is called Biy-Khem (it means Major Yenisei) as the river flowing there.

 Accommodation at the yurt camp Biy-Khem

 Lunch, dinner at the yurt camp

 25 km by bus

Day 2. Acquaintance with shamans

Excursion to [Kyzyl](#), the capital of [Tuva](#).



Visiting the monument of [Geographical Centre of Asia](#).

Then a visit to the [Buddhist temple](#) where the tourists will meet a lama.

There a lot of cultures in Tuva, but one of the most magnetic is [shamanism](#).

Journey to the mineral spring Durgun near Kyzyl where the introductory lecture about shamanism will be organized.

After returning back to the camp tourists have a possibility to taste [traditional Tuvan cuisine](#). Milk, meat and other animal produce are the main food of Tuvan people. Kumys or sour milk from horse and sagazha – roasted liver are very popular among tourists. People drink tea with milk. Tea is always green and is boiled with salt.

After dinner is a performance of singers which present traditional deep-throat singing called [khoomei](#)*. It's a fantastical capability of the Tuva people (and some other Middle-Eastern nationalities) to emit simultaneously two or three sounds of different tone and to sustain the same sound for 25-30 seconds without taking a breath. If you close your eyes it is hard to believe that the sounds are emitted by a person and not by a musical instrument.



Accommodation at the yurt camp Biy-Khem



Breakfast and dinner at the yurt camp, lunch in a restaurant



100 km by bus



For extra charge

Day 3. Nomads' way

Departure to the mineral spring Shivilig. Meeting a shaman who will accompany group further.



Before lunch there is a stop near a breathtaking mountain [Khairykan](#) - one of the most respected places in Tuva. In 1992 it was chosen by the 14th Dalai Lama to be an energetically powerful place. Once a year local shamans come here to get energy, strengthen and purify their spirits.

Arrival to the settlement Chindozyyn where a tent camp will be installed.



Accommodation at the yurt camp Biy-Khem



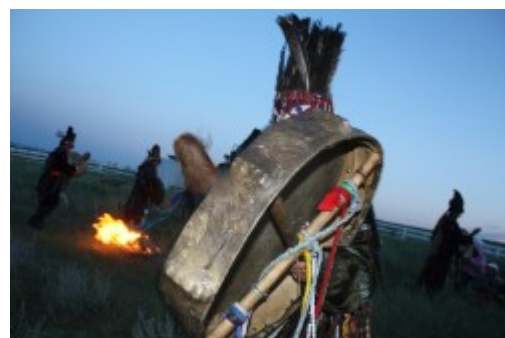
Breakfast at the yurt camp, lunch box, dinner on fire



420 km by bus

Day 4. Kamlaniye

Departure to the mineral spring Shivilig, then with the guide the group goes for a walk to the next mineral spring Churek-Arzhan. It is weakly radioactive spring, where the water temperature varies from 3 to 9 °C, radon content corresponds to the lower limit for that kind of healing waters. Tourists will learn about healing properties of springs and about methods of treatment.



Returning to the camp and preparations for the rite of [kamlaniye](#). As a rule, the rite takes place at night or during several nights.

Accompanied by the sound of a drum, the shaman emits sounds resembling to voices of a crow or a cuckoo-bird. These are magical birds which empower the shaman to sing his incantations. He is sitting backward to the fire, monotonously beats his drum and has a conversation with his supporting spirits.

Finally, he banishes evil spirits away or claims the situation to be fatal. Whatever the outcome of the kamlanie is, the shaman makes sacrifice to his spirit-helpers with spraying milk over four directions and burning pieces of meat and bread.

This rite can be of two kinds: the one of healing and the one of worship: worship of fire, worship of sacred trees or worship of patron of a clan. The kamlanie is held according to regular and fixed scheme: purification - invocation of necessary spirits - searching for the reason of a disease or ritual consecration processing - hostile spirits exorcism - fortune-telling of the results of the kamlanie or the future of presented people.



Accommodation in tents



Breakfast, lunch, dinner on fire



12 km by bus, 5 km on foot

Day 5. Secrets of shamanism

This day's seminar is devoted to shaman's clothes and using stones in fortune-telling.



Each shaman has his own rank, a level of knowledge and a number of shaman's attributes, without which kamlanie is not carried out. The most important attributes are a raincoat, a drum and a beetle. The shaman's raincoat is made of goat or sheep skin or woolen cloth with the depiction of a snake on the surface. Ribbons and fringe are used to make this snake. There are different types of snakes – 18 big, which hang down the shoulder to the very floor and 40 small ones, which are fixed on the sleeves or down on left side of the raincoat. They believe that snakes are very good patron spirits of shaman, when he travels to another world and protect his shoulders, back and left side from evil spirits. Another important detail of the raincoat is a knot of leather laces, which are 15 cm long and used as wings. The hat of Tuvan or Altai shaman is a ribbon with eagle feathers – 40 big and 20 small. There are eyes and ears on the ribbon, which are the symbols of shaman's ability to see and hear. The hat is the main attribute, helping shamans in flying. If a shaman wants to fly very high, he should fix two long black feathers, as they say the feathers help to overcome the air drag. Very often the fringe on the ribbon is fixed in such a way, that it covers the face, through it they see fire and spirits, but they can't see people.

In the evening a shaman shares secrets and methods of fortunetelling using stones.

After night kamlaniye you can talk to the shaman personally about your health or fortune*.



Accommodation in tents



Breakfast, lunch, dinner on fire



For extra charge

Day 6. Buddhism

Return to Kyzyl.



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

In the evening tourists return to yurt camp Biy-Khem.

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



Accommodation at the yurt camp Biy-Khem



Breakfast on fire, lunch packed, dinner at the yurt camp



420 km by bus



For extra charge

Day 7. Scythian gold

After a breakfast a visit to Kyzyl and to a [shaman clinic](#), meeting shamans, the introduction to the rituals and rites. Some individual appointments can be held*.



After that you will visit craftsmen shops where you can learn the secrets of shaman drums production. Then you will take a walk in the city, visit some gift shops.

Lunch in a restaurant.

The highlight of the day is the visit to the [National Museum of Tuva](#) (the famous Scythian gold exhibition) to see unique archaeological finds of different epochs. The pearl of the museum's collection is of course objects from the burial mound Arzhaan-2. The excavations of this burial mound were carried out in 2000-2003 by the specialists of the Hermitage and the German archaeological institute. These archaeological findings (more than 20 kg of golden objects) became a real sensation in archaeological world. In 2008 famous Scythian gold was returned to Tuva from European exhibitions. To protect the collection of the museum the special equipment was bought for the exhibition hall. There are 76 528 objects in the collection.

By the evening arrival back to yurts, dinner.

Farewell ceremony ritual. Presentation of certificates of training tour.



Accommodation at the yurt camp Biy-Khem



Breakfast and dinner at the yurt camp, lunch in a restaurant



50 km by bus



For extra charge

Day 8. Farewell to Tuva

Transfer from the yurt camp to the airport of bus terminal of Kyzyl.



Breakfast at the yurt camp



25 km by bus