INCOMING TOUR OPERATOR
IN SIBERIA

SIBIRIA
SAYAN RING
САЯНСКОЕ КОЛЬЦО

Initiation into shamanism

Day 1.

07:00 Arrival of tourists, meeting at the airport or bus station of **Kyzyl**, transfer to the hotel **"Chalama"**. Accommodation. Rest.



Acquaintance with Tuva will begin with lunch with dishes of Tuvan national cuisine. The main products of the Tuvans for many centuries were milk and meat, livestock products. Kumys - fermented mare's milk, sogazha - liver fried on coals are very popular. And not a single meal is complete without tea with milk. Tea is necessarily green and brewed with the addition of salt.

After lunch you will have an excursion around Kyzyl. Visit the geographical center of Asia. This is the main symbol of Kyzyl, the most famous landmark of the city.

After will be a visit to a Buddhist monastery, where you can meet a real spiritual mentor called lama.

Then a performance of implementers of traditional Tuvan throat singing - "khoomei". This is a special style of singing, which is mastered by the Tuvans and some other peoples of Siberia. This is throat singing, the ability to produce several sounds of different pitches at once and hold them for up to 30 seconds. If you don't see the performer, it's hard to imagine that the sounds are produced by a person, not a musical instrument.

Tuva has combined many cultures, one of the most attractive is shamanism. Departure to the mineral spring Dungur, where an introductory lecture on shamanism will take place.

Dinner on your own.

Accommodation at the hotel

Breakfast at the hotel, lunch at the cafe, dinner on your own

10 km by bus

Day 2.



Breakfast, after which the group will head west to the mineral spring arzhaan "Shivilig". Arzhaan means "holy water, mineral water, healing spring". Meeting with a shaman who will accompany the group further.

Before lunch - a stop at the breathtaking mountain Khayyrakan, this is one of the most sacred and revered places in Tuva. In 1992, it was chosen as an energetically strong place and consecrated by the Dalai Lama XIV. At least once a year, local shamans come here to recharge with energy, strengthen and cleanse their spirit. Why not take advantage of this opportunity?

Picnic lunch.

Arrival in the village of Chindozyn, organization of a tent city.

Accommodation in tents.

Accommodation in tents

Breakfast at the hotel, lunch box, dinner on the fire

420 km by car

Day 3.

Departure to the mineral spring "Shivilig", visit to the spring, then together with the guide the group goes on a walk to the next mineral spring Churek-arzhan. This is a weakly radioactive spring, where the water temperature fluctuates from 3 to 9 ° C, the radon content corresponds to the lower limit for medicinal waters of this type. During the visit to the springs, tourists learn about their medicinal properties and methods of treatment at the springs.



Return to the camp, lunch. Participation in the preparation for the rite of kamlaniye.

The ritual, as a rule, is carried out at night or for several nights. Another option is in a yurt with a lit hearth, or in a sacred place in the presence of many people. To the sound of a drum, the shaman makes cries, imitating the cries of a crow or a cuckoo. These birds give the shaman the ability to compose songs. Then the shaman sits with his back to the fire or to those present, quietly and rhythmically knocks on the drum and talks with his erens.

As a result of the conversation, the shaman either drives out the evil spirits or says that the situation is hopeless. In any case, he makes offerings to the helping spirits. To do this, he sprinkles milk in the four cardinal directions with a special spatula and burns pieces of meat and bread in the fire. Then those present try the food. The shaman's rite of kamlaniye is associated with achieving two goals: healing rites and cult rites. This can be a cult of fire, mountains, sacred trees, individual family patrons. In all cases, kamlaniye follows approximately the same pattern: purification - summoning the appropriate spirits - finding the cause of the disease or cult consecration - driving out hostile spirits - fortune telling about the outcome of the kamlaniye and the fate of those present - the shaman's departure.

Accommodation in tents

Breakfast, lunch, dinner on the fire

КМ 12 км by auto, 5 km on foot

Day 4.

Today the shaman will hold a seminar dedicated to the attributes of shamanic clothing. After lunch, a short rest in the fresh air, walks.



Closer to the evening, the shaman will reveal the secrets and methods of fortune telling on stones. Shamanic rituals are performed mainly for the purpose of healing people, less often in connection with failures, loss of livestock, fortune telling, etc. Shamans are very practical people and will not perform shamanic rituals abstractly, without a specific goal, and disturb the spirits. After the shamanic ritual, it is possible to attend individual receptions*

Accommodation in tents

Breakfast, lunch, dinner on fire

* for extra charge

Day 5.

Breakfast, group gathering and departure towards Kyzyl.



On the way tourists will see the center of Buddhist culture, the restored Ustuu-Khuree monastery. The temple became the crowning achievement of Buddhist construction in Tuva. There was nothing like it not only in Tuva, but also in the entire territory of the former Soviet Union. In 1930, after the adoption of a special resolution, Ustuu-Khuree was closed, and in 1937 it was destroyed. In 1999, Russian government, recognizing the historical and architectural value of the unique Ustuu-Khuree temple, decided to restore it. In July 2012, during the celebration of the music festival of the same name, the Ustuu-Khuree temple was officially opened.

Arrival at the Chalama Hotel in the evening.

Dinner on your own.

Accommodation at the hotel "Chalama" 3*

Breakfast on the fire, lunch box, dinner on your own.

420 km by car

Day 6.

After breakfast, the group will go to visit a craftsman, where you can learn the secrets of making shamanic drums. Walk around the city, visit souvenir shops.



Lunch at a restaurant.

During lunch, we will hold a real Tuvan tea ceremony. During the ceremony, you will hear a story about the methods of preparation, brewing Tuvan national tea with milk and salt, learn the history of tea in Tuva, tea legends and parables. Then where will be a Tuvan tea ceremony. Along with tea, you will feel the taste of the rich culture of the Tuvan people, feel the amazing land of the steppes and expanses of Tuva.

Next, there will be a visit to the National Museum of Tuva, where exhibits from the Arzhaan-2 burial mound are stored, including jewelry from the legendary Scythian Gold. The excursion "Scythian Gold" is dedicated to the famous Arzhan-II burial mound, excavations of which were carried out in 2000-2003 by Hermitage specialists in cooperation with the German Archaeological Institute. The treasures found in the burial mound (more than 20 kg of gold items in total) became a real sensation in the archaeological world.

Dinner on your own.

Accommodation at the hotel "Chalama" 3*

Breakfast at the hotel, lunch at a cafe, dinner on your own.

50 km by car

For extra charge

Day 7.

Breakfast at the hotel.



Transfer to the airport or bus station.

Breakfast at the hotel

10 km