











The mysterious and hard-to-travel Poonezhye, or the Onega River Valley, is the melting pot of history, traditions and beauty of the harsh Russian North. Take jeeps to move from Lake Lekshmozero to the coast of the White sea along the most mysterious and remote places. You will also pass the rapids of the Onega River during rafting and will stop at unique yet little-known places.

Experiences you'll have

A SUV expedition

During this journey you will discover the disappearing historical places of the Russian North. You will see preserved monuments of wooden Russian architecture of the XV-XVIII centuries: ancient churches and chapels, hydraulic engineering constructions, as well as unique natural landscapes of lake Kenozero, Upper and Lower Onega rivers.

This tour is endorsed by the Russian Geographical Society.

It is included in the "Top-30 of unforgettable journeys", according to National Geographic Traveler magazine.

Highlights of the journey:

acquaintance with the unique Russian wooden architecture in Krasnaya Lyaga, Lyadinym Saunino, Turchasovo, Piyala and Vershinino villages

visiting the famous Onega monasteries like the 15th-century Alexander Oshevensky's Monastery and the Kiy Monastery of the Cross, founded by Patriarch Nikon in the 17th century rafting down the Onega river to Turcasovo or Pustynki villages, which has preserved the ancient wooden churches of the 18th-19th century

boat trip to Kiy Island, which was the spiritual center of the Onega Uyezd for many centuries and still attracts pilgrims from all over Russia

acquaintance with the traditional folk crafts of the inhabitants of Poonezhye during visiting the local museums of flax and Kargopol clay toys

You will see the great White Sea - Baltic Sea watershed. The narrow ridge between Lake Vilno and Lake Maselga is the continental inter-oceanic watershed. Lake Vilno's waters flow into the Arctic Ocean, while Lake Maselga's waters flow into the Atlantic Ocean

Cover photo courtesy of Swetozar1

Arkhangelsk region

Onega Landscapes

Difficulty

_=ПП

Age

from 12 y.o. from 3 to 9

Group size from 3
Duration 7 days

Accomodation at the trip



4 nights 2 nights

Языки



guide

from 1 600 EUR

Itinerary

The journey begins with a meeting at the Nyandoma Railway Station, Arkhangelsk Oblast. Groups arriving from Moscow by train №116/118 are picked up at 10 am; St. Petersburg groups arrived by train №10 are picked up at 6:38 am.

The journey ends in Arkhangelsk. Please, consider this when buying tickets.

Note: in case of sea storms during the tour, you will climb Mount Zherebtsova instead of the island trip.

Day 1

After the Nyandoma meet-and-greet, tourists are taken to

Kargopol, which is 80 km away. En route you will visit the ancient villages of Malaya (Little) Shalga and Bolshaya (Great) Shalga. Once there, you will be accommodated at the local hotel or in a quest house.

After tasting the Kargopol cuisine, you will take a car for a sightseeing tour of Kargopol. You will see the city panorama, the marketplaces (the Cathedral Square and the Old Square), as well as the "valushki", or what has remained of the ramparts of once a great fortress where archers repelled the Polish-Lithuanian squads and Russian "thieves" as far back as in 1612.

You will also go to the village of Saunino to see the 17th-century wooden Church of Nativity of St. John the Baptist. Passing along the Onega river, you will admire Kargopol river rapids. For an extra fee, you can visit the Medvezhy Krai Eco Park (Russian for March of the Bears). It is a private residence containing truly fabulous sculptures and compositions. Or you can go to the private museum run by the Shevelevs, a well-known family of master potters.

Day 2

Today you are going to explore the vicinity of

Lake Lekshmozero. En route you will get acquainted with the wooden architecture and culture of Kargopolye, its tent-shaped



churches and the Kargopol clay toys. Also you will visit the Flax Museum, the 17th-century Church of St. Michael in Sreteno, and the multi-done Church of the Epiphany of Lyadiny monastery.

For lunch you will taste the conventional rural cuisine: the local Cisco (fish) delicacy, mushroom soup or stew, and tarts for tea.

Afternoon you will go to Kenozero National Park to see the enormous Lake Lekshmozero. You will reach Maselga village to witness the Great White Sea and the Baltic Sea watershed dividing the Atlantic Ocean and the Arctic Ocean. There is only a narrow ridge between Lakes Maselga and Vilno.

Also you will see a beautiful old house on the lake in the village of Guzhovo and climb the Hizhgora Mount, on top of which the Church of Alexander Svirskywas built in the middle of the19 th century. Then you will return to Kargopol.

Day 3

Today you will travel to Oshevensk, one of the most

important historical and cultural center of the region after Kargopol. En route you will stop at the "holy" stone in the village of Pozdyshevo, which contains the feed of St. Alexander Oshevensky.

During the tour you will visit the reviving Alexander

Oshevensky's monastery, founded in the 15th century. You will see the complex of stone buildings and churches of the 18-19th centuries. You will also get acquainted with the monuments of wooden architecture observing the ensemble of Oshevensky churchyard with the Epiphany Church and the bell tower of the 18th century.

For lunch you will taste the Northern "shchi" soup cooked

in the Russian oven, a porridge cooked in a cauldron, kalittki and shangi (tarts with cottage cheese and berries). After that you will visit the ancient village of Khaluy and the Arkhangelsk Churchyard, stop on an 18th-century wooden bridge.

In the evening you will stay at a guesthouse in the village

of Vershinino, where you will have dinner and go to a Russian bathhouse (banya, similar to Finnish sauna).

Day 4

Walk over the village of Vershinino is waiting for you

before midday. You will see the 19th-century two-story houses and the Kenozero Churchyard panorama, as well as visit the 18th-century hilltop St. Nicholas Chapel, that is considered to be an ancient landscape milestone and the symbol of Kenozero National Park. Then you will go to Ust-Pocha. Here you will see the unique "heavenly" paintings of the 18th-century Chapel of Nicholas the Wonderworker.

For the night you will stay at the guest house at the village of Markomusy. You will travel there via the Poonezhye parishes of Berezhnaya Dubrova, Ust-Mosha, and Paberezhye. For dinner you will have steamed game meat and cranberry tea.

Day 5

On this day you will get to the village of Turchasovo by

motor boats down the Onega river or take a walk on motor boats to Pustynka. It is a picturesque place near the Biryuchevskaya ridge of the Onega rapids. It has preserved the 18th-century wooden Church of the Annuciation.

In Turchasovo you will see the central villages of what used

to be the Turchasovo Parish. Learn more about the monasteries of Lower Onega, as well as see the wooden churches, chapels, and bell towers in Piyala, Polye, Verkhovye and Nermuzhe villages.

You will have a picnic on the bank of the Onega river. In

the evening you will arrive to Onega town to stay at a guesthouse and go to a bathhouse. For dinner you will taste the pomor cuisine: cod soup, bread baked per ancient recipes, and Andozero tea with rye tarts and cloudberry.

Day 6

Today you will take a ferry to the village of Vorzogory on

the Pomor coastline, Onega Bay, the White Sea. Here you will hear old legends and explore the ancient Pomor village with a wooden ensemble of Nikolsky churchyard 17-18 th centuries.

Then you will go back to Onega for lunch and take a boat

trip to the Kiy Island Here you will see the Kiy Monastery of the Cross and enjoy the landscapes of the island with its pine forests, cliffs, and sandy beaches.

If the weather is inappropriate for the boat trip, you will cross the Onega River to reach the village of Kamenikha and visit its 18th-century St. Vladimir Church on Mount Zherebtsova.

Day 7

After breakfast you will be offered to join an Onega city

tour, which includes a visit to the Museum of Local Lore.

Then you will go to Arkhangelsk where you will have some free time for a city walk before flying home.

Accomodation at the trip

In Kargopol you will stay for 2 nights at "Kargopol" Hotel or "Poonezhye" guest house. Each double/twin room has a bathroom and cable TV. The hotel has a 24-hour reception desk, a bar, an ATM and a souvenir shop. It also offers free Wi-Fi.

In Markomusy and Vershinino villages you will live in a guesthouse, being accommodated in the rooms suitable for 2-4 people. The houses have a bathroom with a toilet and a shower, as well as the bathhouse outside at the yard.

In Onega, you will spend a night in double/twin rooms in one of the guest houses: "Visit center" or "Alyonushka".

FAQ

Discount for children

We give a 20% discount to children under 14 years old who go on this trip with their parents.

Meals

The tour price includes three meals a day and snacks on the routes (hot tea, sandwiches, pies).

What to bring

- comfortable sports and hiking clothes
- raincoat with hood
- a windbreaker, light down jacket (in case of cold weather)
- a warm sweater
- pants
- a tourist seat
- a hat
- a swimsuit, a towel and flip-flops for bathouse
- sunglasses
- a sunscreen

- mosquito and tick repellents
- a small thermos and a mug
- a small dry bag

Women need to have a skirt and a handkerchief to enter the territory of the monasteries.

Booking

Arkhangelsk region

Onega Landscapes

Difficulty ___ _

Age from 12 y.o. Group size from 3 to 9

Duration 7 days

from 1 600 EUR

What's included in the price:

- $\boldsymbol{-}$ guesthouse/hotel accommodation en route (DBL)
- three meals per day + snacks en route
- transfer from Nyandoma to Kargopol
- transport services en route (UAZ Patriot SUVs)
- motorafting
- excursions provided by the program
- bathhouse in KNP and Markomusy village

Accomodation at the trip





4 nights 2 nights

Extra charge:

- railway tickets to Nyandoma and from Arkhangelsk (starting at 4000 rubles per person)
- an interpreter's service (+400 EURO in case you are the only foreign tourist in the group)







