

INTERNATIONAL CONFERENCE "POSTGENOMIC TECHNOLOGIES FOR BIOMEDICINE" (PTB-2012) POST-TOUR "GORNÝ ALTAI: SITES OF STRENGTH"



This tour is arranged for inquisitive voyagers, who want to appreciate each instant of their lives.

The schedule of the tour will provide you with a complete notion of Gorný Altai. You will visit the most interesting geographic, natural, historical, and cultural sites of this inimitable, charming and mysterious land.

The fastness of the trip and change of travel modes and means of transport will help you enter into the beauty of the Altai nature and have a rest after the hard-driving program of the Conference.

Seeing Chermal, a marvelous and energy-emanating site chosen for the recreation, you will have an unforgettable weekend and get an energy boost for months.

Overall duration: 3 days and 2 nights.

Type of track: Composite

Group size: 8–10 persons.

Shifts:

- 1st shift: June 30—July 2, 2012.
- 2nd shift: July 2—July 4, 2012.

TOUR PROGRAM

DAY 1

Start from the Novosibirsk Akademgorodok in a van at 6.00.

Trip to Gorný Altai (Novosibirsk—Biisk—Gorno-Altai—Chermal, approximately 530 km).

Arrival at Usnezha Village, **accommodation in the recreation facility Nika Mansion House**: double rooms, building 5 (near the health center, across the road from the central building at the bottom of Mt. Seligur).



The appropriate location of Nika on the bank of the magnificent Katun River, surrounded by majestic mountains will allow you to acknowledge the unique nature of Altai. Comfortable rooms, fitting every taste, and the kind staff of the hotel will ensure homely atmosphere.

Description of the recreation facility: <http://tur-04.ru/>

A billiards hall, conference hall, true Russian sauna, sauna with an indoor summer pool (3 × 4 m), health center (<http://tur-04.ru/med/>), children's playground, and 20-m swimming pool will serve for your proper family and corporate recreation. These services are rendered for a small additional fee.

Nika has also a tennis court; a site for barbecue; a free parking lot under security surveillance; a garden house, where a basket meal can be arranged; a picturesque illuminated site over the river, with hammock chairs; and a sand beach.

A new set of cafés deserves special attention of connoisseurs of the Russian and European cuisines.

Rooms. Each room has a toilet assembly with a shower booth, two single beds, bed tables, a table, a closet, chairs, a refrigerator, a TV set, and a balcony. Toilet assembly: a toilet bowl, a sink, and a shower booth. For photo images, see <http://tur-04.ru/fond/k5/>.

Lunch

Post-trip rest

Three-hour excursion to Askat Village: walking, horse riding, or riding on mountain bikes along picturesque sites of the Katun bank. Horses and bikes are rented for an additional fee on the spot.

Visit to the exhibition of paintings by the Golovan' family and **ascent to Mt. Menzhelik**, a low mountain with a marvelous panorama of the Katun Valley, Askat forest and Askat Village.



Askat is a site of energy emanation. It is attended by artists for painting and qigong practitioners for health improvement. Environmentally safe Altai herbs are picked there. It is a place where everybody can feel his talents and implement them.

Pictures, souvenirs, and herbal teas can be bought at Askat.

Basket dinner on the bank (barbecue), bonfire, and singing to a guitar (guitarist rendered)

DAY 2

Breakfast

Rafting along Katun, excursion to the Biika Archeological Site.

Excursion along the Chermal Road along the right bank of Katun. Sightseeing of ancient burial mounds, petroglyphs, an ancient cave encampment, and the narrowest site of Katun.

Glimpse of the history of ancient nations inhabiting Gorny Altai in various epochs.

The miraculous Biika Cliff reproduces sounds of the river. If you yell or slap hands, you will hear the same sound rather than echo.





Basket lunch on the bank of the Edigan River, near its mouth.

After the lunch, rafting through four rapids: Teldekpen-1, Teldekpen-2, Biika, and Elanda.

Rafting time: 2 h 30'. The overall duration of the excursion with the lunch, and rafting is 7 h.

Dinner

Russian sauna (2 h)



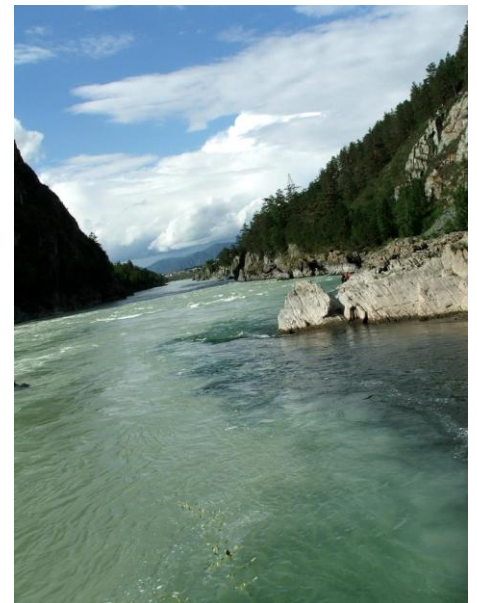
DAY 3

Breakfast

Excursion "Legends of Chemal", 3 h.

You will visit a functional hydroelectric station on the Chemal River, learn about the history of its erection, and have a walk along a goat path over the Katun River.

From the path, you will have a splendid view of the confluence of Chemal and Katun (Sartakpai's Gate) and the Cliff of Lamentations. Then you will visit an Orthodox church on Patmos Island



Return to Nika, room leaving.

Lunch

Spare time for leisure, sightseeing, and sunbathing on the Katun bank.

17.00 — Start to Novosibirsk in a van. Estimated arrival: 23 to 24 h, local time.

Tour cost per person: 7600 rubles

- ◇ Accommodation in double rooms for two nights,
- ◇ Full board:
 - Day 1. Lunch, basket dinner on a riverbank.
 - Day 2. Breakfast, basket lunch during rafting, dinner.
 - Day 3. Breakfast, lunch.
- ◇ Three-hour walking tour to Askat Village.
- ◇ Excursion to the Biika archeological site.
- ◇ Katun River rafting with four rapids, 2.5 h.
- ◇ Russian sauna, 2 h in the 2nd evening.
- ◇ Excursion "Legends of Chemal", 3 h.

Extra services:

- Rent of horses or mountain bikes for the excursion to Askat.
- Services at the recreation facility: billiards hall, swimming pool, sauna, health center, etc.
- Souvenirs.
- Options in the Russian sauna: branch bunches, towels, etc.
- Refreshment during the trip Novosibirsk—Usnezya—Novosibirsk.
- Trip Novosibirsk—Usnezya—Novosibirsk

The program can be slightly modified with the approval of the group orderer.

The program of the Post Tour has been developed by the Odysseya Tourist Agency



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As the group size is limited, you are requested to apply for the participation in the POST tour in advance.

Payment in two parts:

- Part 1: 3800 rubles, fund transfer before April 25
- Part 2: 3800 rubles in cash on the day of conference registration

Applications for the participation in the Post tour should be submitted to bgrs2012@bionet.nsc.ru with a carbon copy to zub@bionet.nsc.ru, subject "Application for the Post tour"

The application form should include name, age, city of residence, country of residence, shift date (first June 30 or second July 2).

If a double room with twin beds is required, please indicate it in the application form.