



Green Hospitality Mile on Lake Baikal



Special Baikal Ice Marathon & Marriott Spirit to Preserve package-2016

The **Green Hospitality Mile on Lake Baikal** is a special event product designed to bring together corporate teams on the ice course of Great Baikal – the world’s deepest, oldest and largest freshwater lake, the treasure and well of the Planet Earth... This incentive highlights the winter Baikal in March – best time to visit this gorgeous area during the season. It allows to explore the natural taiga-woods of Baikal by snow-mobiles and unique sled-dogs, meet the local people during the “Maslenitsa” -Shrovetide Festival, go fast down the Siberia’s longest slide or take a horse-sleigh ride, taste native Siberian and Russian cuisines, see or compete in the ice-fishing on the world’s deepest and largest freshwater lake, and more...Also, it gives another chance to discuss the green hospitality issues after the completion of the tour package.

In addition, the great challenge, another huge highlight of the event is an opportunity to take part in the XII edition of Baikal Ice Marathon – International run “For preservation of clean water”! The rules of this, now world renowned, foot race on the ice course of Lake Baikal are really strict, and one has to qualify to run in the Baikal Ice Marathon. However, this special package allows you to take part in the great Baikal Ice run without any previous experience of running a long distance. The corporate rules of the Baikal Ice Marathon are developed for the participants of the **Green Hospitality Mile** as a part of the **Baikal Ice Marathon & Marriott Spirit to Preserve** package: you will run in teams of 4 persons representing your company with bibs that have your logo, competing in a four stage run each 5 km 25 meters long! (read about Baikal Ice Marathon foot race on pages 5-8)

The ice and landscape of the “enchanted” Lake Baikal in winter is so unreal: like the water of the lake the ice is very clear, pure and slightly blue in colour. There are literally waves frozen into bizarre shapes, and the blues and turquoise colours are amazing, set off by the orange lichens and grey rocks. The sense of peace and the obvious power of nature prevail over here. Once visiting Baikal in winter you’ll go crazy snapping pictures of the ice cover of Baikal that still continues to live under and one can feel its Great breath... And walking on the ice is a strange feeling - one can still be able to see the bottom of the lake quite clearly, and running your mile on Baikal is just a great sensation!

Come for your green mile on Lake Baikal to be energized by Her beauty!



Green Hospitality Mile on Lake Baikal

Day 1, March 04, 2016

Welcome to Irkutsk – Siberia’s Microcosm and the gateway to Lake Baikal!

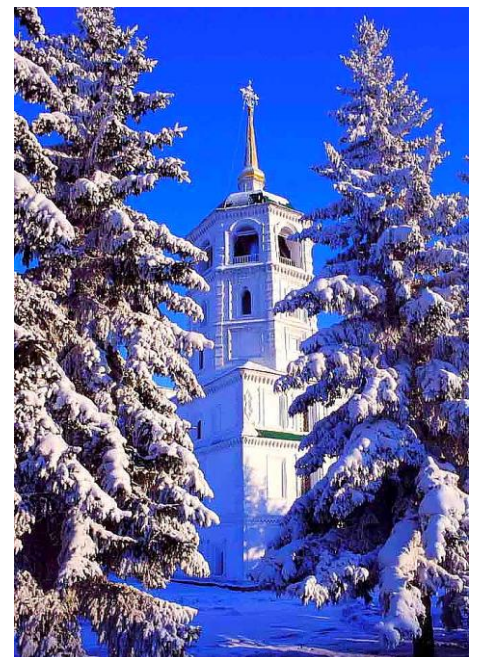
Upon arrival in Irkutsk – we shall be there at the airport to meet you for a further transfer to the **Courtyard by Marriott Irkutsk City Center Hotel** – the -1st International hotel of world-famous chain in Siberia.

Note: On the eve of its opening in 2011 this Marriott hotel in Irkutsk supported Baikal Ice Marathon “For preservation of clean water” and having covered some costs of the Russian participating runners, became the partner of this one-of-a-kind foot race in the world on Lake Baikal...

When checking in at deluxe rooms of the Irkutsk Courtyard by Marriott located in the historical and present downtown part of the city, enjoy welcome-drink, and after some time at leisure meet your professional bilingual guide at the lobby for a sightseeing tour of the city of Irkutsk often referred to as the Paris of Siberia, in the past.

During the city tour you shall visit the most atmospheric sites of Irkutsk including Znamenskaya Orthodox Cathedral famous for a rich collection of icons; graves of the Decembrists’ revolutionaries who were exiled by the tsar to Siberia for the ill-fated attempt to overthrow the tsar in December, 1825; and grave of so-called Russian Columbus –Gregory Shelekhov – an early Russian explorer of Alaska. We will also then have opportunities to take pictures of richly carved old-style wooden houses, see the Monument to Russian Pioneers of Siberia topped by the bronze figure of Alexander-the 3rd, the White House of Siberian Province as well as visit the local bazaar.

After dinner served at the Irkutsk Courtyard by Marriott we welcome you to one of the cozy meeting rooms of the hotel for the slides presentation of winter Lake Baikal and overview of Baikal Ice Marathon followed by an orientation lecture on the upcoming conditions of the marathon ice course. During this lecture – a special briefing for the guests of Courtyard by Marriott about the Baikal ice Marathon features and peculiarities of winter ice on Baikal, get to know the difference between ridge ice and hummocks, pancake and brash ice, as well as you will become the first this year to get pre-start registered for your distance at the XII edition of Baikal Ice Marathon “For preservation of clean water”.



Day 2, March 05, 2016



After breakfast, we check out from the Marriott for a transfer to Listvyanka settlement located in the outflow of the Angara river from Lake Baikal and 62 km from the city of Irkutsk.

Approaching Baikal we stop in the source of the Angara River from Lake Baikal near the Shaman rock associated with many popular legends. After taking pictures here and learning about some ancient customs of local people, we proceed a short distance further to have lunch of tasty Siberian-Baikal cuisine to be served at a very popular “Proshly Vek” (meaning “Past Century”) water front restaurant. After lunch we will have a guided tour of Baikal Ecology Museum which has a nice display of unique exhibits of the lake’s flora and

fauna, see an interesting video about Lake Baikal and also visit the Baikal fresh water seal aquarium. After the tour of this interesting museum we shall drive to check in at the Legend of Baikal Hotel located on the shore of Baikal right opposite the Shaman Rock in the source of the Angara river.

After check in and accompanied by a guide we shall undertake the ice inspection/training walk on the frozen surface of Lake Baikal near the course of the 9-th Baikal Ice Marathon. Perhaps, some of you will already try to run on the lake preparing for the upcoming the next day great foot race on Glorious Baikal.

In the evening – last briefing and issue of starting bibs. Then enjoy special Marathon Pasta-Dinner.

Day 3, March 06, 2016 - Your Corporate Run Day on the Great Baikal !

XII Baikal International Ice Marathon

After early breakfast – transfer of the registered runners to the start of the Baikal Ice Marathon course on the opposite eastern shore of Lake Baikal , at the station of Tankhoy or near the station of Pereyomnaya depending on the conditions of ice formation . Your special “Marriot’s Spirit to Preserve” package allows you to run in teams of 4 on to the marathon ice course,

10:30 – Final Baikal Ice Marathon Course registration at the start line.

11:00 – Start of the IX-th Baikal Ice Marathon event (6 feed & drink station shall be operating, support team and hovercrafts available) .

As the participant of the “Spirit to Preserve” package you will have more control time to qualify yourself as the finisher of the Baikal Ice Marathon (control time will depend on the distance you choose).

17:00 – 17:30 – after the completion of the foot race – transfer to your hotel.

18:30-award ceremony, press-conference followed by Baikal Ice Marathon Gala Dinner.



Day 4 – March, 07, 2016

Explorations of the Baikal Taiga-woods by snowmobile and husky sleds



Today we explore the nearby premises of the Pribaikalsky National Park, one of the largest in Russia, covering an area of some 417,000 hectares and encompassing much of the western shoreline of Lake Baikal. It presents a landscape of mountains and sub-alpine meadows, coniferous forests and steppes. Today we aim to explore by snowmobile and husky sleds something of the taiga-woods that cover the wild backcountry. The forested shoreline around Baikal is home to the brown bear, the “Lords of the Taiga”, as well as elk, deer and moose. Departing after breakfast we will journey towards the Chelpanov Meadows, getting the feel of our snowmobiles and practicing riding them across this pristine landscape, before taking the opportunity to enjoy a ride through the area on Siberian husky sleds.

We will have an exciting trail and thrilling ride in the great outdoors with spectacular views of the taiga-woods enchanted in snow, led by professional dog sledding musher and the owner of the Baikal Sled-Dogs Center- Oleg Turumin, and with 2 dog-champions of Russia – Bell and Jazz. We will ride true and unique breed of the Kamchatka huskies developed by nature with no an intrusion. These riding dogs have in the ancient past inherited their ancestors’ – wolfs’ - exceptional quick-wittedness...And after few generations that were spent on the

shores of Lake Baikal these great outdoor dogs ,surely, acquired another specific feature in their character: this is greatness of that Energy that Baikal grants any being living in harmony with Mother Nature.

Under the expert guidance of the mushers – Oleg Turumin and his wife Natasha who’re hooked on winter wilderness -you’ll gain some understanding of the basic commands, techniques and sled control. Returning to the meadows we then partake in a picnic lunch, enjoying some delicious smoked omul –endemic fish of Baikal (a distant relative of the salmon) or an al fresco barbeque.

This afternoon gives us the opportunity to continue our exploration of this stunning area, before returning to our hotel.

We will have some time at leisure before taking a walk to visit the local Saint Nicolas Orthodox wooden church built without use of nails in the end of the 19-th century, and that has a very nice iconostasis.

To have dinner we will walk to one of the popular restaurant serving local and Russian cuisine where we can order the meals up to one’s taste or preference.



Day 5- March, 08, 2016

Celebration of "Maslenitsa" – Russian Shrovetide Festival



Today we will discover and experience the way how Russians celebrate their "Maslenitsa" or Pancake week, a Russian folk holiday dating back to the pagan times commonly regarded as the "sun festival" at the imminent end of the winter. From Orthodox Christian ancestry Maslenitsa is the last week before the Great Lent that is the seventh week before the Easter. And since during Lent, meat, fish, dairy products and eggs are forbidden as well as parties, secular music, dancing and other distractions are excluded from the spiritual life, the Maslenitsa represents the last chance to meet with the worldly delights.

So, after breakfast we'll depart for a guided tour of the Taltsy Open-Air Museum of Wooden Architecture—the place for all people to experience the history and traditions of the peoples of Siberia-Buryats, Evenks and Russians.

The Taltsy Museum is a unique display of original wooden structures scattered all over the large area and complete with great number of household items dating back to XVII-XIX cent. This one-of-a-kind exhibition including both native Siberians' and Russian sections, unfolds in a truly exciting story about Siberia's past: farmsteads of well-to-do peasant families, huts, log cabins and houses built of pine and larch-tree, broad back yards, storehouses, utensils, and even dog houses – all of them are genuine. In this museum you can take pictures of an authentic distaff, Russian fire stove with "palati" (sleeping boards), and icons placed in the so-called "red" corner and many more. Wandering around this wooden museum-village, especially when there's so much snow about an during the Pan Cake week, will be real fun as well as give an idea as to what life may have been like back in those days



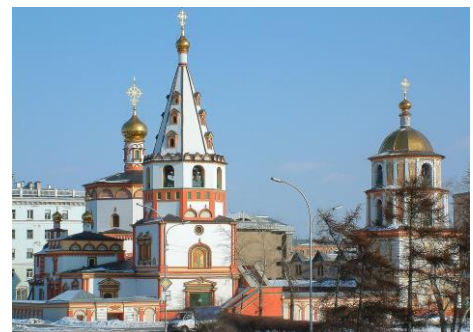
After the tour of Museum one can enjoy horse sleigh ride which in the museum surroundings will make you feel like taking a special tour into the past Russian history, and also you'll be involved in a number of traditional Russian folk games. For those who like a quick ride, the employees of the museum "Taltsy" usually build a traditional Russian slide and a snow carousel. To ride down here the Russian slide claimed to be the longest one in Siberia people use cow and sheep hides that were previously soaked in warm water and then left to freeze. People queue up to experience sliding down the track as fast as the wind – the insiders of this one-of-a-kind "slide sports" confirm that it is possible to reach a speed of 50 km per hour going down from the top of the slide to the Angara river bank. For the lovers of another old tradition, the employees of the museum also erect an old fashioned Russian snow carousel, on which you can

prove your sporting spirit not only by trying to turn the carousel as fast as you can, but simply by your ability to stay on the toboggan...

After much fun in the museum's great environment and historical outdoors we then will have tea-party with pan-cakes –the "bliny" - essential element of Maslenitsa celebration popularly taken to symbolize the sun. Round and golden, they are made from the rich foods still allowed by the Orthodox traditions: butter, eggs, and milk. We will eat the "blynis" – pancakes in the village pub of the Museum the way Russian people in Siberia usually do (with honey, sour cream, moss berries etc.)

After having enjoyed our time spent at the "Taltsy" Wooden Architecture & Ethnographic museum in the open-air we shall drive to Irkusk to return to our host in the city – Courtyard by Marriott Irkutsk City Center hotel.

Before dinner we will have a workshop dedicated to green hospitality industry issue. And during dinner you will receive your CD's for the memory of your Green Hospitality Mile on the Great Baikal!



Day 6- March, 09, 2016

After check out from the hotel – transfer to the airport for your return flight home with great memories of your 1-st Green Hospitality Mile on Lake Baikal!

Above package cost for a corporate team of 4 persons (on all-inclusive basis as described the above tour): 7041 USD (on twin room sharing at the hotels; single room supplement - 360 USD p/p)

As an alternative, once you may have another week available to explore more of the Great Baikal – you're welcome to go on an extension of exclusive trip to the Pole of Baikal (see another longer version of the Baikal Ice Marathon & Courtyard by Marriot Spirit to Preserve package). For more details e-mail us: events@absolute-siberia.com , run@baikal-marathon.org

Baikal Ice Marathon-2016

Russia’s most exotic marathon in the superb environs!



RACE: Baikal Ice Marathon

LOCATION: Lake Baikal (Listvyanka, Russia)

DISTANCE: 42.2 km (26 miles), single stage

DATE: March, 03, 2012

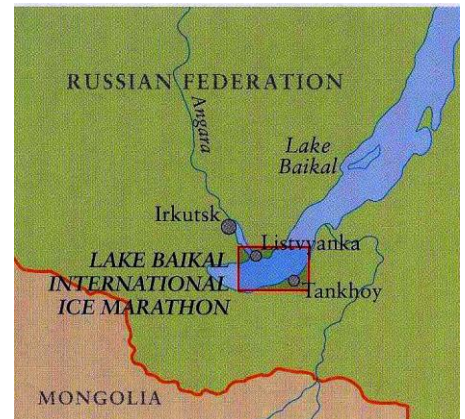
TOTAL ASCENT & DESCENT: Negligible

KEY CHARACTERISTICS: Marathon on frozen surface of world’s largest and deepest fresh-water lake

RACE RECORDS: Male: 2:55:51, Female: 3:50:11 –also the world records of marathon running on ice

CLIMATE: -10° to 2° C (23° F to 35° F)

FINISHERS: 95 % of the starters



▶ Lake Baikal Ice Marathon “For Preservation of Clean Water” offers a competitor the unique opportunity to race across entirely frozen water surface of the world’s largest, oldest and deepest lake. This extraordinary event is based in the small town of Listvyanka, 65 km south of Irkutsk.

▶ It takes quite a time and effort to get ready with the marathon ice course. Surface of the frozen lake Baikal is covered in fields of “hummocks, small hills of ice rubble, ice pressure ridges and brash ice. Beneath the ice surface, geothermic springs and seismic activity because localized melting that sometimes may weaken the ice to form holes (though the average ice on Lake Baikal in this part is over 1 meter and a half which allows trucks and vehicles up to 10 ton in weight to drive on the ice). The race “Ice Captain” and Baikal Ice Marathon support team have the task of plotting a safe course. To get well prepared for the laying of the ice course about a month and half before they study satellite photos of the ice surface of Baikal to see how the lake freezes the current winter in order to locate possible stable ice cracks that sometimes can be up to 8 km long. A week before the Marathon they go on and lay preliminary Marathon course. The final course (42 km 195 m or 26 miles) is laid immediately preceding the race, otherwise movements in the ice can render the support team’s effort redundant.



The course for the race of Baikal Marathon is also checked by the Emergency and Rescue Committee staff before being approved.

➤ On the Baikal Ice Marathon race day itself, competitors are ferried by vans from Listvyanka to Tankhoy train station, located on the opposite shore of Lake Baikal. Prior to the start of the race, competitors some years are required to partake in the precautionary ritual of “vodka sprinkling”, in order to pacify the spirits of the Great Baikal (introducing the novel element of starting a marathon with a shot of vodka).

➤ The course is predominantly flat, but the surface is hard at times and uneven. Although it’s mostly covered in a soft layer of snow, there’re areas of highly polished ice that create conditions similar to an ice-rink. Wind can add to the already biting cold temperature and provide serious resistance to progress across Lake Baikal. Though, often the weather is sunny, with no chill factor one can even get some sun tan.

➤ Apart from the attraction of the Lake itself, runners come from all over the world for the unique opportunity to run on the ice between the two banks. After all, it is the traditional route of our ice marathon – from one bank to another, easily distinguishable on any school globe, that enables people to experience the wonder of Lake Baikal and feel energized by her beauty.



“The far reaches of Siberia may not be the first choice destinations for many endurance athletes, who may prefer instead the warmer, and more glamorous, climes. But for those that brave the splendid Russian winter, the reward is a fantastic race, in an area of outstanding natural beauty, on a one-off running surface of the Great Baikal”. - *Kym McConel & Dave Horsley*

➤ 9-the Baikal Ice Marathon “For Preservation of Clean Water” will be held on March, 03, 2013. Registration finishes on January,20,2013. Contact us: run@baikal-marathon.org, events@absolute-siberia.com

➤ Special “Baikal Ice Marathon-Marriott’s Spirit to Preserve” package, other post-event tours are available and offered (see pages 6-8, pages 9-14).

Join us for a fantastic running experience across Lake Baikal in Russia. The opportunity to run on the frozen water surface of Lake Baikal and cross this world’s deepest, largest and oldest fresh water on the run – 1400 meters above the bottom – is just one-of-a-kind...



Read below a few recent comments, impressions of the Baikal Ice Marathon participants:



Higuchi Yasuaki (Japan): "It was a summer in 2008 when my friend told me about winter Baikal. He told me how the lake Baikal is very beautiful in winter time. I was dreaming to visit the lake Baikal from when I was a student, 15 years ago. The Baikal International Ice Marathon was my first contact with the world's most beautiful marathon event.

In 2010, I tried half marathon because I was not a serious runner. I spent a lot of time to finish but I enjoyed a lot and I was so impressed by beauty of Baikal's nature and its power. Therefore, I felt in my bones that I, as a living thing, was lived by this lake. I decided to come back again and I already ran three times. Every run were for the Baikal. Finally, my dream comes true. I ran from a shore to the opposite shore with enjoying the time talking with the great nature of Baikal. The cleanest water, the most beautiful ice, the freshest water and the kindest people are the treasure of Russia. I wish I can come back to this hallowed lake every year. Thank you, Baikal!! "



Maybritt Elisabeth Prael, Australia (set up a women's world record in marathon running on ice in 2012 on Baikal):

"As an Australian, the attraction was intense to run the Baikal Ice Marathon because in our country there is nothing to compare to the vast white wilderness and frozen beauty of Lake Baikal in Siberia. On the sunny and frosty morning of the 2012 event it was a privilege to stand with competitors from all over the world to bless this ancient and sacred lake. This year the offering was with milk sprinkled north, south, east and west. It was an honour, not only to bless the lake but to experience the 42.2km journey on foot across its frozen water. The pristine snow, pure air, stunning landscape and comfort of knowing that friendly faces welcomed us at each of the drink stations served to enhance this amazing experience. Not far from the finish line a large bird flew directly towards me and when it was overhead it greeted me with a kind and welcome call, as if to say "you are nearly there" - I will never forget it. Burkhan was kind to us that day as the predicted winds did not arrive and we were treated to a perfect sunny day. A huge thank you to everyone involved in the organisation of this magnificent and unique event. It was an absolute joy and I look forward to returning to Lake Baikal soon."

David Bryan, a veteran runner from Portsmouth, US:

" It is with great sincerity that I share my compliments with you regarding a wonderful experience in your country in association with running the VIII Lake Baikal International Ice Marathon. The event was masterfully organized to the extent I will say that the organization could only be topped by the sheer beauty and majesty of the setting. Without a doubt, Lake Baikal is a true wonder of the world, and I feel very fortunate to have traversed its ice-covered surface. I can only imagine how beautiful the Lake is when it is not frozen. The race was fair- yet extremely challenging. It is a race I take immense pride in completing as I move toward running a marathon on every continent. I can imagine no experience more unique on the Asian continent. Staff members were extremely professional. The Russian people were wonderfully hospitable during my entire stay, and I will always treasure the memories of my visit to Listvyanka, Siberia. Thank you for organizing a great event!"



Laura Nicholas, a charming Bulgarian from Belgium:

"There are a few adventures that I have undertaken, that really stayed on my mind for a long time. Of course I remember them all, but they tend to merge and blend and I lose some of the details. Sometimes it's just the beautiful scenery you find yourself in. Sometimes it's the outstanding physical or aesthetically pleasurable experience. Sometimes the good company or the inspiring people I met, or the different and admirable culture, or the unusual circumstances. And sometimes it's all of the above. And that's how it was: the Baikal Ice Marathon. "

Lucy Ward, UK (supports charity fund, *The Promise*, helping Russian orphans and children with disabilities. Preparing for the 8th Baikal Ice Marathon she has raised nearly 8000 pounds!): "The run, I won't deny, was something of a slog: even the toasts we drank in milk at the start to appease the lake spirits could not moderate the toughness of a featureless ice field where the brain can find no progress markers and distances are impossible to gauge. Yet the sense of achievement on reaching the little wooden hut set up in mid-lake after 21km (13 miles) and two hours 25 minutes was extraordinary, and as we drove back by hovercraft the otherworldly beauty of Baikal worked its magic."



Dr Philip Blezdel from UK (for nine months leading up to the start of the *BIM Philip*, raised funds for terminally ill elderly people for the British charity):

"We crossed the finish line in 5 hours and 3 minutes, running on one of the most unique landscapes on the planet. Conditions on the day of the race were exceptional - Heaven gave us blue sky and lots of sun. In such conditions, a new world record was set in marathon running on the ice! Our race did not beat any records, but we succeeded in finishing it on the beautiful frozen scenic trail which was for us a huge achievement".

Sergei Kalashnikov (from Irkutsk, Russia - the world's fastest marathon runner on ice - 2:55:51!):

"This was my fourth time taking part in the ice marathon and it would seem I have some experience. However, the Baikal is diverse and therefore each of the four races has been in their own way, unique. Today was perfect sunny weather, no wind and a bit of snow on the track. And most importantly - it lasted until the finish line. I will never forget my first race in 2009 when suddenly in the middle of Lake Baikal the sky became overcast and it started to blizzard. But in less than half an hour there was sunshine again. It is a great feeling when you beat a previous time and I realised after the 10km mark that I might be able to make a record time. Running further my confidence grew... I managed to endure until the finish line, in the joyful Siberian spring sunshine. Finally, I want to say thank you to all participants and competitors and express gratitude and appreciation to the organizers of the Baikal Ice Marathon."



Chris Heaton, UK (with his run in *Baikal Ice Marathon* raised 3247 pounds for the charity):

"..Apart from the experience of the run, the most interesting thing has been to meet the other runners. I feel that the world is leaving me behind and more importantly many of our brightest and best from younger generations. These people are internationalists, living and working all over the world wherever opportunity exists, speaking three, four languages fluently, covering all continents as a matter of course... The weather as you will see from the videos was magnificent. Cold of course, but sunny and clear. After a while you actually felt too hot - but if you slowed down or took any clothes off you quickly got very cold

again...Thanks to Alexei and Lisa from Absolute Siberia - your passion for Baikal is wonderful, and your organization first class and welcoming. It has been a privilege to visit you. I do feel that I have pushed to new limits, it has been an outstanding experience."

Rob and Maureen Jackson, South Africa: "Maureen and I are back in South Africa after our great trip to Russia/Siberia. I have been lucky enough to run marathons in many many countries in the world and I think I can say that yours was the best! The trip across the lake in the hovercraft was fantastic and exciting for us .Although the conditions were tough and it was pretty cold by the end, I really enjoyed the run across the ice! Fantastic...!"



See some photos of the Baikal Ice Marathon (8-th edition) following the links below:

<https://plus.google.com/photos/11201327775653247806/albums/5730417808966217297>

<https://plus.google.com/photos/11201327775653247806/albums/5730439212541767761>

<http://www.fun-run.ru/2012/03/08/bajkalskij-ledovyj-marafon-2012-prodoljenie-1/>

<http://www.fun-run.ru/2012/03/14/bajkalskij-ledovyj-marafon-2012-prodoljenie-2/>