



«Multinskoe Lake. Altai Mountains» Post-conference tour BGRS/SB-2026

This tour is designed for curious travelers who value every moment. A dynamic itinerary with varied transport and hikes helps you fully experience the beauty and uniqueness of Altai nature, unwind after the conference, relieve stress, and recharge for months ahead.

This post-tour expands on the geography of places we visited during BGRS/SB conferences in [2022](#) and [2024](#), and showcases new destinations: lakes encircled by mountains, glaciers, waterfalls, and valleys. You'll also see landscapes depicted by Nicholas Roerich in his paintings. As always, you'll take stunning photos and, most importantly, bring home unforgettable memories.

No special training is required. Well-being, endurance and comfortable shoes for hiking on mountain trails are needed for the trekking components.



August 2024: participants of the post-conference tour to Altai "The Real Altai" (BGRS/SB-2024 conference).

Tour overview:

The journey begins along one of the world's most beautiful roads — the **Chuysky Trakt**, listed by National Geographic among the five most scenic roads globally. En route, we'll visit the **Altai Botanical Garden (Siberian Branch of RAS)**, then cross two **passes: Seminsky and Yabogansky**.

In the **Uymonskaya Valley** we'll visit the **N.K. Roerich House-Museum**.



The main program unfolds in a remarkable location—on the shores of the **Multinskie Lakes**, a true jewel of the Altai. We'll take two standout trekking: one on foot and one on horseback. The routes follow river valleys with views of alpine meadows in bloom, waterfalls dropping from cliffs, rugged "stone rivers" (talus fields), and surrounding mountain ranges.

We'll see the powerful **Kuyguk Waterfall** and the beautiful **Poperechny Waterfall**, as well as stunning turquoise **Kuyguk** and **Poperechnoye** lakes framed by glacier-capped peaks. We'll also cross the **Lower and Middle Multinskie Lakes** by boat.

The program includes a day of rest. It will take place on the banks of the river and next to the Lower Multinskoye Lake. In order to spend more time in nature, we reduced the time on the bus from and to Novosibirsk. The tour program will start and end in Altai.

Six full days, two mountain passes, three types of transport, boats and horses, two waterfalls, two trekking, a professional guide-instructor, a friendly company of intellectuals and all this surrounded **by the real Altai Mountains**.

Tour starts: Novosibirsk (Akademgorodok), Biysk (Altai Region).

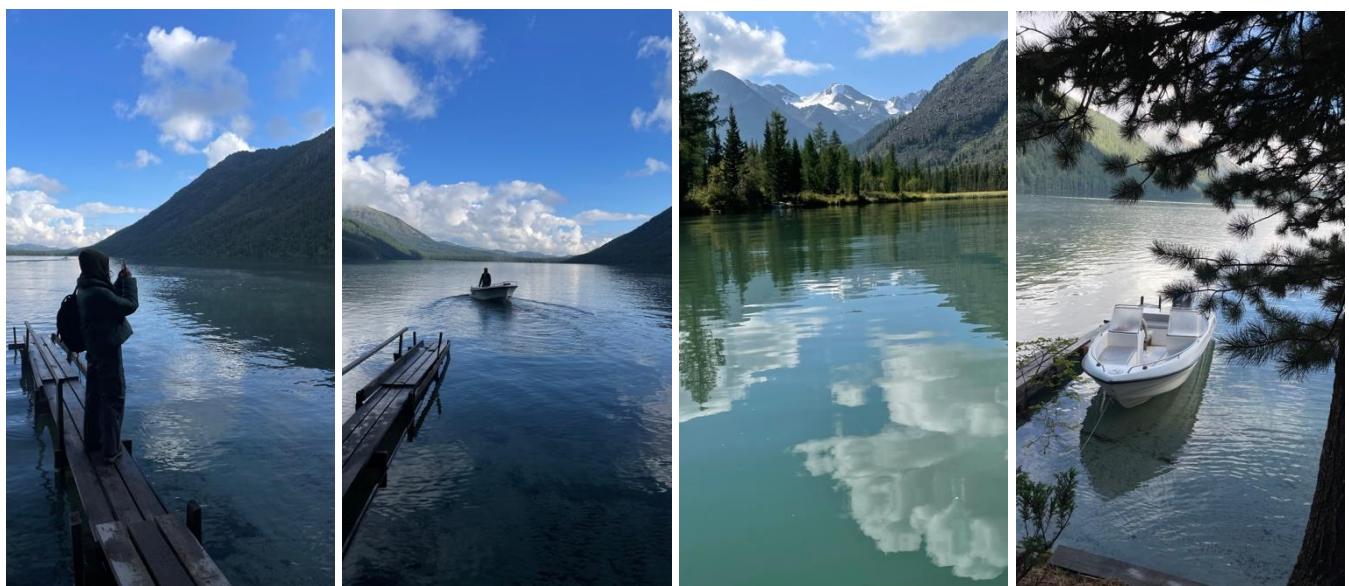
End of the tour: Gorno-Altaisk (Altai Republic).

Dates: from July 11 to July 17, 7 days / 6 nights.

Type of route: combined, bus, special off-road vehicles, boat, on foot (first trekking), horseback riding (second trekking).

Meals: complex three times a day, every day.

Accommodation: 1 night in the village of Zamulta, 4 nights in the area of the Lower Multinskoye Lake, 1 night on the bank of the Katun River at tourist recreation centers in double, triple and/or quadruple rooms, sanitary facilities in rooms or on the territory of camp sites, shower on site, Russian bath ("banya").



TOUR PROGRAM

THE DAY BEFORE, JULY 10 (FRI)

At 21:00, departure from the hotel "Zolotaya Dolina" (Ilyicha St., 10) to the Railway Station of the city of Novosibirsk. Boarding the train. Travel time: 9 h 27 min.

DAY 1, July 11 (Sat)

At 8:16 arrival in Biysk (Altai Territory). We change to a comfortable bus. Ahead will be a long and interesting journey to the Uimonskaya Valley of the Altai Republic (~ 488 km). The road to Gorno-Altaisk (105 km) will go by unnoticed, and here is the first meeting with the Katun River.

After roughly three hours, we stop at the **Altai Botanical Garden (SB RAS)**. The garden researches rare, endangered, and endemic plant species and holds a significant collection from various climatic zones of Altai, other regions of Russia, and the world.

After the garden tour and lunch, we turn toward the **Uymonskaya Valley**. With a stop at **Yabogansky Pass**, we'll enjoy views of the mountain river, valleys, and multicolored peaks.

Upon arrival in the village of Zamulta, there will be dinner and accommodation at the tourist complex (approximate time of arrival 18:00).

DAY 2, July 12 (Sun)

At 7:30 a.m., morning exercises for those who wish.

At 8:00 breakfast and check-out.

At 09:00: Visit the **N.K. Roerich House-Museum** (Verkh-Uymon village, 20 km). This was the local center for the Central Asian Expedition led by Nicholas Roerich; he stayed here in 1926. The museum offers a compelling narrative about his expeditions, worldview, and the legendary "Belovodye," along with photographs and reproductions of his works.

Return to Zamulta for the start of our remote access segment—locally known as the "**zabroska**" to the lakes. We transfer from our bus to **GAZ-66** high-clearance trucks (well-known to the 2022 post-tour participants). About 2.5 hours on these vehicles to the "Multinskie Lakes" tourist complex. Lunch and check-in.



The mountain tourist complex sits along a river, about 300 m from the Lower Multa Lake. Accommodation ranges from cozy two or three-person cabins and white glamping tents to larger houses for groups. Rooms are stylish and well-kept. Some have showers and bathrooms; there are also convenient shower facilities on-site.

The Internet and cellular communication do not work. Electricity and hot water are from solar panels. You will be immersed in Altai romance. This is the place to meditate and free your head from the hustle and bustle of the city.

On this day, after the road, we rest on the river bank, walk along the shore of the Lower Multinskoye Lake. In the evening, it is necessary to charge all phones and batteries (power-bank) to the cameras well. In the next two days, we will need them. Then dinner and gatherings around the fire, and above us the starry sky, around only the mountains and the sound of the river.



DAY 3, July 13 (MON)

At 7:30 a.m., morning exercises for those who wish. At 8:00 breakfast is served.

At 9:00 we begin our **first trekking - to Poperechnoye Lake** (depending on the composition of the group, it is possible to change to the Upper Multinskoye Lake).

To begin with, we will cross the **Lower Multinskoye Lake and the Middle Multinskoye Lake by boats**. Beautiful emerald lakes are connected by a large **rift - Shumy**, we will pass very close to it. Reflections of mountain slopes framed by cedar forest dance across the lakes' transparent waters—an energizing start. After registration at the **Katun Biosphere Reserve cordon**, we take the trail: mostly level (rocky patches, clay, and roots) with a gradual climb, and a single steeper section of about 300 m up. Wildlife sightings are possible (hares, chipmunks, non-red squirrels) that are unafraid of people.

The path leads along riverbanks, mountain valleys, alpine meadows in bloom (including fireweed), views of talus "stone rivers," and onward to **Poperechny Waterfall, then Poperechnoye Lake**.

The view that will open up will delight you. Photographs cannot convey this beauty. Stretching for almost two kilometers, shimmering in the sun, the lake is at an altitude of 1885 meters above sea level, surrounded by high mountains, and, if you are lucky, with snow caps of glaciers. You can go down to the shore of the lake and touch this beauty. In July, a wide variety of flowers bloom on the banks, from fires to knotweeds. And then, on the equipped observation deck overlooking the "10 out of 10", you will enjoy a lunch box, carefully brought with you.



The way back will go a little downhill and your feet will bring you back to the lakes.

Return to the tourist campsite at approximately 19:00 – 20:00.

Dinner and a real Altai bath on the river bank will be a salvation for tired legs.

The distance is about 21 km. (of which about 15-16 km on foot), the height difference is 1630-1890 m.

Those who do not go to Poperechnoye Lake can take a boat ride with a group on two lakes to the entrance to the Reserve, take a walk along the Shumy and return to the tourist campsite and arrange a day of relaxation on the shore of the Lower Multinskoye Lake.



DAY 4, July 14 (Tue)

At 8:00 morning exercises with a view of the mountains on the river bank (for those who wish). At the end of the morning swim in the river for the most brave.

At 8:40 breakfast is served.



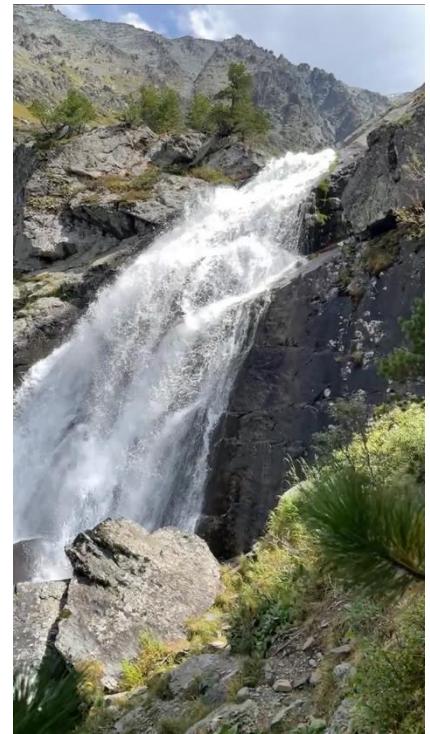
At 9:20 we begin our journey - **a horseback ride to the Kuiguk waterfall and Lake Kuiguk**. First, we meet our gentle four-legged companions, learn basic riding skills, and head out along the valley of the scenic **Kuiguk River**. The landscape differs noticeably from the previous day—new views, new sensations. Imagine riding a trail along the valley slope, the river murmuring below, small waterfalls descending from the slopes, and crystal air scented with Altai herbs and flowers. We cross mountain streams and ascend on narrow trails. Smart horses carry you and your daypack with care.

About 2.5 - 3 hours on horseback with rest stops and we are there.

It remains to walk about 500 m. to **the impressive Kuiguk waterfall**, which powerfully flies from the rocks from a height of 30 meters and goes into the stones.



Just beyond, a gentle climb and another few hundred meters reveal **Kuyguk Lake** —a true Altai gem. Roughly **1 km long and ~500 m wide**, with a mesmerizing turquoise color from glacial waters mixing with therapeutic blue clay. Many call it the most beautiful lake they've ever seen. It's a place to pause and absorb the quiet energy of the gray mountains encircling the lake, crowned with white glaciers.



After resting by the lake, we return to the horses, enjoy our packed lunch, and ride back.

Arrival at the camp **around 17:00–18:00**.

Dinner, Altai banya, and campfire time.

Distance: **~20 km total** (~18 km on horseback, ~1.6 km on foot), elevation range: **1,630–2,020 m**.

If horseback riding isn't suitable for you, this route can be done on foot.

DAY 5, July 15 (Wed)

At 8:00 a.m., there will be morning exercises with a view of the mountains on the river bank. Bathing is possible for the bravest. Breakfast at 9:00.

Today is a day of long-awaited rest. You can take your time, walk along the shore of a mountain river and/or the Lower Multinskoye Lake, breathe crystal clear air, meditate, read a book you took with you or sunbathe on the shore and even swim in the cool waters. For fun leisure at the camp site there is a volleyball court, badminton. If the group wishes, we can organize competitions and outdoor or intellectual games. Lunch and dinner according to the schedule. In the evening, already my favorite Altai bath ("banya"). And farewell gatherings around the fire.

DAY 6, July 16 (Thu)

At 7:30 morning exercises with a view of the mountains on the river bank (for those who wish).

At 8:00 breakfast and check-in.

At 9:00 a.m., it's time to return to civilization. GAZ-66 will take us down to the village of Zamulta, where we will again meet with a comfortable bus and go in the direction of the city of Gorno-Altaisk (about 420 km). Upon arrival at the hotel in the Katun River area, dinner and accommodation in the rooms.

DAY 7, July 17 (FRI)

Breakfast at the hotel. Transfer to the airport of Gorno-Altaisk.

Our tour is over. You are waiting for the return home.

Possible flight options:

- in Novosibirsk. Possible departures:

12:25 – 13:25, 14:35 – 15:35, 17:55 – 18:55, travel time 1 hour, cost from 5964 rubles (fare with hand luggage), from 8054 rubles (fare with luggage).

- Moscow. Departure options:
8:15 – 8:55 (DME), the cost is from 16685 rubles (fare with hand luggage), from 22575 rubles (fare with luggage).
10:00 – 10:40 (SVO), 11:20 – 11:55 (SVO), 19:00 – 19:40 (SVO), fare from 17340 rubles (fare with hand luggage), from 20740 rubles (fare with luggage).

travel time 4 hours 40 minutes.

Direct flights to the following cities are also possible: St. Petersburg, Kazan, Krasnoyarsk, Irkutsk, Perm. The summer schedule (departure days and times) must be specified later. Or flights with a transfer through Novosibirsk or Moscow.

The program is subject to minor changes (depending on weather conditions, in agreement with the customer of the group).

The tour price includes:

1. Accommodation in tourist campsites/recreation centers in 2-, 3- or 4-bed rooms (or houses) in the village of Zamulta (1 night), on the Multinskiye Lakes (4 nights), in the area of the resort area of Gorno-Altaisk (1 night).
2. Meals 3 times a day (breakfast, lunch, dinner) on all days of the tour on July 11-16, July 17 breakfast.
3. All transfers according to the tour program (July 11-16).
4. Group transfer to the airport of Gorno-Altaisk (July 17, for the flight with the maximum number of participants).
5. Escort by a professional guide-instructor.
6. **Excursion to the Gorno-Altai Botanical Garden of the Siberian Branch of the Russian Academy of Sciences.**
7. **Excursion to the house-museum of Nicholas Roerich.**
8. **Trekking to the Poperechny waterfall, Lake Poperechnoye, boat crossing of the Lower and Middle Multinskie lakes.**
9. **Trekking/horseback riding excursion to Kuiguk Waterfall and Kuiguk Lake.**
10. Medical insurance, including accident insurance.
11. Sauna ("banya") on the 3rd, 4th, 5th days of the tour.

The tour price does not include:

1. Travel by train Novosibirsk – Biysk (purchased in agreement with you, depending on the type of seat – reserved seat from 1500 rubles / compartment from 2600 rubles),
2. Flight from Gorno-Altaisk to your city, July 17.
3. Tick bite insurance.
4. Personal expenses, Altai souvenirs, honey, etc.

Approximate cost of the tour:

To be announced

Notes:

1. **The group is small, 16 - 17 people.**
2. **The deadline for applications and prepayments is February 28, 2026.**
3. Consulting assistance with the selection of return air tickets is possible. If you did not see your city in the list of possible departures, please write, we will select options.

Tour price for foreign citizens who do not speak Russian:

The same as for Russian-speaking participants, the services of a guide interpreter are not included, while all organizational issues are solved in English (or Spanish).

If you are interested in the tour and want to take part in it, please fill out [this application](#) for the tour and send it to the e-mail of Oxana Belkova belkova_ov@inbox.ru (+ copy to the organizing committee – bgrs2026@bionet.nsc.ru)

*Sincerely,
Long-term organizer of the tour - Odysseya Travel Agency LLC*

FEEDBACK FROM PARTICIPANTS OF PAST ROUNDS:

"Thanks to the organizers! The tour itself is amazing, especially for those who are in these places for the first time, but the caring, friendly attitude of all the organizers allows you to enjoy your vacation completely and forget about all the problems at least for a while. Thank you all!" (Ekaterina M., 2022)

«Dear Oxana, Elena and all the organizing team. Thank you so much for this tour. We enjoy again to visit Altai Republic. So great and awesome destination to change mind, see outstanding sites and enjoy good time with friendly people. Adventure was here also ☺ We come back to Moscow with so great memories and full of energy. Looking forward to seeing you soon! ☺ Best wishes. Laurent & Cecile» (2022 e.)

"A lot of words of gratitude have been said to the organizers of our fantastic trip, but still, I would like to say a huge THANK YOU to them for the amazing impressions received in this wonderful land!! Very professional team! And Elena, who accompanied us, protected us, made our trip comfortable, and Elena, the guide, whose stories were very fascinating, who speaks impeccable Russian, and, of course, Oksana, who was so far from us, but the care and concern of which we felt constantly. ❤️❤️❤️ You gave us the opportunity to feel the magical power of the Altai Mountains, to feel its energy and tranquility. THANK YOU! Thanks to all the participants of our trip! We had a great team!" (Elena 2022)

"I join! I went to Altai for the first time and now I really want to visit this place again. The organization was wonderful, thank you very much for the lot of impressions! ☺ (Elena Z., 2022)

"Oksana, once again thank you very much!! 🌟❤️👍 The Chulyshman Valley will always be with me now. By the way, we did your exercises this morning)" (Kira D. 2024)