



## Russia standard itinerary options 2007

The Arctic Circle PADI dive centre is the only place in Europe and one of the best places in the world to discover sea ice diving. Clear water, the severe natural beauty of the Russian North, the wonderful underwater world, the proximity of the Arctic Circle, a well-found base and experienced instructors, make The Arctic Circle the world's ice diving capital.

### **What you can expect to see and do:-**

- Fantastic ice caverns
- Life beneath the ice: soft corals, starfish, crabs, urchins, anemones
- Kelp forests
- Cod, wolfish, sea perch, flounders and shrimps
- Small wrecks –fishing and speed boats
- Ice riding –swimming in a dry suit in a large natural opening in the ice
- The beauty of the Russian north
- Aurora borealis show if conditions allow.
- Skiing and snowmobiling
- Traditional northern Russian cuisine
- Traditional Russian steam baths.

### **Option 1**

#### **London to London 9 days through Finland**

**Friday Day 1** London to Kuusamo via Helsinki. Departure from London at 11:20 a.m arrival in Helsinki at 16:20 p.m local time. Departure from Helsinki to Kuusamo at 19:05 p.m. Arrival in Kuusamo at 20:20 p.m On arrival in Kuusamo make your way to the Ruka resort for 1 – night stay with an option of a snowmobile safari from the airport to the hotel.

**Saturday Day 2** In the morning after breakfast 7- 8 hours road transfer to the “Arctic Circle” Dive Centre through the Finish – Russian border crossing station in Salla. Arrival at the Dive Centre in the evening. Dinner and rest.

**Sunday Day 3** After breakfast and a briefing commence diving.

**Day 3 to 7** Ice diving program – for 5 days with 2 dives per day for qualified ice divers. Alternatively the opportunity to take the ice diving specialty course conducted over 2 days.

**Friday Day 8** non diving day. In the early morning around 3 a.m road transfer to Kuusamo for a connecting flight to London via Helsinki.

**Saturday Day 9** Departure from Kuusamo at 14:05 p.m arrival in Helsinki at 15:15 p.m. Departure from Helsinki at 16:00 p.m Return to London at 17:10 p.m local time.

- Flights with Finnair from London (Manchester and Edinburgh departures available)
- UK departure tax ( subject to change)
- Road Transfer Kuusamo to Polar Lodge
- 6 days at Arctic Circle Lodge twin share economy room,
- Full board, 5 days ice diving with 2 dives per day, tanks and weights.
- Russian invitation for visa application.
- **Excludes required overnight in Kuusamo**

- **Twin share economy room £1149**
- **Twin share comfort room February and April £1345 March £1415**
- **No single supplements if prepared to share**

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## Option 2

### London to London 10 days through Moscow

**Friday Day 1.** Fly from London to Moscow. Spend the evening in Moscow with the option to overnight.

At midnight board the train to Chupa.

**Saturday Day 2.** On the train. A 28 –hours train journey will take you through the lands of Karelia. Relax and enjoy the views of Russian nature, watch passing by Russian villages.

**Sunday Day 3.** Early morning (around 4: 00 am) arrival in Chupa. 2 hour transfer to the Arctic Circle Diving Centre. After breakfast and a briefing commence diving.

**Days 3 to 7.** Ice diving program – for 5 days with 2 dives per day for qualified ice divers. Alternatively the opportunity to take the ice diving specialty course conducted over 2 days.

**Friday Day 8.** The surface day. In the evening farewell dinner. Late night transfer to the Chupa railway station.

**Saturday Day 9** Day on the train.

**Sunday Day 10** Early morning arrival in Moscow. A Moscow city tour or additional nights stays can be added. Evening departure to London.

- Flights with British Airways from London to Moscow
- UK departure tax (subject to change)
- Transfers in Moscow
- train to Chupa twin share compartment
- road transfer to Polar Lodge,
- 6 days at Arctic Circle Lodge twin share economy room,
- Full board,
- 5 days ice diving 2 dives per day, tanks and weights.
- Russian invitation for visa application.

- **Twin share economy rooms £1369**

- **Twin share comfort rooms Feb and April £1555 March £1625**

#### Rooms

- Economy rooms include use of cold water wash stand and chemical toilet one facility per 2 rooms
- Comfort rooms are en suite with toilet, shower and sink.
- There is a Comfortable saloon equipped with TV VCR CD and DVD players.
- Russian steam baths available for daily use

#### Meals

- Breakfast. Buffet breakfast with a large variety of classic European dishes.
- Lunch. Lunch of sandwiches, hot and cold drinks and fruit are offered at the dive site.
- Dinner is a meal of traditional Russian dishes.
- Beverages and snacks, hot tea, coffee and chocolate plus cold drinks are available 24 hours a day.
- At dinner the Director of the dive center offers free Russian drinks (vodka and beer). If you want other drinks take them with you as the base does not have a bar.

Excursions at dive centre should be pre booked

Authentic Russian villages £35, Ice fishing £35, Seabird watching £35, Excursion to camp ruins £35, Excursion to canyon £25 Based on 5 pax or more. Please enquire for individual rates

**Dates: February – April 2007 at Polar Lodge Sunday - Fridays  
Departures from UK Fridays**

Itineraries can be tailor made on request.

Overnight stays and tours in Moscow or Helsinki can be arranged  
Hotels in Moscow are from around £75-£100 per room per night.

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