Pribaikalsky National Park
This section of trail is located within Pribaikalsky National Park, which was established in 1986. The park is quite large, covering over 1 million acres. To learn more about the park, please visit its official website.

A permit from the park is required for hiking or camping, it is available in the office of “Zapovednoe Pribaikalie” Irkutsk or at the ranger station in Listvyanka

2916, Baikalskaya st., Irkutsk
2, Gorkogo st., Listvyanka
blgz-pnp@mail.ru, www.baikal-1.ru

Great Baikal Trail (GBT) is a non-profit environmental organization. Our mission is to promote local sustainable development and social equality through international volunteering, education and low-impact eco-tourism.

HOW?
We work towards this mission through:

- trail building and maintenance
- environmental education and restoration
- training crew leaders and interpreters
- educational trips for children to local villages
- social responsibility and leadership
- improving the health and well-being of local people

ACHIEVEMENTS

- 16 years of work
- More than 5500 volunteers
- More than 240 projects
- Volunteers from more than 30 countries
- Training for project crew-leaders and interpreters

GET INVOLVED
There are many ways YOU can support our work:

- Take part in our eco-teambuildings
- Volunteer with us
- Donate your time or money
- Take part in our projects with local youth
- Practice Leave No Trace ethics when you are hiking

For more information please go to
www.greatbaikaltrail.org
The Listvyanka — Bolshie Koty section of the Great Baikal Trail is a very scenic hike through Siberian forest and along the shore of Lake Baikal. This moderate 24.7km hike is easily accessible from Irkutsk and offers tourists an opportunity to truly experience Lake Baikal without venturing far from the city. On average, it takes 5-8 hours to hike. This trail guide provides information to help ensure that your hike is both safe and enjoyable.

Trail Description

The trail goes uphill starting at the trail head for about 4.5km. This ascent can be physically challenging, but it's the most strenuous section. Before you reach the top, the trail divides — take the trail on the right. You will be rewarded with a wonderful view of the lake from the crest (860m above the sea level, 404m above the lake level) before beginning your descent to the lake.

After a series of switchbacks, the trail will follow the shoreline. You will cross many rivers and streams with the help of GBT-built footbridges. Please keep to the trail and shoreline. Camping is allowed in designated sites (A), which are easy to find along the trail.

There are several stretches where the trail traverses steep cliffs (C); please be attentive and cautious.

Things that bite

When hiking, travelers should be prepared for encounters with ticks and snakes.

Ticks

Ticks are most active from April until June and can transmit Lyme disease and encephalitis. While hiking, do a thorough body check every half hour. If bitten, safely remove tick as soon as possible and keep in a wet cloth. Bring the tick to the Tick center - 3 Karl Marx st., Irkutsk.

Snakes

There are two types of moderately venomous snakes that live in this region: vipers and mocassins.

Did you know...

- The nerpa (Baikal's fresh water seal) can live to 56 years
- The omul is a member of the salmon family and lives only in Lake Baikal
- Early Russian settlers called the Siberian pine a cedar, mistaking it for a tree in the Bible that gave people food
- More than 250 plant species in Pribaikalsky National Park are threatened
- Baikal means “rich lake” in Turkic languages
- The gold mining industry at Bolshie Koty produced about 160kg of gold during its existence. Gold was even panned from the lake itself

Getting there...

Listvyanka from Irkutsk:
- By bus (year round, every day, from the main bus station)
- By hydrofoil (June-mid September, see the timetable at www.vsrp.ru)

How to get to the trailhead:
From the last bus stop or hydrofoil dock across from the tall hotel, walk towards the central market. Turn left on Gudina street. Follow this street until you reach the very end (approximately 2km), and find the trailhead.

BOLSHIE KOTY HISTORY TIMELINE

<table>
<thead>
<tr>
<th>Year</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1842</td>
<td>Beginning of gold-mining</td>
</tr>
<tr>
<td>1918</td>
<td>Russian Academy of Science founded a biological research station</td>
</tr>
<tr>
<td>1949</td>
<td>Museum of Baikal studies opened</td>
</tr>
<tr>
<td>1968</td>
<td>Gold-mining was stopped</td>
</tr>
<tr>
<td>2004</td>
<td>GBT starts trail work</td>
</tr>
</tbody>
</table>

The legend

- Museum
- Accommodation
- Meals
- Post office
- Shop (irregular hours)
- Banya (Russian sauna)

Emergency information

- To seek help you need to call 112 from any phone
- Do not rely on your cell phone during the hike!
- The closest hospital is in Listvyanka village

Note: English is not widely spoken.