

Welcome to Ulan-Ude

TOP-17

What to do?

- Walk along the local Arbat street
- Attend a performance at the Buryat State Academic Opera and Ballet Theatre named after G. Ts. Tsydenzhapov – Ulan-Ude is often called “Milan-Ude”
- Discover Buryat shamanic traditions at the “Tengeri” religious center
- Learn more about the region at the Museum of the History of Ulan-Ude and the Museum of the History of Buryatia named after M. N. Khangalov
- Take a city tour on the “Lion Cub” tram
- Enjoy panoramic views of the city, the Selenga River valley and surroundings from Lysaya Hill
- Visit the Rinpoche Bagsha Datsan on Lysaya Hill – one of the largest and most beautiful Buddhist temples in Russia
- Explore the Zaluu Center for Contemporary Art (its name means “youth” in Buryat)
- Create a photo collection of monuments: “Mother Buryatia,” “Youth of Buryatia,” the Geser monument, “Mergen the Archer,” “Angara Beauty,” and others

Ulan-Ude tashqarisidagi TOP mashg'ulotlar:

- Visit the Ethnographic Museum of the Peoples of Transbaikalia
- Travel to the Ivolginsky Datsan – a true piece of Tibet within Russia
- See the largest rock-carved image of Buddha Shakyamuni in Russia (33 meters high)

Baykalda TOP mashg'ulotlar:

- Improve your health at the Goryachinsk resort – the only sanatorium on Baikal's shore with thermal springs
- Take a trip to the Ushkany Islands – the largest rookery of Baikal seals
- In winter: skate on the frozen lake, dine in an ice cave, ride hovercrafts (“Khivus”)
- In summer: swim in Baikal, go on boat or jeep tours, or try hiking routes
- Visit one of the protected natural areas on the lake's shore – Zapovednoye Podlemorye

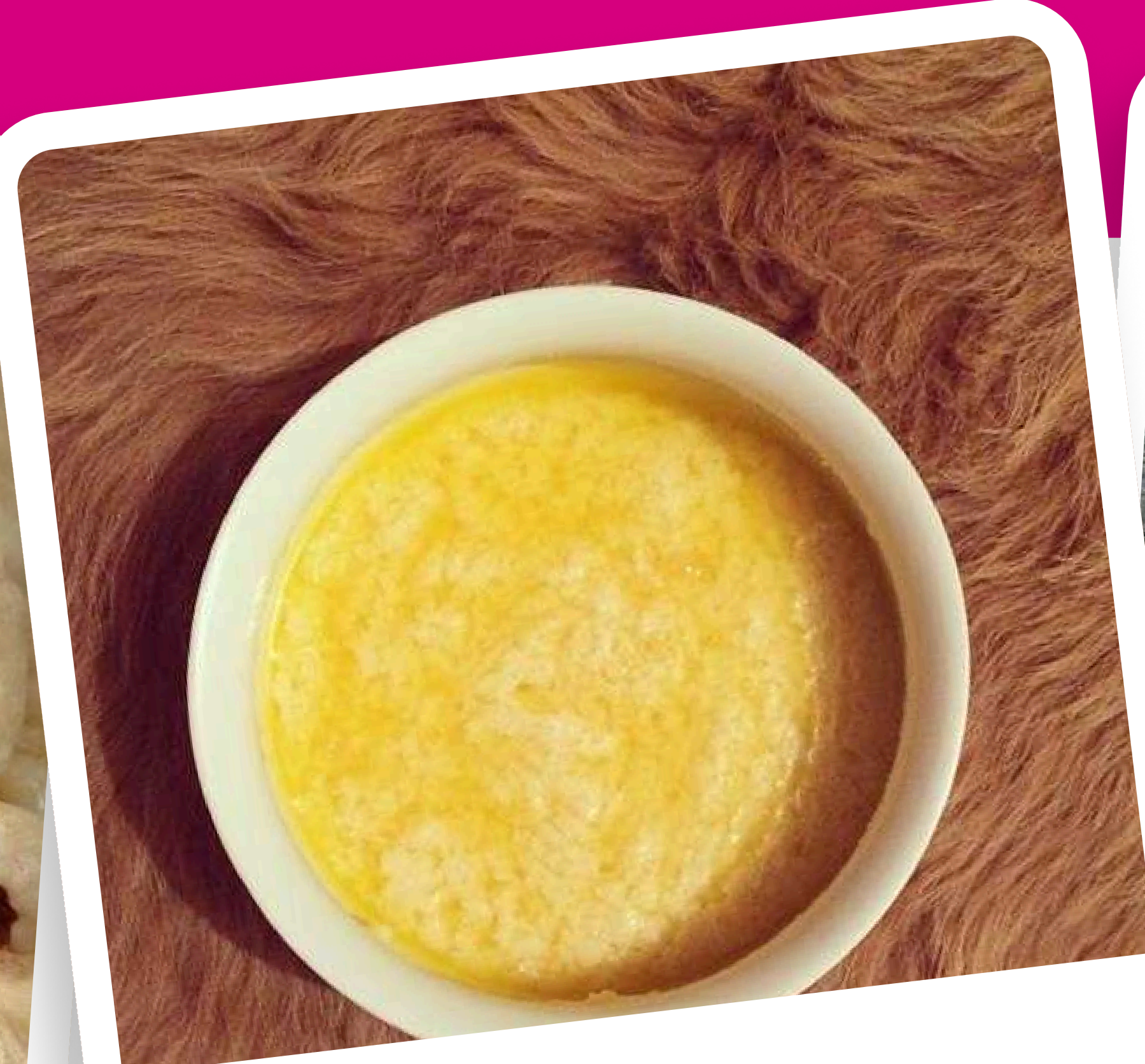


Did you know that...

...Ulan-Ude is often called the “eastern gateway to Lake Baikal,” as it serves as a starting point for trips to the shores of the deepest and largest freshwater lake in the world

What to bring back?

- Pine nuts
- “Amta” factory sweets
- A seal-shaped souvenir toy
- Jade products mined in Buryatia
- Felt slippers



What to try?

- Baikal omul fish
- Buuz (traditional dumplings)
- Salamat – a rich porridge made of sour cream and flour
- Buryat soup shulen
- Sagudai made from Baikal fish

