



10 reasons to visit
the Murmansk region

About region

The leader of the tourist flow

in the Russian Federation Arctic zone

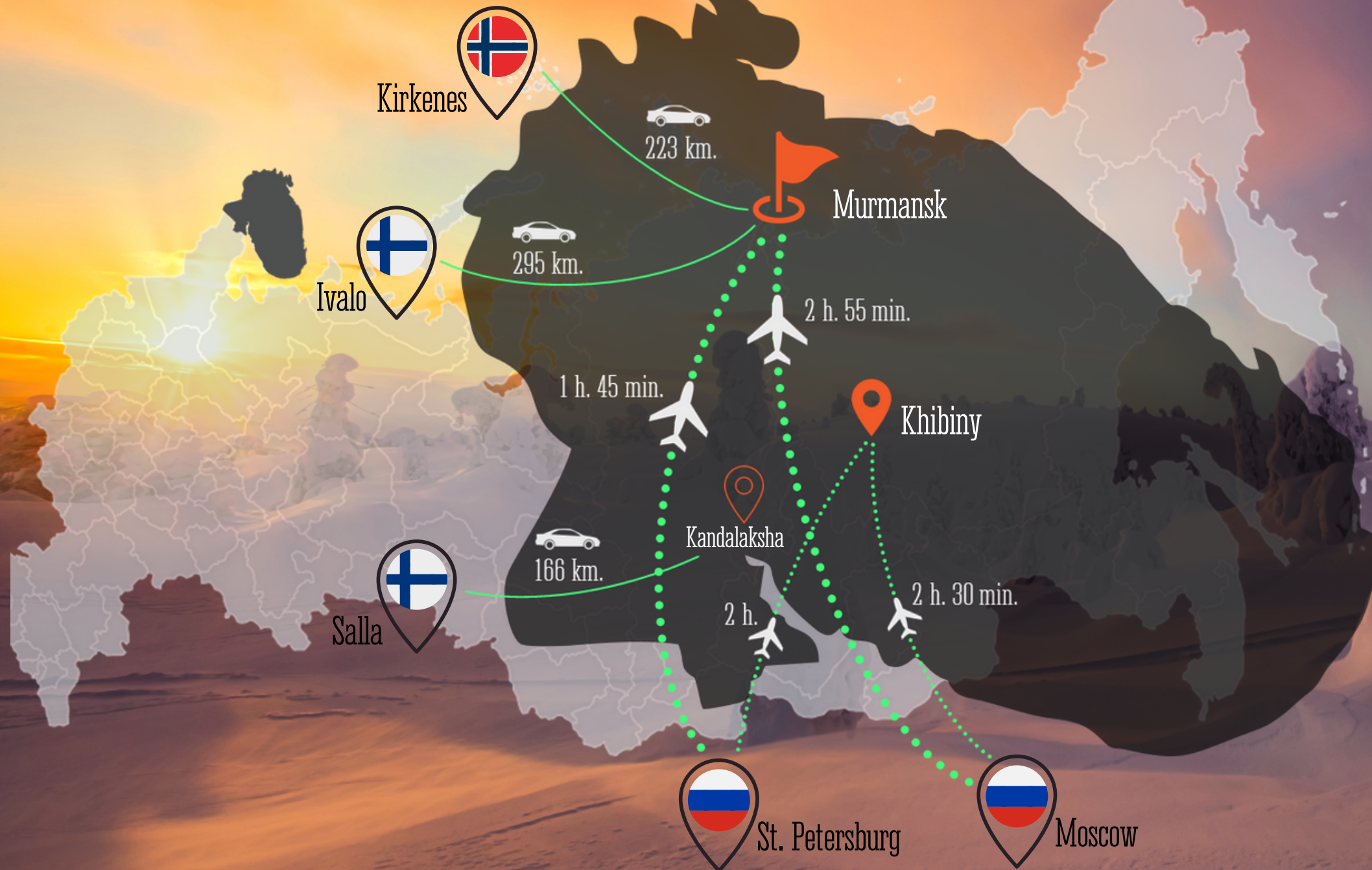
The best direction for travel

in Russia in 2023 (Tutu.ru)

In the list of the most amazing

places in Russia in 2020 (National Geographic Traveler)

About region



DAILY SCHEDULED flights from I to Moscow and St. Petersburg

TWO AIRPORTS (Murmansk – international, Khibiny – domestic)

Organized **RAILWAY COMMUNICATION**

Developed **ROAD INFRASTRUCTURE**

1. Murmansk

THE ARCTIC CAPITAL

THE LARGEST CITY IN THE WORLD
beyond the Arctic circle

NONFREEZING seaport

HERO city

Cruises to THE NORTH POLE

"LENIN"
the world's first
nuclear-powered icebreaker

2. Arctic cuisine

TASTE THE NORTH

DELICIOUS DISHES made from venison, cod, salmon, crab, sea urchins and scallops

WITH ADDING of northern berries, mushrooms and herbs, reindeer moss, laminaria



3. Aurora

FOLLOW THE POLAR FOX

8 MONTHS TO CATCH THE AURORA:
from September till April

EXPERIENCE OTHER UNIQUE NATURAL PHENOMENA:

THE POLAR NIGHT

the period from December to January, when the Sun does not appear over the horizon and dark time takes almost the entire day

THE POLAR DAY

the period from May to July, when the Sun does not sink below the horizon and night does not come



4. Sami

INDIGENOUS PEOPLE

SAMI VILLAGES

culture, life and traditional cuisine

NATIONAL SAMI HOLIDAYS

5. Teriberka

THE BARENTS SEA COAST

AN ANCIENT FISHING VILLAGE
on the edge of the Earth

TRAVEL SEASON
a whole year

CRAB SAFARI
August - December

TOP 20 OF THE MOST BEAUTIFUL PLACES IN RUSSIA
(National Geographic)

TOP 10 OF THE MOST ATTRACTIVE TOURIST DESTINATIONS
in Russia in 2021 (Tvil.ru)

6. Khibiny

CONQUER YOUR PEAK

THE LARGEST SKI RESORT
in the north-west of Russia

The skiing season is FROM NOVEMBER TO JUNE

ACTIVE AND EXTREME REST

7. Rybachiy

ONLY THE ARCTIC FURTHER

EXCLUSIVE REST

UNIQUE ACCOMODATION

PRISTINE NATURE

OFF-ROAD TOURS

8. Whales

MASTERS OF THE SEAS

MAY - AUGUST

the best time to go on a whale photo hunt



9. Terskiy

TOWARDS THE NORTHERN DESERT

WHITE SEA COAST

TRADITIONS, LIFE AND CUISINE OF POMORS

AMETHYST CAPE

PETROGLYPHS

VI-II thousand years before our era

WOODEN CHURCH OF THE XVI CENTURY

WILD HORSES



10. Events

WORTH VISITING

BRIGHT AND LARGE-SCALE EVENTS ALL YEAR ROUND
entertainment, sport, ethno-cultural

THE INTERACTIVE MAP
with the main objects and attractions
of the Murmansk region

THE BEST TOUR AGENCIES AND GUIDES

ALL EVENTS OF THE REGION

CATALOGUE OF ROUTES AND TIPS
for independent travel

Find out
more

MURMANSK. TRAVEL

THE ENTIRE MURMANSK REGION
in one click





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