

Nature parks

1. Rybachy and Sredny Peninsulas Nature Park, 83 062.5 ha

Nature reserves

2. Seidozero Nature Reserve, 17 972 ha
3. Ponoï Zoological Nature Reserve, 117 023 ha
4. Ponoï Biological Nature Reserve (fishery), 398 490 ha
5. Simbozero Biological Nature Reserve, 39 568 ha
6. Varzuga Biological Nature Reserve (fishery), 45 093 ha
7. Kutsa Nature Reserve*, 52 000 ha
8. Kolvitsa Nature Reserve, 40 900 ha
9. Lapland Forest Nature Reserve, 171 672 ha
10. Kaita Nature Reserve, 144 381.25 ha

Nature monuments

Botanical nature monuments (forests):

11. Siberian pines on River Zapadnaya Litsa, 3 ha
12. Siberian larch plantation, 0.9 ha
13. Siberian pine plantation, 0.4 ha
14. Pine at the border of its distribution, 4.6 ha
15. Siberian larch plantation, 5.6 ha
16. Larch grove of Taybola, 1 ha
17. Siberian pine, 0.2 ha
18. Group of spruces, 0.5 ha
19. Pines of Nyamozero, 5 ha
20. Siberian pines and larches near the Khibiny station, 2 ha
21. Siberian pines of the Krivers forest area, 2 ha
22. Siberian larches of the Nizhnyaya Tuloma reservoir, 4 ha
23. Siberian larches of the Kovdskoe forest district (lesnichestvo), 1 ha
24. Siberian pines of Okunevo, 20 ha
25. Junipers of the Magazin-Musyur elevation, 3 000 ha
26. Siberian pines of the Kovdskoe forest district, 2 ha
27. Siberian larches of the Lovozero forestry enterprise, 12 ha

Botanical nature monuments (protecting species):

28. Yuksporrlak, 3 ha
29. Aikuaienchorr gorge, 2 ha

Boundaries of protected areas are marked with signs and information boards. When visiting protected areas, please remember the following nature conservation rules and regulations:

You need permission from the Ministry of Natural Resources and Ecology of the Murmansk Region for:

Vehicle access. Visitors have unrestricted access to regional protected areas by foot. However, vehicle access to certain protected areas (marked with *) requires permission from the Ministry of Natural Resources and Ecology of the Murmansk Region. To get permission you need to send a written application to the Ministry no less than one month before your planned visit. Permissions for the Rybachy and Sredny Peninsulas Nature Park can be applied online at the official website of the Ministry: <http://mpr.gov-murman.ru/activities/09.oopt/forms/ind ex.php>.

Navigating waterways. Within the nature reserves of Kutsa, Varzuga, Kolvitsa, Kaita and Ponoï (fishery), navigating waterways is allowed only with permission from the Ministry of Natural Resources and Ecology of the Murmansk Region. However, waterways in other protected areas are open without restrictions to anyone at anytime.

Hunting. The autumn hunting of game birds is permitted in most regional protected areas. However, there are strict restrictions to hunting in the nature reserves of Kutsa, Kaita, Simbozero and Kolvitsa. Hunting in a regional protected area, if not completely forbidden in its regulations, is only allowed with a special hunting permission from the Ministry of Natural Resources and Ecology of the Murmansk Region.

Archaeological work. Cultural and historical studies are, in general, allowed in protected areas, with the exception of the Kaita Nature Reserve and the Rybachy and Sredny Peninsulas Nature Park. Archaeological studies in the Kaita Nature Reserve are only allowed with a special permission from the Ministry of Natural Resources and Ecology of the Murmansk Region. It is forbidden to collect any culturally or historically important artefacts from nature reserves.

LIST OF REGIONAL PROTECTED AREAS IN THE MURMANSK REGION

30. Cryptogam gorge, 10 ha
31. Eutrophic mire of the southern edge of the Khibiny mountains, 10 ha
32. Kitkuai river valley, 3 ha
33. Mountain Flora, 10 ha
34. Arnicas in the gorge near Lake Palga, 1 ha
35. Arnicas and poppies in the Indichyok gorge, 1 ha
36. Maly Punkaruaiiv mountain, 5 ha
37. White bryony site near the Viddpakkh mountain, 1 500 ha
38. Hyam-Ruchey, 26 ha

Geological nature monuments:

39. Basaltic lava on granite-gneiss basement near Rizh-Guba, 9 ha
40. Fluorites of Elokorsk Navolok, 2 ha
41. Amethysts of Cape Korabl, 5 ha
42. Amazonites of the Parusnaya mountain, 1 ha
43. Pegmatites of the Malyi Punkaruaiiv mountain, 2 ha
44. Granitoids of Mikkov Island, 10 ha
45. Roche moutonnée near Lake Semenovskoe, 0.50 ha
46. Glacial boulder, 0.10 ha

Hydrological nature monuments:

47. Waterfall on River Chavanga, 100 ha
48. Waterfall on River Chapoma, 200 ha
49. Komsozero and its 500-m wide coastal strip, 250 ha
50. Waterfall on River Shuonyjoki, 1 ha
51. Mud baths of Palkina-Guba, 400 ha

RULES AND REGULATIONS IN REGIONAL PROTECTED AREAS OF THE MURMANSK REGION

Camping and campfires are only allowed in designated areas. In case there are no designated areas, please use old campsites. During the forest fire season, the Government of the Murmansk Region may issue additional bans on access to forests.

Do not litter. Rubbish poses a threat to wildlife. It is forbidden to burn, bury or throw away waste inside protected areas. Please bring your own bin bags. Do not leave rubbish but take it to the nearest waste disposal site.

Do not destroy habitats of rare plant or animal species. A list of species, protected by the regional Red Data Book is available at the official website of the Government of the Murmansk Region: <http://portal.kgic.ru/redbook/>

Collecting plant or animal specimens within the Seydozero Nature Reserve is categorically forbidden. We advise you to refrain from using loud devices, hunting and collecting plant or animal specimens also near sea bird colonies (nature monuments of Ivanovskaya Bay and Dvorovaya Bay, Rybachy and Sredny Peninsulas Nature Park).

Follow fishing regulations. Fishing in regional protected areas is governed by the regulations of the Northern fishing area, which are available at the official website of the Barents and White Sea territorial administration of the Federal Fisheries Agency. Any violations within regional protected areas are subject to higher fines than in other areas.

Natural historic nature monuments:

52. Ekostrovskoe Kintische, 105 ha
 53. Rock paintings near the Chalmny-Varre settlement, 1 ha
- Complex nature monuments:
54. Ivanovskaya Bay, 7 480 ha
 55. Sea bird colonies of Dvorovaya Bay, 610 ha
 56. Irin-Gora, 2 977 ha
 57. Spring fens of Turi Peninsula, 266 ha
 58. Lichens of old-growth forests of the White Sea coast, 458 ha
- Geological and geophysical sites:
59. Lovozero geophysical station, 4 ha
 60. Shuoni-Kuets geological and geophysical site, 300 ha

Federal nature monuments

61. Lake Mogilnoe, 16 ha
62. Atrophyllites of the Eveslogchorr mountain, 5 ha
63. Yubileinaya deposits, 0.5 ha
64. Epidosites of Cape Verkhny Navolok, 7 ha

Local nature monuments

65. Eichfeld's Grove, 0.3 ha
66. Country park of the city of Severomorsk, 330 ha

Planned protected areas

67. Khibiny National Park
68. Poriy Les Nature Reserve
69. Jonn-Njugojaiiv Nature Reserve
70. Expansion of Paanajärvi National Park
71. Nature monument of the forests southwest of Lake Orijarvi (with its buffer zone)
72. Voryema Feredal Protected Area

Picking berries and mushrooms for personal use is permitted within regional protected areas. However, there are restrictions to picking berries or mushrooms commercially.

Do not disturb soil with vehicles, such as snowmobiles. Only use snowmobiles when there is at least 15 cm snow cover, and only use designated routes.

Respect water protection zones. Within water protection zones, it is forbidden to use transportation (other than special vehicles), with the exception of roads, parking and other areas with hard surfaces. The width of a water protection zone depends on the length of the waterway: It is 50 m for rivers and streams that are up to 10 km long, 100 m for rivers and streams between 10 and 50 km long, and 200 m for rivers and streams over 50 km long.

Failure to comply with these regulations may result in fines or even criminal prosecution. Government inspectors oversee the monitoring of protected areas, supervising protection of wildlife and management of game animals within them. Necessary documents must be presented at the request of an inspector.

Foreign nationals must report to the Federal Security Service (FSB) in the Murmansk Region to get permission to visit the Rybachy and Sredny Peninsulas, or the Barents Sea or White Sea coasts. Please contact FSB Murmansk Region (183752, Murmansk, ul. Lenina, dom 64, +7 8152 45 40 76, murmansk@fsb.ru).

For more information about visiting the protected areas, please go to the website of the Government of the Murmansk Region at www.gov-murman.ru.

When travelling around the Murmansk Region you will come across both regional and federal protected areas. The network of regional protected areas includes nine nature reserves, 50 nature monuments and one nature park. In addition to their nature conservation value, these areas have great potential for ecotourism, including:



Experiencing untouched nature

There is an opportunity to experience nature that is practically undisturbed by human activities in the tundra of Lake Lovozero and the surroundings of Lake Seydozero, as well as in the Varzuga, Kutsa and Ponoï river basins.



Navigating waterways

The waterways of the Kutsa and Varzuga nature reserves are popular with tourists.



Geotourism

In addition to geological nature monuments, important geological sites can be found in the nature reserves of Seydozero (natrolite veins of the Lepkhe mountain) and Kutsa (rock crystal deposits of Namavara, magnetic apatite and rare metal deposits of Tukhtavara, magnesium mica of Petyainavara) as well as the planned Khibiny National Park (Eveslogchorr mountain, Hackman's gorge etc.).



Wildlife and bird watching

There is great potential for amateur and professional bird watching in the Murmansk Region. The region is home to over 270 bird species, most of which travel through the area during spring and autumn migrations. The Ponoï and Kutsa Nature Reserves as well as the Kandalaksha Strict Nature Reserve play a key role in the lives of many bird species.

Protected areas cover
12,5 %
of the Kola Peninsula

Welcome to Kola Peninsula!

The Murmansk Region is an ideal destination for hikers and nature lovers. Its many different landscapes include areas that are critical for the ecological balance of the region, such as old-growth forests and large mire complexes, spring fens and slope bogs, coastal meadows, mountain tundra, ravines and rocks. Its coastal areas as well as its bird colonies and Atlantic salmon spawning areas are unique. The Murmansk Region features important bird areas as well as habitats of red-listed species in Russia and the Murmansk Region.



Botanical excursions

The mountains of Lovozero and Khibiny harbour a range of vegetation from northern boreal forests to mountain tundra. Their relict tundra plant life includes dwarf shrubs and trees, cushion plants and stunted wind-blown trees growing near the treeline.

Experiencing the wonders of nature

The Kola Peninsula is ideal for experiencing the midnight sun, or the polar night and the northern lights. The peninsula also boasts stunning waterfalls, including the largest waterfall in the Murmansk Region near the village of Chapoma. Other impressive waterfalls can be found on the rivers Chavanga and Shuonijoki, which are designated nature monuments. In addition, there is a beautiful waterfall on the river Kutsayoki in the Kutsa Nature Reserve.

Historical and ethnographical excursions

The Lovozero area offers an opportunity to experience Sami cultural heritage. One of the most interesting sites is the sacred figure of Kuiva the Giant, impressed on a rock on the northwestern

shore of Lake Seydozero. There are also cultural heritage sites, demonstrating the life of Pomor people on the coast of the White Sea. The Kaita Nature Reserve and the Rybachy and Sredny Peninsulas Nature Park are places to go to relive the history of the Second World War. In the Kolvitsa Nature Reserve, signs of the Gulag past are still present.

This information leaflet includes a map and a list of regional nature protected areas in the Murmansk Region. We have outlined here not only existing but also planned protected areas. The boundaries of the planned protected areas are provisional and likely to change when final decisions are made.

For the general public, perhaps the most interesting perspectives are offered by the Khibiny National Park and the Poriy Les Nature Reserve, as well as the possible establishment of an extension to the Paanajärvi National Park in the Murmansk Region, which would also include the Kutsa Nature Reserve.

Another planned protected area, Jonn-Njugojaiiv Nature Reserve, aims at protecting one of the last northern European old-growth pine forests, formed by forest fires. Planned Jonn-Njugojaiiv Nature Reserve was a pilot site within the international BPAN project, for developing the network of regional protected areas in the Murmansk Region.



Protected areas in the
Murmansk Region