

NAO

 Nenets
autonomous okrug



Nenets autonomous district

Nenets autonomous district (or Nenets Autonomous Okrug in order to preserve in its name Russian abbreviation – NAO, as we call the region for short). It's the smallest region of Russia by population.



176 700 km²

Area



The population is around

44 000

where 7 thousand are Nenets,
the indigenous people.





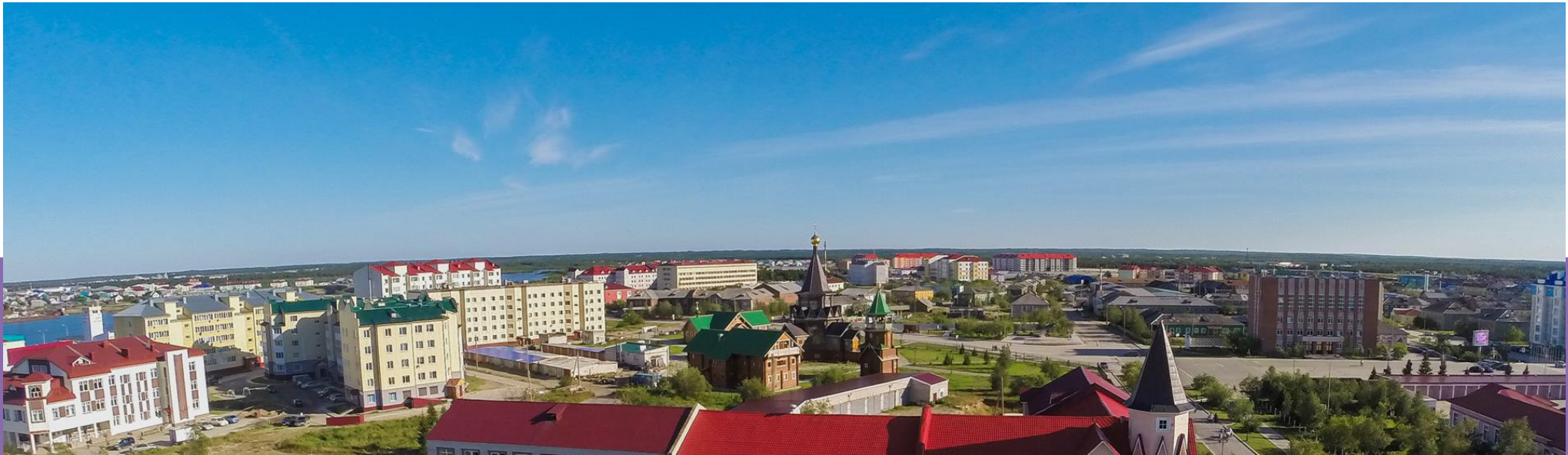
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settlements

The region is entirely located in the Arctic zone. Moreover, most part of NAO is beyond the Polar Circle, which means that average winter lasts 220-240 days and last snow in the tundra can still melt in July.

Naryan-Mar

the only city and
administrative center





2nd
place in terms of
number of deer in
Russia

The number is 177 000. The deer for the Nenets is the life center. This unique animal supplies people with transport, clothes, dwelling and food.

The Arctic is closer than you think.

It will take you only 2,5 hours from Moscow by plane – and you are in wonderful Naryan-Mar, the endless tundra where Polar Lights are brighter than firework.





Cultural and touristic events

- “Buran Day” (annual snowmobile race in March)
- “Syamyanhat Mereta” (from nenets “the fastest”, reindeer sleds race, every two years in March)
- Gastronomical festival “Tundra”



Sights

Pustozersk

- the first Russian Arctic town;
- an exile for such rebellions such as protopope Avvakum and his associates;
- a landmark and museum-reserve, an important destination for pilgrims from all over the world.



Sights

Pym-Va-Shor

is the most northern thermal spring

The temperature of the water differs from 18 to 28 degrees above zero. The Nenets believe the water to be healing of various health problems.



Sights

“Kamenny gorod” (“Stone town”)

is a natural monument. Due to weathering and rains you can observe peculiar stone forms.



Sights

Vaygach Island

is an island in the Arctic Sea between the Pechora Sea and the Kara Sea. In 2007, the World Wide Fund for Nature (WWF) and the Russian government approved a nature reserve on Vaygach island. The island's surrounding seas are home to many marine mammals such as walruses, seals and endangered whales.

Vaygach has a high level of sacred importance for the Nenets. There are several nenets idols. Visiting the island feels you with inexplicable feelings of spiritual enrichment.



Sights

Nenets Nature Reserve

is a strict nature reserve in the northeast of European Russia on the coast of the Barents Sea and the delta of the Pechora River. With abundant wetlands, rivers, and sea islands, the reserve is an important point on the Atlantic migratory path for birds that winter in Western Europe and nest in the Eastern Europe and Western Siberian Tundra.

