



Mongolia: Ulaanbaatar, Sand Dunes & Terelj National Park

8 days, Ulaanbaatar to Ulaanbaatar

Trip code AMUM

What's included

- Your Welcome Moment: Welcome Meeting - Meet Your CEO and Group, Ulaanbaatar
- Your Foodie Moment: Nomadic Family Visit with Mongolian Dumpling Making, Elsen Tasarkhai
- Guided tour of Gandan Monastery
- Visit to Zaisan Hill
- Visit to Bogd Khan Winter & Summer Palace
- Explore and hike the Elsen Tasarkhai sand dunes
- Traditional Mongolian barbecue dinner
- Hike to Khugnu Khan Mountain
- Visit to Uvgun Monastery
- Visit to a nomadic family
- Mongolian dumpling-making experience
- Lunch shared with a nomadic family
- Dinners at ger camps
- Visit to Gorkhi-Terelj National Park
- Visit to Turtle Rock
- Visit to Aryaval Meditation Monastery
- Archery session
- Hiking in Gorkhi-Terelj National Park
- Visit to Genghis Khan Equestrian Statue Complex
- All transport between destinations and to/from included activities

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VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing April 18th, 2026 and onwards

Itinerary



NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

Arrival in Mongolia

Welcome to Mongolia! Arrive in Ulaanbaatar at any time and make your own way to the hotel to check in and settle in after your journey. As one of the most sparsely populated countries in the world, Mongolia is known for its vast open landscapes and rich nomadic heritage—an incredible setting for the adventure ahead. This evening, meet your Chief Experience Officer (CEO) and fellow travelers at a welcome briefing, where you'll get an overview of the journey. Afterward, enjoy a relaxed evening with the option to join your group for dinner at a local spot, a perfect opportunity to connect and kick off your time together.



Today's Activities

ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group. After your welcome meeting, join your CEO for an optional group dinner.

Start your first full day in Ulaanbaatar with a guided tour exploring the cultural and historical highlights of Mongolia's capital. Begin at the revered Gandan Monastery, one of the country's most important Buddhist sites, where you'll encounter the impressive 26-metre gold-leafed statue of Migjid Janraisig, a powerful symbol of Mongolia's spiritual heritage. Continue on to Zaisan Hill, climbing to the summit for sweeping panoramic views over the city, along with a striking Soviet-era memorial that reflects Mongolia's complex 20th-century history. After some free time for lunch, visit the Bogd Khan Winter and Summer Palace, once home to Mongolia's last king. Here, you'll gain insight into the country's royal past as you explore a fascinating collection of Buddhist artworks, royal treasures, and unique historical artifacts. Return to the hotel in the late afternoon, with the rest of the day at leisure to relax or continue exploring at your own pace.



Meals included

Breakfast



Today's Activities

Ulaanbaatar City Tour

Ulaanbaatar

3h

Visit the highlights of Ulaanbaatar with a guided tour to the Gandan Monastery, Bogd Khan Palace, and Zaisan Hill – where you can take in a bird's eye view of the city.

Free Time

Ulaanbaatar

Free time to relax and explore at your leisure in Ulaanbaatar.

Journey from Ulaanbaatar to Mini Gobi

Leave the city behind this morning and journey west across Mongolia's vast steppe, where endless grasslands stretch to the horizon—a reminder that Mongolia is one of the least densely populated countries on Earth. Arrive at Elsen Tasarkhai, often referred to as the “Mini Gobi,” a unique landscape where sweeping sand dunes rise from the surrounding plains. Spend the afternoon exploring and hiking through this remarkable stretch of desert. Continue on to your ger camp, where you'll settle into your traditional accommodation, an authentic way nomadic families have lived for centuries. This evening, enjoy a hearty Mongolian barbecue dinner before unwinding under the wide-open sky and taking in the peaceful beauty of the steppe.



Meals included

Breakfast | Dinner



Today's Activities

Private Vehicle

Ulaanbaatar - Elsen Tasarkhai

5h-5h30m

260km

Settle in and scan the scenery from the convenience of a private vehicle.

Hike the Elsen Tasarkhai Sand Dunes

Elsen Tasarkhai

Discover the striking landscapes of Elsen Tasarkhai, a rare 80 km stretch of golden sand dunes set against Mongolia's vast grassy steppe, forming part of the expansive Mongol Els system. Hike along the sweeping ridgelines for panoramic views across rolling dunes and open plains.

Begin the day with breakfast at your ger camp before heading into the rugged landscapes surrounding Khugnu Khan Mountain. Set out on a scenic hike through pine forests and rocky ridgelines, taking in sweeping views across the Mongolian steppe, before visiting the atmospheric ruins of Övgön Khiid Monastery, a centuries-old monastery built into the mountainside. Later, enjoy an authentic cultural experience with a local nomadic family, learning to make traditional Mongolian dumplings together inside their working ger before sharing a home-cooked lunch. Spend the afternoon gaining insight into daily nomadic life, with the chance to experience and observe traditional activities that form part of the family's everyday routine before returning to camp for free time and dinner under the vast Mongolian skies.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Hike to Khugnu Khan Mountain

Elsen Tasarkhai

Set out for a rewarding hike on Khugnu Khan Mountain, a striking granite massif rising above the surrounding steppe. The trail winds through pine forest to rocky ridgelines, where sweeping panoramic views await.

Hike details:

Distance: 2–3 km (1.25 - 2 miles)

Difficulty: Moderate difficulty

Visit Uvgun Monastery

Elsen Tasarkhai

Discover the evocative ruins of Övgön Khiid, a 17th-century monastery set dramatically into the rocky slopes of Khugnu Khan. One of Mongolia's oldest religious sites, it was largely destroyed during the Soviet purges and has since been partially restored—its atmospheric setting among towering boulders adding to its quiet sense of history.

ACTIVITY

Visit a local nomadic family and gain a firsthand insight into the traditions and daily rhythms of Mongolian pastoral life, where herding livestock across seasonal pastures has been practiced for generations. Enjoy a hands-on dumpling-making experience inside a traditional ger, share lunch with

the family, and spend time experiencing the authentic routines and customs that shape life on the steppe.

Day 5

Elsen Tasarkhai/Gorkhi Terelj National Park

Travel east today toward the stunning landscapes of Gorkhi-Terelj National Park. Known for its dramatic granite rock formations, forested hills, and winding river valleys, Terelj offers a striking contrast to the open steppe you've explored so far. Arrive at your ger camp and take some time to relax and soak in the peaceful surroundings. If you're feeling active, head out on an optional short hike to get your first taste of the park's unique terrain. This evening, enjoy dinner at camp and settle in for another night in a traditional ger.



Meals included

Breakfast | Dinner



Today's Activities

Private Vehicle

Elsen Tasarkhai – Gorkhi Terelj National Park

6h-6h30m

350km

Settle in and scan the scenery from the convenience of a private vehicle.



Optional Activities - Day 5

Afternoon Hike in the National Park

Gorkhi Terelj National Park

Ease into the landscapes of Gorkhi-Terelj National Park with a relaxed 1–2 km walk from camp. Known for its dramatic granite formations, river valleys, and forested hills, this gentle hike offers a perfect introduction ahead of tomorrow's more extensive exploration.

Spend a full day exploring the natural and cultural highlights of Gorkhi-Terelj National Park, one of Mongolia's most beautiful protected areas, known for its dramatic rock formations and serene alpine landscapes just outside the capital. Begin with a visit to Turtle Rock, a striking natural formation shaped like a giant turtle and considered a symbol of longevity in Mongolian culture. Continue on to the Aryaval Meditation Monastery, reached by a scenic hillside climb lined with carved Buddhist mantras, offering panoramic views over the valley and a peaceful atmosphere for reflection. Return to camp for lunch before trying your hand at traditional Mongolian archery, one of the historic sports of Naadam. In the afternoon, head out for a guided hike through the surrounding river valleys and forested hills, home to wildlife such as marmots and birds of prey. After a full day in nature and culture combined, return to camp for dinner and a relaxed evening in the peaceful surroundings of the park.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Turtle Rock

Gorkhi Terelj National Park

A striking granite outcrop shaped by natural erosion into the form of a giant turtle, this iconic site holds deep cultural significance in Mongolia, where turtles symbolize longevity and stability.

Aryaval Monastery

Gorkhi Terelj National Park

Perched on a hillside, Aryaval Meditation Monastery is reached via a scenic 1 km staircase lined with carved Buddhist mantras and zodiac animal symbols. While the monastery itself is relatively modern, the setting is serene and the panoramic views are exceptional—well worth the climb.

Archery Session

Gorkhi Terelj National Park

Discover the art of traditional Mongolian archery (surnai), one of the three classic Naadam games. With guidance from a local expert, learn about historic bow styles, time-honoured techniques, and take part in a hands-on practice session—suitable for all experience levels.

Hiking in Gorkhi-Terelj National Park

Gorkhi Terelj National Park

Explore the scenic river valleys and forested hills of Gorkhi-Terelj National Park, where rolling landscapes are home to wildlife such as ibex, marmots, and birds of prey. Routes are tailored to the group's fitness level, offering a flexible and rewarding outdoor experience.

Hike details:

Distance: 3-4 km (2 - 2.5 miles)

Difficulty: Moderate difficulty

Day 7

Return to Ulaanbaatar

Return to Ulaanbaatar today after your time in the wilderness, travelling back through the sweeping steppe landscapes of central Mongolia. Along the way, stop at one of the country's most iconic landmarks, the Genghis Khan Equestrian Statue Complex. Standing at an incredible 40 metres tall, this stainless steel monument honours Mongolia's most legendary historical figure and offers panoramic views over the surrounding plains from the horse's head. Continue onward into the capital and arrive back at your hotel in the early afternoon to check in and refresh. The rest of the day is yours to relax or explore Ulaanbaatar further and in the evening, choose to join your group for an optional farewell dinner, marking the end of your journey through Mongolia.



Meals included

Breakfast



Today's Activities

Private Vehicle

Gorkhi Terelj National Park - Ulaanbaatar

2h30m-3h

70km

Settle in and scan the scenery from the convenience of a private vehicle.

Genghis Khan Monument Visit

Ulaanbaatar

Towering over the banks of the Tuul River, the 131ft tall Genghis Khan Equestrian Statue is truly a sight to behold amid the flatlands of Mongolia. According to legend, this is where the mighty Khan discovered a golden whip that aided his many conquests. Stop by the visitors' centre, then ascend into the head of the horse, where a panoramic view of the landscape awaits.

Conclude your Mongolia journey today and depart at your convenience before check-out. As your time in Mongolia comes to an end, reflect on the landscapes, nomadic culture, and wide-open spaces that define this remarkable country.



Meals included

Breakfast



Today's Activities

Departure Day

Not ready to leave? Your CEO can help with any onward travel arrangements you require.

What's included

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● Visit to Genghis Khan Equestrian Statue Complex

● All transport between destinations and to/from included activities

What are the main highlights of this trip?

Explore Ulaanbaatar's spiritual heart at Gandan Monastery and Bogd Khan Palace, Hike golden sand dunes and sleep in a traditional ger camp at Khugnu Khan, Trek through Terelj National Park past Turtle Rock and Aryaval Monastery, Take in sweeping steppe views from the base of the iconic Genghis Khan Statue

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Is there a disclaimer I should read before booking this trip?

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VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

Is there a travel disclaimer for my itinerary I should review before booking this trip?

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

What important notes should I be aware of before the trip?

As we use local transport please note backpacks are much more suitable than suitcases for this style of trip. Jeep and bus travel means that bags have to be stowed either overhead or under beds, so travelling as light as possible is recommended. Please note that part of Mongolia's appeal is its wild nature and, as such, accommodation and infrastructure can be very basic in nature, with some shared rooms and limited access to showers in certain places. Mongolia is a country which is very different to anything you will have experienced before. Although this means it is not the easiest place to travel, this is also what makes it so special.

ACCOMMODATION NOTE:

Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

What is the role of the group leader during this trip?

All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEO) in Mongolia. The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

How large will the group be?

Max 16, avg 12.

What meals are included in this trip?

7 breakfasts, 2 lunches, 4 dinners

What are the meals like on this trip?

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. Included breakfasts will usually be asian style consisting of noodles or congee (rice porridge) or bread and eggs. Vegetarians will be able to find a range of different foods, although in some areas the choice maybe limited. While trekking in remote regions food is included, plentiful and made of fresh local ingredients. For all trips please refer to the meals included and budget information for included meals and meal budgets.

What are the modes of transportation on my trip?

Private vehicle, walking.

Where will we stay during the trip?

Hotels (3 nts), ger camps (4 nts).

Will I get my own room?

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

What kind of accommodation can I expect on this trip?

Gers are traditional Mongolian tents made with wooden frames and layers of felt. The camps we stay at will have 2 beds with mattresses, linens, and extra blankets. The tent is on a platform and while simple, is quite comfortable and offers a truly unique experience. Our locations are remote and gers do not have built-in ensuite - all camps have shared facilities with toilette's/sinks/showers. Most ger camps have 24 hour electricity with a couple of exceptions that have generators which after 11pm they cut electricity until morning.

What are the joining instructions?

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

If you would like to book an airport Arrival transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Who should I contact in case of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

EMERGENCY CONTACT NUMBERS

Mr Laziz Otayarov (Operations Manager - Central Asia)

Mobile 1: +99890 963 4779 (24h)

Mobile 2: +99897 921 7087 (24h)

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What information should I be aware of as the itinerary draws to a close?

If you would like to book an airport Departure transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

Are there any additional packing suggestions I should consider?

What you need to bring depends on the trip you have chosen and the countries or regions you are planning to visit. We suggest that you pack as lightly as possible as you are expected to carry your own luggage. As a rule we try not to have to walk more than 15-20 minutes with your bags which is why we recommend keeping the weight of your bags between 10-15kg/22-30lb. Suitcases are not recommended for G Adventures trips. Most travellers carry a backpack or rolling bag of small to medium size (no XXL ones please!) as they need to fit under the beds when travelling on sleeper trains. You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones.

What should be on my packing list?

Cold weather:

- Long-sleeved shirts or sweater
- Warm gloves
- Warm layers
- Scarf
- Warm hat

Conservative Dress:

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Passport (required) (With photocopies)
- Visas or vaccination certificates (With photocopies)

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

Light Hiking:

- Hiking boots
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Walking poles

Warm weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sun hat/bandana
- Swimwear

When can I do my laundry on this trip?

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

What are the visas and entry requirements for my trip?

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Please note that visas are the responsibility of the individual traveller. The visa requirements for your trip vary depending on where you are from and where you are going. We keep the following information up to date as much as possible, but rules do change. It is important that you check for yourself with the Embassy of Mongolia. Please, keep in mind that all countries require passports valid for at least 6 months from the moment of departure from the country.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

If you require a Letter of Invitation (LOI) to apply for a Mongolia visa, please fill out & submit the following request [form](#)

You must have at least two blank passport pages available for each country you will visit on your tour. These are required for entry & exit stamps.

Information accurate as of March 28th, 2022

Where can I read detailed notes about this trip?

Mongolia is a fascinating destination to visit, full of natural, wild beauty and traditional life. Travel is becoming easier for foreigners but please be aware that English is still not widely spoken outside the large cities and that accommodation, toilet facilities and some transportation is not yet at the same level as you would expect in developed countries. If you are able to bring with you a lot of patience, a great sense of humour and a willingness to try and interact with the local people, your travel experience will be greatly enhanced.

What should I consider when planning my personal expenses and discretionary spending for this itinerary?

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

What should I know about currency, credit cards, and exchanging money while on this tour?

The currency used in Mongolia is the Mongolian Tugriks (MNT).

As currency exchange rates in Asia fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com

There are many ATM machines that accept both Visa and Mastercard but these are limited to major cities. We also recommend the use of cash and travellers cheques in USD currency. Major credit cards are accepted in most shops but they may charge a 2-4% transaction fee.

One of the main things to remember is that Mongolian Tugriks can't be exchanged outside Mongolia.

Because of bank regulations and exchange rate the best USD notes to have are \$50 and \$100 without any marks/stamps/holes or stains on them. If a banknote has a mark it might be refused to be exchanged.

How much emergency money should I bring on this trip?

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Should I be tipping on my trip?

It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels.

There are several times during the trip where there is opportunity to tip the local guides or drivers we use. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping drivers and local guides would range from \$3-\$5 USD per person per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$5-7 USD per person, per day can be used.

What activities are optional on this trip?

Gorkhi Terelj National Park

- Afternoon Hike in the National Park

Are there any health considerations I should know before travelling?

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that sometimes we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. In Asia pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug.

When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

What do I need to know to about safety and security on my trip?

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

www.gadventures.com/travel-resources/safety/

What are the trip specific safety considerations?

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter and in particular the local people who make the world the special place it is. The exploitation of people in the sex trade is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

Is travel insurance required for my trip?

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

How should I dress to respect local customs during the tour?

In Asia the dress standard is more conservative than it is back home. When packing try to pick loose, lightweight, long clothing that will keep you cool in the usually hot and humid climate of Asian summers. In predominately Buddhist countries we ask that you dress respectfully and avoid very short shorts/skirts and singlets/tanktops when visiting temples or other holy sites.

How can I share feedback about my trip experience?

Earn 5% off your next G Adventures Tour (up to \$100 USD)*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

Does G Adventures have an email newsletter I can subscribe to?

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

How old must I be to join this trip?

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.