



## **Nomadic Mongolia**

14 days, Ulaanbaatar to Ulaanbaatar

Trip code AMNA

### **What's included**

- Your G for Good Moment: Cafe No Limits Visit, Ulaanbaatar
- Your Welcome Moment: Meet Your CEO and Group

- Choir Monastery Visit
- Yolyn Am National Park stay and nature Museum visit
- Gobi Desert stay
- Khongoryn Els Sand Dunes and Flaming Cliffs Visit
- Ongiin Khiid Monastery entrance
- Mongolian Grasslands nomad camp stay
- Karakorum monument entrance
- Khustai National Park entrance
- All transport between destinations and to/from included activities

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 G Adventures. 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.

**VALIDITY:** Valid for all trips departing October 23rd, 2020 and onwards

# Itinerary

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**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

## Ulaanbaatar

Arrive at any time.

There are no activities planned until an evening welcome meeting.



### Accommodation

J Hotel (or similar)

Hotel



### Today's Activities

#### ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. 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.

Day 2

## Ulaanbaatar

Enjoy a free day exploring the city. Opt to take a morning city tour including visits to Gandan Monastery, Bogd Khan Palace, and Zaisan Hill. Afterwards, stop for a visit to No Limits Cafe and enjoy coffee, tea, and snacks prepared and served by local youth with Down Syndrome, and their mothers.

Spend a free day exploring this fascinating capital city.

Enjoy the sights of UB and opt to visit to the Gandan Monastery, Bogd Khan Palace, and Zaisan Hill.

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### Meals included

Breakfast

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### Accommodation

J Hotel (or similar)

Hotel

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### Today's Activities

Free Time

Ulaanbaatar

Explore the city— go shopping, drink a Chinggis beer, or visit some more museums.

#### ACTIVITY

Pop in for a visit to the No Limits Cafe and enjoy coffee, tea, and snacks prepared and served by local youth with Down Syndrome, and their mothers.

The Down Syndrome Association of Mongolia is a non-profit organization that supports children who live with Down syndrome, and their families. The organization focuses on creating community awareness, advocacy, and educational efforts within Mongolia. The No Limits Cafe began as an effort to create job opportunities and training for young people with Down syndrome and their mothers who are often left out of benefitting from economic opportunities. Through the cafe, the program works to break down barriers for people and families living with disabilities.

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### Optional Activities - Day 2

Ulaanbaatar City Tour

Ulaanbaatar

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.

Day 3

## Ulaanbaatar/Baga Gadzrïn Chuluu

Drive to the Dungobi Aimag region – Middle Gobi – stopping at the Choir Monastery on the way. Spend the night at the first Mongolian ger camp.

Leave the capital and head south through the steppe to the Middle Gobi.

Visit the Choir Monastery before continuing on to a small ger camp not far from Mandalgovi, the regional centre.

Gers are traditional Mongolian tents made with wooden frames and layers of felt. The camps we stay at will have 2 beds per ger with mattresses, linens, and extra blankets. They have a central stove to keep the place cozy and a small table and chairs.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Bayan Bulag Ger Camp (or similar)

Ger



### Today's Activities

Choir Monastery Visit

Mandalgovi

Established in 1779, the Choir Monastery had many lamas living there and was a major religious centre in the region. In the 1930s, there was a time of religious persecution in Mongolia and the monastery was destroyed. Today, its ruins are protected by the government.

Private Vehicle

Ulaanbaatar – Baga Gadzrïn Chuluu

7h

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

Day 4

## Baga Gadzrĭn Chuluu/Yolyn Am

Arrive at Yolyn Am – a narrow gorge in the Gurvan Saikan mountains. It's an amazing place for hiking. Bring stable shoes and warm clothes, as some places are covered in thick ice year round.

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### Meals included

Breakfast | Lunch | Dinner

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### Accommodation

Khan Bogd Ger Camp (or similar)

Ger

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### Today's Activities

Private Vehicle

Baga Gadzrĭn Chuluu – Yolyn Am

7h

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

Day 5

## Yolyn Am/Khongoryn Els

Drive to Khongoryn Els. En route, stop by a local natural history museum. Enjoy the unique activities the Gobi Desert has to offer.

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### Meals included

Breakfast | Lunch | Dinner

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### Accommodation

Gobi Anar Ger Camp (or similar)

Ger

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### Today's Activities

Private Vehicle

Yolyn Am - Khongoryn Els

5h

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

Yolyn Am Nature Museum Visit

Yolyn Am

30m

Stop by a small museum with collections of local flora & fauna in the area, along with dinosaur eggs and bones, stuffed birds and a snow leopard.

Free Time

Khongoryn Els

Visit a local family, run around in the sand dunes, or ride a camel.

Immerse yourself in the wonders of the Gobi Desert. This morning, visit the biggest sand dunes in the western Gobi, then meet a nomadic camel-herding family. Opt to hike along other nearby sand dunes, and try riding a camel.

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**Meals included**

Breakfast | Lunch | Dinner

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**Accommodation**

Gobi Anar Ger Camp (or similar)

Ger

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**Today's Activities**

Khongoryn Els Sand Dunes Visit

Bayangovi

2h

Visit Khongoryn Els, the biggest sand dunes in the western Gobi. They also are known as "singing sands" because the sand makes a musical noise as it moves with the wind.

Day 7

## Khongoryn Els/Bayanzag

Explore the Flaming Cliffs - a world renowned archaeological site for the vast amount of dinosaur bones and eggs found here.

Made of red sandstone, these cliffs and canyons offer visitors a scene of breathtaking beauty. Take some time to explore.

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### Meals included

Breakfast | Lunch | Dinner

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### Accommodation

Gobi Tour Ger Camp (or similar)

Ger

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### Today's Activities

Flaming Cliffs Visit

Gurvan Saikhan

Explore the Flaming Cliffs. Made of red sandstone, the cliffs and canyons where fossils were found in recent years are a beautiful place to spend some time.

Day 8

## Bayanzag/Ongiin Hiid

Drive through western parts of the Gobi Desert. In the surrounding mountains, visit the ruins of the Hoshuu and Ongiin Khiid monasteries.

Drive to the Delger Khangai Mountains area. Explore the ruins of the monasteries in the area.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Secret of Ongi Monastery (or similar)

Monastery



### Today's Activities

Ongiin Khiid and Hoshuu Monasteries Visit

Ongiin Hiid

1h

Both these monasteries were important centres in the region before they were destroyed. The systematic destruction of religious sights under Communist rule was pervasive. Built in 17th century, the Ongiin Khiid monastery was among the largest temples in the country and was a home for over 1,000 monks. See the ruins and learn the sad history of the place.

Private Vehicle

Bayanzag - Ongiin Hiid

5h

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

Day 9

## Ongiin Hiid/Nomad Camp

Leave the Gobi Desert and drive through the Mongolian grasslands. Spend the next two nights with a local nomadic family, observing how they live. Enjoy a traditional meal with them.

Enjoy a long drive northwest, leaving the Gobi desert area and heading into the Mongolian steppe.

The nomads here live simple lives and move their cattle along the same routes their great-grandparents travelled hundreds of years ago.

In the evening, have dinner together with your hosts. One of the best things to try is the famous Mongolian barbecue.

Depending on the size of the nomadic family and their gers, accommodations can be very basic, with minimal to no facilities. In case if nomads can't provide enough space for our group, we will camp nearby (camping gear is provided).



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Nomadic Family Stay (or similar)

Homestay



### Today's Activities

Private Vehicle

Ongiin Hiid - Nomad Camp

6h-7h

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

Day 10

## Nomad Camp

Learn more about nomadic life in the steppes. Get to know your hosts and opt to participate in traditional activities such as milking a yak and preparing fresh dairy products. Discover what it takes to handle a Mongolian horse, and if the season is right, try airag (fermented mare's milk) - long important to cultures across Central Asia.

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### Meals included

Breakfast | Lunch | Dinner

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### Accommodation

Nomadic Family Stay (or similar)

Homestay

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### Today's Activities

Free Time

Nomad Camp

Enjoy a full free day. Opt to participate in local activities, or simply relax at camp.

Day 11

## Nomad Camp/Kharkhorin

Drive to Karakorum, the ancient capital of Mongolia. Visit the Erdene Zuu Monastery, the first centre of Lama Buddhism in Mongolia. En route to tonight's ger camp, stop by the Karakorum Museum.

Journey to Kharkhorin, stopping at the beautiful Erdene Zuu Monastery. Destroyed during the Communist era, this monastery is slowly being rebuilt.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Munkhtenger Ger Camp (or similar)

Ger



### Today's Activities

Private Vehicle

Nomad Camp - Kharkhorin

6h

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

Erdene Zuu Monastery Visit

Kharkhorin

1h

The beautiful Erdene Zuu Monastery began its construction in 1586 and continued for over 300 years. It was the first centre of Lama Buddhism in Mongolia. At its peak, the monastery housed over 1,000 monks and held 62 temples. In the 1930s, most of the temples were destroyed and monks killed in the Communist purges. Now, the monastery is slowly being restored.

Explore the monastery grounds and, if you're lucky, listen to monks chanting.

Karakorum Museum Visit

Kharkhorin

Considered the best museum outside of Mongolia's capital, the Karakorum Museum contains a treasure trove of ancient artifacts within, including pottery, metalwork and locally significant finds from the 13th and 14th centuries.

Day 12

## Kharkhorin/Khustai National Park

Stay in Khustai National Park—home of Mongolian wild horses. Here, look for Takhi horses in their natural habitat.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Moltsog Ger Camp (or similar)

Ger



### Today's Activities

Private Vehicle

Kharkhorin - Khustai National Park

6h

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

Khustai National Park (Khustain Nuruu) Visit

Khustai National Park

Home to the last of the truly wild horses in the world, the park is a wonderful chance to see the Takhi horses in their natural environment. At one point there were none in the wild, but after a hugely successful captive breeding program in various worldwide zoos, they were reintroduced.

Day 13

## Khustai National Park/Ulaanbaatar

Drive back to the capital for last minute sightseeing. Opt to see a local cultural show, an excellent display of dancing and Mongolian throat singing.



### Meals included

Breakfast | Lunch



### Accommodation

J Hotel (or similar)

Hotel



### Today's Activities

Private Vehicle

Khustai National Park - Ulaanbaatar

3h

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

Free Time

Ulaanbaatar

Explore with a few more hours in this international city.



### Optional Activities - Day 13

Mongolian Cultural Show

Ulaanbaatar

30000MNT

Enjoy an evening of song and dance at the Mongolian Cultural Show. The show includes 15 different performances, including traditional songs, dancing, throat singing, and contortionists.

Depart at any time.

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## Meals included

Breakfast

## What's included

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## What are the main highlights of this trip?

Contemplate the Soviet architecture and influence in Ulaanbaatar, explore the ruins of remote monasteries, share a ger with a nomadic family, visit Mongolia's ancient capital, see the wild horses in Khustai National Park

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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 view a final copy of your Trip Details 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 group leader like?**

All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEO). 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 14, avg 12

## **What meals are included in this trip?**

13 breakfasts, 11 lunches, 10 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 van, 4x4 vehicle, walking.

## **Are local flights included in the cost of the trip?**

All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

## **Is there an extra cost for travelling solo?**

We believe solo travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and solo travellers on these itineraries must pay the single trip price.

## **Where will we stay during the trip?**

Hotels (3 nts), ger camps (8 nts, shared facilities), family stay or tent camping (2 nts, multi-share, no facilities).

## **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/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.

Please note that the 2 nights ger camping with the Nomadic Family will be without any washroom facilities. During the stay, the group will dig a hole and install a portable hut with temporary portable toilet seat inside.

## **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.

### AIRPORT TRANSFER

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense.

If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area, please try the contact below first. If you do not receive a response, we ask that you please take a taxi to your start point hotel.

If your call is specifically concerning Airport Transfer complications please call our local G Adventures Representative directly at:

Mr. Uuganbaatar Tsogoo

Mobile: +97680040400

### 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
- Scarf
- Warm gloves
- Warm hat
- Warm layers
- Warm waterproof jacket

## 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)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- 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/sturdy walking shoes
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Walking poles

**Sleep Sheet:**

- Sleeping bag liner/sleep sheet

**Warm Weather:**

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear Note: During the colder months (Oct-Apr) the regions can be very cold, so please make sure you pack warm clothes.

## 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](http://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!

## **Do I need to pay a departure tax?**

International Departure tax is included in the flight ticket.

## 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?

### Ulaanbaatar

- Ulaanbaatar City Tour
- Mongolian Cultural Show  
(30000MNT per person)

## 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 group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (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 and 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 judgement 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.

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. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

## 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/](http://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.