



Tour Mongolia  
Your Responsible Travel Partner



## ACTIVITIES & ADVENTURE IN MONGOLIA

### THE GREAT MONGOLIAN OUTDOORS

Mongolia is not a holiday destination where you 'tick off' a number of places – rather it is a place just 'to be'. The main experiences are centered around the outdoors and traditional way of life, such as horse and camel riding, hiking, archery, kayaking or visiting nomads in their gers and herding livestock, building gers, learning to cook or playing Shagai – all this while surrounded by vast and beautiful landscapes. The activities we can offer in Mongolia depend on your interests, your group profile, route, seasonality and availability.



## HORSE RIDING

Because horses are so central to Mongolian culture, and essentially to tourism as well, most of trips we offer include an opportunity to ride a horse. This can be an hour-long stroll around the nomad ger encampment or a 10-day long horse trek in the wilderness. Horse trekking is an adventurous and authentic way of experiencing the way of life in rural Mongolia.

The Mongolian horse tends to be small and to the western eye may look bony and undernourished. These animals have tremendous stamina however and are well adapted to the harsh environment where they survived over the centuries. On a long distance ride, 20-30 km a day is the normal pace, depending on terrain. At Tour Mongolia, we provide all the equipment for horse ride – from western style saddles and bags, camping gear and tents if you go for a trek, to helmets for safety as well as an experienced guide and horse wrangler.



## CAMEL RIDING

Many people have ridden the single-humped Dromedary Camel, but far less have ridden the much larger two-humped Bactrian Camel. These double-lumped beasts have been essential to nomadic life for thousands of years and, unlike a horse, the camel does not need the daily provision of water or grazing. Whether they are carrying you, your bags or pulling a 500 kg cart, their strength is awesome, their long legs eat up kilometers, and if properly fed and watered their stamina will most certainly outlast yours.

We offer camel riding mostly in the Gobi but also in central and western Mongolia. For the most part, the ride is fairly sedated, exactly as you would expect from a caravan of camels. Allow yourself to be rocked between the two humps of the Bactrian Camel and hold on to either the reins or if your camel is tethered to the one in front simply hold on to the first hump. There will be a camel guide leading the caravan as well as an English speaking Mongolian guide who will be happy to assist you with translation or in your camel riding experience.



## HIKING

On most of our trips there is an opportunity to do some hiking – whether it is to get nearer the wild Przewalski Horses and see them up close at the Hustai National Park or climb to a mountaintop monastery – there are plenty of opportunities to get immensely amazed at the scenery and surrounding wilderness.

As a hiking destination, Mongolia offers plenty of exciting trails and a glimpse to one of the world's most isolated locations. Hiking in Mongolia doesn't require experience, but it is highly recommended that you bring a great pair of shoes and a positive mentality. Trekking is done in small groups and are will be led by an experienced guide who knows the ins-and-outs of the path that you will travel. The best times to go out hiking is from May to September due to the weather.





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## ARCHERY

There are plenty of opportunities to try your hand at archery in Mongolia. The Mongols have used the bows and arrows since the time immemorial: as a sport between tribes, a weapon for battles, or equipment for hunting, and are world renowned fine archers. Nowadays archery is one of the 3 traditional sports of the Great Naadam Festival. Standard shooting distance for the Mongols is 75m for men, 60m for women and 45m for children aged fewer than 14. But as a beginner, you can choose the convenient distance for yourself. Your guide will be delighted to aid you with instructions of how to shoot with bow and arrow or organize a shooting competition.



## RAFTING

Rafting is usually done in central Mongolia on the Orkhon River, on the Tuul River in Terelj National Park or in the Gun Galuut reserve, and due to weather conditions, it is available generally between mid-May and mid-September. 8 and 12 person inflatable rafts are available. Your guide and driver will, of course, be on hand to set up and pack away your rafts, you are on holiday after all! We provide the inflatable rafts and life jackets as well as a guide and vehicle support.

Raft down the river for a few hours and enjoy the steppe scenery of a National Park, and lunch will be set up and awaiting you downstream!



## GER BUILDING

A ger is more than a tent, it is a home since Mongols live in them throughout the year and tend to prefer them to other forms of housing. The ger is a unique model of engineering – an ingenious prefabricated home. Made mostly of wood and other locally available materials, it can be quickly assembled or taken to pieces and is easily transported from place to place on camelback or truck. Apart from visiting nomads in their ger, you may welcome the opportunity to join them in disassembling and re-building it! This can be arranged at many of our locations that include ger homestays throughout Mongolia.



## COOKING LESSONS

The best way to learn about traditional Mongolian cuisine is to join a hands-on cooking class among nomads in their ger. This is usually arranged in authentic gers in the countryside and for itineraries that include a home-stay or visit to a nomadic family. Your hosts will teach you how to make some of the classic Mongolian dishes such as Hushuur (fried meat-filled pastry), Buuz (Mongolian dumplings), and introduce you to many kinds of curds and dairy products. You will be able to discover the secrets behind traditional Mongolian dishes in a fun and authentic environment of a ger alongside a nomadic family.





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### VISITING NOMADS & GER HOMESTAYS

Visits or stays with the nomadic families in their traditional ger felt tents is a great way to experience the centuries-old nomadic lifestyle and the Mongolian culture.

We can arrange short visits or overnight and multi-day stays for you in different areas of the country. Our community member households throughout Mongolia welcome solo travelers, small groups as well as large groups of over 20 pax. You can taste homemade, local cuisine, try your hand at sheep herding, mare and cow milking, airag preparation and other aspects of the nomadic life. Most of the families we visit have extra gers for their guests neighboring their own and you will stay in their guest ger, which is roomy and comfortable, albeit basic.



### YAK RIDING

We have all heard about riding a horse or a camel, how about riding a yak? Get an exclusive opportunity to ride this docile animal of the highlands. If not comfortable doing that, we can also arrange rides in traditional carts pulled by those humongous creatures of the mountains. Enjoy the spectacular scenery of central or northern Mongolia during the low speed, comfortable riding on a Mongolian yak or on a cart. Since it doesn't require any riding ability, many of our clients treat it as a calming and relaxing experience, helpful in stress relief. This kind of activity is available for our tours in Ikhtamir and Khorgo Terkhiin Tsagaan lake National park in Arkhangai, Khuvgul Lake, and in Terej National Park



### MOUNTAIN BIKE RIDING

One of the most adventurous ways to explore the natural beauty and cultural uniqueness of Mongolia is to cycle through the steppe on a bicycle. We provide quality mountain bikes which can be delivered to most places in the country, as well as helmets, spare parts, and an experienced local cycling guide. Whether an hour ride by the lake Khovsgol's shore or a week-long cycling expedition in Altai Mountains, bike riding is one of the best ways to experience this land of true wilderness and pristine nature of which there isn't much left on planet Earth. It is also an environmentally friendly way to tour the country and learn about nomadic people of Mongolia while being physically active.



### MOUNTAIN CLIMBING

Western Mongolia is known for spectacular landscapes as well as for the glacier wrapped and snow-covered mountains - which makes it an amazing place for mountain climbers. We employ a number of specialist mountain guides to lead and assist our clients to conquer the peaks of the the Altai Mountains and provide all required mountaineering and camping equipment.

Depending on your fitness level, skills and interests, we can arrange short, non-technical mid-altitude hikes to e.g.. Mt. Malchin, as well as multi-day mountaineering expeditions, such as Huiten Peak climb.





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## MOTORCYCLING

For those wishing for an adventurous way to travel through Mongolia and up for a real challenge, we can arrange motorbike tours from May to October. Hit the unpaved trails of the wild country for a day ride or a two-week long cross country journey.

Escorted by an experienced guide, ride your motorbike or side-car to the mythical places of that wonderful country. An escort vehicle will follow the same route to provide the best support and safety for the participants. It will carry luggage, camping gear, fuel, tools and spare parts, water, food, and first aid kit. Riding in the support vehicle will be a mechanic, a cook. People who wish to accompany the motorcycle riders can follow in a 4WD car on the same route and share the same adventure.

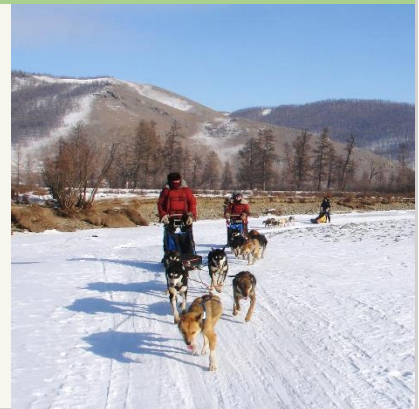


## DOG SLEDDING

A powerful pack of huskies pulling a speeding dogsled and musher along a snow-packed trail: a quintessential winter adventure and one that often fuels the daydreams of travelers.

A short drive to Terelj or a scenery packed 2-day journey to Khuvsgul Lake gets you to where dog teams await. You can stand on the sled runners and drive the dog team yourself, or sit in the sled's "basket" and gain an appreciation for the strength of the dog team.

We offer short and multi-day sledding tours as well as training rides. Dog sledding takes place on the frozen Tuul River in Terelj National Park and on the open landscape of Khuvsgul Lake between late November and early April.



## HORSE SLEIGHING

Mongolian horses are special and we love them! In the winter, they provide us not only with transport but keep us in touch with nature. Experience an authentic horse-drawn sleigh ride on the ice and snow, a real winter treat.

Apart from few hours long rides, we offer multi-day horse sleighing journeys through the snow-covered steppe from yurt to yurt of nomads - with overnight stays. Find out the winter life in icy Mongolia and customs of the nomads who survive temperatures that often drop to minus 40 degrees.



## ICE SKATING

In Winter, Khovsgol Lake in northern Mongolia becomes one of the world's largest ice skating rinks. Skating on its frozen surface is a romantic and breathtaking experience that can be arranged from December to early April alongside other winter activities, such as dog sledding, horse sleighing and nomadic homestays available in the area.

Since 2007 our company has been organizing the International Skating Marathon as part of the Ice Festival each March.





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## ROCK & ICE CLIMBING

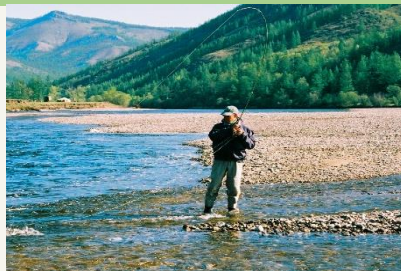
Mongolia is an excellent but untapped climbing and bouldering destination. Challenge yourself on the rocks. The best climbing spots are easily accessible in Terej National Park, a mere 2 hours drive from Ulaanbaatar, making climbing a great day trip activity.

We provide all the safety equipment and the trips are led by our trained climbing guides. Climbing and bouldering activities can be done by anyone who is reasonably fit and agile - we can arrange climbs on rocks suitable for beginners as well as for expert climbers. No prior experience is required for climbing trips and coaching will be offered on the go, so why not to give it a try and learn rock climbing in Mongolia?



## FLY FISHING

Fly fishing in Mongolia is fantastic during summer, not to mention the spectacular scenery too. The *taimen* grow to immense sizes and attack flies with a predatory aggression, unlike any other freshwater fish. Traveling anglers return year after year to Mongolia's remote streams to experience the challenge and joy of taimen fishing. We have explored every major taimen river in the country and personally selected what we believe the finest rivers for fly angling. We can arrange short angling excursions and multi-day trips where you can explore a new stream section every day without having to shuttle back to camp.



## PHOTOGRAPHY

Experience Mongolia on a photography tour with a professional photographer. We arrange both, short photography excursions and multi-week trips which offer an in-depth experience into the nomadic Mongolian culture along with personalized photography education.

Clients receive individual portraiture shoots with nomadic families in traditional dress, we also provide a portable printer to print 4x6s for the nomads you meet and take pictures of. They are completely thrilled to get a printed professional picture that was just taken of them. We find it to be a thoughtful gift for allowing us to take their photograph. We work closely with you to ensure you have the proper camera gear, travel gear, electronics, clothing, and a good image storage workflow.



## WELLNESS & SPORT

Sometimes a trip can be the perfect jumpstart to a new exercise or wellness plan that sets up good habits for you to follow when you get back home. And you get a chance to travel and explore a new place at the same time.

Lose yourself in nature and find peace experiencing the exotic Mongolian nature. Mongolia is renowned for its natural spring water and geothermal pools that have the ability to boost health. Apart from hot spring excursions, we arrange activities ranging from Finnish, Korean and old-style Russian saunas & jacuzzis, traditional Mongolian and Japanese massage services in a number of spectacular locations around the country.

We also arrange fitness activities such as boot camps for groups and have organized major sporting events in the past, one of them the Gobi Marathon.





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## GYROCOPTER FLIGHTS

Witness Mongolia from a new perspective and get the best visibility possible. A gyrocopter looks like a helicopter, flies like an Aeroplane and can float like a Parachute. In a gyrocopter you won't feel turbulence, you will feel safe and because they can fly lower than small aeroplanes and small helicopters without compromising safety - the views are simply fantastic.

We bring you the opportunity to enjoy the thrill of a gyrocopter flight over the iconic Chinggis Khan statue area. Flights are on a 1 to 1 basis (you plus the pilot) and there are three gyrocopters available to fly simultaneously. Flights can last from 10 minutes to an hour.



## SKIING & SNOWBOARDING

Strap on snowboards, skis or snowshoes throughout the winter months, which is a great time for a ski adventure amidst the frozen wilderness. What could be more breathtaking than a free ride with views of this stunning scenery? Mongolia offers two main ski resorts. Gorkhi-Terelj National Park has the benefit of cross-country skiing while at the Sky Resort, which lies less than an hour drive south from Ulaanbaatar, one may ski or snowboard at night which is particularly beautiful as you can observe lights from the capital city while sliding down the slopes. The season runs from mid-November through March and all equipment and clothing are available for hire.



## OFF-ROAD DRIVING

Few experiences bring together offbeat adventure and epic road tripping quite like bouncing through Mongolia's steppes and deserts in the rear facing seat of an off-road van. Prepare to be covered in dust, absolutely battered by rough trails crossing rivers and dunes. Sounds like fun? Then embrace your inner Indiana Jones and get out into the wilds of Mongolia.

We can organize an exciting day of off-road driving in a safe, but challenging environment, at one of our 4 x 4 vehicles - either the Russian UAZ, a Japanese van such as Mitsubishi Delica or for smaller groups, in a Land Cruiser or similar modern SUV. The choice of yours! The 4x4 driving sites are virtually everywhere, and with their varied surfaces, they provide a comprehensive range of difficulty, obstacles, and terrain.



## SCUBA DIVING

Diving at Khuvsgul Lake's crystal clear waters is suitable for beginners as well as for experienced divers who want to explore the scenery below the surface. In the summer months (June to September) the water temperature is suitable for diving - at 10-15 meters it will be around 10 degrees Celsius. Specialist gear, dry suits as well as a dive master guide are available. The diving center has 10 full sets including a dry suit for all size from XS to L.

If you have never tried diving before, but are interested in what lies beneath the surface, we can arrange a number of possibilities for you to give it a go. We can provide everything for complete beginners from Discover to Dive Master, through the full range of PADI scuba diving courses.





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## YOGA & MEDITATION

Mongolia is a land of dusty horizons and adventure but another side to this is the people's deep spiritual connection to nature, land and the blue sky above. Working with partners in Mongolia and from abroad we offer a combination of Mongolian travel with meditation and spirituality based yoga instruction in this vast expansive land!

We can arrange short meditation visits to remote mountaintop monasteries, or a Gobi desert journey to spirituality, physical fitness and inner peace with daily carefully designed yoga and meditation schedule built around the travelling that will build you up and leave you feeling refreshed.



## MINI NAADAM FESTIVAL SHOW

Naadam is the national Mongolian festival that combines horse races, wrestling and archery, the three essential skills any warrior of the great Chinggis Khan's army mastered; strength, speed, and a mean shot with a bow and arrow. Complimenting the competitions are traditional dance shows, for a full day worth of performances.

We organize private mini Naadam shows for larger groups that allow you to try out your eagle dance alongside local wrestlers, feel the wind rush as the horses gallop by and see the concentration on the faces on the marksmen up close and personal. Or simply to soak up the atmosphere and rubbing shoulders with locals.



## WILDLIFE SPOTTING

Few realize that Mongolia is home to some of the rarest and most elusive wildlife species on Earth. These include Snow Leopards, bighorn Argali sheep, Goitered and Mongolian Gazelles, the Asian Wild Horse (Takhi or Przewalski's Horse), the Mongolian Wild Ass (Hulan), the last wild Bactrian camels (Havtgai), and, rarest of all, the endangered Gobi Bear (Mazalai).

Our eagle-eyed guides experienced in tracking wild animals communicate with park rangers using walkie-talkie for the best chance at locating some of those rare animals in the wilderness.

We arrange day excursions to the Hustai National Park as well as longer wildlife observation expeditions throughout the country. Wildlife spotting is available all year round.



## BIRD WATCHING

We offer special bird watching activities with the local naturalist and ornithological experts, allowing you to explore the country's varied birdlife from the northern forests of Selenge to the Gobi Desert in the south. Cultural, geological and paleontological highlights form the backdrop to the ornithological focus and trip lengths can vary from a full day to two weeks. Birds of note include – Azure Tit, Eurasian Penduline Tit, Oriental Plover, Lammergeier, Mongolian Accentor, Wall Creeper, Altai snowcock, Pallas Sand grouse, Mongolian Ground Jay, Saxaul Sparrow, Saker Falcon, Small Snow finch, plus many more.

