

# Mongolia

## Trekking in the Wild West

Asia | 2,959m



**360**   
EXPEDITIONS

[www.360-expeditions.com](http://www.360-expeditions.com)



# Mongolia

Trekking in the Wild West | Asia | 2,959m



**Mongolia** is known for many things – the **Gobi Desert**, being the **Land of Blue Skies** and the **Land of Genghis Khan** and much more. Yet this country of just 3 million people, nestled between China and Russia, remains one of the world's **best-kept travel secrets**. A spectacular variety of landscapes, people and cultures await us here.

We travel to remote western Mongolia and trek to the twin peaks of **Mt Kharkhiraa (4,037m)** and **Mt Turgen (3,978m)**, an area renowned for snow leopard habitat. On this trek we walk up the Kharkhiraa valley, pass herds of yaks, camels and horses, grazing on lush alpine meadows dotted with daisies and edelweiss. We rest in a lush meadow at the pass between these peaks and explore the surrounding area.

We cross the **Olon Nuur** valley, highland tundra with permafrost not deep below the surface and therefore abundance of water and marshes. We exit the Olon Nuur valley by ascending the 2959m Black Goat pass which marks the entrance to the Black Goat valley which is formed by two parallel ridges that extend from the Turgen peak.

Last trekking (15km) day and transfer to **Uureg Lake** where we have a well earned rest day.

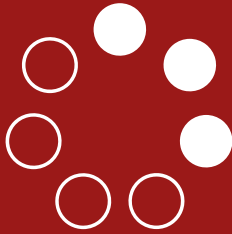
This trek is planned to coordinate with the Naddam Festival at the end of the trip. See FAQs for more information on the Naddam Festival



# Mongolia

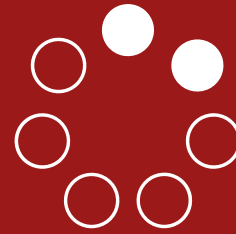
## Trekking in the Wild West

Asia | 2,959m



### Physical – P3

This trip is physically tough. Frequent exercise is necessary to prepare properly for this expedition. Regular walking mixed with training at the gym to build up endurance and cardiovascular fitness is key. Expect to be able to do 8 hour days in hilly and often steep terrain, carrying a pack of 6-10kg in weight with the occasional extra long day.



### Technical – T2

Consider this a trek, although there may be occasion to use hands for short sections of easy scrambling. No previous climbing or trekking experience is necessary.

Please note that the grading system used is a rough guide only.





# Mongolia

Trekking in the Wild West | Asia | 2,959m



**360**  
EXPEDITIONS

[livethedream@360-expeditions.com](mailto:livethedream@360-expeditions.com)  
0207 1834 360  
[www.360-expeditions.com](http://www.360-expeditions.com)

CLICK TO:  
**BOOK NOW**



# Mongolia

Trekking in the Wild West | Asia | 2,959m

## ITINERARY

### DAY 1 : Arrive Ulaanbaatar

On arrival in Mongolia's capital city, Ulaanbaatar (often written Ulan Bator), you'll be met and transferred to a centrally located 4-star hotel.

Once the team have gathered, we'll head out for an afternoon guided walking tour that will introduce us all to the highlights of the city. We'll likely spend some time in the central city square with its grand statues of Genghis Khan and Sukhbaatar, and the Museum of National History, located right next to the square, introduces Mongolia's history from early humans to the modern day. Time depending, we then have the chance to visit the Choijin Lama or State Oracle Residence museum, displaying beautiful pieces of Buddhist artwork and religious masks, or the Fine Arts Zanabazar Museum whose displays include Buddhist arts, painting, folk arts and crafts, sculptures, carvings and embroideries. An evening show of traditional music, throat singing and contortionist.

### DAY 2 : Fly to Ulaangom and transfer to the Uliastai Valley

We have an afternoon transfer to UB to transfer to Ulaanbaatar Airport for a 3-hour flight to Ulaangom, a large town located just 40km from Lake Uvs, Mongolia's largest lake. On arrival in Ulaangom, we'll be driven Uliastai Valley, the starting point of the trek, which takes about an hour. Here, we establish our first tented camp and finalise arrangements with local camel herders, who will accompany us with their beasts of burden throughout the trekking adventure ahead.

(BLD)

### DAY 3 : Trek to Blue Lake

We start our day trekking by ascending the Uliastai Pass (2,410m), which brings stunning views of Blue Lake, a freshwater alpine lake and, beyond the water, the rugged foothills of Kharkhiraa and Turgen peaks and their snow-capped summits. After a picnic lunch, we descend to the lake and trek along its shoreline to our campsite at 1,795m above sea level. Our train of two-humped camels will catch up with us soon after lunch, and continue on ahead of us to allow the team to set up camp and prepare dinner. Such will be the general routine for each trekking day. We'll camp by the lake, and relax around a fire to share stories from the day.

(BLD)

### DAY 4 : Trek to confluence of Kharkhiraa & Turgen Rivers

Today is full of equally mesmerising scenery, as we curve around the lake, trekking to the valley of the Kharkhiraa River and continuing along the riverside to the Kharkhiraa's confluence with the River Turgen. Both torrential rivers take source from the vast glaciers of their namesake peaks. Each day we will need to cross mountain rivers and smaller streams, and across the deeper and faster ones we will be shuttled on horseback, assisted by our camel drivers. Tonight, the team will set up camp on the Turgen riverbank at 1,860m above sea level. 50-metre high red rock cliffs on the opposite bank make an impressive backdrop to the campsite view.

(BLD)

# Mongolia

## Trekking in the Wild West | Asia | 2,959m

### ITINERARY

#### DAY 5 : Trek to Mt Ekhen Khoroo

Today will be a long trekking day but again, with glorious views, as we trek to Ekhen Khoroo mountain. It is an all-day ascent along the Kharkhiraa River, at the end of which we will have gained almost 800 metres. The impressive red rock wall continues alongside across the river while the rocky but well-established trail steadily climbs up, bringing more snow-capped peaks into our sight. A noticeable temperature drop can also be felt and we'll likely see that our camel caravan will be a bit further behind us. We continue trekking upstream along the Kharkhiraa River until arriving at its headspring, which is also the bottom of the main water dividing ridge. We'll cross several small streams, many of which we'll negotiated on foot! The tented camp will be set up at 2,330m above sea level and, time permitting, we will visit one of the local herding families that graze their large flocks of sheep, goats and horses on the abundant alpine pastures.

(BLD)

#### DAY 6 : Trek to the Kharkhiraa pass

This will be the most challenging trekking day but it's well worth it for the views. We first ascend the 2,944-metre high Kharkhiraa Pass, a small plateau surrounded by glaciers, with views of the Turgan and Kharkhiraa peaks aligned north to south from the top. We then descend to Ereesen Valley in the main Olon Nuur Valley. Literally meaning "valley of many lakes", we'll trek along its edges to keep on drier trails and camp at an altitude of 2,688m above sea level.

(BLD)

#### DAY 7 : Trek to Khukh Salaa Lake

We have a somewhat challenging exploration excursion today to several alpine lakes nestled at the southern foothill of the Turgan massif, finishing up at Khukh Salaa Lake. We'll have time later in the day so we can choose either to rest at the camp or take some smaller hikes in the area.

(BLD)

#### DAY 8 : Trek to Irgiin River

We cross the Olon nuur valley, typical highland tundra with permafrost not deep below the surface and therefore abundance of water and marshes. We exit the Olon Nuur valley by ascending the 2959m Black Goat pass which marks the entrance to the Black Goat valley which is formed by two parallel ridges that extend from the Turgan peak. The lower slopes on both sides are densely forested. This is a home to the elusive Snow Leopard and wild mountain goat the former's main prey. We descend in to the valley and trek for a good half day till reaching our campsite.

(BLD)

#### DAY 9 : Last trekking (15km) day and transfer to Uureg lake

We trek down the Black Goat valley After 15km the trek finishes. Here we part with our local guides and take car transfer 40km to Uureg lake.

(BLD)

#### DAY 10 : Rest day at Uureg lake

Today we have a well earned rest day at Uureg lake. In the walking we will have a gentle walk exploring the amazing wild lake.

(BLD)

#### DAY 11 : Drive to Ulgii town

We take car transfer (4-5 hours) to Ulgii town, home to the largest Muslim community of Mongolia. Dinner and overnight in a cozy local hostel.

(BLD)

# Mongolia

## Trekking in the Wild West | Asia | 2,959m

### ITINERARY

#### DAY 12 : Fly back to Ulaanbaatar

Transfer to Ulgy airport for flight to Ulaanbaatar. Arrival in Ulaanbaatar and transfer to Bayangol hotel.

The rest of the day is at your own disposal..

(BLD)

#### DAY 13 : Ulaanbaatar and Chings Khan Statue.

Today is a contingency day in case of weather disruptions to yesterday's flight – otherwise, we'll have a half-day visit to the amazing Chings Khan Statue.

The rest of the day in Ulaanbaatar and enjoy the sights of the city. On our last night in Mongolia, we'll then enjoy a farewell dinner together.

(BLD)

#### DAY 14 : Departure Transfer

We'll be driven to the airport our flight home.

(B)



# Mongolia

Trekking in the Wild West | Asia | 2,959m





# Mongolia

Trekking in the Wild West | Asia | 2,959m

## KIT LIST

### Bags & Packs

#### Kit bag

A 110L duffel bag. A duffel bag is a strong, soft, weather resistant bag without wheels but with functional straps for carrying. Suitcases and wheeled bags are not suitable

#### Drybags

Nylon rolltop bags that keep fresh clothing and other important items like passports and iPods dry in the event of a total downpour that seeps into your kitbag. Good for quarantining old socks. Please note that many countries are now banning plastic bags. We would always advise buying re-usable nylon rolltop bags for keeping your kit dry (and sustainability).

#### Daysack

Approx. 30L capacity. Your day to day pack that you carry with your daily essentials, fitted with shoulder straps and importantly a waist belt

#### Waterproof rucksack cover

To protect rucksack from rain

#### Padlocks x 2

For use on your kit bag for travel and on the expedition plus your hotel bag

### Sleeping Gear

#### 4 Season sleeping bag

You should get a sleeping bag rated to -10C and choose a sleeping bag that functions within the comfort rating of this temperature. A silk sleeping bag liner will enhance this rating on the colder nights

#### Sleeping bag liner

Silk is best for keeping the bag clean and you a little warmer

#### Sleeping mat

A full length self-inflating rather than  $\frac{3}{4}$  length Thermarest

### Headwear

#### Warm headgear

This can be a warm hat, beanie, balaclava, anything to reduce the heat loss from your head

#### Wide brimmed hat

Keeps the sun off exposed areas like ears and the nape of the neck

#### Buff/Scarf

Essential for protection from the sun and dust

#### Sunglasses

Worth spending money on good UV filters. Julbo is our preferred supplier

# Mongolia

Trekking in the Wild West | Asia | 2,959m

## KIT LIST

### Sunblock

Buy the highest SPF you can find as UV intensifies with altitude

### Lip salve

Sun cream will not work on your lips and they are very susceptible to burn without proper protection

## Upper Body

### Base layer x 2

This is the layer closest to the skin and its principal function is to draw (wick) moisture and sweat away from the skin. You can also get thermal base layers for use at higher altitudes that provide an additional insulative layer while still drawing sweat during times of high exertion

### Mid layer

These are typically lightweight microfleece or similar technology that provide varying degrees of warmth and insulation without being overly bulky or heavy to pack

### Gilet (optional)

Optional - A great low volume additional layer to keep your core warm, whether down, Primaloft or fleece

### Light insulated jacket

A lighter jacket such as a Primaloft or lightweight down which can be worn at lower to mid altitudes is a great addition to your kit offering greater flexibility with layering

### Soft Shell (optional)

Optional - These should be windproof (not all are) and insulative. They are mostly made of soft polyester and sometimes resemble a neoprene finish which makes them very mobile and comfortable to wear. While offering a degree of weather repellence, they are not waterproof

### Hard Shell

These jackets are thin, highly waterproof and windproof and worn over all other items of clothing. You'll find these made of Gore-Tex or other proprietary waterproof yet breathable technology. Inexpensive hard shells that aren't breathable will prevent evaporation, making you sweat intensely and are not recommended

### Down jacket

Generally made using feathers, these are the ultra-warm and insulated layer that are used when at camp or in extremely cold environments. Those with a windproof outer fabric will provide the best insulation. Ask advice in the shop (or from us) when buying the jacket and mention you want it rated to -10C and the assistant will recommend the correct fill for you

### Warm gloves

Consider a Polartec pair for higher altitudes and evenings



# Mongolia

Trekking in the Wild West | Asia | 2,959m

## KIT LIST

### Lower Body

#### Trekking trousers

These tend to be polyester so they dry quickly after a shower and weigh little in your pack. Consider perhaps a pair with detachable lower legs as an alternative to shorts

#### Softshell trousers

Windproof or thermal lined trekking trousers for higher altitudes and the summit phase. Thermal leggings can still be worn underneath if necessary

#### Shorts

#### Waterproof trousers

Like the jacket, an essential piece of kit to stay dry and should also be Goretex

#### Underwear

Merino or wicking material, not cotton. How many pairs you take is entirely up to you

### Feet

#### 4 season trekking boots

Well broken in with mid - high ankle support

#### Trekking socks x 3

Start with lighter socks lower down, working up to thicker pairs for higher up as it gets colder. Some people like a clean pair every day, others are happy to change every other day – that's a personal choice

#### Spare laces

Just in case

#### Comfortable trainers

Trainers for camp and town, saves stomping around in heavy boots for the entire day

#### Sandals

Walking River Sandals for possible river crossings

### Hydration

#### Water bottles / bladder

2L capacity either in a combination of bladder and Nalgene bottle or just Nalgene bottles

#### Water purification

Although generally all water is boiled some prefer to double up and add purification tabs as well. Always good to have in your bag

### Toiletries

#### Wash kit

Keep it simple on the mountain. Essentials are toothbrush, toothpaste and deodorant. Moisturiser is advisable, everything else is a luxury!

#### Travel towel

Travel towels from the likes of Lifesystems are perfect

# Mongolia

Trekking in the Wild West | Asia | 2,959m

## KIT LIST

### Wet wipes

Preferably biodegradable, these are great for washing when modern shower facilities become a thing of the past

### Alcohol gel

A must have for good camp hygiene

### Mosquito/Insect repellent

### Ear plugs

For protection against the inevitable snorers!

### Toilet paper

Provided on the mountain but a spare in your daysack may be useful if you need to hide behind a rock between camps

### Nappy sacks or dog poo bags

Only needed to bag your toilet paper if you are caught short in between camps and for keeping your rubbish tidy in your tent

## Medications

### Personal first aid kit

The 360 med kits are designed to be used in emergencies and akin to an A&E rather than a pharmacy on Expeditions so please come prepared with useful meds for yourself such as painkillers (Ibuprofen if you can take it and a Paracetamol) plus blister plasters, plasters, antiseptic, rehydration sachets and any muscle rubs you wish to use.

### Personal medication

Keep this in your daysack

## Miscellaneous

### Head torch

We recommend Petzl head torches. Bring spare batteries.

### Trekking poles

These tend to be a personal preference but help with your stability and can dampen the pressure on the knees coming down hill

### Camera

Bring plenty of spare batteries and memory cards

### Penknife (optional)

### Snacks

You will be fed very well and given snacks each day however we advise bringing a small selection as a little bit of comfort. Extra snacks can be bought en-route if needed. Energy gels and protein bars are not suitable

### Entertainment

Of course optional, but most trekkers like to bring an iPod, book, Kindle, cards etc for evening entertainment.



# Mongolia

Trekking in the Wild West | Asia | 2,959m

## KIT LIST

### Documentation

#### Passport

Don't forget this! Your passport should have at least 6 months validity. With your passport expiry date at least six months after the final day of travel.

#### Copy of passport

Just in case

#### Passport photos x 4

For Border Permit

#### Dental check up

We recommend you have a dental check-up before your trip. New fillings can be an issue at altitude if there is an air pocket left in the gap

#### Money

We recommend you take around \$350 with you in small denominations. This will allow for tip money plus any extras such as satellite phone calls and emergency funds. Small denominations are recommended as it may be difficult to obtain change and it will be easier to divide tip money

### Travel insurance

Copy of own travel insurance details. And relevant contact numbers. We have a partnership with True Traveller and would recommend that you contact them when looking for travel insurance for your trip with 360. However, it is vital that you ensure that the insurance cover they offer is suitable for you, taking your personal circumstances (items to be insured, cancellation cover, medical history) into account. Many other insurance providers are available and we do recommend that you shop around to get the best cover for you on the expedition you are undertaking. It is your responsibility to ensure that you have the appropriate insurance for your intended trip. To include medical evacuation and coverage up to the maximum altitude of this trip.



# Mongolia

Trekking in the Wild West | Asia | 2,959m





# Mongolia

Trekking in the Wild West | Asia | 2,959m

## FAQ'S

### Visa

#### Do I need a visa

NO.

Most European countries, Australia, New Zealand and Canada do not require a visa for tourist trips to Mongolia.

See.

<https://en.consul.mn/visa/c/83>

### Flights

#### What are the flight connections to Mongolia?

**Chinggis Khaan International Airport** is the international airport for Ulaanbaatar, Code **UBN**

If coming from Europe, Turkish airlines via Istanbul is a good option, or via Frankfurt and on MIAT Mongolian Airlines.

If coming from North America, or Australia there are a number of carriers via Seoul Incheon airport S. Korea.

### Food and Water

#### What is the food like on the trek?

All meals on the mountain are fresh, nutritious and varied. We try to ensure that dietary preferences are met and that local ingredients are used. You'll be amazed what can be produced on a kerosene stove!

The underlying aim is to provide balanced, nutritional meals packed with carbohydrates to refuel hungry bodies and to replenish stores for the next day of activity. On top of well balanced meals you are provided with coffee, tea and snacks upon arrival into camp. The morning wake-up call is usually accompanied with a cup of tea or coffee in your tent. Do bring along any of your favourite snacks and goodie bags from home if you want. Concentrate on high energy food-stuff to give you that little boost on an arduous day.

#### I have food allergies, can these be catered for?

Absolutely, please inform the office of any allergies or intolerances and we will ensure that these are taken into account on the trek.

#### Where does the drinking water come from?

Drinking water on the trek will come from local streams and rivers. We treat the water with purification tablets and boil it to be on the safe side. We always ensure that our drinking water is 100% bug free.

# Mongolia

Trekking in the Wild West | Asia | 2,959m

## FAQ'S

### How often is fresh water available for replenishing during the day?

Before leaving camp in the morning you will fill your water bottles or camel bladder. If this runs low you will have ample more water to replace it with. For most walking days water can be replenished at the lunchtime site.

## Accommodation

### What will the accommodation be like?

Most altitude related symptoms manifest themselves at night. We therefore recommend tent sharing from the onset of all our expeditions. Tent share is always organised according to sex and where possible age groups. Obviously if trekking with a friend or partner then you will be able to share tents.

If you have joined the team by yourself then it is highly likely that you will be sharing a tent with your pre-assigned room buddy unless prior arrangements have been made. We use high quality 3 man tents to be shared between 2 people to provide extra space for your comfort. In Ulaanbaatar we are in 3 star hotels with close proximity to the City Square.

In Uglui we are in the best option either a local hostel or Ger (Yurt) Camp.

### Will the camp be set up or will we be staying at fixed camps at set sites on the way?

Our local camp crew will set up the tents for you each night. We send them ahead of the group to secure the best site and to get the site prepared before you arrive. Bear in mind that these guys are also porters and when our walking days are shorter we might get to camp before them. If this occurs then have a cup of tea in the dining tent and wait for your tents to be ready.

### Will the toileting facilities will be "au naturel" or pit latrines?

We bring along our own toilet tents with a pit toilet dug in the tent. This allows us to maintain the best possible levels of hygiene without contributing to the toilet and subsequent health problems that can happen at some camps.



# Mongolia

Trekking in the Wild West | Asia | 2,959m

## FAQ'S

### Health and Safety

#### Am I likely to suffer from altitude sickness on this expedition?

On this trek we do not think Altitude Sickness will be a problem. The general trekking days are around 2500m to 3000m. Our highest pass is just under 3000m, but we will be well acclimatised by the time we cross the pass.

For your information.

There are different types of altitude sickness. Although our acclimatisation regime ensures that everybody enjoys the best possible chance of getting high on the mountain, altitude related problems can happen. The most common of these is acute mountain sickness (AMS).

Symptoms for this generally include:

- Headaches
- Nausea
- Vomiting

In all this sounds quite dramatic but generally this is just the process your body naturally goes through to adjust to the higher altitudes and the reduced partial pressure of the atmosphere. For some people the acclimatisation process is a little longer and harder than others.

For our leaders this is all part and parcel of ascending high into the mountains.

#### What should I do if I start suffering from AMS?

There are some basic measures you can take to help yourself should you start suffering from AMS. As headache is the most common symptom of AMS try taking a simple painkiller such as paracetamol or ibuprofen to relieve the headache. If the headache disappears all well and good.

Please remember to inform your 360 Leader of any altitude symptom you may have and any medication you have taken as a result so they can keep an eye on you and advise accordingly.

Should someone develop severe AMS then the only cure is descent and as safety is our priority you will be taken down appropriately.

#### What can I do to help prevent AMS?

AMS might sound frightening but our leaders are fully trained (and experienced) in helping to relieve your personal symptoms and provide advice on how to best proceed. Reducing the chances of AMS can be helped by following some simple yet effective guidelines:

- Drink lots of water
- Walk slowly
- Stay warm
- Eat well

Please don't fear AMS, it is part and parcel of climbing mountains of this nature. Learn to respect it and to know how to deal with it but importantly tell your 360 Leader how you feel.

# Mongolia

Trekking in the Wild West | Asia | 2,959m

## FAQ'S

### What happens if there is a problem in the mountain?

All our guides are in communication with each other by Satellite phone. In the vast majority of cases of emergency rescue the problems can be attributed to altitude and if so the solution is immediate descent to lower altitudes. Our local trekking crew are all experienced in dealing with problems that could arise. Our guides are qualified with the highest standard of wilderness first aid qualifications and can handle an emergency to the highest level of competency, in the vast majority of cases without national park assistance.

### You advocate taking a small first aid kit, what should it contain?

We advocate a little bit of self-help on the trek. If you have a blister developing for instance then please stop, take off your boot and treat it before it becomes a problem.

Your own first aid kit should contain: a basic blister kit, plasters, antiseptic, high factor sun-protection, your own personal medication (sometimes the mules might get to camp after you and if one is carrying your medication you may not be able to take it according to the regime you are used to), basic pain relief (aspirin and Ibuprofen), a personal course of antibiotics if prone to illness. Foot powder in your socks every morning is great for preventing blisters.

Generally the best approach to take when packing your first aid kit is to include such basic medications as if you would on a family or personal holiday.

Your 360 expedition leader carries a very comprehensive first aid kit which contains a wide range of supplies and medications. He is fully trained to use whatever is needed for any emergency that may arise. We advocate keeping this in mind when packing your own first aid supplies and keeping your own FA kit as compact and light as possible.



# Mongolia

Trekking in the Wild West | Asia | 2,959m

## FAQ'S

### Do I need to take Malarial drugs?

The Malaria protozoa generally does not survive over an altitude of 1,500m so Malaria should pose no threat. We recommend that you visit your doctor or travel clinic before departure to get the latest advice.

### What vaccinations do I need?

The following vaccinations are recommended:

- Hepatitis A
- Typhoid
- Diphtheria
- Tetanus
- Polio

This list is not absolute and it is important you should see your GP Surgery or travel clinic for latest recommendations and to ensure you are up to date on necessary vaccinations.

## Kit

### Is it possible to rent equipment before I go?

It is possible to rent kit in the UK. While we recommend the use of personal equipment whenever possible if you will be doing many more expeditions, the cost of equipping yourself can be a big deterrent and hiring (or borrowing) is a worthwhile economy. Should you wish to rent any equipment, please take a look at [www.outdoorhire.co.uk](http://www.outdoorhire.co.uk) and then the 360 kit lists

### What clothing should I wear on this trek?

Think about the time of year, and how high you are going. While you may swelter at the bottom of the mountains, it can get surprisingly nippy at altitude.

Both long sleeve tops and trekking trousers are recommended rather than shorts. Long sleeves and trousers are recommended as a deterrent to insects, scratches from bushes and to act as sun protection. Equally, if you wish to bring short sleeve tops or shorts, that's fine, just be careful. Keep an eye on sunburn. The prevailing conditions of the day will dictate what you feel like wearing. And the layering system never fails. If you're cold, put a layer on, if you're hot, take one off.

### Are down jackets necessary?

They are highly recommended, our guides wear them every evening. A layer system comprising of several layer of base layers, fleeces, jumpers and a jacket will suffice on most nights but nothing beats the efficiency of a good down jacket (especially when topped with a water proof layer).

# Mongolia

Trekking in the Wild West | Asia | 2,959m

## FAQ'S

### Will I need to bring waterproofs?

As much as we'd like to guarantee eternal sunshine, we can't fix the weather for you. You should bring waterproofs and they should be accessible. It is quite possible to be caught out in an afternoon rainstorm low down on the mountain. Once you get wet and your core temperature drops slightly, it becomes very hard to warm up and dry out your clothing. Waterproofs should be breathable Goretex material or similar to save you drowning in your own sweat. Additionally they can be used as an invaluable wind shield to protect you against the effect of wind-chill when a strong wind blows.

### What is the best type of footwear to use?

Because of the huge variety of terrain encountered when ascending these mountains it is very important to wear the right footwear. Boots should be sturdy, waterproof, insulated against cold temperatures and offer adequate ankle support.

In addition it is highly recommended that your boots are well worn in to prevent the formation of blisters. A wide range of suitable boots are on the market and further advice as to which brand names are available can be found online or at your local outdoor store. The leather / Goretex combinations are endless and each with their merits.

When in-store try lots of boots on, use the ramps in the shops to test their traction, make sure they are comfortable as you will be almost living in them for days on end and they are very important. Once you've found a pair you like, you think they're comfortable, and will be for several hours a day, buy them. It is not necessary to buy technical boots with crampon clips as crampons are not used for climbing this mountain. But you may enjoy wearing lighter trekking shoes on more gentle days.

Also for this trip bring sandals for river crossing. Teva, Keen, Crocs are good examples.



# Mongolia

Trekking in the Wild West | Asia | 2,959m

## FAQ'S

### What sort of bag should I have for this trip?

Duffel bags are ideal for this sort of trip. North Face are among the toughest, but Mountain Equipment make one similar that is often very good value in Cotswold Outdoor. Whatever bag you go for make sure they are robust and have a large capacity. As one goes higher in altitude it becomes harder to pack the bag and some people struggle closing their bags due to bulky sleeping bags and other pieces of kit. It will be far better having a large capacity bag with extra room (after all air doesn't weigh much) than having a bag too small and finding problems packing your kit. A 100 litre plus duffel bag is not too large.

Pack no more than you would want to carry yourself: 15kg is the limit for the trek and the muleteers (and mules) will not take kindly to heavy bags. Any extra weight such as spare clothes etc can be left at the hotel before you head for trek.

### What should I carry inside my daysack?

A daysack is worn at all times during the trek. The content of this is mandatory and should include: a fleece (if we take a break later in the day when it has cooled down or weather changes), lightweight waterproofs (primarily to act as wind protection), sufficient water for the day, snacks, camera equipment, personal medication and a head torch.

### How much should my daysack weigh? What size does that equate to?

Your daysack should weigh no more than 3 – 4 kg and a pack of around 30L capacity will more than suffice. This rucksack can be filled to brim with extra stuff when you check in at the airport. It is important that this bag has an adjustable waist belt to transfer the weight of your daily load onto your hips and from here onto your legs so that your strongest muscles do most of the carrying. It's important to go as light as possible as weight makes a huge difference at altitude. You will be carrying your daysack so think twice before putting too many hipflasks in.

# Mongolia

Trekking in the Wild West | Asia | 2,959m

## FAQ'S

### How warm does my sleeping bag need to be?

It should be rated within the -10 C comfort zone. From the first camp upwards it is not unusual to experience frosty nights and a good night's sleep is important to giving you the best chance to complete this trek. Ensure you get a sleeping bag that has this temperature rating as its comfort zone, not extreme zone. Our guides take sleeping bags rated to well below -10C to ensure that they are warm at night. 3 season sleeping bags can be enhanced by using an inner silk sheet (or similar).

The idea is to be as comfortable and warm as possible for the night and henceforth to ensure plenty of sleep for the arduous days ahead. It is important to remember that down sleeping bags work by your own body heating the down that's inside the bag. Once you have warmed up the bag the down will retain the heat and ensure that you sleep at a temperature that's your own body temperature.

For best results it is best to wear as little as possible when inside your sleeping bag. Our guides will often only wear a set of thermals in their bag. It is important for the bag to trap the heat. By wearing multiple layers of clothing your clothing will trap this heat and your bag will not function properly.

### What clothing is suitable for when we come back from the trek?

Shorts and T-shirts are fine to wear during the course of the day. Evening wear generally tends to be casual with long trousers and casual shirt being appropriate for all hotels and restaurants.

Mongolians are generally quite conservative in their dress code and are generally well dressed. Your town and party clothes can be left in a safe lock up at the hotel and will not have to be taken on the trek.

### What's the weight allowance for the internal flights?

All domestic flights within Mongolia have a weight allowance of 15kg. This includes both check-in and hand luggage combined.

Excess baggage fees are small however, a few USD per extra kg.

# Mongolia

Trekking in the Wild West | Asia | 2,959m

## FAQ'S

### The Trek

#### How out of my comfort zone will I be?

On a day to day level remember that you will be camping at altitude. You are likely to be cold, washing and toilet facilities will be limited, your appetite may be affected by the altitude and as you get higher on the trek you are likely to suffer shortness of breath and many people experience difficulty sleeping.

Remember that everyone on the trek is likely to be experiencing exactly the same symptoms: physical and mental.

### The Weather

#### How hot or cold can it get?

During the day temperatures can be warm and can even reach the mid 20C's. In the evening higher up, it could drop to below freezing and have a distinct chill in the air. As you will be trekking in a mountain environment, the weather can change rapidly for the worse so you need to be prepared for all conditions. Even in good weather it is not uncommon to have short heavy downpours.

### Travel

#### What if I arrive early or depart late? Is there a single room option on this trip?

If you would like to arrive early before the trek or stay out for a few days then let us know and we can make arrangements for you. There is a single room option when we are city-based, again, please contact the 360 office team for more details.

#### What happens if I need to leave the expedition early?

If a trekker needs to leave early arrangements can be made with the assistance of our 360 Guide. Additional Costs (transport, hotels flights etc.) will be incurred by you but our guides will be able to assist in every detail of your departure.

#### What should my arrival time / departure time be in Ulaanbaatar?

You should book flights that have you arriving into Ulaanbaatar no later than midday on day 1 of the itinerary, it's sometimes more practical to arrive the day before day 1 of the itinerary.

When it comes to your departure day from Ulaanbaatar, we'd recommend you book a flight after midday for a more sociable morning.

We can book additional nights for you in Ulaanbaatar if you'd like us to.



# Mongolia

Trekking in the Wild West | Asia | 2,959m

## FAQ'S

### Insurance

#### Do I need special travel insurance for the trek?

Copy of own travel insurance details. And relevant contact numbers.

We have a partnership with [True Traveller](#) and would recommend that you contact them when looking for travel insurance for your trip with 360. However, it is vital that you ensure that the insurance cover they offer is suitable for you, taking your personal circumstances (items to be insured, cancellation cover, medical history) into account. Many other insurance providers are available and we do recommend that you shop around to get the best cover for you on the expedition you are undertaking.

It is your responsibility to ensure that you have the appropriate insurance for your intended trip. To include medical evacuation and coverage up to the maximum altitude of this trip.

### Training

#### How can I best train / prepare for this trek?

Obviously the best way to train for any expedition is to recreate the conditions of the climb as closely as possible. This is going to be difficult depending on where you are based geographically and we appreciate people have busy lives with work and family commitments.

Personal fitness is important for this trek, if you are struggling from day one then you will not enjoy the rest of the trip. Physical preparation does not have to be Herculean: concentrate on cardio-vascular exercise during the week by taking short runs when time allows and try to spend at least 2 weekends a month going on long walks (a decent six hours or 12 miles) carrying a rucksack of around 5kg in a reasonably hilly environment. Not sure what 5kg is? Put 5 one litre bottles of water into it.

This kind of regime will not only prepare your body for carrying minor loads but will harden your body against the big days on the trek itself. In addition it will help break in your boots and get you used to your equipment.

# Mongolia

Trekking in the Wild West | Asia | 2,959m

## FAQ'S

### Finance

#### When is the money due for this expedition?

Generally speaking deposits (which are non-refundable) are due upon booking, particularly if we are handling your flight bookings. The full amount should be paid 4 months prior to departure. However having said this our aim is to get you into the mountains and we understand that personal financial situations can vary. Please contact our friendly office crew to discuss a suitable payment plan. We have after all been in your shoes and go by the motto of where there's a will there's a way.

If you are doing this for charity, your chosen charity will have particular requirements that they will communicate with you.

#### What currency is used in Mongolia?

Mongolia uses the Mongolian Tughriks (MNT) (around 1.00 GBP = 3700 MNT and 1.00 USD = 2800 MNT). However, you should keep an eye on the changing exchange rates. ATM's are widespread in Ulaanbaatar but not in more urban areas.

#### What additional spending money will we need?

The amount of money you will need depends on how many presents you wish to buy or how much you wish to drink when you come off the hill. As a basic rule of thumb \$200 USD should be more than adequate for any post expedition spending.

Mongolia is a relatively cheap place and when indulging in the local custom of haggling then goods can be very good value for money. Your 360 leader will be happy to point out the relative bargains and the suitable prices plus where to get the best value for money.

#### How much do we tip our local crew?

Our local crew work extremely hard to ensure that your expedition runs well. While tipping is not compulsory, it is very much ingrained in the Mongolian culture. Once someone sees the hard work the crew provides and realises the small amount of money they get paid relative to your own income, tipping will seem the least you can do to say thank you. As a guide we suggest around \$150-\$200 per trekker for the entire local crew to be shared amongst them.

Tipping the 360 Leader is entirely at your discretion, although it is their skill, effort and dedication that can make an expedition a success.

# Mongolia

Trekking in the Wild West | Asia | 2,959m

## FAQ'S

### What is your cancellation policy? What is your refund policy?

Please read our terms and conditions carefully before you depart for details on this. 360 Expeditions highly recommends trip cancellation insurance for all expeditions as we must adhere to a stringent cancellation policy.

### Electronics

#### Do we need a travel adaptor for the plug sockets in the hotel or are they the same as UK?

Electricity in Mongolia is 220V, alternating at 60 Hertz which is similar to the UK. However, you will need either a flat blade or a two round pin plug adaptor or both as Mongolia generally accepts these two types of plug. You can buy these adaptors quite easily in the UK or at the airport.

#### Is there mobile phone reception in the trek?

Mobiles will work sporadically.

#### Will I be able to charge my phone or camera out in the trek?

Opportunities to charge your batteries may be limited. If you can get hold of a lightweight solar battery charger this is probably the best option – we recommend [PowerTraveller](#).

### General

#### Will my valuables be safe?

While we will do everything we can to provide adequate safety for the group and security for your possessions, the general rule is that if you don't need it, don't bring it. This includes jewellery, necklaces, rings and even watches. Your passport and money should be kept on you at all times. As with travel in any foreign country, you need to look after yourself and your possessions, and this is no different.

#### What are good books to read before I go?

**Hearing Birds Fly** by Louisa Waugh

**Gengis Khan; Life, Death & Ressurrection** by John Man

**Edge of Blue Heaven** by Benedict Allen

**The Lost Country: Mongolia Revealed** by Jasper Becker

**Polo, Marco: "The Travels of Marco Polo"**  
Translated by & introduced by Ronald

**In Search of Genghis Khan: An Exhilarating Journey on Horseback Across the Steppes of Mongolia** by Severin, Tim

**In the Empire of Genghis Khan: A Journey among nomads** by Steward, Stanley



# Mongolia

Trekking in the Wild West | Asia | 2,959m

## FAQ'S

### Who will I be talking to before departure?

We're all here to answer any questions you may have, but you will mostly likely be talking to Marni about the trek, and Helen about any flight, invoice or financial queries. If you do have any queries, whether it's about medical concerns, you're unsure about certain things on the kit list, or you want to add a few days onto the expedition at the end to relax a bit, we encourage you to get in touch with us and Marni really loves to talk! The better informed you are, the more likely you are to take on your expedition with confidence, and thus reach your objective.

## Naadam Festival

### What is the Naadam Festival

The Naadam Festival is a traditional festival celebrated in Mongolia, Inner Mongolia and Tuva. The festival is also locally as "the three games of men".

The games are Mongolian wrestling, horse racing, and archery, and are held throughout the country during midsummer. Women have started participating in the archery and girls in the horse-racing games, but not in Mongolian wrestling.

For more information have a look at.

<https://en.wikipedia.org/wiki/Naadam>

### When is the Naadam Festival

The Naadam Festival is held annually from 11 to 13 July and is a National Holiday.

### Where can I see the Naadam Festival

The biggest festival is the National Naadam Festival, which is held in the Mongolian capital, Ulaanbaatar.

Also every community in the country will hold its own community Naadam Festival.



# Mongolia

Trekking in the Wild West | Asia | 2,959m





# Mongolia

Trekking in the Wild West | Asia | 2,959m

## TRAINING PROGRAM

To begin 6 months prior to the expedition where possible.

1. CVS: Cardiovascular exercise which is low impact such as swimming, cycling, cross trainer, rowing.

2. Weekend walk should be done over undulating terrain. Only a light rucksack needs to be carried.

3. For specific exercises it is worth doing static squats and heel raises on a regular basis to improve leg muscles prior to the trip. Static squats are especially useful to help protect the knees. Please remember that it is still important to have a well balanced workout using a variety of muscle groups.

4. It is worth winding down and resting in the week leading up to the trip, doing several light walks to keep things going.

5. When walking going at a pace of a brisk walk with a light sweat and enough to feel breathless is recommended

6. During the program, rather than step up suddenly each month (example, going for 3 one hour walks each week during the weekdays in April to 3 one and half hour walks suddenly in May) it is better to build up gradually each week so there isn't a large transition (example, going for 3 one hour walks during week 1 in April, going for 3 one hour and ten minute walks during week 2 in April, going for 3 one hour and fifteen minute walks during week 3 in April, going for 3 one hour and twenty minute walks during week 4 in April)

6. It is important you seek medical advice prior to starting any training program, especially if you are not used to regular physical exertion

All the best with your training!

### MONTH 1

#### OPT 1

2 x 30 mins weekday walk  
1 x 1 hour weekend walk  
1 x 10 mins CVS

#### OPT 2

1 x 30 mins weekday walk  
2 x 1 hour weekend walk  
1 x 10 mins CVS

### MONTH 2

#### OPT 1

2 x 45 mins weekday walk  
1 x 2 hours weekend walk  
2 x 10 mins CVS

#### OPT 2

1 x 45 mins weekday walk  
2 x 2 hours weekend walk  
2 x 10 mins CVS

### MONTH 3

#### OPT 1

2 x 45 mins weekday walk  
1 x 2 hours weekend walk  
2 x 10 mins CVS

#### OPT 2

1 x 45 mins weekday walk  
2 x 2 hours weekend walk  
2 x 10 mins CVS

### MONTH 4

#### OPT 1

3 x 1 hour weekday walk  
1 x 4 hours weekend walk  
3 x 15 mins CVS

#### OPT 2

2 x 1 hour weekday walk  
2 x 4 hours weekend walk  
3 x 15 mins CVS

### MONTH 5

#### OPT 1

3 x 1.5 hours weekday walk  
1 x 5 hours weekend walk  
3 x 20 - 25 mins CVS

#### OPT 2

2 x 1.5 hours weekday walk  
2 x 5 hours weekend walk  
3 x 20 - 25 mins CVS

### MONTH 6

#### OPT 1

3 x 2 hours weekday walk  
1 x 6 hours weekend walk  
3 x 30 mins CVS

#### OPT 2

2 x 3 hours weekday walk  
2 x 6 hours weekend walk  
3 x 30 mins CVS



# 360<sup>°</sup>

EXPEDITIONS



*"Life should not be a journey to the grave with the intention of arriving safely in a pretty & well preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out & loudly proclaiming 'Wow! What a Ride!' "*

**Dream it. Plan it. Live it.**