



Impact discovery

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## Adventure Guide

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### General information about Mongolia:

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In today's fast changing world, Mongolia is considered one of the few travel destinations that can offer travelers a beautiful, unspoiled landscape, ancient customs and traditions which have been kept for centuries. Mongolia is located deep in the heart of Asia between Russia and China. The country is best known as a remote, sparsely populated land with unique scenery and a simple nomadic lifestyle and hospitality. Little has changed through the past millennium.

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### Climate:

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Average summer temperature +25°C, average winter temperature -18°C, average rainfall 200-220 mm. Winter (first snow of the year 2019 was Sep 20th) lasts from November to late April, Spring from May through June, Summer from July through September. Please check accurate weather forecast from [www.accuweather.com](http://www.accuweather.com) or <https://weather-and-climate.com>.

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### What type of accommodation will we be staying in in Ulaanbaatar?:

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Our accommodation is carefully chosen based on quality, affordability and location. We continually review our research, experience, and feedback from clients in order to provide the best accommodation possible. We give clients the opportunity to stay in a wide range of accommodation (dependent on the tour) ranging from 3\* and 4\* hotels to guesthouses in Ulaanbaatar.

– **Hotel:** if you are a family or a couple, you will have your own room. If you are a single traveler, you will be staying with your travel friend in the same room (we try to put the same gender people in one room) unless you've requested a separate room of which there will be a surcharge. Hotel check in time is usually at 14:00 and check out time is at 12:00. Early check in/ late check out will be charged 30% of the room rate.

- **Guesthouse:** you will be staying with your travel friends as well as people from other tours, (depending on the trip size) unless you've requested a separate room for your comfort and privacy of which you will need to pay a surcharge. Let us know if you wish to have your own separate room.

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### What type of accommodation will we be staying in in the countryside?

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We give clients the opportunity to stay in a wide range of accommodation (dependent on the tour budget) ranging from Ger camps to Ger guesthouses.

- **A Ger Camp** is a kind of hotel that accommodates customers in traditional Gers instead of hotel rooms. Ger camps are always located at the best viewing spots in the countryside and is the most popular accommodation type when staying in the countryside. A Ger camp usually consists of 20-30 Gers (Mongolian traditional yurt), a restaurant and some entertainment facilities. Each Ger has 4-6 beds and is furnished with a table, chairs and a stove. The restaurants mostly serve Western and Mongolian meals. Most visitors prefer to stay in a Ger because it provides an authentic taste of Mongolian culture and adventure.

- **A Ger guesthouse** usually consists of 3-10 Gers and it belongs to families who live in that area. Each Ger has 5-6 beds and is furnished with a table, chairs and a stove.

- For *single travellers* you will be staying with your travel friends in the same Ger unless you have requested a separate Ger for your comfort and privacy.
- For *couples* for short trips (up to 5 days) you will be staying with your travel friends in the same Ger unless you have requested a separate Ger for your comfort and privacy. For longer trips (more than 5 days) we will provide you separate Ger.
- For *families with young children* (up to 6 years old) you will have your own Ger for your family. Let us know if you wish to stay alone in a Ger of which you will need to pay a surcharge. Sanitary facility in countryside:

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### Bathroom Facilities?:

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- *Ger camps*: Modern toilets and hot shower facilities, due to Mongolian extreme weather for most camps, facilities are in operation from May to the end of September. During the rest of the year the cold weather affects the pipes. So if you are visiting during the winter season, you can expect same facilities as guesthouse offers.
- *Ger guesthouse*: Wooden squat toilet, simple wash facility and no shower facility
- *Nomad family*: Wooden squat toilet or latrine, no shower or wash facility. Travelling in the countryside and visiting any remote areas in Mongolia is in your itinerary, please understand that the conditions of sanitary facilities may not be up to the standard you are used to.

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### Heating in Gers:

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A Ger has 4 to 6 beds and is furnished with a table, chairs and wood-stove. Every morning at 5:30-7am and evening at 9-11pm/ (or before you sleep) a member of the camp staff will come into your yurt to light the fire in the stove which is placed in the middle of the yurt (Please tell your guide what time is convenient for the staff member to come into your Ger). The fire will keep the Ger warm until around 3-

5am. It is generally chilly at night time especially at dawn in the Ger, so warm pyjamas and extra sleeping bags are recommended.

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### *Dietary Information?:*

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We select restaurants based on previous experience, client satisfaction, location and cuisine. Normally we include three meals (breakfast, lunch & dinner) each day during countryside trips depending on the tour budget. In Ulaanbaatar, you can expect a good variety of quality restaurants including international food. Lunch & dinner is sometimes Western food and sometimes Mongolian food, or a combination. Outside of the city, you will generally eat breakfast and dinner in the tourist Ger camp. Days that require a long drive we will usually provide a packed lunch. Your packed lunch will be carried in appropriate containers to prevent spillage or spoiling. Ger camps serve mostly Mongolian meals (some international food). Mutton, beef, rice, noodles, some root vegetables like potato, carrot, cabbage and onion as well as dairy products which form the basis of the Mongolian diet, so your meals will be based around this whilst staying in the countryside.

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### *Drinks:*

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Bottled water, alcoholic and soft drinks are not included in the package, these can be bought directly from the restaurant menu. We recommend you buy snacks and drinking water from the supermarket or tourist camp restaurants according to your own specific needs.

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### *Recommendation:*

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Be careful not to over consume meat and dairy products during your stay as they are very rich compared to western standards.

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### *I am a vegetarian; will you provide vegetarian meals for me?:*

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Yes, we can always make the arrangement according to your requirements. If you have any special dietary requirement (vegetarian or don't consume mutton) please let us know so that we can inform the restaurants beforehand to meet your needs.

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### *How about vehicles and road trips?:*

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In 2017, roughly 18% of Mongolia's 48,600km of roads are paved and the rest is earth-roads. Only 35% of the main tourist destinations roads are connected with paved roads. Most travel takes place on the earth-roads, which are gravel, dirt roads being muddy and quite bumpy. On overland tours, we use Japanese,

Russian vans (6-8 seats) or micro bus (12-16 seats) depending on tour size. These vehicles are ideally suited for the Mongolian countryside roads. The driving distance depends on the tour. We prefer to start driving in the early morning and you can expect 5-7 hours of driving a day for long distance travel, and its common to cross rivers and muddy paddles. Our drivers are highly experienced; they know their way around the Mongolian countryside including many places which have no road signs or networked roads.

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### *Who are my travel mates for 'Flavored Adventures'?:*

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Most of our tourists are expats who live in China. If any Chinese traveller join the trip, it would be most likely somebody who speaks good English. For adult trips older children (above 8 y.o) are allowed to join. (If you feel uncomfortable staying in same Ger with children due to thinking might be noisy, please book your private Ger which associated with surcharge). We hope you will be more patient waiting for each other and respectful to everyone including the guide as he/she is working with multiple numbers of people.

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### *What should I bring with me?*

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- Appropriate clothing according to the season in which you are travelling, a waterproof warm jacket in case of rain, good walking shoes. In Autumn its recommended to take your winter clothes (warm hat, gloves, scarf so on) as Mongolian autumn is chilly and windy, so it feels like winter for some people. If you are visiting in winter, we strongly recommend to bring COLD WEATHER appropriate WINTER CLOTHES and SNOW SHOES! If possible, it is also recommended to take warm blanket in case you feel cold. Toiletries: sun cream, lip balm, hand cream, toothpaste, face and hand towel, wet and dry tissues etc... Please consider that nomad family has no wash facility. All your camera equipment and binoculars. Flask for hot water especially if you prefer to drink hot drinks Warm pyjamas and socks as it is chilly in the Ger at dawn. If you prefer or are concerned about being cold in the Ger during the night (its chilly at dawn), you can bring your sleeping bag (tourist camps will provide clean sheets and duvet) Basic medications such as tablets for headache, stomach ache, fever so on.

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### *Do I need vaccination or how is water safe to drink?*

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Please consult your GP about any vaccines you should have prior to leaving. Tap water is not safe to drink, bottled water or boiled tap water is always recommended.

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### *Where can I exchange money?*

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US Dollars are often accepted, especially in Ulaanbaatar, but it is also useful to carry some cash in the local currency, the Tugrik. 1USD=2560 Tugrik /2018/ There are several banks on the second floor of the airport, so after your arrival you can change some amount to Mongolian tugrik (Chinese RMB is accepted in banks) as well ATM machine is available in airport.

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### *Voltage:*

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The voltage in Mongolia is 220 V which is the same voltage that is used in China. The plugs used in Mongolia are C or E. Moreover you can use a universal plug adapter or converter.

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### *Additional Expenses:*

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If you want to buy some souvenirs, cashmere clothes, snacks, bottled water and additional activities we recommend you have at least 300-450 000 tugriks.

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### *Is Mongolia a safe country?*

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Mongolia is generally a very safe country, welcoming and accommodating for foreigners, however pickpockets are common in busy public places therefore please exercise caution. And it is common practice in Mongolia to lock the door when you leave the Ger or your room. Please remind your guide to give you a door lock for the Ger.

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### *Phone connection:*

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Let us know if you want to stay connected with your family and friends during your trip. We can help you to buy a SIM card with data for which you can pay directly to the guide after you have arrived in Mongolia. SIM card costs 30,000 tugriks (85 RMB), valid for 15 days, arrive with 4G data (4G in Mongolia is equal to 3G in China) and balance with 5000 tugriks (14 RMB).

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### *Airport pick-up/ drop off:*

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If you arrive and depart according to the suggested flight time for your adventure, airport pick up/ drop off will be free of charge. If you arrive earlier or later than the suggested flights, taxi fee will be charged by taxi driver (we can arrange taxi for you).

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### *How much kg I can take on domestic flight?*

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Carry-on bag: 5kg Check in bag: 10 kg

Extra luggage: 1kg- 3000 tugriks

Bicycle or special goods: let us know beforehand. The price will vary depending on the goods.

### *Activities:*

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- During the trip, your guide will let you know of any optional activities that are available in spots you travel through. These activities will be directly charged by the activity provider and it is your choice to take part in the activity or not.
- Mongolian nomads move from one location to another depending on the season. Live-stock usually go out to the pasture early in the morning and come back late in the evening. Some days they even don't return. Due to the vast fields it is not easy for herders to find them and often animals are left for a couple of days unattended. Due to such circumstances some live-stock related activities may be cancelled or delayed.

### *Travel insurance:*

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It is recommended that you purchase international travel insurance: [www.worldnomads.com](http://www.worldnomads.com). Their standard rate is about 25\$ for 5 days trip.

### *Travelling in Winter:*

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- If you are travelling during the winter season, we recommend you to bring a face mask to guard against air pollution when traveling through the capital city Ulaanbaatar. Outside of Ulaanbaatar the air quality is clean and fresh.
- Weather in winter is -18-22 degrees, we recommend you pack warm clothing, winter boots and warm pyjamas.

### *Payment:*

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- Initial payment: When you have chosen the perfect adventure to embark upon you will be asked to pay an initial payment (roughly 25% of the total price). This payment is to confirm your place on the adventure. The initial payment is non-refundable. If for any reason you can-not attend the adventure you may postpone your adventure and join another trip within one year of the departure date of your originally confirmed adventure.
- Final payment: The remaining 75% of your adventure payment must be paid one month before the departure date. The deadline date of payment will be specified to you in your payment invoice.
- Postponement: Postponing of your adventure will not be accepted within three weeks of the departure date.