SPICE ROADS
CYCLING

TRAILS

MOUNTAIN BIKING MONGOLIA

Tour Code
MNG-ZML

13 DAYS
12 NIGHTS

Destinations	Mongolia
Tour Meets Tour Ends	Ulaanbaatar Ulaanbaatar
Fly in to Fly out of	Chinggis Khaan International Airport (ULN) Chinggis Khaan International Airport (ULN)
Group Size Minimum Age	2-16 riders 18 (on scheduled departures)

ACTIVITY PROFILE

9 Cycling days	**431** km Total cycling distance
48 km Avg distance / day	**650** m Avg climbing / day

PRICING

Price	US$ 4,950
Bike Hire (Mountain Bike)	US$ 385
Single Supplement	US$ 625

DEPARTURES

16 May - 28 May 2027
06 Jun - 18 Jun 2027
27 Jun - 09 Jul 2027
01 Aug - 13 Aug 2027

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Accommodation
- ✓ Snacks and drinks

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Airport pick up
- ✗ Airport drop off
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

TRIP PROFILE

This trip is recommended for confident and physically fit riders looking for a challenging experience with a lot of off-road terrain. At times, the experience may seem demanding, but the rewards for an adventurous spirit are immense and will provide a lifetime of memories once you decide to get on your bike and go!

Just over 430 km will be covered in the total of nine cycling days on a little bit of everything: dirt roads littered with small rocks, riverbeds, long downhill stretches followed by short steep climbs, compressed earthy terrain, and trails that have mainly been used by horses. Those with an adventurous spirit will get the most out of this cycle tour.

Suitability: The majority of this cycling trip takes place off road, so we recommend that cyclists are physically fit and confident riding on rough terrain. Because this trip is fully supported, weary cyclists can take breaks in the support vehicles if required.

Biking Conditions: The off-road portions of this trip are complimented by flat, hard-packed terrain. While the trails are generally smooth, some passes have loose gravel and sandy patches that could prove hazardous to riders. Additionally, some of the descents can be rocky.

Day 1: Arrive in Ulaanbaatar

Arrive in Mongolia via Chinggis Khaan International Airport, our guide will collect you and help you to check into your hotel for the evening.

In the afternoon we'll have a city sightseeing tour of Ulaanbaatar. Roughly 50% of the 3 million Mongolians in the country today live within the city. Our tour includes Sukhbaatar Square and the recently-opened Genghis Khan Museum, which houses an extensive collection of Mongolian artifacts to illustrate the people and their relationship with this vast land. We will also be treated to a unique show of contortion and throat singing before our first dinner of the tour.

In the evening, we'll gather for our trip briefing over a welcome dinner of traditional Mongolian cuisine.

Bayangol Hotel Dinner

Day 2: Ulaanbaatar – Arvaikheer

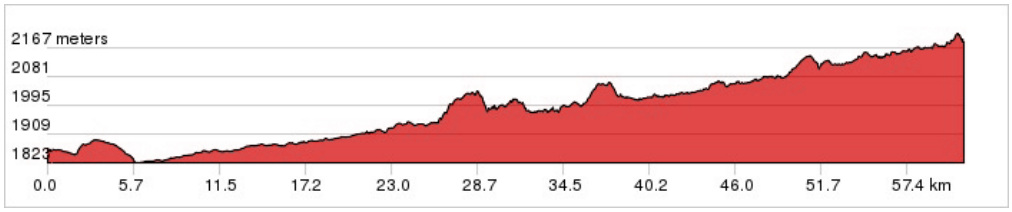
We load in 4WD expedition vans, which have special racks for carrying bikes and drive west on rough tarmac across vast open steppes with rolling hills in the background. Around mid-afternoon, we arrive to a place known as the "little Gobi". This is a spectacular combination of hilly steppes, granite formations, and extensive sand dunes. We can go for an optional dune walk or a short camel ride while lunch is prepared. We drive on to the provincial capital of Arvaikheer.

Shunkhlai Hotel Breakfast, Lunch, Dinner

Day 3: Arvaikheer - SE Khangai Foothills

A two-hour transfer brings us close to the foothills of the Khangai range, which covers nearly a fifth of the country's territory. We start cycling towards the range through a region dominated by dome-shaped mountains, mixed woods, clear streams, and lush grassy valleys that receive abundant rainfall compared to all other parts of Mongolia. We overnight at our first tented camp.

Tented Camp Breakfast, Lunch, Dinner

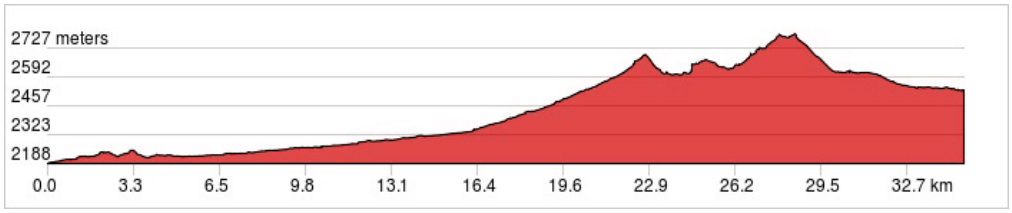


Ride 40km +824m -533m

Day 4: SE Khangai Foothills - Shargaljuut River

We start biking with an ascent along a mountain river before a challenging zigzag up to a 2911-m pass and a breath-taking view of the Gobi Desert that lies south of the range. A 500-m descent, most of which is gentle, brings us to the Shargaljuut River valley, inhabited by local herders who graze large flocks of yaks and horses. Upon reaching our campsite, we share impressions of the first riding day. Dinner and overnight in tents.

Tented Camp Breakfast, Lunch, Dinner

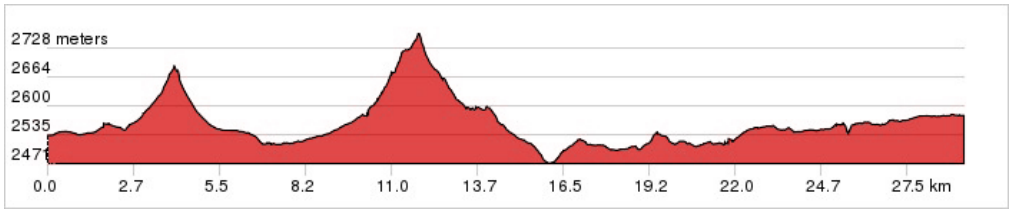


Ride 45km +834m -599m

Day 5: Shargaljuut River - Khebel Pass - Morin Valley

The day begins with a quick breakfast and a gentle ride past herds of yaks and local nomads. The first pass is not too steep but still offers a bit of a challenge. This is followed by a 200-m descent and a steep climb to a lunch spot at the top of Khebel Pass. A swift descent is followed by a climb up a grassy track to the top of Morin Pass. Another swift downhill brings us to a beautiful camp site by the river.

Tented Camp Breakfast, Lunch, Dinner

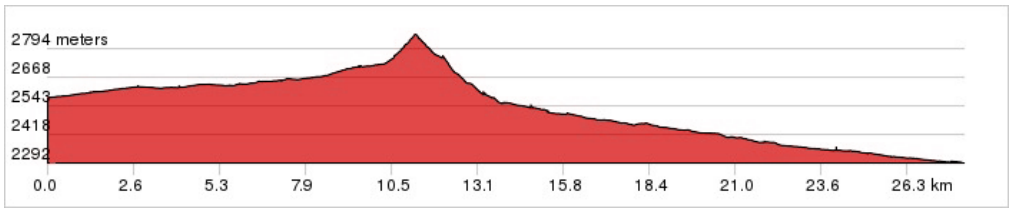


Ride 33km +739m -605m

Day 6: Morin valley - Oromtiin Pass - Khukhiin Pass

The day starts with a gentle climb towards Oromtiin Pass. By the time you get there, you will have prepared your legs for a long climb followed by a fast descent to a river, where lunch will be served. Fifteen more kilometres across grassy plains with easy ups and downs and on some rough and rocky surfaces bring us to Khukhiin Pass, a short but vertical climb to 2,800 m. The following descent is at first challenging but soon smooths out into a large valley. Then it's an exhilarating downhill to our camp site.

Tented Camp Breakfast, Lunch, Dinner

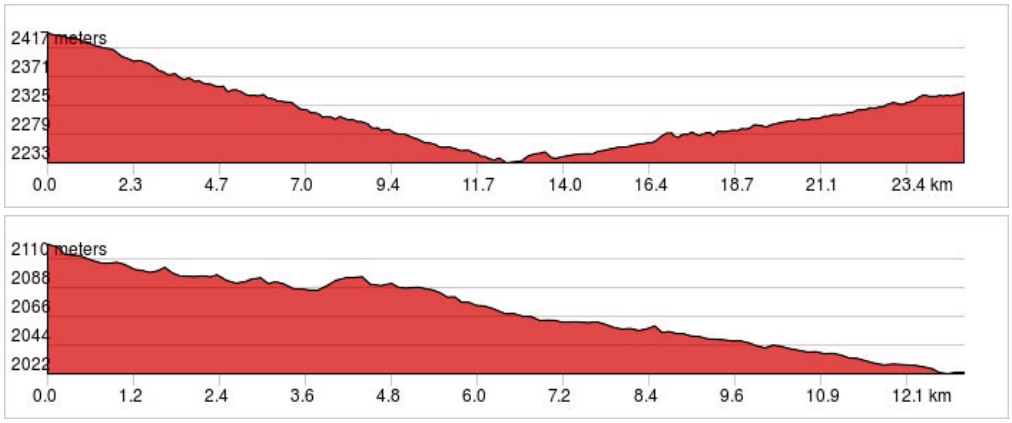


Ride 38km +644m -715m

Day 7: Khukhiin Pass - Khol Sayiin Pass - N.Tamir River Section

This morning, we ride for 25 km along the main river of Khangai that flows south in to the Gobi Desert to form a large saline lake. Then to avoid a rocky and jarring track, we transfer 70 km (3 hours) across the main water divide of the Khangai range and unload our bikes 13 km before our overnight campsite. It's a downhill descent, no pedalling required, to our camp at an idyllic spot by the river.

Tented Camp Breakfast, Lunch, Dinner



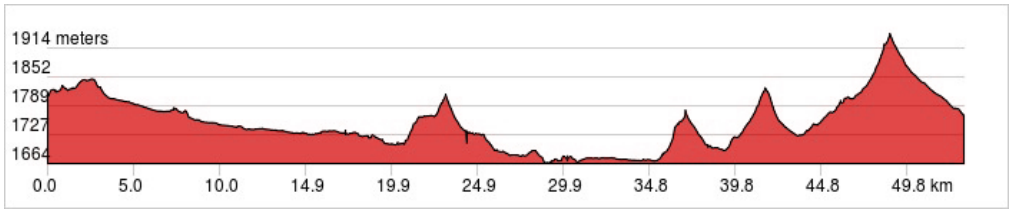
Ride 38km +150m -350m

Day 8: Tamir River - S.Tamir River

Riding surfaces improve dramatically from today on. It is hard-packed and fast. Leaving the valley, you'll encounter a series of short but steep passes with excellent descents to more smooth

ground. Your last descent of the day will take you to the settlement of Bulgan and then to the South Tamir River. We take a break from our tents and overnight in a cozy ger camp.

Ger Camp Breakfast, Lunch, Dinner

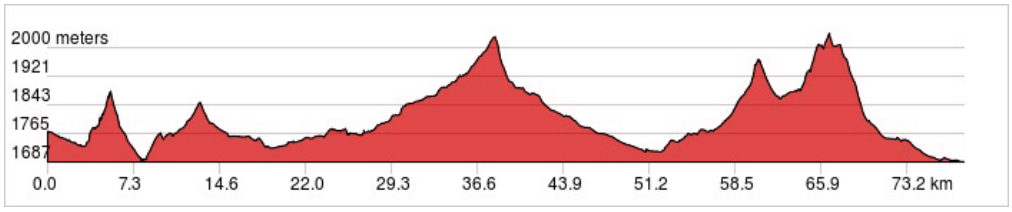


Ride 64km +568m -920m

Day 9: N.Tamir River - Tsenkher Hot Springs

Only 22 km and half a day riding to Tsenkher River, famous for its hot spring baths. Three short climbs as we aim to reach them before lunch, where two pools filled with hot mineral water await you. A relaxing massage is available for a small additional charge. Overnight in a ger camp.

Ger Camp Breakfast, Lunch, Dinner

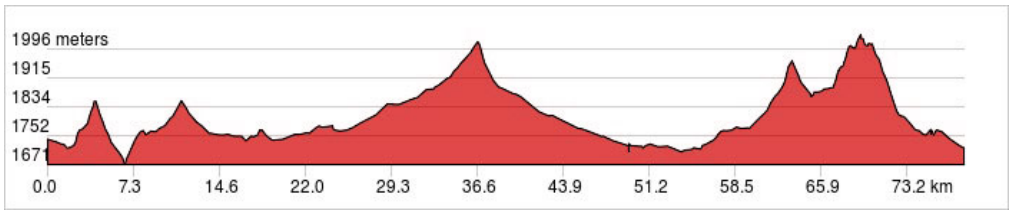


Ride 22km +427m -359m

Day 10: Tsenkher Hot Springs - Orkhon Valley

This isn't an easy day, as there are five passes that vary in length from 2.5 km to 11.5 km, and we gain the most elevation of the entire trip, 1,250 m. The good news is that the track today is a pleasure as we cover 78 km of smooth, hard, and packed surfaces on your way to the Orkhon River valley. This area contains many ancient graves and historical sites and is often referred to as the cradle of Mongolian civilization. We set up our last tented camp on the banks of the Orkhon River.

Tented Camp Breakfast, Lunch, Dinner



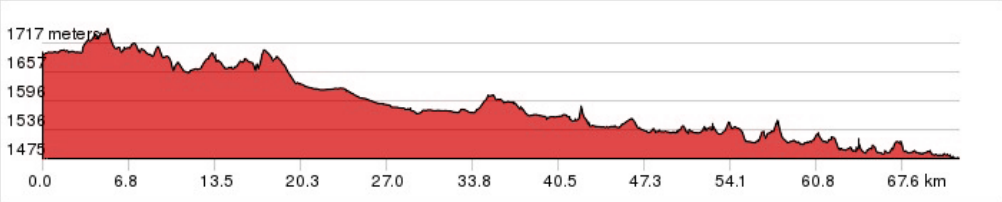
Ride 78km +1067m -1090m

Day 11: Orkhon Valley - Karakorum

We saved the best for last! Your final day of cycling promises to be an exciting one, with an eastward journey along the Orkhon River to Karakorum where the 2nd son of Chinggis Khan built the capital of the Mongol Empire in early 13th century. There are no major ascents today, just lots of small undulations, and we lose altitude the entire ride, making it a fast day. Immediately after arrival to our ger camp, we visit Karakorum. Largely an experiment of city building in a per-

dominantly nomadic society, it never became a fully functional capital before it was demolished by invading Chinese Min Dynasty troops in late 14th century. Today, the main attraction here is the monastery museum of Erdene Zuu, established in the 16th century by a Mongol khan as part of introducing Buddhism as the main religion. The monastery then suffered an almost complete destruction during the anti-religion campaigns of 1930s with just a dozen of temples surviving. Spend some time in the peaceful premises of the monastery and take a glance at a few surviving artefacts of the old capital. And finally, visit the new Karakorum museum - a fantastic collection of artefacts continually replenished by new findings and discoveries. We return to the ger camp for showers, dinner, and overnight.

Ger Camp Breakfast, Lunch, Dinner



Ride 72km +597m -910m

Day 12: Ulaanbaatar

It's time to return to Ulaanbaatar! After a quick breakfast, we drive six hours to Mongolia's capital, and the rest of the day is free for you to explore the city or to just rest before dinner.

Bayangol Hotel Breakfast, Lunch, Dinner

Day 13: Ulaanbaatar

As you eat your last breakfast in Mongolia and prepare for your return trip home, take the time to reflect on all that you witnessed and experienced in this amazing country.

Breakfast

Disclaimer: The adventure cycling tours we operate often go beyond the beaten track, and the countries where we ride are not always predictable. Due to these reasons, it is occasionally necessary to reroute or update itineraries. Our guarantee is that we will not change a trip unless for safety or to improve it. Our listed hotels are always accurate at the time of writing, but should we have to change any hotel, it will always be for a similar or better one.

NUTS & BOLTS

Bikes

Because some people can't imagine going on a trip without their own beloved bicycle, we do not provide them as part of this tour. However, you can hire bikes locally for the price listed in the tour pricing section.

If you bring your own bike, please make sure it is a mountain bike, preferably with front suspension in good mechanical order.

Bike Repairs

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

Safety

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

THE NITTY GRITTY

Passports and Visas

All nationalities entering Mongolia require a passport that must be valid for six months beyond the intended length of stay. **Many nationalities are visa-exempt**. For a list of visa exempted countries and allowed duration of stay please click here. If you are not from a visa-exempt country or will stay longer than the allowed duration of stay (either 30 or 90 days depending on the country), then please check here to see what is required for obtaining a Mongolian visa.

For more information see here.

Visa regulations in Mongolia can and do change without notice, so please give yourself enough time to check the current regulations to ensure you have the proper documents before embarking on this trip. If you are transiting through China, please check if a transit visa is required or not.

Health

Recommended vaccinations include typhoid, polio, tetanus and Hepatitis A. A certificate for Yellow Fever is required if arriving from an infected area within the prior six days. This is not a malarial area. Please speak to your doctor/physician for the most recent information.

Weather

Mongolia is home to extreme weather conditions that are constantly changing. Summertime occurs during the months of June, July, and August and daytime temperatures range from 20 to 30 degrees C (15 degrees in the evenings). This is also the rainy season, so plan on getting wet during your two-week adventure. Autumn begins in September, with daytime temperatures of 15 to 25 degrees C (5 to 10 degrees in the evenings). During the winter, temperatures in Mongolia can drop to -40 degrees C, however snow can fall at any given time of the year. For this reason, please be prepared for cold weather and bring appropriate clothing.

Food

Meals are included in the itinerary where B = breakfast, L = lunch, and D = dinner. Most meals will be prepared by the cooking team on the support staff and feature Western-style cuisine with a sampling of Mongolian food. Any special dietary requirements can also be catered for as well. Please let us know at the time of booking.

Drink

Keeping you completely hydrated is a job we take very seriously. Cold water, some energy-restoring local fruit and soft drinks are included in the tour price while riding. Soft drinks and other beverages during meals are not included. Beer and alcohol are NOT included in the price.

Solo Travelers

SpiceRoads does not require you to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

Extra Expenses

We recommend that you tuck away a few extra dollars a day for incidentals. Included entrance fees are those for the listed sites and national parks that are part of the itinerary. Any other site fees are not included.

Money

The Mongolian currency is the tögrög (T). Dollars can be changed at banks and exchange offices in Ulaanbaatar. There are ATMs in the capital which accept Visa and MasterCard and work most of the time, but it is best to have a debit card linked to your bank account. Remember to change all your tögrög when leaving the country as it's worthless elsewhere.

GENERAL BOOKING INFO

If this is the tour for you here's what you need to do to confirm your place:

FLEXIBLE BOOKING CONDITIONS

Booking a SpiceRoads cycling adventure is easy and we try to do everything possible to make sure you have full flexibility and peace of mind. We do not require a deposit to hold your place on a tour and once full payment has been made your money is protected in our client account and you have the flexibility to cancel or change your booking if needed.

CONFIRMING YOUR BOOKING

Just complete our online booking form or send your booking details offline (email or post), and we will confirm your participation. No deposit is needed to confirm your place on a SpiceRoads tour.

You are advised to read our Booking Conditions in full before you make your payment and should you require further clarifications of any of the conditions below, please email us or call our office.

TRIP STATUS

There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other travel arrangements. If the trip status is 'Limited' will mean we have only a small number of spaces available for booking. If you are unsure about the trip status, please email us or call our office.

BOOKING ONLINE

From the tour page, click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. For the next steps, you'll need to know the names of the people travelling. If you wish you can also provide extra details such as passport numbers, height (for bike hire), or you can add that later by logging into Manage My Trip (we'll set up an account for you automatically if you don't already have one). Our system will contact you from time to time to fill in the missing information, as it will be required before departure. However, if the trip that you are booking offers a child discount, you will have to fill out the date of birth of each rider (so we can calculate the appropriate discount).

If you are having any problems please send us an email, or give us a call (+66 026 3295) and one of our travel specialists will assist you with your booking.

BOOKING OFFLINE

Just call us or send an email indicating which trip you want to join and we will happily send you a list of questions and process your booking for you.

DEPOSITS AND PAYMENTS

We do not require a deposit or full payment to book a place for you on a tour.

The balance of the tour's cost (final invoice) will need to be paid 60 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights.

In the case where a booking is made when there are less than 60 days until the tour departure date, the tour's cost should be paid in full within 72 hours of receiving an invoice from SpiceRoads. Payment can be made by credit card using our online payment gateway or by bank transfer. When making payment online you will need to confirm that you have read these booking conditions during the "checkout" process, which equates to agreeing to the terms of services and stipulations as indicated in this document.

In all cases, tour fees need to be paid "in full" before participation in a tour. No person(s) will be allowed to join a tour without fully settling their invoice and receiving a confirmation number from SpiceRoads.

The exception can be made for last-minute miscellaneous fees that can be paid locally (visas, additional local hotel bookings, etc.) can be settled on the day of arrival.

FULL FLEXIBILITY FOR TOUR CANCELATIONS

If the tour is cancelled or postponed by SpiceRoads because we didn't make the trip numbers and the tour can't run, we will make a full cash refund (by bank transfer or on your credit card).

If the tour is cancelled for any other reason, including due to Covid related travel restrictions, we will give you a full credit (with no deductions for admin or any other small-print item) to use on any SpiceRoads tour with no time limit. (Exceptions being flights, special permits and other non-refundable items and these will be advised when booking the trip).

Before paying for your tour, you can cancel your booking with no charge and up until 40 days before departure, you can change your booking to another travel date or move your booking onto another SpiceRoads tour with no charges.

If you need to cancel after you have made full payment, please see our cancellation policy.

Loyalty Riders Club

For those who have been on several long tours with us, we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour or more we will extend a 10% discount. The discount will be reflected in your online booking, but please contact us if any questions. Loyalty discounts cannot be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for a loyalty discount.

International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred relating to any flight booking you have made. Please claim any losses from your travel insurance that you acquired when you booked your holiday.

Newsletter

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 SpiceRoads, be sure to subscribe.

CONTACT US

145 Soi Pridi Banomyong 14 (Mee Suwan 3)
Sukhumvit 71 Road, Phra Khanong Nuea, Watthana
Bangkok, Thailand 10110
Tel: +66 (0) 2 026 3295
Email: info@spiceroads.com
Website: www.spiceroads.com

FOLLOW US

twitter.com/spiceroads
youtube.com/user/spiceroads
instagram.com/spiceroads
facebook.com/SpiceRoad