

SPICE ROADS

CYCLING



MONGOLIA DISCOVERY

Tour Code
MNG-ZMD

4 DAYS
3 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



4 Cycling days	225 km Total cycling distance
53 km Avg distance / day	m Avg climbing / day

PRICING



Price	US\$ 1,150
Bike Hire	Included
Single Supplement	N/A
Child Pricing	Under 5: free; Age 5-11: 20% discount

WHAT'S INCLUDED

- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Hotel pick up
- ✓ Hotel drop off
- ✓ Accommodation
- ✓ Snacks and drinks

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

DEPARTURES



04 June - 07 June 2019
11 June - 14 June 2019
18 June - 21 June 2019
25 June - 28 June 2019
02 July - 05 July 2019
09 July - 12 July 2019
16 July - 19 July 2019
23 July - 26 July 2019
30 July - 02 August 2019
06 August - 09 August 2019

See website for later departures

TRIP PROFILE

Suitability: The tour is suitable for riders of some experience and is graded as moderate. However, there is full vehicle support, so riders with less experience can always get a lift if necessary.

Biking Conditions: This trip covers a distance of approximately 210 km, mainly on rough jeep tracks that are 100 per cent off-road. There are river crossings, mountain passes and long grassy valleys, with a few technical sections.

Day 1 Ulaanbaatar - Tuul River

We pick you up bright and early and transfer 1 hour 30 minutes east of Ulaanbaatar to a 40-metre silver statue of Chinggis Khan. Upon arrival while the bikes are being assembled we recommend a warm-up by visiting the statue and climbing up to an observation platform to enjoy a panoramic view of the surrounding hilly steppes. We then start riding along the Tuul River, which is one of the major Mongolian rivers eventually emptying into Lake Baikal in Russia. As the area marks the southern edge of the Siberian mountains, we cycle across rolling hills and lush meadows with some wooded mountains in the backdrop. Invariably we ride on smooth car tracks, at times slightly sandy and at times muddy, depending on the amount of rainfall. Along your ride you will catch a glimpse of a life virtually unchanged for a few hundred years. Large flocks of yaks, sheep and goats roam the area, and circular tents of local herders can be spotted from time to time. After lunch we continue our ride to climb up to a wooded pass at 1887 metres. The ascent is rewarded by spectacular views over wide valleys and forested mountains and a long descent on smooth soil to the Tuul river bank, where we erect our tents and take a shower before dinner.

 Tented Camp  Lunch, Dinner

 Ride 47km  +737m

Day 2 Tuul River

Today after breakfast we continue to ride upstream the whole morning along the Tuul River on smooth but occasionally muddy tracks. We also do a few small stream crossings, so expect to get your feet wet. Around lunch time we reach the highest point of the day where the road is a bit rocky with small river rocks. After the meal we enjoy a long downhill followed by a 20-km easy roll across a wide valley taking us to our 2nd tented camp where we finish the climb and stay the night. Here you stand a chance of visiting a "ger" (house) of a local herding family to learn more about the lifestyle and traditions of Mongolian nomads. You can also taste milk tea and sample dairy products including, if we are lucky enough, a sip of fermented horse milk!

 Tented Camp  Breakfast, Lunch, Dinner

 Ride 65km  +632m

Day 3 13th Century Mongolia Theme Park

We continue heading south across open steppe grassland and reach the "XIII Century Mongolia" theme park. Replicating life of 13th century Mongols during the time of Genghis Khan, this live museum requires visitors to leave behind any modern items upon entry and if they prefer they can use a horse or camel to visit the ancient town. We take short bike rides through the 350-hectare park, which is divided into four sections - craftsmen, shamans, educational and king's palace. Here you can try on royal costumes, test your archery skills and many more. After the fun we climb to the top of the

highest mountain in the area where our 3rd campsite is located and where you will stay the night and enjoy a 360-degree view of the region while having dinner.



Tented Camp



Breakfast, Lunch, Dinner



Ride 63km



+470m

Day 4 Mongolian Grassland

On our last day of biking adventure we gradually curve our way back north with easy ups and downs across grassland. We will stop for snacks at some nearby granite boulders acting as a backdrop. Then it's time to overcome the climbing up to, 1830 metres above sea level, the highest point of the tour. Weather permitting we have lunch at the top of the pass and enjoy unobstructed views of Mongolian steppe land. A 3-km steep descent is intensified by rain water ditches so use your brakes!!! At the bottom of the descent we roll for another 20 kilometres across grassland with no significant ascents. Here we load our bikes and take a 2-hour transfer back to Ulaanbaatar and to your hotel.



Breakfast, Lunch



Ride 35km

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 are able to hire bikes locally for the price listed on the front page of this document. The bikes are Giants with lightweight alloy frames, 24- to 27-speed gearing, disc-brakes and Shimano components and front suspension. If you bring your own bike, please make sure it is a mountain bike, preferably with front suspension, and that it is 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. Most nationalities require a single entry visa for trips to Mongolia. For a list of visa exempted countries please click [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 only transiting through China there is no need for a Chinese Visa.

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

Booking

If this is the tour for you here's what you need to do to confirm your place: Read our [Booking Conditions](#)

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. 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 you are unsure about the trip status, please [email us](#) or call our office. For the next steps you'll need to know the names of the people traveling and have either a Visa or a MasterCard. If you wish you can also provide extra details such as passport numbers, height, 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). However, if you wish to get a children's discount, please do fill out the date of birth of the riders. If you are having any problems, [please send us an email](#), or give us a call (+66 2 381 7490) and one of our travel specialists will assist you with your booking.

Deposit

For Long Tours (7 days or more) to guarantee your place we require a 30% or 500 USD deposit, whichever is the greater. For Short Tours (6 days or less) we require full payment to guarantee your place. We also require that you take out [travel insurance](#) when you book your holiday. Besides covering you during your holiday it will also enable you to claim for any money that you have paid to us, including your deposit, should you have to cancel your trip.

Balance

Full payment must be paid 45 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights. Our confirmation will include personal details you provided us (including your flight information), visa application advice, a packing suggestion list and a detailed tour itinerary. It will also include a checklist to ensure you get everything ready for your holiday.

Cancellation Policy

On the rare occasions when we, SpiceRoads, must cancel a trip, all payments received to date will be 100% refunded, which constitutes full settlement. There will be absolutely no deductions. If you, the client, must cancel your reservation, your cancellation fee will be determined according to when you cancel. For full details, please read 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 can not be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for 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.

The information in this document is given in good faith, and covers the average range of conditions likely to be found on this trip. Please note that the itinerary is subject to change due to unforeseen circumstances, however, we will always do our best to adhere to this original itinerary

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