

Lake Khuvsgul Dog Sled Adventure

Trip Code: PXMK

Version: PXMK Lake Khuvsgul Dog Sled Adventure



PIONEER



GUIDED GROUP



CHALLENGING



HIGHLIGHTS

- Circumnavigate frozen Lake Khuvsgul with your own husky dog team
- Drive your own sled and learn to ice fish with expert tuition from our guides
- Sleep in traditional gers (yurts) and experience the warmth of Mongolian hospitality

AT A GLANCE

- 8 days dog sledding
- 1 day ice-fishing,
- Join at Ulaanbaatar

ACCOMMODATIONS & MEALS

- All meals included
- 3 nights Hotel
- 6 nights Yurt
- 4 nights Camping
- 1 nights Cabin

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

In Mongolia, winter is relentless. By March Lake Khuvsgul, its largest and deepest lake, is completely enclosed by ice and its frozen surface becomes thick enough to be crossed by dog sled.

On this 15 day adventure you will drive your own sled, and take care of your own team of 5-6 Alaskan huskies and Greenland Dogs, as we make a complete circuit of the lake known as 'the blue pearl of Mongolia'. The ice at Khuvsgul is incredibly pure, almost transparent, appearing blue in colour at the lake's edge, green where the sandy bottom is visible, and jet black at its deepest. During our 9 days on the lake, we'll camp on the lake-shore, catch our own fish for dinner, and stay in traditional gers (yurts) experiencing Mongolian nomadic culture and hospitality. Around the lake local traditions are still maintained. Several ethnic groups live here, the best known of which are the Durkha, the Buriat, and the Darkhad people who are better-known as Tsaatan or reindeer herders. Throughout our expedition we will be at the mercy of the whims of the lake, the shifting ice, the winds and the dogs; making each circuit of the frozen lake a totally unique adventure.

Is this holiday for you?

Our circuit of the lake will have the feel of a real expedition. The accommodation is simple, the activity hands on and the lake unpredictable; a spirit of adventure is essential. This is an exclusive tour, with just 5 spaces available, and you will be accompanied by an expert musher and team. During our 9 day circuit of Lake Khuvsgul you will be responsible for driving your own sled, looking after your team of 4 to 6 dogs and helping out with camp chores. Previous experience of dog sledding is beneficial but not obligatory, our experts will be on hand to teach you the best techniques, however, a good level of physical fitness is essential. Driving the sleds on ice can be challenging, with many crevasses and pressure ridges to navigate. In addition to this we will have to contend with changeable weather, extreme temperatures and winds that can sweep the lake in strong gusts. We will travel every day between 35 and 60 km, and will be out on the ice for an average of 5 hours per day. As the ice shifts constantly, we will have to stop regularly to check pressure ridges and to search out the best place to cross any large cracks in the ice, we may also need to work with the wind, tacking as boats do. Due to these potential obstacles there can be no set route, 30km can easily turn into 40km, and 4hrs to 6hrs. It should also be noted that the only access to the starting point of our expedition is by car, necessitating some long drive across Mongolia's unique landscape.

Itinerary

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DAY 1

Meet at the group hotel in Ulaanbaatar. A single timed transfer is provided.
Afternoon sightseeing.

We meet at the group hotel in Ulaanbaatar. A single timed airport transfer is provided. KE Land Only package services begin with this transfer. After lunch we take a stroll in the city centre, which is close to our hotel. The Naraantuul market is a must-see. This is the largest market in the city and an authentic taste of traditional Mongolian life. Everything is sold here, from small spoons to antique cups. We'll meet together for dinner in the early evening before retiring for the night. We'll want to get some rest after our long journey and before our early start in the morning.

Meals: **L D**



Accommodation
Hotel

DAY 2

Drive to the village of Bulgan.

After an early breakfast we begin our long drive north to Lake Khuvsgul, we have around 470km to cover today. Bulgan is a beautiful village with around 12000 inhabitants. The village was built on the site of the Daichin Wangiin monastery, which was destroyed during the Soviet purges. We overnight in a small hotel.

Meals: **B L D**



Accommodation
Hotel



Time
6 - 7hrs driving

DAY 3

Drive via Moron to Khatgal on the edge of Lake Khuvsgul.

Our second day of driving will take us through Moron to Khatgal on the edge of Lake Khuvsgul. This is a stunning drive and we will cross a variety of terrain, including a volcanic park. Today's scenery will give us

some perspective on the vastness of Mongolia's countryside. We will pass through several small villages, such as Ikh Uu, which is built on a rocky outcrop. We'll also stop at the city of Moron, which sits at the bottom of the valley, before completing the last 200km section to reach Khatgal. Khatgal, a small town at the edge of Lake Khuvsgul, was once a prosperous Russian colony thanks to trade between Mongolia and Russia. This is where we will have our first view of the lake. 135km long and 35km wide, with an average depth of 100m; Lake Khuvsgul is one of the biggest fresh water sources in the world. We arrive at our accommodation in the late afternoon, with time to get settled in at our yurt and prepare for the beginning of our expedition. Our guide will take this opportunity to check over our cold weather kit to ensure we have everything we require ahead of our departure.

Meals: **B L D**




	Accommodation Yurt		Time 6 - 7hrs driving
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DAY 4

Stage one of our lake circuit. From Khatgal to Haluun Zaing yurt camp.

This morning we will finish packing, prepare our sleds and meet our dog teams for the first time. We receive instruction from our guide on how to look after our team of dogs, and how to operate the sled. The first day will be short, as we travel up the long estuary to reach the larger part of the lake, allowing us time to adjust to the behaviour of the dogsled, and learn how to manoeuvre it effectively and safely. We will make a small stop at a famous mineral water spring, before crossing to reach the small family-run yurt camp at Haluun Zaing on the western shore, where the family will be waiting to welcome us. In winter we will likely be their only visitors so we are sure to receive a warm welcome.

Meals: **B L D**

	Accommodation Yurt		Time 4 - 5hrs dog sledding		Distance 30KM
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DAY 5

From Haluun Zaing Camp to Jigleeg. Overnight cabin.

Today we will find ourselves at the widest part of the lake as we head to the village of Jigleeg. Even close to the lake's edge, we can appreciate its vastness. It is not uncommon to come across a horse sleigh in this area and it is unexpected encounters like this that make our time on the lake more interesting. We will make a stop where the lake joins with another smaller lake, Khar Uss. This smaller lake is formed by water from a mineral spring and does not freeze even on the coldest days of winter. Khar Uss is home to many species of birds; it is a place of rare and wild beauty. Strong winds rushing through the corridors of the Hjorido Saridags mountain range can make it difficult to reach Jigleeg, however, our guide knows the area well and will find an alternative route if necessary.

Meals: **B L D**



Accommodation
Cabin



Time
5hrs dog sledding



Distance
45KM

DAY 6

Our third day on the ice. From Jigleeg to Dolon Uul.

We head north, up lake, to the Dolon Uul peninsula and camp at Zemianii Bulan. Today could be a long day as we navigate our way around the ice labyrinth created by the cracks and ridges. Khuvsgul's ice is incredibly pure, with thousands of air bubbles locked inside it. As we travel along we will be able to hear the dim rumbling of the ice shifting and cracking. We follow the coast until Khashim, from where we cross the Gulf of Doloon uul to reach Zeminanii Bulan at the eastern tip of the peninsula. We'll arrive at Zemianii Bulan in the late afternoon. The northern part of the lake is almost completely snow-covered, and the landscape is very different here with the peaks of Khorido Saridag as a back drop. We'll spend the night camped next to a pebbly beach, from where we can take in the view.

Meals: **B L D**



Accommodation
Camping



Time
5 - 6hrs dog sledding



Distance
55KM

DAY 7

From the Dolon Uul Peninsula to the ger camp at Khankh.

We cross the lake to the east to reach Khankh, formerly called Turt. It is only 30km from Dolon Uul to Kankh, however we have to make a much wider loop to avoid the pressure ridges, which form in the same area every year. Khankh village, our objective for the day, will soon come into view far off in the distance sitting at the foot of the cliff. We will take today's picnic lunch in the middle of the lake, before completing the final stretch to camp. Khankh, a small border port, is a magical place with a real ambience, almost as if it is lost in time. The village is overlooked by Monk Saridag (3500m), which is considered sacred by the villagers, and marks the border with Russia. Tonight's heated yurt accommodation will be a welcome luxury after two nights in our tent. We will be staying here for two nights, so we can settle in and enjoy the facilities, which include a 'banya' (Russian sauna).

Meals: **B L D**



Accommodation
Yurt



Time
4hrs dog sledding



Distance
40KM

DAY 8**A day of ice fishing.**

Ice fishing is one of the specialities of the Khuvsgul region. Our camp is at the northeast end of the lake, where the Ikh Khoroos river flows into the lake. With the river water comes a large food reservoir for fish. We will drill holes in the surface of the lake and spend some time practising the art of ice fishing and discovering the quiet charm of this pastime. We should hopefully catch enough fish for us to feast on grilled fish for the rest of the circuit. In the evening we will prepare for our departure.

Meals: **B L D**



Accommodation
Yurt

DAY 9**From Khankh to Maint.**

Today we will pass the foot of the mountain where 13 Ovoos (sacred stone altars) stand, these are traces of the Mongolian Empire's boundary at the time of Genghis Khan; vestiges of a glorious past. The ovoos date from a time when the empire consisted of 13 provinces; any traveller passing the altars would know they were entering the 13 Aimags (provinces). The east coast of Khuvsgul is a rugged landscape, a succession of inlets and coves, sandy beaches and small cliffs. The condition of the ice will dictate the route we take to the small cove of Maint, where we will be sheltered from the wind. We camp here for the night with breath-taking view of the Khorido Saridag massif.

Meals: **B L D**



Accommodation
Camping



Time
4 - 5hrs dog sledding



Distance
40KM

DAY 10**Travel to the centre of the lake and 'Wooden Son of the Ocean' island.**

We head towards the centre of the lake and the 3km wide island, Dalayn Modon Huys ('Wooden Son of The Ocean'). This is one of the most protected areas of the lake and the view from the island is impressive. On a good day you can see all the 3000m high summits that separate Khuvsgul from the Darkhad Depression. It is not uncommon to see signs of wolves on the island, they come to hunt the Siberian roe deer that reside in the wooded interior. Tonight we will bivouac on the south side of the island, not far from a shamanistic site consisting of a tomb and wooden totems, conjuring up a mystical ambience. During the night we might feel vibrations from the cracking ice and hear strange noises resonating from deep within the lake. An unforgettable experience.

Meals: **B L D**



Accommodation
Camping



Time
4 - 5hrs dog sledding



Distance
40KM

DAY 11

Dalayn Modon Huys to Khelengiin Uzuur.

A long stage today as we continue around the eastern coast until we reach the cove where the Kheg Tsar River flows into the lake. It is not long before the small island named Radan Khuy ('Son of Stone'), appears as a focal point on the horizon. This small stone island looks barren in winter, but during spring and summer it is alive with seagulls and cormorants. We continue on to Khelengiin Uzuur, located on a wooded peninsula. We will make camp tonight in this wild and isolated place, where wild fauna is prevalent. We'll arrive in the late afternoon and there will be time for some hot tea before we start our daily tasks; lodging and feeding the dogs, preparing the equipment for the following day etc... at this stage of the expedition this will all feel like second nature.

Meals: **B L D**



Accommodation
Camping



Time
5 hrs dog sledding



Distance
50KM

DAY 12

The last stage of our expedition. Return to Khatgal.

This will be our last day on the ice. At this point we will have travelled around 250km around the frozen surface of Lake Khuvsgul. Driving the sled will now feel much more natural, allowing us the freedom to fully appreciate the beauty of the incredible landscape, as we journey the last stretch back to Khatgal. We follow the winding edge of the coast, stopping for a picnic at Radan Suum, which marks the end of the lake and beginning of the estuary. In the estuary we will pass boats, stranded in the ice, relics of a time of flourishing trade. Now only one of these boats will leave the estuary each summer. We arrive into Khatgal in the afternoon and settle back into our yurts.

Meals: **B L D**



Accommodation
Yurt



Time
5 - 6hrs dog sledding



Distance
55KM

DAY 13

Return to Ulaanbaatar. Visit the Amarnaysgalant Monastery. Overnight yurt camp

After stopping to bid farewell to our dogs, we begin our drive back to Ulaanbaatar. We will break our journey at Amarnaysgalant ('Monastery of Quiet Felicity'), located by that Selenge River at the foot of Mount Büren Khaan. This is one of the three largest Buddhist monastic centres in Mongolia. The monastery was built in 1730, during the reign of Manchurian Emperor Kang Xi (called Enkh-Amgalan Khan by the Mongols), to serve as the final resting place of Zanabazar, who was the spiritual leader of Buddhism in Mongolia. We will visit the monastery in the afternoon to learn more about its interesting history. Tonight we will stay in a yurt camp nearby for the night.

Meals: **B L D**



Accommodation
Yurt



Time
6 - 7 hrs driving

DAY 14

Arrive Ulaanbaatar. Celebratory meal.

First thing in the morning, we will return to the monastery where we may be able to join the monks at morning prayer. Afterwards, we complete our drive back to the capital, arriving in the late afternoon. We check into our hotel and have some time to freshen up and repack before we head out into town with our guide and crew to celebrate the end of our adventure.

Meals: **L D**



Accommodation
Hotel



Time
6 - 7 hrs driving

DAY 15

Departure day.

A single time transfer to the airport is provided.

Meals: **B**

Holiday Information

What's Included

- A professional and qualified tour leader & musher
- Single timed airport transfers on arrival & departure
- All accommodation as described
- All meals
- All land transport required by the itinerary

What's not Included

- Travel insurance
- Visas
- Tips
- Miscellaneous personal expenditure - drinks and souvenirs etc

Joining Arrangements & Transfers

A single group transfer will be arranged to meet the Turkish Airlines flight on arrival at Ulaanbaatar Airport. This transfer will normally be at breakfast time on Day 1. At the end of the trip there will be a single group transfer back to the airport to meet the check in for the Turkish Airlines flight. This transfer will be in the early morning of Day 15 of the itinerary.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If this is not practical, we can provide private transfers at an additional cost.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All meals are included in the holiday price. From lunch on Day 1 to breakfast on Day 15.

Food & Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

During our expedition breakfasts will be simple and continental style, with bread, butter, jam, eggs etc... with lots of hot tea and coffee. During our days of dog sledding we will stop each day to enjoy a hot lunch, this will usually be a traditional Mongolian dish or a barbecue of fresh fish (which we may even have caught ourselves!) with hot drinks. In the evening we will have another hot meal specially prepared by our cook. Evening meals will be a mix of local and international dishes.

Khuvsgul is one of the only areas in Mongolia where people eat a lot of fish, generally Mongolian food is meat-based (mutton in particular). During winter the use of vegetables is not that common in traditional cooking, for obvious reasons, but these days it is possible to find vegetables throughout the year.

Some examples of traditional Mongolian dishes are, the famous Buuz, a sort of steamed ravioli, Khuushuur, a kind of flattened and fried ravioli, and pasta dishes such as Tsuivan, made with wheat pasta, and Puntuuz, made with rice pasta. Dairy products are also common, but these are not like European dairy products. The cold conditions have led the population to eat food quite high in fat, so dishes are often rich.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

During the holiday we will spend 2 nights in en suite rooms at a standard hotel in the centre of Ulaanbataar. We will spend 1 night in a simple hotel in Bulgan.

On expedition we will spend 5 nights in communal ger (yurts) and 1 night in a communal wooden cabin, all with stoves for heating, just like the ones used by the Mongolian nomads. In the yurts we will sleep on simple camp beds and in the cabin we will sleep on inflatable mattresses (Thermarests) on the floor.

On the other 4 nights of our journey we will be sleeping in a tent, an idea that could strike fear into the hearts of travellers in winter! No need to worry as our large communal tent, which is double-lined with felt and well insulated, has been specially created to keep us warm against the extremes of the Mongolian winter. Inside the tent there's room for a small stove, just big enough to warm the tent and to cook on. Please note that it is still possible for the temperatures to drop to up to -5 inside the tents/yurts during the night and therefore it is essential to pack a good sleeping bag. Inflatable sleeping mattresses (Thermarests) are provided for all nights they are required.

There is no electricity at the yurts or when camping, so it will not be possible to recharge electrical equipment.

When sleeping in yurts we will have access to toilets, on the other nights of the expedition there will be no traditional toilet facilities. There are also no showers, however a small amount of hot water will be made available each night for washing. It will also be possible to wash with hot water at the banya (Russian sauna) on the 2 nights at Khankh.

Group Leader & Support Staff

The group will be led by a professional and qualified tour leader and musher.

Spending Money

Approximately £150 per person (or equivalent in US dollars or Euros) should be allowed for tips, soft drinks, snacks, and miscellaneous expenses. There is little opportunity for spending money outside of Ulaanbaatar.

You can choose to take your money in pounds sterling, dollars or euros. It is not necessary to obtain Mongolian currency prior to travel, there will be an opportunity to change money into local currency at a money exchange on Day 1 in Ulaanbaatar. Credit cards are useful and it is a good idea to carry one in case of emergency.

Guidance on Tipping

It is usual to tip staff including your local guide and driver if you are happy with the services provided. We suggest you coordinate these tips as a group and as a rough guide we recommend allowing around £80 - £100 per person for staff tips. The exact amount should be determined by the group and the guide can advise on how much to tip drivers, support staff if necessary.

Beat the Jet Lag

Our holidays are normally designed with minimal 'down time' at the start of the trip, but having a day or two at the beginning will have the additional benefit of allowing you time to get over the stress of a long journey or travelling across time zones, leaving you refreshed and ready for your holiday. We can easily arrange for you to have additional nights and airport transfers.

Baggage Allowance

You should pack your luggage in a soft bag, rather than a hard suitcase. We ask that you try to restrict your baggage to 1 bag of around 15kg, or two smaller bags of 7-8kg per bag (2 smaller bags might be easier to fit onto the sled). It is possible to leave excess baggage at the hotel in Ulaanbaatar or at the ger camp at Khatgal. You won't experience rain, it's too cold for that, but you may see snow. The sled bags are lightly waterproof and should protect the contents from snow showers.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Visas for Mongolia are not currently required for UK passport holders, and any visitors, staying less than 30 days.

This is a temporary suspension of visas, so you should check the latest guidelines with the Mongolian consulate prior to travel.

Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

VACCINATIONS

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid. A good online resource is [Travel Health Pro](#).

Currency

The unit of currency in Mongolia is the Mongolian Tughrik.

Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience.

You should be aerobically fit and comfortable with being physically active for 7hrs a day for consecutive days, bearing in mind that this will also be in cold temperatures. Hill walking, running, and swimming are all good for developing cardio vascular fitness and stamina. Cycling and skiing are also helpful for understanding balance, which is a key factor to driving a sled.

Climate

March is a transitional period between winter and spring, the weather can change very quickly and winds can sweep the lake in violent gusts. We need to be prepared for temperatures from -5 to -40 degrees centigrade. The temperatures might seem intimidating, but this is a dry cold and with the right equipment/clothing you should stay nice and warm.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

YOU SHOULD BRING THE FOLLOWING ITEMS:

- Sleeping bag (comfort rating -15)*
- Fleece sleeping bag liner
- Warm and waterproof hiking boots / snowboots*
- Gortex overshoes (not necessary if hiring boots)
- Comfortable waterproof winter shoes/trainers (for use in the evenings)
- 2-3 pairs of warm woollen socks (one pair bigger than others to be used for layering)
- Thermal baselayers (not cotton)
- Warm, wind and waterproof trousers (ski trousers or salopettes)
- Warm, wind and waterproof jacket (ski jacket or equivalent) with a hood*
- Gaiters
- Fleece jacket or similar
- Down jacket
- Warm jumper
- Woollen/fleece gloves (it is important to always have a dry pair of gloves available)
- Warm and waterproof over mittens*
- Warm Hat
- Buff
- Neoprene facemask/balaclava
- Sunglasses (high CAT rating)
- Ski goggles/mask
- Ski Trousers
- Emergency whistle
- Survival blanket/bag
- T-shirts / casual shirt
- Underwear
- Daypack of approximately 20-30 litres capacity
- Head-torch and spare batteries
- Water bottle and thermos flask (1L minimum) (we encourage re-filling water bottles rather than single use plastic)
- Washbag and toiletries (please take biodegradable products)
- Stick sunscreen (high SPF) (take products with a low water content to avoid freezing)
- Stick sunscreen for lips (high SPF)
- Micro-fibre travel towel
- Cleansing wipes (to avoid alcohol hand gel)
- Tissues
- Basic First Aid Kit consisting of the following: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters, blister treatment and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are also a good idea.

THE FOLLOWING ITEMS ARE OPTIONAL:

- Survival blanket
- Micro spikes/Yaxtrax (to stop you slipping on the ice)
- Earplugs
- Camera (watch out for the cold, take spare batteries and keep them somewhere warm)
- Swimwear (for use in the Banya)
- Pen-knife (remember to put all sharp objects in hold baggage)
- Reusable cloth bag for shopping (to avoid plastic bags)

THE FOLLOWING ITEMS ARE AVAILABLE FOR HIRE:

- Hire items must be requested via KE Adventure Travel pre departure and must be paid directly in Mongolia.
- Sleeping bag - 25\$
- Pair of sheepskin overgloves - 10\$
- Over-jacket, with wide collar to protect neck and face, and also sleeve flaps to protect hands - 20\$
- Sorel Boots - 40\$ (available in EU sizes 36-45. Please provide required sizing on submitting your hire request).

NOTE:

To beat the cold we recommend layering your clothing.

A layer of fitted thermal underwear, a second layer of warmer clothing, and a third layer of waterproof/ windproof clothing will keep you warmest.

It is the volume of air between the different layers that will isolate you from the cold. Your clothing should be fitted to allow room for air and to allow you freedom of movement.

All layers should be made of breathable material (e.g not cotton, which does not wick away perspiration and holds moisture). Depending on the outside temperature during your trip and your personal comfort level, you will need to pack one or two additional layers on top of this (fleece, jacket etc...). You will use these extra layers in the evening at the camp. It is only in case of very cold weather that you will also need these during the day.

Remember to look after you extremities, which cool down the quickest. It is essential to have dry gloves and warm headwear with you at all times and your footwear should allow room for multiple pairs of woollen socks along with room for air.

Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.
[>> Find out more](#)

Land Only Information

The LAND ONLY dates and prices are for the itinerary joining in Ulaanbaatar, Mongolia. For clients making their own flight arrangements, Chinggis Khaan International Airport is the most convenient for transfers to the group hotel. Please refer to Joining Arrangements and Transfers for further details.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Ulaanbaatar with Aeroflot. Outbound flights will arrive in Ulaanbaatar the day following departure from the UK (Day 1 of the Land Only itinerary). Return flights will arrive in the UK on the same day as departure from Ulaanbaatar. Regional departures and/or alternative carriers are available on request.

Please be aware that there are often only a limited number of seats available at the advertised price. To avoid paying flight supplements, we recommend that you book as early as possible, especially during peak times. If we are unable to secure seats at the price shown, or you have requested regional departures, we will contact you with an alternative quote. Please note that you may be asked to pay for your flights in advance of your final holiday balance. Note that if you book a package including flights with KE you will benefit from full financial protection.

Please Note This document was downloaded on 19/05/2024 and the trip is subject to change