

For the adventurous cyclist, a mountain biking Holiday in Mongolia is a great way to enjoy an active and challenging ride, to experience a fascinating culture, and to escape from the pressures of life in the Western world. Grassland of Chinggis Khan, unspoiled nature, a rich culture, ethnic diversity, unique tradition, and friendly people are the precious ornaments of this nation. The breathe-taking landscapes-4000m snow capped peaks, alpine lakes and massive glaciers in the west, open land and vast plains in the center, and vast sand dunes to the south, beautiful mountain lakes and forested mountains in the north--attract everyone to fall in love with the beauty of Mongolia. Daily cycling distance varies up to a maximum of 70km. Outside Ulaanbaatar some nights will be spent tented camping and Mongolian traditional ger tourist camp throughout the tour. This is a real challenge in a rarely-visited part of the world, but will prove an incredible experience with memories that will last a life time.

**day 1:****ARRIVAL TO ULAANBAATAR**

Guided city tour

day 2:**FLIGHT TO BAYANKHONGOR**

Flight to the Khangai Mountain Range. On arrival, meet with the support team of guide, cooks and drivers. Starting point of cycling. Overnight tent camping in the valley of the Khangai Mountains..

day 3:**CYCLE TO VALLEY OF SHARGALJUUT RIVER**

The river lies at an altitude of 2100m above sea level. The area has over 300 hot and cold mineral springs.

day 4-8:**BIKE UP INTO THE KHANGAI MOUNTAINS RANGE**

The Khangai mountain range includes high mountains, rivers, lakes, forests, meadows, wide green valleys where hundreds of yaks, sheep and goats and nomads, see their colourful Yurts (traditional houses) dotted around.. Arrive at Tsenkher hot spring and take a bath in the hot spring water and relaxing body massage. Overnight in ger camp.

day 9-10:**CYCLE TO ORKHON RIVER VALLEY/ RELAXING DAY**

short ride to the waterfall of Ulaan Tsutgalan, the highlight of the area. to visit a local herding family. Experience nomadic life and of local traditions and drink "airag", the fermented horse milk with locals.

day 11:**BIKE TO KARAKORUM**

Cycle down along the Orkhon river and reach Karakorum - the ancient



capital of the Mongolian Empire. It is the last day of biking. Karakorum was the ancient capital city of Mongolian Empire.

day 12:**HUSTAI NATONAL PARK**

drive to the Hustai Natonal park and see the wild horses of Przewalski. Overnight in touist ger camp.

day 13:**RETURN TO ULAANBATAAR**

Free to explore Ulaanbaatar, In the evening, we see Mongolian folklore concert

day 14:**DEPARTURE****Trip Overview**

US\$ 2190 per person, for 2-3 people:

US\$ 1890 per person, for 4-7 people:

US\$ 1740 per person, for 8-12 people:

Tour grading: Moderate level of biking

Minimum group size: 4 people

Accommodation: 2 nights in hotel, 3 nights in tourist ger camps, 8 nights tent camping

Price includes:

internal flight, all land transport according to the programme, accommodation and all meals listed above, Mongolian expedition leader, local guide/cook/translator, camping equipments

Not included: International flights and visa costs.

