



Highlights of Mongolia





**SUNPATH MONGOLIA TOUR OPERATOR**  
YOUR PATH TO MONGOLIA

# PROGRAM OVERVIEW

Day 1	Arrival to UB	City tour
Day 2	Harhorin	Old capital of Mongolia
Day 3	Tsenher hot spring	Hot spring
Day 4	Hustai national park	Wild animal, culture heritage center
Day 5	Terelj national park	Kazakh nomad, traditional show
Day 6	Tsonjin boldog, UB	Tsonjin boldog, Meditation





## DAY 1 - Ulaanbaatar, Mongolia

Welcome to Mongolia!

Ulaanbaatar can be seen as a blend of the past and present, showcasing Asian country style and architecture from the communist period. With half of the population residing here, it has become a bustling business center.

Begin your trip by visiting the [Gandan Monastery](#), the largest active Buddhist complex in Mongolia, featuring an impressive Buddha Statue. After lunch, head to the city center of Mongolia and take a walking tour around [Sukhbaatar Square](#).

In the evening, treat yourself to a captivating traditional performance by the "[Tumen Ekh](#)" ensemble. The performance, lasting over an hour, showcases key elements of Mongolian art, including long singing, Tsam dance, throat singing, contortion, and musical plays.







## DAY 2- Mini Gobi- Sand Fracture

Head up to Elsen Tasarkhai sand dune after a leisurely breakfast. Enjoy lunch outdoors beside the river, surrounded by sand dunes and mountains.

Enhance your Mongolian experience with **Camel riding** - atop the two-humped Bactrian camel on a sand dune. Harhorin was the capital city during Mongol Empire- the biggest in the world history.

Here, also visit the “**Erdene zuu monastery**” the most important religious shrine in Mongolia for centuries.

In the evening, gather around **campfire** for cherishing the moments in Mongolian wild nature.







## DAY3- Tsenher hot springs

In the morning we will visit several historical place such as 3-n gurnii hoshoo, silver tree, turtle rock (from there you will see the panomoric view of the city).

This is a day to rest your body and mind. Tsenher hot spring is famous for old volcanoes that cause the presence of the spring's natural hot water. The springs have healing properties for articular diseases and nervous system diseases.

Enjoy the beautiful view of forested hills while relaxing in outdoor pools or recharge yourself in indoor baths. You will have a short tour to the beginning of the hot spring, where the springs temperature reaches 80 degrees Celsius; it's so hot that even eggs can be boiled there.





## DAY 4- Hustai national park

- In the morning, venture to **Hustai National Park** to witness the **world's only truly wild horses (takhi)** and encounter other wildlife protected within this national park. The park boasts diverse landscapes and offers activities such as hiking, birdwatching, and wildlife photography. There is only one real wild horse in the world, and you will be able to see them and other wild animals in Hustai National Park. Take your time to wander around the serene wild nature.
- Since this park is protected area, no human can live and hunt, it became a heaven for wild animals such as red deer, roe deer, marmot, wild boar, wild sheep, gazelle, grey wolf, and red fox.
- In the evening, feed your curiosity with **Yak riding** in Mongol nomadic cultural heritage center.





## DAY 5- Nomadic Mongolia, Kazakh culture

In the morning, you will experience a **traditional showcase called 'NOMADIC MONGOLIA,'** which lasts for two hours. Nomads can be totally self-sufficient, relying on their herds for most of their needs. Nomadic Mongolia show tries to show authentic Mongolians lifestyle such as cooking, making woolen carpet, building home...

After the lunch, we will go to Terelj national park for a visit to **Kazakh family-eagle hunters family,** witness Kazakh nomads lifestyle, and be entertained with Eagles. Kazakhs are originally from Kazakhstan. They follow herds like other Mongolian ethnic groups, but what differentiates them from other nomads is they use eagles to hunt and for sports.





## DAY 6- Tsonjin boldog, Meditation center

Start your day with journey to [Ariyabal Monastery](#), a meditation center, for a [guided meditation](#) by a Mongolian monk, connecting with the serene energy of this remarkable site. You will hike for 30-40 minutes to reach the meditation center and as you hike introduce with Buddhist teachings in Mongolia. Enjoy one hour [horse riding](#) session in before your next destination near to the monastery.

Next we will visit the [Tsonjin Boldog complex](#), the biggest horse riding statue in the world, 131 ft tall stainless steel statue of Chinggis Khaan sitting atop his horse. [Check out the museum](#) of the 13th century inside the complex. [Climb up inside the statue](#) and over the walkway on top of the horse's mane to view the surrounding area. Reach the city in the evening.





## What's included

- All transfers and transportation  
Accommodation in deluxe ger camps and UB hotel
- All entrance fees of all national parks
- Bottled drinking water (unlimited)
- Road and toll fees
- Petrol and fuel
- Horse and camel riding
- Visa support invitation letter
- All meals (B+L+D)

## Activities

- Horse riding
- Camel riding
- Yak riding
- Nature walks
- Playing Traditional game-competition
- Meeting Kazakh, Halh nomads-engaging in activities
- Mongolian traditional arts and show
- Campfire evening
- Traditional music, dance, song
- Wild horse- hustai national park
- Guided Meditation
- Wearing traditional clothes
- Photo with eagle

## Nature

- Sand dune
- Endless steppe
- Green forest
- Green Valley
- Historical place
- Religious place
- River
- Scenic Mountain hills
- And many more...



# WHAT TO PACK

## CLOTHES

- Comfortable light boots for walking&hiking
- Rubber slippers to wear in Ger camps bathroom
- Raincoat, cloak with cowl proof of water and wind
- Warm coat or jacket
- Layers of trousers to keep you warm.
- Long sleeves and shorts, sandals
- Waterproof boots
- Backpack, (bag water proof cover might be useful)
- T-shirts (long-sleeve T-shirts protect your arms from the sun and help you stay warm)
- Shorts, sandals, hat and other suitable clothes for warm weather up to +35°C during the daytime.
- A fleece jacket/sweatshirt could be handy when the weather cools down.

\*Subject to people's own preferences and season



# WHAT TO PACK

## OTHER ESSENTIALS

- Some often-needed items such as shampoo, sunblock cream, lip balm, eye-drops, insect repellent, nail clippers, moisturizing lotion
- Ziploc plastic bags to protect your documents, phone, money, camera, binoculars, and other items from wetness, sand, and dust.
- First aid or medicine box (Pills for car sickness, allergy, stomachache, and Antibiotic cream for cuts, scratches, and insect/mosquito bites... etc)
- Universal plug if you bring a laptop (internet is unstable)
- High-protection sunglasses, Suncream!
- Travel and medical insurance, passport, and other documents.
- Small gifts for nomad children if you want
- Bottle that keeps hot and cold water

\*Subject to people's own preferences



# WEATHER ESTIMATION

Months	Weather estimation
June	5 to 25 degrees
July	10-38 degrees
August	10-38 degrees
September	5-30 degrees
Octobor	-10 to +15 degrees
November	-25 to -5 degrees
December	-40 to -15 degrees
January	-40 to -15 degrees

Gobi region is dry,  
hot and windy during summer, and  
Cold during winter.

Other regions can be rainy,  
dry, hot, cold and windy during  
Summer, spring and autumn.  
But, always very cold in winter

Mongolia is not HUMID!