

# Wild Mongolia Women's Adventure

2025



AUTHENTIC TRAVEL WITH HEY KIERA

## Is This Trip Right for Me?

This adventure is perfect for women who want to explore Mongolia's wild, stunning landscapes and immerse themselves in its nomadic culture. It's designed for riders of all experience levels, including beginners. However, you should be comfortable spending 4-5 hours in the saddle on some days. Beginner riders are welcome however a willingness to learn and a positive attitude is essential.

If you're new to horseback riding, light exercises to improve balance and core strength—like yoga or pilates—can help prepare you for long hours in the saddle. Our well-trained horses and experienced local guides ensure that everyone feels supported and confident throughout the journey.

The terrain includes everything from wide open steppes to rocky paths and river crossings. While the rides can be lengthy, the pace is steady, with regular breaks to soak in the breathtaking scenery. This trip is about embracing the wild beauty of Mongolia and its rich culture, so adaptability and a sense of adventure will enhance your experience!

## Start Location:

Ulaanbaatar, Mongolia

## Finish Location

Ulaanbaatar, Mongolia

## Duration

15 days, 14 nights

## Accommodation

- 2 nights in hotel in Ulaanbaatar
- 7 nights in a Ger camp with shared facilities
- 1 night hotel in Moron
- 2 nights in a local guesthouse without facilities
- 2 nights in Tsaatan teepees or tents

## Rooming Requirements

Mostly twin, some gers quad share

## Included meals

Breakfast (14)

Lunch (12)

Dinner (12)

## Transport

Private bus transport to Terelj National Park

Private 4x4 Landcruisers for rest of trip

## Leader/Guide

English speaking local male guide from day 2 - day 4

English speaking local female guide from day 4 - day 14

Kiera as your leader across all days

## Included Activities

Per daily itinerary

## Entrance/Admission Fees

All included

## Airport Transfers

Arrival and departure transfers are included on a gorp basis on day 1 and day 15 of the trip



## Inclusions

- 15-day adventure: A once-in-a-lifetime journey to remote, off-the-beaten-path locations, meeting Kiera's local friends and some of the last nomadic reindeer herders.
- Cultural women's connection: Visit a women's work initiative crafting products from local wool.
- Domestic flight: Moron to Ulaanbaatar.
- Horse riding class: Learn from a local English-speaking Mongolian trainer.
- Shaman experience: Immerse yourself in a spiritual session with a traditional Mongolian shaman.
- Horseback riding:
  - Two 2-3 hour trail rides in Terelj National Park.
  - A 3-day horse trek to visit the reindeer herders.
- Culinary experiences:
  - Try reindeer milk tea with the herders.
  - Enjoy a traditional Khorhog Mongolian BBQ.
  - Participate in a cooking class to make Buuz (steamed dumplings).
- Nomadic life:
  - Visit a nomadic horse family.
  - Try Airag (fermented horse milk).
- Activities in nature:
  - Swim in the Tuul River in Terelj National Park.
  - Hike to the Khorgo Uul Volcano.
  - Try traditional Mongolian archery.
- Cultural highlights:
  - Attend a folklore show with traditional music and dance.
  - Watch a archery on horseback demonstration.
  - Visit Erdene Zuu monastery.
- Mindfulness moments: Join Kiera for meditation and stretching on select days.
- Pre-trip connection:
  - A live video call to meet Kiera and the group.
  - A dedicated WhatsApp group for trip updates, support, and connection with fellow travelers.
- Ongoing support: Guidance from Kiera and the group in the lead-up to your adventure.

## Exclusions

- International airfare to Mongolia.
- Services and meals not listed in the itinerary.
- Riding reindeer (costs approximately \$5-\$10 USD, payable directly to the owners).
- Early check-in or late check-out at hotels.
- Drinks with included lunches and dinners.
- Meals and drinks not specified in the itinerary.
- Tips for local guides.
- Personal expenses.
- Travel insurance (mandatory).
- Medical expenses.
- Optional activities not included in the itinerary.

## Day 1: June 20: Arrival in Ulaanbaatar

Upon your arrival in Ulaanbaatar, a driver will meet you at the airport and transfer you to our local hotel. Since everyone will be arriving at different times throughout the day, you'll have free time to relax, catch up on sleep, or explore the city at your own pace. At 4:00 PM, we'll gather at the hotel for our first group meeting. From there, we'll take a leisurely walk to the heart of Ulaanbaatar, Sukhbaatar Square, to soak in the city's vibrant atmosphere. In the evening, we'll enjoy our first meal together at one of Kiera's favourite restaurants that create a unique vegan spin on traditional cuisine.

### Accommodation:

- Hotel, twin share, private bathroom
- No meals included

### Activities:

- Sukhbaatar square walk and city walk
- Group dinner to meet each other properly (meal price not included)
- Airport pickup

## Day 2: June 21: Terelj National Park

After breakfast, we'll leave the city behind and begin our journey to the stunning Terelj National Park. A two-hour semi off-road drive will take us deep into a secluded valley far from the usual tourist spots—a place close to Kiera's heart, as she once lived and volunteered here with Mongolian horse trainers. She's excited to share this hidden gem with you.

Our adventure begins with an incredible horseback archery demonstration, and you'll even get the chance to try archery yourself! After lunch, we'll dive into the fascinating world of Mongolian horses, learning how to ride and connect with these remarkable animals. Then, we'll saddle up for a 2-3 hour ride through the valley, immersing ourselves in the breathtaking steppes of Mongolia. In the evening, we'll wind down with a cozy bonfire or a traditional Mongolian sauna, depending on the weather. Don't forget to step outside in the evening—this valley offers some of the clearest skies, perfect for stargazing under a blanket of stars. It's an unforgettable way to end the day!

### Accommodation:

- Ger Camp with shared facilities
- Meals included: Breakfast, Lunch, Dinner

### Activities:

- Archery demonstration on horse back
- Try your hand at archery
- Horse riding class
- Horse ride in the national park
- Bonfire or sauna

## Day 3: June 22: Terelj National Park

Wake up in the serene beauty of Terelj National Park, surrounded by nature in a traditional Mongolian ger. Start your morning at your own pace—take a peaceful walk to explore the area if you wish or say hi to the horses. At 9:00 AM, we'll gather for breakfast to fuel up for the day ahead.

After breakfast, it's time for a hands-on cooking class where we'll learn how to make buuz, Mongolia's beloved steamed dumplings. Once we've perfected the art, we'll sit down to enjoy our creations for lunch.

In the afternoon, we'll prepare for another horseback ride through the valley, visiting a nomadic horse family along the way. Here, you'll have the chance to try airag, the famous fermented horse milk—a true cultural experience. We'll also pass by the Tuul River, and for the brave among us, there's an opportunity to take a refreshing dip in its chilly waters.

The evening will be a highlight as we enjoy a traditional khorhog BBQ prepared with one of the neighbouring family's sheep. This unique culinary experience is a summer favourite for Mongolians, and it's sure to leave a lasting impression!

### Accommodation:

- Ger Camp with shared facilities
- Meals included: Breakfast, Lunch, Dinner

### Activities:

- Cooking Class making traditional Mongolian dumplings - Buzz
- Horseback ride through the national park to Tuul River
- Visit nomadic horse family
- Try Airag (fermented horse milk)
- Khorhog - traditional Mongolian BBQ



## Day 4: June 23: Karakorum (430 km)

Waking up in the serene valley, we'll pack our bags and prepare for a road trip across Mongolia. After breakfast, we'll embark on a six-hour drive to Karakorum, the historic heart of Genghis Khan's Mongolian Empire in the 13th century.

Karakorum, once a thriving political, cultural, and trade hub, held great significance during its prime as the capital of the Mongol Empire. Although the city was later abandoned and destroyed, its legacy lives on through the Erdene Zuu Monastery, the first Buddhist monastery in Mongolia, built in 1588. The monastery, surrounded by massive walls, houses three remaining temples that we'll explore, including the Dalai Lama, Zuu of Buddha, and Lavrin temples.

We'll also visit the Karakorum Archaeological Museum, which showcases artefacts from the 13th and 14th centuries, including pottery, coins, sculptures, and an impressive scale model of ancient Karakorum. Highlights include a Turkic noble's tomb and a half-excavated kiln embedded in the museum floor.

If we have time we will also visit a small market featuring local artists' crafts. This day offers a rich blend of history, culture, and unique experiences that bring Mongolia's vibrant past to life.

### Accommodation:

- Ger Camp with shared facilities
- Meals included: Breakfast, Lunch, Dinner

### Activities:

- Visit Erdene Zuu monastery
- Visit Karakorum archaeological museum

## Day 5: June 24: Khorgo - Terkhiin Tsagaan Nuur National Park (300 km)

After breakfast, we'll continue our road trip through Mongolia's breathtaking countryside, heading toward Terkhiin Tsagaan National Park, a journey of 4-5 hours. This park is home to one of the country's most beautiful lakes, formed by ancient lava flows and surrounded by extinct volcanic craters. The striking landscape is dotted with black volcanic rocks, remnants of past eruptions, while the lake itself stretches approximately 15 kilometers and reaches depths of up to 20 meters. Rolling hills with steppe and woodland vegetation complete the idyllic scenery.

On the way, we'll stop in Tsetserleg Town to stretch our legs and take in the changing landscapes.

In the evening, we'll enjoy a delicious meal before settling into our cozy gers. Be sure to step outside to marvel at the brilliant night sky—a perfect ending to a day immersed in nature's wonders.

### Accommodation:

- Ger Camp with shared facilities
- Meals included: Breakfast, Lunch, Dinner

### Activities:

- Explore Tsetserleg Town
- Experience Terkhiin Tsagaan Nuur Lake

## Day 6: June 25: Khorgo - Terkhiin Tsagaan Nuur National Park

Today is a day to unwind and immerse yourself in the natural beauty of Terkhiin Tsagaan Lake. In the morning, we'll set out on an excursion to hike the Khorgo Uul Volcano, located just 4 kilometers from the lake. This extinct volcano features a crater 200 meters wide and 100 meters deep, framed by trees that add to its dramatic beauty.

As we explore the area, you'll also encounter fascinating basalt formations, nicknamed "Gers" for their resemblance to traditional Mongolian dwellings. These unique structures, formed by cooling lava, include features like gates and openings, some standing over 1.7 meters tall.

After enjoying a delicious lunch, the afternoon is yours to spend as you like—stroll along the lake, take a horse ride with a local, delve into a good book, or simply relax and soak up the tranquil surroundings.

### Accommodation:

- Ger Camp with shared facilities
- Meals included: Breakfast, Lunch, Dinner

### Activities:

- Hike to the Khorgo extinct volcano
- Free time to relax by the stunning Terkhiin Tsagaan Nuur Lake
- See the basalt formations from the cooling lava



## Day 7: June 26: Moron (300 km)

Today marks the start of an exciting journey to visit the Tsaatan reindeer tribes in Northern Mongolia. After an early breakfast, we'll set off on a long travel day, driving mostly off-road for approximately 7 hours. Be sure to bring a book or headphones to enjoy music or podcasts as we take in the ever-changing landscapes along the way.

By late afternoon, we'll arrive in Mörön, the capital of Khovsgol Province. Here, we'll settle into a comfortable hotel, enjoy a hearty dinner, and rest up for the incredible five-day adventure that lies ahead.

### Accommodation:

- Hotel, twin share with private bathroom
- Meals included: Breakfast, Lunch, Dinner

### Activities:

- Driving day
- Visit Moron town

## Day 8: June 27: Tsagaannuur village (300 km)

After breakfast, we'll embark on an off-road drive to Tsagaannuur Village, a journey of about 7 hours. As we make our way through this remote terrain, the landscape will shift dramatically, offering stunning views of the taiga and the chance to spot yak herders going about their daily routines. Settle in, get comfortable, and enjoy the peaceful beauty of the surroundings.

We'll reach Tsagaannuur, the last village before the Russian border, and the gateway to the region where the Tsaatan reindeer tribes live and herd their reindeer. This marks a significant step toward connecting with the reindeer people and experiencing their unique way of life.

### Accommodation:

- Guesthouse with shared facilities
- Meals included: Breakfast, Lunch, Dinner

### Activities:

- Driving
- Visit Tsagaannuur village

## Day 9: June 28: Ride to Tsaatan family (about 20 km)

After a restful night in the village, we'll drive a short distance to meet our horses and begin our journey into the Taiga to meet the Tsaatan. The Tsaatan, also known as the Dukha, are one of the last nomadic reindeer herding communities in the world. Their unique lifestyle revolves around their reindeer and is deeply rooted in Shamanism, an ancestral spiritual practice that honours nature.

Today, we'll ride for 4-5 hours through the stunning wilderness until we reach the family we'll be staying with for the night. Upon arrival, we'll be welcomed with a traditional offering of reindeer milk tea. We'll have the chance to meet the family and experience their way of life, either staying in their teepee or in tents near their settlement.

### Accommodation:

- Tsaatan huts or tents with shared facilities
- Meals included: Breakfast, Lunch, Dinner

### Activities:

- Horseback riding to Tsaatan settlement
- Activities with reindeer tribes



## Day 10: June 29: Spend time with Tsaatan family

Today, we'll wake up in the tranquil Taiga and enjoy a camping-style breakfast in the heart of nature. Afterward, we'll meet our hosts, who will introduce us to their reindeer. For the Tsaatan people, reindeer are vital to their way of life, providing milk, cheese, meat, and transportation. Reindeer skin is used to make clothing and their horns are crafted into tools.

We'll spend the next three days fully immersing ourselves in the community, helping with daily chores and caring for the reindeer. We may also take a horse ride to visit another family nearby depending where they set up their camp this summer, whom Kiera connected with during her last trip. If you'd like, you can purchase handmade souvenirs created by the children who carve designs into fallen reindeer antlers.

The herders charge extra for riding the reindeer around \$5-10 USD. Bring cash if this is something you would like to try, local currency is accepted.

### Accommodation:

- Tsaatan huts or tents with shared facilities
- Meals included: Breakfast, Lunch, Dinner

### Activities:

- Horseback riding to Tsaatan settlement
- Activities with reindeer tribes

## Day 11: June 30: Ride back to Tsagaannuur (20 km)

Today, we'll say our goodbyes to our hosts and begin our journey back to Tsagaannuur Village. It will be a long day of riding, approximately 4-5 hours, with breaks for lunch along the way. As we head back toward the village we visited a couple of days ago, we'll have time to reflect on our incredible experience. Once we reach the village, we'll rest and enjoy our final night in the peaceful Taiga region.

### Accommodation:

- Guesthouse with shared facilities
- Meals included: Breakfast, Lunch, Dinner

### Activities:

- Horseback riding back to Tsagaannuur village

## Day 12: July 1: Drive back to Khovsgol Lake (about 300 km)

Today, we'll drive back along the rugged road from the village toward Khovsgol Lake, a journey of about 7 hours. Settle into your vehicle, get comfortable, and enjoy the stunning Taiga landscape as we make our way to the jewel of Mongolia—Khovsgol Lake.

### Accommodation:

- Ger camp with shared facilities
- Meals included: Breakfast, Lunch, Dinner

### Activities:

- Driving Day
- Khovsgol lake



## Day 13: July 2: Khovsgol Lake

Today, we'll dedicate the entire day to exploring the shores of Khovsgol Lake and the surrounding area. It will be a day to rest, reflect, and unwind after our incredible journey to meet the Tsaatan, the last nomadic reindeer herders. The morning will be free for you to explore at your own pace, followed by lunch. In the afternoon, we'll visit a local women's workshop to learn about their crafts, and you may even have the opportunity to try your hand at making something yourself. In the evening, we'll visit a Shaman's ger in the village. Although there won't be a ceremony because our dates don't align with the full moon, we'll have the chance to meet her, ask questions, and possibly see her play the mouth harp.

### Accommodation:

- Ger camp with shared facilities
- Meals included: Breakfast, Lunch, Dinner

### Activities:

- Free time along the lakeshore to enjoy the 'jewel' of Mongolia
- Shaman experience
- Visit local women workshop in Khatgal village

## Day 14: July 3: Ulaanbaatar (about 130 km)

After breakfast, we'll depart early and head to the Uushig Deer Stone complex, about a 1.5 to 2-hour drive. This fascinating site dates back to prehistoric times and features ancient deer stones and burial mounds, providing insight into the artwork of prehistoric people. After exploring this historic site, we'll catch a flight to Ulaanbaatar. The afternoon will be free for you to explore the city at your own pace, rest, or join Kiera for a visit to the Naraantuul Market, also known as the 'Black Market.' It's a great place to shop for souvenirs and immerse yourself in local life. In the evening, you'll be treated to a captivating cultural performance, featuring incredible contortionists, throat singing and traditional Mongolian dances. After the show, we'll gather for our final dinner together to celebrate the unforgettable adventure we've shared through Mongolia. The flight to Ulaanbaatar takes about 2 hours and includes baggage.

### Accommodation:

- J hotel, twine share, private bathroom
- Meals included: Breakfast

### Activities:

- Fly to Ulaanbaatar - domestic flight included
- Visit Uushig deer stone complex from the Stone Age
- Attend a folklore show featuring throat singers and Mongolian musicians and dancers

## Day 15: July 4: Departure.

On the final morning, after a delicious breakfast, we will gather for a heartfelt goodbye. For those heading home, a group transfer will be arranged to take you to the airport. As you leave, you'll take with you the unforgettable memories of an incredible adventure across Mongolia. Safe travels, and we hope to see you again on another journey soon!

### Inclusions:

- Meals included: Breakfast
- Airport transfer



## What Is the Food Like in Mongolia?

Most meals are included during your trip because we will be travelling to remote areas. Meals are hearty, locally sourced, and often reflect traditional Mongolian cuisine, offering an authentic cultural experience.

Meals include dinner and breakfast at the ger camps, as well as a lunch usually home cooked. We recommend bringing your favourite snacks to supplement meals, especially for long riding days. We will pass by local supermarkets where you can buy snacks. While ger camps serve delicious meals, the options are limited, and this trip may not be suitable for those with severe allergies or strict diets. Vegetarian meals can be arranged, though note that Mongolian cuisine is traditionally meat-heavy. Kiera ate vegetarian for most of her trip and managed however at times it was difficult. Beer and other beverages are available to purchase at most ger camps.

Hot tea is always available, and many camps offer the unique experience of trying suutei tsai (Mongolian milk tea). Drinking water is safe when provided by the camp but is not always readily available in the wild, so we suggest bringing a refillable water bottle with a filter. Kiera can recommend her favourite brands.

Highly recommend packing your favourite energy-rich snacks from home for driving days and sharing with the group.

## Foods/Drinks to Try

- Buuz – Steamed meat dumplings, a Mongolian favorite. (We will learn to cook these!)
- Khuushuur – Fried meat pies, crispy and satisfying.
- Tsagaan Idee – Traditional dairy treats like dried curds, yogurt, and cheese.
- Airag – Fermented mare’s milk, a unique Mongolian beverage.
- Borts – Dried meat used as a base for soups and stews.
- Suutei Tsai – Traditional salty milk tea.
- Tsuivan – Stir-fried noodles with meat and vegetables.
- Khorkhog – A special barbecue cooked with hot stones.
- Arik/Chinggis Vodka – Locally produced spirits.

If you have any dietary preferences or questions, feel free to let us know in advance!

## Language

Mongolian is the official language, and English is not widely spoken outside of Ulaanbaatar and tourist areas. However, people are friendly and willing to communicate through gestures or basic phrases.

## Useful Phrases:

- Sain baina уу? (Сайн байна уу?) – Hello
- Bayarlalaa (Баярлалаа) – Thank you
- Tanii ner уу ve? (Таны нэр юу вэ?) – What’s your name?
- Bi Mongold дуртай (Би Монголд дуртай) – I like Mongolia
- Ügui (Үгүй) – No
- Tiim (Тийм) – Yes
- Uuchlaarai (Уучлаарай) – Excuse me

Learning a few phrases will go a long way in connecting with locals, and they’ll greatly appreciate your efforts.

## Culture and Etiquette

Mongolian culture is warm, hospitable, and deeply rooted in nomadic traditions. While people are understanding of foreign visitors, keeping some cultural norms in mind will enhance your experience:

- Respecting Gers: Always walk clockwise around a ger and don’t lean on the central supports.
- Seating: Don’t step on or sit on the threshold of a ger.
- Offerings: If offered food or drink, accept it graciously, even if just to take a small sip or bite. It is said to be rude to not accept an offering however if you truly don’t want to try it, just accept it and pass it to someone else to try or put it down.
- Shoes: Remove your shoes before entering a ger or home (for touristic ger camps it’s not as common)
- Photography: Ask for permission before photographing people, especially in rural areas.

By embracing the local culture and being prepared with cash and supplies, you’ll make the most of your Mongolian adventure!



## What Will the Weather Be Like?

We'll be traveling in June and July, one of the best times to visit Mongolia. Expect warm daytime temperatures ranging from 15°C to 30°C (59°F–86°F). While the days are generally sunny and pleasant, nights in the steppes or mountains can drop to cooler temperatures, so it's important to pack layers and thermals.

Summer in Mongolia also brings lush green landscapes, wildflowers in bloom, and clear blue skies. However, weather in Mongolia can be unpredictable, with occasional rain showers or strong winds, so bring windproof clothing and a waterproof jacket to stay comfortable.

June and July are ideal for experiencing Mongolia at its most vibrant.

## Mobile, WiFi, and Internet Coverage

Mobile coverage in Mongolia varies depending on your location. In cities like Ulaanbaatar and larger towns, coverage is generally good, but in remote areas such as the steppes and mountains, it can be patchy or nonexistent. We recommend purchasing a local SIM card for better coverage or using an eSIM for convenience. Kiera uses Nomad eSIM, and you can get \$7 USD off your next SIM with the code KIER88EU.

WiFi is available in most city hotels and some ger camps, though the speed and reliability can vary. In remote areas, there may be no internet access, making it a great opportunity to unplug and connect with the natural surroundings.

## Electricity

Mongolia uses European-style two-round-pin plugs with a voltage of 220 volts AC and a frequency of 50 Hertz. Most ger camps and city hotels will have electricity for charging devices, but power can sometimes be limited or reliant on solar or generators, especially in remote areas. We recommend bringing multiple power banks for longer trips or when staying with nomadic families, as charging may not always be available. At the reindeer herders we will have no electricity.

## Money

### Currency:

The local currency in Mongolia is the Mongolian Tögrög/Tugrik (MNT). While cash is the most commonly used payment method, credit cards are accepted in many city hotels, restaurants, and shops in Ulaanbaatar. In rural areas, however, cash is essential.

### Tipping:

Tipping is not traditionally part of Mongolian culture, but it is becoming more common, especially in the tourism industry. Local guides and drivers appreciate small tips as a gesture of thanks.

### Spending Money:

Your spending will depend on personal preferences, but it's a good idea to carry enough cash for souvenirs, snacks, and any additional expenses. ATMs are widely available in Ulaanbaatar and larger towns, but they are rare in rural areas. Be sure to withdraw sufficient cash in Ulaanbaatar before heading out into the countryside.

### Buying Supplies:

Supplies can be hard to find outside of cities, so plan ahead. Pack snacks, toiletries, and any essentials before leaving Ulaanbaatar. If you have dietary preferences or specific energy-rich snacks you enjoy, bring them with you from home in sealed, unopened packets.



## What Is the Accommodation Like?

On this journey through Mongolia, you'll experience a variety of accommodations, including traditional ger camps, a unique teepee stay with reindeer herders, and city hotels, offering an unforgettable blend of cultural immersion, adventure, and comfort.

### Ger Camps:

Ger camps are a signature part of the Mongolian experience. These circular, felt-lined tents are cozy and comfortable, typically accommodating 2-4 people. Each ger is furnished with beds, linens, and a small table, and many are warmed by a central stove. Bathrooms and showers are shared and located in a separate building. Hot water may be limited, so it's best to shower early. Evenings in the ger are special, often filled with stories, songs, and stargazing under the expansive Mongolian skies.

### Teepee Stay with Reindeer Herders:

For two nights, you'll stay in a traditional teepee with a family of Dukha reindeer herders, one of the most unique and authentic experiences of this trip. This is an opportunity to immerse yourself in the lifestyle of Mongolia's nomadic herding culture. The teepees are simple and rustic, offering mats and sleeping bags for comfort. Facilities are basic, with no electricity or running water, but the experience is rich with connection to the land and people. You'll spend time learning about their traditions, caring for the reindeer, and exploring the serene beauty of the taiga forest.

### City Hotels:

In Ulaanbaatar or other urban areas, you'll stay in centrally located hotels with ensuite bathrooms and modern amenities. These provide a chance to refresh before or after heading into the countryside.

### Other Notes:

- Accommodations in rural areas may be basic, but we select the best available options to balance comfort with authenticity.
- Laundry services are typically unavailable during the trip, so bring enough clothing or quick-drying gear for handwashing.
- Wi-Fi is usually limited to hotels or main lodges, with no connectivity in remote areas, making it a great time to disconnect and embrace the experience fully.

This combination of ger camps, a teepee stay with reindeer herders, and city hotels ensures an authentic, enriching, and unforgettable journey through Mongolia.

## Be Aware of Long Distances and Rough Roads

Traveling in Mongolia can involve long distances and rough roads, especially in rural areas. Many destinations require travel by 4x4 vehicle or even horseback. Prepare for bumpy, dusty rides, and be ready for an adventure! It's also helpful to bring motion sickness medication if you're prone to it.

## Wildlife and Nature

Mongolia is home to diverse wildlife, including wild horses, yaks, camels, and unique species like snow leopards and the Mongolian gazelle. We will be seeing many animals, some wild, so keep safe at all times and listen to our guide to ensure you are safe.

If you have any other questions please let Kiera know, otherwise see you soon for the adventure of a lifetime!

### Contact Kiera:

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