

CH>RITY  
CH>LLENGE



TRIP NOTES

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# BELIEVE ACHIEVE INSPIRE

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**MONGOLIAN HORSE RIDE  
MONGOLIA**

Fri 10 Jun - Mon 20 Jun 2016





## In aid of your choice of charity

10 Jun - 20 Jun 2016

### 11 DAYS | MONGOLIA | MODERATE

At a whopping 1,580m above sea level, Mongolia is one of the highest countries in the world and is a beautiful contrast of vast mountain ranges and open grasslands. Home to the Gobi desert which dominates the south, this vast open land is best explored on four legs. The challenge offers you the chance to create your own nomadic adventure, riding over 160kms across open steppes, through lazy rivers and up gentle mountain slopes as you traverse the Mongolian countryside. There are six days on horseback through landscapes largely unvisited by other tourists. You will live with the locals and experience Mongolian hospitality, as you travel on this timeless mode of transport, stay in traditional ger houses and sleep under the stars.

- Explore one of the world's highest capitals on horseback
- Cover over 150km of spectacular views and unspoiled landscape
- Explore ancient Mongolian monuments and temples
- Visit nomadic communities along the way
- Uncover Ulaanbaatar, Mongolia's capital of contrasts

## YOUR CHALLENGE DAY BY DAY

### DAY 1 Fri 10 Jun

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#### International departure from London

All that training and fundraising is finally over and the big day is now here. As we prepare to board the flight to Mongolia, we will meet the Charity Challenge representative and our fellow riders. And then we're off!

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### DAY 2 Sat 11 Jun

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#### International arrival

A local Charity Challenge guide will meet the group upon arrival in Ulaanbaatar during the late afternoon. Once we check in at the hotel, we will have dinner and a full briefing about the challenge ahead. Overnight at the hotel.

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### DAY 3 Sun 12 Jun

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#### Ulaanbaatar to Mandal Station (approximately 2–3 hours riding)

Breakfast will be followed by a guided tour of the Gandan Monastery, National History Museum and Bogd Khan Palace, followed by lunch at a local restaurant. We will then transfer to the station for a two-hour train ride to Mandal. On arrival we will be met by our horseman and start riding towards the Bayangol River, near the Bayangol Resort. Overnight in tents.

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### DAY 4 Mon 13 Jun

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#### Bayangol to Sanzai (approximately 7–8 hours riding)

Exploring the Mongolian plains by horseback is one of the true remaining ways to unleash your inner Nomad. After breakfast, we will start riding through wide-open lands until Tsokhiot Mountain, passing the small village of Udleg. The following stretch takes us through a deep forest of Siberian larches (pine trees), which are home to deer and moose. We will camp near Sanzai Mountain in the forest.

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### DAY 5 Tue 14 Jun

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#### Sanzai to Burkantiin Zuu (approximately 6–7 hours riding)

Today's adventure takes us up the slopes of Ikh Yan mountain, along the Uliastain River, and finally to the plain of Burkantyn Zuu where we set up camp. Of particular interest in this area are the rock paintings of ancient gods. Overnight in tents.

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### DAY 6 Wed 15 Jun

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#### Burkantiin Zuu to Shar Khooloi (approximately 7–8 hours riding)

After breakfast at the camp, we will ride towards the Shar Khooloi valley and down to the Uliastai River and pass through Davaany Am. We will camp overnight on the banks of the Khoondoi Ekh. Overnight in tents.

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**DAY 7** *Thu 16 Jun*

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**Terelj River to Shilj Ovoo (approximately 7 –8 hours riding)**

Today we continue to ride along the Terelj River and past the park. As we leave civilization behind, we will start seeing squirrels, marmots and various birds. Our campsite will be on the slope of Shilj Ereeny Pass, where we will encounter many different plants, flowers and animals. Overnight in tents.

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**DAY 8** *Fri 17 Jun*

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**Shilj Ovoo to Gachuurt (approximately 7 –8 hours riding)**

After breakfast, we will ride up to Nuramt Mountain of Gachuurt which is the heartland of the Khentii Mountain range at the banks of the mighty Tuul River. Here we'll have the opportunity to observe and explore the area with a trained guide. After covering about 30kms on horseback today, we will dine and spend the night at a tented ger camp.

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**DAY 9** *Sat 18 Jun*

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**Gachuurt to Ulaanbaatar**

Having completed the challenge, we return to Ulaanbaatar by road. After checking into our hotel, we will have the chance to visit the Bogd Khan Winter Palace, the home of the last religious king of Mongolia and the Fine Arts Museum – and also do a bit of shopping. Then it's out for a night of celebrations, including a delicious dinner and a Mongolian cultural show.

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**DAY 10** *Sun 19 Jun*

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**International departure**

An afternoon departure means that we have a free morning to recharge or explore the city some more. Then it's a one-hour transfer to the airport for our overnight flight back home.

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**DAY 11** *Mon 20 Jun*

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**Arrive back in the UK**

Be sure to swap details with your new-found friends and riding partners, before you arrive back home to share the memories of this incredible challenge.

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**NB**

The itinerary & distance approximations are there as a guide and may change due to unusual weather, road conditions, the strength of the group, and so on. We will do our best to keep to the itinerary; however we cannot be held responsible for any last minute changes. In all such circumstances, your expedition leader will have the final say.

## HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.  
The costs below are per person.

### SELF FUNDER

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Pay a registration fee of £395.00 when you book

Then a balance of £2083.00  
(8 weeks before your challenge)

Raise as much as you can for your charity.

### MINIMUM SPONSORSHIP

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Registration fee of £395.00 when you book

Raise a minimum of £4250.00 for your charity.

### FLEXI

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Registration fee of £395.00 when you book

Then £395.00 towards challenge costs  
(8 weeks before your challenge)

Raise a minimum of £3445.00 for your charity.

## WHAT'S INCLUDED

### Before you go

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- Access to your own password protected account including support materials and training schedules
- Risk assessment and emergency management planning
- Public liability insurance
- Discount on personal equipment from The Outdoor Shop, Outdoorhire, Cotswold Outdoor and Nomad & MASTA
- Access to "ask the expert" re your kit requirements
- Access to training weekends (optional and at additional expense)
- Warm up exercise routines
- 16 and 20 week trek/bike training schedule
- Fitness training notes
- Sponsorship forms (online and hard copy)
- Template press release
- A-Z of fundraising ideas
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)
- Fundraising advice

### On your challenge

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- International flights to and from the UK (including all known UK air taxes, and fuel surcharges, at the time of costing)
- Internal road and air transfers as per the itinerary
- Accommodation during the challenge (usually in twin share)
- Three meals a day (unless otherwise stated in the itinerary)
- Drinking water on challenge days
- Entrance fees to national parks or other places of interest visited on the itinerary
- All ground staff including English speaking guide, drivers, cooks, and porters
- Full back-up support including first-aid qualified staff and first-aid supplies
- Activity equipment such as bikes, tents and rafts as per the challenge activity
- A donation to a community project in one of the countries in which we operate
- A contribution towards funding the reduction of carbon emissions through Climate Care's portfolio of award winning projects
- A Charity Challenge T-Shirt
- All challenge management before, during and post event

## WHAT'S NOT INCLUDED



**Before you go**

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- Travel to and from the UK airport of departure
- Visa
- Vaccinations (please check Trip Notes for requirements)
- Travel Insurance (you can buy at time of booking or in your Account Area, or provide your own policy details)
- Clothing and equipment listed on your Kit List

**THE DETAILS****On your challenge**

- 
- Tips
- Departure Tax (if applicable)
- Personal spending money
- Any other specific items listed as not included in your Trip Notes

**Fundraising deadlines**

You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 10 weeks before departure (by 01/04/2016), and the remaining 20% within 4 weeks of completing the challenge (by 18/07/2016). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.

**Prices include all known air taxes**

We include ALL known air taxes (including fuel) at the time of costing. Many companies do not include air taxes at all, and clients are therefore hit with a surcharge of three or four hundreds of pounds just before departure. Our aim is to provide you with transparent pricing and clear instructions as to what is included in our prices and if applicable what isn't.

**Typical group size**

The typical group size is 10 - 20 participants

**Small group supplement**

The costs and sponsorship levels on our website are based on a minimum of 10 participants. We can run this trip with 11-16 people, but there will be a small group supplement of £125. This is payable by your charity if you book under the Minimum Sponsorship or Flexi options, and by yourself if you choose the Self Funder option. We will notify you 12 weeks before departure if this is necessary.

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Optional extras

Business class upgrades\*  
Travel insurance  
Single room supplements\*  
Extensions at end of trip\*  
Trek/bike training weekends\*  
(\*subject to availability)

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## Travel insurance

Your safety when travelling with Charity Challenge is our main concern, which is why it is a booking condition that you have a suitable travel insurance policy, which covers you for the adventurous nature of your challenge, the activities you are undertaking, and the altitudes. We have chosen to partner with specialist travel insurance providers Campbell Irvine, who offer cover for an extensive number of adventurous activities. Cover is available directly from Campbell Irvine for most European residents and includes cover for emergency medical and repatriation and for your cancellation or curtailment of the challenge. Full details including costs may be found at <https://www.campbellirvine.com/charitychallenge>.

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### Level of Difficulty

The Mongolian Horse Ride challenge is graded as moderate. This is the perfect challenge for participants who are of an adventurous spirit and an open mind. No experience horseriding is necessary, but it will help you become accustomed to it more quickly. You can tell your supporters that on your Mongolian Horse Ride challenge you will be:

- Riding on horseback for 7-8 hours a day, covering approximately 160kms over 6 days.
- Battling the mountain weather with extreme temperature differences from the day to the night.
- Sleeping in basic tents for 6 nights, with very basic facilities.
- Riding across steppes, rivers and mountain slopes.

### Money

Currency: The currency in Mongolia is the Tughrik (MNT). For up to date currency exchange, go to [www.xe.com](http://www.xe.com). We recommend exchanging currency before you go.

Credit Cards: Credit Cards and foreign currency are not useful out of Ulaanbatar but are accepted in the city in some major hotels, banks and stores.

ATMs: In general there are many ATM's in Ulaanbatar. Mastercard and Visa are widely accepted. However, we recommend that you have all the money you need prior to leaving the airport.

How much to bring: All accommodation and meals are included within the price of the trip, as well as water during the days of your ride. You will not need to carry a lot of money with you during the challenge, as there are not daily opportunities to buy soft drinks, alcohol or snacks on the way. For the days you will spend in the capital, we would suggest a maximum amount of about £15 a day (in local currency). Bring more if you intend to buy souvenirs and take up the opportunity of the additional things you can do during your time in Mongolia. There are plenty of great craft souvenirs, cashmere clothing, felt products, arts, national music. However, antiques older than 50 years are not permitted through customs so keep that in mind!

Tipping: Tipping is at your sole discretion and all staff are paid a fair wage. However, tourism is a tipping culture, and Mongolian guides will generally receive a tip at the end of a job well done. If you choose to tip, we would suggest an amount of £60 per participant for the duration of the challenge. For those on Charity Challenge organised extensions, we would suggest between £5 and £6 per person per day.

### Visa

UK Citizens do not require a visa to enter Mongolia for a period of less than 30 days. You must hold a full passport with at least six months to run from the end of your challenge, and at least one blank page for your visa and entry/exit stamps.

If you wish to remain in Mongolia over 30 days you must register your stay with the Mongolian Immigration Agency: <http://immigration.gov.mn/>

### Flights



You will be flying from London Heathrow to Ulaanbatar. The flying time is between 19-24 hours indirect. Your flight tickets will be issued to you upon departure at the airport. If you choose to book your own flights please confirm with the Charity Challenge office first, otherwise you may be liable for your included group flights (please contact [flights@charitychallenge.com](mailto:flights@charitychallenge.com) for further assistance). For more general flights questions, please refer to our main [FAQs page](#).

### Insurance

It is a condition of booking that you have a suitable travel insurance policy whilst participating on the challenge. We have a special policy which covers among other things, medical (emergency, evacuation and repatriation) arrangements, cancellation and curtailment of the challenge, and more specifically for the adventurous activities undertaken on this challenge. If you have your own travel insurance policy, you must ensure that it provides at least the same level of cover as our recommended policy, including protecting the charity in the event of your cancellation 56 days or less prior to departure. If you choose not to purchase our recommended policy when you book we will send you a disclaimer which you should complete and return.

For more general travel insurance questions, please refer to our main [FAQs page](#).

### Group Size

Each group is intended to be 16 people minimum in order to run and maximum of approx. 30 people. We will be able to run this challenge for 10 to 19 people by charging a small group supplement specified in each departure date, which will be added to your final balance invoice (self funders) or charged to your charity (minimum sponsorship or flexi).

### Leadership

There will be an English-speaking challenge leader who will be responsible for the logistics and co-ordination of your challenge. There will also be numerous local support staff to assist them. The challenge leader will be ultimately responsible for the running of the itinerary and the safety of your group.

### Climate

Mongolia has an extreme continental climate, meaning that it is so far inland that no sea moderates its climate. Humidity is minimal and sunshine is intense. There is a short rainy season from the end of June to September, but the showers tend to be brief and gentle. Evenings are cool even in summer due to the relatively high altitude. Mongolia is a windy place especially in spring. When the wind blows from north, temperatures drop sharply, but when the wind drops, the weather warms up just as rapidly.

### Terrain

Mongolia is a large land-locked country about three times the size of France. It is situated in the north of central Asia. It is a country with steppes (arid plains), desert and high mountains. It is one of the highest countries in the world with an

average elevation of 1,580 meters above sea level. In the north of Mongolia there are three main mountain ranges - the Khangai Mountain Range, Khentii Mountain Range and the Khuvsgul Sayany Mountain Range. Much of the country is covered by grass and less than 10% of the land is forested. The southern third of the country is dominated by the Gobi Desert. The greatest river in this land is the Selenge which flows northwards into the Lake Baikal.

### Luggage allowance and valuables

The luggage allowance will depend on the airline we are using for your challenge, but in general it will be one piece of checked baggage at around 23 kg. However, we suggest that for our Mongolian horse ride challenge you should only need around 15 kg-17 kg. If you don't need it, don't bring it, is a good rule. For any valuables, safe deposit boxes will be only available to use in the hotels. Use a padlock on your luggage when in transit to reduce any risks. Carry your passport with you and make sure you have a photocopy of your documents (travel insurance etc.) in case they get lost or damaged.

### Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism, and work closely with bodies such as the International Porter Protection Group and Climate Care to ensure that our challenges benefit the local environments and communities in which they take place. We ensure that all rubbish is disposed of responsibly, and following local guidelines on cultural and environmental protection and respect, we aim to limit our impact on the natural environment. In addition to taking these practical steps to ensure that our challenges are sustainable, we also make a contribution each year to a number of local community projects, so as to give something back directly to the communities that we visit. Since 2000 we have donated almost £200,000 to such projects, supporting a range of initiatives, including schooling for children in Africa, shelter for street children in Brazil, and Orang-utan conservation in Indonesia. We recommend that any gifts brought over for children are given to the UK challenge leader and distributed where needed by them and our local Ground Agent. If you wish to do more, you should consider buying drinks, postcards and souvenirs from the local vendors. For many, it is their sole source of income. For more information, please visit our [Responsible Tourism](#) pages, where you will be able to view a list of the projects that we currently support.

### Typical day

During the riding days you will rise early and pack up camp after breakfast, then ride carrying only day packs for 6 to 8 hours. There will be a picnic lunch en route and plenty of time to stop and view the remarkable scenery. The trip zone is remote and rare flora and fauna will be seen. The evenings are spent in beautifully located camps, where the food and facilities are fairly simple.

### Accommodation

At the beginning of the expedition you will stay in Ulaanbaatar, in a three star hotel located at the centre of town. Rooms are usually en-suite. During the challenge itself you will camp in two person tents, sharing with another member of the group. Please let Charity Challenge know if you are travelling with a friend or partner who you wish to share with.

### Sleeping bags and mats

Felt mattresses are provided, but a ground mattress such as a Thermarest will aid your chances of a comfy night's sleep. You should take a good four-season sleeping bag, or a three-season with a fleece liner.

### Toilets

A toilet tent will be provided & bowls of water for washing. Please note that due to the wilderness environment, the facilities will be basic. Toilet paper is provided but it is advisable to bring your own just in case, as well as anti-bacterial hand gel.

### Food & Drink

In Ulaanbaatar the food is quite varied. During the trip the food will be cooked on Kerosene stoves by our kitchen unit and will be fairly simple. Most of the food will be carried from Ulaanbaatar. Only seasonal vegetables and fresh meats are bought along the way where available. Please let Charity Challenge know prior to departure if you have any dietary requirements or allergies. As meat is a staple part of the Nomadic Mongolian diet, if you are vegetarian it is advisable to bring supplementary protein bars etc.

### The horses

One of the most immediate differences between Mongolian and Western horses is the size. Mongolian horses are much smaller than western horses; in fact they look more like ponies. They are only about 124-128cm tall. The most important characteristic of the Mongolian horse is its ability to cover long distances and deal with the harsh climate. Travelling 50-60kms a day is common for a Mongolian horse. Since they are smaller than European horses, the weight of the people who ride these horses should not be more than 85kgs; please let Charity Challenge know if you weigh more than this and we will make adequate provisions to ensure you can go on the trip.

### Clothing and equipment

Good quality, durable kit could mean the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, a helmet will be compulsory. Comfortable foot wear for your ride, a fleece, warm clothes and a sun hat will be indispensable, particularly coupled with some good quality padded trousers. Other essentials are a high quality gore-tex waterproof jacket and wicking t-shirts. Half chaps for riding, thermal lined gloves are also highly recommended. A full kit list for this challenge can be found [here](#), and once you book you will have access to kit discounts with our partners The Outdoor Shop, Outdoorhire and Cotswold Outdoor.

### Phone and WiFi

You will have limited WiFi which you will be able to use only in Ulaanbaatar on your first and last day, but please do not rely upon this. Due to the remoteness of the challenge, phone signal will also be very unreliable and not available outside of the main towns, especially during your riding days. Our challenge leaders will have radios in case of

emergency, and there is a support vehicle with the group throughout the challenge.

### Safety

Charity Challenge considers the safety of all of our participants and staff to be a top priority, and as such we have set up Challenge Safe, one of the most advanced and thorough safety management systems in the industry. Challenge Safe formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the challenge activity itself. Your welfare is absolutely paramount!

In terms of your Mongolia horse ride challenge, there are a couple of important points that you should be aware of:

- The horse ride route is very exposed, and on sunny days the temperatures can be high. You should ideally be wearing a sun hat, sun cream on the exposed parts of your body. Remember drinking constantly!
- A helmet is compulsory during your horse ride. Remember to take it off when you go indoors, especially if you enter into a temple.
- Remember not to approach marmots or other wildlife.
- Smoke alarms are not a legal requirement in Mongolia, and as such the hotels we use might not have them in place. Your leader will explain the emergency fire procedures to you.

### Waiver

All accommodation and service providers in Mongolia use waivers as a regular part of the business. You will therefore be asked to sign a waiver during this challenge. Please note that this does not affect your contract with Charity Challenge or our liability as detailed in the “our liability” clause of our bookings terms. Any additional services you book independently whilst in Mongolia are likely to come with a waiver of liability.

### Emergencies

It is policy that participants must wear a helmet - please take your own for comfort reasons. Be aware that horse riding can be dangerous and accidents do happen – you must take responsibility for your own safety whilst riding. Back up support vehicles (people carriers) will never be far away and can be brought in, in the event of an emergency. Contact by satellite phone will be maintained between guides and the support team and with contact for emergency evacuation if necessary. There will always be a staff member at the back of the group to ensure you are not left behind and can take things at your own pace. If we find somebody is unable to ride at all, then we can transport him or her from one location to the next with the help of our staff, however it is best to train sufficiently prior to the expedition.

### Training

Training and a good level of fitness is definitely required! Anyone who leads a fairly active and moderately healthy lifestyle should be OK. Don't forget that the temperature and the altitudes are different from the UK and that you will be exercising constantly for a number of days.

Some horse riding experience will help you manage this challenge. Beginners would be advised to have lessons

before as you will be part of a larger group where some may have a fair amount of riding experience. Please ensure you feel confident before joining the expedition.

For training programs please click [here](#)



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## Any more questions?

Contact us:

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