

MONGOLIA

Nomads, Eagle Hunters, and the Land of Genghis Khan



June 10 - 21, 2018

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TRIP HIGHLIGHTS

- ▶ Meet Kazakh eagle hunters to learn about their ancient practice of training and hunting with golden eagles
- ▶ Witness live horseback riding, wrestling and archery competitions at an authentic local Naadam festival in the Gobi Desert
- ▶ Spend an entire day with a local nomadic family for a demonstration on making traditional handicrafts and felt products
- ▶ Look for dinosaur fossils at Flaming Cliffs, a site for important paleontological discoveries.
- ▶ Explore Hustain Nuruu National Park for a chance to spot Takhi horses, the last remaining species of wild horse on Earth

QUICK VIEW ITINERARY

- Day 1: Arrive in Ulaanbaatar, relax after your long flights
- Day 2: Visit Gandan Monastery, the National History Museum, and the Torgo Fashion Museum
- Day 3: Fly to Ulgii, drive to Lake Tolbo, explore the lakeshore and visit a Kazakh family
- Day 4: Spend the day with the traditional eagle hunters
- Day 5: Visit a local mosque in Ulgii, fly back to Ulaanbaatar
- Day 6: Fly to the Gobi Desert, visit Yol Valley National Park
- Day 7: Attend a local Naadam Festival to see wrestling, horseracing, and archery
- Day 8: Spend a full day learning to make thread, spin wool, and make felt
- Day 9: Explore sand dunes by camel, take a cooking class, visit the Flaming Cliffs at sunset
- Day 10: Fly back to Ulaanbaatar, enjoy a throat singing performance
- Day 11: Visit Hustain Nuruu National Park to search for the takhi horse, farewell dinner
- Day 12: Depart for the US

TRIP PRICE

Main Trip: \$6,990

Optional Single Accommodations: \$1,500

Internal Air: \$650

MONGOLIA

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June 10 - 21, 2018

is this trip
right for me?

We rate this trip as easy. You should be able to walk comfortably for two to three hours at a time on uneven surfaces. We have a partnership with FitForTrips, a company that will design an individualized fitness plan for you to ensure that you are prepared for the trip. Visit <https://fitfortrips.com/partners/adventure-women/> for more information.

the important
stuff

You should come with a flexible, adventurous, and enthusiastic spirit, and a wonderful sense of humor that adventure travel requires.

how do I get
there?

pack your
bags!

the fine print

your adventure
in depth

MONGOLIA

Nomads, Eagle Hunters, and the Land of Genghis Khan

June 10 - 21, 2018

is this trip right
for me?

the important
stuff

how do I get
there?

pack your
bags!

the fine print

your adventure
in depth

Forms and Final Payment:

Once you book, you will need to fill out and return to AdventureWomen:

- Information Form
- Booking Conditions Form
- Copy of Flight Information
- Copy of Issuing Page of Passport (photo page)

Final payment is due to AdventureWomen in a cash form (check, money order, or wire transfer) on or before March 12, 2018.

Passports and Visas:

Citizens of the United States must have a passport valid for six months beyond your travel dates with at least two blank facing pages. If you do not have a passport, please apply now!

MONGOLIA

Nomads, Eagle Hunters, and the Land of Genghis Khan

June 10 - 21, 2018

is this trip right
for me?

the important
stuff

how do I get
there?

pack your
bags!

the fine print

your adventure
in depth

Health Considerations:

Make an appointment with a travel clinic. There are no immunization requirements for travel to Mongolia, however your local travel clinic may have recommendations for you based on your age, health, and past vaccination history.

For more health information, go to www.cdc.gov/travel and navigate to the page about Mongolia.

Money:

Mongolian currency is called the tugrik. As of May, 2017, US \$1 = 2,410 MNT. Credit cards are not widely accepted in Mongolia. US dollars are accepted in many places, but you should plan to pay for incidentals and small souvenirs with local currency. ATMs are accessible in larger cities, and hotels will change money for you. Please bring unmarked and unturned bills dated within the last ten years.

Suggested Gratuities:

- ▶ Guide(s): \$10-15 per day
- ▶ Driver: \$7-10 per day
- ▶ Other Staff: To be advised prior to departure

MONGOLIA

Nomads, Eagle Hunters, and the Land of Genghis Khan

June 10 - 21, 2018

is this trip right
for me?

Arrive: Arrive in Ulaanbaatar, Mongolia (ULN) on June 10, 2018.

Depart: Depart Ulaanbaatar, Mongolia (ULN) on June 21, 2018.

the important
stuff

We are happy to help you make your flight and travel arrangements. Please contact us at:

(800) 804-8686 or (617) 544-9393
email: info@adventurewomen.com

how do I get
there?

If you'd like to do anything prior to or following the AdventureWomen trip, we'd be delighted to help you arrange any trip extensions you're interested in.

pack your
bags!

Note: The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last-minute registrants, we must release hotel rooms two to three months prior to departure! Please keep this in mind when making your travel plans.

the fine print

your adventure
in depth

MONGOLIA

Nomads, Eagle Hunters, and the Land of Genghis Khan

June 10 - 21, 2018

is this trip right
for me?

the important
stuff

how do I get
there?

**pack your
bags!**

the fine print

your adventure
in depth

Packing Considerations: There is a strict luggage allowance for this trip. You may bring one small suitcase or duffel bag and one carry-on. The total weight of your bags may not exceed 33lbs. Please pack accordingly.

Mongolia has a relatively cool climate with short, mild summers. The temperature at this time of year can range from 50°-80°F. You should be prepared for fairly rapid temperature fluctuations. There is also the potential for rain. We recommend dressing in layers.

Clothing and Gear:

- Duffel bag or small suitcase
- Daypack
- Rain cover for daypack
- Medium-weight, waterproof hiking boots (make sure they are broken in!)
- Rubber-soled sandals/flip-flops
- 3-4 pairs hiking socks
- 2-3 short sleeve shirts (quick dry recommended)
- 2-3 long sleeve shirts (quick dry recommended)
- 1 medium weight fleece sweater/jacket for cool evenings
- 1-2 pairs of pants
- 1-2 pairs of shorts
- 1-2 sets of nicer clothes for dinner
- Gore-Tex jacket
- Gore-Tex pants
- Hat for sun protection
- 5-7 pairs underwear
- 2-4 sports bras
- Sleepwear

AdventureWomen Essentials:

- Travel documents (passport, airline tickets, money)
- 2-3 spare passport photos (in case of lost passport)
- Write down/print out travel insurance number
- Locks for your suitcase/duffel bag
- Travel alarm clock with spare batteries
- Headlamp or small flashlight with spare batteries
- Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Your AdventureWomen insulated bottle (good for hot or cold drinks!)
- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer

MONGOLIA

Nomads, Eagle Hunters, and the Land of Genghis Khan

June 10 - 21, 2018

is this trip right
for me?

the important
stuff

how do I get
there?

**pack your
bags!**

the fine print

your adventure
in depth

Essentials Continued:

- Toothbrush/toothpaste
- Soap, shampoo, and conditioner
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs. Available at most drugstores or at www.earplugstore.com
- Assortment of stuff sacks and Ziploc bags
- 1-2 bandanas/Buff
- Reading material/journal and pens

Personal First Aid Kit:

- Prescription medicine you usually take (in original containers)
- Personal epi pen (if you need one, don't forget to pack it!)
- Bandages, Gauze, Ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

If you prefer to buy a complete kit, we recommend the Smart Travel first aid kit.

MONGOLIA

Nomads, Eagle Hunters, and the Land of Genghis Khan

June 10 - 21, 2018

is this trip right
for me?

the important
stuff

how do I get
there?

pack your
bags!

the fine print

your adventure
in depth

Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

Switching Trips

If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you.

No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not "tours." We define "adventure travel" as travel in which one **actively participates**, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to **experience an active, out of the ordinary vacation, and meet new friends**. Most of all, we want our trips to be **fun!**

good-natured realist and have a sense of humor! Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. **Being on time** is important, and contributes to the congeniality, success and well-being of both individuals and the group!

In this spirit, the successful adventure traveler should be a

MONGOLIA

Nomads, Eagle Hunters, and the Land of Genghis Khan

June 10 - 21, 2018

your adventure in depth

DAY 1

Sunday
6/10/18

Arrive in Ulaanbaatar

The contrast between ancient traditions and the dawning of a 21st century democracy is most visible in Ulaanbaatar, where traditional gers and Buddhist monasteries coexist with modern high-rises.

Pick-up and Transfer

You will be picked up at the Ulaanbaatar Airport by your guide and transferred to your hotel. Spend the evening relaxing after your long flights.

Accommodations

Best Western
Tuushin Hotel

Meals Included

meals on your own

MONGOLIA

Nomads, Eagle Hunters, and the Land of Genghis Khan

June 10 - 21, 2018

your adventure in depth

DAY 2

Monday
6/11/18

Accommodations

Best Western
Tuushin Hotel

Meals Included

breakfast, lunch, dinner

Ulaanbaatar

Human habitation in what is Ulaanbaatar today dates from 300,000 years ago. These Upper Paleolithic people hunted mammoth and woolly rhinoceros, the bones of which are found abundantly around Ulaanbaatar. Royal tombs of the Xiongnu era have also been discovered in the area. Many nomadic empires encompassed Ulaanbaatar throughout history.

Gandan Monastery

Begin the day with a visit to Gandan Monastery, the seat of Buddhism in Mongolia. Woven through Mongolia's nomadic culture is a rich Tibetan-Buddhist tradition with ancient Shamanist practices still evident. Explore the monastery grounds, where you will hear the low tones of the horns used to call the lamas to the temple and can observe their daily rituals, including the reading of sutras (teachings of the Buddha). Continue to the recently renovated Chenrezi and Kalachakra Temples, as well as the magnificent statue of Migjid Janraisig ("the lord who looks in every direction"). This 82-foot high statue, gilded in pure gold and clothed with silk and precious stones, completely fills one of the Gandan's biggest temples.

National History Museum

Visit the museum for an excellent overview of Mongolia's history and culture. The newly remodeled museum displays traditional implements of daily nomadic life including Stone and Bronze Age artifacts, historical costumes of Mongolia's minority tribes, sacred religious relics, and agricultural, fishing, and hunting equipment.

Lunch

Enjoy lunch at a local restaurant.

Torgo Fashion Museum

Learn about the different clothing styles of Mongolia's minority tribes and talk with artists about how they intertwine traditional textile customs with modern designs.

Welcome Dinner

Enjoy a welcome dinner this evening with your group!

MONGOLIA

Nomads, Eagle Hunters, and the Land of Genghis Khan

June 10 - 21, 2018

.....

your adventure in depth

DAY 3

Tuesday
6/12/18

Ulaanbaatar to Tolbo Lake

At the end of the 17th century, escaping from tribal warfare, a group of Kazakhs settled in Bayan Ulgii. Dominated by the Mongolian Altai Mountains, the highest mountains in Mongolia with several peaks reaching upwards of 14,000 feet, the isolated area has preserved the language, culture, and traditions of the Kazakhs and provides some of the most spectacular scenery in Mongolia. Ninety percent of the population of Bayan-Ulgii is Kazakh and you will have ample opportunity to meet local families and experience the unique Kazakh culture.

Fly to Ulgii

Fly from Ulaanbaatar to Ulgii this morning. The flight is about three hours.

Drive to Tolbo Lake

Upon arrival in Ulgii, drive through stunning mountain valleys to Lake Tolbo, following the Hovd River. Spend the rest of the day exploring the lakeshore and visiting local Kazakh families. Kazakh women are renowned in Mongolia for their skills in embroidery and appliqué, and their gers are decorated in a kaleidoscope of colors. Felt carpets line the floor, each design unique to a family, and delicately embroidered tapestries cover the walls.

Explore on Foot

After lunch, explore the surrounding area on foot.

Accommodations

Tent With Sleeping Bag

Meals Included

breakfast, lunch, dinner

MONGOLIA

Nomads, Eagle Hunters, and the Land of Genghis Khan

June 10 - 21, 2018

your adventure in depth

DAY 4

Wednesday
6/13/18

Tolbo Lake to the Altai Mountains

The Altai Mountains, in Central and East Asia, are where Russia, China, Mongolia, and Kazakhstan come together, and are where the rivers Irtysh and Ob have their headwaters. "Altai" means "Gold Mountain" in Mongolian. The Altai mountains have an array of habitats and are home to diverse fauna, including the Siberian ibex, moose, forest reindeer, Siberian musk deer, and Siberian roe deer.

Spend the Day with the Eagle Hunters

Learn about the ancient tradition of hunting with eagles. Kazakh hunters ride dressed in traditional dark coats and scarlet hats with eagles perched on their arms. Weighing as much as fifteen pounds, these magnificent birds are trained from a young age to respond to hand signals and return to their owners after capturing small game. There will also be opportunities to meet Uriankhai families, a minority tribe of Mongolians (estimated as 1% of the population) renowned for their archery skills.

Accommodations

Tent With Sleeping Bag

Meals Included

breakfast, lunch, dinner

MONGOLIA

Nomads, Eagle Hunters, and the Land of Genghis Khan

June 10 - 21, 2018

your adventure in depth

DAY 5

Thursday
6/14/18

Altai Mountains to Ulaanbaatar

Ulaanbaatar is one of the oldest reserves in the world; it has been protected by law since the 18th century. The forests of the mountains surrounding Ulaanbaatar are composed of evergreen pines, deciduous larches, and birches, while the riverine forest of the Tuul River is composed of broad-leaved, deciduous poplars, elms, and willows. Ulaanbaatar lies on roughly the same latitude as Vienna, Munich, Orléans, and Seattle, and roughly the same longitude as Chongqing, Hanoi, and Jakarta.

- Visit a Local Mosque** Drive back to Ulgii this morning and visit a local mosque.
- Fly to Ulaanbaatar** Fly back to Ulaanbaatar where you will be transferred to your hotel.
- Dinner** Enjoy dinner at a local restaurant.

Accommodations

Best Western
Tuushin Hotel

Meals Included

breakfast, lunch, dinner

MONGOLIA

Nomads, Eagle Hunters, and the Land of Genghis Khan

June 10 - 21, 2018

your adventure in depth

DAY 6

Friday
6/15/18

Ulaanbaatar to the Gobi Desert

Of all the world's arid lands, the Gobi (which means simply "desert") has about it the greatest air of mystery, perhaps because it lies at the heart of Asia's remotest hinterland between the Siberian wilderness to the north and the Tibetan Plateau to the south. Contrary to the sterile sameness that the word "desert" suggests, the Gobi holds many fascinations including sites of some of the most important paleontological discoveries of this century.

Yol Valley National Park

Fly from Ulaanbaatar to the Gobi Desert. Drive to Yol Valley National Park, cradled between the foothills of the Altai Mountains. An ancient river carved this surprisingly green valley. Now, its remnant streams create ice formations at the base of the valley that sometimes persist as late as July.

Drive to Your Lodge

Drive to Three Camel Lodge, Mongolia's premier eco-lodge.

Explore the Area

Spend the evening exploring the surrounding area on foot or by bike. You may want to enjoy a massage or a drink in the lounge.

Accommodations

Three Camel Lodge

Meals Included

breakfast, lunch, dinner

MONGOLIA

Nomads, Eagle Hunters, and the Land of Genghis Khan

June 10 - 21, 2018

your adventure in depth

DAY 7

Saturday
6/16/18

Gobi Desert

Naadam is the most widely watched festival among Mongols, and is believed to have existed for centuries. Naadam has its origin in sporting competitions such as archery, horseback riding and wrestling, that followed the celebration of various occasions, including weddings or spiritual gatherings. It later served as a way to train soldiers for battle. The three games of wrestling, horse racing and archery are called “Danshig” games.

Local Naadam Festival

Attend the local Naadam Festival celebrations. Wrestling, horseracing, and archery are the three age-old competitions traditionally used to measure the courage and strength of nomads and warriors.

Stargazing

This evening, enjoy a presentation on the creation of the solar system by a local Astrophysicist, followed by stargazing under the vast Gobi skies.

Accommodations

Three Camel Lodge

Meals Included

breakfast, lunch, dinner

MONGOLIA

Nomads, Eagle Hunters, and the Land of Genghis Khan

June 10 - 21, 2018

your adventure in depth

DAY 8

Sunday
6/17/18

Gobi Desert

When Marco Polo described crossing the Gobi Desert in the 13th century, he said that “this desert is reported to be so long that it would take a year to go from end to end; and at the narrowest point it takes a month to cross it. It consists entirely of mountains and sands and valleys. There is nothing at all to eat.” The word “Gobi” means “large and dry” in the Mongolian language.

Thread and Felt Making

After breakfast, drive to visit a nomadic family living nearby the lodge where you will spend an entire day learning to make traditional handicrafts. Begin with a hands-on lesson on thread making and spinning wool. Afterwards, learn about felt making and how felt is used as an insulator for gers and as textile for clothing and boots. Making felt is a time-consuming process and is customarily done in conjunction with other families. Felt is first beaten by hand with wooden sticks to break down the fiber and aides in the removal or dirt deep in the wool. Afterwards, water is applied and the felt mass is rolled tightly into a long column and dragged across the ground by horse in order to join the fibers. When the felt is rolled out, it is dried in the sun and ready for household use.

Relax at the Lodge This Evening

Enjoy an evening to relax at the lodge.

Accommodations

Three Camel Lodge

Meals Included

breakfast, lunch, dinner

MONGOLIA

Nomads, Eagle Hunters, and the Land of Genghis Khan

June 10 - 21, 2018

your adventure in depth

DAY 9

Monday
6/18/18

Gobi Desert

The Flaming Cliffs, also known as Bayan Zag, is a region of the Gobi Desert in the Ömnögovi Province of Mongolia, in which important fossil finds have been made. The area is most famous for yielding the first discovery of dinosaur eggs. Other finds in the area include specimens of Velociraptor and eutherian mammals. The red or orange color of the sandstone cliffs (especially at a sunset), give them their name.

Moltspg Els on Foot or by Camel

Moltspg Els is one of the few regions of the Gobi covered by sand dunes. Explore the sand dunes on foot or on back of a Bactrian camel. You will also have the opportunity to visit a local camel herding family and experience their hospitality.

Cooking Class

Learn to make delicious Mongolian Buuz (dumplings) and Khuushuur at the lodge.

Visit the Flaming Cliffs

In the evening, drive to Bayan Zag, commonly known as the Flaming Cliffs, to experience the orange glow of its rock at dawn and dusk. It was here in 1923 that Dr. Roy Chapman Andrews and his exploration team from the American Museum of Natural History found the first nest of dinosaur eggs. Although not obvious to the untrained eye, the Flaming Cliffs are rich with dinosaur fossils and have been the site of important paleontological discoveries.

Accommodations

Three Camel Lodge

Meals Included

breakfast, lunch, dinner

MONGOLIA

Nomads, Eagle Hunters, and the Land of Genghis Khan

June 10 - 21, 2018

your adventure in depth

DAY 10

Tuesday
6/19/18

Gobi Desert to Ulaanbaatar

Leave the Gobi Desert and head back to Ulaanbaatar today.

Fly to Ulaanbaatar

Fly back to Ulaanbaatar this morning.

Visit MIM

MIM is a Mongolian and Irish collaboration that was formed to encourage and empower Mongolian women and their families. At MIM, Mongolian women are trained in the traditional felt-making skills as part of Asral NGO's sustainable training program. With the support from the Irish government and the Dalai Lama, MIM's hand crafted products have become identified as the highest quality felt in Mongolia.

Throat Singing

This evening, enjoy a traditional Mongolian Dance and Khoomi throat singing performance at a local theatre.

Dinner

Enjoy dinner at a local restaurant.

Accommodations

Best Western
Tuushin Hotel

Meals Included

breakfast, lunch, dinner

MONGOLIA

Nomads, Eagle Hunters, and the Land of Genghis Khan

June 10 - 21, 2018

your adventure in depth

DAY 11

Wednesday
6/20/18

Ulaanbaatar

Hustain Nuruu National Park is home to 44 species of mammals, including red deer, Mongolian gazelle, roe deer, wild boar, wild sheep, ibex, Mongolian marmots, grey wolves, Eurasian lynx, Pallas cat, red fox, corsac fox, and Eurasian badger. The 217 species of birds include golden eagle, lammergeier, great bustard, whooper swan, black stork, Daurian partridge, and little owl.

Hustain Nuruu National Park

Drive to Hustain Nuruu National Park, home to the last remaining species of wild horse, the takhi - commonly known as Przewalski's horse. Twenty-five years after becoming extinct in the wild, the takhi was reintroduced to the Mongolian steppe from zoo populations by the Foundation for the Preservation and Protection of the Przewalski's Horse. Sixteen horses were flown from the Netherlands to Mongolia in 1994, and about 280 now roam in reintroduction sites in Mongolia and China. Learn about current conservation efforts and the status of the herds found within the reserve at the visitor's center, before trying to spot these beautiful horses in their natural habitat.

Return to Ulaanbaatar

After a full day, return to Ulaanbaatar.

Farewell Dinner

Enjoy a farewell dinner this evening and celebrate the end of an exceptional trip.

Accommodations

Best Western
Tuushin Hotel

Meals Included

breakfast, lunch, dinner

MONGOLIA

Nomads, Eagle Hunters, and the Land of Genghis Khan

June 10 - 21, 2018

your adventure
in depth

DAY 12

Thursday
6/21/18

Ulaanbaatar and Depart

Enjoy one last morning in Ulaanbaatar before departing for the US.

Transfer to the Airport

Say goodbye to your new AdventureWomen friends as you transfer to the airport for your flights home.

Meals Included
breakfast

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

MONGOLIA

Nomads, Eagle Hunters, and the Land of Genghis Khan

June 10 - 21, 2018

your adventure
in depth

Accommodation Details

Best Western Tuushin Hotel

Centrally located in Ulaanbaatar, the Best Western Premier Tuushin Hotel is within walking distance of many of the attractions in the city. The comfortable rooms are an excellent place to relax between forays into the countryside.

Tent With Sleeping Bag

Your tents are Northface VE25 dome tents. Each tent has a vestibule that can be used for dirty boots/other wet gear. You will be provided with a 4" NeoAir Dream mattress by Thermarest (foam+air mattress) and a zero-degree sleeping bag with a cotton sleeping bag liner. There are separate toilet (bio-chemical, pump-flush toilet) and shower tents (solar-heated water).

Three Camel Lodge

The remote location of Three Camel Lodge is not for the impatient traveler, but those seeking a true escape which will be richly rewarded. Three Camel Lodge offers a luxurious take on the traditional nomadic lifestyle. Built in the heart of the Gobi according to environmentally and culturally sustainable development guidelines, the Three Camel Lodge offers a blend of adventure and sophistication, combining traditional style with superb service to create the ultimate expedition experience.

MONGOLIA

Nomads, Eagle Hunters, and the Land of Genghis Khan

June 10 - 21, 2018

your adventure
in depth

Included/Not Included

Included:

- ▶ All hotel accommodations throughout the trip
- ▶ All meals as listed in the itinerary
- ▶ All ground transportation
- ▶ Fully-guided sightseeing as indicated in the itinerary
- ▶ English-speaking guides throughout the trip
- ▶ Drinking water
- ▶ One AdventureWomen Associate

Not Included:

- ▶ International airfare to and from Mongolia
- ▶ Domestic airfare
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages
- ▶ Fees for passports, visas, or immunizations
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Gratuities for guides and drivers