



Expeditions

MONGOLIA - Mt. Khuiten 4375m



OVERVIEW

This is a journey to the wild and remote land of Mongolia's Altai Tavan Bogd Mountains which straddle the border with Russia and China in the far west of the country. Lush alpine pastures stretch out towards the Gobi Desert. Our itinerary sets out to climb four of its remote summits including: Mt Khuiten (4375m) Mongolia's highest peak, Mt Nairandal (4180m), Mt Malchin (4037m) and Mt Snow Church, one of the most beautiful mountains in north east Asia. We fly to Ulaanbaatar and onwards to Olgii before a drive and short trek takes us to our base camp below these remote glaciated peaks that provide wonderful climbing in a rarely visited corner of the world.

Participation Statement

Adventure Peaks recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

Adventure Travel – Accuracy of Itinerary

Although it is our intention to operate this itinerary as printed, it may be necessary to make some changes as a result of flight schedules, climatic conditions, limitations of infrastructure or other operational factors. As a consequence, the order or location of overnight stops and the duration of the day may vary from those outlined. You should be aware that some events are beyond our control and we would ask for your patience.

PREVIOUS EXPERIENCE/FITNESS

We recommend that you are a fit, regular hill walker with some experience of using ice axe and crampons; for instance you could have completed a winter skills or alpine introductory course.

LEADERS

A fully qualified UK instructor along with an experienced Mongolian guide will accompany the group. We may operate small groups using just the local guide.



WEATHER

Mongolia gets extremely cold in the winter, but in the summer the climate is akin to the Alps. We can expect a fair amount of sunshine and daytime temperatures of 20°C. At night however temperatures can fall to well below zero at basecamp and down to -15°C in the high camps.

WHAT TO CARRY

This trek to the base camp is supported by a team of camels who will transport your main baggage. A 50-60l rucksack will be required as you will need to assist in carrying camping equipment and food to our high camp in addition to your personal gear. Please ensure that your rucksack has attachments for ice axes and crampons.

CATERING ARRANGEMENTS

We will have a kitchen/mess tent at base camp where a trained local chef will prepare good wholesome meals out of local ingredients. You will find the food both tasty and good. We also take a few luxury items of food to keep your taste buds in tack!

TRANSPORT

We will use a variety of transport including minibuses, and jeeps. All this will be of varying standards which you must be able to accept.

LANGUAGE AND TIME

Language: Mongolian is the official language, of which there are various dialects spoken. Don't expect much English to be spoken except by the main guide, so learning a few key phrases from a phrasebook will gain you respect from the locals.

Time: GMT +8. Mongolia does not have daylight saving time at present.

HEALTH

All our UK leaders hold first aid certificates and carry a fully equipped first aid kit for medical emergencies. However you should bring your own supplies of plasters, blister prevention pads (Compeed), Paracetamol etc. and any medication you are taking. Contact your GP around eight weeks before your trip to check whether you need any vaccinations or other preventive measures. Country specific information and advice is published by the [National Travel Health Network and Centre](#), and useful information about healthcare abroad, including a country-by-country guide of reciprocal health care agreements with the UK, is available from [NHS Choices](#). Tap or stream water should never be drunk without first sterilizing with chlorine dioxide tablets or by boiling. Please remember that even if water comes out of a tap in the mountains, it has not passed through any purification system.

INSURANCE

Insurance which covers mountain rescue, evacuation and medical expenses is **essential**. You should note there are no official mountain rescue services in Mongolia and that any evacuation in the event of a serious medical emergency to the nearest hospital will be by land and not by helicopter. We will require a copy of your insurance prior to departure.

ALTITUDE

We always aim to provide sufficient time within our programme to aid acclimatisation and at most we would expect you to suffer no more than a mild headache. You must however be careful to ensure you drink plenty of liquid to stay hydrated.

USEFUL TIPS

Just in case your main luggage goes missing en route, it is a good idea to wear your boots on the plane. Most other things can be replaced but comfortable, well worn-in boots cannot. Pack important items in strong plastic bags.



EQUIPMENT

A detailed equipment list is provided on booking but normal winter mountaineering equipment is all that is required, together with a four season sleeping bag which can be hired from us. For equipment purchases Adventure Peaks offers a 15% discount off the RRP from their shop in Ambleside or online.

BAGGAGE

For your own comfort travel light. Normally airlines restrict baggage to 20kg (less on the domestic flight (see Local Costs)) and on trek the weight for camels should be kept to 15kg. (You will be wearing boots and one set of trekking clothes). Some items can be left at the hotel in Ulaanbaatar for your return.



LOCAL COSTS

All accommodation and most meals are included; please see the itinerary page for full details. Additional costs would include any drinks or snacks outside of mealtimes and tips for local staff. There may be a small charge for excess baggage on the domestic flight to Olgi, although we generally manage to avoid this!

CURRENCY

The currency in Mongolia is the Tughrig (MNT). Bring US\$ cash with you and change this at the airport or at the hotel in Ulaanbaatar. Some places will accept US\$ cash directly.

VISAS AND PERMITS

A visa is required by most nationalities. Full information about the application process and prices can be found on

<http://www.embassyofmongolia.co.uk>. Passports must be valid for at least six months after the end date of the trip. Permits will be arranged through our agents in Mongolia.

TIPPING

We would recommend in the region of £40 per person to cover tips for the local staff and in restaurants.

BOOKS

The following can be purchased from Adventure Peaks or from any good map/book shop.

Lonely Planet Guide – Mongolia

The Lost Country: Mongolia Revealed Jasper Becker
In search of Genghis Khan Tim Sevrin

MAPS

International Travel Maps

Mongolia 1:2,500,000

ADVENTURE PEAKS KIT BAG

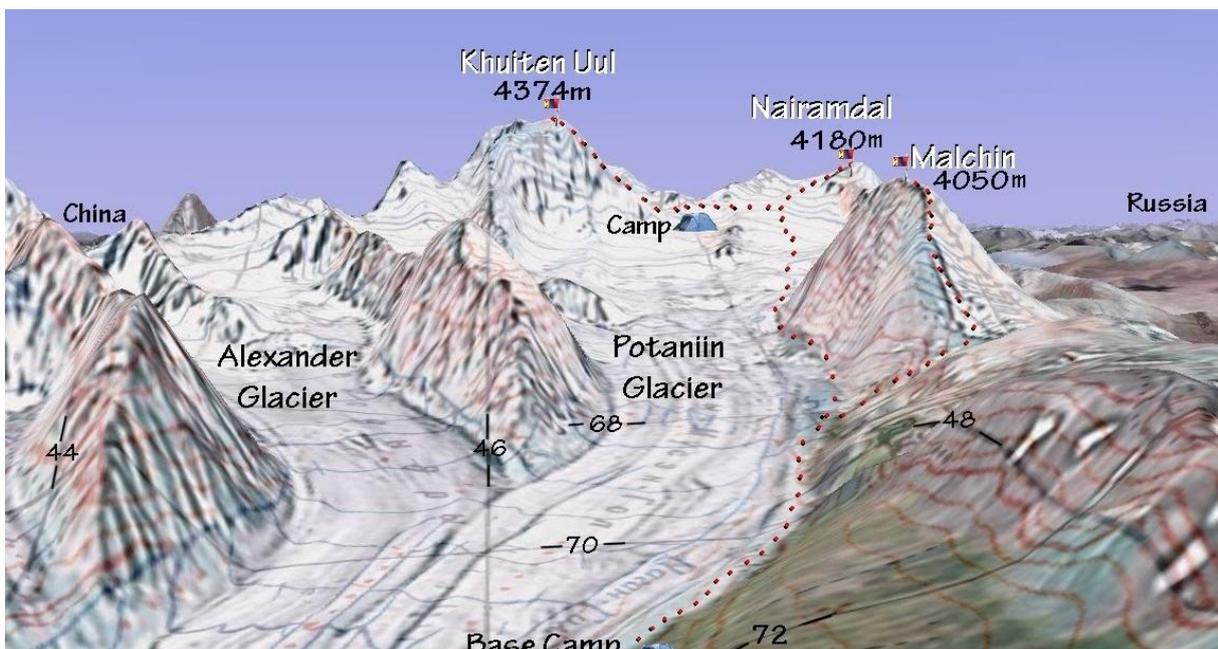
All Adventure Peaks clients who reside in the UK will receive a **FREE** kitbag for any expeditions outside the UK. The bag will be posted to you approximately three weeks prior to your departure. If you have travelled with us before and already have an Adventure Peaks kitbag, or reside outside the UK, we will send an alternative gift.

FLIGHTS AND JOINING ARRANGEMENTS

Flights normally depart from London Heathrow with Aeroflot or Air China, but it may be possible for us to book departures from some regional airports at an extra cost. Please contact our office for more details.

All clients will be met on arrival at Ulaanbaatar airport.

PLEASE ENSURE YOU DO NOT PURCHASE YOUR INTERNATIONAL TRAVEL (FLIGHTS OR OTHER) UNTIL WE HAVE GUARANTEED YOUR TRIP IS RUNNING.



MOUNT KHUITEN ITINERARY

KEY to inclusions (H-hotel, G-guesthouse, C-Camp B-breakfast, L-lunch, D-dinner/evening meal)

Days 1 and 2. The international flight takes us to Ulaanbaatar via Moscow or Beijing. On arrival we transfer to the hotel spend a little time getting organised before exploring the city. The Gandan Monastery is Mongolia's largest monastery and the centre of Buddhism. Here you will see the impressive Golden Buddha Statue of Migjid Janraisig. Given time, the group should visit the National History Museum with its fascinating exhibition of Genghis Khan. In the evening we have a briefing and group meal. (H, D)

Day 3. Terelj National Park & Mount Tsetseguun

To the south of the city lies the Bogdz Khan National Park the starting point for our first acclimatisation peak Mount Tsetseguun (2256m) which gives wonderful panoramic views back towards Ulaanbaatar. The walk is 3-4 hours through lovely forests of larch and pine where one would hope to see lots of birds along the way. (H, B, L)

Day 4. Fly to Bayan Olgii

We fly early in the morning to Olgii in the far west of Mongolia (5hrs). On arrival we meet our local agent for lunch whilst our gear gets loaded into jeeps for our journey west to the Altai Tavan Bogd National Park. The terrain is quite green in the fertile river valleys compared to the contrasting dry hills that surround interspersed with herds of yaks, camels and sheep. The local herders are Kazakh and you will see their colourful Yurts / Gers (traditional felt houses) dotted around. Please note the flights can be delayed and it is important to adopt a relaxed approach, but things will eventually happen and it may mean the journey west will split over a second day! (C, B, L, D)

Day 5. Trek to Base Camp (3100m)

You will wake to the unfamiliar sound of Mongolia's famous Bactrian camels (two humps) that will be awaiting our gear for the carry into base camp on the edge of the Potaniin Glacier. The walk is a beautiful 15km hike offering great views of the glacier and the peaks stretching beyond. (C, B, L, D)

Day 6. Acclimatisation Walk to around 3500m

It is important to acclimatise slowly and not to rush so today we take a walk up to 3500m for views down into Russia (5-6hrs). In the afternoon we practice roping up for glacial travel, before organising our gear for our high camp. (C, B, L, D)

Day 7. Trek to our high camp 3600m

Today we start out early for the walk up to our high camp below Mount Khuiten (6-7hrs), carrying all our own gear. The route follows the right hand side of the Potaniin Glacier, before dropping onto the glacier itself where we rope up and continue up the centre of the glacier for about 8kms. Looking back you will see that classic view of a spectacular glacier flowing away into the distance. We

should arrive at high camp early in the afternoon leaving plenty of time to explore or relax (C, B, L, D)

Day 8 Ascent of Khuiten

Although we have spare days available for bad weather we will place our main effort initially into the ascent of Mount Khuiten the main objective of the expedition. To gain the best snow conditions underfoot we make an alpine start whilst the snow is still frozen making our journey through the crevassed Potaniin Glacier safer. From the summit you will be able to look down into Russia, China and of course Mongolia with their very divergent landscapes. (7-9hrs) (C, B, L, D)

Day 9. Ascent of Nairandal

A much shorter walk of 2-3hrs soon gets us on to the summit Mt. Nairandal and the opportunity to visit three countries with three short jumps! The summit lies on the triple border of Russia, China and Mongolia giving it a unique feel. We return to high camp for breakfast and then head straight off down to the warmth and green of basecamp. (C, B, L, D)

Day 10. Snow Church Peak 4100m, or Rest Day

This is an extra peak for the peak baggers amongst us who want to maximise their time for another 4000m summit which is one of the most beautiful mountains of SE Asia. We approach via the Alexander Glacier. (C, B, L, D)

Day 11. Ascent of Malchin Peak 4037m

Fully acclimatised and rested we should find the ascent of Malchin Peak reasonably straight forward despite the amount of height gain (4-6hrs) (C, B, L, D)

Day 12. Trek out from Base Camp

A relaxing morning to pack and leave for the roadhead. (C, B, L, D)

Day 13. Return to Olgii

Today we drive back to Olgii stopping along the way to visit local Kazakh families and the opportunity to visit a Golden Eagle Hunter for a cultural display of these birds of prey in their full splendour. We should arrive in Olgii late in the afternoon giving time to explore the local bazaar, before a farewell dinner with our local staff. (H, B, L, D)

Day 14. Return to Ulaanbaatar

Today we fly back to Ulaanbaatar to enjoy the capital and the comforts of our hotel (H, B)

Day 15. At leisure in Ulaanbaatar

Today is free to explore Ulaanbaatar and its many museums and cafes or there are ample opportunities for mountain biking or other activities. The evening can be spent at a Cultural show and dinner. (H, B)

Day 16. Return flights