



## USEFUL INFORMATION FOR YOUR TRAVEL

### Accommodations

In Ulaanbaatar, the capital city; you may choose to stay at either a hotel or guesthouse. Rooms of deluxe, semi-deluxe, first-class and standard categories are available at hotels. Ger camps (traditional nomadic tents with facilities and restaurants) are common in the countryside destinations. There are several hotels in the countryside that are designed more for domestic travelers rather than international guests.

### Meals

There is a wide variety of restaurants in Ulaanbaatar serving Mongolian, Chinese, Russian, European, Japanese, and Korean, Indian and Latin American foods. A diverse selection of food items is also available in stores. Larger hotels have bars and pubs.

### Currency and banking service

The national currency of Mongolia is the Tugrik (T or MNT.) all major currencies can be exchanged at banks and licensed exchange centers in Ulaanbaatar. Major credit cards are honored in large stores, restaurants, and hotels.

### Health requirements and Medical services

All visitors are strongly encouraged to have suitable medical insurance when traveling to Mongolia. Medical services are available and patients are responsible for any expenses incurred for medical treatment.

### Time and Electricity

Local time in Ulaanbaatar is GMT+8 hours. Mongolia observes daylight savings time in summer months. The standard voltage in Mongolia is 220volts/50Hz. Electrical sockets accept two round prongs, similar to those used in Russia and Europe.

### Shopping

Time is allowed for shopping in Ulaanbaatar and in the countryside. There are many duty free shops where foreign currencies are accepted and a wide range of Mongolian souvenirs and products can be purchased. In local stores, Mongolian currency must be used.

### What to bring?

We highly recommend our travelers to bring following items for travel in Mongolia

- Sturdy hiking boots or walking shoes
- Sandals
- Sunhat, sunglasses, sun block lotion
- Light clothing, including shorts and T-shirts
- Light rain jacket or poncho, especially if you are traveling in August
- Long underwear if you will be in the mountains or camping

### When is the best time to travel?

As one of the highest and most landlocked countries in the world, Mongolia is subject to extreme continental climates with scorching hot summers and long sub arctic winters. The average temperature in Ulaanbaatar is -25C (-13F) in winter and +16C (60F) in summer. The capital city averages 260 sunny days per year. The summer travel season goes from mid May to mid October. June and July are usually blistering hot while August is cooler with more rain. Wet conditions make travel difficult, especially in the northern part of the country. Most travelers come for the annual Naadam Festival which is on July 11-13. September and October are the best times to see the Gobi. During the springs (March through mid May) fierce winds and dust storms blow in from Siberia. Mountainous of spring is that it we relatively bug free with few mosquitoes.



### **Ports of entry and exit**

International flights arrive and depart from Chingiss Khaan airport in Ulaanbaatar. The airport is located about 20km from the center of the city. Trains pass through the frontier posts of Sukhbaatar and Zamyn Uud. Passports must be valid for at least 6 month after the planned exit date from Mongolia. Newly arrived visitors must fill out a declaration from with the amount of money (unlimited) they are bringing in and declare any objects of value. We recommend you keep all receipt for expensive purchases, and highly valued souvenirs. Antiques and fossils may be taken out of the country with special certificates and receipt from officially licensed dealers. Bags are subject to random search at the airport and train station due to increased smuggling activities. The export of animal furs is subject to special authorization.

### **Time zone**

Central and Eastern Mongolia are operating on GMT+8hrs whilst western Mongolia (Bayan Ulgii, Uvs, and Khovd province) operate on GMT+7hrs. If you travel to Mongolia, tour operators will likely to operate on Ulaanbaatar time regardless.

### **Communication**

Landlines are impractical outside Ulaanbaatar; consequently most Mongolians rely on the mobile network. This is being expanded to encompass most major towns throughout the country. The country code for Mongolia is 976 with area code 11 for Ulaanbaatar. In Mongolia mobile phones operates on GSM and CDMA.

Internet cafes are widely available in Ulaanbaatar. Larger hotels also tend to provide internet access. With the implementation of 3G mobile communications, mobile internet is now also available in Ulaanbaatar and most large towns.

### **Safety and Security**

Mongolia is relatively safe place, and women traveling alone are usually treated with respect and friendship. Normal sensible precautions should be taken to safeguard for your belongings, especially in Ulaanbaatar. Pick pocketing and bag slitting is most common in crowded places such as the black market, on buses or a tourist attractions.

Valuables should be kept in a money belt and kept underneath your clothing. Be careful about being seen with large amounts of money outside. Power cuts and hot water shortages used to be common – but not very frequent. Beggars are beginning problem in the capital city.

### **Food**

The Mongolian diet includes a large proportion of dairy products and meat. The nomads of Mongolia sustain their lives directly from the products of their animals such as horses, cattle, yaks, camels, sheep and goats. Meat is cooked, used as ingredient for soups or dumplings, or dried for winter.

Milk and cream are used to make a variety of beverages, as well as cheese and similar products. Mongolians use a lot of fat in their diet in order to withstand the cold winters and their hard work. Winter temperatures are as low as -40 Celsius degrees and outdoor work requires sufficient energy reserves.

### **Luggage limitation**

Major domestic flight destinations include Dalanzadgad, Murun, Khovd, Ulgii and Choibalsan. It should be noted that the luggage limit per person on local flights is 10 kg per person. You need to book domestic flights as early as possible due to the high tourist season.