

Find Yourself In Mongolia

9 Days

# Find Yourself In Mongolia

WITH ETERNAL LANDSCAPES AND CRYNYOGA



## Your Experience

Most yoga retreats are fixed in in one location, but Mongolia is not like most places. With our 'Find Yourself In Mongolia' yoga experience, the diversity and immensity of Mongolia's landscapes form the backdrop to the yoga practice.

We don't provide a tight schedule or overly detailed itinerary - that sort of rigidity just seems wrong in a country of herders and a country of such freedom. Instead, within the steady pulse of yoga each morning and evening there are flexible options included for you to choose from. These might be a camel or horse trek, a visit to a monastery or more yoga, etc. All activities are available to each individual but without being compulsory.

The yoga will cater for all from total beginner to those with an established practice. It will be therapeutic, restorative and contain Yoga Nidra (this has been described as the 'meditative heart of yoga' [Richard Miller]). De-stress your mind, relax your body and find harmony in this amazing country. If you're looking for a hard-core exercise workout then you'll be disappointed.

Teacher Cryn Horn (see page 16) leads her classes from the heart in an intuitive way. She uses her broad palette of experience to tailor each class to whoever is in it, how they are on that day and the location. Perfect for Mongolia.

As the maximum number of guests will be 6 you will get plenty of individual attention with therapeutic options offered as standard. This is yoga for every day in real life. So there's no need for Lycra or pretzel shapes or long sweaty sessions. Yes, Mongolia will challenge you at times but the yoga practices can help you deal with and even enjoy the challenges and bring you home to a better understanding of yourself.

### Daily Yoga Options

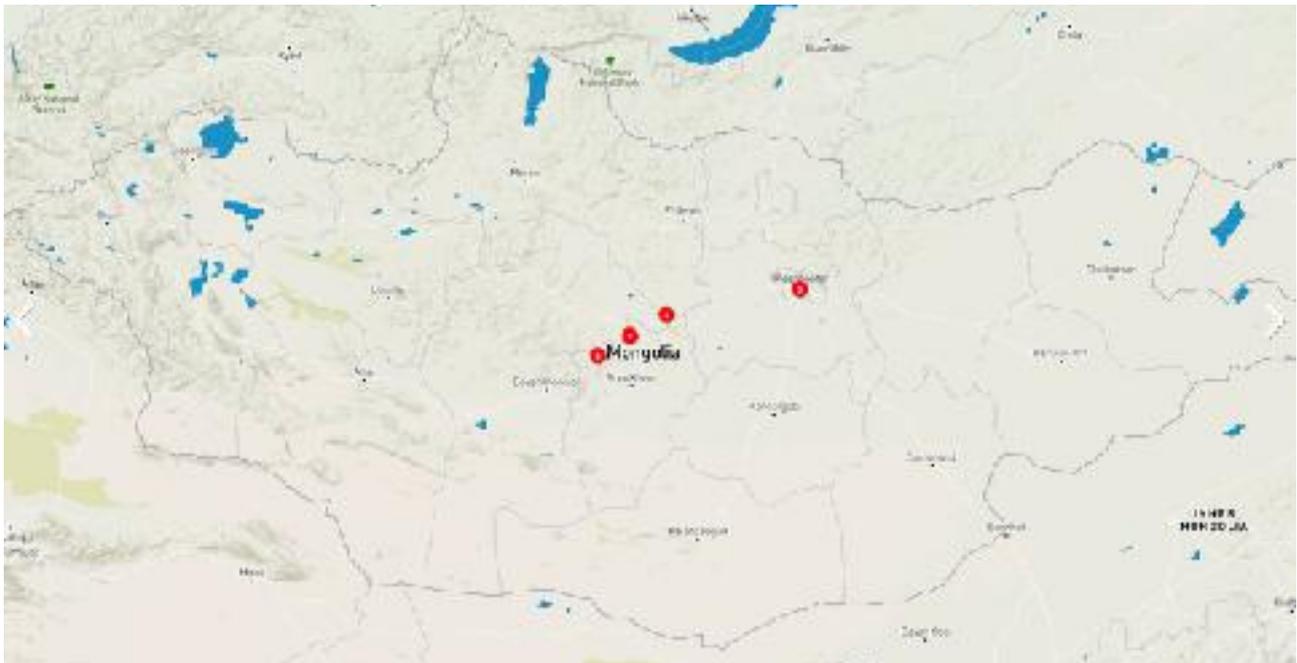
**Each day is fluid and flexible so you can partake in as much or as little as you want. The morning and evening yoga sessions are geared to provide a steady framework in which everything else is flexible.**

- Morning yoga - a short practice before breakfast to ease into the day - typically 30 mins. Simple movements, maybe some chanting, a Yoga Nidra or meditation.
- Afternoon yoga (before the evening meal) - a time to respond to what is needed after each days activity so this might be moving, or restorative, or therapeutic or even all three. It will be anything from 45 to 90 mins as appropriate. If it makes more sense with the days other activities then the session time can be moved to, for instance, late morning.
- Evening yoga - Yoga Nidra to set you up for a good nights rest - typically 30 mins.
- In addition, during each day - a spontaneous yogic response to whatever is happening and whenever it feels right. Wild yoga!

FAQ's are on page 12

## Experience Overview

Date	Location	Accommodation	Travel	Meals provided/ arranged by EL
<b>Ulaanbaatar</b>				
Day One	Final arrival day   Discover Ulaanbaatar   City walking tour	Single en-suite room at Dream Hotel	Free transfer	Local lunch   welcome drink   welcome dinner
<b>Central Heartland</b>				
Day Two & Three	Khogno Khan Nature Reserve   Elsen Tasarkhai Sand Dunes	Standard Ger Camp with western facilities	Day Two - 260km on dirt and asphalt road	B/L/D
Day Four & Five	Orkhon River Valley	Low impact ger camp	Day Four - 160km on dirt and asphalt road	B/L/D
Day Six - Eight	Kharkhorin   Erdene Zuu Monastery   Tovkhon Khiid Monastery	Standard Ger Camp with western facilities	Day Six - 60km on dirt road	B/L/D
<b>Ulaanbaatar</b>				
Day Nine	Return Ulaanbaatar	Your own choice of accommodation (we help with suggestions and bookings)	355km on dirt and asphalt road	B/L/D



**Online map** - [https://www.tripline.net/trip/Find\\_Yourself\\_In\\_Mongolia\\_-\\_Yoga\\_%2B\\_Wellness\\_Experience\\_-\\_9\\_Days-7170477530031017BF76C01E5B0AA292](https://www.tripline.net/trip/Find_Yourself_In_Mongolia_-_Yoga_%2B_Wellness_Experience_-_9_Days-7170477530031017BF76C01E5B0AA292)

## Day By Day

# Day One

## Final arrival day | Discover Ulaanbaatar | City Walking Tour



Ulaanbaatar is home to roughly 45% of Mongolia's population and our city walking tour will give you a more local introduction to this vibrant frontier style city with a strong Mongolian identity of its own.

Yes, the city is chaotic and loud and not as glamorous as other capital cities but it is the beating heart of Mongolia and the hub of contemporary Mongolian urban life. The reality for many Mongolians takes place in this urban context, in a city they are striving to develop and improve. Ulaanbaatar deserves to be appreciated and explored as the urban centre that it is.

Our informal and relaxed city walking tour will give you a contrasting insight into a way of life, compared to that of the rural population as you explore and discover the city together with Cryn and your Mongolian female trip assistant.

### Logistics

- **Accommodation:** Single en-suite room at Dream Hotel. If you prefer to upgrade your hotel, this is possible
- **Meals:** Local lunch and welcome dinner (excluding drinks and dessert)
- **Travel:** Free transfer

# Day Two & Three

## Khogno Khan Nature Reserve | Elsen Tasarkhai Sand Dunes



Khogno Khan is a sacred granite mountain within an area of secluded valleys, fresh water springs, open steppe and the Elsen Tasarkhai sand dunes. Known also as the 'mini-Gobi,' Khogno Khan Nature Reserve was taken under state protection partly due to the specialised taiga and steppe plants that grow in this area. The small but vital Tarna River provides an essential water source for the herders in the region.



We love the area for the contrast and immensity of the landscapes. The accommodation has been chosen for its location - at the foot of the granite mountain - providing a perfect location that allows you to rest and recharge both physically and mentally with its vast vistas perfect for watching the sunrise or the stars at night. As well as joining Cryn for the daily yoga options, there's an option to explore the hidden interiors of the mountain on an easy 3-hour hike to the small working Buddhist temple of Erdene Khambi in Khid and the ruined Ovgon Khiid Monastery. A birch bordered path leads to this location and offers one of the most beautiful panoramas of the region.

## Meet & Stay With The Davaasuren Family



At Khogno Khan, we work in long-term local community partnership with the Davaasuren family who have lived in the region their whole life and who keep a small number of livestock - including camels and horses. They are located in an idyllic spot at the foot of the Elsen Tasarkhai sand dunes where they live all year round. This really is location, location, location. For those interested, we can arrange an overnight visit to Davaasuren so you can experience their daily life side by side with them. Please understand though that as their way of life is simple, so are the facilities they provide. There's also an option for a camel trek along the Elsen Tasarkhai sand dunes. Davaasuren is at his happiest on showing off his home landscapes of Khogno Khan. He's a bit of an entertainer as well and his camel treks can include sand sculpting, impromptu wrestling matches and singing.

### Logistics

- Accommodation: Twin share ger Khankhar Khairkhan Camp



#### Khankhar Khairkhan Camp

We have chosen this camp for our Find Yourself In Mongolia trip due to its location - in a private setting at the foot of the Khogno Khan Mountain. The ger camp is surrounded by space allowing us to erect a shade awning under which you can practise yoga on any warm days.

The views out over the surrounding steppe are beautiful and the rocky outcrops provide perfect sunset viewing platforms or an opportunity for a quiet time of personal reflection.

Hot showers and western toilet facilities are located in a separate block a short walk from the ger accommodation.

- Meals: L/D (excluding drinks and dessert) (breakfast at hotel)
- Travel: Day Two - Roughly 260km on dirt road (approx 6 hours driving time not including stops). Averages of between 30 and 65 km/hr are usual depending on road/weather conditions.

# Day Four & Five

## Orkhon River Valley



The Orkhon River Valley is one of Mongolia's four UNESCO World Heritage Sites. It's a cultural WHS and represents the evolution of nomadic pastoral traditions in Mongolia - this region is considered the cradle of Mongolian civilisation and an area rich in nomadic life as the Orkhon River provides as essential life-line for nomads and their livestock.

Rather than driving anywhere, it's a perfect destination for yoga and enjoying the tranquility and peace and quiet that comes from its location. This is the perfect opportunity to step out of your everyday routine, connect to nature, energise tired minds and take time to gain a fresh perspective.

## Logistics

- **Accommodation:**



### Ursa Major Camp

This low impact ger camp is part of the 'Out of Nowhere' collection of geolodge ger camps that try to blend into the environment, embrace closely the locals' way of life and to be respectful of the herding culture and environment.

The camp does not have a toilet and shower block - instead there are comfortable (sit down) composting toilets (the used toilet paper is collected in a waste basket every two hours) and pine scented hot towels are bought to your ger in the evening and morning and also on demand. There is also an option for a hair wash and scalp massage as part of the free StepSpa service. Each ger includes a washing area behind a screen for your morning and evening ablutions as well as a dressing table. Beds come with satin sheets and cashmere quilts.

There is no electricity so no noise or light pollution (the kitchen is driven by a generator though). A Swarovski telescope is free of charge and at your disposal when available.

- **Meals:** B/L/D (excluding drinks and dessert)
- **Travel:** Day Four - Roughly 160km on dirt road (approx 4-5 hours driving time not including stops). Averages of between 30 and 65 km/hr are usual depending on road/weather conditions.

## Day Six - Eight

### Kharkhorin | Orkhon River Valley



You will spend three days in the region in another section of the beautiful Orkhon River Valley. As well as the daily yoga practise options, the location of your accommodation allows you to step outside of your ger and wander in the foothills of the central Khangai Mountains with its carpet of wild flowers and immense skies.

For those interested in Buddhism, it is a short walk (or drive) to Kharkhorin - the ancient capital of Ogodei Khan and the Mongol Empire in the 13th Century where you can visit Erdene Zuu - Mongolia's oldest monastery and visit the excellent Kharkhorin Museum with its clear and updated exhibits based on the history surrounding the Orkhon River Valley and the Turkish and Mongol Empire. You can also visit



## Meet & Stay With The Tumee Family



As with all the families we work with, we work in long-term local community partnership with Tumee and Jargal. Local to the area - they both went to school in the region - one of their adult sons is a member of the Genghis Khan Polo Club. They are modern-day herders, a strong part of the local community and move up to six times a year. For those interested, we can arrange an overnight visit with the Tumee family so you can experience their daily life side by side with them. Please understand though that as their way of life is simple, so are the facilities they provide. We can also arrange a horse trek with them - anything from 2 hours to a full-day. Although they agree their way of life has challenges, they love it for the sense of freedom it provides.

### Logistics

- Accommodation: Twin-share ger



#### Anar Camp

We like to use Anar as it is at the end of the Kharkhorin valley - away from the busy (and dusty) dirt road. Also, there is private access to the Orkhon River weir - perfect for an evening drink whilst observing the river and its birdlife, meeting local families coming for a picnic or for watching the livestock come down to the water to drink. There is also a perfect sunset viewing platform providing panoramic views out over the river valley itself.

There are plenty of shower / flush toilet facilities and a perfect quiet area for our shaded awning for our yoga classes.

- Meals: B/L/D (excluding drinks and dessert)
- Travel: Day Six - Roughly 40km on dirt road (approx 1-2 hours driving time not including stops). Averages of between 30 and 65 km/hr are usual depending on road/weather conditions.

# Day Nine

## Ulaanbaatar



Rather than seeing this transfer day as a bore of a drive, adjust your way of thinking and see it as a Mongolian road trip. True, it will feel like a long day on the road but we break it up with a picnic lunch where you can stop for a while and take in the immense view. On arrival back into UB, we'll transfer you to your accommodation in UB and the rest of the day will be yours to create your own experience before meeting for the farewell dinner.

- **Accommodation:** Your own choice of accommodation
- **Meals:** B/L. Farewell Dinner (not including drinks or dessert)
- **Travel:** Roughly 355km on dirt and asphalt road (approx 8 hours driving time not including stops). Averages of between 30 and 65 km/hr are usual depending on road/weather conditions.

## FAQs

We provide detailed Pre Departure Guidelines prior to the trip so you are fully prepared. However, here are answers to some frequently asked questions.

### **What is the maximum group size**

A maximum of six has been set for our yoga experiences because this leads to a more intimate and personal experience for each guest, and enables the yoga to be adjusted to each individual in the group. A minimum of two makes it a guaranteed departure.

### **What about drinking water?**

In rural areas in Mongolia, there is no running water. We don't provide bottled water as recycling is limited in Mongolia. Instead, we travel with 20l containers and take drinking water from the small town drinking water stations. Each vehicle contains a Adventurer Steripen but also provide each guest with their own Water To Go filtered water bottle which you can keep.

### **Do I need to bring a yoga mat?**

If you have your own preferred mat then yes, of course do bring it. We will provide our own specially made felt mats (hand-made in Mongolia especially for our trips).

### **Are international flights included?**

No. There are currently five airlines that fly into Ulaanbaatar (ULN). For assistance, you can contact [jess@eternal-landscapes.co.uk](mailto:jess@eternal-landscapes.co.uk). Jess (the founder of EL) and her Mongolian team are handling all logistics.

### **Will I need a visa?**

If you are travelling on a British passport then yes, you will. If you are not from the UK, just let us know your nationality and we'll confirm either way. It is a relatively easy process. Again, Jess will help you and provide full details on booking.

### **What about the accommodation? Will I have to share?**

All accommodation apart from the first night in Ulaanbaatar (single en-suite room) is on a twin-share basis - with the option of paying for a single room or ger if availability allows although this costs extra on booking.

See each individual accommodation description for more details.

There will be times during your journey when the availability of certain amenities at these ger camps may be lacking. For example, maybe hot showers or electricity are only provided between certain hours of the day. However, any hiccups are just down to the reality of travelling in Mongolia.

### **What about the weather?**

Mongolia is one of the highest countries in the world, with the average altitude at 1580 metres above sea level. Known as the 'Land of the Blue Sky' it is known for its (on average) 260 days of blue sky per year - but these do not all occur in the summer months! Mongolian weather is known for its sharp fluctuations. And yes, it may well rain. See it as a blessing. Mongolian herders celebrate rain as without it fresh pasture cannot grow and they lose their livelihoods.

We give you details in our Pre Departure Guidelines on what to be prepared for and how to pack for Mongolia.

### **What language will the classes be in?**

English.

### **What will it be like?**

The diversity and immensity of Mongolia's landscapes form the backdrop with the yoga practice providing the foundation to each day. However, we don't provide a tight schedule or overly detailed itinerary - that sort of rigidity just seems wrong in a country of herders and a country of such freedom. Yoga is timetabled into each day with additional included flexible options for you to choose from.

As well as your teacher, Cryn Horn, you'll be accompanied by our Mongolian team - a female Mongolian trip assistant and male Mongolian drivers. See it as a shared experience. By the end of the trip they will feel like family.

Yes, there may well be irritations and difficulties - this is Mongolia, remote, one of the largest countries in the world and with a limited infrastructure. Mongolian people are tough and resilient and make their way of life in both the city and countryside look easier than it is. Mongolia will challenge you and at times but we're on hand to iron out any niggles although we ask you to be flexible and patient and bring with you a sense of humour and a sense of adventure.

We recommend removing your watch and letting each driving day and journey unfold. Do not spend time in the van thinking 'when will we get there'- you are already there; surrounded by the beauty that is Mongolia.

## **\*\* Female Mongolian trip assistant**

- Jessica Brooks is the founder of Eternal Landscapes and as a female, it is important to her to use her skills and influence to improve the prospects for other women.
- EL don't source the best guides that work the tourism circuit and that already have guaranteed work with other companies. Instead, we provide training and development opportunities to Mongolian women that other companies won't take as they don't fit the stereotype or have the professional qualifications. Instead of employing the best, we employ those that aim to be the best they can be.
- Our female Mongolian trip assistants are dynamic women who are searching for an opportunity to train and develop and we provide that long-term opportunity.
- You'll travel with someone who sincerely loves their home country, loves their job and genuinely care about you as our guests.
- For us, this is a long-term investment and we invite you to part of this philosophy. We're proud to be able to provide a starting block to women in Mongolia.

## **\*\*\* Male Mongolian Driver**

- We employ eight drivers. We know each one personally.
- Yes, their English is limited but their role is to handle the Mongolian roads and not to converse fluently in a multitude of languages.
- They are not necessarily modern city men - they are of the traditional 'strong and silent' type. If you take the time to get to know them, you'll see why we employ them.
- As well as handling the challenges of the Mongolian roads they are supremely talented at the Mongolian skill of 'mongolchlokh' - improvising the Mongol way. It's a joy to watch so if your vehicle does break down, don't get angry. Instead, watch the drivers do what they do best - improvisation.
- They are great, all-round men.

## **What meals can I expect?**

Some meals will be provided by the EL trip assistant and some by the chefs employed at the ger camps.

Each of our vehicles has a simple portable kitchen as it offers you more freedom and flexibility. It also means we can have picnic lunches en-route so as we prepare them you can be exploring the local landscapes or sitting and taking in the view.

A majority of Mongolian's eat meat and for Mongolia's herders it is an essential part of their diet. However, for this yoga experience, we will be focusing on vegetarian based meals - with an option for trying the delicious local free range meat for those interested. However, due to the remote locations and the lack of facilities, there will naturally be limitations in place although meals will be sustaining and tasty. Also, we try to take into account 'food miles' and encourage the local team to purchase local seasonal produce en-route to help support each community we pass through. Yes, you may see a pineapple in one of the markets but we won't necessarily buy it!

We can cater for those with dietary requirements. However, you are responsible for giving us clear information in advance about your dietary needs so we can let you know in advance what to realistically expect. There is room on the booking form for you to write details.

### **Will there be phone signal or internet access?**

Mongolia is frequently advertised as a location perfect for a digital detox - and it is. However, for those that need to stay in touch with home, we can help you to arrange a local SIM card which you can put data onto. The ger camps will not have wi-fi but you will have phone signal and the chance to connect with Mongolia's 3G network on some of the driving days and potentially some of the camps.

### **What is the tour vehicle?**

- The Russian Furgon / UAZ van. Our Furgons are driver owned but we support the drivers with maintenance fees.
  - Each Furgon has a high wheel-base, ample luggage space, a sociable layout with forward and backward facing seats, surround side windows and most importantly, impressive off-road capability.
  - As is typical with all Furgons, due to the design of the vehicle, seat-belts are not available (2020 although we're working on it for 2021. Get in touch for details) but our Furgons are fitted with grab handles in the passenger area.
  - Each vehicle has it's own simple mobile kitchen, its own sunshade, a small library as well as a 220v inverter/charger. We only put a maximum of three to four guests per vehicle.
  - Don't be scared of the road journeys. They are part of Mongolian life. Accept them as part of the experience and enjoy what we call the 'middle landscapes.'
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## An Introduction To Cryn - Your Yoga Teacher



- Cryn came to yoga at the age of 50, feeling, old, stiff and arthritic. The practice has transformed her life.
- Initially she learned in the strict traditions of Pattabhi Jois and BKS Iyengar but since 2005 when she started teacher training with the Inner Yoga Trust, with its strong ethos of therapeutic yoga, Cryn has learned to trust her own intuition and the breakaway teachings of people such as Angela Farmer, Victor van Kooten, Diana Long, Doug Keller, Judith Hanson Lasater, Nirlipta Tuli and Uma Dinsmore - Tuli. (This challenge to rely on ones own experience rather than be dictated to is what could be termed Post Lineage Yoga.)
- Cryn uses her background in making costumes and her ongoing exploration of anatomy to help ‘read’ the bodies of those in front of her in class. She has added to her initial teacher training with Therapeutic Yoga, Restorative Yoga, Yoga for women including pre and postnatal yoga, Yoga Nidra and Yoga for PTSD. Cryn continues to learn.
- <https://crynyoga.co.uk/>

## Pricing And Group Size

For our small group yoga trips we offer a sliding price scale. We appreciate your holiday funds are precious and so the more people that book so the price comes down and everyone benefits.

**Group Size - Maximum of six. Minimum of two required for a guaranteed departure**

- 2 Guests      US\$ 3275 pp
- 3 Guests      US\$ 2510 pp
- 4 Guests      US\$ 2430 pp
- 5 Guests      US\$ 2135 pp
- 6 Guests      US\$ 1940 pp

If you would like to upgrade to a single ger option (where available) please get in touch for the pricing.

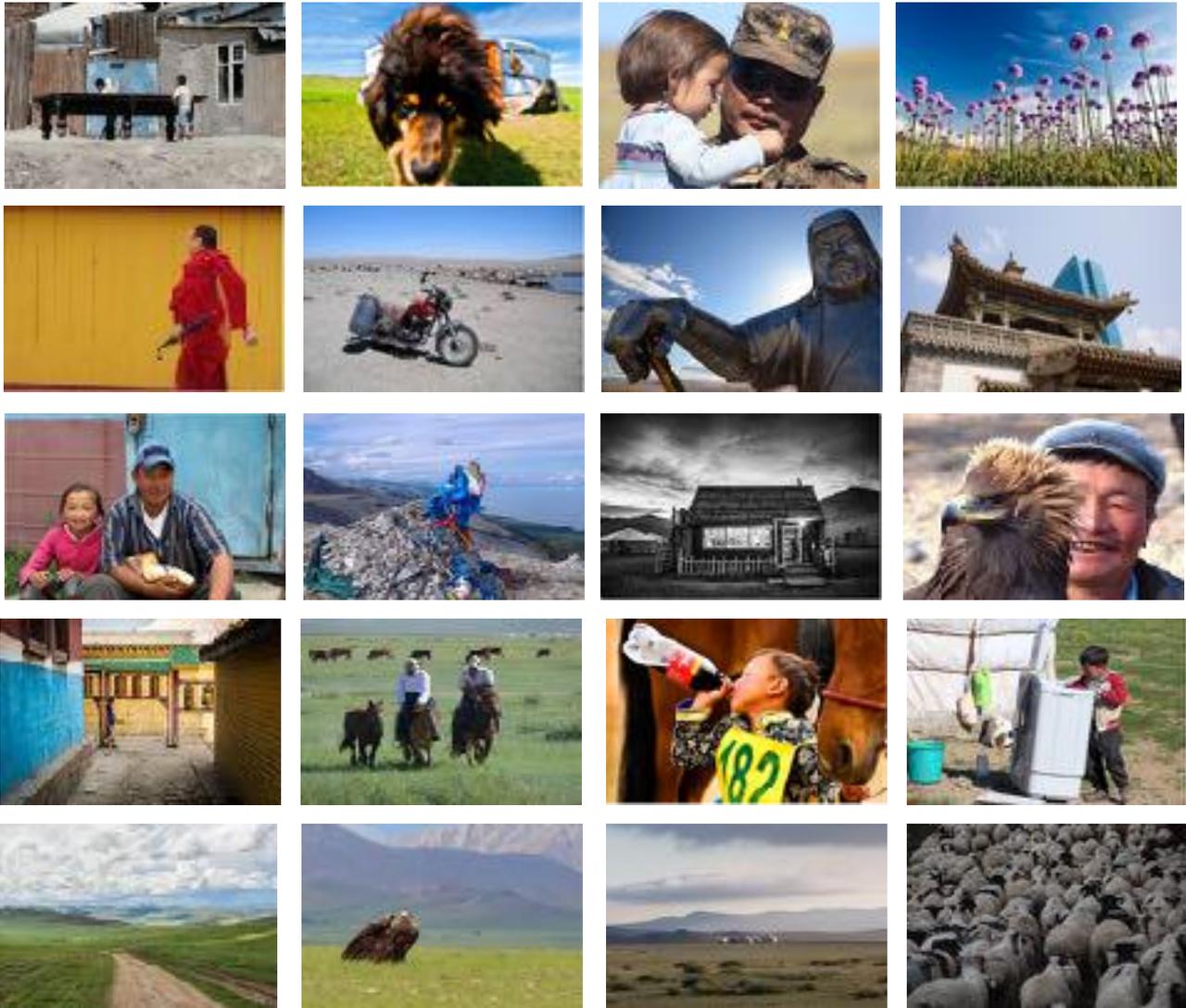
## What's included in my yoga experience?

- 2 nights in comfortable low impact ger camp accommodation (twin-share)
- 5 nights in a standard ger camp accommodation (twin-share)
- 1 night single en-suite room at Dream Hotel in Ulaanbaatar
- Outside of Ulaanbaatar, all your meals, herbal teas, coffee and drinking water
- All your yoga classes
- Support from the EL team including through the booking process and once in Mongolia
- Airport transfers on arrival and departure
- Horse and camel treks where listed (although they are optional)
- Lunch on city walking tour. Welcome and farewell dinner in Ulaanbaatar. Excludes soft and alcoholic drinks)
- Entrance fees at monasteries and museums listed in the itinerary

## What's extra?

- International flights
- Visas (if required)
- Alcoholic drinks and snacks
- Accommodation on final night (Day 9) in Ulaanbaatar

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Any questions, queries or concerns? Just send them across to us. We're always happy to be of help!

[jess@eternal-landscapes.co.uk](mailto:jess@eternal-landscapes.co.uk)

*Cryn & Jess*