

# Ulaanbaatar

Hospitable

Discover Ulaanbaatar, the capital of Mongolia, a hospitable city that invites you to experience its rich culture, vibrant nightlife, captivating bus tours, thriving art scene, and breathtaking natural beauty.

## CHINGGIS KHAAN MUSEUM



[www.visitulaanbaatar.net](http://www.visitulaanbaatar.net)

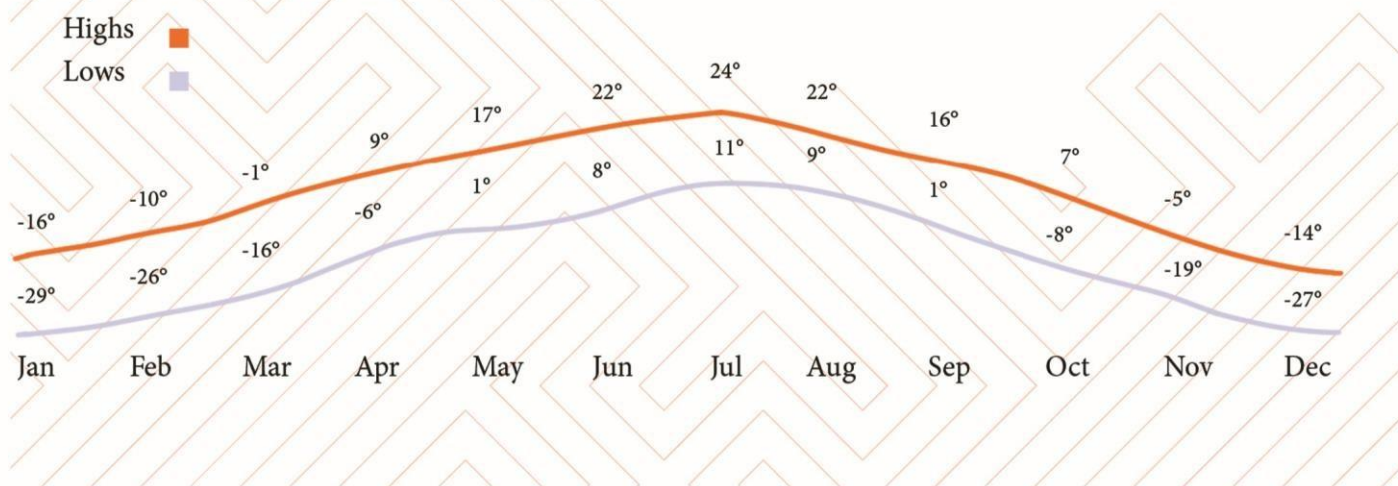
**MONGOLIA**  
ALWAYS MOVING

Citypass  
ulaanbaatar



Download Now!

## Annual Average Ulaanbaatar City Temperature



### Spring

5 C

Most days are windy and warm, interspersed with some cooler days

### autumn

7 C

Warm days start to disappear and colder days with snows begin to arrive

### Summer

30 C

Hot, but please remember it can be cold when it rains

### Winter

-25 C

It is one of the coldest capitals in the world so you should bring some warm clothes

### Longitude and latitude

106° 55' 12" E  
47 55' 12" N

### Territory size

4.704.4 Km<sup>2</sup>

### Average tourists come to Ulaanbaatar per year

577'300

### Time zone

GMT +8

### Electricity

220V 50HZ

### Country calling Code

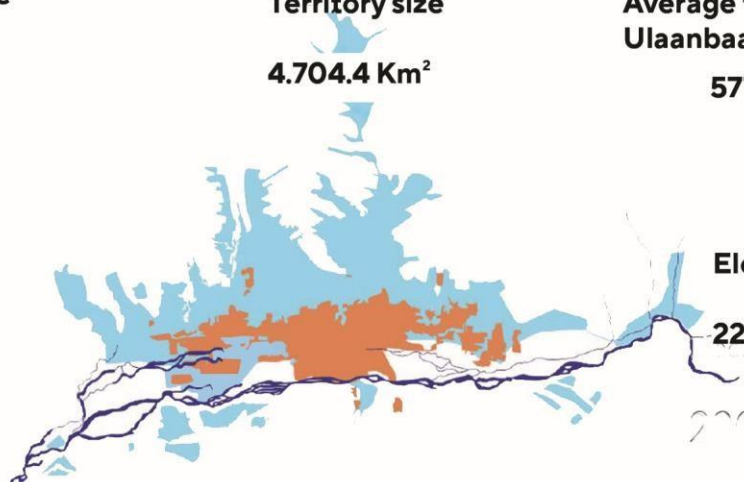
+(976)

### Population in

Mongolia 3'409'939  
Ulaanbaatar 1'499'140

### Currency

MNT

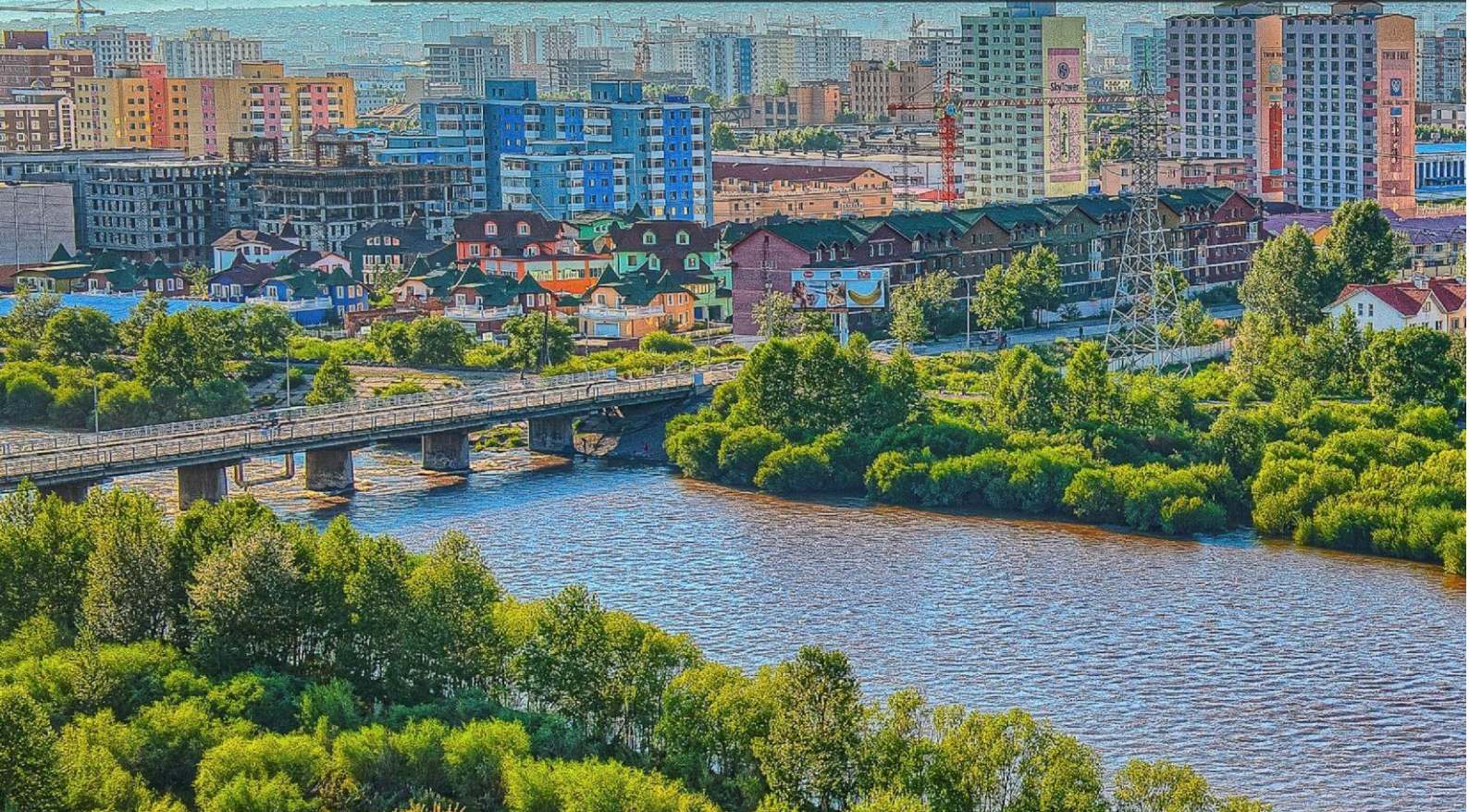


# Contents

Introduction .....	2
Ger .....	6
Script .....	7
Traditional clothes .....	8
Spirituality in Mongolia .....	10
Danshig naadam .....	16
Mongolian music .....	20
Mongolian traditional food .....	28
City tour .....	32
Shopping .....	38
Journey beyond the spiritual Mongolia .....	39
UB event .....	40
Mongolian national clothes festival .....	44
Tourist attractions outside of Ulaanbaatar .....	46
Terelj national park .....	48
Mongolian a few clicks away .....	50
The most beautiful photo spots in the capital of Mongolia .....	52

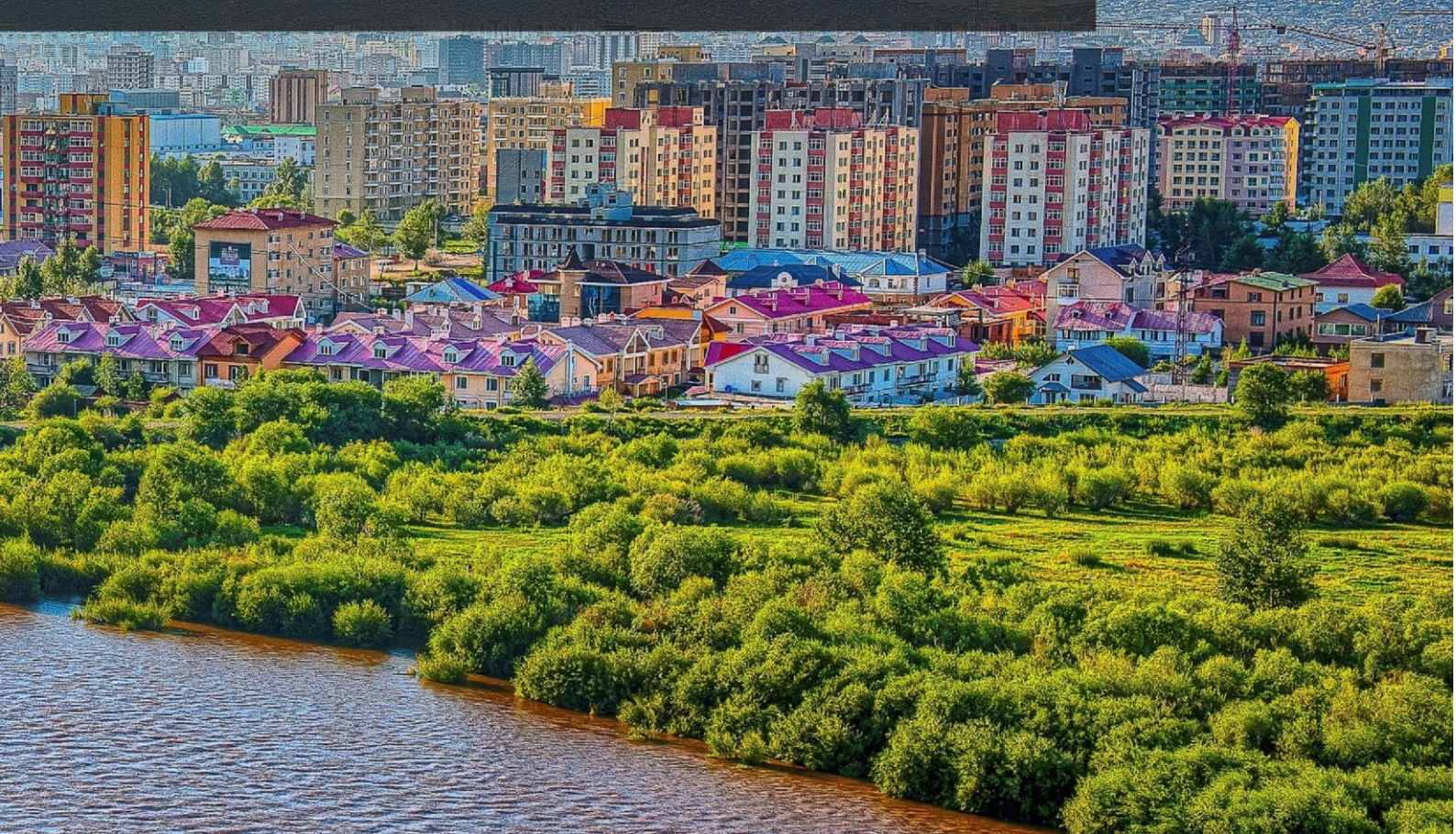
Introduction	1
Chapter 1: The history of the city	10
Chapter 2: The city's geography	25
Chapter 3: The city's climate	40
Chapter 4: The city's population	55
Chapter 5: The city's economy	70
Chapter 6: The city's culture	85
Chapter 7: The city's transportation	100
Chapter 8: The city's education	115
Chapter 9: The city's healthcare	130
Chapter 10: The city's environment	145
Chapter 11: The city's future	160

# Ulaanbaatar



At the dawn of the 20th century, the National Freedom Revolution of 1911 broke out, putting an end to more than 200 years of Qing Dynasty rule, reviving Mongolian statehood and setting the beginning of the rise of Mongolians. The National Freedom Revolution was the realization of the Mongolians' undaunted dreams and the unyielding struggle they held for many decades to regain their independence as a nation. It was a grand rise of the nation's conscience. On December 29, 1911, Mongolia declared its independence and enthroned Jebtsundamba Khutugtu VIII as King, and Ikh Khuree was renamed Niislel Khuree. The capital city of Mongolia was a hearth and witness to the history of three revolutions in the 20th century. The triumph of the People's Revolution in 1921 led Ulaanbaatar toward the rise of modern architecture and an urban development era, launching rapid construction work. Buildings around Sukhbaatar Square were built within the framework of city development plans of 1940-1949, with designs by Russian architects. By 1960 Ulaanbaatar gained its own architectural characteristics thanks to the Soviet trained Mongolian professionals. This process would actively continue until the late 1980s, when the building of the Government House, theatres, schools, kindergartens and housing were undertaken. It's fair to note that during the 1980s specifically, the city's architects combined modern design with traditions, producing buildings with beautiful architecture.

# baatar



Ulaanbaatar is more than just a city, it is about the history of urbanization of the Mongols. The history of Ulaanbaatar begins at Shireet Tsagaan Lake, located 344 kilometers away from the city. At this very place, a place of divine beauty, the future capital city of Mongolia was founded in 1639. G. Zanabazar, a five-year-old boy at the time and a descendant of Chinggis Khaan's Golden Lineage, had just been enthroned as the first Jebtsundamba Khutugtu, the spiritual head of Mongolian Buddhism. Ulaanbaatar was home to his palace. The palace-settlement included small temples, stupas, and gers. The city would move several times until settling down at its current location. The name changed as well. First, it was Urguu, then Nomyin Khuree, Ikh Khuree, Niis勒 Khuree and finally in 1924, it came to be called Ulaanbaatar. During the time of Ikh Khuree, it started to grow and develop as a city. Mongolian artisans began mixing national architectural traditions, building methods, and the style of the Mongol ger with the architectural traditions of China and Tibet, to build mixed style temples and monasteries. This was a time when wondrous architectural complexes such as Dambadarjeeling Monastery, Gandantegchinlen Monastery, and Nomyin Khuree Dashchoilin Monastery were built. By the end of the 19th century, Ikh Khuree had been developed into not only a religious center, but a center of politics, governance, and culture. The city was a junction point for commerce and communications.



In the summer of 1990, Mongolia held its first multi-party democratic elections, establishing the first permanent, multi-party parliamentary conference. Mongolia's new version of the Constitution was adopted in 1992 (this was the fourth version to be written), and re-asserted Ulaanbaatar as the nation's capital. Massive social and economic re-structuring would take place in the following 30 years and although this is still an ongoing process, Ulaanbaatar is now a modern city and the hub of Mongolia's political, commercial, cultural and international relations.



Contemporary Ulaanbaatar is a rapidly evolving, expanding, and fast-growing metropolitan city. It is a young city with 67% of its 1.5 million population being young adults. The city combines the past and present which when meeting together is felt most strongly when you walk through its ancient temples, luxury brand stores and modern skyscrapers-headquarters to high profile national and international corporate organisations.





# National GER

A traditional yurt (from the Turkic languages) or door frame, ribs (poles, rafters), and a wheel (crown, ger (Mongolian) is a portable, round tent covered compression ring) possibly steambent. with skins or felt and used as a dwelling by several The roof structure is often self-supporting, but distinct nomadic groups in the steppes of Central large yurts may have interior posts supporting the Asia.

crown. The top of the wall of self-supporting yurts is

The structure comprises an angled assembly or prevented from spreading by means of a tension latticework of pieces of wood or bamboo for walls, a band which opposes the force of the roof ribs.



Modern yurts may be permanently built on a framing, canvas or tarpaulin, Plexiglas dome, wire wooden platform; they may use modern materials rope, or radiant insulation. such as steam-bent wooden framing or metal



# Mongolian script

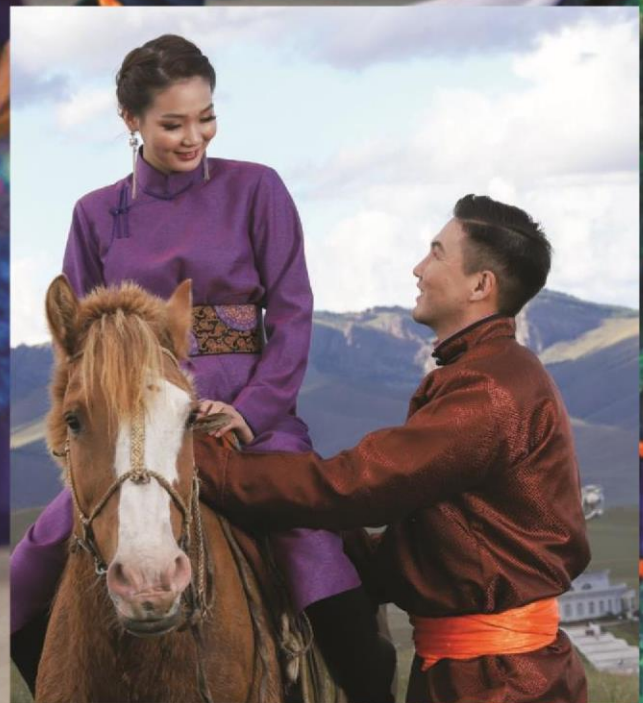
In 1208 Chinggis Khan defeated the Naimans, Turkic tribes living in Central Asia, and captured their Uyghur scribe Tatar-Tonga, who apparently adapted the Old Uyghur alphabet to write Mongolian. The alphabet created by Tatar-Tonga is now known as the Uighur/Uyghur Script, the classical or traditional Mongol Script, the Old Script, or Mongol Bichig in Mongolian. The traditional Mongolian script was not ideal for writing the Mongolian language, and even less suited for writing Chinese, so during the 13th century a Tibetan monk called Drogön Chögyal Phagpa was asked by Kublai Khan to create a new script for the Mongol empire. Phagpa came up with the 'Phags-pa script, which is also known as the Mongolian new script, and was based on the Tibetan script. This script was never widely used and after the Yuan dynasty fell in 1368, 'Phags-pa was used mainly to provide Mongolian phonetic glosses in Chinese texts. In the late 17th century a Mongolian monk and scholar called Bogd Zanabazar created a new script for Mongolian called

Soyombo, which could also be used to write Chinese and Sanskrit. It was used mainly for Mongolian translations of Buddhist texts and in temple inscriptions. Bogd Zanabazar also created another script for Mongolian known as the Mongolian Square Script or Mongolian Horizontal Square Script, which was rediscovered in 1801. It was based on the Tibetan script, but what it was used for is uncertain. In 1567 the translator and scholar Ayuush Güüsh added extra letters to the traditional Mongol Script to make it possible to write loanwords from Tibetan, Sanskrit and Chinese in Mongolian texts. This version of the script is known as the Galik script.

- Type of writing system: phonemic alphabet with separate letters for consonants and vowels.
- Direction of writing: left to right in vertical columns running from top to bottom.
- The letters have a number of different shapes, the choice of which depends on the position of a letter in a word and which letter follows it.
- The Mongolian script is traditionally taught as syllables rather than individual letters.

# Traditional clothes

National clothes Deer is an item of traditional clothing commonly worn since centuries ago among the Mongols and other nomadic tribes of Central Asia, including various Turkic peoples, and can be made from cotton, silk, wool, or brocade.





The deel is still commonly worn by both men and women outside major towns, especially by herders. In urban areas, deels are mostly only worn by elderly people, or on festive occasions. The deel appears similar to a caftan or an old European folded tunic. Deels typically reach to below the wearer's knees and fan out at the bottom and are commonly blue, olive, or burgundy, though there are deels in a variety of other colors.

# Spirituality in Mongolia



# SHAMANISM

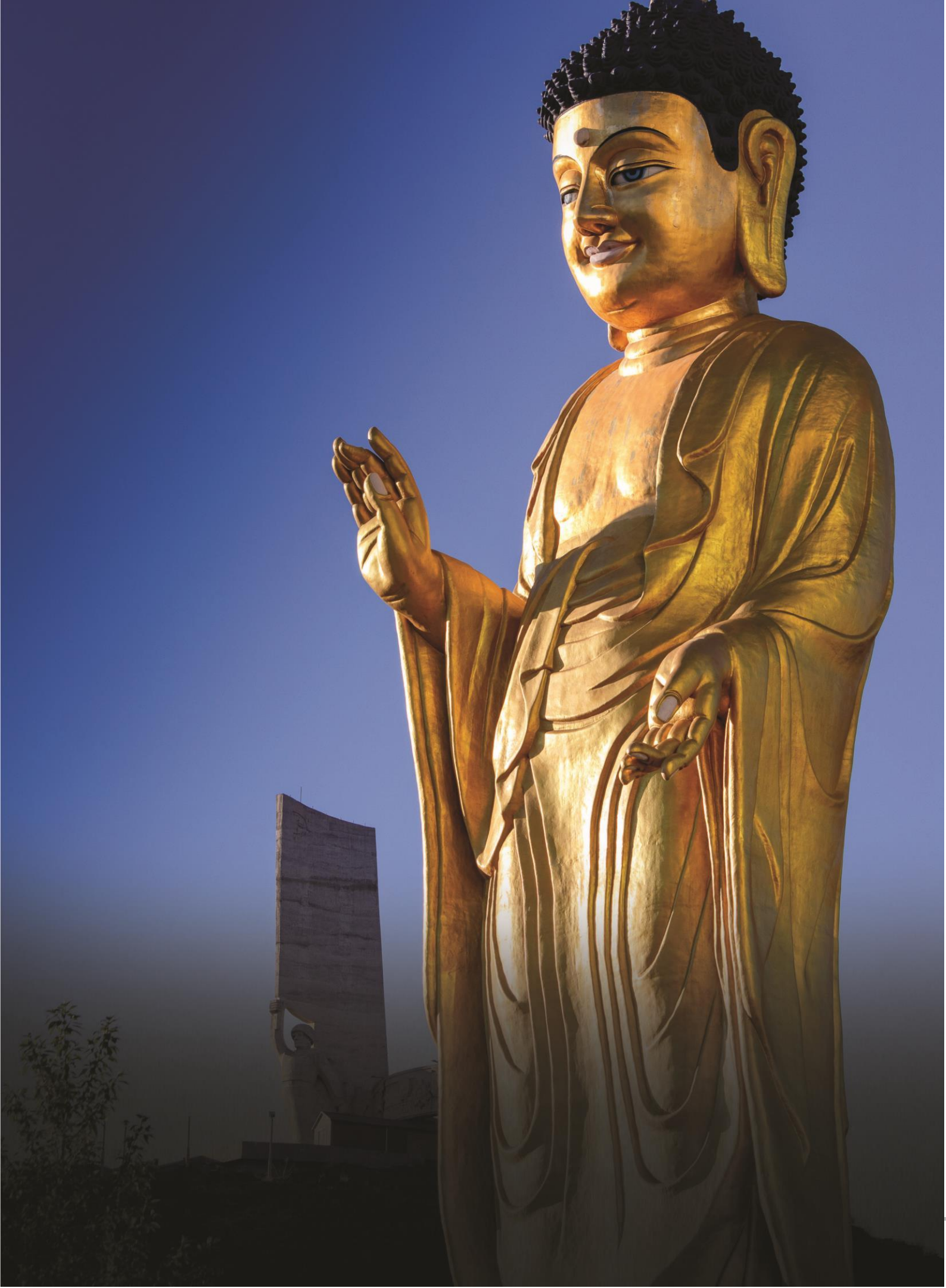
A shaman in traditional attire, including a reindeer head mask with large antlers, sits in a field. The shaman is wearing a dark, patterned robe with various ornaments and a long, light-colored beard. The background shows a hazy, sunlit landscape with trees and rolling hills. Wisps of white smoke or mist are visible in the air, creating a mystical atmosphere.

The greatest cultural heritage of the nomadic tribes, which has survived since the beginning of the first state and ancient Huns, is the worship of the heavens or shamanism. The main idea of heaven worship is to understand, protect and love that the Blue Sky and Mother Earth are one, and to respect, enrich, and pass on the teachings of the Ancestors to future generations. Interestingly, every one of Mongolian descent is born with a blue spot on their back, which gradually fades away during childhood. They are called Blue Mongols which symbolizes blue because of their worship of blue spots and the blue sky. Since shamanism does not have any religious leaders or religious preaching, it has always existed in harmony with other religions. A major manifestation of this is the fact that the great emperor Chinggis Khan's great government law stated that everyone living in Mongolia could have any religion they want. After a person's death, the person's mind lives on, and

after many generations, it returns to its bloodline and becomes a spirit. A shaman is a person who connects spirits with the world we live in through his body. Shamans tap into vast reservoirs of intelligence by simultaneously performing the ritual in the past, future, and present and letting their spirits enter their bodies. The main power to create and keep this sacred bond strong is gained by being close to Mother Earth.

Shamans are required to have great concentration and purity of mind in order to bring down the spirits onto their bodies. Also, instruments such as jaw harp, horse fiddle, drum, whip, sword, knife, gold, silver and wooden bowls, mats, pipes, etc. are prepared from different materials, corresponding to the use of the spirit during his life. The following video shows a shaman being possessed by their spirits by the sound of the mouth fiddle,









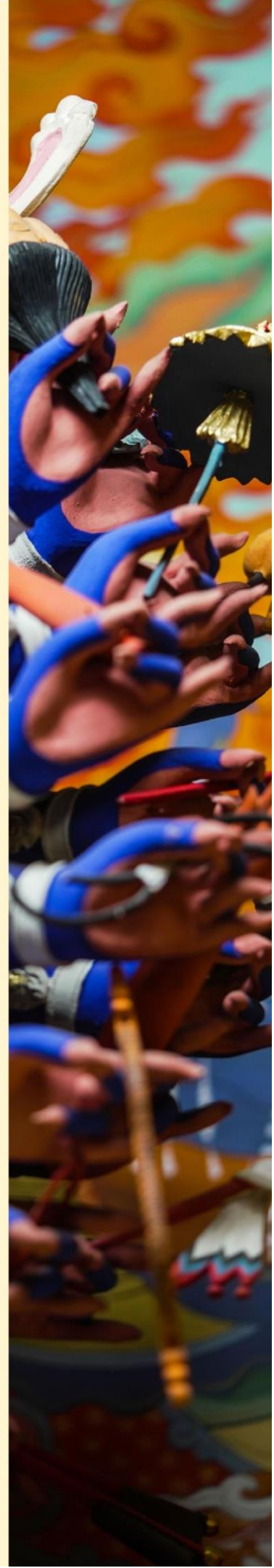
In the history of Buddhism, one of the examples of great figures who were born in Mongolia is the high priest Zanabazar. In the 17th century, he became the first Javzandamba hutagt (holy saint) selected from Mongolia and the leader of Buddhism in Mongolia.





He went to Lhasa and studied the religion impeccably, and after returning to Mongolia, he founded many monasteries and schools, created the Soyombo alphabet, and is considered a major political figure who took many measures to reunite Mongolia, which was in internal conflict at the time. Today, there is a museum named after him in Ulaanbaatar, and his unique talent of painting and sculpture is still being remembered for generations. After that, his 8th reincarnation was identified as Bogd Javzandamba

Agvaanluvsanchoijinyamdanzanvanchug, who was titled as the last king of Mongolia and had received the love of the people. Bogd is believed to have been modified to Mongolian in this form from the Sanskrit word Buddha meaning God. Also, the reason Mongolians say Bogd Lord Genhis Khan, is that it means great lord and God.



# DANSHIG NAADAM

A CURRENT-DAY CELEBRATION TO EXPERIENCE



## **CENTURIES-OLD HISTORY**

Cultural activities and competitions such as the Three Games of Men, the religious mask dance ceremony of Tsam Kharaiikh, competitions of Balinch and Unzad Golch Lamas, and debates on Buddhist teachings take place, and make this festival a rich and interesting experience for all.







The tradition of celebrating Danshig Naadam, was forgotten for about one hundred years, and saw its revival at the Mongol Naadam Complex on the occasion of the 380th birthday of Undur Gegeen (High Saint) Zanabazar. It is great to have such a meaningful and majestic celebration organized annually from now on.

The ceremony started with the presentation of a portrait sculpture of Undur Gegeen and the raising of the Zanabazar flag with the soyombo. It was an amazing event for

myself, who admires Zanabazar's history and his artistic skills. Then, 500 lamas started performing a special chant.

Horse racing was in progress outside of the main area. When I was out of the main arena, there were more people who had arrived at the festival. Some were viewing exhibitions, and others were eating naadam khuushuur (fried meat pastries). Some were seated on the grass at the finish line for the race

horses. Horses were almost arriving for the end of the race.

Wrestling started in the afternoon, and a competition of balinch lamas was taking place in special tents. People who were interested in the competition circled the lamas. Balin is a sacrificial food shaped like a pyramid stupa, to be placed in front of a god. It is made of fried barley flour. The other interesting event was a competition of unзад голч.

The chanting of unзад лamas in deep baritones was indeed amazing. Unзад controls the chanting, sound, and melody of scripture reading. Unзад must have a strong voice with accurate tone. Golch lamas are the supporters of unзад лamas, and they distribute the unзад lama's voice to





and ancient sounds of  
 lamas sitting in back rows by chanting  
 a chorus. It is said that  
 Mongolians.

The main event of the second day was the tsam dance. The Tsam Kharai ceremony was introduced to Mongolia from Tibet in the 18th century. Mongolians revised and changed the rules of tsam and made it into a uniquely beautiful tradition.

Around 60 lamas wearing masks with unusual features dance under the strict rules of tsam dance. Each movement of tsam is a gesture to chase out bad luck and has ceremonial significance. It requires many months of preparation under the guidance of experienced and high ranking lamas to stage a dance. Lamas, who are prepared by producing scriptural work, blessing balin, takhil making offerings for worship and masks to be used for tsam for four days prior to the tsam dance, chant and dance tsam for three days in the monastery. On the last day, they dance outside.

I saw tsam dance on the second day of Danshig Naadam. The commentators explained the rituals of tsam in English and Mongolian. The Tsam Kharai

Under Gegeen Zanabazar developed magical sound like a long song, and to be harmonious with the traditional ceremony is an interesting one, with colorful and elegantly designed clothing and graceful dance movements, and is indeed very interesting besides its deeply symbolic meaning. The people who gathered there did not move from their places while the tsam dance was performed.

The people were cheering and got excited when the white old man moved around the area, and the excitement was visible. The twoday program, which included wrestling, archery, horse racing, competitions organized among lamas, and other interesting cultural activities, ended successfully with rich performances.

The people were cheering and got excited when the white old man moved around the area, and the excitement was visible. The twoday program, which included wrestling, archery, horse racing, competitions organized among lamas, and other interesting cultural activities, ended successfully with rich performances.

### FROM THE HISTORY OF DANSHIG NAADAM

Mongolia recorded a period in its history with no khan until 1911, after the death of Ligden Khan, the last Khan of the Mongolian Empire, in 1634. During this harsh period, Danshig Naadam united the scattered nation in the minds of Mongolians. It made them understand that they were the owners of their

territory, religion, and culture, and it symbolized the sovereignty of Mongolians, the independent position of culture and religion, and unique ways of thinking. The first Bat Orshil Urguh, or Danshig

Naadam, had historical connections with the First Bogd Under Gegeen Zanabazar and the establishment of the capital city.

Danshig Naadam was organized for the



crowning Zanabazar, the five-year-old son of Tusheet Khan Gombodorj and a direct descendant of Great Chinggis Khan, as the First Bogd Jebtsundamba Khutagt. It was celebrated in 1640 in a place named Shireet Tsagaan Nuur.

Since this first festival, aristocratic nobles of the seven Khoshuus of Khalkha, scholars and wise men, religious leaders, and the public were united. Since this first festival, the Khalkhas were united and grew stronger by supporting the First Bogd Undur Geegen.

A young lama won the wrestling tournament of the first Danshig Naadam, and he was known as the Wrestler Lama from then



on. Bonkhor's horse won the first horse race. Since then, a rule was set to provide titles and names to Naadam's winning wrestler and horse, and Khalkha Doloon Khoshuu Naadam became a regular event.

During Danshig Naadam the influential leaders who were gathered together discussed state affairs as well.

In 1910, the influential nobles and lamas secretly gathered in Nukht Cave of Bogd Khan Mountain. They agreed to revive the sovereignty of Mongolia and to ask for assistance from the Tsar of Russia. Subsequently, they appointed Khanddorj Chin Van, Da Lama Tserenchimed, and Inner Mongolian scholar Khaisan, and made important decisions for the independence of Mongolia.

The revival of Danshig Naadam kept Mongolians safe from forgetting and losing its invaluable cultural

*Sh.Natsagdorj, well-known historian: It is interesting to note heritage, and we invite you to share that almost all people from Khalkha Doloon Khoshuu gathered this celebration with Mongolians, together for the first*

*time in their history to have a big celebration* foreign guests, and friends. *Danshig of the crowning of Undur Gegeen Zanabazar as the First Bogd Naadam* is the origin of today's *Jebtsundamba, the first Mongolian religious head*. National Naadam Festival.



# Music

## MONGOLIAN

蒙古音乐

The nomadic Mongolians created a variety of forms of musical instruments, elaborated music-playing techniques, and developed a rich repertoire for those instruments over a long span of history. In the process, they made their contribution to the culture of humanity. The initial dedication of the musical instrument of ancient Mongolian nomadic livestock breeders and hunters was to play for themselves or to nature. Gradually, the range of these instruments expanded and started to include local festive events, then public feasts, weddings, and social gatherings. Instrumental music has since touched audiences and pleased their ears throughout Mongolia.

The bowed-stringed instruments include the khuur (fiddle), ekil (two-stringed wooden fiddle, often referred to as the ancestor of horse-headed fiddle), huuchir (four-stringed instrument), and bivleg. The plucked stringed instruments include the tovshuur (two-stringed lute, often accompanied with overtone singing), yatga (zither), yanchir or yochin (dulcimer), shudarga (three-stringed lute), biba (lute). The woodwind instruments include the limbe (horizontal flute), tsoor (panpipe flute), tsuur (three-holed vertical flute), bishgüür (shawm), ever büree (horn-trumpet). Brass instruments, which are often used in celebrations and for calling and cheering, include the ikh büree (the long trumpet) and tsordon büree (small trumpet).



All of these Mongolian traditional musical instruments have been mainly used by the nomadic people. A diversity of percussion instruments, such as those used to accompany dance and other activities in tropical and subtropical countries, however, weren't widely used in the livelihood, traditions, and practices of nomadic communities. This could be because of the fear that these instruments could scare animals and livestock, and disturb the mountains, rivers, and nature. Nevertheless, a variety of percussion instruments, such as khengereg (big drum), tsan (cymbals), bömbör (drum), kharanga (gong), damar (double-headed hourglass drum) and duudaram (gong-chimes), were used during wars and hunting as well as during shamanistic and Buddhist rituals and practices.



오델리이





⚡ L A C K T H U N D E R T O U R





# YALGUUN

## MONGOLIAN BRAND



### BRANCH SHOPS' ADDRESS AND LOCATION OF THE "YALGUUN BRAND"

- The State Department Store, Floor 6th
- The Zaisan Star Shopping Center, Floor 2nd
- Apex Department Store, Floor 1st
- Peace Mall Shopping Centre, Floor 2nd
- Ulaanbaatar Department Store, Floor 4th
- E-Mart Chinggis, Floor 1st

- Yalguun accessories
- Yalguun\_accessories
- [www.yalguun.mn](http://www.yalguun.mn)
- 976-76007575, 976-70117575, 976-90117575
- [manager@yalguun.mn](mailto:manager@yalguun.mn), [marketing@yalguun.mn](mailto:marketing@yalguun.mn)



**TSAGAAN LAVAI**  
E N S E M B L E



# NOMADIC LEGEND

National art performance and cultural heritage

🇬🇧 "THE LEGEND OF NOMADS" 🇷🇺 «ЛЕГЕНДЫ КОЧЕВНИКОВ» 🇨🇳 《游牧民族传奇》

🇩🇪 "LEGENDE DER NOMADEN" 🇰🇷 "THE LEGEND OF NOMADS" 🇯🇵 《遊牧民の伝説》

**2024.05.01-09.30** | **2024.07.01-08.31**

**EVERY DAY**

at **6:00 pm**

**EVERY DAY**

at **4:00, 6:00 pm**

Tsagaan Lavai Ensemble has more than 50 professional artists who create folk artworks and cultural heritage creations. In addition, its a professional art organization that manages a variety of cultural and artistic entertainment services and operates regularly in the four seasons of the year.



Tsagaanlavaichuulga@gmail.com



Tsagaan Lavai Ensemble



99052944, 91616641



### CLASSICAL ART IN ULAANBAATAR

The State Academic Drama Theater, with its red-colored building of classical design, and the pink building of the State Academic Theater of Opera and Ballet are located close to each other, not far from Ulaanbaatar's central square. Famous Mongolian plays are performed on the stages of these theaters, along with world renowned operas, ballets, and plays performed by famous Mongolian and foreign artists. The repertoires of the two theaters, as well as the appearances by leading artists who perform at the world's largest classical competitions and festivals, are evidence that Mongolia's classical art has reached a high level today.

### THE STATE PHILHARMONIC

The State Philharmonic, founded in 1957, is composed of three orchestras. They are the Philharmonic Orchestra, the Bayan Mongol band, and a horse-head fiddle ensemble. These groups play national

and classical world music, as well as classical jazz, which express unlimited creative character. Mongolia's horse-head fiddle ensemble has had the wonderful experience of playing the world's most famous compositions with a traditional Mongolian musical instrument.

### THE PUPPET THEATER

If you are in Ulaanbaatar, please visit the Puppet Theater, just 800 meters southwest of Sukhbaatar Square. You have to cross only two streets to find yourself there. In this theater, international and Mongolian puppet works are presented with masks, sticks, ropes, gloves, fingers, and shadow maneuvers. Witness young children express delight, fear, and surprise as they are absorbed in the magic of these special performances.

### CONTORTION AND FOLK DANCE

It is impossible to separate the nature of Mongolian

### THE WONDER OF MONGOLIAN FOLKLORE

identity and feelings from the country's ethnic and folk dance. In the central region, Khalkha dancing focuses on the Mongolian's noble character, ceremonial rites, respect for nature, grace, and swaying of the body. The famed contortion and body moments of the sacred deities as if jointless. Western Mongolia's ethnic dancing mainly focuses on swift movements of the arms and chest, shoulder movements, striking, swinging, and footwork. It is highly worthwhile to see the wonderful performances of contortion and folk dancing by young Mongolians, accompanied by horse-head fiddle playing and the singing of long songs.

### LONG SONG AND THROAT SINGING

Listening to and learning about throat singing and long song will help you to understand the uniqueness of Mongolian identity, their relationship to nature, and

their understanding of human nature. In throat singing, one can listen to and discover deep human feelings, feel a connection to nature, hear the sound of water, wind and wild animals, and see the silhouettes of mountains. The horse-head fiddle's melodies have the magical power to fill the wide endless steppe with melodious long songs. The music has a wide, free range and deep meaning, and the power to pacify human beings and nature through glorious melodies.

### MONGOLIAN NATIONAL GRAND THEATRE

This ensemble performs concerts for the guests of the capital city which honor the essence and superiority of Mongolian folk culture. This performance will take you to the peaks of the Altai Mountains soaring towards the sky, to the shores of the amazing Khuvsgul Lake and the immense land of the





eastern steppes, and to see the exceptional and beautiful nature of the Southern Gobi. By coming to the performance you will become acquainted with the magnificence of Mongolian dance and see performances of long songs, throat singing, biyelgee dance, and contortion on the same stage.

### **MONGOLIA'S GRAND NATIONAL ORCHESTRA**

Established during the reign of the Great Mongolian khans of the 13th century, the Mongolian Grand National Orchestra performs in accordance with strict order originating from ancient times. The current

orchestra is unique, as it revives the music played during the state orchestral performances of the Yuan Dynasty. It can be said that melodies from the eighth century are heard when the orchestra performs. The Grand Orchestra performs during Mongolian state celebrations, ceremonies and for national diplomatic events.

### **MORIN KHUUR ENSEMBLE**

When Morin Khuur (the fiddle) is played, we can feel the vast steppe, a clear blue sky, and hear the sound of horse hooves. Foreigners may carry a wish to visit

Mongolia in their dreams, but Mongolians abroad feel the emotions of being in their homeland by shedding tears. The Morin Khuur Ensemble has performed all over the world representing Mongolia on the stages of well-known international halls such as the Bolshoi Theater of Russia, the UNESCO

Headquarters in France, Musikverein in Austria, the Palace of Nations in Switzerland, Berliner Philharmonie in Germany, and Suntory Hall in Japan. **ETHNIC MUSIC BANDS** Ethnic music bands

usher in a new era in music. Many ethnic music bands, such as Arga Bileg, Altan Urag, Khusugtun, and Legend, perform on the stages of Ulaanbaatar. They've created a new era in music by blending national music with rock, jazz, and western music in their performances for audiences. Modern ethnic music bands work on international film projects, perform on wellknown international stages, take part in musical festivals. Their work has been honored at international music festivals and nominated for awards, including a Grammy award.



The majority of Mongolian traditional cuisine is meat based. This is because meat was and is the perfect source of protein for herding Mongols during the harsh weather. The majority of Ubers are now settled in cities and towns, but meat still makes up the main source of their diet. UB now has restaurants of all types offering international cuisine which you will find welcoming. Here, we are highlighting nine traditional Mongolian dishes that you can try only in Mongolia!

Perhaps the best quality of Mongolian food is that all meat is from grass-fed, free range livestock. Unlike the popular belief, not all cuisine in Mongolia is made of entirely meat. Russian, Chinese and Western influences and vegetables are an integral part of Mongolian food nowadays. Mongolian cuisine is without a doubt, one of the best windows into the glimpse of Mongolia's culture and traditions.

## **KHORKHOG (AUTHENTIC MONGOLIAN BARBEQUE)**

Real Mongolian barbecue is known as khorkhog and is a staple across the vast reaches of this country. It is usually made with mutton, which is cooked inside a pot containing burning rocks heated in an open fire. Vegetables are added to make a stew and the flavors are left to blend for several hours. This is best enjoyed inside a Mongolian ger, where the food is served communally.



As with Khorkhog, Boodog is an example of Mongolian barbecue which also uses hot stones as a cooking method, but in this case the hot stones are not placed inside a pot, but are actually inserted into the carcass itself. The dish is usually made with either a young goat or more often a marmot, which is stuffed with heated rocks and a variety of vegetables and spices. It is then simultaneously heated from the outside, either on a barbecue or with a blowtorch to ensure it is cooked through and to burn off the animal's fur. The dish is another example of a more pragmatic nomadic lifestyle in which cooking materials are not readily at hand and rocks and fire stand in for an oven. This dish can be experienced throughout Mongolia. It is best experienced out on the steppe where traditional cooking methods are preserved. Tour companies offer their guests a chance to try Boodog upon request.



**BOODOG: (GOAT OR MARMOT BARBECUE)**



SHEEP OR GOAT HEAD A boiled head of sheep or goat stirs a terrible image in one's mind, but in addition to being the most budget meal you will find in UB it is also considered as a delicacy. Indeed, Mongolians often name boiled head as one of the home dishes they develop a craving for most when they live outside. It is

## **BUUZ AND BANSH: MONGOLIAN DUMPLINGS**

Dumplings are found on dinner tables throughout Mongolia and these small doughy packages of mutton or beef reveal the connection between this isolated country and their Chinese neighbors to the south. Mongolian dumplings are distinctly different from those found in Chinese Dim Sum since

## **KHUUSHUUR: FRIED MEAT PIE**

A local favorite, khuushuur is a popular lunch food like Buuz. It is made in a similar way like buuz except when the dough is stuffed with meat, it is flattened by hand, about one cm thick. Khuushuur is then deep fried in oil and are served like pancakes. It is believed that a good Mongolian chef can be judged by his or first blowtorched thoroughly and washed. Then it is seasoned with salt and paper and boiled for 2-3 hours until it is soft and real tender. It is served along with various vegetables and is delicious! Almost no part is wasted and it is an ideal comfort food for many Mongolian families

fried. Buuz is the general name for dumplings.

The name is used by a wide variety of restaurants



they are made from a typically hardy dough and are often

throughout Ulaanbaatar in which these boiled or steamed, meat-filled dumplings are served. Bانش is a smaller version of these dumplings. One of the most popular restaurants serving Buuz is





Ulaanbaatar's Khaan Buuz, where both varieties are on offer and are considered a version of Mongolian fast food. (source: [https:// theculturetrip.com/asia/mongolia](https://theculturetrip.com/asia/mongolia))

her skill in making khuushuur. If you are in Ulaanbaatar during the Naadam Festival, don't miss out visiting one of the colorful Both khuushuur and buuz can be stuffed with "Khuushuur tents" where khuushuur is cooked in vegetable or fish, serving variety of plates of the front of you and served fresh as the festival food. guests.

## DAIRY FOOD AND DRINKS: AIRAG AND DRIED CURDS

There is no dispute that Mongolia is a country of dairy products. If meat is the main food item, milk is the main source of drink. There are literally hundreds of different types of dairy products developed over the years. Dairy products are often consumed as health food and road snacks. Milk and meat are the pillars of Mongolian

fermented dairy products. Mongolian dairy products are rich with protein, carbohydrates, fat and essential minerals. The essential properties of the milk and dairy products do suggest using them as valuable local resources for human health, especially in nursing and health treatment practices.



**MILK TEA** Mongolia has one of the great tea cultures of Asia. Every morning, you can see herders boil their tea, offer to the spirits of the sky and ancestors, and then offer to the rest of the family. The most common tea is called milk tea. After water is boiled, a special tea imported either from China or Central Asia is added and when it boils, milk and salt are added. It is lighter than Tibetan butter tea and makes up an important diet of the Mongolian herders. In Mongolia, tea is also taken as food. In various parts of the country, herders add dried meat, rice and herbs, creating a delicious mixture, and consume this to sustain themselves through the harsh weather. A researcher actually identified over 68 types of tea brewed and consumed throughout Mongolia.

cuisine. The national drink of the country is called airag, mare's fermented milk. Airags are produced beginning in June and consumed throughout the summer months in most parts of the city. It is rich with vitamins and nutrition and also used as part of a healthy diet. Over the years, Mongolian nomads have developed a number of unique dairy products, which are made in traditional ways and include different types of yoghurt, cottage cheese, dried curds and



# DAY 1 DAY 1

Tour

CITY tour





#### 4. GOBI CASHMERE / GALLERIA SOUVENIR SHOP

One of the biggest souvenir shops located next to Sukhbaatar Square, Galleria Souvenir Shop has a wide range of choices for you to gift your friends and family. East of the square is the most reputable Cashmere shop in Mongolia, Gobi. It offers the best quality cashmere products. We highly recommend their sleeping bags as well.



#### 5. CHOIJIN LAMA TEMPLE



In the middle of the modern downtown, there is a complex of temples called Choijin Lama Temple, which is a popular tourist attraction as there is a museum inside for tourists to see.





## 1. GANDAN TEGCHINLEN MONASTERY

The most optimal time to experience the culture of Mongolian Buddhism is in the morning, because they chant every morning for the good sake of the people.

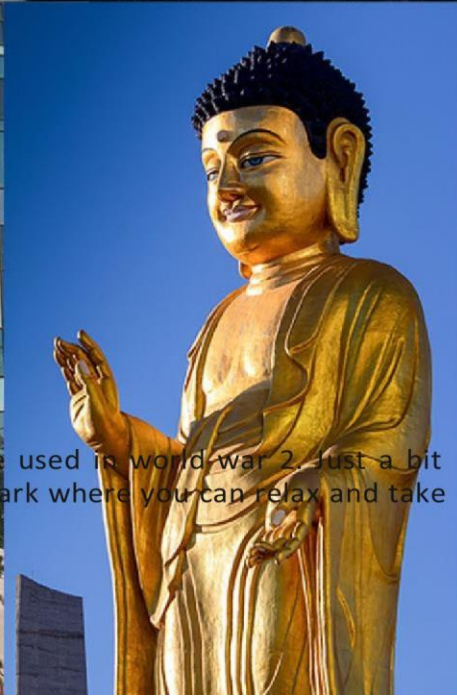


## 2. ZAISAN MONUMENT

A historically important monument which is very beautiful. It will require you to go many stairs up. But from the top you can see a spectacular panoramic view of our Capital City.



Below the monument is a Tank that was once used in world war 2. Just a bit south of the tank, there is a Buddha statue in a park where you can relax and take photos



# Ulaanbaatar



## 3 WINTER PALACE OF THE BOGD KHAN

2 Km north of Zaisan, is the Winter Palace of Bogd Khan, former spiritual ruler of Mongolia. The palace is the only one left of the originally four residences of the Bogd Khan and alongside it is the oldest museum. It is also considered one of the biggest collections in Mongolia.

# DAY 2

## Ulaanbaatar



## 4 TUMEN EKH ENSEMBLE

If you are interested in the Mongolian Traditional Cultural Heritage Tumen Ekh Ensemble, the place to visit, they showcase our wide culture by performing a live concert.

# DAY 3





mongolia

Tour

UB tour



# SHOPPING



## SALTED KHOMUUL:

Khomuul is a Mongolian name for *Allium Mongolicum* which grows in the Gobi area and an important source of vitamin C both for the people and the livestock. Herders collect them in the summer, salt them and store for further usage. For Mongolians, nothing tastes as good as stewed beef garnished with khomuul. Supermarkets sell them in small containers.

## HONEY:

Mongolia is a country of wild flowers and produces excellent honey. They are genuinely ecofriendly and original. They come in various size bottles and might be an excellent food souvenir for your Mum or someone you love back home.



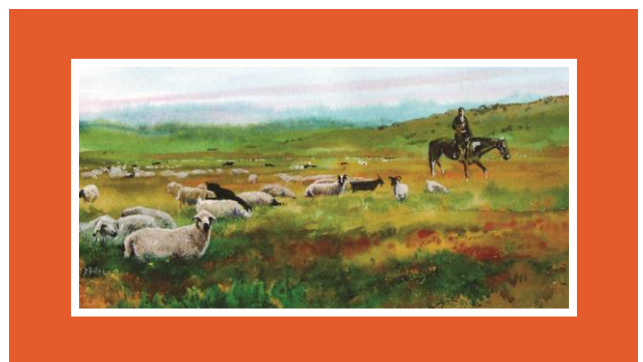
## WOOL AND CASHMERE PRODUCTS:

Without a doubt, some of the most popular and original Mongolian goods are socks, sweaters and scarves made with wool from sheep, camel and yak hair and cashmere from goats. Mongolia is the second largest producer of cashmere after China. There are several outlets such as Gobi and Goyo that sell a rich variety of goods in the city.

## MORIN HUUR

### (HORSEHEADED INSTRUMENT):

Mongolia has a rich heritage of performing art and musical instruments. The most original of the instruments, purely a Mongolian invention, is Morin Khuur or “horse headed fiddle”. If you would like to try learning to play one or just looking for a meaningful gift for that person, this might fit. Make sure you ask for a store that sells real playing instrument, not just a replica.



## WATER COLOURS:

Mongolia has an amazing landscape that inspires thousands of artists in the country. During your visit in Ulaanbaatar, you will most certainly come across some traveling artists with a few samples. They are often the original artists and their art works are usually quite affordable. If you bring one back home, frame it and hang from your living room wall, it will surely remind you of the scenery of beautiful Mongolia for the rest of your life.

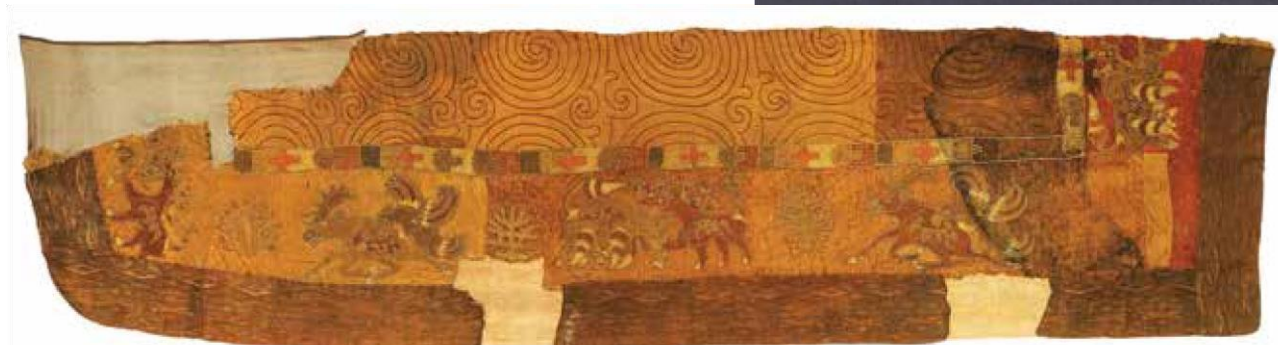
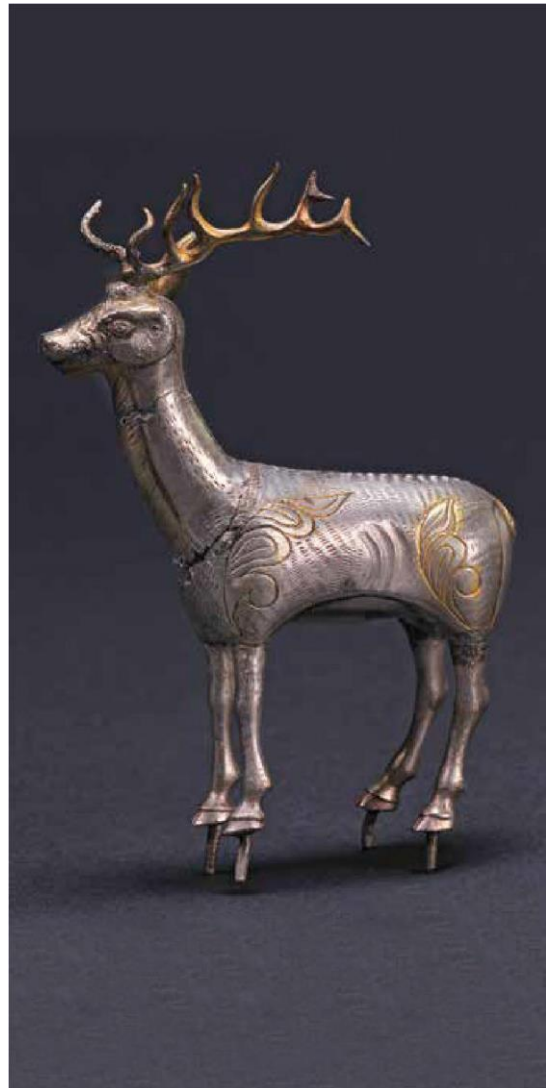
# JOURNEY BEYOND THE SPIRITUAL MONGOLS

Ulaanbaatar is a city preserving Mongolia's exquisite fine works of arts, created and cherished for hundreds of years. The museums situated in the capital provide access to generations of historical works of art. The opportunity to explore the depths of history and spirit through the magnificent cache of nomadic art is a great honor.

## ENCOUNTER NOMADS OF THE GREAT STEPPE

Central Asian animal designs and art dating back to the era of the Hun nomads are a valuable contribution to the world's art history. Among them is a pear-shaped horse-drawn chariot with exquisite steelwork featuring mythical animals, inlaid with turquoise and brown stones, and embossed gold. It was found in the tombs of the Hun king and the royal family in Undur-Ulaan soum in Arkhangai Province. The ornaments include a Mongolian silhouette of an ancient mythological beast with the head of a tiger, body of a Khangarid bird, legs of a lion, and the graceful neck of a dragon. The discovery was made by group leader, professor and archaeologist D. Erdenebaatar, Ph.D. "Not only do animals with one horn refer to strength and power, but they create an image of a solitary, noble descent from heaven," he said.

Another valuable artifact is a Turkish silver deer dating back to the 12th century. The 16-centimeter tall masterpiece portrays a deer standing tall and stretching its neck, and its antlers, head, ears, neck, tail, shoulders, and haunches are inlaid with gold. The cascade of gold wildflowers falling from front to back, near the shoulder blade and the haunches of the silver deer, look somewhat like angel's wings. Through it all, the Turkish master held back on portraying a realistic deer and designed a stylized image. In this case, the effort to produce supernatural features was quite obvious. To discover many magnificent creations under one roof, be sure to visit the National History Museum in Ulaanbaatar.



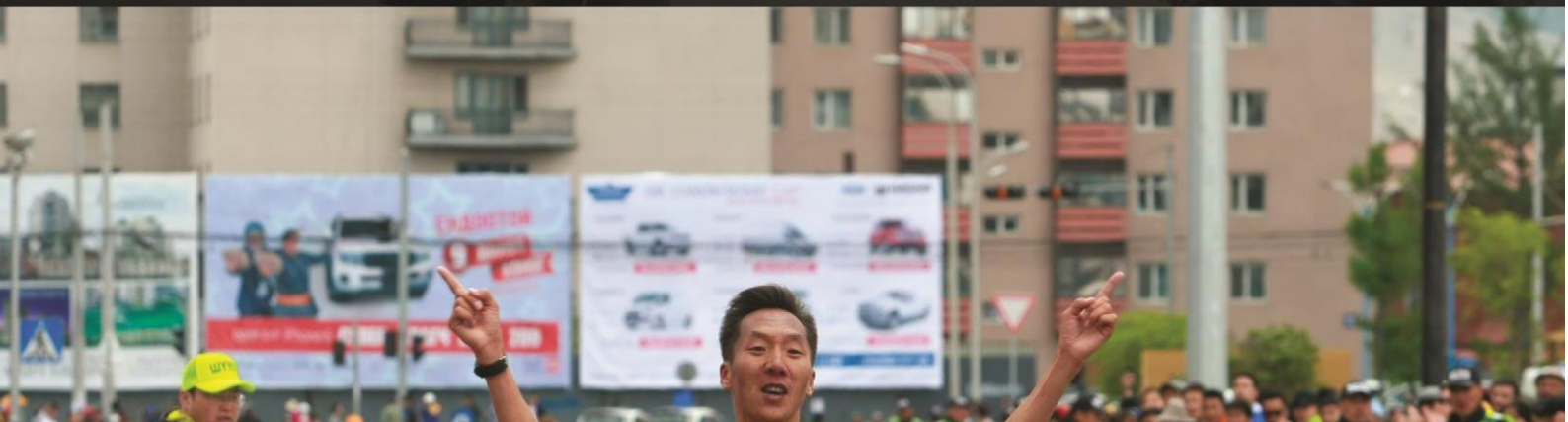




1. ULAANBAATAR WINTER FESTIVAL /FEBRUARY/On



2. THE EAGLE FESTIVAL /MARCH/The



3. MONGOLIAN STEPPE INTERNATIONAL MARATHON/JUNE/ The Mongolian Steppe International Marathon, initiated by Japanese citizens Fujawara and Kon Aya in 1996. Traditionally, athletes run in junior, senior and master



**4. POWER EXPO & FESTIVAL/MAY/** 12 дахь жилдээ зохион байгуулагдаж буй Power Expo & Festival нь экстрим спорт, энтертайнмент хөгжмийн наадам болон экспогийн хослол юм.



**5. TENGER WORLD SHAMAN FESTIVAL MAY/** The “Tenger World Shaman Festival” is a major shaman worship festival, which is an integral heritage of Mongolian peoples traditions and culture. Shamans from many countries around the world come to participate in this festival.



**6. UB BIKE TOUR/JULY/**The “UB bike tour” International Cycling Festival is a favorite event for athletes who value a healthy lifestyle and practice cycling.



7. STEPPE WIND INTERNATIONAL MOTO FESTIVAL /JUNE/The



8 PLAY TIME MUSIC FESTIVAL /JULY/Each



9. MONGOLIAN NATIONAL COSTUME FESTIVAL /JULY/Many



**10. NAADAM FESTIVAL /JULY/**Naadam is a national festival celebrated every year from 11 to 13 July across Mongolia that focuses on three traditional games: horseracing, wrestling and archery. Mongolian Naadam is inseparably connected to the nomadic civilization of the Mongols, who have long practiced pastoralism on Central Asia's vast steppe.



**11. DANSHIG NAADAM /AUGUST/**Danshig Naadam Khuree Tsam is part of the nation's biggest religious and cultural festival. The Danshig Naadam festival is organizing on the first week of every August. It represents religious importance and Buddhism's influence on the people and culture of Mongolia.



**12. ULAANBAATAR FOOD FESTIVAL /AUGUST/**Since 2013, the "Ulaanbaatar National Food Festival" has been held as a "UB food festival" for both foreign and domestic visitors. It's a non-profit public event aiming at exposing Mongolian national food culture to both foreign and domestic visitors, as well as boosting the number of tourism events.





**13. ULAANBAATAR HIKING FESTIVAL /AUGUST/** Mongol Olle Trail will attract not only tourists from Korea but also many walking travelers abroad in result of increasing the number of visitors to Mongolia and revitalizing

Visit  **Ulaanbaatar**  
CITY OF HAPPINESS



**14. KHIIMORI INTERNATIONAL HORSEBACK ARCHERY TOURNAMENT /SEPTEMBER/** Promote the horsemen's customs, legacy, and distinctive culture for future generations to inherit, develop new tourism products, and extend the season, as well as develop special interest tourism and attract foreign and domestic tourists through national customs and traditions



**15. THE GREAT CHINGIS KHANS DAY /NOVEMBER/** To promote the falcon's national pride, to revitalize intangible cultural heritage, to create a new tourism product, to generate special interest tourism, and to attract both foreign and domestic tourists. In order to celebrate the birth day of Genghis Khan, the Mongolian Pride Day, to promote its historical and cultural traditions around the world, to create new products to attract tourists, and to extend the tourist season, the "Chinggis Khaan's Birthday" royal event is held annually.

# MONGOLIAN NATIONAL



## CLOTHES FESTIVAL

'Deeltei Mongol Festival' which aims at promoting Mongolian traditional culture, particularly, the nation's ethnic clothing, possessions, and tangible and intangible heritage



of folk arts, increasing youth participation, and developing tourism

products and services is to be held at performances, selection of top participants, Mongolian customs and Sukhbaatar Square on July 09.

During the festival, numerous tradition town activities and fair of interesting events such as parades of national clothing producers.

people, organizations and tourism The capital city districts will host sector's staff with deel (Mongolia's traditional clothing), art Mongolian Customs and Tradition Town activities, where they promote Mongolian life, customs, folk arts, culture, games and calligraphy in special gers.





# TOURIST ATTRACTIONS OUTSIDE OF ULAANBAATAR CHINGGIS KHAANII KHUREE COMPLEX

vate tourism complex in Mongolia. The complex consists of three ranges: the Ikh Khuree, the Low

nomadic culture for domestic and foreign travelers.



Bornuur soum of Tuv province. It is

## AGLAG MONASTERY

located on the main paved road that

connects Russia to Mongolia, so passersby from each direction can easily stop and make a short pilgrimage.

Some of the key stone art crafts include



The "Chinggis Khaan Khuree" tourism complex was established in 1992 and is the first pri

Range and the Restricted Area. It was established to promote the Mongolian national heritage and that of Garuda, Buddha's portrait, the Goddess Yanjinlhama, gecko and scorpion statues, amongst many others.

It is an outstanding stop for anyone interested in exploring Mongolia's Buddhist heritage that is also connected with natural beauty!

You can even try a short meditation!

The nature and scenery is perfect and the monastery is ideal to visit as a day trip. Bogd Mountain, it was one of the most beautiful temples in the country. Aglag Buteel Monastery is situated about 92 km to the North of Ulaanbaatar. Located in the beautiful, rocky hills, surrounded by larch and birch trees, the main temple is surrounded by large natural rock outcrops - some of which have been carved with Buddhist relics. A special meditation path leads Buddhist students and tourists to the goal of understanding, the link between humans and nature and to purify their spirit and mind.

buildings began shortly after the Democratic Revolution in 1990, around its surrounding forests and hills. In 1992, the executed monks were officially rehabilitated. In

The monastery itself sits in a beautiful valley of forested hills of the Dalyn Khavtsal Mountain, located in the jurisdiction of

## MANJUSRI MONASTERY

The monastery, dedicated to Manjusri, was first established in 1733 as the permanent residence of the Reincarnation of the Bodhisattva of Wisdom. At its peak, it had over twenty temples and more than 300 monks. Religious ceremonies often involved more than 1000 monks. The lamasery housed a collection of valuable and rare Buddhist scriptures, including a golden script on silver leaf.



Nestled in the foothills of the mountains including fresco paintings that can still be seen today. Restoration

Although destroyed during the political purge of the 1930s, A visit to the monastery ground offers there are a few examples of original Buddhist of the individual an excellent opportunity for hiking

## HUSTAI NURUU NATIONAL PARK (HNP)



1998, the ruins of the monastery were protected by the state. To date, the main building has been rebuilt and is now a museum.

The HNP was the first park to be managed by a Nongovernmental Organization specializing in nature and environmental conservation. It is one of the best-managed Specially Protected Areas in Mongolia and is the site of the unique re-introduction scheme of Przewalskii's horse (*Equus przewalskii*). Initiated by Mongolian's called Takhi, it became extinct in the wild during the 1960s, however since 1992 has been successfully reintroduced to Hustai and other parts of Mongolia, from zoos around the world. Hustain Nuruu ("Birch

Mountains") is relatively close to Ulaanbaatar and is a conservation success story. There are also abundant samples of archeological treasures such as remains of Neolithic graves. Other species in HNP, but are usually not seen are Lynx, Argali Sheep and Roe Deer. Sometimes herds of Mongolian Gazelle are seen too. A number of tour companies offer day programs to the site. HNP covers 506 km<sup>2</sup> of land and is home to 459 species of plants, 44 species of mammals and 217 species of birds. You can find more information on its official website at: [www.Hustai.mn](http://www.Hustai.mn)



# TERELJ NATIONAL PARK



## Temple of the Peaceful Princess –Gunjiin Sum

This area surrounded by pine tree forest is a naturally beautiful. In 1699 Manchu princess came to Mongolia becoming a queen of Mongolian noble, Dondovdorj. She left her will before she passed away in 1740. In the will, it was written "I got married with a Mongol man and lived throughout my life with him, so I became a Mongolian. Therefore, please let me lay to rest in a Mongolian territory". Princess' servants from Sunchin tribe have been protecting the area around her grave since that time.

Until 1948, the sacred burial had't been preserved. But after the revolution began in

1948, it had already been affected by the robberies. Grave remains consist of 6 main parts including a stone monument, an establishment protecting the grave, Bogd gate, a fortress, a sacred burial and a grave. Princess tomb is in the sacred burial. The establishment protecting the grave has its own fortress inside the bigger fortress. Height of the fortress is 2,5m, width is 70m same as its length and covering area is 4900 square meter. The thickness of the wall equals 4 bricks placed side by side. In front of the section inside the fortress, there is 10m-high, 6m-wide Bogd gate which consists of several columns. The sacred burial was placed near this gate.





Gorkhi Terelj is one of the thirty National Parks in Mongolia. It is well known for its breathtaking scenery consisting of granite mountains, the legendary Turtle Rock, its coniferous forests and the rich basins of the Tuul and Terelj rivers. It is located within one hours driving distance, just 60 km east of the city. The park is an especially good place to visit if you have a shorter time span to visit the country. From cultural and nomadic heritage, to its rich flora and fauna, it has almost everything to showcase Mongolia's rich cultural and natural heritage. One can visit the hanging monastery of Ariyabal, suspended in the foot hills of one of the tallest mountains. Its green and lush meadows offer excellent hiking opportunities.

If you are interested in botany, visit the park during the Summer months, so you can enjoy the beautiful wild flowers. The confluence of the Terelj and Tuul rivers offer great bird watching opportunities. Even in the Winter months, it amazes explorers. There is a wide variety of accommodation available, ranging from a 5-star luxury hotel to tourist class Ger camps. There are also few "guest Gers" offered by local nomads – growing in popularity this type of accommodation is ideal for budget travelers. Some of the best horseback riding trails are also found here. In nutshell, it is an excellent show-all National Park which has easy access options from the city and should not be missed.

**Turtle Rock,** "MelkhiiKhad", is a surprising granitic formation, 24 metres (79 feet) high, whose form reminds of a turtle. Its old name was MungutKhad.



**Ariyabal meditation temple**

Ariyabal meditation temple is situated in Terelj National Park, 3 km from Turtle Rock. It is a Buddhist meditation temple built in 1810 but destroyed during the religious purge of the 1938, however restored at the beginning of 2004-07. From the temple you will see the beautiful view of the national park.

# MONGOLIA A FEW CLICKS AWAY



The city is a community that brings people together. Like everywhere else in the world, it has its own cyberspace where people can meet just like we do in parks, playgrounds, clubs and popular hang-outs. When it comes to internet accessibility, Ulaanbaatar is one of the best connected cities. If you know your way around cyberspace, travel planning is just a few clicks away. Via the internet, UB is now hooked in with the international community like never before. Everyone uses it at work, home, on the streets. You see everyone looking down at their phones in barbershops, grocery stores, cafes and restaurants. Whether we like it or not, the internet has become an important part of our communication. That is why you will find it handy to check the following sites to get the information necessary for planning your trip to this country: 21 • Are you looking for an opportunity to organize an event or hold a conference in the country? Or do you need any assistance with any corporate travel arrangements? Mongolia is quickly becoming one of the new MICE destinations. For more information about this, try the following site:

These sites are excellent surfing areas for anyone contemplating a travel experience in or outside of the city. Local net surfers visit them on a regular basis for new information and travel opportunities. I'm sure you will find them useful too, and perhaps try one of the outlets for your own unforgettable travel experience

There are now a few clubs in the city that connect like-minded travelers for weekly hiking and trekking. These clubs also frequently volunteer to make new trails in UB's surrounding mountains. These can be found at the following:

[f khairkhan.hiking.club](https://www.facebook.com/khairkhan.hiking.club)

Mongolia is one of the few nations in the world where tradition has not been lost in the wake of modernization. You can explore Mongolia's nomadic culture by driving just a dozen km away from the downtown area. This gives you the opportunity to ride horses Mongolian style, one of the must have experiences for competent travelers:

Mongolia is one of the best off-road driving destinations. The best of all, you can choose to drive any back road of your choice and explore the surrounding area on foot. Overland driving offers one of the most liberal ways of exploring the country's sites and sounds. Here is a company that specializes in this product:

[www.monrevetours.com](http://www.monrevetours.com)

[www.MongoliaQuest.com](http://www.MongoliaQuest.com)

[www.MongolianOutdoorTravel.com](http://www.MongolianOutdoorTravel.com)

If you are not faint hearted and want to explore Mongolia through a birds'- eye view, then visit places like the "Fly Center", located on the way to the Gorkhi Terelj National Park. Here are few sites for paragliding and ultra-light flying experiences:

No one will dispute Mongolia is like heaven when it comes to mountain biking. Its rich, green mountains in the Summer and frozen river valleys covered with white silky snow in winter, offers abundant biking opportunities during all four-seasons. There are now a few companies that offer expert guides and rental equipment. One of them is:

[www.monrevetours.com](http://www.monrevetours.com)

[www.mongolia-expeditions.com](http://www.mongolia-expeditions.com)

Are you looking for an opportunity to organize an event or hold a conference in the country? Or do you need any assistance with any corporate travel arrangements? Mongolia is quickly becoming one of the new MICE destinations. For more information about this, try the following site:

UB may have a short summer and cold winter, but it doesn't mean you cannot enjoy the time and have a real winter travel experience. Dog sledding has been very popular lately. Check out this link:

[f dogsledtoursmongolia](http://www.dogsledtoursmongolia)

# THE MOST BEAUTIFUL PHOTO SPOTS IN THE CAPITAL OF MONGOLIA

The journey to nomadic homeland begins and ends in Ulaanbaatar.

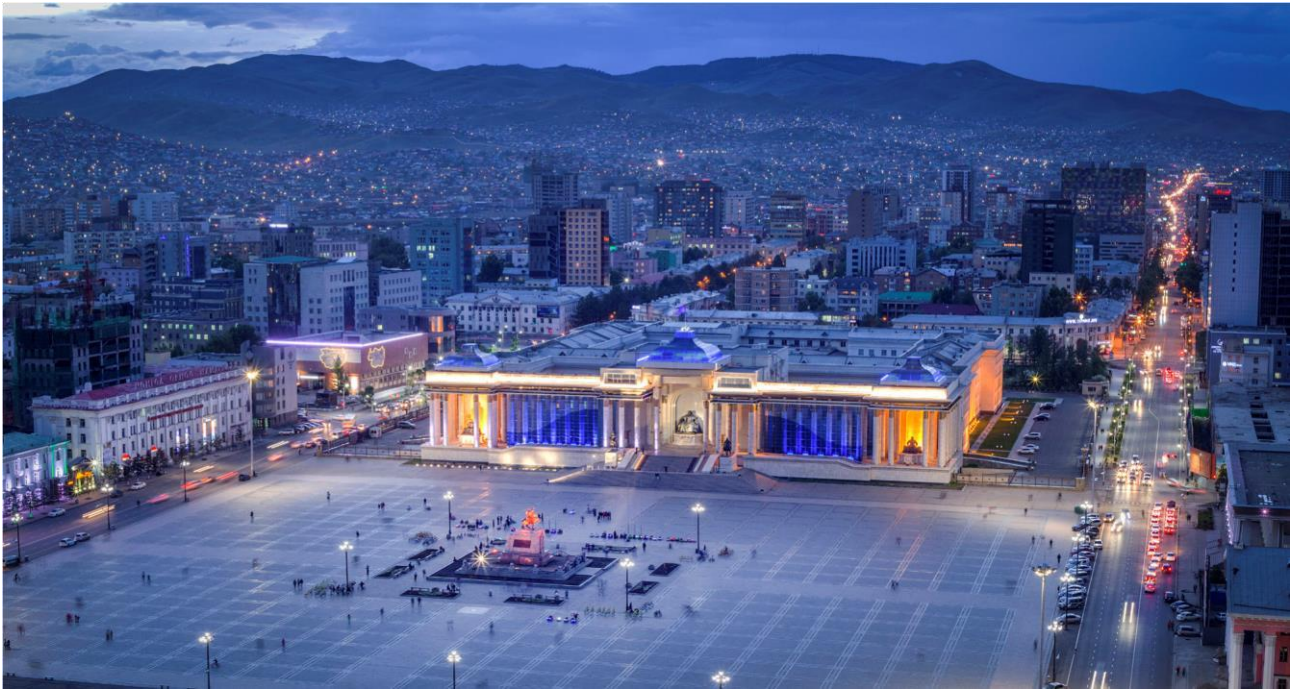
Five places to take pictures are:



capital.



## 2 SUKHBAATAR SQUARE



Sukhbaatar Square, is a popular place for city residents, not only travelers. If you watch closely,

the city played out here, such as teenagers riding bikes and rollerblading, guys hanging out on the thick

### 1 "ULAANBAATAR"

#### LETTERS

90 percent of tourists coming to Mongolia arrive in the capital, and one of the places where foreign and local tourists visit is the "Ulaanbaatar" letters. Located at the square of the State Academic Drama Theater, the "Ulaanbaatar" is the very photographic location of the



you can see and witness many interesting stories of around the statue of Sukhbaatar, newly married couples posing for pictures, students celebrating graduation, or classmates coming together for reunions after 30 or 40 years. So many memories for Mongolians and unforgettable life moments are inseparably tied to this square.

chains hanging from the mouths of stone lions  
As you enter the main entrance from the south,

## 4 CHINGGIS KHAAN EQUESTRIAN STATUE COMPLEX

## 3 GANDAN MONASTERY



Built in 1840, it is the center of Mongolian Buddhism and the only working monastery during the

entire communist period. The most famous equestrian statue in the world is made of 250 tons of stainless steel and stands 40 meters tall, including its base. You can see the landscape surrounding the complex by going up in an elevator located in the city. In the past it was one of the main Buddhist centers in Asia having two dozens of chapels and famous for its library collection of religious documents and the typography.

It is located at the historical site of Tsonjin Boldog, 54 kilometers from Ulaanbaatar. The tallest equestrian statue in the world is made of 250 tons of stainless steel and stands 40 meters tall, including its base. You can see the landscape surrounding the complex by going up in an elevator located in the city. In the past it was one of the main Buddhist centers in Asia having two dozens of chapels and famous for its library collection of religious documents and the typography. It's the most frequently photographed site by tourists in Mongolia.

## 5 ZAISAN HILL

### THOUSANDS OF STARS

If you've ever gazed up at the night sky and wondered what was above and beyond, then Mongolia is for you. Many tourists say it's the best place for stargazing with the electricity-free countryside.



## 6

a path leads towards the right to a courtyard containing two temples. The northeast building is Ochidara Temple (sometimes called Gandan Süm), where the most significant ceremonies are held. As you follow the kora (pilgrim) path clockwise around this building, you see a large statue behind glass of Tsongkhapa, the founder of the Gelugpa sect. The two-storey Didan-Lavran Temple in the courtyard was home to the 13th Dalai Lama during his stay here

in 1904 (when he fled Lhasa ahead of a British invasion of Tibet).

At the end of the main path as you enter is the magnificent white Migjid Janraisig Süm, the monastery's main attraction. Lining the walls of the temple are hundreds of images of Ayush, the Buddha of Longevity, which stare through the gloom to the magnificent Migjid Janraisig statue.

If you want to see the best panoramic view of Ulaanbaatar city, you may visit to the Zaisan Hill War Memorial and Buddha Park. The huge monument on the top of the hill was created as a memorial to the soldiers who died in World War II.

Zaisan Hill overlooks the city and offers the best panoramic view of Ulaanbaatar and its surrounding sacred mountains. Buddha Park features a 23 meter tall statue of Buddha.



### 1. VERTICAL STREAM

A trip starts with unfolding a paraglider against the wind to smoothly explore from the sky with the support of vertical wind streams. There are several spots around Ulaanbaatar for people interested in paragliding. Artsat Valley of Bogd Mountain, which you can reach from Yarmag Terrace, is at an elevation of 1,200 to 1,400 meters above sea level, and 200 meters above its surrounding area.

### 2. MORE EXPERIENCE, LESS RISK

If you want to travel around Ulaanbaatar, go on a hiking trip to Dashiin Khad of Bogd Khan Mountain, also known as Tsetsee Gun Peak. You will arrive in Zuun Mod of Tuv Province after driving 45 kilometers on asphalt roads from center of the city to the southwest. Then you will drive on dirt roads for 7 kilometers to reach Manjusri Monastery. From here, you will leave your car and go

### 3. CYCLING TRIP

There are no bike lanes in the city, but Ulaanbaatar residents love riding bikes. At the beginning of the 1900s, the scholar Shagj sped through the streets of Ulaanbaatar, riding a device invented by a peasant named Efim Artamanov in 1800. It was how Mongolians met a bicycle for the first time. Later on, some Mongolian youth travelled around the world by bicycle in 1990s. It's possible to go mountain biking around the city for distances of 7 to 70 kilometers, depending on your preference, all year round.

# OUTDOOR RECREATIONAL ACTIVITIES AROUND UB







#### 4. HORSEBACK

Riding You can't go back home without riding a horse when you come to Mongolia horses may not look as majestic as other horse breeds, but they will give you a one-of-a-kind experience with confident, surefooted gaits across the steppe. The first half of the path is quite steep, but the incline reduces gradually to become flat ground, and then you will reach Tsetsee Gun Peak, rising 2,268 meters above sea level.



#### 5. CAMEL TREKKING

Would you believe me if I told you that you can ride camels near the city? You can add a vivid memory to your journey by riding two-humped Bactrian camels, which are rare and inhabit very few places around the world. It is especially pleasurable during the winter. When the camels have stored up enough fat for the winter, their humps seem much more secure and comfortable.



### 6. FEEL

Mongolia, there are many rivers idle the experience of ad-competition, and the challenge and strength to the traveler. For people who daytrip close to the city, tuul River is recommend-rough this 704 kilometer, long river originating from Khagiin Khar Nuur and ending at the Orkhon River - has a calm stream, it has rapids and fallen trees along its banks to provide excitement for kayakers.



### 7. UNFROZEN STREAMS

In the winter there are several spots with unfrozen streams along the Tuul River, which flows through the south of the city. You can go to those spots to take a brisk plunge in water that is colder than winter itself. Stand on ice with bare feet, feel your toes warming and tingling from cold at the same time.



### 8. GEO CACHES

A several caches awaiting you in Mongolia and around the big city. What did Ulaanbaatar residents hide?



### 9. GUARDIANS OF THE SKY

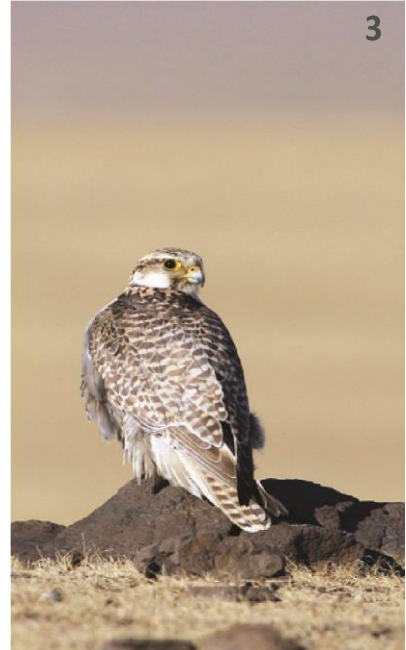
A total of 472 species of birds belonging to 61 families and 204 genera inhabit Mongolia. Eighty-one species are non-migratory and 391 of them are migratory birds. Non-migratory birds come out of the torpor from March in Spring. Would you believe that you can watch most of them at cozy places



### 10. GOLF

There are number of golf courses with up to 20 holes near the city. The cool, dry, but sunny climate in Ulaanbaatar during the summer makes it the perfect setting to play golf. At this time of the year, lots of tourists visit golf courses in Ulaanbaatar because some major cities in Asia are most likely to be blazing hot or rainy at that time of the year

# BIRDING IN ULAANBAATAR



1

## CITY

Mongolia is located in central Asia and has a vast territory of relatively unspoiled natural habitats, including boreal forest, steppe grassland, semi-desert, as well as many important wetlands. Mongolia is an important country for breeding birds, and avian biomass increases four or five times in autumn compared with spring and there are totally 70 Important Bird Areas registered based on the surveys.

About 500 bird species have been recorded in Mongolia. Out of 80 percent is migratory and 81 species are resident. In addition, 247 species of migratory birds breed in Mongolia, more than 10 species are winter visitors from Siberia.

Four major global migratory routes have been recognized in Mongolia: the East Asia-Australasia flyway; the Central Asia flyway; the West Pacific flyway; and the Africa-Eurasia flyway. Of these, the former two account for the majority of bird migration. Currently, more than 220 species of birds have been recorded around Ulaanbaatar.



Office 702, Undram Plaza, II khoroo, Ikhtoiruu, Bayanzurkh District  
+(976) 8000-4649  
www.mbcc.mn; Email: info@mbcc.mn  
Mongolian-Bird-Conservation-Center

Here are some of the migratory and internationally endan-gered birds that come to UB and its surrounding during breeding season.

The 5 key birding sites in surrounding area of UB are de-scribed:

**Songino Mountain:** Situated near Songino Resort the fruit trees cultivated around the resorts attract high number of birds. Therefore, bird species diversity is relatively high throughout the year. The Songino is our most favored site to visit in the winter and during migration season.

**“Khun” Lake:** The lake locates in eastern foothills of the Songino Mountain and west side of the newly established “Auto Market” provides essential breeding and roosting habitat for many waterfowl species during both breeding and migration season.

**Zaisan Valley in the Bogd Khan Mountain:** Going up from Zaisan valley, both Zuun and Baruunshiree valley can be most suitable site to observe typical forest passerines, especially woodpeckers.

**Tuul River:** Important habitat for many bird species inhabit close to river and riparian forest. Recommend to walk along the river from Marshal Bridge until Gachuurt Village for better observation.

**SharKhooloi Valley at Gachuurt Village:** The diversity of the bird species occur in

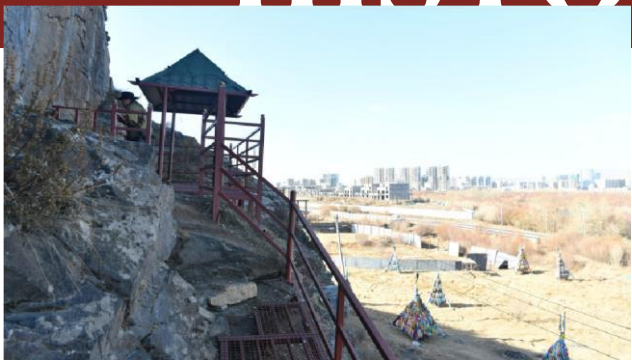
1. Black-billed Capercaillie
2. Long-tailed Rosefinch
3. Saker Falcon
4. Siberian Tit
5. White-crowned Penduline Tit
6. Yellow-breasted Bunting

## Birding spots in Ulaanbaatar



this Valley is similar to Zaisan in Bogd Mountain, however it offers some special species that you cannot see in Zaisan valley such as Siberian Tit, Siberian Jay, Ural owl, Black-billed Capercaillie and Hazel Grouse. It is situated about 25km to the north from Gachuurt Bus Station.





# HISTORICAL AND

33

The Ulaanbaatar Tourism department plans to renovate five historical and cultural sites in five suburban areas as part of its efforts to turn historical and cultural monuments into tourism

### PETROGLYPHS OF IKH TENGER MOUNTAIN

**Ated date:** Ronze Age petroglyphs, movable historical and cultural monuments with 13th century ink paintings and Mongolian, Chinese and Tibetan inscriptions.

**Location:** Bayanzurkh district, 11th khoroo, east of Ikh Tengeriin am

**Rating of protection:** Most recently, it was placed under state protection by the Government Resolution No. 13 of 2020.

In front of Ulaanbaatar, on the north end of the Ikh Tenger mountain, there is a petroglyph facing north, with Mongolian, Chinese and Tibetan inscriptions painted in red copper and black ink. These were first discovered and studied in 1960 by the Soviet scientist Okladnikov.

There are 7 red paintings, 7 with a multi-spotted square fence, 29 with an outline of a man standing alone, 2, 3, 5 holding hands, 29 with a picture of a flying eagle, 2 with a picture of a horse on the road, and 2 with a picture of a horse on the road. There are also scratches, stains, and angles of square fences. These date back to the products and put them to

economic use.

This renovation will begin with petroglyphs, inscriptions and landscaping work at the mouth of the Ikh Tenger mountain.

Bronze Age and, according to researchers, reflect the customs of ancient herder tribes.

The black ink painting is next to the red ink painting and consists of a Mongolian inscription with

the words "Eternal Blue Sky", a man in Mongolian robe, deer with spots looking backwards, and a shaman. A woman in a Mongolian deel is depicted looking straight ahead, and her round face and Mongolian eyes are clearly depicted. She wore a



long, wide-sleeved deel and Mongolian boots with thick laces.

The hem of the deel is lined with ornaments. The most interesting thing is that she has something like a feather on the top of the high hat she is wearing. Researchers believe that this hat is a bag worn by 13th century Mongolian aristocratic women. A



portrait of the great queen of the Yuan Dynasty of Mongolia was painted with such a hat, and several such hats were found in the tomb of a Mongolian woman excavated in Delgerkhaan soum, Khentii province. This painting at the mouth of the Ikh Tenger mountain is the first line drawing of a Mongolian woman.

# CULTURAL HERITAGE

## HUNNU ARISTOCRACY COMPLEX AT

The burial complex of the Xiongnu aristocracy is one of the few in the world. It contains many secrets yet to be discovered. This complex is located on the western banks of the Selbe river, shaded by the mountains to the west and forest area to the north. In the south the complex meets with open plains.

**Applicable date:** BCE III - BCE I century

**Location:** 20th khoroo, Sukhbaatar district, at the beginning of Belkhiin Am





Protection level: 1.3 hectares of land was recently



taken under the protection of the capital city by the order A / 161 of the Minister of Education, Culture, Science and Sports in 2020.

In choosing the burial place of their nobles, the Xiongnu considered not only rituals but also the convenience of preparing wood and stones for burial. The tombstone is covered with flat stones on the ground, and the empty space of the river is filled with dirt and stones according to a certain ritual. The Xiongnu had a tradition of placing certain types of artifacts in accordance with established procedures when burying their dignitaries and nobles.





# MOUNT BOGD KHAN NATIONAL PARK



Mount Bogd Khan National Park is the world's first national park which is located in Ulaanbaatar, Mongolia. It is a UNESCO Man and Biosphere Reserve. For topography, it is the only specially protected area located in the main hub of a country. There is no such national park located in the main hubs of the other countries of the world.

**Total area size of Mount Bogd Khan National Park: 42,271,24 hectares**

- Restricted area: 12,035.09 hectares
- Protected area: 23,314.748 hectares
- Wildlife areas (A and B): 6,921,66 hectares
- Highest peak Tsetsee Goun: 2,268 meters above altitude

The mountain is in a community location where are 1.2 million residents of the capital city and its satellite town to the north and 17.3 inhabitants of the soums Zuunmod and Sergelen of Tuv province to the south.

There are 52 species of mammals consisting 40.3% rodents, 25.0% carnivores, 7.7% insectivores, 9.6% chiropterans and ungulates and 7.7% lagomorphs.

**The flora consists of total 427 species of 265 genera of 60 families. The flora families are divided as follows:**

The Daisy family (Asteraceae)	46 species
The Rose family (Rosaceae)	37 species
The Pea family (Fabaceae)	36 species
The Buttercup family (Ranunculaceae)	29 species
The Figwort family (Scrophulariaceae)	20 species

Birds of total 218 species, 119 genera, 41 families belonging to 13 orders have been recorded in Mount Bogd Khan National Park and the basin of River Tuul and among which there are rare birds of 7 species of the International Rare Species Class and 13 species of the Regional Rare Species Class.





A forest covering area occupies 53.1% or 22,129 hectares of the national park.

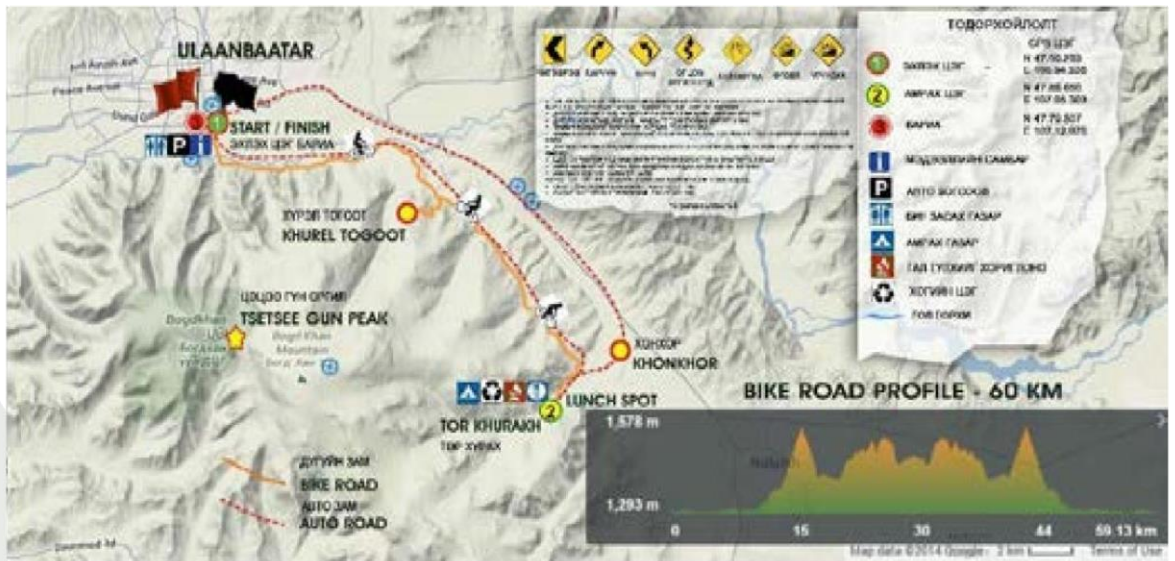
The forest covering area consists of 98.8% or 18,153-hectare natural woodland, 0.1% or a 14-hectare planted or grown forest and 1.1% or 201-hectare bushes and shrubs.

### Trip routes:

It is divided into types of off-road biking and hiking. There are total 10 trip routes.

There are a lot of wildlife, cultural heritage, rock painting, on-rock scripts, tombs and shrines. These are a historic heritage located along the trip routes greatly attracting the interests of travelers and tourists.

The statistics show that 5,000 foreign tourists and 145,000 domestic travelers and tourists have traveled to the national park in the past 3 years.



MONGOL OLLE

# 01

## Монгол Оллэ Mongol Olle Trail

## HIKING ROUTE

Богдхан уулын Оллэ  
ЯВГАН АЯЛЛЫН ЗАМ  
Mt. Bogdkhan Olle



## Bogd Khan Mountain

### ROUTE 1

The Bogd Khan Uul route starts at Honkhor station, 25 km east of Ulaanbaatar and ends at Tuul crossing. The first half of the road continues through the hills and the last half through the steppe. Bogd Khan Uul is a protected area with a beautiful natural landscape and tourist attractions, but there were no road markings or hiking trails, so the “Mongol Olle” tour has done the marking.

At the top of the first hill of Bogd Khan Uul, which has dozens of valleys, there is a blue direction indicator. Following the signpost, we descend into natural beauty, and along the surrounding forest and road, a tree planted by Korean Olleg volunteers

continues, and in the distance we see a railway. There is a military unit deep in the forest, so don't deviate from the trail or you may have problems! In the middle of the road is the Gunibil tourist camp.

As you follow the road markings, you will come across the ruins of an old military base. The trip will soon end when we reach the Tuul crossing. Along the way, you will enjoy colorful flowers, forest animals, and other breathtaking natural scenery.

## Mount Chinggis

### ROUTE 2

The Olle hiking trail at Mount Chinggis continues in the Gorkhi Terelj National Park within a uniquely



41

beautiful natural setting. The starting and finishing points of the path around Mount Chinggis are the same.

Mount Chinggis is a mountain in the southwest of the Terej Mountains, a branch of the Khenti Mountain system, but it is interesting to note that it is separate from the others. From the top of the mountain, the surrounding nature is especially beautiful and it is impossible not to be moved. The first part of the tour will continue through the steppe and then along the river to the west of the Chinggis Khuree tourist camp.

Along the way, you will come across a stone path set up by Korean Olleg volunteers. At the top of the

mountain there is an Owoo (Piled stones) with the black coat of arms of Chinggis. Along the way, you will see Huslin Khad with a unique natural formation.

## Uguumur Valley

### ROUTE 3

The route will start from the south of the UB-2 hotel near the 6th khoroo of Tereli settlement, Nalaikh district which is located in the GorkhiTerelj National Park. Here you can see the life of the local people, reports, the River Terelj, fragrant steppe, silence in the deep forest, etc.

It is possible to immerse yourself in the beautiful scenery and unique landscapes of Mongolia that you

have not seen on Mongol Olle Routes 1 and 2. After passing the Uguumur valley, it is pleasant to take





turns walking along the steppe and forest paths. Along the way, you will come across a large rock at the foot of a mountain, and it looks different depending on where and how you see it. From the slopes, if you use your imagination, you can see dinosaurs lying on their backs, and behind the rocks, they look like turtle heads. If you follow the rock to the top of the mountain, there is a beautiful place called "Khardag Khad" where you can relax and stare into the distance.

From the top of the mountain, the hills, steppes, and cliffs look strange with their natural harmony. As you descend from the top of the mountain, you will pass through a pine forest and a birch forest. Wild strawberries growing everywhere look seductive.

Coming out of the woods, crossing a small pond, take a narrow path to the east to a hill. The valleys

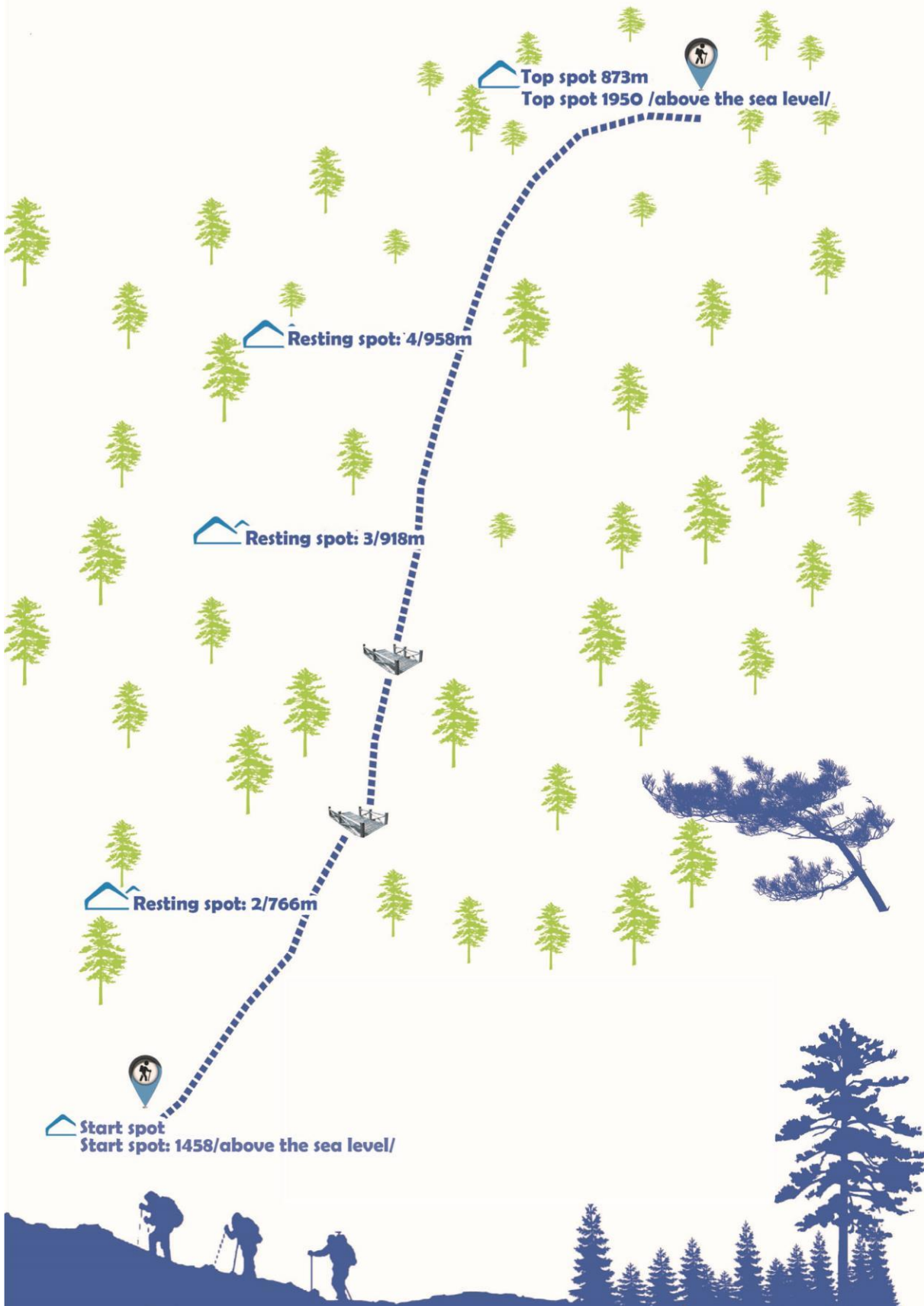
along the mountains, perennials and natural flowers do not give you time to get bored during the trip.

The breath that overlaps the steep path disappears under the majesty of the mountain top. As we descend the mountain, we rest in the middle of the trees and walk through the forest to reach the village.





# ZAISAN-BARUUN SHIREE HIKING ROUTE



# EVSEG NIRUN

Mongolian Premium Cashmere

MONGOLIAN CASHMERE

TOP  DONJ

  
ALFRED ROWLAND  
LONDON



# TRANSPORTATION

## AIR TRANSPORT

As of 2012, most airports of 21 province centers of Mongolia have paved runways. Those closest to Ulaanbaatar lack scheduled air service. New Ulaanbaatar International Airport outside of Ulaanbaatar is the major airport in Mongolia that offers international flights. Choibalsan's airport has international status and flights to the Chinese cities of Hailar, Erenhot and Manzhouli. Ulaanbaatar can be accessed with regular flights from major cities such as Moscow, Berlin, Frankfurt, Beijing, Hong Kong, Singapore, Seoul, Tokyo, Osaka (served only in summer), Istanbul and Bishkek.



## ROADWAYS

In 2007, only about 2600 km of Mongolia's road network were majority of Mongolia's official road network, some 40,000 km, are paved. Another 3900 km are graveled or otherwise improved. This simple cross-country tracks.network of paved roads was expanded to 4,800 km in 2013, with Construction is underway on an east-west road (the so-called 1,800 km completed in 2014 alone. This included the roads from Millennium Road) that incorporates the road from Ulaanbaatar to Ulaanbaatar to the Russian and Chinese borders, paved road from Arvaikheer and on the extension of the Darkhan-Bulgan road beyond Ulaanbaatar to Kharkhorin and Bayankhongor, another going Bulgan. Private bus and minibus companies offer service from south to Mandalgovi, and a partly parallel road from Lun to Ulaanbaatar to most aimag centers. Dashinchilen, as well as the road from Darkhan to Bulgan via Erdenet.



# N IN MONGOLIA

## RAILWAY

The Trans-Mongolian Railway connects the Trans-Siberian Railway from Ulan Ude in Russia to Erenhot and Beijing in China through the capital Ulaanbaatar. The Mongolian section of this line runs for 1110 km. A spur line connects Darkhan to the copper mines of Erdenet; another spur line connects Ulaanbaatar with the coal mines of Baganuur. A separate railway line is in the east of the country between Choibalsan and the Trans-Siberian at Borzya; however, that line is closed to passengers beyond the Mongolian town of Chuluunkhoroot. For domestic transport, daily trains run from Ulaanbaatar to Darkhan, Sukhbaatar, and Erdenet, as well as Zamyn-Üüd, Choir and Sainshand.



## BUS

Buses are the main mode of public transportation in Ulaanbaatar. There is no set time table, but buses pass stops at approximately 15-minute intervals. Buses runs between 7:00am and 10:00pm. Ulaanbaatar Urban Transport Service with New Ulaanbaatar International Airport launched an express bus connecting the airport and downtown area. There is transport between cities of Mongolia offering buses of all sizes from minivans to large coach buses (usually up to 45 seats). The national and municipal governments regulate a wide system of private transit providers which operate numerous bus lines around the city.

SHUTTLE BUS SERVICE

## Route 2

New Ulaanbaatar  
international airport



Ramada  
Ulaanbaatar Hotel



Holiday Inn  
Ulaanbaatar Hotel



Best Western Premier  
Tuushin Hotel



Novotel  
Ulaanbaatar Hotel



Chinggis Khan Hotel



Kempinski Hotel  
Khan Palace



CONTACT US NOW  
1800-1700

SHUTTLE BUS SERVICE

## Route 1

New Ulaanbaatar  
international airport



Ibis Styles  
Ulaanbaatar Hotel



Bayangol Hotel



The Blue Sky Hotel



CONTACT US NOW  
1800-1700

Personalized Experiences, Exclusive Savings, & Perfect Timing

# HIDDEN GEMS AT YOUR FINGERTIPS

# Citypass<sup>®</sup>

ulaanbaatar



2024  
TRIP

BIG  
SALE

BOOK  
NOW!

## PACKAGE INCLUSION

- ATTRACTIONS
- CITY TOUR & COACH TRIP
- CITY NIGHT EXPERIENCE
- EXECUTIVE TRANSPORTATION

## TYPES OF PASSES WE OFFER

- EXPLORE PASS- PERFECT FOR SHORT-TERM VISITORS
- ALL-INCLUSIVE PASS- UNLIMITED ATTRACTIONS EVERY DAY
- CITY NIGHT PASS - EXPERIENCE CITY NIGHTLIFE
- FLEX PASS - PERSONALIZE AND CHOOSE AT YOUR OWN PAC

Citypass<sup>®</sup>  
ulaanbaatar



Download Now!



Maximize time, budget & memories with CityPass. Choose from captivating attractions, immersive tours & engaging activities. Download our app, select passes, use QR code for hassle-free entry. Explore, save & create unforgettable experiences with ease

[WWW.CITYPASS.MN](http://WWW.CITYPASS.MN)





# Ulaanbaatar city tour



We offer you the most highlighted sightseeing tours around Ulaanbaatar  
 Tickets available at Tourist Information Center and Tour bus



### Tour time table:

**Tour 1:** 10AM-5PM

**Tour 2:** 9:30AM-1PM, 2PM-5:30PM

☎ 976-9040 8687

📍 UB City Tour Bus

✉ [ubtourbus@gmail.com](mailto:ubtourbus@gmail.com)