

Shamanism in the steppe



Days: 12
Price: 1690 EUR
International flight not included
Comfort: ★★★★★
Difficult: ★☆☆☆☆
📍 Spirituality 📍 Culture
📍 Comfort & Luxury 📍 Must see

Go for an uncommon adventure **with a shaman** and his assistant. All along your stay, discover **high places of spirituality**, learn **shamanic teaching** and **meditate** with them.

Day 1. Arrival and visit of Ulan Bator



Ulan Bator 📍

- Arrival at the airport, meeting with our driver. **Transfer to your hotel**, settling in, and rest.
- Appointment at 12 o'clock at your hotel with your guide. He will take you to the restaurant of your choice.
- Let's immerse ourselves in the heart of the **Mongolian history**, in the wonderful National History Museum. Three floors of a rich, glorious, violent and noble past, from prehistory to Soviet period, including the creation of the great Mongolian Empire by **Genghis Khan**.
- Walk in the centre of Ulan-Bator. Discovery of Gengis Khan Square and the House of Parliament.
- At 18 o'clock, Mongolian traditional show at Tumen Ekh: folkloric dances, contortion, and of course **khoomi**, the overtone singing.

🏠 Accommodation

Holiday Inn Hotel

Day 2. Trip in the Mini-Gobi



Ulan Bator 📍

🚗 280km - ⌚ 4h 30m
Khogno Khan 📍

- We arrive at the splendid rocky formations of Khogno Khan. Discovery of the park : semidesert steppes, taiga, stunning rocky formations, 80-kilometre (49,71 miles) long sand dunes, are characteristic of this arid area nicknamed "*Mini-Gobi*".
- Walk until Erdene Khambiin Monastery. "Monk Erdene's Monastery" dates from 17th century and was built in the mountain. **Zanabazar** built it in honour of his teacher, monk Erdene.

Also

2

Each day, **with a shaman**, you'll discover important thematic bound to Shamanism: history, practices, and symbolism. **Meditation** and **Shamanic ceremony**.

🍳 Breakfast

Holiday Inn Hotel

🍴 Lunch

Made by your team

🍷 Dinner

Eden camp

🏠 Accommodation

Eden camp

Day 3-4. Meditating in Orkhon Valley



Khogno Khan 📍
🚗 240km - ⌚ 4h 30m
Orkhon valley 📍

Khogno Khan - Orkhon valley

- Journey to Orkhon Valley. Inscribed on the **UNESCO World Heritage List**, the valley is a land of nomadism and many breeders set their summer camp there.

Day 4

- Stay among breeders in the valley. During your stay, you will **discover their way of life** and you will be proposed many activities, such as **milking, making traditional dairy products, or rounding up the animals with a horse.**

You will also attend the preparation of a Mongolian barbecue that you will enjoy with your hosts.

- Those who wish will go pony trekking along Orkhon Valley, from the camp until **Orkhon waterfalls.**
- Visit of Ulan Tsutgalaan falls, white flood flowing on the black stone, transformed in rainbow by a short sunray... These 16-metres (52,49 feet) falls are just magic ! They were formed 20.000 years ago, as a result of a unique combination of earthquakes and volcano eruptions.

Also

3 4

Each day, **with a shaman**, you'll discover important thematics bound to Shamanism: history, practices, and symbolism. **Meditation** and **Shamanic ceremony.**

🍳 Breakfast

3 Eden camp

4 Talbiun

🍴 Lunch

3 Picnic from the camp

4 Countryside home stay

🍷 Dinner

3 Talbiun

4 Mongolian barbecue "Khorkhog"

🏠 Accommodation

3 Talbiun

4 Yurt for guests with a family

Day 5. Relaxing in the hot waters of Tsenkher



Orkhon valley 📍
🚗 150km - ⌚ 5h 30m
Tsenkher hot springs 📍

Orkhon valley - Tsenkher hot springs

- Visit of Tovkhon Monastery. Vehicles can't go until the top of Öndör Ulaan Hill and we will walk until there to discover **Tovkhon Ermitage**, where **Zanabazar**, the first religious leader of Mongolia, created the **Soyombo alphabet**. The monastery is located 2312 metres (1,44 mile) above the sea level and from that place we'll have a wonderful view of the whole Khangai range. We'll picnic in exceptional surroundings, facing Orkhon Valley.

- Arrival at Tsenkher hot springs, where you can lounge in the hot springs of the camp.

Also

5

Each day, **with a shaman**, you'll discover important thematics bound to Shamanism: history, practices, and symbolism. **Meditation** and **Shamanic ceremony.**

🍳 Breakfast

Made by your team

🍴 Lunch

Local restaurant

🍷 Dinner

Shiveet Mankhan

Day 6. Visit of the oldest monastery of Mongolia



Tsenkher hot springs 📍
 🚗 140km - ⌚ 2h 30m
 Kharkhorin 📍

Tsenkher hot springs - Kharkhorin

- Journey to Kharkhorin, the **former capital of Mongolia**. The legendary city of Genghis Khan was founded in 1220 and was one of the stages of the silk road. The Mongolian Empire was governed from this city until Kubilai Khan set up the capital in Beijing. Today, there are only a few vestiges left of the former capital.
- Visit of Erdene Zuu Monastery, built in 1586 by a nomad prince. The Chinese and Tibetan-inspired buildings are surrounded with **108 sacred stupas**.

Also

6

Each day, **with a shaman**, you'll discover important thematics bound to Shamanism: history, practices, and symbolism. **Meditation** and **Shamanic ceremony**.

🍳 Breakfast	Shiveet Mankhan
🍴 Lunch	Local restaurant
🍷 Dinner	Anja camp
🏠 Accommodation	Anja camp

Day 7. Observing wild camels



Kharkhorin 📍
 🚗 270km - ⌚ 4h 30m
 Khustai national park 📍

- Journey to Khustai Reserve that houses the Przewalski horses (takh). Twilight is the best moment to observe them. We'll walk until the river where they drink, and observe them with no fear to bother.

Also

7

Each day, **with a shaman**, you'll discover important thematics bound to Shamanism: history, practices, and symbolism. **Meditation** and **Shamanic ceremony**.

🍳 Breakfast	Anja camp
🍴 Lunch	Picnic from the camp
🍷 Dinner	Khustai camp
🏠 Accommodation	Khustai camp

Day 8-10. Mystic stay in the surroundings of the Shambala



Khustai national park 📍

Ulan Bator - Sainshand

- **Transmongolian** until Sainshand. In the train, Mongolians are the great majority of the travellers, so a "local atmosphere" is guaranteed ! For lunch, we will picnic in the train. All along the journey, we can enjoy the splendid landscapes of the Mongolian steppes. Arrival in the early evening.

Day 9

- Visit of Khamar Monastery. The famous Mongolian teacher and man of letters **Danzanravjaa** created this monastery in the 1820's. It was an important centre of the Buddhist "*red sect*".

🚗 130km - ⌚ 2h 30m
Ulan Bator 📍
🚗 450km - ⌚ 10h 40m
Sainshand 📍

North of the monastery, we will see some **meditation caves**.

- Visit of one of the most sacred places in the Buddhist belief, the Shambala, entrance of an utopian world ruled by joy and harmony. This **energetic centre** has become a popular **place of pilgrimage** in Mongolia.

Day 10

- **Visit of a camel herders' family** where we'll discover the Mongolian hospitality.
- **Camelback trip** among the deserts landscapes of Sainshand area.
- Visit of the Museum of Danzanravjaa.
- In the evening, we embark on the night train towards Ulan Bator. We spend the night on the train, in comfortable berths (one cabin for four persons). Arrival at the capital the day after.

Also

8 9 10

Each day, **with a shaman**, you'll discover important thematics bound to Shamanism: history, practices, and symbolism. **Meditation** and **Shamanic ceremony**.

🍳 Breakfast

8 Khustai camp

9 10 Tavan doxio

🍴 Lunch

8 Picnic from the camp

9 10 Picnic from the camp

🍷 Dinner

8 9 Tavan doxio

10 Own

🏠 Accommodation

Tavan doxio

Day 11. Arrival at Ulan Bator



Sainshand 📍

🚗 450km - ⌚ 10h 40m

Ulan Bator 📍

- Transfer from the international station to your hotel, located in the centre of Ulan Bator, where you can rest.
- Visit of Gandantegchinlen Monastery. In the morning, lamas get together to pray. They will answer your questions at the Mongolian Buddhist Centre.
- Rest of the day free. With our guide, you can go and shop in the centre of the city.

🏠 Accommodation

Holiday Inn Hotel

Day 12. Have a good journey and see you soon !



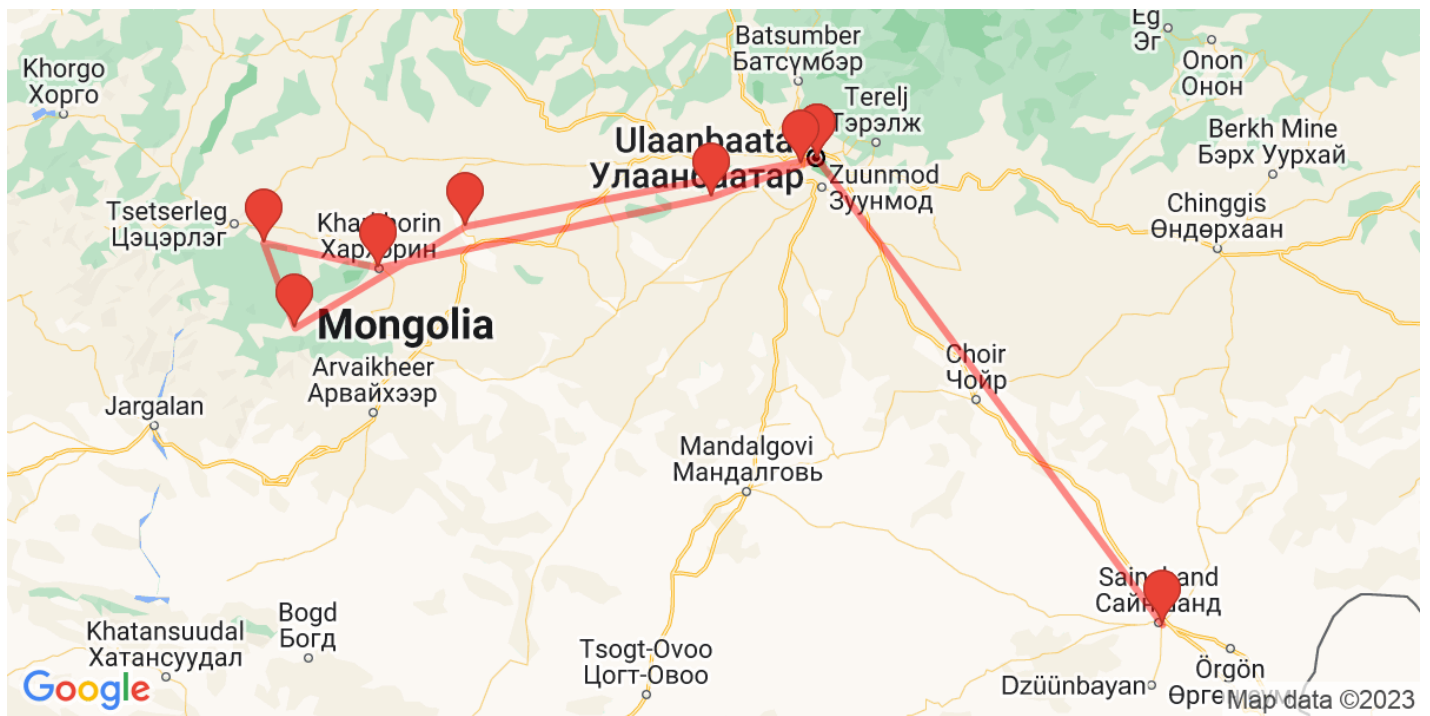
Flight back 📍

- Breakfast at the hotel. We go with you to the international airport of Ulan Bator. The transfer can be organized at the time you want, according to the schedule of your flight.

🍳 Breakfast

Holiday Inn Hotel

Itinerary map



Individual price per person

2-2	3-3	4-4	5-7	8-10
3200 EUR	2400 EUR	2000 EUR	1800 EUR	1690 EUR

You can go for a **private journey to the dates of your choice** for your very own group of people. In this particular case, **the price proposed depends entirely on the final number of participants** (please refer yourself to the prices mentioned below).

In the case of an exclusive private trip for you, this program seen here can serve as a base to draw the lines of the final offer. And you can create an entire trip « à la carte ».

Included

- Transfers airport / hotel / airport
- 2 nights in 4* hotel in Ulan Bator, breakfast included
- Train tickets Ulan Bator / Sainshand / Ulan Bator
- Full pension during the tour
- Mineral water
- 7 nights in comfortable yurts camps with warm waters
- 1 night in guest house, in a guest yurt
- 1 night on the train, on a berth (1 compartment for 4 persons)
- Journeys in jeep or minibus + driver
- Petrol
- English-speaking guide
- Shaman and his assistant from day 2 to day 10
- Shamanic teaching, ceremonies
- Pony trek
- Camel back trek
- Local equestrian guides
- Entrance fees for parks and museum indicated in the program
- Traditional show
- Equipment for meals (camping tables and chairs) and nights (sleeping bags)

Not included

- International transport
- Passport and visa fees
- Repatriation insurance
- Travel insurance
- Drinks / alcohols extras
- Meals in Ulan Bator
- Phone calls
- Any excursion that is not indicated in the program

Extra infos

Booking conditions

Booking Conditions

All requests for registration must be made by e-mail from the Local Agency, directly online from the Customer Area accessible from the website of the Local Agency, or the website of our group www.nomadays.fr.

To connect to the Customer Area, simply enter the login and password set during the first connection.

Registration is considered final once the online booking form is completed and upon received payment of the deposit and/or balance depending on the date of registration.

Depending on the services chosen and the regulations of the country, a photocopy of the passport may be requested by the Local Agency. In case of not sending the photocopy of the passport within the time indicated by the Local Agency, it cannot guarantee the proper performance of the reserved services.

Once payment has been made, a confirmation email is sent to the Customer. It includes the confirmation of the regulation as well as the electronic downloadable invoice.

A confirmation letter is sent to the Customer electronically. If the Customer does not receive the confirmation letter, the reservation would nevertheless be definitive as if it is confirmed by the Local Agency.

Payment Conditions

Registration made more than 30 days before the departure date

The Customer must pay a deposit of 30% of the total amount of the reserved services. The balance must be paid no later than 30 days before the date of the beginning of the stay.

Registration made less than 30 days before the departure date The Customer must pay the full amount of the trip at one time.

Methods of Payment

Upon confirmation of your reservation, your local agent will prepare your electronic invoice, hosted on the platform of Nomadays under your own account. Payments are made either:

- By credit card online, free of charge, from the payment links available on the electronic invoice.
- By bank transfer to the account of the travel agency.

The electronic invoice is updated with each payment received and can be consulted at any time from the Customer Area. The electronic invoice is downloadable and printable.