

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 thematics bound to Shamanism: history, practices, and symbolism. **Meditation** and **Shamanic ceremony**.

🍳 Breakfast | Holiday Inn Hotel
🍴 Lunch | Made by your team
🍷 Dinner | 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

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🍳 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

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🍳 Breakfast

Made by your team

☰ Breakfast	made by your team
🍴 Lunch	Local restaurant
🍷 Dinner	Shiveet Mankhan
🏠 Accommodation	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
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☰ 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
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☰ 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



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

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

- 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*".
 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 deserty landscapes of Sainshand area.
- Visit of the Museum of Danzanravjaa.
- In the evening, we emnark 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 !




- Breakfast at the hotel. We go with you to the international airport of Ulan Bator. The transfer



Flight back [📍](#)

can be organized at the time you want, according to the schedule of your flight.

 Breakfast

Holiday Inn Hotel

Itinerary map

Departure dates

Start date	End date	Available	Status	Price
2020/07/01	2020/07/12	10	Not confirmed	1750 EUR
2020/09/02	2020/09/13	10	Not confirmed	1690 EUR

Individual price per person

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

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