



Nomadic Explorer
BEYOND GUIDEBOOK

2026 MONGOLIA

7 DAY CENTRAL MONGOLIA GROUP TOUR

Nomadic Heritage & Central Mongolia Adventure

TOUR CODE: G1C

Introduction

2026 CENTRAL

In just 7 days, discover Mongolia's rich history, unique culture, and authentic nomadic lifestyle. Meet local nomads, ride horses across the endless steppe, and experience a camel ride through the golden sand dunes of the Mini Gobi while exploring Mongolia's breathtaking natural beauty and ancient heritage.



Tour Highlights

CENTRAL MONGOLIA



Experience authentic Mongolian nomadic life and stay with local herder families



Ride horses across the steppe and camels through the golden dunes of the Mini Gobi



Explore Mongolia's iconic landscapes, monasteries, and ancient heritage

Trip Overview

Day	Theme	Key Activities	Meal
1	Terelj National park	Chinggis Khan Statue, Aryabal Temple, horseback riding	L,D
2	Elsen Tasarkhai	Camel riding, sand dunes	B,L,D
3	Orkhon Waterfall	Waterfall and Orkhon Valley	B,L,D
4	Orkhon Waterfall	Nomadic lifestyle experience, milking cows, dairy making, horseback riding, livestock herding, traditional food tasting.	B,L,D
5	Tuvkhun Monastery & Hotspring	Horseback riding and hot springs	B,L,D
6	Ugii lake & Kharkhorin	Erdene Zuu and Ugii Lake	B,L,D
7	Return Ulaanbaatar	Back to Ulaanbaatar	B,L

Day 1 – Terelj national park

Our guide and driver will pick you up from your hotel and begin the journey to the Chinggis Khan Equestrian Statue Complex at Tsonjin Boldog. Visit the impressive statue of Genghis Khan, the tallest equestrian statue in the world, and take the elevator to the top for panoramic views of the surrounding steppe while learning about Mongolia's rich history.

Continue to Gorkhi-Terelj National Park, famous for its dramatic granite rock formations and scenic valleys. Visit the iconic Turtle Rock, one of the park's most recognizable natural landmarks, then enjoy a short hike to the peaceful Aryabal Meditation Temple.

Later, visit a local nomadic family to experience their traditional lifestyle and hospitality. Enjoy a 1-hour horseback riding experience through the beautiful landscapes of Terelj National Park.

In the evening, check in to your tourist camp, enjoy dinner, and relax for the night.



Day 2 – Elsen Tasarkhai

After an early breakfast, continue your journey to Elsen Tasarkhai, often referred to as the "Mini Gobi." This unique region combines golden sand dunes, rolling grasslands, and rocky mountains, creating one of Mongolia's most picturesque landscapes.

Upon arrival, enjoy a camel riding experience on a traditional two-humped Bactrian camel as you explore the beautiful sand dunes and admire the peaceful desert scenery. You will also have time to walk along the dunes, take in the breathtaking views, and capture memorable photographs of this unique landscape where the steppe and desert meet.

In the evening, check in to your tourist camp, enjoy dinner, and spend the night in a traditional Mongolian ger.



Day 3 – Orkhon Waterfall

After breakfast, travel to the breathtaking Orkhon Waterfall (Ulaan Tsutgalan), located in the heart of the legendary Orkhon Valley — often called the “Valley of Nomads.” This UNESCO-recognized cultural landscape has been the cradle of nomadic civilization for more than 5,000 years and was once the center of great steppe empires, including the Uyghur and Mongol Empires.

Formed by ancient volcanic eruptions and shaped by the powerful Orkhon River, the waterfall cascades dramatically into a deep canyon surrounded by vast grasslands and grazing herds. Upon arrival, enjoy time to explore the area, walk along the riverbanks, and capture stunning photographs of this historic and scenic landscape.

In the late afternoon, transfer to Nomadic family. Enjoy dinner and relax under the expansive steppe sky before an overnight stay in this timeless land of nomads.



Day 4 – Authentic Nomadic Life Experience

Wake up early and enjoy breakfast with your nomadic host family. Spend the morning experiencing the daily routines of Mongolia's traditional herders. Observe and take part in milking cows, learn how homemade dairy products are prepared, and discover how nomadic families have sustained their lifestyle for generations.

Later, saddle up for a horseback ride across the open steppe and experience herding livestock alongside the nomads. This hands-on experience offers a unique opportunity to immerse yourself in Mongolia's centuries-old pastoral culture.

Throughout the day, sample a variety of traditional dairy products, including airag (fermented mare's milk), shimiin arkhi (traditional distilled milk vodka), aaruul (dried curd), and other local specialties.

In the evening, enjoy another traditional dinner and spend a second night with your nomadic host family.



Day 5 – Tuvkhun monastery & Hotspring

After breakfast, travel to Tuvkhun Monastery, one of Mongolia's most sacred and secluded Buddhist monasteries, hidden deep within the forested mountains of the Orkhon Valley. Founded by the renowned Buddhist leader Zanabazar in the 17th century, the monastery offers breathtaking views and a peaceful atmosphere.

From the base of the mountain, enjoy a 2–3 hour horseback ride through beautiful forests and mountain trails to reach the monastery. Don't worry if you're a beginner the ride is suitable for most travelers and is a memorable way to experience Mongolia's wilderness.

After exploring the monastery and taking in the spectacular scenery, descend the mountain and continue to Jaran Tsagaan Hot Springs. Relax in the naturally heated mineral waters, allowing the warm springs to soothe your muscles after a day of adventure.

In the evening, enjoy dinner and an overnight stay at Jaran Tsagaan Resort.



Day 6 – Ugii Lake & Kharkhorin

After breakfast, travel to Kharkhorin, the ancient city founded in the early 13th century by Chinggis Khan and later expanded under his son Ögedei. Once the heart of the Mongol Empire and an important junction on the old Silk Road, Kharkhorin was a thriving capital before the center of power shifted elsewhere. Visit Erdene Zuu Monastery, Mongolia's oldest surviving Buddhist monastery, built in the late 1500s on the ruins of the former capital using stones from the old city walls. Surrounded by a wall lined with 108 stupas, a sacred number in Buddhism, Erdene Zuu preserves beautiful religious art and reflects centuries of spiritual history, including periods of decline and revival.

After exploring these historic treasures, continue to Ugii Lake, a peaceful freshwater lake known for its rich birdlife and scenic beauty. The calm waters and tranquil surroundings make it a perfect spot to relax, and the sunset here is truly unforgettable. Overnight stay at a nearby tourist camp.



Day 7 – Return to Ulaanbaatar

After breakfast, begin the journey back to Ulaanbaatar, enjoying Mongolia's ever-changing landscapes one last time as you travel from the peaceful countryside to the vibrant capital. Along the way, there will be several opportunities to stop for short breaks, stretch your legs, and capture a few final photographs of the endless steppe.

We expect to arrive in Ulaanbaatar in the afternoon. Upon arrival, your guide and driver will transfer you to your hotel or your preferred drop-off location.

This concludes your unforgettable journey through Mongolia. We hope you leave with lasting memories of the country's breathtaking landscapes, fascinating history, rich nomadic culture, and warm hospitality. Thank you for traveling with us, and we look forward to welcoming you back to Mongolia in the future!



Accommodation



Where You'll Stay

- Experience authentic Mongolian ger camps and nomadic hospitality
- Enjoy accommodations surrounded by Mongolia's beautiful natural landscapes



Price

Price per person based on twin/double sharing

Group size	Price (per person USD)
Our groups usually aim for 3–5 travelers.	\$1480
Single supplements	\$320

Important: This tour operates with a minimum of 3 participants. If the minimum group size is not reached, the tour may be cancelled or rescheduled. Guests will be informed in advance and offered alternative dates or a full refund.

Service Includes

- All activities on the itinerary;
- Meals (not drink) as stated in the itinerary (B: Breakfast; L: Lunch; D: Dinner);
- Experienced English-speaking guide;
- Entrance fees for all visits as mentioned in the itinerary;
- Bottle of water on the coach (1 bottle/1 person/1 day)
- Accommodation as mentioned above.
Check in: 2 pm. Check out: 11.am
- Transportation

Service Excludes

- Drinks
- Early check in & late check out room (available upon request and depend on room availability)
- Travel insurance (we highly recommend that you purchase adequate insurance).
- International or Domestic flight tickets
- Mongolian Visa
- Tipping for guides, drivers, hotel staff, restaurant staff, etc.
- Personal expenses, such as laundry, telephone, drinks, etc.
- Meals, if not specified in the itinerary
- All other services not specified in the itinerary
Surcharge for Peak season, Naadam festival(11 of July – 15 of July).

Travel guide & Tips

Mongolia is known for its vast landscapes and rapidly changing weather, so we recommend bringing comfortable outdoor clothing and dressing in layers. Even during summer, mornings and evenings can become cool, especially in the countryside. A light waterproof jacket, comfortable walking shoes, sunscreen, sunglasses, and a hat are highly recommended for outdoor activities.

While staying in ger camps and visiting remote areas, facilities may be simpler than in the city, but they offer an authentic experience of Mongolian nomadic life. Internet connection can be limited outside Ulaanbaatar, so preparing offline maps or essential information in advance can be helpful.

Mongolian people are known for their warm hospitality, and guests are always welcomed with respect.

When visiting monasteries or nomadic families, modest clothing and respectful behavior are appreciated. Horseback and camel riding activities are suitable even for beginners, and local guides will assist you throughout the experience.





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Thank you for traveling with Nomadic Explorer

Our Contact:

+976 88642929, 89960335

Info@privatemongoliatours.com

IG: Nomadicexploreradventures

FB: Nomadic Explorer Adventures

UBH center 1008, 1st khoroo, Sukhbaatar district, Ulaanbaatar, Mongolia, 14210