



SHANGRI-LA  
ULAANBAATAR



For you to have an enjoyable nomadic adventure,  
here are tips to know and activities to do:

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## MUST-KNOW

- Mongolian local currency is Tugrugs.
- Shake hands to undo any potential bad deed if you step on or bump someone else's foot or shoe with yours. This applies to even strangers.
- Hitchhike to hail a cab in the city at your own risk. Taxis are 2,000₮ - 2,500₮ Mongolian tugrugs per km.
- You will experience your favorite season somehow in Mongolia as we go through all four seasons in one-day, so plan accordingly and dress appropriately for any weather.
- In the winter, temperature can be extreme and drop to -40 degrees Celsius and in the summer time, it ranges from +15 to +30 degrees Celsius.
- Once you leave the city, it's definite that you'll be in a yurt – known as a Ger in Mongolian which translates to home.
- When entering a ger, walk to the left side of the ger which is the guest side.
- Mongolia is the destination for cashmere since the country produces 40% of the world's cashmere supply and it's special due to the fact that herders hand-comb the goats' fine fibers themselves.

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## MUST DO

- The Chinggis Khaan Museum opened this year and it should be the first museum to visit if you're interested in history and art.
- Gandantegchinlen Monastery, Mongolia's most famous Buddhist temple is in the city and an early-morning visit is recommended if you wish to join the daily practices at the monastery and hear the prayers by Buddhist monks.
- For cashmere and souvenir shopping, Galleria Ulaanbaatar located by Sukhbaatar Square or State Department Store.
- Naran Tuul Black Market is a must-go visit for cheap authentic finds and everything else you can imagine, but be careful of pickpockets. The market is also closed on Tuesdays.
- For adventurers, horse riding is a mandatory activity in the land of the eternal blue sky to become a part of the epic, wide landscape and experience a nomadic way of travel.
- When visiting Gorkhi-Terelj National Park situated 55km from the capital, you can go to the world's tallest equestrian statue of Chinggis Khan standing at 40 meters tall and made of 250 tons of stainless steel.

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## MUST SAY

In the city or in the countryside, here are words, phrases or questions that'll be helpful.

- Hello / How are you? – Sain baina uu? (Sanbannu)
- Thank you – Bayarlalaa (Buyer-la)
- Goodbye – Bayartai (Buyer-té)
- Sorry / Excuse me – Uuchlaarai (Uuch-la-ré)
- Okay – Za (Za)
- Yes – Tiim (Team)
- No – Ugui (Oo-gui)

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## MUST DRINK

- A standard beverage for every Mongolian feast is **milk tea**. The savoury drink is made by boiling tea leaves in water then by adding a generous splash of milk and salt. The distinction for suutei tsai is salt in a tea and is typically served in small bows in a traditional setting.
- **Airag** is fermented mare's milk with a low percentage of alcohol and is considered one of the few alcoholic beverages that is a source of vitamins and minerals.
- Mongolia has traditional **handmade milk vodka** and **modern vodka**. Even if you're not a vodka drinker, modern one's are suitable to take home as a gift. Popular and affordable ones are Chinggis Gold and Soyombo.

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## MUST EAT



- One staple dairy product that has been the healthiest snack is **Aaruul**. It is curd that is cut into pieces with a string or molded into a shape which is then dried under the sun. It can be consumed as a solid or as a calcium-rich drink by placing it in water and letting it dissolve.



- **Urum** is a clotted cream / butter made by boiling the yak milk while ladling up the liquid and pouring it back into the wok-like pan which separates the cream and develops into froth. To solidify and consume, it has to be left in a cool place overnight. It is best if paired with boortsog (sweetened fried dough) or bread.



- **Sea Buckthorn** is a Mongolian superfood and its' distinct, sour, tangy taste supports immunity, metabolism, and a glowing skin as it contains vitamins A, B1, B2, B6, and C.



- **Buuz**, the Mongolian national dish is a steamed dumpling equivalent to gyoza or jiaozi. It is prepared for occasions such as Lunar New Year or year-round for holiday celebrations and honored guests.



- What Sushi is to Japan is what **Khuushuur** is to Mongolia. The traditional meaty dish is typically served during Naadam, the annual festival held in July celebrating the three games of men. The crispy deep fried flat dumpling is full of mutton or beef and is the main signature dish in Mongolia alongside buuz.