

TIF Charity Bike Ride 2018

Indicative Itinerary

This is a tentative schedule which will be refined. Note that at this stage the precise location and length the Easy Trail and Expert Trail remain to be confirmed.

Flying to Mongolia

There are direct flights from Moscow, Hong Kong, Beijing, Tokyo and Seoul at the minimum. It is easy to manage a connecting flight in these cities if you come from another destination (e.g. Europe, Singapore, Taiwan, etc.).

We however would advise to avoid passing through Beijing as Chinese airlines have a poor record on delays and it might be a problem if you can't get to Beijing on time to catch your correspondence to Mongolia. Hong Kong is much more secure from that point of view. Korea Air also flies to Mongolia with a stop-over in Seoul and it is a safe choice as well to book Korea Air from your city of origin.

There are sometimes no daily flights so we invite you to enquire asap in order to organize your booking. The national company is called MIAT, and it has a very good safety record.

Finally, please note that each participant is responsible to book and pay for his/her flight, this is not included in the Bike Ride package.

Airport Arrivals Pick-Up

Participants are required to arrive in UB on the Friday 29th June. TIF will have the precise schedule of all participants and will pick-up upon their arrival.

There will be signs with the TIF charity logo + names of the participants. Participants will be transported from the airport to the hotel for the first night.

The airport has a very good cell phone signal and you will have the contact numbers of the organizers in case of problem. It is a small airport, with only one exist door (no risk of missing the arrival committee) and there are only a few flights per day so it is not very busy.

Please don't forget to go to the ATMs if you need domestic currency (2,500 Tugriks = 1 USD) but the resort should be able to accept USD too (and probably credit cards subject to technology not getting bugged). There is no ATM in the Terelj National Park.

Alcohol (beer, vodka) are excluded from the package that you paid, the resort will charge such beverages.

First Night in UB Hotel

We are still exploring options for the first night in UB. The hotel(s) will be 3 or 4 stars, not the most luxurious but clean and comfortable based on international standards. Once arrived at the hotel the Friday afternoon and evening will be free. TIF will share a list of recommended restaurants and places to visit in UB.

The night at the hotel is included in the Bike Ride package.

The purpose of staying the first night in UB is to visit the TIF's kindergarten on Saturday morning early, before driving to the Terelj Natural Park and checking in the resort, and doing the first day of the Bike Ride in the afternoon.

Visit of TIF's Kindergarten on Saturday morning

Buses will pick-up the participants early to drive them to TIF's kindergarten in the northern suburbs of UB. It will take approximately 45mn to get there and we are planning to spend around 1h on site. The road will take you from the developed, modern city center to the poor slums located north of the city. There will be children to welcome you at the kindergarten. They will sing, dance and tell Mongolian poems. All the children might not come because it will be the weekend.

Please don't hesitate to bring small presents to the kids and in priority:

- Warm shoes
- Warm clothes
- Hats / gloves / scarves
- Drawing color pencils, markers, stickers, etc.

Afterwards the buses will leave for the resort which will require around 1.30h of driving. The resort will be located in the Terelj Natural Park. After leaving UB the road is beautiful and you will start to dive into the endless spaces of Mongolia's nature.

The Bike Ride

The Bike Ride is prepared and managed by a professional based in Mongolia with a dedicated staff. They will design the Easy Trail and the Expert Trail a few months before the event.

All participants will be provided with Trek mountain bikes, a US brand. These are very nice bikes which help making the ride very enjoyable. They will also be providing a helmet and a water bottle to all participants.

The **Easy Trail** will be around 10-15km each day, through mostly flat and easy terrain, all of it on unpaved road. There will not be any completely off-road section and there will not be steep parts. It will be specially designed so that anyone will be able to enjoy it, even those who are not riding a bike on a regular basis. It will be a mean to discover the Mongolian countryside by having a nice ballade. It will be suitable for families with kids of 10y and more.

The **Expert Trail** will also be specially designed, but towards those who are seasoned mountain or road bikers. This trail will not be very technical, it will also be mostly on unpaved roads, but it will be steeper and much longer than the Easy Trail (50km each day). Fit people who are not seasoned bikers will be able to do it too, as it was the case for the previous editions.

There will be water and snacks stops every 5k approximately, and on the second day the lunch will be served along the trails.

Note that you can bring your comfortable saddle if necessary.

The trails will be marked all the way on the day before so that it will be very easy to not get lost. All the participants will be under the supervision of professional “guides” riding with them. There will also be technical assistance to fix small issues on the road side. And there will be a few spared bikes in case of need. A truck following the participants could be used to take a rest or stop biking altogether if needed, and still join the arrival line.

TIF also hires a doctor and a nurse for the event, who will be following the participants and providing medical assistance in case of need. In the unlikely case of a more serious accident TIF and the medical staff will have agreed on an evacuation protocol with the most serious organization in Mongolia, SOS Medica. This organization is working for most of the foreign companies working in remote locations in Mongolia, such as mines, and it has an excellent reputation. Most of its staff is composed of foreigners.

The Resort

The selected resort will be inside the Tetelj Natural Park.

It will have modern facilities (bathrooms, toilettes, dining room) and the accommodation will be a mix of Mongolian gers (tents for 4 pax) or rooms. Breakfast and diners will be served in the resort.

To have an idea of what such resort might look like you can check the Ayachin Lodge (www.ayachinlodge.mn) which has an informative website in English (but we won't select this lodge as it is too small).

We expect that there will be mobile phone network at the resort, but there may not be wifi or if there is the connection might be slow.

Please don't forget to take travel plug.

Summer Weather in Mongolia

If you are used to mountains, it is very similar. We will be in altitude ranging from 1,500m to 1,800m. Please note that weather conditions can change from best to worse, and vice versa, in no time.

Participants need to have some warm clothing in case of sudden cold, and rainy protection against showers. There are a few small river crossings and spare shoes and socks are always handy to have.

The sun can be very strong. Please take sun glasses and protection cream if you want to cycle in T-shirts and shorts.

Nights are cold (less than 10 degrees Celsius) – please take adequate clothing to enjoy the evenings. However it is warm inside the gers. You can take your sleeping bag if you want but this is not required.

Indicative Agenda

Friday 29 th June

All day	Arrival of participants at the airport Pick-up and transfer to UB hotel Free time until Saturday morning	
Visit of TIF's Kindergarten – Saturday 30th June		
Early morning	Departure for the TIF kindergarten visit	
	Arrival at the kindergarten, children show, visit	
10.30am	Departure from the kindergarten	
12:00:00 PM	Arrival at the resort and lunch	
01:00:00 PM	Safety briefing Presentation of the Day 1 routes	
01:30:00 PM	Departure from the resort	
02:00:00 PM	Bike Ride on Easy or Expert Trail	
Mid afternoon	End of biking and return to resort	
	Free time around the resort, hikes, horse riding (extra \$), temple visit (extra \$)	
07:30:00 PM	Diner at Resort	
08:30:00 PM	Debriefing of Day 1	
09:00:00 PM	Traditional Mongolian Show	
Bike Ride Day 2 – Sunday 1st July		
09:30:00 AM	Safety briefing Presentation of the Day 2 routes	
10:00:00 AM	Departure from resort	
12:00:00 PM	Lunch in countryside for both Easy Trail and Expert Trail	
07:00:00 PM	Debriefing of Day 2 Update on airport transfers for all participants Closing Speech	
08:00:00 PM	Diner	
09:30:00 PM	Entertainment / free time	
Sunday evening or Monday	Transfer of participants to the UB airport for departure	