



# EXPERIENCES MATTER

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## 7D6N OUTER MONGOLIA (SMON-CA)

7天6晚 蒙古国牧游记 (SMON-CA)

Valid from May 2024

有效期从 5月 2024

**CITIES:** Ulaanbaatar, Karakorum, Elsen Tasarkhai, Terej National Park

城市：乌兰巴托，哈拉和林，埃尔登塔萨克海，特勒吉国家公园

### Features:

- ✓ Experience Mongolian archery & wearing traditional clothes for photo memory.
- ✓ Explore mini-Gobi ~ ElsenTasarkhai.
- ✓ Terej National Park ~ renowned for its rolling hills, rugged mountains, and lush valleys.
- ✓ Experience camel riding over the sand dunes at.
- ✓ Enjoy Mongolian Traditional Song and Dance Performances.
- ✓ Stay 3 nights at Ulaanbaatar local 5\* hotel and experience 3 nights Deluxe Ger Camp.

### 特色:

- ✓ 体验蒙古射箭和穿传统服装拍照打卡。
- ✓ 探索迷你戈壁 ~ 埃尔登塔萨克海
- ✓ 特勒吉国家公园 ~ 以其起伏的丘陵、崎岖的山脉和郁郁葱葱的山谷而闻名。
- ✓ 体验骑骆驼穿越沙丘。
- ✓ 欣赏蒙古传统歌舞才艺表演。
- ✓ 入住 3 晚乌兰巴托当地 5\*级酒店和体验 3 晚豪华蒙古包住宿。

Day 天	See 看	Eat 美食	Sleep 住宿
1	<p>Kuala Lumpur → Beijing → Ulaanbaatar</p> <ul style="list-style-type: none"><li>➢ <b>Genghis Khan Museum</b> ~ a museum dedicated to the life and legacy of Genghis Khan, the founder and Great Khan of the Mongol Empire.</li><li>➢ <b>Sukhbaatar Square</b> ~ major state ceremonies (parades in honor of Mongolian, State Flag Day or the International Day of United Nations Peacekeepers), cultural events, concerts, and exhibitions. Visiting heads of state generally pay respects in front of the statue of Sukhbaatar.</li><li>➢ <b>AMongolian Traditional Song and Dance Performances</b> ~ appreciate the essence of Mongolian culture, including throat singing, contortionism, and horsehead fiddle performances.</li></ul> <p>吉隆坡 → 北京 → 乌兰巴托</p> <ul style="list-style-type: none"><li>➢ <b>成吉思汗博物馆</b> ~ 一座专门展示成吉思汗生平和遗产的博物馆。成吉思汗是蒙古帝国的创始人和大汗。</li><li>➢ <b>苏赫巴托广场</b> ~ 主要的国家仪式（纪念蒙古国旗日或联合国维和人员国际日的游行）、文化活动、音乐会和展览。来访的国家元首通常在苏赫巴托尔雕像前致意。</li><li>➢ <b>蒙古传统歌舞才艺表演</b> ~ 欣赏蒙古国粹—喉音、软骨功、马头琴等。</li></ul>	<p>Meal onboard L: Mongolian D: Buffet</p> <p>机上用餐 午：蒙古餐 晚：自助餐</p>	<p>Holiday Inn Hotel, Ulaanbaatar - 5* or similar</p> <p>假日酒店，乌兰巴托 - 5* 或同级</p>

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2	<p>Ulaanbaatar (363km) - 火车 - Karakorum</p> <ul style="list-style-type: none"> <li>➤ <b>Mongolian Nomadic Culture Center</b> ~ to learn about the daily lives of nomadic people. You can discover how they raise livestock such as cows and sheep, experience the warm hospitality of the herders in a traditional Mongolian ger (yurt) while enjoying airag (fermented mare's milk) and dairy products. You can also learn about the traditional preparation of daily necessities by nomadic herders and have the chance to witness their impressive horse riding skills.</li> <li>➤ <b>Experience Mongolian archery &amp; wearing traditional clothes for photo memory.</b></li> </ul> <p>乌兰巴托 (363 公里) - 火车 - 哈拉和林</p> <ul style="list-style-type: none"> <li>➤ <b>蒙古游牧文化中心</b> ~ 了解游牧民族的生活点滴, 了解他们如何饲养牛羊等家畜、在蒙古包让热情的牧民款待马奶酒及奶制品、了解传统的牧民如何准备一日生活所需点滴、同时可以欣赏到牧民的马上骑技等等。</li> <li>➤ <b>体验蒙古射箭和穿传统服装拍照打卡。</b></li> </ul>	<p>B: Hotel L: Western D: Mongolian</p> <p>早: 酒店 午: 西餐 晚: 蒙古餐</p>	<p>Deluxe Ger Camp (Private Bathroom), Karakorum</p> <p>豪华蒙古包 (独立卫生间), 哈拉和林</p>
3	<p>Karakorum</p> <ul style="list-style-type: none"> <li>➤ <b>Erdenezuu</b> ~ one of the oldest Buddhist Monastery in Mongolia.</li> <li>➤ <b>The Rock Turtle</b> ~ locals worship and pay their respects to Mungut Khad, putting their faith in the rock formation to bring good fortune.</li> <li>➤ <b>Karakorum Museum</b> ~ the museum contains artifacts from the Hunnu period, Liao dynasty, the Uyghur Khaganate, the Mongol Empire and Rouran Khaganate.</li> <li>➤ <b>Khaadiin Khad Hill</b> ~ where you can have a panoramic view of the Orkhon River Valley.</li> </ul> <p>哈拉和林</p> <ul style="list-style-type: none"> <li>➤ <b>额尔德尼召寺</b> ~ 又名光显寺, 蒙古最古老的佛教寺院之一。</li> <li>➤ <b>龟岩</b> ~ 当地人崇拜和致敬 Mungut Khad, 相信岩层会带来好运</li> <li>➤ <b>哈拉和林博物馆</b> ~ 该博物馆收藏了匈奴时期、辽朝、回鹘汗国、蒙古帝国和柔然汗国的文物。</li> <li>➤ <b>Khaadiin Khad Hill</b> ~ 在这里您可以欣赏到鄂尔浑河谷的全景</li> </ul>	<p>B: Ger Camp L: Western D: Mongolian</p> <p>早: 蒙古包 午: 西餐 晚: 蒙古餐</p>	<p>Deluxe Ger Camp (Private Bathroom), Karakorum</p> <p>豪华蒙古包 (独立卫生间), 哈拉和林</p>
4	<p>Karakorum (78km) - 火车 - ElsenTasarkhai (285km) - 火车 - Ulaanbaatar</p> <ul style="list-style-type: none"> <li>➤ <b>ElsenTasarkhai</b> ~ also name as mini-Gobi, sand dunes which stretch from the Tuv, Uvurkhagai, and Bulgan provinces all the way west to become part of the Khugnu Khan mountain range.</li> </ul>	<p>B: Ger Camp L: Western D: Beijing Roast Duck</p>	<p>Holiday Inn Hotel, Ulaanbaatar – 5* or similar</p>

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	<ul style="list-style-type: none"> <li>➤ <b>Camel Riding</b> ~ experience camel riding over the sand dune.</li> </ul> <p>哈拉和林 (78 公里) - 火车 - 埃尔登塔萨克海 (285 公里) - 火车 - 乌兰巴托</p> <ul style="list-style-type: none"> <li>➤ <b>埃尔登塔萨克海</b> ~ 也称为迷你戈壁, 沙丘从图大省, 乌武尔康盖省和布尔干省一直向西延伸成为 Khugnu Khan 山脉的一部份</li> <li>➤ <b>骑骆驼</b> ~ 体验骑骆驼穿越沙丘。</li> </ul>	<p>早: 蒙古包 午: 西餐 晚: 北京烤鸭</p>	<p>假日酒店, 乌兰巴托 - 5* 或同级</p>
5	<p>Ulaanbaatar (185km) - 火车 - Terelj National Park</p> <ul style="list-style-type: none"> <li>➤ <b>Chinggis Khan Statue Complex</b> ~ the largest equestrian statue of Genghis Khan, visit the complex and enjoy a panoramic view over Mongolian steppe from the statue's horse mane.</li> <li>➤ <b>13th Century Complex</b> ~ travel back in time of 13th century of Mongolian's lifestyles and cultural impacts of the Great Mongol empire.</li> <li>➤ <b>Terelj National Park</b> ~ it combines the charm of grasslands, mountain forests, unique rock formations, and picturesque streams. The white yurts of the Terelj tourist camp are built on the grasslands, offering a very enticing view.</li> <li>➤ <b>Turtle Rock, Camel Rock &amp; Pig or Dog Rock</b> ~ characterized by undulating mountains, sheer cliffs, lush pine and cypress trees, and clear rivers. It truly resembles a heavenly paradise on Earth.</li> </ul> <p>乌兰巴托 (185 公里) - 火车 - 特勒吉国家公园</p> <ul style="list-style-type: none"> <li>➤ <b>成吉思汗雕像</b> ~ 最大的成吉思汗骑马雕像群, 从雕像的马鬃上欣赏蒙古草原的全景。</li> <li>➤ <b>13 世纪建筑群</b> ~ 参观和了解 13 世纪时期的蒙古游牧部落的生活方式。</li> <li>➤ <b>特勒吉国家公园</b> ~ 公园兼具草原风情、山林景致、奇岩异石、溪流风光。白色蒙古包渡假村盖在草原上, 景色非常诱人</li> <li>➤ <b>乌龟石、骆驼石 &amp; 亦猪亦狗的化身石</b> ~ 这里山峦起伏, 悬崖峭壁, 苍松翠柏, 河流清澈, 如人间仙境一般。</li> </ul>	<p>B: Hotel L: Western D: Lamb BBQ (Khorkhog)</p> <p>早: 酒店 午: 西餐 晚: 羊肉烧烤</p>	<p>Deluxe Ger Camp (Private Bathroom), Karakorum</p> <p>豪华蒙古包 (独立卫生间), 哈拉和林</p>
6	<p>Terelj National Park (185km) - 火车 - Ulaanbaatar</p> <ul style="list-style-type: none"> <li>➤ <b>Ariyapal Meditation Temple</b> ~ located at the foothills and serves as a monastery for meditation purposes. The hills with a phenomenal view of the valley.</li> <li>➤ <b>Zaisan Memorial Hill</b> ~ honors allied Mongolian and Soviet soldiers killed in World WarII.</li> <li>➤ <b>The Buddha Park</b> ~ built with the lead of the highly respected Gegeen Khan, is considered one of the most prestigious sites in the Mongolian Buddhist community. The park features a 23-meter-high statue of the Buddha Shakyamuni and also houses a small religious museum</li> </ul>	<p>B: Ger Camp L: Russian Specialty D: Individual Hotpot</p>	<p>Holiday Inn Hotel, Ulaanbaatar - 5* or similar</p>

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	<ul style="list-style-type: none"> <li>➢ <b>Gandan Monastery</b> ~ the Tibetan name translates to the "Great Place of Complete Joy". It currently has over 150 monks in residence.</li> <li>➢ <b>Galleria Ulaanbaatar Cashmere Outlet</b> ~ the world's largest cashmere store with exquisite selection of fabulous cashmere garments, coats, suits, and accessories.</li> <li>➢ <b>Souvenir Shop</b> ~ here you can find the local Mongolian souvenirs.</li> </ul> <p>特勒吉国家公园 (185 公里) - 巴士 - 乌兰巴托</p> <ul style="list-style-type: none"> <li>➢ <b>阿日亚巴拉禅定寺</b> ~ 本寺庙位于山麓, 是用来冥想的修道院, 在这里可欣赏到山谷的壮丽景色。</li> <li>➢ <b>翟山纪念碑</b> ~ 纪念在二战中阵亡的蒙古和苏联盟军士兵。</li> <li>➢ <b>释迦摩尼公园</b> ~ 蒙古佛教界最有威望的古日达瓦仁布齐大师带头捐款而建造, 佛祖释迦牟尼立像高 23 米, 下面有小型宗教博物馆。</li> <li>➢ <b>甘丹寺</b> ~ 藏语意为“大乐之地”, 现有僧人 150 余人。</li> <li>➢ <b>Galleria 乌兰巴托羊绒特卖场</b> ~ 世界上最大的羊绒商店, 出售精美的羊绒服装、外套、西装和配饰。</li> <li>➢ <b>纪念品商店</b> ~ 您可以在这里买到蒙古当地的纪念品。</li> </ul>	<p>早: 蒙古包 午: 俄罗斯风味 晚: 个人火锅</p>	<p>假日酒店, 乌兰巴托 - 5* 或同级</p>
7	<p>Ulaanbaatar → Beijing → Kuala Lumpur</p> <p>乌兰巴托 → 北京 → 吉隆坡</p>	<p>B: Hotel Meal onboard</p> <p>早: 酒店 机上用餐</p>	

### Other Information:

Seasonality: Spring (Mar - May) / Summer (Jun - Aug) / Autumn (Sep - Nov) / Winter (Dec - Feb)

Currency: Mongolian Tugrik (MNT)

Optional: Horse Riding over the Grassland (30 mins) approx. USD30/pax (subject to change without any prior notice)

Tour commentary will be conducted in English with simple Mandarin or Cantonese translation by Tour Leader.

All pictures shown are for illustration purposes only, actual may varies.

Kindly refer to Parlo Tours Sdn Bhd's terms & conditions and company policy for full details.

### 其他讯息:

季节: 春季 (三-五月) / 夏季 (六-八月) / 秋季 (九-十一月) / 冬季 (十二-二月)

货币: 蒙古图格里克 (MNT)

自费: 骑马穿越草原 (30 分钟) 大约美金 30/人 (如有更改恕不另行通知)

全程使用英文讲解, 领队将以中文或粤语简约地说明。

所有显示图片均仅供为说明用途。

详情请查询 Parlo Tours Sdn Bhd 的条款与细则及公司政策。

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