

## 氣候

蒙古人民共和國(外蒙古)是亞洲中部的內陸國家，地處蒙古高原，北與俄羅斯的西伯利亞接壤，東、西、南與中國為鄰，屬典型的大陸性氣候，早晚較涼，晝夜溫差大，應注意添加衣物，以防受寒。出發前請留意氣象報告。

- 春季(五至六月)較短，一直到五月中旬方才天氣轉暖，樹木發芽，草原變綠。
- 夏季(七至八月)晝熱夜涼，紫外線強，最高溫達95°F。陰雨天和夜晚時天氣會驟然變涼。
- 秋季(九至十月)天氣變幻無常，有可能突然變冷甚至下雪。草原氣溫會更低，應備厚外套。
- 冬季(一至四月)天寒地凍，漫長的冬天幾乎每天在飄雪，最低氣溫可至-40°F。  
4月：白天 40-59，晚上 26-15  
5月：白天 50-68，晚上 46-54  
6月：白天 41-68，晚上 50-59  
7月/8月：白天 68-80 / 77-86，晚上 54-77  
9月/10月：白天 59-79，晚上 54-77 / 41-50

## 簽證

持有效的美國護照(有效期須距返回日六個月以上)至蒙古國旅遊，停留 90 天內可免簽證；但停留超過 30 天或以上，則按規定須到相關機構登記。

## 電話

1. 蒙古國的國際長途電話撥碼 001，國家代號 976，烏蘭巴托區域號碼 11。  
蒙古國直撥美國：001-1-區域號碼-電話號碼  
美國直撥烏蘭巴托：011-976-11-電話號碼
2. 當地緊急電話：報警 102，急救 103，火災 101，電話查詢 109，機場 198，鐵路 194
3. 在蒙古有 CDMA(亞洲)和 GSM(歐、美)手機網，開通國際漫遊的手機均可在蒙古國使用。

## 電力

蒙古的電壓是 220 伏特，50Hz，使用歐洲標準雙圓孔插頭，一般酒店提供轉換器。

## 貨幣

1. 蒙古貨幣為圖格里克(MNT)，面額有 T5, T10, T20, T50, T100, T500, T1000, T5000, T10,000, T20,000。按 2018 年 12 月的匯率，1 USD = 2,607 MNT。可到當地銀行或兌幣中心，將美元兌換成圖格里克。在離開蒙古國前，剩餘的圖格里克須持原來匯單收據始能再換回美元。

2. 一般信用卡(visa, master card, American express)在當地酒店及大型零售店均可通用。

## 小費

團費不包含小費。小費是一般國際禮儀，目的在鼓勵和獎勵優質的服務，也是旅客在接受各項服務後，表示謝忱的一種方式。若有服務不週之處，歡迎旅客不吝來電或來函指正，本公司將善盡督導之責，令當地負責單位全力改善。蒙古國旅遊小費建議標準：每人每天 US \$10(給所有服務人員)，但旅客可參酌實際情況適當增減。

## 語言

當地官方語言是蒙古語，旅遊地區及酒店可用簡單英語溝通。

## 文字

官方文字使用是參照俄語西里爾字母創造的新蒙古文。

## 衣著

以輕便、舒適的衣著為主，須帶備足夠的保暖外套及禦寒衣物、雨具等。

## 健康

1. 出發前應徵求家庭醫生的意見，備足個人常用藥物。處方藥應裝在貼有本人姓名標籤的原藥瓶內，可能的話帶上有醫生簽名的處方單，因蒙古的藥物多來自中國和俄羅斯，無英文標示，有備無患以應付不時之需。
2. 蒙古的天氣日夜溫差大，感冒是常見的傳染病；如需要，建議提前注射流感預防針。旅途中應注意飲食，以免胃腸不適，千萬不要飲用自來水，瓶裝水於一般商店均有售，購買時應留意瓶口封條是否完好無缺。
3. 眼鏡最好多備一付，以防患於未然。

## 注意事項：

1. 蒙古國屬內陸地區，海拔高，日照強，氣候乾燥，應攜帶潤唇、護膚防曬用品及太陽眼鏡，注意多飲水。
2. 在沙漠戈壁旅遊切忌單獨行動或擅自離隊，以免迷失方向、掉隊或與團隊失去聯繫。應穿淺色的抗紫外線的衣服，注意環保，儘量把垃圾帶出沙漠。

3. 注意保管好自己的貴重物品，如：護照、現金、攝影機、照相機、手機、平板電腦等。貴重物品可交給酒店櫃台妥善保管。
4. 通常博物館、寺廟、皇宮或歌舞表演，禁止在內拍照和攝像。如果需要拍照和攝像，請依景點管理部門之規定，先付拍照和攝像之費用。
5. 為了旅客自身安全起見，夜間避免單獨外出購物或娛樂。
6. 夜間休息時，關好自己的房間門窗，確保自己的人身和財產安全。
7. 在蒙古國，一般車輛行駛速度較快，過馬路時，請遵守交通規則，注意紅綠燈和來往車輛，避免發生事故。
8. 蒙古國飲食以北方菜、羊肉和牛肉為主食，口味相對較重。旅客如有特殊要求，請於報名時

通知本公司銷售人員，在旅途中也可告知領隊導遊，請求協助。

9. 蒙古族熱情好客，貴賓抵達，定會以酒相迎，但不會強迫一飲而盡，不適飲酒者只要入鄉隨俗，以雙手接過銀碗，以表示禮貌。
10. 各國國情不同，應入鄉隨俗，尊重當地民族的文化和風俗習慣，不隨便批評或嘲笑。
11. 蒙古國的自然風光美不勝收，然經濟尚在發展中，住宿條件也相對有限，無法與北美相提並論。我們在特日勒吉所住宿的傳統蒙古包，已屬當地豪華型，二人一間，乾淨，無空調、無室內獨立衛生間，僅有室外公共衛生間和淋浴室。洗漱室內無洗漱用品，旅客需自備牙膏、牙刷、毛巾、拖鞋、洗髮乳、沐浴乳等個人衛生用品。最好帶備小手電筒，以備不時之須。

### 蒙古國（外蒙古）

傳統蒙古包：二人一間，無獨立衛生間，無空調

蒙古包外



蒙古包內

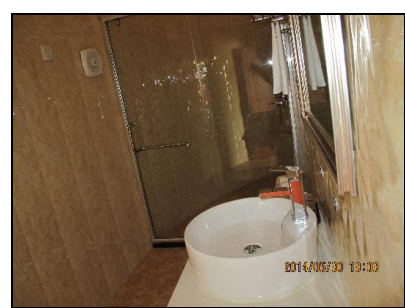


蒙古包內



### 內蒙古（中國）

豪華型蒙古包：二人一間，備自用衛生間，有空調



## CLIMATE

Mongolia lies in central Asia between Russia in the north and China in the south. It is entirely landlocked and known as the “Land of Blue Sky” with over 250 sunny days a year.

- Spring (May-Jun) is a time of strong winds.
- Summer (Jul-Aug) is generally hot in the day and cool in the evening, with some thunderstorms. Temperatures can reach 95°F and the air is very dry.
- Autumn (Sep-Oct) is cool and changeable.
- Winter (Jan-Apr) is long and bitterly cold, dropping down to -40°F in some parts.

**April:** Day 40-59, Night 26-15;

**May:** Day 50-68, Night 46-54;

**June:** Day 41-68, Night 50-59

**July / August:** Day 68-80 / 77-86, Night 54-77;

**September / October:** Day 59-79, Night 54-77 / 41-50.

## VISA

All Passports must be valid for at least six months beyond the date of your returning to the United States. A tourist visa is not required for US passport holders if stay under 90 days; however, if you plan to stay for more than 30 days, you must register with the Mongolian Authorities within 7 working days of arriving in Mongolia and obtain a residency permit card.

## TELEPHONE

1. Mongolia's international access code is 001, country code 976, Ulaanbaatar's area code 11.  
To dial direct call from Mongolia to USA:  
001 + 1 + City Code + Local Number  
To dial direct call From USA to Ulaanbaatar:  
011 + 976 + 11 + Local Number
2. The local equivalents to the “911” emergency line are “102” for police, “103” for ambulance, “101” for fire, “109” for directory assistance, “198” for airport, “194” for railway.
3. Mobile phones: Mobile companies in Mongolia operate on GSM and CDMA network. If you have a smartphone (Edge, 3G or 4G), you should be able to access the internet with a local SIM card, which will probably work out cheaper than paying roaming charges on your home country network.

## ELETRICITY

Electricity is 220V, 50Hz. European-style plugs with two round pins are standard. Plug adapter and voltage converter can probably be borrowed from the hotel.

## CURRENCY

1. The Mongolian currency is Tugrik (MNT). You can convert travelers checks and U.S. dollars to Tugriks in most banks and Exchange Offices in Ulaanbaatar, in the notes of T5, T10, T20, T50, T100, T500, T1,000, T5,000, T10,000 and T20,000. As of December 2018, US\$1 is for 2,607 MNT. Remember to change all your tugriks with the original exchange receipt when leaving the country, as it is worthless elsewhere.
2. Visa, master card, and American express are widely accepted in the city. Outside of the city, cash is the only possible method of payment.

## TIPPING

Gratuities are not included in your tour cost. They are customary, and never mandatory. Peony Tours suggests tipping USD 10 per person per day – to be distributed between drivers and guides.

## LANGUAGE

The official language is Mongolian. English is spoken only in popular tourist areas.

## SCRIPT

Mongolian is written using the Cyrillic alphabet.

## CLOTHING

Dress in comfortable layers. A hat is important, as a lot of heat is lost through the head. A warm, waterproof outer jacket is essential.

## HEALTH

1. Medical facilities in Mongolia are limited and do not meet most Western standards. It is advised that you consult your doctors before departure. Full label and pack (in your hand luggage) sufficient quantity of your prescription medicine
2. Stomach illnesses and flu are frequent. Consider having a flu shot earlier before departure. Drink only bottled water – check that the seal is intact at purchase.
3. Bring spare glasses in a sturdy case for unexpected needs.

## IMPORTANT NOTES:

1. Mongolia is a landlocked country. Weather is unpredictable. You are strongly advised to bring lotion, sun cream, lip-gloss, and sunglasses for the trip. And drink water as much as you can.
2. Caution is required at night and dark. Avoid deserted

- alleys and streets. Stay with the group and local guides at all times as there are no road signs whatsoever especially in the countryside. Lightweight, fast drying, light colored shirts are recommended. Bring ziploc plastic bags to protect your belongings and a few extra bags for your litter.
3. Keep eyes on your personal belongings and valuables such as passport, air tickets, cash, camcorder, camera, iPhone, and iPad at all time. Watch out for pickpockets while sightseeing. Make use of hotel safes as much as possible.
  4. Photography: Permission should be granted before entering museums, temples and monasteries. A fee is payable for photography in protected areas.
  5. For your safety sake, it is best not to walk alone through the streets after dark.
  6. Always be cautious when staying in hotel or ger camp. Never allow strangers into your room. Keep doors locked at all times.
  7. Road safety: In Mongolia, pedestrians should exercise extreme caution when crossing streets. Vehicles routinely do not yield to pedestrians, even at crosswalks, and are known to ignore red lights.
  8. Food: Meat is the basis of the diet, primarily mutton with lots of fat and flour with either rice, pasta noodles or dairy products. Please notify Peony Tours ahead of time if you have special needs in meal.
  9. Mongolian culture is well-known for its hospitality. Upon guests' arrival, traditional greetings are served. It is not polite to say no when vodka is given. You should accept it with both hands and sip a bit (or pretend to).
  10. Be respectful of local people and cultures including their customs, traditions, and religion.
  11. Mongolia is unique in landscapes and rich in natural resources. Although its economy has been booming steadily, there are still very few hotels in Mongolia, except in Ulaanbaatar. During our tour in Mongolia, we have the opportunity to stay in the quintessential Mongolian icon, the ger camp. Generally each ger accommodates two people. It is neat and comfortable, but with no air-conditioner or private washroom. You should bring your own sanitation like toothpaste, toothbrush, towel, sandals, shampoo, soap, insect repellent, jacklight or head light with batteries.

### MONGOLIA – Tourist Ger Camp

Double occupancy, No private washroom, No air-conditioner



### INNER MONGOLIA – Royal Style Yurt Camp

Double occupancy, Private washroom, Air-conditioner

