

## ENGLISH

### Day 1 - Friday, August 9

10:00-17:00 - Reception of runners and relatives at the Premium Hotel \*\*\*\* in Ulaanbaatar

Free day to visit the capital of Mongolia **Ulaanbaatar**

20:00-21:30 - Welcome dinner at the hotel

Night at Premium Hotel \*\*\*\*

### Day 2 - Saturday, August 10

7:00-8:00 - Breakfast and hotel check out

9:00 - Departure to the ger camp (Mon Altai in the **Elsen Tasarkhai dunes**)

13:00-14:00 - Lunch at the camp

4:00 pm - Visit to Khogno Khan Temple

20:00-21:30 - Dinner

21:30 - Briefing stage 1

Night in the traditional Gers

### Day 3 - Sunday, August 11 (STAGE 1 - 23.55 km +286 m)

7:00-8:30 - Breakfast

7:00-8:30 - Delivery of bags for the next camp

9:00 - Start of the first stage (departure from the **Elsen Tasarkhai dunes**)

11:00-14:00 - **Nomadic families** will receive every participants at the finish line

12:00-14:30 - Lunch at the finish area

14:30 - Stepped transfer to the next camp located on **Lake Ugi** (on the way we will stop to see the stone steles of King Bileg and Kultegin)

16:30 - Arrival at the camp, free time

20:00-21:30 - Dinner

9:30 pm - Briefing stage 2 - stage 1 images

Night in the traditional Gers

### Day 4 - Monday, August 12 (STAGE 2 - 33.20 km +91 m)

6:00-7:30 - Breakfast

6:00-7:30 - Delivery of bags for the next camp

8:00 - Start of the second stage (departure from **Lake Ugii-Valle Orkhon**)

10:30-14:00 - Finish line at **Ugii village**

12:00-14:30 - Lunch at the finish area

14:00 - Start transfer to the next camp located in **Tsetserleg** (Maidarsan camp)

16:00-17:30 - Arrival at the camp, free time

18:00 - Visit to the Tsetserleg museum

20:00-21:30 - Dinner

21:30 - Briefing stage 3 - stage 2 images

Night in the traditional Gers

#### Day 5 - Tuesday, August 13 (STAGE 3 - 27.15 km +611 m)

6:00-7:30 - Breakfast

6:00-7:30 - Delivery of bags for the next camp

8:00 - Start of the third stage (departure from the **Maidarsan camp**)

10:30-14:00 - Finish line at **Thermal Baths of Tsenkher**

12:00-14:30 - Lunch at the finish area

Free time afternoon. Enjoying the hot springs

20:00-21:30 - Dinner

9:30 pm - Briefing stage 4 - stage 3 images

Night in the traditional Gers

#### Day 6 - Wednesday, August 14 (STAGE 4 - 36.68 km +933 m)

6:00-7:30 - Breakfast

6:00-7:30 - Delivery of bags for the next camp

8:00 - Start of the fourth stage (departure from the **Thermal Baths of Tsenkher**)

10:30-14:00 - Finish line in a nomadic area. We will enjoy a **nomadic barbecue**

12:00-14:30 - Lunch at the finish area

14:00 - Start transfer to **Bor Burgastain Rashaan camp**

14:30-17:00 - Arrival at the camp

Free time to relax

20:00-21:30 - Dinner

9:30 pm - Briefing stage 5 - Stage 4 images

Night in the traditional Gers

Day 7 - Thursday, August 15 (STAGE 5 - 39.51 km +1443 m)

6:00-7:30 - Breakfast

6:00-7:30 - Delivery of bags for the next camp

7:45 - Transfer to the departure ( **nomadic winter season**)

8:30 - Start of the fifth stage (departure from the nomadic winter season)

12:00-15:00 - Finish line at the **Munkhtenger camp** in **Kharkhorin**

12:30-15:30 - Food in the finish area

Free time to visit Kharkhorin

20:00-21:30 - Dinner

9:30 pm - Briefing stage 6 - stage 5 images

Night in the traditional Gers

Day 8 - Friday, August 16 (STAGE 6 - 13,85 km +237 m)

6:00-7:30 - Breakfast

8:00 - Start of the sixth stage (departure from the **Munkhtenger camp**)

9:15-10:30 - Finish line inside of the **Monastery of Erdene Zuu**

12:00 - Departure to **Ulaanbaatar** with lunch on the way

19:30 - Closing ceremony: dinner, awards ceremony and final party

Night at Premium Hotel \*\*\*\*

Day 9 - Saturday, August 17

7:00-10:00 - Breakfast

Airport shuttles according to flights departure schedules