



Info Mongolia Trail Run 2026 JULY

Hello everyone,

The countdown to the start of the 2026 adventure has begun! We're sending you this message to share some practical information to help you prepare the final details before your trip and to guide you throughout the Mongolia Trail Run.

BACKPACK / LUGGAGE

We will provide you with the drop bag that was introduced in our previous information update. This is the bag you will hand in each morning before the start of each stage. It will be waiting for you at the finish line of that day's stage, containing any items you would like to have available, such as a change of clothes, comfortable shoes, toiletries, or other personal belongings.

In addition, your main luggage will be transported each day from one tourist camp to the next. It will be waiting for you inside your accommodation when you arrive at the tourist camp where we will spend the night.

To make transportation easier, we kindly ask that, whenever possible, you bring a suitcase, backpack, or duffel bag with soft sides rather than a hard-shell case. Soft luggage is easier to load and arrange and takes up less space during transport.

TRANSFERS

When you arrive at Ulaanbaatar International Airport on **July 31** or **August 1 or 2**, we will be there to meet you and transfer you to the *Bayangol Hotel* in the city centre.

Depending on your flight arrival times, we may group participants together for the transfers. This means you may need to wait a short time for other participants to arrive, but we will organize everything to keep waiting times to a minimum.

ACCOMMODATION

Accommodation is included from the night of August 2 through August 10 (the night of August 10 is NOT included). If you require accommodation in Ulaanbaatar before August 2 or plan to depart after August 10, the local *Mongolia Trail Run* agency can arrange it for you. If you are interested, please contact them at ***info@world-summit.com*** and mention that you are a participant in the *Mongolia Trail Run*.

The hotel where we will stay on the night of August 2, and where the administrative and technical checks will take place, is:

BAYANGOL HOTEL in Ulaanbaatar.

Bayangol Hotel ****

Chinggis Avenue 5,

Ulaanbaatar 14251, Mongolia

Hotel check-in begins at **2:00 p.m.** If you arrive earlier and would like access to your room before then, you may request an early check-in service for an additional fee. If you are interested, please let us know so we can arrange it.

If you arrive before your room is ready, the hotel also provides a luggage storage area where you can leave your bags until your room becomes available.

You will stay in **rooms/gers/tents** for **2 people** at the hotel and throughout the race, as the tourist camps where we will rest after each stage have a limited number of gers available.

If you prefer **single accommodation**, this can also be arranged for an additional charge.

Approximate rates:

- Hotel: approximately **US\$120–130 per room per night**.

- Early check-in: **50% of the room rate.**
- Single accommodation supplement: **US\$35–40 per night.**

PAYMENTS IN MONGOLIA

Based on our experience, it is important to have some cash in the local currency. We recommend exchanging your money into *Mongolian tögrög (MNT)* after you arrive in Mongolia. In the capital, Ulaanbaatar, you will be able to pay by credit without any problems in the city centre, where we will be spending our time. This includes most tourist attractions, shopping centres, and restaurants. Some places may also accept US dollars or euros, but prices are set in *tögrög*, and paying in a foreign currency usually results in a less favourable exchange rate.

For currency exchange, you have several options, including exchanging money at the airport, at banks in the capital, or at your hotel, as most hotels offer a currency exchange service. Exchange rates and commissions at the airport are usually less favorable, so it may be worth exchanging only a small amount there if you arrive on the 1st or 2nd, as these are weekend days and the banks will be closed. You can then exchange the rest of your money once you are in the capital. The local agency will also provide currency exchange at the official exchange rate on the day of the race presentation and administrative check-in.

Please also be aware that any Mongolian *tögrög* you have left at the end of your stay cannot usually be exchanged back into another currency once you have left Mongolia. We therefore recommend exchanging only the amount you expect to need or spending any remaining cash before your departure.

Once we leave Ulaanbaatar, card payments will not always be possible, so it is advisable to carry cash in *tögrög*. We do not expect you will need a large amount. We recommend bringing the equivalent of 100€–200€, mainly to pay for drinks at the tourist camps where we will be staying, if you wish to purchase them, and to buy souvenirs or local products during the afternoon visits suggested by the guides after reaching the finish line.

We would also like to inform you about the local custom of giving a voluntary tip to the Mongolian staff, including the guides, drivers, and kitchen team. The tips are shared among the staff after the race. According to our local agency, participants typically contribute around 10€ per person per day. Although tipping is entirely optional, we are confident that you will appreciate the professionalism, hard work, and kindness of the Mongolian team.

On the final day, during our return to Ulaanbaatar, we will pass around a container for anyone who wishes to leave a tip. Once again, this is completely voluntary, and you are free to contribute whatever amount you feel is appropriate.

WIFI AND SIM CARDS

In recent years, mobile phone coverage in Mongolia has expanded, and there are now very few dead zones. However, there are still some remote areas with little or without coverage, in which case it may help to move to a higher location.

Upon request, SIM cards can be provided for use during your stay in Mongolia.

- 10 GB SIM card = €15
- 15 GB SIM card = €20

During the race, we will have Starlink available to ensure internet coverage in areas where there is no mobile signal.

WHATSAPP

We will create a WhatsApp group a few days before the official start of the race using the phone numbers you provided on your registration form. This group will allow us to share information and stay in touch with one another. The group will also include the phone numbers of the Race Director (Joan) and Raquel, with whom you have been communicating by email. 😊

IF YOU DO NOT WISH TO BE INCLUDED IN THE GROUP, PLEASE SEND US A PRIVATE EMAIL AND WE WILL NOT ADD YOU.

Once we are in Mongolia, we will add or update your contact details with the phone number(s) you will be using during the

race in Mongolia, if necessary.

SHOWERS

All the tourist camps have shower facilities, so you will be able to shower every day. The mobile camp will also include a shower tent with hot water.

WATER

The organization will provide all the water you need throughout the *Mongolia Trail Run*. Water will always be available, and it will be supplied in large 5-litre bottles.

In addition to the hydration system you use during the race, we recommend bringing an extra reusable bottle or container that you can refill. This will allow you to stay hydrated throughout the day, both before and after each stage, for example while at the camps where we will be staying.

PLUGS

Some of the gers where we will be staying have only one power outlet, so it is recommended to bring a power strip, which will allow you to charge more than one device at the same time.

The type of plug used in Mongolia is the standard European plug.

At the mobile camp, although the tents are very comfortable, they do not have electricity. Power outlets for charging devices will be available in the central tent. We recommend charging your devices from the moment you arrive at the mobile camp until you go to bed. In the meantime, you can stretch, chat, read, and enjoy the stars 😊



CITY TOUR

GUIDED TOUR OF ULAANBAATAR – AUGUST 2 -

If you would like an introduction to Mongolia's culture and history, we recommend joining the city tour scheduled for the morning of August 2. The tour departs at 10:00 a.m. and is expected to return at around 2:00 p.m.

The tour includes visits to temples and monuments, an English-speaking guide will accompany the group, and transportation is included.

- English speaking guide
- Meet the guide at the hotel *Bayangol*
- Visit to Sukhbataar Square
- Visit to Gandan Monastery
- Visit to Zaisan Monument
- **Price:50€**

We hope you find this information helpful and that it assists you in preparing for the trip. If you have any other questions, as always, please don't hesitate to get in touch with us.

The only thing left is to send you one final update, which will include the programme and the technical documents, such as the ***Mongolia Train Run Road Book***, the route **GPS tracks**, and the Race **Regulations**.

Until then, take good care of yourselves!

Raquel, Mongolia Trail Run

FOLLOW US



MONGOLIA TRAIL RUN
mongoliatrailrun.com
mongoliarun@naturetime.es
+34 606 451 453

[Cancelar suscripción](#)