

Index

A

accommodation 247-50
 Achit Nuur 242
 activities 55-61, 250-2, **186-7**, *see also individual activities*
 aimag museums, *see* museums & galleries
airag 44, 45
 Airag Nuur 242
 air travel
 airlines 266, 277
 airports 266
 carbon offset schemes 268
 to/from Mongolia 266-9
 within Mongolia 277
 Akhmet Ali Mejit 233
 Alag Khaikhan Nature Reserve 215
 Alan Goa 23-4, 159
 Alan Goa Museum 159
 Altai (Gobi) 216-17, **217**
 Altai Tavan Bogd National Park 53, 223, 229-32
 Altan Ovoo 182
 Altanbulag 137
 Altan-Ölgii Uul 111
 altitude sickness 291
 Amarbayasgalant Khiid 140-1, **140**
 Amarbuyant Khiid 214
 Andrews, Roy Chapman 49, 206, 209
 animals 49-51, 52, *see also* wildlife
 watching, *individual animals*
 endangered species 50-1
 Aral Tolgoi 230
 archery 35, 192
 architecture 40
 argali sheep 50, 51, 152, 208, 218
 Arkhangai 126-31
 arts 38-41, *see also* individual arts
 Arvaikheer 117-19, **118**
 ATMs 258
 Avarga, ancient city of 26, 170
 Avarga Toson Mineral Spring 170

B

Bactrian camels 52, 215, 218, 191
 Baga Gazryn Chuluu 197
 Baga Gazryn Uul 197
 Bairam Davaa 240
balbals 168, 182, 216, 228, 230, 240, 245
 Baldan Baraivan Khiid 171
 Baron Roman Nikolaus Fyodirovich von Ungern-Sternberg, 28
 Baruun-Urt 180-2, **181**

basketball 36
 Batshireet 171-2
 Bayan Nuur (Bayan-Ölgii) 228
 Bayan Nuur (Uvs) 240
 Bayan Nuur (Zavkhan) 246
 Bayangiin Nuruu 214
 Bayangovi 213
 Bayankhongor 210-14
 Bayankhongor City 211-12, **212**
 Bayan-Ölgii 222-31, 191
 Bayanzag 208
 Bayanzürkh Uul (Dornogov) 202
 Bayanzürkh Uul (Töv) 115
 Bichigtiin Khavtsal 184
 Biger 217-18
 Bilge Khagan monument 129
 Binder 171-2
 birds 50, *see also* bird-watching,
individual birds
 bird-watching 251
 central Mongolia 119, 129
 eastern Mongolia 178, 179
 Gobi, the 197, 208
 northern Mongolia 152
 western Mongolia 235, 239, 242
 Bituut rock 214
 blokarting 252
 boat travel 278
 Bogd Gegeen 142
 Bogd Khan 26-8, 74, 75, 161
 Bogdkhan Uul Strictly
 Protected Area 106-9
 Bohmörön 240
 books
 culture 29, 32
 fishing 58
 food 42
 history 21, 25, 28, 38, 201, 209
 natural history 48, 54, 207
 poetry 24, 38-9
 travel literature 16, 57, 59, 61, 142
 Böön Tsagaan Nuur 214
 border crossings
 to/from China 269
 to/from Russia 274-5
 border permits 66-7, 160-1, 172, 179-80
 Borsog 154
 brucellosis 289-90
 bubonic plague 43, 290
 Buddha Park 78
 Buddhism 36, 37, 161, 202, 235, **188**
 courses 79, 81
 itineraries 20

Bugiin Tsav 214
 Buir Nuur 179
 Bulgan 141-8, 207
 Bulgan City 145-8, **146**
 Bulgan Gol gorge 228
 Bulnai hot springs 160
 Bürengiin Nuruu 141
 Burgus 218
 burial mounds 163, 222, 230, 240, 245
 Buriat people 35, 132, 141, 148, 152, 174
 Burkhan Khaldun 172
 Burkhan Khuv 214
 bus & minivan travel
 to/from China 269
 to/from Russia 275
 within Mongolia 278, 279, 280-5
 business hours 252
buuz 42, 44, 45, 199
 Buyandelgerüülekh Khiid 127

C

Camel Polo Winter Festival 82
 camel riding 61, 214, 278
 camels 50, 52, 208, 214, 215, 191
 camping 247-9, 187
 gear & tools 93-4
 responsible camping 60
 canoeing, *see* kayaking
 car travel 15
 GPS coordinates table 284
 road distances chart 285
 to/from China 269
 to/from Russia 275-6
 within Mongolia 278
 central Mongolia 101-31, **102-3**
 history 104
 Centre of Shaman Eternal Heavenly
 Sophistication 75-6
 Chandmani 236
 Chandman-Öndör 159-60
 children, travel with 252
 Chingeltei Uul 115
 Chinggis Khaan *see* Khaan, Chinggis
 Chinggis Khaan monument 110
 Choibalsan 175-7, **175**
 Choibalsan, Khorloogiin 29, 175
 Choidogiin Borgio 131
 Chojin Lama Temple Museum 75
 Choir 203-4
 Christianity 36-7
 Chuluunkhoroot 178
 Chuluut gorge 131

cinema 39
 climate 13-14, 31, 49, 252-3
 Colonel Nikolai Przewalski 51
 consulates 255
 costs 14-15
 courses
 Buddhism 79, 81
 language 79, 80, 224
 music 224, 244
 credit cards 258
 culture 29, 31-41
 customs regulations 253

D
 Dadal 173-5
 Dakilbay Davaa 230
 Dalanzadgad 204-6, **205**
 Dalmatian pelican 50, 242
 Daltin Khuv 214
 Dambijantsan 214
 dance 41
 dangers 68, 254-5
 Danrig Danjaalin Khiid 176
 Danzandarjaa Khiid 150
 Dariganga 182-3
 Darkhad Depression 160-2
 Darkhad people 148, 52
 Darkhan 138-40, **139**
 Darkhan-Uul 138-40
 Dashbalbar, Ochirbatyn 39
 Dashchoinkhorlon Khiid 106, 146
 Dashgimpeliin Khiid 196
 Dashinchilen 148
 Dayan Derkh Monastery 160
 Dayan Derkhin Agui 160
 Dayan Uul 245
 Dechinchoinkhorlon Khiid 200
 Dechinravjaalin Khiid 237
 deep vein thrombosis (DVT) 288
 deer stones 148, 152, 159, 171, 228,
 240, 246
 Delgerkhaan 170-1
 Deluun 228
 Deluun Boldog 173
 Demchigin Khiid 207
 Develin Aral Nature Reserve 223, 240
 diarrhoea 291
 dinosaurs 206, 214, 7
 disabilities, travellers with 261-2
 Dog Rock 109
 dog sledding 252, **187**
 Dörgön 235
 Dörgön Nuur 236
 Dornod 174-80
 Dornod Mongol Strictly Protected
 Area 174

Dornogov 198-204
 drinks 33, 43-4, 46
 Dugany Am 209
 Dukha people, *see* Tsaatan people
 Dulaankhaan 137-8
 Dundgov 195-8
 dune buggying 251
 DVT 288

E
 eagle-hunters 4, 226, 228, 229, **186**
 eagles 4, 20, 197, 229, **186**
 eastern Mongolia 19, 164-84, **166-7**
 economy 12, 29-30, 32-4, 48
 ecotourism 54
 Eej Cave 171
 Eej Khad 109
 Eej Khaikhan Nature Reserve 215, 218
 Eej Khaikhan Uul 218
 Eight Lakes 119
 Ekhiin Gol 214
 electricity 248
 embassies 255
 environmental issues 53-4
 Erdene Zuu Khiid 120-2
 Erdenebulgan 160
 Erdeneburen 228
 Erdenedalai 197
 Erdenemandal Khiid 180-1
 Erdenet 142-5, **143**
 Erdenet copper mine 143
 Erdenetsagaan 184
 Ereen Nuur 246
 Ergeliin Zuu 198-9
 Ethnography Museum 168
 Ethnography Museum (Bulgan City) 146

F
 falcons 51, 183, 119
 festivals 15, 38, 44, 255, *see also*
 special events
 Blue Valley Awards Festival 161
 Camel Polo Winter Festival 82
 Eagle Festival 226
 Gongoriin Bombani Hural 141
 Horse Festival 226
 Khatgal Ice Festival 157, **186**
 Naadam Festival 35, 82, 93,
 96-7, **192**
 Navrus 226
 Reindeer Festival 155, 161
 Roaring Hooves Music Festival 198
 Tsagaan Sar 207
 Yak Festival 130
 films 29, 30, 34, 39
 fish 50, *see also* fishing
 fishing 58
 central Mongolia 130, 131
 eastern Mongolia 172, 173

northern Mongolia 149, 155
 western Mongolia 241, 242, 246
 Flaming Cliffs 208
 food 42-7, 255-6, **189**
 customs 33, 45-6
 vegetarian travellers 45
 fossils 198, 206-7, 214, 7
 four holy peaks 108

G
 Gachuurt 114-15
 Galuut Canyon 212
 Gandan Muntsaglan Khiid 117
 Ganga Nuur Nature Reserve 180, 182
 gay travellers 256
 gazelle 20, 49-50, 54, 116, 174, 178,
 179, 180, 183, 184, 204, 208, 214
 Gelenkhuu, Khaizhan 163
 Genden, P 30, 73
 Genghis Khan, *see* Khaan, Chinggis
 geography 48-9
 gers 31, 32, 40, 249-50, 5, 8
 etiquette 33, 45-6
 Gimpil Darjaalan Khiid 197
 Givaan 238
 Goa, Alan 23-4, 159
 Gobi, the 193-218, **194, 210**
 Gobi bear 50, 210, 215, 218
 golf 78, 111, 251, 6
 Gongor, Öndöör 163
 Gorkhi-Terelj National Park 53, 104,
 110-14
 Gov-Altai 215-18
 GPS (Global Positioning System)
 283, 284
 Great Gobi Strictly Protected Area 215,
 218, 232
 Great Lakes Depression 237
 Great White Lake 130
guanz 44-5
 guesthouses 250
 Gunii Khöndii 214
 Gүнгийн Сүм 110-11
 Gurdava, Rinpoche 141
 Gurvan Saikhan National Park 53,
 204, 208-10

H
 hawks 50, 51, 119, 125
 health 287-92, *see also individual*
 entries
 heatstroke 291
 hepatitis 290
 hiking 58-9
 central Mongolia 107-8, 111, 116,
 125, 127, 131
 eastern Mongolia 172, 173
 northern Mongolia 155, 156, 160

responsible hiking 60
 safety 61
 tours 59
 western Mongolia 230, 241
 history 21-30
 books 21, 25, 28, 38, 201, 209
 central Mongolia 104
 communism 27-29, 30
 democracy 29-30, 74
 eastern Mongolia 165
 northern Mongolia 133
 Russians in Mongolia 27-9, 30, 63,
 73, 133, 137, 138, 142
 Warrior Queens of Mongolia 27
 western Mongolia 221
 hitching 15, 278-9
 Hoeloun 181
 holidays 256
 homeless children 83
 horse racing 35, **192**
 horse riding 59-61, 279, 281
 central Mongolia 108, 111, 114,
 116, 119, 131
 eastern Mongolia 172, 173
 northern Mongolia 156, 160
 western Mongolia 228, 246
 horse sledding 157, **186**
 horses 12, 49, 52, 59, 162, 281, 8
 takhi 51, 116, 218, 246
 hotels 250
 Hun people 21-2, 123
 Hustai Nuruu *see* Khustain
 National Park
 hypothermia 291-2

I
 ibex 50, 51, 125, 152, 195, 208, 209,
 218, 230
 ice skating 144, 251
 Ikh Agui 246
 Great White Lake 130
guanz 44-5
 guesthouses 250
 Gunii Khöndii 214
 Gүнгийн Сүм 110-11
 Gurdava, Rinpoche 141
 Gurvan Saikhan National Park 53,
 204, 208-10

J
 Jankhai 154
 Jargalant 163

Jargalant Khaikhan Uul 236
 Jartiin Khuv 214
 Javkhant Tolgo 244
 Jebtzun Damba 26, 75, 161 *see also*
 Bogd Khan
 jeep travel 280-5, *see also* car travel
 GPS coordinates table 284
 road distances chart 285
 Jiglegiin Am 154

K
 Karakorum 26, 120, 122, 123 *see also*
 Kharkhorin
 kayaking 61, 114, 156-7, 228
 Kazakh people 35, 110, 219, 221, 222,
 223, 229
 Khaan, Chinggis 21, 22, 23, 24, 25, 34,
 104, 120, 129, 160, 165, 172, 173
 Khaan, Kublai 24-5, 26, 27, 34, 36,
 120, 122
 Khaan, Ögedei 24, 26, 27, 46, 104,
 120, 122, 170
 Khagiin Khar Nuur 111
 Khajuu Bulag 173
 Khalkh people 35, 101, 132, 148, 180,
 219, 222, 232, 237
 Khalkhiin Gol 179-80
 Khalun Us Rashant 173
 Khamaryn Khiid 202
 Khan, Genghis, *see* Khaan, Chinggis
 Khan Khentii Strictly Protected Area
 111, 165-8
 Khan Khökhii National Park 237
 Khanbalik (Beijing) 26, 120, 122
 Khanbogd 206-7
 Khandgait 115
 Khangai Nuruu 104, 245
 Khangai Nuruu National Park 125
 Khangil Nuur 171
 Khandkh 155
 Kharaagiin Khiid 138
 Khar Balgas 129
 Khar Bukh Balgas 148
 Khar Nuur (Khovd) 236
 Khar Nuur (Zavkhan) 246
 Khar Tsalaagiin Gol 230-1
 Khar Us 154
 Khar Us Nuur (Khovd) 235-6
 Khar Us Nuur National Park 232, 235-6
 Khar Us Nuur (Uvs) 241
 Khar Zurkhen 171
 Kharkhiraa Gol 241
 Kharkhiraa Uul 241
 Kharkhorin 120-4, **121**
 Khasagt Khaikhan Strictly Protected
 Area 215
 Khatanbaatar Magsarjav
 Mausoleum 146
 Khatgal 153-4, 157, **154**

Khentii 165-74
 Khentii Nuruu 165-8
 Kherlen Bar Khot 177
 Khermen Tsav 214
 Khetsuu Khad 242
 Khögnö Khan Uul 125
 Khögnö Khan Uul Nature Reserve
 104, 125-6
 Khökh Nuur (Dornod) 178
 Khökh Nuur (Khentii) 171
 Khökh Nuur (Uvs) 241
 Khökh Serkh Strictly Protected Area
 223, 228, 232
 Khomyn Tal 246
 Khongoryn Els 209-10
khöömii 39, 75, 91, 236, 244
 Khorgo Uul 130
 Khorgo-Terkhiin Tsagaan Nuur
 National Park 53, 104, 130-1
 Khotgor 240
 Khoton Nuur 229, 230
 Khovd 231-6
 Khovd City 232-5, **233**
 Khövsgöl 148-63
 Khövsgöl Nuur 152-9
 Khövsgöl Nuur National Park 53,
 152-9, **153**
 Khuisiin Naiman Nuur Nature
 Reserve 119
 Khujirt 119
 Khurgan Nuur 230
 Khurgiin Khundii 184
 Khustain National Park 53, 104, 115-17
 Khutagt Ekh Datsan 136
 Khyakhta (Russia) 137
 Khyakhta, Treaty of 27, 136, 137
 Khyargas Nuur 242
 Khyargas Nuur National Park 237, 242
 kite 50
 kite boarding 252
 Kul-Teginii monument 129

L
 lakes
 Aчит Nuur 242
 Airag Nuur 242
 Bayan Nuur (Bayan-Ölgii) 228
 Bayan Nuur (Uvs) 240
 Bayan Nuur (Zavkhan) 246
 Böön Tsagaan Nuur 214
 Buir Nuur 179
 Dörgön Nuur 236
 Döröo Nuur 228
 Eight Lakes 119
 Ereen Nuur 246
 Ganga Nuur 182
 Great White Lake 130
 Khagiin Khar Nuur 111
 Khangil Nuur 171

lakes *continued*

Khar Nuur (Khovd) 236
 Khar Nuur (Zavkhan) 246
 Khar Us Nuur (Khovd) 235-6
 Khar Us Nuur (Uvs) 241
 Khökhh Nuur (Dornod) 178
 Khökhh Nuur (Khentii) 171
 Khökhh Nuur (Uvs) 241
 Kholboo Nuur 182
 Khoton Nuur 229, 230
 Khövsgöl Nuur 152-9
 Khurgan Nuur 229, 230
 Khyargas Nuur 242
 Naiman Nuur 119
 Ögii Nuur 129
 Ölgii Nuur 241
 Sangiin Dalai Nuur (Dornod) 179
 Sangiin Dalai Nuur (Dundgov) 197
 Telmen Nuur 246
 Terkhiin Tsagaan Nuur 130
 Tolbo Nuur 228
 Tsagaan Nuur 182
 Ulaan Nuur 207
 Üüreg Nuur 240
 Uvs Nuur 239-40
 Zuun Nuur 162
 Lamyn Gegeenii Gon Gandan Dedlin
 Khiid 211
 language 15, 293-7
 courses 79, 80, 224
 food vocabulary 46-7
 legal matters 256-7
 lesbian travellers 256
 literature 38-9, *see also* books
 Lkhachinvandad Uul Nature Reserve
 180, 184
 Lovon Chombin Agui 207

M

Magsarjav, Khatanbaatar 146
 Malchin Peak 231
 man stones, *see* *balbals*
 Manchu rule 26, 133, 142, 165, 177,
 221, 243
 Manchu military garrison 244
 Manchu ruins (Sangiin Kherem)
 232-3
 Mandalgov 195-7, **196**
 Mandshir Khiid 106-7
 Manicheism 23
 Mankhan Nature Reserve 232
 maps 63-5, 257
 Marra valley 228
 measures 248
 Megjin 235

Millennium Road 183
 Mining Museum (Erdenet) 144
 mobile phones 260
 Modon Huys 156
 Modot Bulan 157-8
 Modun 21
 Mogoi Mod (Snake Tree) 154
 Moltsoq Els 182
 monasteries & temples
 Amarbayasgalant Khiid 140-1
 Amarbuyant Khiid 214
 Bakula Rinpoche Süm 76
 Baldan Baraivan Khiid 171
 Buyandelgerüülekh Khiid 127
 Centre for Buddhist Medicine 76
 Centre of Shaman Eternal Heavenly
 Sophistication 75-6
 Choiijin Lama Temple Museum 75
 Danrig Danjaalin Khiid 176
 Danzandarjaa Khiid 150
 Dashbijeliin Süm 163
 Dashchoilon Khiid 76
 Dashchoinkhorlon Khiid
 (Bulgan) 146
 Dashchoinkhorlon Khiid (Töv) 306
 Dashgimpeliin Khiid 196
 Dayan Derkh Monastery 160
 Dechinchoinkhorlin Khiid 200
 Dechinravjaalin Khiid 237
 Demchiigin Khiid 207
 Eguur Monastery 218
 Eguzer Khutagtiin Khuree 184
 Erdene Zuu Khiid 120-2
 Erdenemandal Khiid 180-1
 Gandan Khiid 73-5
 Gandan Muntsaglan Khiid 117
 Gelekhuugin Suvraga 163
 Gesar Süm 76
 Gimpil Darjaalan Khiid 197
 Günjiin Süm 110-11
 Jargalantiin Dugan 163
 Khamaryn Khiid 202
 Kharaagiin Khiid 138
 Khutagt Ekh Datsan 136
 Lamyn Gegeenii Gon Gandan
 Dedlin Khiid 211
 Mandshir Khiid 106-7
 Ongiin Khiid 197-8
 Övgön Khiid 125
 Ovoon Khiid 182
 Shadavdarjaliin Khiid 168
 Shankh Khiid 119-20
 Süm Khökhh Burd 197
 Tasgany Owoo 76
 Tögs Buyant Javkhlan Khiid 244
 Tövkhön Khiid 124-5
 Türeemel Amarjuulagai Khiid 233
 Winter Palace Of Bogd Khan 75
 Zayain Gegeenii Süm 127

money 14-15, 255, 257-8
 Mongol Altai Nuruu 222
 Mongol Daguur Strictly Protected Area
 174, 178
 Mongol Els 126
 Mongol empire 24-6, 27, 123
 Mongolian National Modern Art
 Gallery 76
 Mongol people 23-4, 32
 Mönkh Khaikhan National Park
 232, 236
 Mönkh Khaikhan Uul 236
 Monument Park (Mandalgov) 196
 monuments & statues
 Alan Goa 159
 Aldanjavyn Ayush 233
 Chinggis Khaan (Binder) 171
 Chinggis Khaan (Dadal) 173
 Chinggis Khaan (Delgerkhaan) 170
 Chinggis Khaan (Öndörkhaan) 168
 Friendship Monument (Erdenet) 143
 Galdan Boshigt 233
 Givaan 238
 Ikh Burkhan 179
 Mongolian Heroes' Memorial 176
 Seeriyin Adigyn Bugan Khoshoo 148
 stone turtles 123
 tank monument (Sainshand) 200
 Toroi-Bandi 184
 Yakolevchudiin Tank Khoshuu 179
 Yalaltiin Khoshuu 179
 Yumjaagiin Tsedenbal 238
 Möron 149-52, **150**
 Mother Rock 109
 motorcycle travel
 GPS coordinates table 284
 road distances chart 285
 to/from China 269
 to/from Russia 275-6
 within Mongolia 278
 mountain biking 55-7, 251, 278
 routes & tours 55-7, 98, 113, 240
 mountain climbing 231, 236, 251
 mountains
 Altan-Ölgii Uul 111
 Baga Gazryn Uul 197
 Bayanzürkh Uul (Dornogov) 202
 Bayanzürkh Uul (Töv) 115
 Birch Mountain Range 115-17
 Bürengiin Nuruu 141
 Bürged Uul 231
 Burkhan Khalduun 172
 Chingeltei Uul 115
 Dayan Uul 245
 Eej Khaikhan Uul 218
 four holy peaks 108
 God's Hill 172
 Ikh Khaikhan Nuruu 246
 Jargalant Khaikhan Uul 236

Khangai Nuruu 245
 Kharkhira Uul 241
 Khentii Nuruu 165-8
 Khögnö Khan Uul 125
 Khorgo Uul 130
 Khuiten Uul 231
 Khustain Nuruu 115-17
 Mongol Altai 222
 Mönkh Khaikhan Uul 236
 Nairamdai Uul 231
 Naran Uul 231
 Ölgii Uul 231
 Otgon Tenger Uul 245
 Rashany Ikh Uul 230
 Rich Heart Mountains 115
 Sairyn Uul 228
 Songino Khaikhan Uul 109
 Sutai Uul 218
 Tavan Belchiriin Uul 228
 Tavan Bogd 231
 Togoo Uul 148
 Tsambagarav Uul 228
 Tsast Uul 228
 Türgen Uul 241
 Ugtam Uul 178
 Uran Uul 148
 Vangiin Tsagaan Uul 179
 Yargaitin Ekh Uul 236
 Mother Cave 171
 Mukhar Shiveert 209
 Museum of Danzan Ravjaa 199
 Museum of Famous People 244
 Museum Of Natural History 69-72
 museums & galleries
 Aimag Museum (Arkhangai) 127
 Aimag Museum (Bayan-Ölgii) 224
 Aimag Museum
 (Bayankhongor) 211
 Aimag Museum (Bulgan) 146
 Aimag Museum (Dornod) 176
 Aimag Museum (Dornogov) 199
 Aimag Museum (Dundgov) 196
 Aimag Museum (Gov-Altai) 216
 Aimag Museum (Khentii) 168
 Aimag Museum (Khövsgöl) 149-50
 Aimag Museum (Orkhan) 144
 Aimag Museum (Övörkhangai) 118
 Aimag Museum (Selenge) 137
 Aimag Museum (Uvs) 237
 Alan Goa Museum 159
 Baruun-Urt Museum 180
 Central Province Museum 105
 Chandman-Öndör Museum 159
 Children's Art & Creation Centre 76
 Ethnography Museum 168
 Ethnography Museum (Bulgan
 City) 146
 Fine Art Gallery 76
 History Museum (Uliastai) 244

Hunting Museum 73
 International Intellectual
 Museum 73
 Jargalant Museum 163
 Khovd Museum 232
 Mining Museum (Erdenet) 144
 Mongolian Artists' Exhibition Hall 76
 Mongolian National Artists
 Union 76
 Mongolian National Modern Art
 Gallery 76
 Museum of Danzan Ravjaa
 199-202
 Museum of Darkhan-Uul 138
 Museum of Famous People 244
 Museum Of Natural History 69-72
 Museum of the General
 Intelligence Agency 73
 National Museum Of Mongolian
 History 69
 Natural History Museum
 (Bayankhongor) 211
 Natural History Museum
 (Choibalsan) 176
 Nature Museum (Yolyn Am) 208
 Railway Museum 73
 Red Ger Art Gallery 69
 South Gobi Museum 204
 Sükhbaatar Museum 182
 Sümber Museum 179
 Theatre Museum 73
 Ulaanbaatar City Museum 73
 Victims Of Political Persecution
 Memorial Museum 73
 West Road Military Unit
 Museum 146
 Zanabazar Memorial Museum 118
 Zanabazar Museum Of Fine Arts 69
 Zundoi Davag Museum 173
 music 39-40
 courses 224, 244

N

Naadam Festival 35, 82, 93, 96-7, **192**
 Chandman-Öndör 159
 Khatgal 157
 Renchinlkhumbe 161
 Naiman Nuur 119
 Nairamdai Park 78
 Nalaikh 109-10
 Namarjin valley 228
 National Academic Drama Theatre 92
 National Museum Of Mongolian
 History 69
 national parks 51-3
 Alag Khaikhan Nature Reserve 215
 Altai Tavan Bogd National Park 53,
 223, 229-32
 Bogdkhan Uul Strictly
 Protected Area 106-9
 Develiin Aral Nature Reserve
 223, 240
 Dornod Mongol Strictly Protected
 Area 174
 Eej Khaikhan Nature Reserve
 215, 218
 Ergeliin Zuu 198-9
 Ganga Nuur Nature Reserve
 180, 182
 Gorkhi-Tereji National Park 53,
 104, 110-14
 Great Gobi Strictly Protected Area
 215, 218, 232
 Gurvan Saikhan National Park 53,
 204, 208-10
 Ikh Gazryn Chuluu Nature
 Reserve 195
 Ikh Nart Nature Reserve 198-9
 internet resources 48
 Khan Khentii Strictly Protected
 Area 111, 165-8
 Khan Khökhhii National Park 237
 Khangai Nuruu 104
 Khangai Nuruu National Park 125
 Khar Us Nuur National Park 232,
 235-6
 Khasagt Khaikhan Strictly
 Protected Area 215
 Khögnö Khan Uul Nature Reserve
 104, 125-6
 Khökhh Serkh Strictly Protected
 Area 223, 228, 232
 Khorgo-Terkhiin Tsagaan Nuur
 National Park 53, 104, 130-1
 Khövsgöl Nuur National Park 53,
 152-9
 Khustain National Park 53, 104,
 115-17
 Khyargas Nuur National Park
 237, 242
 Lkhachinvandad Uul Nature
 Reserve 180, 184
 Mankhan Nature Reserve 232
 Mongol Daguur Strictly Protected
 Area 174, 178
 Mönkh Khaikhan National Park
 232, 236
 Nömörög Strictly Protected Area
 174, 179
 Noyon Khangai National Park 131
 Onon-Balj National Park 168, 173
 Otgon Tenger Uul Strictly
 Protected Area 53, 245-6
 permits 52-3
 Sharga Nature Reserve 215
 Siilkhem Nuruu National Park 223
 Small Gobi A Strictly Protected
 Area 204
 Takhiin Tal 215-16

national parks *continued*
 Tes River Reserve 237
 Toson Khulstai Strictly Protected Area 175
 Tsambagarav Uul National Park 223, 228
 Ugtam Uul Nature Reserve 175, 178
 Uran-Togoo Tulga Uul Nature Reserve 148
 Uvs Nuur Strictly Protected Area 237
 Yakh Nuur Nature Reserve 175
 Zagiin Us Nature Reserve 195
 Natsagdorj, Dashdorjiin 38-9
 Natural History Museum (Bayankhongor) 211
 nature reserves, see national parks
 newspapers 248
 Nömrög Strictly Protected Area 174, 179
 northern Mongolia 132-63, **134-5**
 Noyon Khangai National Park 131

O

Ögedei Khaan see Khaan, Ögedei
 Ögii Nuur 129
 Öglöghiin Kherem 171
 Old Man Reading a Book 111
 Ölgii 223-8, **225**
 Ölgii mosque 224
 Ölgii Nuur 241
 Ömnögov 204-10
 Öndörkhaan 168-70, **169**
 Ongiin Khiid 197-8
 Onon-Balj National Park 168, 173
 Orkhon 142
 Orkhon Khürkhee 125
 Orkhon sum 144
 Otgon 245
 Otgon Tenger Uul 245
 Otgon Tenger Uul Strictly Protected Area 53, 245-6
 Övgön Khiid 125
 Ovon Khiid 182
 owoos 38, 172, 173, 182, 183, 202, 214, 240, 7
 Övörkhngai 117-26

P

painting 40-1
thangka 40
 Palace of Culture 92
 paragliding 78, 114
 passports 266
 peoples
 Buriat people 35, 132, 141, 148, 152, 174

Darkhad people 148, 152
 Kazakh people 35, 110, 219, 221, 222, 223, 229
 Khalkh people 35, 101, 132, 148, 180, 219, 222, 232, 237
 Tsaatan people 35, 132, 133, 148, 149, 152-3, 155, 160, 161-2
 petroglyphs 214, 222, 230
 Phallic Rock 123
 phone cards 260-1
 photography 258-9
 planning 13-16, 255
 plants 51, 52
 plays 26
 politics (modern) 12, 31-2, 74
 polo 36, 252
 population 12, 35, 77, *see also* peoples
 postal services 259
 Potanii glacier 231
 Przewalski, Colonel Nikolai 51
 Przewalski's horse, *see takhi*

R

rabies 290
 radio 248
 rafting 61, 111, 229
 Rashaan Khad 171
 Rashany Ikh Uul 230
 Ravjaa, Danzan 39, 41, 199, 201, 202
 reindeer 49, 50, 52, 149, 155, 161
 religion 36-8, *see also individual religions*
 Renchinlkhumbe 161
 responsible travel 33
 air travel 268
 camping & hiking 60
 ecotourism 54
 ger etiquette 33
 photographing people 33
 restaurants 45
 Roaring Hooves Music Festival 198
 rock climbing 252
 Russians in Mongolia 27-9, 30, 63, 73, 137, 138, 142

S

saiga antelope 50, 53, 236
 Sainshand 199-202, **200**
 Sairyn Uul 228
 Sangiin Dalai Nuur (Dornod) 179
 Sangiin Kherem (Manchu Ruins) 232-3
 Sanjaasurengiin Zorig 74
 Saran Khöökhöö Drama Theatre 201
 satellite phones 260
 sculpture 40-1
 Selenge 133-41
 Senjit Khad 203
 Sevsuul 154
 Shadavdarjaliin Khiid 168

shamanism 38, 149, 153, 174, 6
 Shangdu 26
 Shankh Khiid 119-20
 Sharav, Balduugiyin 40
 Sharga Nature Reserve 215
 Shargaljuut 212-13
 Shiliin Bogd Uul 183-4
 Shine-Ider 162
 shopping 93-5, 259
 Siilkhem Nuruu National Park 223
 skiing 111, 252
 Small Gobi A Strictly Protected Area 204
 snow leopards 50, 51, 208, 216
 Sogoog 229
 solo travellers 259 *see also* women
 travellers
 Songino Khairkhan Uul 109
 South Gobi Museum 204
soymbo 31, 142
 special events 255, *see also* festivals
 Mongol Rally 274
 Sunrise to Sunset
 Ultra-marathon 157
 sports 35-6, *see also* individual sports
 Stalin, Joseph 29, 30, 73
 State Opera & Ballet Theatre 92
 State Youth & Children's Theatre 91
 statues *see* monuments & statues
 Sükhbaatar 136-7, 180-4, **136**
 Sükhbaatar, Damdin 28, 136, 137
 Sükhbaatar Square 77-8
 Sükhbaatar Town 182
 Süim Khökh Burd 197
 Sümber 179, 180
 Sutai Uul 218
 swimming 78, 130, 144, 240, 241

T

Taikhar Chuluu 129-30
 taimen 50, 58, 160, 179
takhi 51, 116, 218, 246
 Takhiin Tal 215
 Taliin Agui 184
 Tavan Belchiriin Uul 228
 Tavan Bogd 231
 Tavan Khumit 236
 taxi travel 285
 telephone services 260-1
 Telmen 246
 Telmen Nuur 246
 temples *see* monasteries & temples
 Temujin 24, 171, 181 *see also* Khaan, Chinggis
 Terelj 110-14, **112**
 Terkhiin Tsagaan Nuur 130
 Tes 239
 Tes River Reserve 237
thangka 40
 theatre 41, 91-2

throat singing 39, 75, 91, 236, 244
 time 261
 Togoo Uul 148
 Tögs Buyant Javkhant Khiid 244
 toilets 261
 Toilogt 154
 Tolbo Nuur 228
 Tonyukok, stele of 110
 Toson Khulstai Strictly Protected Area 175
 Tosontsengel 246
 tourist information 261
 tours 80-2
 central Mongolia 111, 117
 companies within Mongolia 80-2
 northern Mongolia 150
 overseas-based companies 270
 western Mongolia 224
 Töv 105-17, **107**
 Tövkhön Khiid 124-5
 traditional medicine 292
 train travel
 to/from China 269-74, 275
 to/from Russia 275, 276
 Trans-Mongolian
 Railway 272-3, **191**
 within Mongolia 285-6
 Trans-Mongolian Railway 272-3, **191**
 travel to/from Mongolia 266-276
 travel within Mongolia 276-86
 Tsaatan people 35, 132, 133, 148, 149, 152-3, 155, 160, 161-2
 Tsagaan Agui 213
 Tsagaan Bulag 214
 Tsagaan Sar 44, 207
 Tsagaan Suvraga 198
 Tsagaan Us Gol Valley 231
 Tsagaanuur 161-2
 Tsagaan-Uur 160
 Tsambagarav Uul 228
 Tsambagarav Uul National Park 223, 228
tsam-mask dancing 75, 82, 255, **189**
 Tsast Uul 228
 Tsendenbal, Yumjaagiin 29, 238
 Tsengel 229
 Tsenkher hot springs 129
 Tsenkheriin Agui 236
 Tsenkhermandal 171
 Tsetserleg 126-9, **127**
 Tsogt Taijiin Tsagaan Balgas 148
 Tsongkhapa 197
 Tsonjiin Chuluu 203
 tuberculosis (TB) 290-1
 Türeemel Amarjulagui Khiid 233
 Türgen Uul 241
 Turkic-speaking people 22, 104
 Turtle Rock (Töv) 111

Turtle Rocks (Övörkhngai) 123
 TV 248

U

Ugtam Uul 178
 Ugtam Uul Nature Reserve 175
 Ulaan Davaa 240
 Ulaan Nuur 207
 Ulaan Suvraga 198
 Ulaan Tolgoi 230
 Ulaan Tsutgalan 125
 Ulaanbaatar 26, 62-100, **64, 70-2**, 188, 189
 activities 78
 attractions 68-78
 dangers 68
 drinking 90-1
 eating 86-90
 emergency services 65
 entertainment 91-3
 festivals 82
 gay travellers 93
 history 63
 internet access 65
 medical services 66
 money 66
 postal services 67
 shopping 93-5
 sleeping 82-6
 special events 82
 tourist offices 67
 tours 80-2
 travel to/from 95-9
 travel within 99-100
 walking tour 78-9, **79**
 Ulaangom 237-9, **238**
 Uliastai 26, 243-5, **243**
 Uran Uul 148
 Uran-Togoo Tulga Uul Nature Reserve 148
 Urga (Ulaanbaatar) 26, 28, 104, 243
 Urganal 246
 Üreig Nuur 240
 Uushigiin Uver 152
 Uvs 237-42
 Uvs Nuur 239-40
 Uvs Nuur Strictly Protected Area 237

V

vaccinations 287-8, 289
 Vangiin Tsagaan Uul 179
 vegetarian travellers 45
 Victims Of Political Persecution Memorial Museum 73
 visas 262-4
 voluntary work 81, 85, 117, 265
 von Ungern-Sternberg, Baron Roman Nikolaus Fyodirovich 28

W

Wall Of Chinggis Khaan 177-8
 weather 13-14, 31, 252-3
 Wedding Palace 73
 weights 248
 western Mongolia 18, 219-46, **220-1**
 West Road Military Unit Museum 146
 white-naped crane 50, 51, 174
 wildlife 49-51, 54
 wildlife watching 52-3
 central Mongolia 116-7, 125
 eastern Mongolia 168, 173, 174
 Gobi, the 198, 208, 214
 northern Mongolia 152
 itineraries 20
 William of Rubruck 45, 122
 Winter Palace Of Bogd Khan 75
 wolves 50, 116, 125, 179
 women travellers 259, 264
 work 264-5
 wrestling 35, 36, 192

X

Xanadu 26

Y

yak carting 113, 157
 Yakh Nuur Nature Reserve 175
 yaks 52, 278
 Yamaat Valley 240
 Yargaitin Ekh Uul 236
 Yasnee Tsav 214
 Yestii Hot Water Springs 111
 yoga 79-80
 Yolyn Am 208-9

Z

Zagastain Davaa 245
 Zagiin Us Nature Reserve 195
 Zaisan Memorial 78
 Zamyn Üüd 202-3
 Zanabazar 26, 31, 40, 63, 75, 119, 124-5, 141, 142, 197
 Zanabazar Memorial Museum 118
 Zanabazar Museum Of Fine Arts 69
 Zavkhan 242-6, **190**
 Zayain Gegeenii Süim 127
 Zorig, Sanjaasurengiin 74
 zud 49
 Zundoi Davag Museum 173
 Zuun Nuur 162
 Zuun Salaa Mod 131
 Zuunmod 105-6, **105**
 Zuunmod Khuv 214