



Mass Audubon Tours  
*supporting conservation here and abroad*

# Trip Preparation for Mongolia

*May 28 – June 13, 2011*



## **ENTRY REQUIREMENTS**

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A valid passport is required for American visitors. Please be certain you have at least 4 blank pages and that the passport is valid until at least December 2011. No visa is required for Americans visiting for fewer than 90 days; however, visitors planning to stay in Mongolia for more than 30 days are required to register with the Immigration, Naturalization and Foreign Citizens Agency in Ulaanbaatar within the first seven days of arrival. American visitors who fail to register and who stay longer than 30 days, even for reasons beyond their control, will be stopped at departure, denied exit, and fined.

It is recommended that if there is any possibility that a visitor will be in Mongolia beyond 30 days that they register with the Immigration, Naturalization and Foreign Citizens Agency within the first seven days of their arrival.

Travelers arriving or departing Mongolia through China should be aware of Chinese visa regulations. American citizens are not permitted to transit through China without a visa. For more information on these requirements see the Consular Information Sheets for these countries visit the [Bureau of Consular Affairs web page](#).

Visa Application Form & Instructions: Your trip will start in Beijing, China. A visa is required for China. If you wish, you may use a passport & visa service to renew your passport and/or apply for your visa, please contact <http://www.travisa.com> or telephone (800) 222-2589 or (800) 421-5468. Or you may use Zierer Visa Service at [www.ZVS.com](http://www.ZVS.com) or call 866-788-1100.

### **Air Arrangements**

You may book your flights on your own or work with our tour operator: Nomadic Expeditions. Contact Undraa Buyannemekh [[undraa@nomadicexpeditions.com](mailto:undraa@nomadicexpeditions.com)] or call: (609) 860-9008. Please be aware that most tickets are non-refundable, and we do recommend trip cancellation insurance.

## **HEALTH MATTERS AND TRAVEL INSURANCE**

Included with your confirmation letter from Mass. Audubon is an application form for travel insurance. We strongly recommend that you take out sufficient medical evacuation and trip cancellation/interruption insurance. We also recommend that you review your general health and the trip itinerary with your doctor to be sure you can participate fully.

Immunizations: At present, while no immunizations are required by the World Health Organization (WHO) for travel to Mongolia, several are suggested and others are strongly recommended. They are as follows:

- ❑ TYPHOID: This is rare but well worth protecting yourself against. The standard procedure for this is now the oral vaccine, which will start about two weeks prior to your getting on the plane - four doses are taken on alternate days, requiring a full week for the entire dosage.
- ❑ HEPATITIS A and B immunizations.
- ❑ TETANUS: Recommended if you have not had a booster within the past 10 years.
- ❑ POLIO & RABIES: The Center for Disease Control and Prevention recommends that **rabies** and **polio** inoculations be up to date for all international travel.

**MEDICAL FACILITIES AND HEALTH INFORMATION:** Medical facilities in Mongolia are very limited and do not meet most Western standards, especially for emergency health care requirements. Ulaanbaatar, the capital, has the majority of medical facilities; outside of Ulaanbaatar medical facilities and treatment are extremely limited or non-existent. Specialized emergency care for infants and the elderly is not available. Infectious diseases, such as plague, meningococcal meningitis, and tuberculosis, are present at various times of the year. Serious medical problems requiring hospitalization and/or medical evacuation to the United States can cost thousands of dollars; see section on Medical Insurance below. Mass Audubon will purchase on your behalf a basic Medical Evacuation insurance policy. Please note that doctors and hospitals usually expect immediate payment in cash for health services. Medevac companies will not initiate an evacuation without a fee guarantee beforehand and in full.

Conditioning: In preparing yourself for travel to Mongolia, it is important is to expect the unexpected. Patience, mental flexibility, and acceptance of different worldviews will all be valued assets.

This trip doesn't involve any extended hikes, prolonged up-and-down, or hiking at high altitudes for long periods of time. Your level of conditioning, however, can play a pivotal role in how much you are able to enjoy yourself on our birding walks, and may even impact your ability to be in position to take advantage of some good birding opportunities. You want to be in good enough shape so that all your physical resources are not depleted in the birding walks. Any person leading a reasonably active daily life should not find this trip overly taxing. There are long drives on rough roads.

Keeping yourself healthy: Mongolia is less economically developed than Europe or the United States. This means that sanitary standards are different from our own. Our in-country operator works hard to ensure that everyone stays healthy in camp. In the field, our cook staff is very attentive to serving only safe, clean food and water. At any point during the trip – if you feel ill, please let Chris know.

If you have chronic medical conditions, it is imperative that you review this itinerary carefully with your doctor and that you carry adequate supplies for your condition. Here is a checklist of items recommended by the CDC for a travelers "health kit" – Use your own judgment about what to carry for yourself:

Reference: CDC "yellow book":

The purpose of a Travel Kit is twofold: to allow the traveler to take care of minor health problems as they occur and to treat exacerbations of pre-existing medical conditions. Basic kit items are listed below.

- Personal prescription medications (copies of all prescriptions, including the generic names for medications, and a note from the prescribing physician on letterhead stationary for controlled substances and injectable medications should be carried)
- Anti - diarrhea medication (e.g., bismuth subsalicylate, loperamide)
- Antibiotic for self-treatment of moderate to severe diarrhea (f.e.g. Cipro)
- Antihistamine
- Decongestant, alone or in combination with antihistamine
- Anti - motion sickness medication (a good idea for rough Mongolia roads)
- Acetaminophen, aspirin, ibuprofen, or other medication for pain or fever
- Mild laxative
- Cough suppressant/expectorant
- Throat lozenges
- Antacid
- Antifungal and antibacterial ointments or creams
- 1% hydrocortisone cream
- Epinephrine auto-injector (e.g., EpiPen), especially if history of severe allergic reaction.

**Other Important Items**

- Insect repellent containing DEET (up to 50%)
- Sunscreen (preferably SPF 15 or greater)
- Oral rehydration solution packets
- Basic first-aid items (adhesive bandages, gauze, ace wrap, antiseptic, tweezers, scissors, cotton-tipped applicators)
- Antibacterial hand wipes or alcohol-based hand sanitizer
- Moleskin for blisters

## **CLIMATE**

The weather in Mongolia is highly unpredictable, and while temperatures from year to year are very difficult to predict, average temperatures for May-June are as follows:

Early May – to Mid-May: 35° - 65° F

Late May – Mid-June: 50° - 80° F

Days tend to be sunny, although you should be prepared for the possibility of rain. Humidity levels in Mongolia are very low. If you are interested, you may check what the weather conditions in Mongolia are while you pack for your trip. You can find up-to-date weather information for all regions of Mongolia on the website Weather Underground (<http://www.wunderground.com/global/MO.html>).

## **WHAT TO BRING**

Because of the variability of weather and temperatures on most walks, the clothes you will bring should be sufficient to cover a wide range of conditions. You will need to have appropriate clothes for the warmer, low altitudes as well as for the cool higher altitude portions of your trip. We have provided a clothing/equipment checklist below to assist you in your efforts to obtain and pack the needed clothing and equipment for your trip. It is essential that you have adequate protection for your feet and body from possible rainy days, as wet boots and clothing the following day make for unpleasant birding.

### Packing List:

#### Air tickets

- Passport
- Visas
- Money and money belt
- Extra copies of passport photo (2)
- Extra copies of your passport pages, visas, and credit cards
- Daypack (Should be approximately 2,000 cubic inches. In it you will carry your water bottles (1 or 2 liter), personal medical items, camera and/or binoculars, guidebook, and any extra layers that you shed throughout the day).
- Duffel bag for check in luggage (44 lb weight limit on Mongolia flights, including carry-on)
- A pillowcase.
- Comfortable walking shoes or hiking boots with some degree of waterproofing. Some of the areas we will visit are likely to be muddy
- Sneakers or sandals (for use in the bath and toilet facilities)
- Warm socks and underwear
- Thermal underwear top and bottoms (polypropylene or Capilene® type)
- Hiking pants(warm)
- Lightweight pants
- Waterproof pants and jacket Heavy sweater or synthetic fleece jacket
- T-shirts - long and short sleeved
- Heavy shirt
- One or two sets of clean casual clothes for city time
- Warm hat, gloves
- Sunglasses with 100% UV protection
- Water bottle
- Flashlight or headlamp with extra batteries and bulbs
- Reading/writing materials
- Camera and batteries
- Sun hat, baseball or brimmed hat and/or collapsible umbrella,
- Sunscreen (>14SPF)
- Insect repellent

- ❑ Ear plugs
- ❑ Electrical converter
- ❑ Binoculars
- ❑ Camera and assorted gear
- ❑ Travel alarm clock (there are no “wake up calls” at camps)
- ❑ Zip lock bags and dried snacks
- ❑ Personal toiletry kit: towel, washcloth, bandanna, safety pins, mesh laundry bag, toilet paper (1-2 rolls), toothbrush, toothpaste, inflatable wash basin. Include all bath, soap, shampoo, feminine hygiene products, and prescription drugs, anti-bacterial hand wipes,
- ❑ Personal medical/first aid kit: see above.

Snapshots of home, work, and family are useful as conversation starters while you are visiting nomadic families. Travelers sometimes bring small gifts for nomadic families such as pocket knife with can and bottle openers or sewing kit. These gifts are optional.

**Note on Ger Camps:** While visiting the countryside, you will stay in *gers*, dome-like tents made of latticed wood walls covered by felt and canvas and supported by poles. This is the traditional home of herdsman who must move with their animals and therefore need an easily transportable dwelling that will withstand harsh winters. Cozy, quaint, and homelike, the *gers* are heated by wood stoves with a chimney through a hole in the center of the roof. In the summer, some of the layers of felt on the walls are removed. Beds consist of comfortable mattresses on elevated wooden frames with clean sheets, pillows, and blankets. *Ger* camps offer an authentic experience of Mongolian culture and provide the unique opportunity to visit areas which otherwise lack visitor accommodations. Western-style shower and toilet facilities are located in a central building and meals are served in a camp dining room.

## **LUGGAGE**

The luggage restriction for the flights between Beijing and Ulaanbaatar is 44 pounds.

The luggage restriction for domestic flights in Mongolia is 33 pounds check-in and 11 pounds carry-on. It's possible for travelers to store luggage in a locked storage room in the hotel in Ulaanbaatar if you want to store some things during certain legs of the trip. Soft luggage is recommended.

## **MONEY**

Traveler's or personal checks are **not** recommended. Credit cards can be used at a variety of hotels, restaurants, and shops in Ulaanbaatar. Outside of the capital, travelers should have cash. Cash advances against credit cards are available at commercial banks such as Trade and Development Bank and Golomt Bank. International bank wire transfers are also possible. There are a handful of VISA or MASTERCARD only ATM machines in Ulaanbaatar, but that they do not always function and are not reliable. Other types of credit cards, including American Express and Discover, are not widely accepted. ATM machines do not exist outside the capital.

It is advisable to carry some money in cash, (including local currency (Tugruk) preferably smaller denominations (tens, twenties, and fifties). You should also bring a selection of ones and fives for purchasing small souvenirs in remote areas. All bills should be relatively new and in good condition. Old, faded, or ripped bills will not be accepted, nor will fifties and hundreds that are not the new issue.

American citizens are encouraged to carry a copy of their passports with them at all times, so that, if questioned by local officials, proof of identity and citizenship are readily available. U.S. consular officers may not always receive timely notification of the detention or arrest of a U.S. citizen, particularly outside of Ulaanbaatar.

## **TIPPING**

Tips for the group are included in your price and will be paid to the leaders and drivers by Chris Leahy. Mass Audubon staff do not accept tips.

## **ELECTRICITY**

Electrical power in Mongolia is 220 V, 50 Hz. Plugs in Mongolia require a 2-pin socket with round pins. If you plan to bring American standard 110 volt equipment such as hairdryers, a converter and an adapter plug will be required. (If your appliances have dual voltage, only the adapter plug will be necessary.) Most standard adapter/converter kits available in the United States will have the necessary plug configuration to fit the standard Mongolian electric outlet; these can be purchased at large department stores, luggage stores, or at specialty travel equipment shops. If you plan to bring sensitive electronic equipment, you should bring a 220 volt surge suppresser.

However, it is best to bring as few electrical appliances as possible as their use will be limited. At *ger* camps the use of electricity is extremely limited. If you use an electric razor, you may wish to bring a battery operated one, with extra batteries.

**LAUNDRY:** Laundry service is available in the Ulaanbaatar hotels and in some *ger* camps, however it does tend to be expensive. In the countryside, laundry is available at some *ger* camps and you will have to do hand washing of small items.

## **CUSTOMS** – Import and Export

Mongolian customs authorities enforce strict regulations concerning import and export of items such as firearms, ammunition, fossils and antiquities. Import of firearms or ammunition requires prior approval from the Government of Mongolia. Export of antiquities requires a special customs clearance certificate issued by authorized antique shops at the time of purchase. For additional information contact the Embassy of Mongolia at 2833 M Street, N.W., Washington, D.C. 20402, telephone: (202) 333-7117

## **U.S. EMBASSY**

The U.S. Embassy is located at Micro Region 11, Big Ring Road, Ulaanbaatar. The telephone number is (976) 11-329-095, the Consular Section fax number is (976) 11-353-788, the Embassy web site is <http://ulaanbaatar.usembassy.gov>. The Consular Section can be emailed directly at [cons@usembassy.mn](mailto:cons@usembassy.mn).

## **NO SMOKING POLICY**

Mass Audubon asks that there be no smoking in dining areas, vehicles, and any enclosed place where the group gathers.

## **MONGOLIA COUNTRY OVERVIEW** (provided by Nomadic Expeditions):

### Government :

In 1990, Mongolia underwent a peaceful transition to a liberal democracy after 70 years of communism. In February 1992, the newly-created constitution officially changed the country's name from the Mongolian People's Republic to "Mongolia." This new constitution also guarantees democracy, justice, freedom, equality and national unity for Mongolian people.

### Size & Population

Covering a land area of 971,230 square miles (approximately twice the size of Texas), Mongolia is the fifth largest country in Asia and the seventeenth largest country in the world. With a population of approximately 2.6 million, the overall population density of the country is only 2.5 persons per square mile. The country is divided into 21 provinces. The three largest cities are Ulaanbaatar, the capital, with a population of half a million people, Darhan, and Erdenet.

### Language

The official language is Khalka Mongolian, a member of the Altaic group of languages. Russian remains the most widely spoken foreign language, but this is changing as other languages, such as English and Japanese, are gaining in popularity.

### Religion

Buddhist Lamaism, although suppressed from 1929 until 1990, is undergoing a revival within Mongolia. Traditionally, Shamanism is also practiced in Mongolia.

### The People

Based on their history, one might expect modern Mongolians to be aggressive and unfriendly to outsiders and strangers. Nothing could be further from the truth. The same harsh conditions that make nomadic existence so precarious and challenging have dictated the need for uncommon hospitality and warmth extended to all travelers and pilgrims encountered in one's own vicinity. It is firmly implanted into every Mongolian's beliefs, whether he or she is a city dweller or herder, that the courtesy extended today to a stranger will be repaid in the future when the situation is reversed, and that the welcome offered to a visitor into one's home is the same that you can expect when you are the guest. This is the basis for Mongolian civilization and the cornerstone of Mongolian culture that is intertwined throughout its institutions and customs.

### Geography

Mongolia is a landlocked country, bordered by Russia to the north and China to the south. Nearly one-third of Mongolia is covered by the Gobi, a semi-arid region in the southern part of the country covered by enough vegetation to support livestock and herding activity (mostly sheep, goats and camels). At an average altitude of 5,183 feet (altitudes on your trip range from 4,000 to 6,500 feet), Mongolia is one of the highest countries in the world and hosts four mountain ranges: the Altai Mountains, the tallest, extend from the far west to the Gobi; the Hangai Range is located in the center of the country; the forested Hentei Mountains extend northeast from the capital; and the Sayan range is located in the north-west of Mongolia. The lowest points in Mongolia are in the extreme northeast steppe region.

## **SUGGESTED READING**

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We feel an important aspect of preparing yourself for your tour to Mongolia includes spending some time reading about the country, its people and natural environment. We offer the following list of titles from which you can select an assortment of books that should provide you with a good foundation for your trip.

**Books that are available at the Massachusetts Audubon Shop in Lincoln, Massachusetts, are indicated with asterisks (\*). Call 781-259-9661 or e-mail [audubonshop@massaudubon.org](mailto:audubonshop@massaudubon.org) to order or for more information.**

### **FIELD GUIDES**

\***Birds of Europe** by Lars Svensson, Peter J. Grant, Killian Mullarney, and Dan Zetterstrom. 2000, 400 pages, \$29.95. Features 3,500 illustrations by Killian Mullarney and Dan Zetterstrom. Color plates depict every species -- and sometimes several different variants -- for 722 birds found from the Urals to the Atlantic, Scandinavia to the Middle East. The text by Lars Svensson and Peter J. Grant provides all of the information needed to identify any species in Europe at any time of year, covering identification, voice, habitat, range, and size. In addition, the authors provide an introduction to each group of birds that addresses the major problems involved in identifying or observing the group, for example how to separate birds of prey in flight. (*Item no. FG47*)

\***Birds of Europe, Russia, China and Japan: Passerines** by Norman Arlott. 2007, 240 pages. Princeton University Press. This Princeton Illustrated Checklist, the first of two planned books, covers the passerine birds of the Palearctic -- a huge area covering Europe, Asia north of the Himalayas, and Africa north of the Sahara, spanning all of the Russian Arctic, China, Mongolia, North Korea, South Korea, Japan, and the Middle East. With 80 color plates and 706 maps. (*Item no. EUR276*)

[Birds of Europe, Russia, China and Japan: Nonpasserines](#) by Norman Arlott. 2009, 240 pages. Princeton University Press. The companion volume to Arlott's illustrated checklist of the Birds of Europe, Russia, China and Japan covering the nonpasserines (divers to woodpeckers). (*Item no. EUR318*)

**NOTE: These two bird guides combined cover all of the birds of Mongolia. (Your leader will have a copy of these on the trip).**

## GUIDEBOOKS

[Lonely Planet Mongolia](#) by Paul Greenway. 2008, 312 pages, A comprehensive guide in the Lonely Planet style featuring 46 maps, background detail on the country and culture -- and practical information for the traveler.

[Bradt Guide Mongolia](#) • Jane Blunden

2008 • 420 pages, A comprehensive guide in the growing series by Bradt, noteworthy for its focus on culture, nature and responsible travel. The author, who first traveled to Mongolia in the 1970s, includes sights and activities throughout the republic.

[Mongolia Map](#). Gizi Map, 2007. A colorful travel map of Mongolia at a scale of 1:2,000,000, with tinting to show physical features, visitor attractions, towns and villages, encampments, natural reserves and other features of interest. Helpfully, names of larger towns are written both in cyrillic and roman script, as is the index. With a street plan of central Ulaanbaatar (Ulan Bator) at 1:30,000. Giza Maps also publishes China North West, covering adjacent regions. One Side. 27x39 inches. (*Item no. MGL03*)

## TRAVELOGS, MEMOIRS, AND PERSONAL ACCOUNTS

[Gobi, Tracking the Desert](#) by John Man. 1999, 232 pages

Man, a British journalist, traveled the desert retracing the routes of early adventurers, scientists and explorers, and living with contemporary herdsman. He blends the story of his travels with description and natural history of the region, including an excellent report on modern dinosaur hunters.

[Wild East, The New Mongolia](#) by Jill Lawless. 2000, 230 pages

An account of the journalist author's travels and experiences in Mongolia in the 1990s, shot-through with irony and humor. Editor of "ub Post," an independent newspaper in democratic Mongolia, Lawless captures the startling contrasts of emerging technologies, MTV culture and crumbling Soviet heritage on the wide, open plains. With a short selection of color photographs.

[Dragon Hunter, Roy Chapman Andrews and the Central Asiatic Expeditions](#) by Charles Gallenkamp.

2001, 432 pages. A crowd-pleasing biography of explorer, mammalogist and American Museum of Natural History director Roy Chapman Andrews (1884-1960), a flamboyant character said to be the inspiration for Indiana Jones. Gallenkamp devotes appropriate attention to Chapman Andrews' front-page exploits in Central Asia in the 1920s, particularly his discoveries in the Gobi. This expedition found the first fossil dinosaur eggs at a locality in Mongolia he christened the Flaming Cliffs.

[The Alluring Target, In Search of the Secrets of Central Asia](#) by Kenneth Wimmel. 1996, 256 pages. A well-researched, lively history of exploration across high mountain ranges and endless desert in remote lands. Wimmel profiles a different expedition in each of 11 chapters.

[The Travels of Marco Polo](#) by Marco Polo and Ronald Lantham (Translator). 1975, 380 pages

The memories of a 13th-century journey to China along the Silk Road, maybe the most famous travel account ever.

[My Life as an Explorer: The Great Adventurer's Classic Memoir \(Kodansha Globe\)](#) by Sven Hedin. 1996, 546 pages, A bestseller in the 1920s, this classic memoir by the great Swedish adventurer is an amazing account of hardship, adventure and exploration over three decades through the lands of the Silk Road. He journeyed by caravan to Tibet, the Gobi Desert, and India.



[The Desert Road to Turkestan](#) by Owen Lattimore. 1996, 384 pages,

A classic tale of exploration, originally published in 1927. It tells of a daredevil journey by camel caravan through the high steppes of Inner Mongolia, a land inhabited by a sparse nomadic Mongol population.

[Around the Sacred Sea, Mongolia and Lake Baikal on Horseback](#) by Bartle Bull. 2000, 224 pages

Full of gorgeous color photographs, this is an account of a journey around Siberia's Lake Baikal, the world's largest and deepest fresh water lake. Bartle Bull set out on horseback and traveled around the entire periphery of the lake.

[In the Empire of Ghenghis Khan, A Journey Among Nomads](#) • Stanley Stewart

2004 • 266 pages In this personal, witty account of travels across Mongolia by horse, Stewart mixes anecdote and history, capturing the warmth and spirit of the many people he encountered. He begins his journey in Istanbul, making his way by tramp steamer across the Black Sea, rattle-trap train from Volograd to Almaty, and a short hop by air to western Mongolia. From there he sets out across the steppes to Dadal, a thousand miles to the east. The book won the Thomas Cook Travel Award in 2001, the second Cook award for the British journalist and travel writer.

[Dinosaurs of the Flaming Cliffs](#) by Michael Novacek. 1997, 352 pages. If you're a dinosaur enthusiast, you'll thrill at this amazing tale of discovery in the remote Gobi desert. In part a story of science, Novacek captures the thrill of exploring new lands, the everyday challenges of field work and the spirit of the place. Getting to Ukhaa Tolgod is a tale in itself.

[Genghis Khan and the Making of the Modern World](#) • Jack Weatherford

2005 • 352 pages. In this revisionist biography, Weatherford refurbishes the popular image of the great Mongol leader Genghis Khan, portraying him not just as a tyrant but also a religiously tolerant family man and entrepreneur on a world scale (not to mention military genius and crack administrator). The book is a lively portrait of Genghis Khan and the world of the Medieval Mongols, who once ruled the largest land empire on Earth. Weatherford, who has lived and studied in Mongolia, interweaves his own travels and field work on the Central Asian steppes, much of it on horseback.

[The Secret History of Mongol Queens, How the Daughters of Genghis Khan Rescued His Empire](#) • Jack Weatherford

2010 • 336 pages. Weatherford ([Genghis Khan and the Making of the Modern World](#)) draws on archives, literary sources and his field work in the region for this marvelous account of the key royal women of the Mongol empire, raised to ride and shoot like men, often married off to local potentates across the Silk Road.

[Hearing Birds Fly, A Nomadic Year in Mongolia](#) • Louisa Waugh • A transporting account of the people, landscapes and challenges of life in westernmost Mongolia. The author is attuned to the diverse ethnic mix of the region with its dominant population of Muslim Kazakhs, Mongol Halkhs and Altai Tuvans.

## **HISTORY & MONGOLIAN LIFE**

[The Mongols \(Peoples of Europe\)](#) by David Morgan. 1990, 256 pages. A short, readable treatment of the medieval Mongols, their administration, military, religion and economy. Before the Mongols withdrew from central Europe in 1242, they had reached the Adriatic and become Europe's most formidable – and dangerous – neighbor.

[A History of Russia, Central Asia and Mongolia](#) by David Christian. 1999, 472 pages. A comprehensive history of the region from the Stone Age to the 13th-century Mongol Empire. With a few maps and photographs, helpful chronology and the usual scholarly paraphernalia.

[The Secret History of the Mongols, The Origin of Chingis Khan](#) by Paul Kahn. 1998, 240 pages. The oldest known Mongolian text -- and most important Mongolian source of events during the Empire. It's a 13th-century account of the life of Chingis Khan written two decades after his death (from the Chinese version of the story "Tuan Ch'ao Pi Shih"). With an excellent explanatory introduction, maps and genealogy.

[Genghis Khan, His Life and Legacy](#) by Paul Ratchnevsky and Thomas Nivison Haining. 1993, 313 pages. A scholarly biography of the 12th-century conqueror, ably translated from the German with the general reader in mind. This landmark book by a leading historian of the Mongol Empire, offers great insight into life on the steppes of Central Asia and expansion of the Mongol empire.

Khubilai Khan, His Life and Times by Morris Rossabi. 1990, 322 pages. A serious, scholarly study of Khubilai Khan -- and the best available account of the legendary figure. This fascinating portrait of the culture and politics of 13th-century Asia examines Khubilai Khan's rise to power, the submission of Korea and the attempted invasion of Japan.

Women of Mongolia by Martha Avery. 1996, 187 pages. This handsome book portrays an astoundingly diverse sample of women of Mongolia, from tractor drivers to government officials, university professors, artisans and camel herders. It's an excellent overview of the everyday life of contemporary women from every segment of the country. Each woman is portrayed by a photograph and a brief first-person description of her life.

The Changing world of the Nomads by Melvin C. Goldstein. 1994, 176 pages. A wide-ranging and illustrated look at the nomads of Mongolia, their traditional way of life -- as well as economic and political status within a rapidly changing country. With chapters on government policies, the environment, traditional diet and their all-important horses. Beautifully photographed.

## **RELIGION AND LITERATURE**

Essential Tibetan Buddhism by Robert Thurman. 1996, 317 pages. A collection of recently translated texts by the foremost Western scholar of Tibetan Buddhism. Thurman has chosen well from the vibrant sacred literature of Tibet -- and, helpfully, includes suggested further reading, explanatory notes and a directory of sacred sites.

Mongolian Folktales by Hilary Roe Metternich. 1996, 131 pages. A well-chosen collection of stories, considerably enhanced by original papercut illustrations. These wonderfully told tales give insight into traditional Mongolian culture.

## **MOVIES**

### **The Story of the Weeping Camel, 2005. DVD**

This engaging film about a nomadic Mongolian family blends documentary footage and fictional narrative into a satisfying portrait of life on the steppes.

### **The Cave of the Yellow Dog, 2007 DVD**

A thought-provoking mix of documentary and drama that tells the story of the age-old bond between man and dog, a bond which experiences a new twist through the eternal cycle of reincarnation in Mongolia.

## **OTHER ORDERING OPTIONS**

Longitude, a specialty bookseller: [www.longitudebooks.com](http://www.longitudebooks.com) or (800) 342-2164 \* Mass Audubon receives a portion of the proceeds from your purchase at Longitude books. At checkout, in the "Travel Partner" drop-down list please enter Mass Audubon.