



EDGEWALKERS

WALKING & CREATIVITY EXPEDITION

MONGOLIA ITINERARY

28 JUNE - 11 JULY 2019



The skies are almost always blue, the landscape is breathtaking & the wilderness unspoilt - Mongolia is a walker's paradise & a perfect backdrop for seriously fun & adventurous creative exploration & discovery.

Join Dr Erika Jacobson for our 14-day Walking & Creativity Expedition and be led through a powerful creative process while you reconnect with nature and are inspired by the rugged, natural beauty of the Tavan Bogd National Park in Mongolia's north west.



DAY 1 - ULAAN BAATAR

BAYANGOL HOTEL

On arrival you will be met by your guide & transferred to a hotel in the city's center. Time permitting you may consider visiting the National Museum or Gandan Monastery for a taste of Mongolian history & tradition. A welcome dinner with your fellow explorers will be followed with introductory activities & presentation of the various creative tools, intentions & possibilities for the following 14 days.



DAY 2 - OLGII

EAGLE NEST HOTEL

Early pick up & airport transfer for a 3 hour flight to Olgii where the majority of the population is Kazakh - Turkic, a nomadic people whose territory stretches across the steppes of Kazakhstan to the Caspian Sea & the Volga River.

Exploration of your creative aspirations & the creative process. Further connect with your group.



EDGEWALKERS

28 JUNE -11 JULY 2019



DAY 3 - FELTING WORKSHOP - OLGII

EAGLE NEST HOTEL

Spend the day immersed in traditional Kazakh artistry.

Learn & be guided in creating 3 separate felt pieces such as a cushion cover, a scarf & oven mittens using traditional felting techniques and local wool. Our Kazakh instructor is an artist & scholar whose knowledge of embroidery and felting tradition will enrich our practical creative activity.



DAY 4 - TRAVEL TO KHOTON & KHURGAN LAKES

CAMPING

We drive across mountainous desert and upstream along the Khovd river whose source lies in the glaciers of the Altai mountains. Due to the glacial sediments the color of the water is milky white. Enjoy picturesque views of riverbanks dotted with felt covered yurts of herding people, their sheep and goat herds and also get a glimpse of their daily chores.

Free writing



DAY 5 - TREK TO ARAL TOLGOY HILL (18 KM)

CAMPING

Today we trek along the lakeside to its northern edge. This is an acclimation day with an overall easy terrain and gentle angles although some streams and bogs need to be negotiated. In a leisurely way watch scenes of nomadic life, occasionally meet with local herders and enjoy the pristine wilderness. Our support team drives ahead to prepare meals and eventually the overnight camp. This is also our rendezvous with Tuvan people who arrive in the evening with their pack camels to accompany us during further trekking days.

Touch, textures, colours, sounds, smells & general physical sensations - create sculpture out of natural objects collected throughout the day.



EDGEWALKERS

28 JUNE -11 JULY 2019



DAY 6 - TREK TO KHAR SALAA VALLEY 20 KM

CAMPING

Trek along the White Water river, a narrow valley with lush vegetation and tree growth. Sided by high rocky ridges, it gradually ascends towards snow-capped peaks of high Altai.

Looking and observing through the use of photographs is big part of today's creative focus - *how do you experience your surroundings?* What do you notice?



DAY 7 - TREK TO KHAR SALAA VALLEY 20 KM

CAMPING

We walk on single trails gaining altitude and watch the swift river winding below at the valley floor; its color has greenish tint because of the glacial silt. Camping equipment, personal luggage and food is transported by 2 humped Bactrian camels

What's your story? Group activity using the 8-point arch as a framework - finding metaphors throughout our hike.



DAY 8 - TREK TO KHAR SALAA VALLEY 20 KM

CAMPING

The area is inhabited by wild mountain goats (*Capra Sibirica*), wolves and bears but of course spotting this wildlife is not easy. You can however, see marmots and other smaller rodents. Having made it across a mountain pass at 3400m, we descend to Black Creek, the summer pastures of our Tuvan guides.

Working with rhythm and sounds to express a sense of accomplishment and ability.



EDGEWALKERS

28 JUNE -11 JULY 2019



DAY 9 - TREK TO TSAGAAN GOL RIVER VALLEY 16 KM

CAMPING

We then hike to Mt. Shiveet to see ancient petroglyphs carved by long gone residents of the Altai region. Continue to the edge of a deep V-shaped valley at the bottom of which rumbles the torrential Tsagaan Gol river full of glacial silt. Beyond the valley in the far distance you will get a glimpse of snow-clad peaks of Tavan Bogd National park. A steep descent to the riverside and arrive to our campsite beside the rumbling river. Enjoy a well-earned rest and socialize with other travelers who might be camping at the designated camp ground.

Pair theatre-exercises to interpret the petroglyphs & then a rest - do what you feel like!



DAY 10 - TREK TO TAVAN BOGD BASE CAMP (15KM)

CAMPING

Trek for 19 km to Tavan Bogd peaks base camp (BC). 2 thirds of the way is a gradual but continuous ascent across high mountain terrain with some marshes and a couple of streams to cross.

Halfway through the route magnificent views of snow-capped peaks and vast glaciers will come into your sight. Our camp site at just over 3,000 mts with impressive views of Mongolia's highest peaks and largest glaciers.

What does the terrain towards your biggest creative dream look like? Today we collectively explore the trajectory towards your creative goals.



DAY 11 - CLIMB TO MALCHIN PEAK 4,051 MTS 15 KM

CAMPING

Today's goal is to climb one of the lower and easier peaks of the area. Although non-technical a return trip requires 7-9 hours depending on trekkers' fitness and weather conditions. Although entirely on scree the trail is well established and marked requiring just trekking poles. Once at the top enjoy spectacular bird eye views of glaciers, snow-capped peaks and the Russian territory.

In the evening we begin a more intensive use of aesthetic exercises to examine more deeply our creative process & obstacles to our creative expression.



EDGEWALKERS

28 JUNE -11 JULY 2019



DAY 12 - TREK OUT TO HIGHER GATE OF TAVAN BOGD NP - OIGOR RIVER VALLEY (15KM)

EAGLE'S NEST HOTEL

Walk from base camp to higher gate and head back to Olgii arriving by later afternoon. En-route we stop to visit a local Kazakh family and see their golden eagles which are kept for hunting purposes. In Olgii we settle in our hotel and enjoy an evening meal together at a local Turkish/Kazakh restaurant.

Continue from yesterday with aesthetic exercises and collective ideas.



DAY 13 - RETURN FLIGHT TO ULAAN BAATAR

BAYANGOL HOTEL

Transfer to airport and fly back to UB. Upon arrival transfer to and settle in your hotel. You may enjoy the rest of the day shopping and exploring the capital. In the evening we all gather for a farewell dinner.

Planning for a sustained practice - outline & plan your next 30 days.



DAY 14 - DEPARTURE TRANSFER

CHINGGIS KHAAN AIRPORT

Transfer to airport for your return home



EDGEWALKERS

28 JUNE -11 JULY 2019

\$ 4,880
30 % DEPOSIT TO SECURE PLACE
FINAL PAYMENT BY MARCH 15, 2019

INCLUSIONS

14 days of creativity workshops & tuition with Dr Erika Jacobson (a more detailed outline of the creativity workshops will be provided on booking)
All workshop materials
2 nights at the 4-star Bayangol Hotel in UB (twin-share)
2 nights in Eagle Nest Hotel in Olgii (twin-share)
1 night in Altai Peaks Ger Camp (2-3pax in a ger)
9 tented nights (twin-share)
Camping & cooking equipment including mess tent, shower and toilet
Sleeping mattresses
All meals & drinking water
Visits, National Park and border area permit fees
Overland transport: Russian 4*4 van(s) including gasoline
Airport transfers
Flights UB-Olgii-UB
English speaking trekking guide
Expedition cook
Pack camels and camel tenders
Satellite phone for emergencies

EXCLUSIONS

Flights to and from Mongolia
Travel insurance
Sleeping bags
Excess baggage fee on local flights
Meals not indicated
Extra drinks
Toiletries
Gratuities



EDGEWALKERS

28 JUNE -11 JULY 2018



ABOUT DR ERIKA JACOBSON

BA WRITING

MA INTERNATIONAL & COMMUNITY DEVELOPMENT

PHD TRANSFORMATIVE LEARNING

I envision, design & facilitate retreats that give participants immersive opportunities to recover, realign & reignite their creative aspirations. I bring together powerful aesthetic, embodied & applied theatre tools, knowledge from my research in transformative learning, practical creative thinking tools, my own creative & reflective practice & over 15 years of experience helping individuals, organisations & communities access creative solutions to complex problems.

My strength lies in harnessing the collective creativity of a group to give all participants access to useful & individual insights that can disrupt unhelpful patterns and instil positive & sustainable possibilities.

I have been a passionate traveller most of my life & have trekked in France, China/Tibet, Nepal, Indonesia, Australia, the US & Mongolia

ABOUT MONGOLIAN TREKKING

TOURISM PROFESSIONALS

Mongolia Trekking brings together a team of tourism professionals, trekking enthusiasts & local English-speaking guides who have worked in the industry since 2001. Their passion for nature, culture & high quality tours ensures a safe, well-planned & enjoyable experience for visitors. Their specialisation in the northwest Mongolian mountains, altitude & through hikes & local knowledge is why we have partnered with them to take care of all our hiking and in-country travel needs. I trust their professionalism & their ability to deliver & guide us safely.