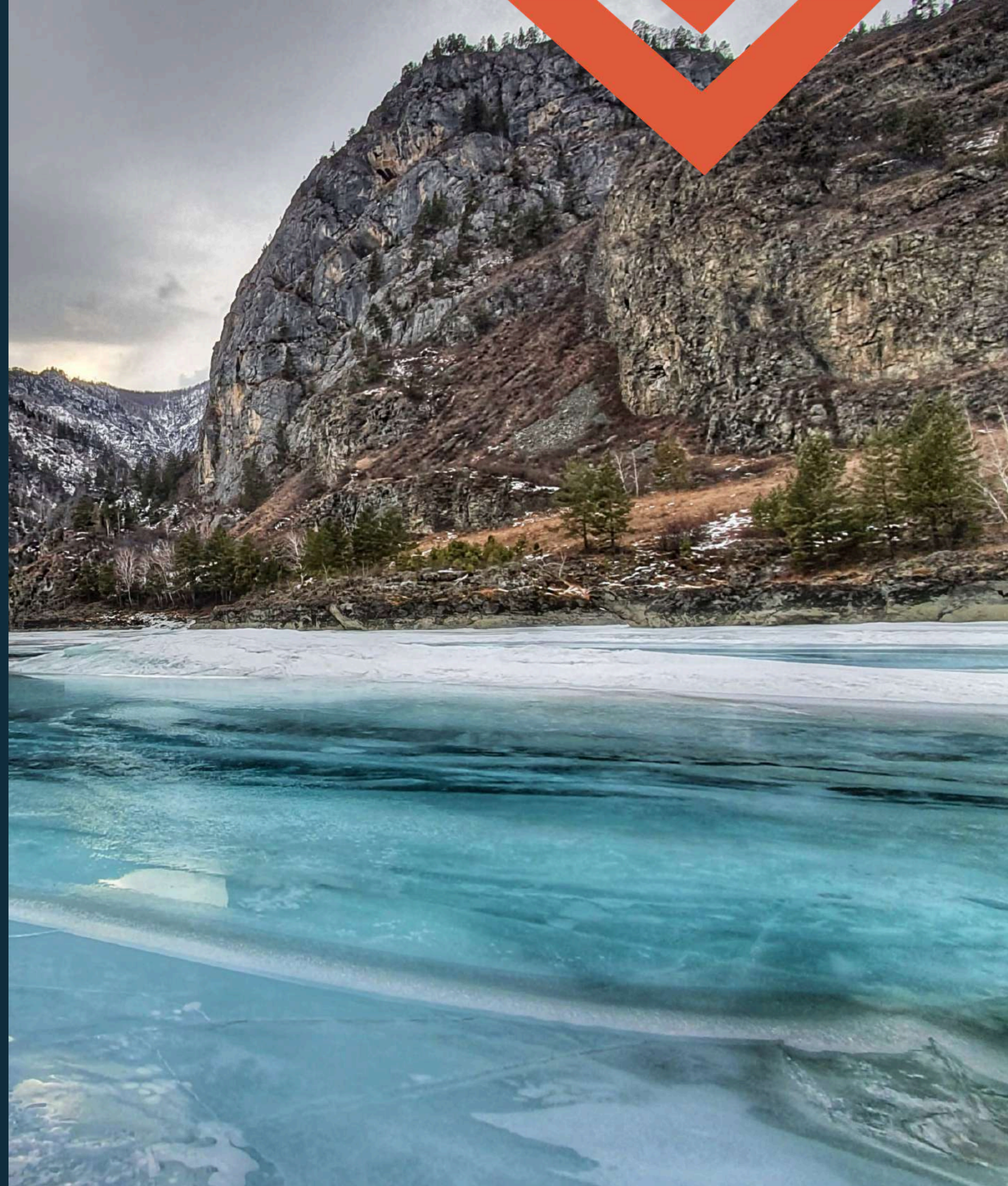
ELEMENT X

EXPEDITION MONGOLIA

2028



ELEMENT X

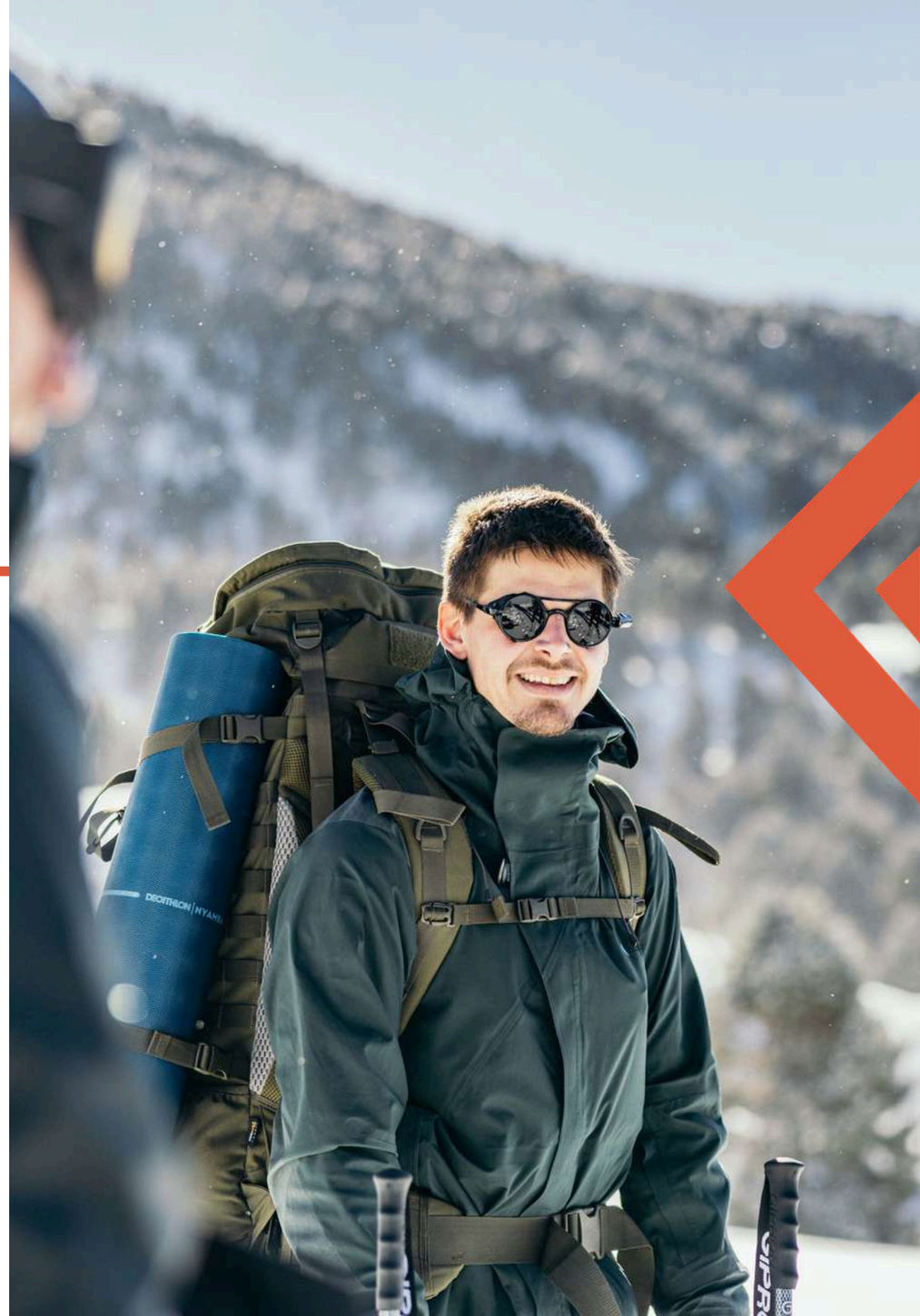
Beyond your comfort zone

At Element X, we take entrepreneurs, high performers and teams into the real wilderness.

Far away from your calendar, your emails and your fixed routines, we push your limits together. You become physically and mentally stronger, and you learn a lot about how you lead when things get tough.

You are never on your own. You prepare with a tailor-made programme, and during the adventure you receive personal guidance. This is no ordinary group trip.

It is an experience that changes the way you look at things and stays with you for a long time.



“ IMPROVISE, ADAPT AND OVERCOME “

EXPEDITION: MONGOLIA

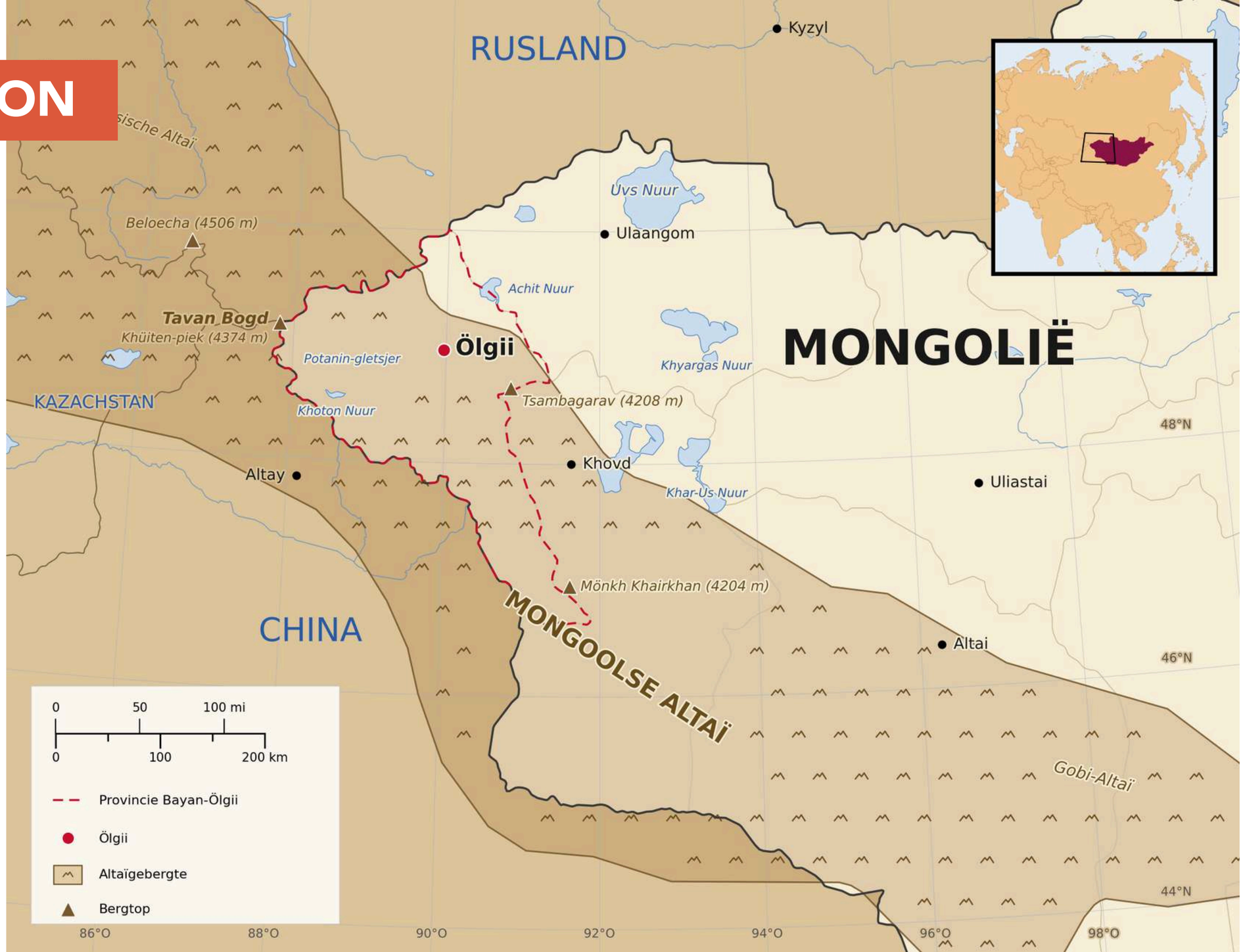
A 16-day off-grid wilderness expedition for entrepreneurs and high performers, in the mountains of the Mongolian Altai.

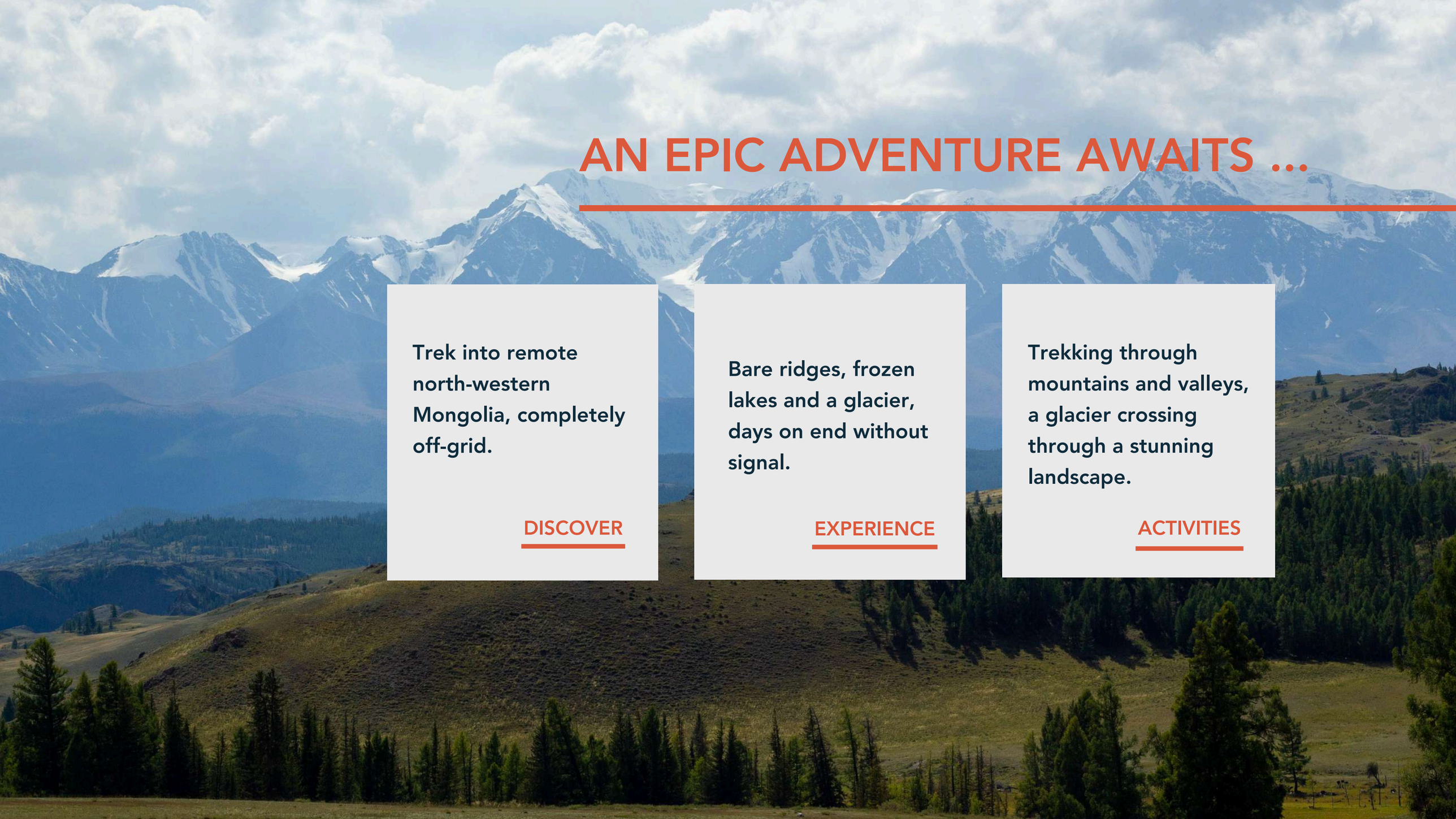
Together with the group and the expedition leaders, you trek on foot through the snow, and for part of the journey on horseback through the wide valleys. There are no trails, so you will have to find your own way. Along the way, you cross glaciers and climb summits.

During the day it usually stays below freezing, and at night it can get very cold. You sleep outside under a clear starry sky, snug in your sleeping bag in a shelter you build yourself.

There is no signal. You only hear the wind and your own footsteps in the snow.
It will be a challenging expedition, but one you will not soon forget.

LOCATION


RUSLAND
Kyzyl
Uvs Nuur
Ulaangom
Achit Nuur
Beloecha (4506 m)
Tavan Bogd
Khüiten-piek (4374 m)
Potanin-gletsjer
Ölgii
Khyargas Nuur
MONGOLIË
KAZACHSTAN
Tsambagarav (4208 m)
Khoton Nuur
Khovd
Altay
Uliastai
Khar-Us-Nuur
Mönkh Khairkhan (4204 m)
MONGOOLSE ALTAÏ
CHINA
Altai
Gobi-Altaï
0 50 100 mi
0 100 200 km
Provincie Bayan-Ölgii
Ölgii
Altaïgebergte
Bergtop
48°N
46°N
44°N
86°O
88°O
90°O
92°O
94°O
96°O
98°O



AN EPIC ADVENTURE AWAITS ...

Trek into remote north-western Mongolia, completely off-grid.

DISCOVER

Bare ridges, frozen lakes and a glacier, days on end without signal.

EXPERIENCE

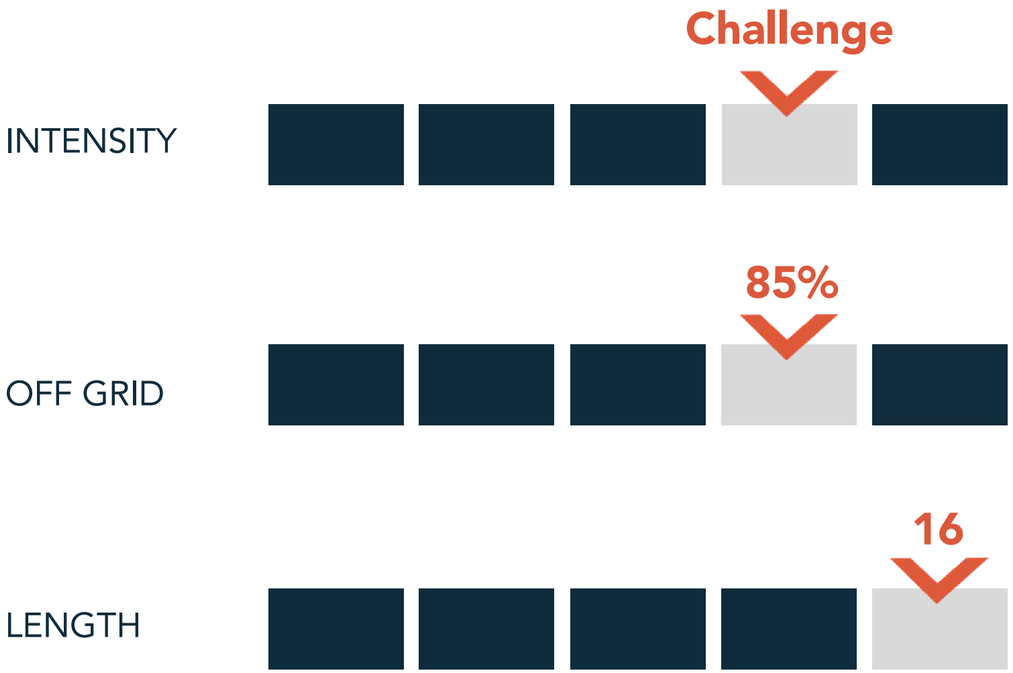
Trekking through mountains and valleys, a glacier crossing through a stunning landscape.

ACTIVITIES

MONGOLIA EXPEDITION

EXPEDITION

PRACTICAL



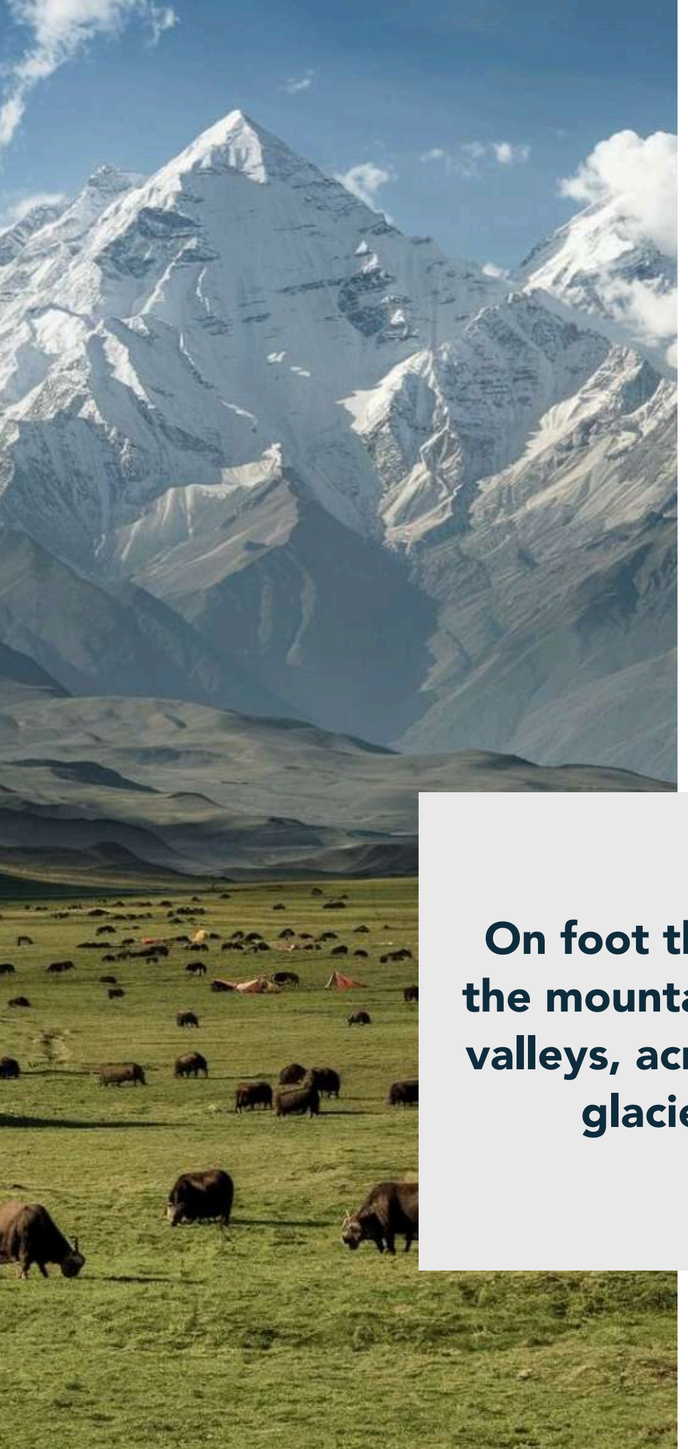
-25°C to 0°C

Intense adventure

Preparation
programme of at least
3 to 6 months

10/03/2028 - 25/03/2028

16 days



WHAT MAKES THIS EXPEDITION UNIQUE?

On foot through the mountains and valleys, across the glacier.

Off-grid expedition, dropped off at the foot of the Altai.

Navigating uninhabited terrain and crossing frozen lakes.

Spending the night outdoors in a shelter.

MONGOLIA EXPEDITION

BEFOREHAND



INTRODUCTION

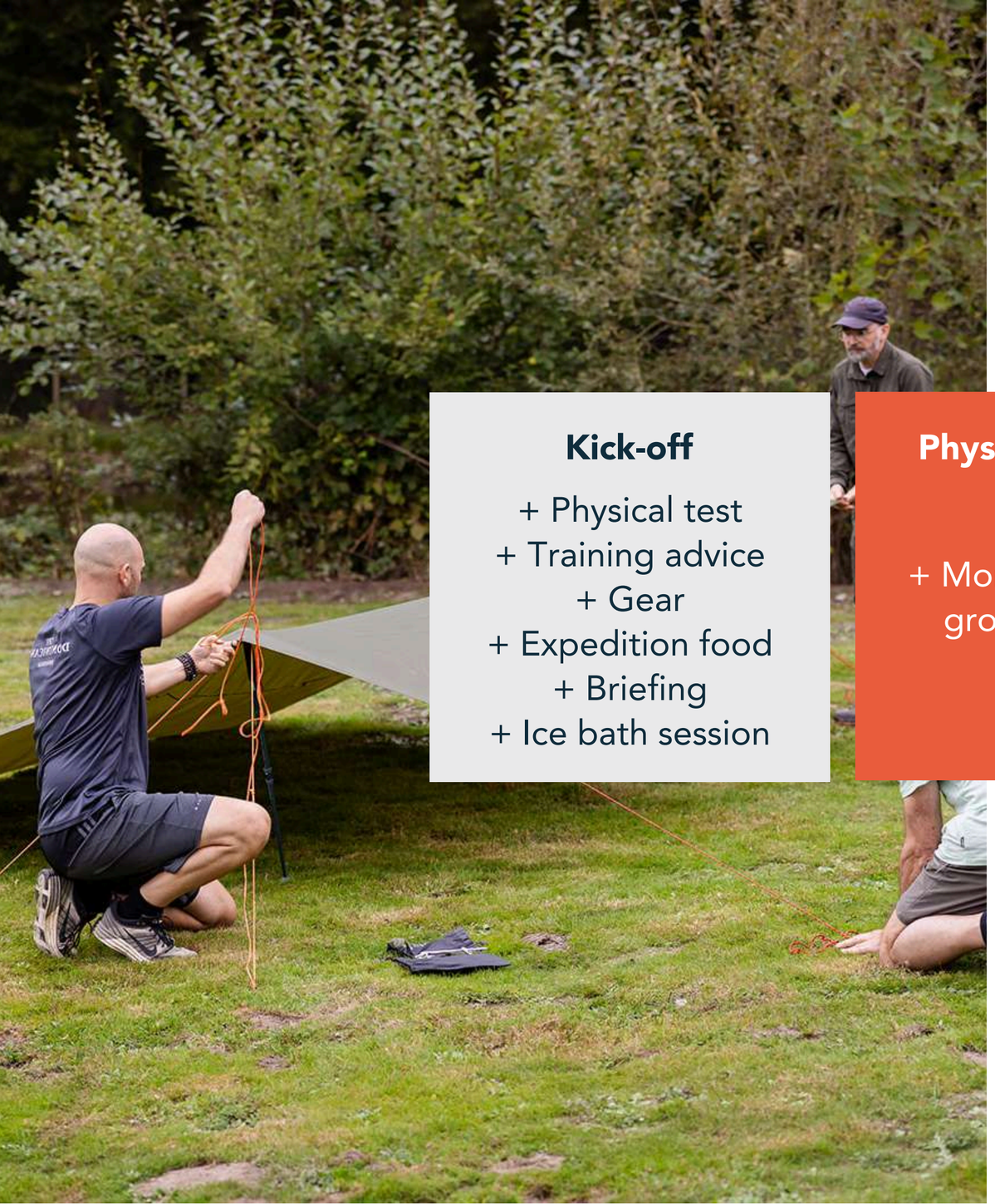
- In an open conversation, we align our mutual expectations down to the last detail.
- We explore who you are, your motivation and what you want to achieve.
- We ask about your experience, the intensity you are looking for and your relevant medical history.



THE SELECTION

Match confirmation

Start of preparation



PREPARATION

Kick-off

+ Physical test
+ Training advice
+ Gear
+ Expedition food
+ Briefing
+ Ice bath session

Physical training

+ Monthly physical group training

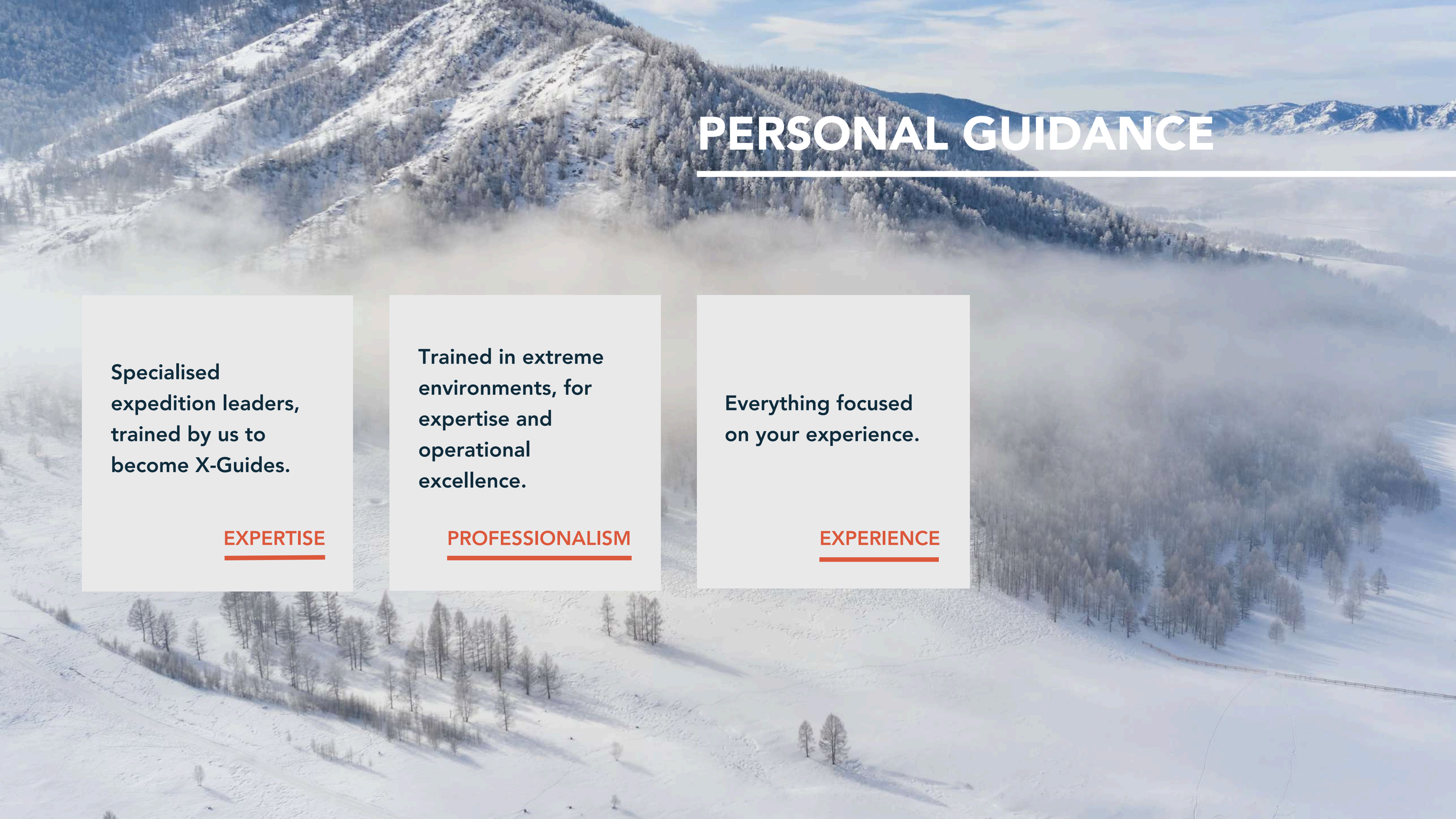
Technical training

+ Sleep setup
+ Backpack
+ Survival

Final check-in

+ Physical screening
+ Gear check

+ WhatsApp group with your expedition team



PERSONAL GUIDANCE

Specialised expedition leaders, trained by us to become X-Guides.

EXPERTISE

Trained in extreme environments, for expertise and operational excellence.

PROFESSIONALISM

Everything focused on your experience.

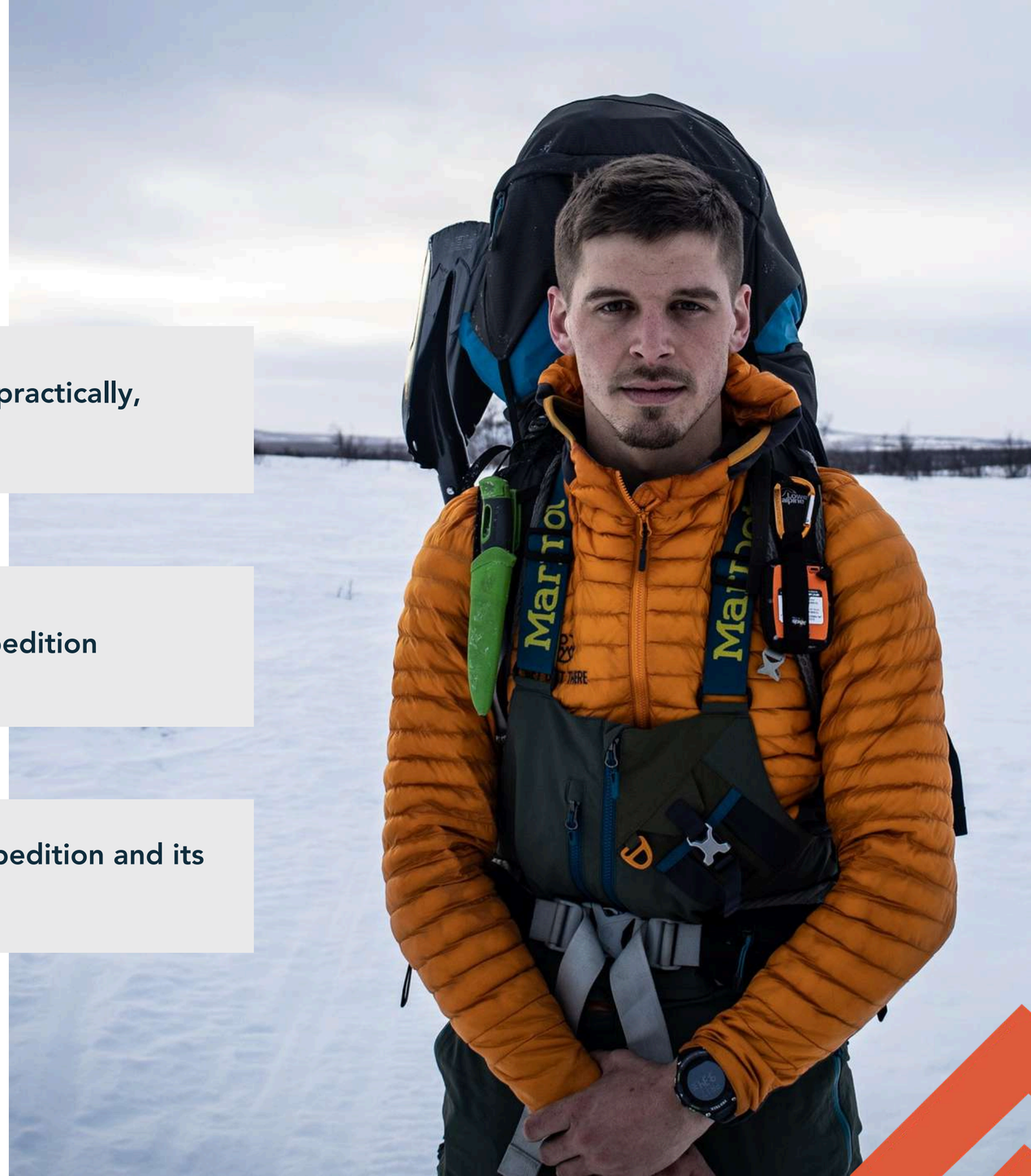
EXPERIENCE

X-GUIDES

Available 24/7 to support you, practically, technically and mentally

Medical support during the expedition

Extensive knowledge of the expedition and its surroundings



SAFETY

Safety is the foundation, guaranteed by top-level guidance and the best gear.

FOUNDATION

Technical training ensures you start the expedition with confidence.

CONFIDENCE

24/7 support from Belgium via satellite communication and local specialists.

BASECAMP

BASECAMP ELEMENT X



24/7 support team

From our basecamp in Belgium, someone can be reached 24/7. This gives our teams optimal remote operational support.



Highest quality materials

Backpacks, sleeping bags, first aid,... : our choice of materials is driven by knowledge and functionality, not by the price tag.



Satellite communication

Our expedition leaders carry two different means of emergency communication, both via satellite connection.

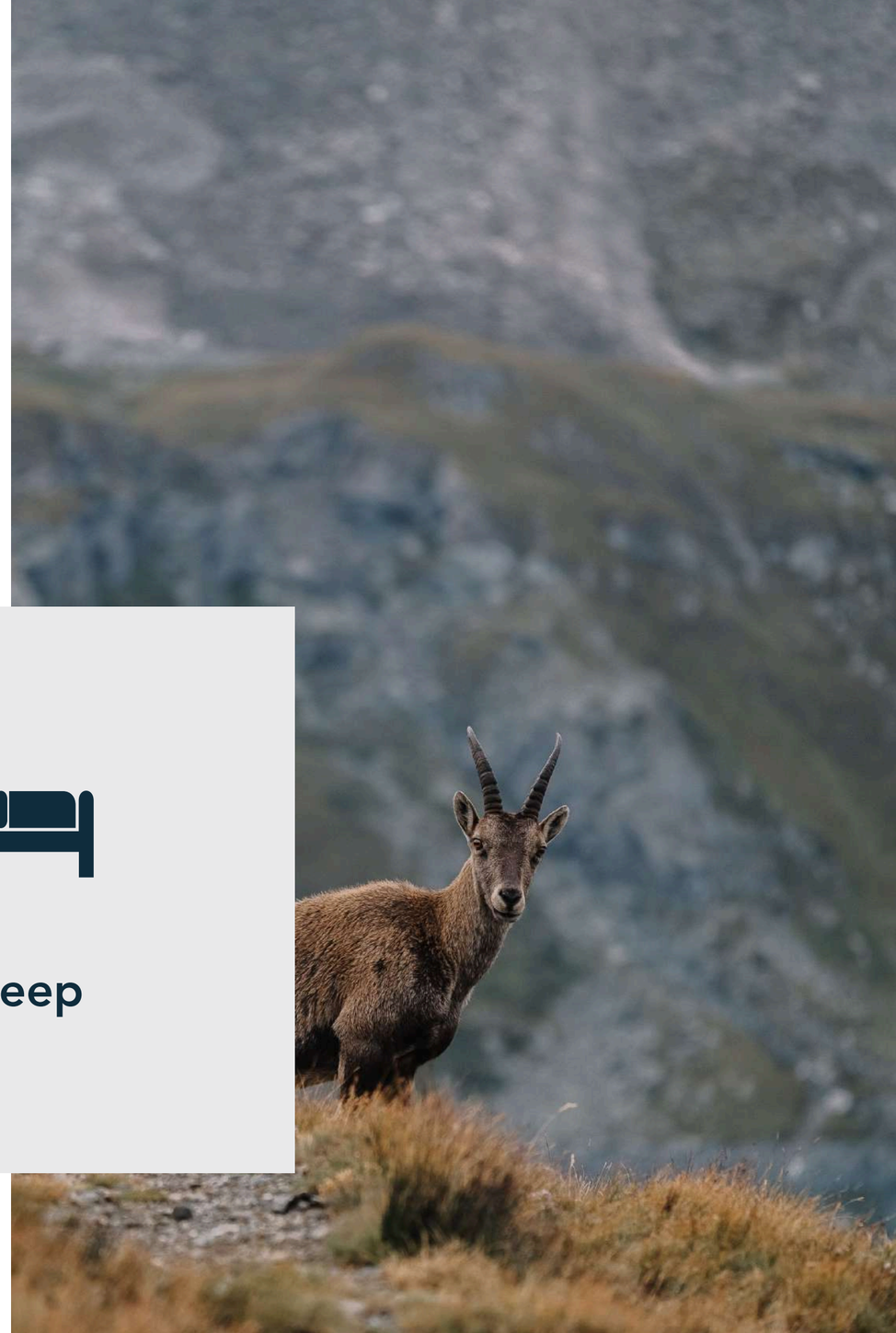


Evacuation plans and risk analysis

The risk analyses and emergency plans are evaluated by a team of experts and periodically optimised.

YOUR COMMITMENT

ARE YOU READY FOR THIS ADVENTURE?



Fitness

Healthy lifestyle

Sleep

THE GROUP

- People who are always switched on. Mindset matters more than experience.
- Groups of 6 to 12 people. Average age 30-50. A mix of men and women.
- People who dare to take on a challenge. A match in values and norms.



MONGOLIA EXPEDITION

PICTURES























EXPEDITION

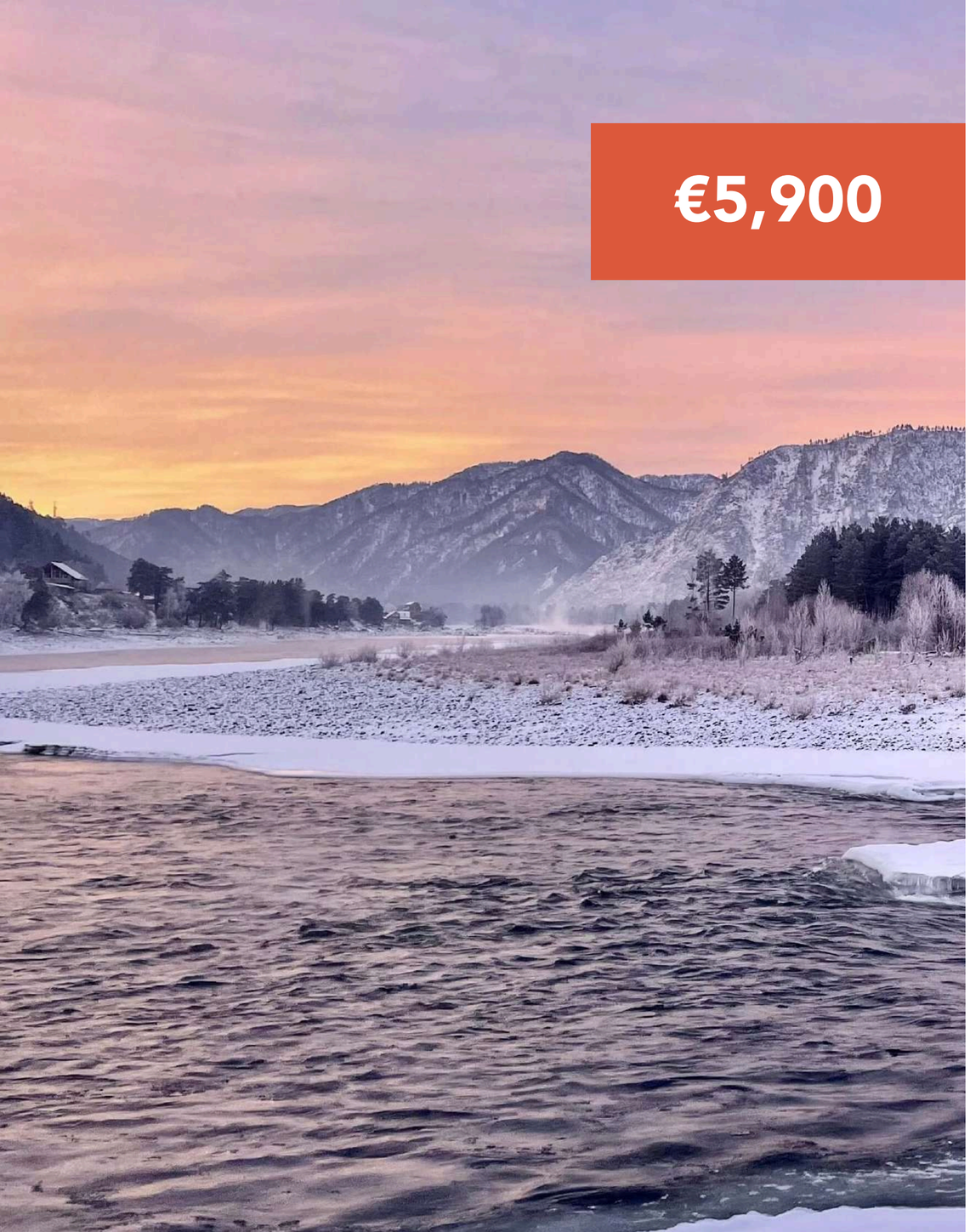
TESTIMONIAL

Pepijn Vangansbeke (CEO - Modus Industries)

“From the very first moment, I felt I was in good hands. Our guides were calm, enthusiastic and knew exactly what they were doing. Nature was raw and the conditions were tough, but that is exactly what made it so intense. What stays with me most: how quickly a group of strangers became a real team. That alone makes this expedition unforgettable. A must for everyone.”

MONGOLIA EXPEDITION

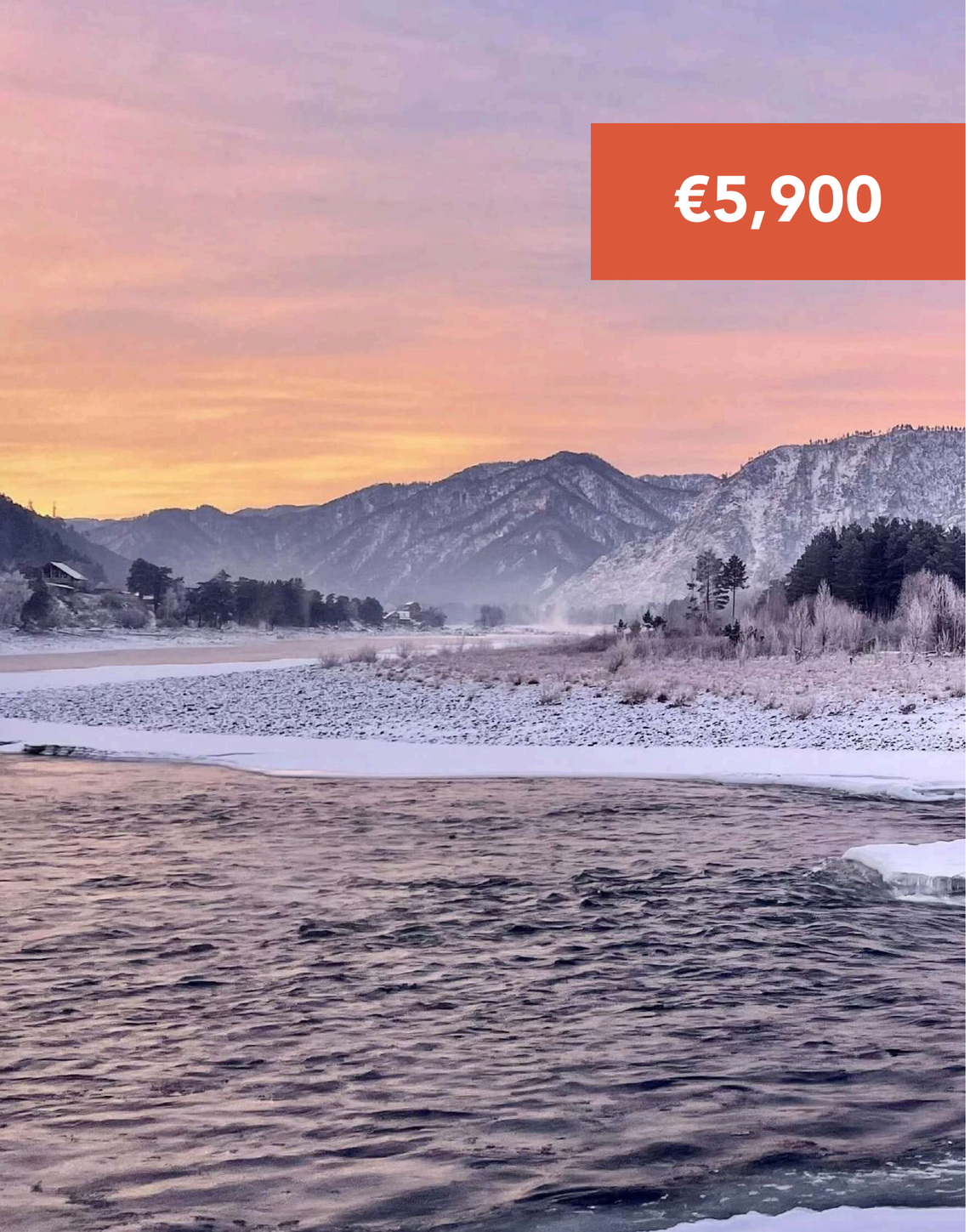
PRICING



€5,900

INCLUDED

- Full preparation programme
- Professional X-Guides
- Survival gear + sleep setup
- Navigation & expedition tools
- Overnight stays
- Meals
- Activities
- Tips



€5,900

EXCLUDED

- Flights
- Transport between your home and the airport
- Personal clothing (tops/bottoms/shoes)
- Insurance (cancellation + search & rescue)

Why choose an expedition in Mongolia?

Expedition Mongolia is ideal for anyone who wants to experience what days off-grid, bitter cold and total silence do to you. During this winter expedition you trek on foot through the snow, ride on horseback through wide valleys, cross a glacier with crampons and sleep in a snow cave you dig yourself. In small groups, fully self-sufficient and with professional guidance, you experience one of the most remote adventures in the world, in the Altai Mountains in the far west of Mongolia.

As seen in:

PATAGONIE DE EXPEDITIE

PLAY

DE TIJD

HUMO



Ready for the adventure of your life?

ELEMENT X

PERSONAL TRAINING AT HOME

IN PARTNERSHIP WITH PEAK COACHING

15 SESSIONS	34 SESSIONS	66 SESSIONS
€1,500	*€3,000*	*€5,000*

*All prices exclude VAT

You don't need to bring any gear yourself: the PEAK coaches bring everything with them and come to your home for the sessions. PEAK works with an app and a token system that lets you easily schedule sessions whenever it suits you. Tokens are used per session and can be spent on personal training, ice baths or mental coaching, among other things. Element X invoices the chosen package, after which you create an account and the tokens are added to your account.



INSURANCE



Cancellation insurance

- If for any reason you are unable to take part in the expedition
- This may already be covered by a general travel insurance or credit card
- ***If not***: arrange this through your insurance broker or bank



Search & Rescue **REQUIRED**

- For helicopter rescue and evacuation in off-grid areas
- Covers at least €25,000 in the event of a rescue

What we recommend: KBF membership (Klim- en Bergsportfederatie)

- *As a member*: covered worldwide, 24/7, for all activities on the expedition
- More info => https://www.klimenbergsportfederatie.be/inhoud-verzekering



Travel and hospitalisation insurance **REQUIRED**

- For hospitalisation abroad and repatriation
- Arrange this through your insurance broker or bank

EQUIPMENT

What does Element X provide?

All specialised expedition gear:

- Sleeping bag, backpack, packraft if applicable, satellite phone, first aid kit...
- Included in your expedition price



What do you provide?

- Clothing, shoes, personal items (head torch, water bottle...)
- The budget varies greatly by destination and what you already own



Important

- Don’t buy anything before the kick-off
- We will look together at what you already have and what you still need
- More info and indicative prices