

# JOURNEYS

with **G Adventures**

## Journeys: Stories of Uzbekistan & Turkmenistan - AUTNG

11 days: Tashkent to Ashgabat

### What's Included

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- Your Journeys Highlight Moment: Archeologist Guided Afrasiab Museum Visit, Samarkand
- Your Journeys Highlight Moment: Naqshbandi Mausoleum Sufism Experience, Bukhara
- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group
- Your Local Living Moment: Plov Cooking Class and Dinner, Samarkand
- Your Hands-On Moment: Manti Making, Bukhara
- Arrival Transfer
- State History Museum of Uzbekistan
- Religious Center of Tashkent
- Chorsu Bazaar
- Guided Tour of Samarkand
- Archeologist Guided Afrasiab Museum Visit
- Plov Cooking Demonstration and Dinner
- Guri Amir Mausoleum Visit
- Registan Visit
- Free time in Samarkand
- Bukhara Orientation Walk
- Manti Making
- Naqshbandi Mausoleum Sufism Experience
- Sitorai Mokhi Khosa
- Free time in Bukhara
- Nodir Devonbegi Madrasah Monument Dinner
- Khiva Orientation Walk
- Khiva Ancient City Exploration
- Free time in Khiva
- Khorezmian Music and Dance Show
- Kunya-Urgench City Visit
- Ancient Settlement of Nisa
- Ashgabat City Tour
- Internal flights
- All transport between destinations and to/from included activities

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

**VALIDITY:** Valid for all trips departing August 7th, 2025 and onwards

### Itinerary

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**NOTE:** Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

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#### Day 1 TASHKENT

Arrive at any time. Arrival transfer is included.

This evening, gather for a welcome meeting before a festive three-course meal paired with a lively folk show that brings Uzbekistan's music and dance traditions to life.

### **Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group**

Your opportunity to meet your National Geographic Expedition Leader and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

### **Uzbek Traditional Dance & Music**

Tashkent

Enjoy a delicious local meal paired with an incredible traditional Uzbek folk show. The performance boasts unique characteristics like expressive hand gestures, specific footwork, and distinct regional styles.

### **Meals included: Dinner**

### **Accommodation**

### **Mir Luxe Plaza Hotel (or similar)**

Hotel

## **Day 2 TASHKENT**

Set out on a guided tour of the State History Museum of Uzbekistan, where ancient artifacts and exhibits trace the region's evolution—from early civilization to Silk Road empires, then Soviet rule. After, step into the spiritual heart of the city at the Religious Center of Tashkent, home to the beautifully restored Hasti Imam complex and the revered Museum of the Koran to see one of the world's oldest Qurans. Then, wander through the vibrant lanes of Chorsu Bazaar, where local life rushes around the mounds of spices, fresh produce and handwoven goods. At the bazaar, sample honim, a beloved Uzbek dish of steamed dough filled with spiced vegetables.

### **Chorsu Bazaar**

Tashkent

Wander through the colourful stalls in Central Asia's biggest and most historic bazaar. Try some local fruits and nuts while enjoying the fragrant smells and bustling atmosphere. Indulge in the local Honim for lunch, a traditional Uzbek wrapped dumpling with potato.

### **Religious Centre of Tashkent**

Tashkent

In the old town of Tashkent, visit the Religious Centre of Tashkent to see the Hasti Imam & Museum of Koran.

### **State History Museum of Uzbekistan**

Tashkent

Step back in time with a visit to the State History Museum of Uzbekistan with artifacts that date all the way back to the Stone Age, including a collection of historic Buddhist motifs and a Muslim section.

### **Meals included: Breakfast | Lunch**

### **Accommodation**

### **Mir Luxe Plaza Hotel (or similar)**

Hotel

## **Day 3 TASHKENT/ SAMARKAND**

Travel this morning through the Uzbek desert on a high-speed train to Samarkand—one of the Silk Road's most legendary cities. Upon arrival, take a guided tour beginning at Ulugbek Observatory. We'll hear the story of its namesake, the 15th-century astronomer and ruler who mapped the stars with astonishing precision, leaving behind one of the Islamic world's most important scientific legacies. Continue to the Afrasiob Museum, positioned on ancient Samarkand. Here, we'll meet with the head archeologist who will share insights into the city's ongoing excavations. This evening, join a local family to try the nation's signature rice pilaf dish, plov. As you learn how the meal is prepared, the family will also explain its symbolism.

### **Train**

Tashkent - Samarkand 2h30m 265km

Climb aboard, take a seat, and enjoy the ride.

### **Guided Tour of Samarkand**

Samarkand

Take a guided tour of the historic city of Samarkand, visiting famous spots like the Ulugbek Observatory and Shakhi Zinda Complex.

### **Your Journeys Highlight Moment: Archeologist Guided Afrasiab Museum Visit**

Visit the Afrasiab Museum, located on the historic settlement of Afrasiab, one of the largest archeological sites in the world. Hear an introduction lecture from the head archeologist of the University of Samarkand, who participates in excavation works at Afrasiab and other ancient Sogd sites.

### **Your Local Living Moment: Plov Cooking Class and Dinner**

Visit a local family and learn how to make Plov, a traditional dish found all throughout Central Asia that varies from country to country and household to household. In Uzbekistan, it's most often a combination of rice, carrots, onions and lamb cooked in a massive cast iron, wok-like pan. Enjoy the delicious results for dinner.

### **Meals included: Breakfast | Dinner**

#### **Accommodation**

#### **Kosh Havuz Boutique Hotel (or similar)**

Hotel

Kosh Havuz Boutique Hotel is located in the heart of Samarkand's historic old city, a stone's throw from the famous Registan Square, making it a great spot for accessing core UNESCO World Heritage sites. The hotel offers 32 comfortable rooms, including spacious suites, decorated with traditional Uzbek designs. Enjoy modern amenities, a gym, and a beautiful rooftop terrace and bar with multiple outdoor jacuzzis offering panoramic city views.

### **Day 4 SAMARKAND**

Continue exploring Samarkand with a guided visit to two of the city's most iconic landmarks: Guri Amir Mausoleum, the resting place of Timur, the great conqueror, and the beautiful Registan Square, where madrasas showcase some of the finest Islamic architecture in the world. The afternoon is yours to explore this amazing city at your own pace. In Samarkand, your options for cultural exploration are endless. Maybe head to the peaceful Konigil Village to visit the Meros Paper Mill, where artisans use traditional, centuries-old silk paper making techniques. Or take a trip out to the Mausoleum of St Daniel. Wander the colorful stalls of Siyab Bazaar or this evening, experience a performance at the El Merosi Theatre of Historical Costumes, where centuries of Uzbek dress and dance come to life.

### **Free Time**

Samarkand

Enjoy a free afternoon in historic Samarkand.

### **Guri Amir Mausoleum Visit**

Samarkand1h

Persian for "Tomb of the King", the Guri Amir mausoleum was started in the 14th century. Explore the foundations, portal, and minaret that remain intact and walk amongst the tombs of Tamerlane, the Asian conqueror, and his descendants.

### **Registan Visit**

Samarkand2h

Explore the mosaic-covered medressas and open spaces of the spectacular Registan, once the heart of Uzbek learning. The city blossomed under Amir Timur, a tyrannical 14th century ruler. A lover of art, Timur was responsible for the colourful domes and exquisite minarets that now form the city's evocative skyline. The spectacular Registan, one of the city's most impressive works of art, is an impressive collection of buildings and probably the most recognizable of all of Central Asia's monuments.

### **Optional Activities - Day 4**

#### **Konigil Village and Silk Paper Making Workshop**

Samarkand

Visit the Village of Konigil, on the banks of the ancient Siab Canal. Here you can learn about and witness some of the historic traditions of Uzbekistan. Pay a visit to the old Silk Paper Workshop and learn for yourself how to make paper in this ancient method.

#### **Tomb of the Old Testament Prophet Daniel Visit**

Samarkand

3USD per person

Enjoy a visit to the Tomb of the Old Testament Prophet Daniel, famous for the Biblical story of Daniel and the lions. A legend says that his body grows by half an inch every year!

#### **El Merosi Historic Theatre**

Samarkand

Experience traditional Uzbek theatre with El Merosi, a historic play from the 14th century that boasts colourful garments and rich heritage.

### **Meals included: Breakfast**

#### **Accommodation**

#### **Kosh Havuz Boutique Hotel (or similar)**

Hotel

Kosh Havuz Boutique Hotel is located in the heart of Samarkand's historic old city, a stone's throw from the famous Registan Square, making it a great spot for accessing core UNESCO World Heritage sites. The hotel offers 32 comfortable rooms, including spacious suites, decorated with traditional Uzbek designs. Enjoy modern amenities, a gym, and a beautiful rooftop terrace and bar with multiple outdoor jacuzzis offering panoramic city views.

## **Day 5 SAMARKAND/ BUKHARA**

Climb aboard the high-speed train as we travel to the UNESCO World Heritage destination, Bukhara. This city is known as one of the most culturally rich and ancient places along the Silk Road and was a battle zone for conquerors like Genghis Khan, the British Empire and Russian Bolshevik troops. Head into the Old Town, where over 2,500 years of history thrive to this day. Start at Ismail Samanid Mausoleum, an Uzbek icon from the 10th century and one of the oldest Islamic monuments in all of Central Asia. The next stop is Ark Fortress, a towering symbol of Bukhara's political and spiritual power. End the tour at the Kalyan Minaret, a nearly 900-year-old brickmade watchtower. This evening, we head to a local restaurant to learn to make the famous Uzbek dumplings, manti.

### **Train**

Samarkand - Bukhara 1h45m

Climb aboard, take a seat, and enjoy the ride.

### **Bukhara Orientation Walk**

Bukhara

Explore the neighborhood of Bukhara alongside your group to get a lay of the land.

### **Your Hands-On Moment: Manti Making**

Visit a local restaurant and learn to make Uzbek manti, traditional dumplings. Use puréed vegetables to color the dough. Then enjoy your delicious creations for dinner.

### **Meals included: Breakfast | Dinner**

#### **Accommodation**

#### **Hotel Shahrison Plaza (or similar)**

Hotel

## **Day 6 BUKHARA**

Today begins with a visit to the Naqshbandi Mausoleum, a place dedicated to Central Asia's most revered Sufi scholars and a historic pilgrimage site. Meet with a local expert in Sufism to learn about its spiritual philosophy and lasting influence on the region's culture and identity. Continue to the opulent Sitorai Mokhi Khosa, once the summer palace of the last Emir of Bukhara, now a striking display of Russian and Persian architecture. The afternoon is free to explore the city on your own. Choose to visit an 18th-century hammam or do some shopping along the ancient trading domes of the old Caravanserai. This evening, gather in the stunning Madrasah Nadir Devon Begi for a traditional dinner and a folklore show that puts Uzbek heritage on full display.

### **Free Time**

Bukhara

The afternoon is free to explore Bukhara.

### **Nodir Devonbegi Madrasah Monument Dinner**

Bukhara

Visit the famous Nodir Devonbegi Madrasah Monument in Bukhara Old Town. Enjoy a local dinner inside the monument paired with a folklore show.

### **Your Journeys Highlight Moment: Naqshbandi Mausoleum Sufism Experience**

Visit the Naqshbandi Mausoleum, one of the most important shrines in Sufism. The birthplace and burial site of Baha-ud-Din Naqshband Bukhari, the founder of the Naqshbandi order - one of the most influential ancient Sufi orders in Central Asia, and often considered Bukhara's 'patron saint.' Meet a local Sufi expert at this historic place for a lecture and discussion about religious pluralism and its influence on Central Asia.

### **Sitorai Mokhi Khosa**

Bukhara

Sitorai Mokhi Khosa is beautiful inside and out. Once the summer palace of the last Emir of Bukhara in the early 1900's, admire the architecture and learn of its unique history.

### **Optional Activities - Day 6**

#### **Bukhara Hammam Visit**

Bukhara

38None per person

There are a few hammam choices in the city and they are often gender specific - Hammam Kunjak for ladies and Bozori Kord Hammam for gentlemen. Depending on the day of the week and when you want to go, your Expedition Leader can advise you on some options.

**Meals included: Breakfast | Dinner**

**Accommodation**

**Hotel Shahrison Plaza (or similar)**

Hotel

### **Day 7 BUKHARA/ KHIVA**

Drive through the Kyzylkum desert toward the ancient city of Khiva. See the everchanging sand dunes, once crossed by travellers on the Silk Road carrying goods from the far corners of the world. Gaze upon the distant mountain peaks before arriving at the ancient walled city of Khiva, a living museum, with some of the best-preserved Islamic architecture in the world.

**Khiva Orientation Walk**

Khiva

Explore a bit of Khiva alongside your group on an orientation walk.

**Private Vehicle**

Bukhara - Khiva 6h30m 450km

Settle in and scan the scenery from the convenience of a private vehicle.

**Meals included: Breakfast | Lunch**

**Accommodation**

**Hotel Bankir Khiva (or similar)**

Hotel

### **Day 8 KHIVA**

Explore Khiva, an ornate and beautiful ancient city that makes you feel like you've been transported back in time to the Silk Road over 2,500 years ago. Within the Ichan-Qala, the inner walled town of Khiva, you'll be immersed in a kaleidoscope of colourful alleyways, tiled mosques, historic madrasas and towering minarets. Khiva is a town so steeped in preservation as Sophie Ibbotson explains in her "6 reasons to visit Khiva, the tourist capital of the Islamic world for 2024" National Geographic article. Together we'll wander its paths, hearing the stories of traders, scholars and historic explorers and adventurers. This evening, explore Khiva culture at a Khorezmian dinner celebrating the region's historic music and dance.

**Free Time**

Khiva

Spend the afternoon at leisure in Khiva.

**Khorezmian Music and Dance Show**

Khiva

Listen to and watch the traditions of Khiva come to life at a Khorezmian music and dance show. Unique instruments like the dutar and tanbur will accompany performers during the Khorezm classical and folk show.

**Khiva Ancient City Exploration**

Khiva 4h

Khiva feels like a museum city, with well-preserved city walls and ancient monuments. Wander the city on a guided tour, learn about life here and its important place in history.

**Optional Activities - Day 8**

**Islam Khoja Minaret**

Khiva

Visit Islam Khoja Minaret, Uzbekistan's tallest minaret. Built in 1910, this structure is often called the symbol of Khiva.

**Ichan-Qala (Itchan Kala) Visit**

Khiva

Check out the sand-coloured brick structures populating the inner walls of the Ichan-Qala through the walled inner town of Khiva.

**Meals included: Breakfast | Dinner**

**Accommodation**

**Hotel Bankir Khiva (or similar)**

Hotel

## Day 9 KHIVA/ ASHGABAT

This morning, cross the border into Turkmenistan, a unique country rich with historic traditions still alive to this day. Our first stop is at the beautiful and haunting ruins of Kunya Urgench. Once a rich and lively center for Islamic scholars, it is now full of crumbling minarets, sacred tombs and mausoleums. After a visit at this UNESCO World Heritage Site, continue to Dashguz to board an evening flight to Ashgabat, Turkmenistan's capital city.

### Private Vehicle

Khiva - Shavat 1h15m 40km

Settle in and scan the scenery from the convenience of a private vehicle.

### Border Crossing (Uzbekistan to Turkmenistan)

Shavat - Dashoguz

Cross the border on foot and enter Turkmenistan.

### Private Vehicle

Shavat - Kunya-Urgench 2h30m 110km

Settle in and scan the scenery from the convenience of a private vehicle.

### Kunya-Urgench City Visit

Kunya-Urgench 2h-2h30m

A UNESCO World Heritage Site, this town was abandoned in the 1700s and has remained untouched ever since. Visit the series of monuments built between the 11th and 16th centuries including a mosque, the gates of a caravanserai, fortresses, mausoleums, and a 60 meter high minaret.

### Private Vehicle

Kunya-Urgench - Dashoguz 2h 100km

Settle in and scan the scenery from the convenience of a private vehicle.

### Plane

Dashoguz - Ashgabat 1h 280km

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

### Meals included: Breakfast | Lunch

## Day 10 ASHGABAT

Head out to Old Nisa, the former capital of the Parthian Empire from 200 BCE.. This UNESCO World Heritage Site is an important archaeological location full of ruins and well-preserved artifacts. Take in the remnants of mudbrick royal complexes and fortresses through remains of a civilization that once rivaled Rome. Fast forward from the past to the present as we head to the futuristic Alem Centre, a chance to admire its incredible architecture. This evening, gather for a farewell dinner in the city and reminisce about the incredible journey we've had through the Stans.

### Ashgabat City Tour

Ashgabat 5h

Start the day exploring the Monument of Independence followed by the National Museum of History and Ethnography. Next, visit the Arch of Neutrality and end the tour at the Gulistan market.

### Ancient Settlement of Nisa

Ashgabat

Pay a visit to the UNESCO World Heritage Site, Nisa. This ancient settlement was once the capital of the Parthian Empire from the 3rd century BCE to the 3rd century CE. Explore the ruins and learn about the history of this amazing place.

### Optional Activities - Day 10

#### Carpet Museum

Ashgabat

Visit the Carpet Museum in Ashgabat to learn about the ancient tradition of carpet making in Turkmenistan. Observe traditional carpet weavers at their craft, and marvel at the colourful and diverse rugs on a wander through the gallery.

### Meals included: Breakfast | Dinner

## Day 11 ASHGABAT

Depart at any time.

### Departure Transfer

Aşgabat - Ashgabat International Airport

You will be met at your hotel and transferred to the airport at the end of your adventure.

**Meals included: Breakfast**

## **What's Included**

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Your Journeys Highlight Moment: Archeologist Guided Afrasiab Museum Visit, Samarkand  
Your Journeys Highlight Moment: Naqshbandi Mausoleum Sufism Experience, Bukhara  
Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group  
Your Local Living Moment: Plov Cooking Class and Dinner, Samarkand  
Your Hands-On Moment: Manti Making, Bukhara. Arrival Transfer. State History Museum of Uzbekistan. Religious Center of Tashkent. Chorsu Bazaar. Guided Tour of Samarkand. Archeologist Guided Afrasiab Museum Visit. Plov Cooking Demonstration and Dinner. Guri Amir Mausoleum Visit. Registan Visit. Free time in Samarkand. Bukhara Orientation Walk. Manti Making. Naqshbandi Mausoleum Sufism Experience. Sitorai Mokhi Khosa. Free time in Bukhara. Nodir Devonbegi Madrasah Monument Dinner. Khiva Orientation Walk. Khiva Ancient City Exploration. Free time in Khiva. Khorezmian Music and Dance Show. Kunya-Urgench City Visit. Ancient Settlement of Nisa. Ashgabat City Tour. Internal flights. All transport between destinations and to/from included activities.

## **What are the main highlights of this trip?**

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Explore the ancient ruins of Old Nisa—a UNESCO World Heritage Site that was once the capital of the Parthian Empire, Wander the remarkably preserved Silk Road city of Khiva, Learn to make Uzbekistan's signature dish with a welcoming local family, Experience the warmth of Uzbek hospitality in homes filled with tradition and generosity

## **Is there an itinerary Disclaimer?**

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While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

## **What important notes should I be aware of before the trip?**

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### **CULTURE**

Central Asia is a region which may be very different to anything you have experienced before. Mixture of Soviet heritage and Islam, summer heat and winter cold, religious conservatism, traffic and crowds can result in initial culture shock but should be seen as an exciting new challenge.

### **DRESS CODE**

Though you can see lots of people in traditional clothes, Central Asia has adopted western style clothing as well. Don't hesitate to pack your usual travel clothes: in summer it can be shorts and t-shirts, sandals etc. We recommend not to bring tank tops/singlets and any types of clothes with bare shoulders and backs - it is unacceptable in most areas, even in bigger cities. Our tour takes us to many religious sights, where dress code is very strict. We recommend women to have a headscarf in their day bags to cover up when going inside mosques (it's also a great help in the heat in summer). Best things to pack for the hot Central Asian climate is loose, long clothing - long trousers and sarongs or long skirts for women. In colder months (from the end of October through the end of April) it can rain and snow - bring warm clothes, jackets and comfortable warm shoes for walking.

### **ALTITUDE CONSIDERATIONS**

This trip operates at altitudes over 800m (max altitude 3016m at Song Kul). Whilst we travel slowly allowing plenty of time to acclimatize you may experience headaches, nausea, lethargy, especially when visiting Song Kul & Iskanderkul. It is important to be aware of the affects of altitude on one's tolerance especially on long driving days.

### **MONEY**

Due to the restrictions on changing money in Central Asia region, only notes/bills printed after 1996 and in good condition will be accepted for exchange. Usually 50 and 100 USD/EUR notes get better exchange rate. We recommend to bring smaller denominations as well - many vendors accept them if you don't have local currency.

### **INTERNET**

The phone network and internet are heavily regulated by the government in Turkmenistan. E-sims, roaming, and apps like WhatsApp, etc. are not available.

### **RAMADAN**

According to the lunar cycle, Ramadan will fall between Feb 17th - Mar 19th 2026. Please note that

Ramadan is a month of fasting observed by Muslims throughout the world, during which time the followers of Islam should not eat or drink between sunrise and sunset. There may be some limitations to services and disruptions to schedules during Ramadan, but generally our tours still operate effectively during this period and food is available to non-Muslims throughout the day. It is very important to display increased cultural sensitivity during Ramadan. Please wear loose fitting clothes, that cover knees and shoulders, and try to avoid eating, drinking or smoking in public out of respect for those who can't at that time.

#### **COMBO TRIP**

Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

#### **ACCOMMODATION NOTE:**

Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

Please note, Turkmenistan have strict advisories on prohibited medications which can be taken into the country.

If you require further details, please reach out to our Sales team who will be able to advise further.

**IMPORTANT:** if you are extending your stay in Turkmenistan, G Adventures CANNOT grant the additional days to your LOI unless the services are booked directly through our Local Supplier. If you have any questions or require more information to extend your stay, please reach out to our Sales team.

Turkmenistan trip extensions MUST be booked and confirmed through our Local Supplier no later than 40 days before the start of your tour.

### **What is the group leader like?**

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All G Adventures group trips are accompanied by one of our National Geographic Expedition Leader. The aim of the Expedition Leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

### **How large will the group be?**

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16

### **What meals are included in this trip?**

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10 breakfasts, 3 lunches, 6 dinners

### **What are the modes of transportation on my trip?**

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Private Vehicle, Plane, Walking, Train.

### **Are local flights included in the cost of the trip?**

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Please be aware that flight delays between Bishkek and Dushanbe can occur. Your Expedition Leader may need to make adjustments to your itinerary in case of flight schedule changes.

Please be advised that any flights noted on the G Adventures Itinerary for this tour are included in the tour services provided. Flight tickets are provided by G Adventures during the tour. The date for this service will match the day of the itinerary, for which Day 1 is equal to the start date noted on the Invoice under Land Services: Tour. If flight information is required in advance for visa purposes, please contact G Adventures.

### **Is there an extra cost for travelling solo?**

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We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

## **Where will we stay during the trip?**

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Hotels (10 nts)

## **Will I get my own room?**

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Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

## **What are the joining instructions?**

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For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

An arrival transfer is included when you arrive on Day 1, or if you arrive up to three days prior provided that you have booked your pre-accommodation through National Geographic Journeys in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your Expedition Leader. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your Expedition Leader and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your Expedition Leader will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

## **What happens if I experience problems when arriving?**

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We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your National Geographic Expedition Leader (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

## **Who should I contact in case of an emergency?**

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Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

### **AIRPORT TRANSFER**

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

If your call is specifically concerning Airport Transfer complications please call our local G Adventures Transfer provider directly: Mr. Arlan +996700602090, Mrs. Asel +996777202888

### **EMERGENCY CONTACT NUMBERS**

G Adventures Office Central Asia:

Mr. Laziz Otayarov (Operations Manager - Central Asia)  
Mobile 1: +99890 963 4779 (24h)

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

## **What instructions should I follow at the finishing point?**

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You will be met at your hotel and transferred to the airport at the end of your adventure.

## **What should I take on my trip?**

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What you need to bring will vary according to the trip style you have chosen, the countries you are visiting and when you are travelling. Generally speaking though, you should pack as lightly as possible. On the vast majority of our trips you are expected to carry your own luggage (please see below for exceptions), and though you will not be required to walk long distances with your luggage (max 30 minutes) we recommend keeping the weight under 10kg/22lb.

Suitcases are not recommended for G Adventures travellers! Most travellers carry their luggage in a backpack, although an overnight bag with a shoulder strap would suffice if you travel lightly. Smaller bags with wheels are acceptable, although we recommend your bag has carry straps as well, as you may be required to negotiate bus and railway station steps. You will also need a day pack/bag to carry water and a camera etc for day walks and day trips.

## **What should be on my packing list?**

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Cold Weather:

- Long-sleeved shirts or sweater
- Scarf
- Warm gloves
- Warm hat
- Warm layers
- Warm waterproof jacket

Conservative Dress:

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)

- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear

## **When can I do my laundry on this trip?**

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Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

## **What the visas and entry requirements for my trip?**

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All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

### UZBEKISTAN

Please note that visas are the responsibility of the individual traveller. The visa requirements for your trip vary depending on where you are from and where you are going. We keep the following information up to date as much as possible, but rules do change. It is important that you check for yourself with the Embassy of Uzbekistan. Please, keep in mind that all countries require passports valid for at least 6 months from the moment of departure from the country.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

Citizens of the United States, China and Vietnam older than 55 years old can travel to Uzbekistan for up to 30 days visa-free.

If you require a Letter of Invitation (LOI) to apply for a Uzbekistan visa, please fill out & submit the following request [form](#)

### TURKMENISTAN

Please note that visas are the responsibility of the individual traveller. The visa requirements for your trip vary depending on where you are from and where you are going. We keep the following information up to date as much as possible, but rules do change. It is important that you check for yourself with the Embassy of Tajikistan. Please, keep in mind that all countries require passports valid for at least 6 months from the moment of departure from the country.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

All nationalities require a Visa to enter Turkmenistan. In order to secure your visa, you must first apply for a Letter of Invitation through G Adventures. Once your trip is confirmed, please submit your application for your Turkmenistan Letter of Invitation no later than 40 days before the start of your tour via the following [form](#)

### IMPORTANT INFORMATION:

- Once the Letter of Invitation is processed and approved, G Adventures will send this information to the

Expedition Leader guide who will be leading your trip. As the trip crosses into Turkmenistan overland, your visa can be obtained at the (Shavat) border. Our Expedition Leaders will be responsible for presenting the LOIs to Immigration officials. You will then pay your Visa Fee and Immigration tax, before having your passport stamped with the Turkmenistan Visa.

- Please note, our Local Office will only reach out prior to travel if your LOI has NOT been approved OR if more information is required.

\*\*\* As of May 12th 2023, Turkmenistan border officials' have introduced new entry requirements. all travellers will now have their temperatures measured and will be required to carry out a Covid-19 rapid antigen test. All travellers are required to pay USD35 per person for the test. Payment will take place at the border.

If for any reason the test result comes back positive, you will not be able to cross the border and enter Turkmenistan to continue with the tour.

In this scenario, please rest assured, your Expedition Leader will make the necessary arrangements in getting you to Urgench airport (UGC) and booking a return flight to Tashkent airport (TAS). The drive from the border to the airport is roughly 1 hour in length. \*\*\*

IMPORTANT: if you are extending your stay in Turkmenistan, G Adventures CANNOT grant the additional days to your LOI unless the services are booked directly through our Local Supplier.

If you have any questions or require more information to extend your stay, please reach out to our Sales team.

Turkmenistan trip extensions MUST be booked and confirmed through our Local Supplier no later than 40 days before the start of your tour.

You must have at least two blank passport pages available for each country you will visit on your tour. These are required for entry & exit stamps.

Information accurate as of April 1st, 2024.

## **How much spending money do I need for my trip?**

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Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

## **What should I know about currency, credit cards, and exchanging money while on this tour?**

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In general Central Asia is a cash operating region, and travellers cheques are not recommended. Due to bank restrictions, only banknotes printed after 1996 can be exchanged. Better to bring notes without marks or stamps on them. We recommend to bring about 70 USD in small denominations: 1, 5 and 10 USD notes. If you are not able to get local currency it's always possible to pay in USD or EUR.

Uzbekistan

There are lots of ATM's to withdraw local currency (UZS), and banks around to exchange USD or EUR. Travellers cheques are not recommended, as only limited amount of banks work with them. Please, note that you can withdraw only local currency (Uzbek Sums) from ATM's. Some banks in Tashkent allow USD cash advance, but this option depends on the amount of USD cash in the bank.

## **How much emergency money should I bring on this trip?**

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Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

## **Should I be tipping on my trip?**

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In Central Asia It is not customary to tip service providers such as waiters, but it is very appreciated, depending on the service we recommend 3-5%. Tipping shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. You may do this individually, or your Expedition Leader will offer to collect the money and tip as a group. Recommendations for tipping drivers and local guides would range from \$3-\$4 USD per person per day depending on the quality and length of the service; ask your Expedition Leader for specific recommendations based on the circumstances and culture.

Also at the end of each trip if you felt your National Geographic Expedition Leader did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$4-7 USD per person, per day can be used.

## **What activities are optional on this trip?**

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### Samarkand

- Konigil Village and Silk Paper Making Workshop
- Tomb of the Old Testament Prophet Daniel Visit (3USD per person)
- El Merosi Historic Theatre

### Bukhara

- Bukhara Hammam Visit (38 per person)

### Khiva

- Islam Khoja Minaret
- Ichan-Qala (Itchan Kala) Visit

### Ashgabat

- Carpet Museum

## **Are there any health considerations I should know before travelling?**

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Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that sometimes we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. In Asia pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our Expedition Leader they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

Please note, Turkmenistan have strict advisories on prohibited medications which can be taken into the country.

If you require further details, please reach out to our Sales team who will be able to advise further.

## **What do I need to know to about safety and security on my trip?**

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Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your Expedition Leader has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your Expedition Leader will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your Expedition Leader will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our Expedition Leaders to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

[www.gadventures.com/travel-resources/safety/](http://www.gadventures.com/travel-resources/safety/)

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## **What are the trip specific safety considerations?**

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

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## **What rules should I know before joining this trip?**

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our National Geographic Expedition Leaders have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

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## **Is travel insurance required for my trip?**

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your Expedition Leader, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

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## **What is Planeterra?**

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

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## **How should I dress to respect local customs during the tour?**

Central Asian dress is quite conservative. Plan to pack loose-fitting light clothing appropriate for hot weather and plan to cover knees, shoulders and chest. For women, a hair scarf is recommended, though they are easy to buy in country.

## **How can I share feedback about my trip experience?**

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After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at [customersolutions@gadventures.com](mailto:customersolutions@gadventures.com) and we will send it on to you.

## **How old must I be to join this trip?**

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You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

## **Are international flights included in this trip?**

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No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your National Geographic Signature Specialist or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

## **What should LGBTQ+ travellers know about safety and travel considerations on this trip?**

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The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.