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Sorry! There are no remaining departures for "Best of Tajikistan & Uzbekistan" (AWTU), [but here are some similar trips](#).

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For the foreseeable future, the Uzbekistan Ministry of Foreign Affairs and the Uzbekistan online E-Visa website is not accepting any applications for travellers from a number of countries worldwide. Please ensure you check visa information specific to your destination and nationality found in our Important Pre-Departure Information page using this [link](#)



Last Updated: September 18, 2023



Best of Tajikistan & Uzbekistan

15 days, Dushanbe to Tashkent

What's included

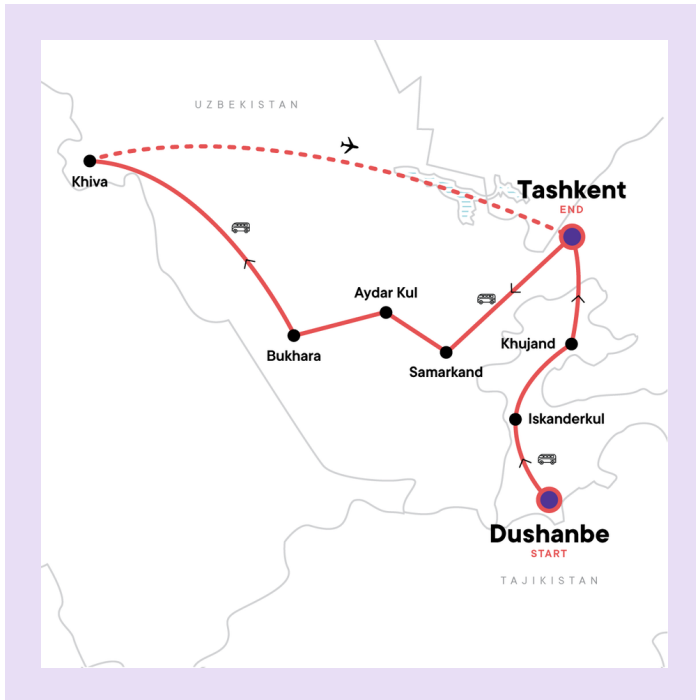
- Your Welcome Moment: Meet Your CEO and Group
- Your Local Living Moment: Community Guesthouse, Ghazza
- Your Local Living Moment: Overnight in a Yurt, Aydar Kūl Camp
- Dushanbe city tour
- Hikes and picnic lunch
- Mug Teppe settlement visit (Ura-Tube)
- City tour (Khujand)
- Khujand market visit
- City tour (Tashkent)
- Orientation walk (Samarkand)
- City tour including a Registan visit
- Nurata Shrine visit
- Alexander the Great fortress visit
- Guided walking tour (half-day, Bukhara)
- Walking tours (Khiva)
- 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 January 1st, 2021 and onwards

Itinerary



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.

Day 1

Dushanbe

Arrive at any time.

Welcome to the capital of Tajikistan on the Varzob River with snowcapped mountains in the backdrop. There are no activities planned until the evening welcome meeting, so get out there and explore.



Today's Activities

ACTIVITY

Your opportunity to meet your CEO 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.



Optional Activities - Day 1

Welcome Dinner

You've arrived! Why not share a meal and a drink with your new travel mates?

Day 2

Dushanbe/Kuli Iskandarkul

Enjoy a morning tour of Dushanbe, visiting the main monuments, museum, and mosque. After lunch, drive through the valleys and mountains to Iskandar-Kuli for a short hike to Iskander Darya waterfall. Afterward, continue the drive—passing Alexander the Great's lake—to your overnight stay at a local home in the stunning mountain valley. Meet the local people and explore the gorgeous landscape of the Fann Mountains.



Meals included

Breakfast | Dinner



Today's Activities

ACTIVITY

Enjoy an overnight stay in local guesthouse in this stunningly beautiful area. Meet the locals and explore the gorgeous landscape of the Fann Mountains.

Iskander Darya Waterfall

Kuli Iskandarkul

Take a short hike through the peaceful Fan Mountains to Iskander Darya waterfall, or Fan Niagra. The Iskander Darya river flows from the famous Iskandarkul Lake, named after Alexander the Great for his love of place. This massive, majestic waterfall falls from a height of 38 meters.

City Tour

Dushanbe

Visit the highlights of the capital city on a guided tour, seeing the Central Mosque and square, Ismail-i-Somoni Monument, the State Flag Pole, and Tajikistan Antiquities Museum.

Private Vehicle

Dushanbe – Kuli Iskandarkul

3h

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

Day 3

Kuli Iskandarkul

After breakfast, embark on a trek alongside Sarytag and the Karakul River. Return to the homestay for lunch and spend the afternoon at leisure. Later, head to Sarytag Village to experience local living and get a better understanding of life in this remote region. After the village exploration, head back to the homestay for a delicious Tajikistan dinner.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

ACTIVITY

Enjoy an overnight stay in local guesthouse in this stunningly beautiful area. Meet the locals and explore the gorgeous landscape of the Fann Mountains.

Free Time

Kuli Iskandarkul

Get out and explore the region.

Day 4

Kuli Iskandarkul/Khujand

Continue on to Khujand, stopping first in Istaravshan to explore a local mosque and Mug Tepe, an ancient citadel fortress stormed by Alexander the Great in 329 BC. Enjoy an optional lunch in a local chaikhana (teahouse) before continuing the drive to Khujand. Wander the city in the afternoon, visiting the Historical Museum of Sughd, resembling a castle, and the Mausoleum of Sheik Muslekheddin.



Meals included

Breakfast



Today's Activities

Private Vehicle

Ghazza - Khujand

3h30m

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

Mug Tepe Visit

Istaravshan

Visit a fortress stormed by Alexander the Great in 329 BC and again by Arabs in 772 AD. Learn more about the history of this place and soak in the view over the city.

City Tour

Khujand

Explore the city, visiting the museum and a mausoleum.

Day 5

Khujand/Tashkent

Visit the Khujand market (largest in Tajikistan) before continuing on to the border. Cross into Uzbekistan and drive to the capital city of Tashkent, where modern skyscrapers mix with Soviet-era architecture and mosaic mausoleums. Enjoy a short orientation walk in the evening before an optional dinner.

Some travellers will be joining the group here as they start their journey into Uzbekistan.



Meals included

Breakfast



Today's Activities

Market Visit

Khujand

Visit the market in Khujand. It's the largest in Tajikistan and a great example of a typical Central Asian market. Enjoy browsing what's for sale and opt to sample a few of the local delicacies.

Private Vehicle

Khujand - Tashkent

3h

178km

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

Orientation With CEO

30m-1h

Enjoy a brief walk with your CEO. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs. For more specific or in-depth information, an official guided tour is recommended.

Border Crossing (Tajikistan - Uzbekistan)

Ready for a little more ink in your passport? Grab your bags and get ready to check another country off your bucket list.

Day 6

Tashkent

Spend the day freely exploring this unique bustling city. Check out one of the many museums, wander the streets admiring the modern, Soviet-era architecture, venture up Tashkent Tower (which offers city views from its observation deck), or wander through the bazaar.



Meals included

Breakfast



Today's Activities

Free Time

Tashkent

Head out and explore Uzbekistan's capital city.

Day 7

Tashkent/Samarkand

Travel on to Samarkand, known for intricately beautiful mosques and mausoleums, situated on the Silk Road. Take an orientation walk and opt to visit the Amir Timur Mausoleum, dedicated to the famous conqueror who once hoped to rebuild the empire of Genghis Khan.



Meals included

Breakfast



Today's Activities

Orientation With CEO

30m-1h

Enjoy a brief walk with your CEO. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs. For more specific or in-depth information, an official guided tour is recommended.

Private Vehicle

Tashkent - Samarkand

4h30m

310km

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



Optional Activities - Day 7

Amir Timur Mausoleum Visit

Samarkand

Amir Timur, known as Tamerlane, is an important figure to the city of Samarkand. He was a conqueror in the 14th century hoping to rebuild the empire of Genghis Khan and is considered the last of the great conquerors of the Eurasian steppe. Visit his mausoleum and learn more about his life and contributions.

Day 8

Samarkand

Embark on a city tour, visiting Ulugbek Observatory, Shaki Zinda complex, the bazaar, Bibi Khanum, and Registan Square. With a free afternoon, continue exploring the Samarkand sights, have a cuppa in a local tea house, or wander around the bazaar. Opt to explore the Tomb of Prophet Daniel, famous for the Biblical story of Daniel and the lions.



Meals included

Breakfast



Today's Activities

Free Time

Samarkand

Head out and discover more of Samarkand.

Samarkand City Tour

Samarkand

4h

Visit the important sights of the city with a local guide. See the Shaki Zinda complex, Samarkand bazaar, Bibi Khanum, and Registan Square.



Optional Activities - Day 8

Tomb of the Old Testament Prophet Daniel Visit

Samarkand

3USD

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!

Travel out into the desert to visit Chashma Complex, a pilgrimage site in the territory of Nurata, dominated by ruins of Alexander the Great's fortress, Juma mosque, a bath-house, and the ancient Panjvakta mosque. All of this, hiding a holy spring believed to heal diseases. After exploring the complex, head to Aidarkul Lake and opt for a swim before continuing on for an overnight stay in a local yurt camp. Enjoy an authentic Uzbekistan dinner and an evening Kazakh singing show.



Meals included

Breakfast | Dinner



Today's Activities

Private Vehicle

Samarkand – Aydar Kül Camp

4h30m

280km

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

Chashma Complex and Holy Spring Visit

Nurata

1h30m

The Chashma Complex in Nurata contains multiple important Islamic sights including the Juma Mosque and spring. The spring is believed to heal diseases and attracts many visitors.

Fortress of Alexander the Great Visit

Nurata

The city of Nurata was founded by Alexander the Great in 327BC and the remains of his fortress are still standing. The area is mentioned in many historical texts as being of strategic importance.

ACTIVITY

Stay in traditional felt yurts and experience the way of life in the remote reaches of Uzbekistan.



Optional Activities - Day 9

Kazakh Singing

Aydar Kül Camp

Free

Sit back and enjoy some local culture with a Kazakh singing performance.

Day 10

Aydar K l Camp/Bukhara

Travel to Bukhara, known as one of the most charming cities in the country, and get your bearings on an orientation walk. Opt to visit the old city bazaars, enjoy a traditional dinner cooked by a local family, visit a hammam (bathhouse), or just relax in the pleasant atmosphere of this Silk Road city.



Meals included

Breakfast



Today's Activities

Private Vehicle

Aydar K l Camp - Bukhara

4h

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

Free Time

Bukhara

Spend the afternoon wandering and get to know the city.



Optional Activities - Day 10

Bukhara Hammam Visit

Bukhara

35USD

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 CEO can advise you on some options.

Day 11

Bukhara

Explore Bukhara on a half-day guided walking tour around the beautifully restored mosques, madrassas, and covered markets, or trading domes, that make up the Old City. A centre for pottery, cloth, and carpets, Bukhara is centered around Lyabi-Hauz, a delightful pool of water surrounded by ancient mulberry trees. Wander the artisan shops and narrow twisting streets and alleyways, or sit at a café table and let the evening drift by. Opt to watch a local puppet show held in an old caravanserai, or indulge in a rejuvenating hammam bathhouse.



Meals included

Breakfast



Today's Activities

Free Time

Bukhara

This is the perfect city for shopping or enjoying tea and snacks at a chaykhana.

Bukhara City Guided Tour

Bukhara

3h

Join a local guide to visit the the Samanid Mausoleum, the Ark Citadel, and the Poi-i-Kalon complex. Wander around beautifully restored mosques, madrassas, and covered markets that make up the Old City.



Optional Activities - Day 11

Bukhara Hammam Visit

Bukhara

35USD

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 CEO can advise you on some options.

Carpet Museum

Bukhara

1USD

The Magok-i Attari Mosque (Museum of Carpets) offers information about the art of carpet making and some fine examples to boot. Perhaps more impressively, the building the museum is located in was once used for Jewish, Muslim, and Christian services, demonstrating the diversity and open-mindedness of this intriguing city.

Chor-Bakr Complex

Bukhara

This UNESCO World Heritage Site is the burial site of Abu-Bakr-Said, one of the four descendants of the Prophet Muhammad. Wander around the necropolis of family tombs and enclosed courtyards while admiring the simple, yet intricate beauty.

Jewish Area and Synagogue Visit

Bukhara

Free

Bukhara has a fascinating Jewish history, with Bukharan Jews speaking a Turkic-Persian dialect with a Hebrew script. The city once was home to 40,000 Jews and now has a community of about 25-30 families. The synagogue is well worth a visit (donation expected) and houses a Torah that is roughly 1,000 years old. Please note that on Friday evenings and Saturday, the Synagogue is usually closed for Shabbat.

Day 12

Bukhara/Khiva

Enjoy a scenic drive through the desert on a full day's journey to reach UNESCO-listed Khiva, well worth the arduous drive. Get to know this peaceful, picturesque city on a late afternoon orientation walk, and pick your favourite spots to explore more in-depth tomorrow.



Meals included

Breakfast



Today's Activities

Private Vehicle

Bukhara - Khiva

6h30m

450km

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

Orientation With CEO

30m-1h

Enjoy a brief walk with your CEO. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs. For more specific or in-depth information, an official guided tour is recommended.

Day 13

Khiva

Before exploring this historic town on your own, enjoy a guided tour to learn about local life here. Wander through the narrow labyrinth mudbrick alleyways of old town, bargain with locals at the bazaar, admire the madrassas, mosques, and blue mosaic domes, climb up towering minarets, and venture into the dark dungeons Khiva was infamous for back in the 10th century. Explore the inner walls of Ichon-Qala, and enjoy spectacular sunset views on the sand-coloured buildings.



Meals included

Breakfast



Today's Activities

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.

Free Time

Khiva

Continue exploring this historic town.

Day 14

Khiva/Tashkent

Take a short flight back to Tashkent and enjoy a city tour, then explore on your own with some free time.



Meals included

Breakfast



Today's Activities

Plane

Khiva - Tashkent

1h

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

Tashkent Guided City Tour

Tashkent

4h

Visit the city's highlights with a local guide. Ride the Russian-esque metro and visit the religious centre of the city and Museum of Applied Arts. Wander the neighbourhood streets and learn about daily life and history of the city and the Uzbek people.

Free Time

Tashkent

Get out and explore the city.

Depart at any time.



Meals included

Breakfast



Today's Activities

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your Local Living Moment: Community Guesthouse, Ghazza
- Your Local Living Moment: Overnight in a Yurt, Aydar K l Camp
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- Walking tours (Khiva)
- Transport between destinations and to/from included activities

What are the main highlights of this trip?

See the sites of Dushanbe on a city tour, Explore the landscapes and communities in the Fann Mountains, Shop at the largest market in Tajikistan, Sleep in a yurt and learn about local life, Visit historic mosques and markets in Bukhara, Gain understanding of Central Asia's cultures

What are the main highlights of this trip?

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Is there a travel disclaimer for my itinerary I should review before booking this trip?

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?

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 2200m). Whilst we travel slowly allowing plenty of time to acclimatize you may experience headaches, nausea, lethargy, especially when visiting 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.

RAMADAN

According to the lunar cycle, Ramadan will fall between Apr 12th - May 14th 2021, and Apr 1st - May 3rd 2022. 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.

What is the group leader like?

All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEO). The aim of the CEO 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?

Max 16, avg 14.

What meals are included in this trip?

14 breakfasts, 1 lunch, 3 dinners

What are the modes of transportation on my trip?

Private vehicles, walking.

Is there an extra cost for travelling solo?

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?

Hotels/guesthouses (11 nts), multi share-community homes (2 nts), desert yurt (1 night).

Will I get my own room?

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

Do any exceptions apply to Rooming or “My Own Room” on my tour?

Nights 2& 3 (homestay/guesthouse); Night 9 (Yurt camp).

What is the joining hotel?

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

What are the joining instructions?

When you arrive to Dushanbe International Airport, you will have several options to get to the Lotus Hotel:

TAXI: we always recommend printing out the address of the hotel (in the native language as well as English if available), to show to your taxi driver.

Once you exit from the customs area there will be a lot of drivers offering taxi services, but we recommend going to the ground floor where there is an Information Desk. Here they can assist with hiring an official taxi service.

PUBLIC TRANSIT: Once you exit from the airport you can take minibus #87. Get off at Tajik State National University and walk to Lohuti Street in the direction of Shohmansur Bazaar.

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that Day 1 is an arrival day and no activities have been planned for that day other than your welcome meeting in the evening, so you can arrive at any time. Similarly the last day is a departure day during which no activities have been planned.

A G Adventures Representative will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip. A welcome note will be left for you in the hotel so you have all the necessary information regarding the meeting time. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

What happens if I experience problems when arriving?

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 CEO (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?

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 within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. 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 at: ++992 48 701 9900

EMERGENCY CONTACT NUMBERS

G Adventures Office Central Asia:

Mr Laziz Otayarov (Operations Manager - Central Asia)

Mobile 1: +99890 963 4779 (24h)

Mobile 2: +99897 921 7087 (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

Are there any additional packing suggestions I should consider?

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?

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.)

Light Hiking:

- Hiking boots/sturdy walking shoes
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Walking poles

Train Travel (Optional):

- Slip-on shoes
- Small container with lid
- Travel cutlery
- Travel or camp cup

Warm Weather:

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

When can I do my laundry on this trip?

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 are the visas and entry requirements for my trip?

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.

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

Uzbekistan:

For the following multi-country trips, the days spent in Uzbekistan are as follows:

AWTU - Best of Tajikistan and Uzbekistan: Days 5-15

AYBT - Best of Kyrgyzstan and Tajikistan: Days 13-14

AYKU - Multi-Stan Adventure - Bishkek to Tashkent: Days 13-23

AYBA - The Five Stans of the Silk Road: Days 13-22

Some travellers may need to apply for an e-visa to enter Uzbekistan. To apply, please follow this link: <https://e-visa.gov.uz/main>

Nationalities which are not listed on Uzbekistan Visa exemptions list or not on the E-Visa list are required to apply for Visa Approval/Telex No prior to their Uzbekistan Visa application at the Uzbekistan Consulate. In order to get Visa Approval/LOI you will be required to fill out & submit the request form (<https://www.gadventures.com/visa-forms/Uzbekistan/>). It takes about 7-10 business days to get the approval from Uzbekistan MFA (Ministry of Foreign Affairs). Once Visa Approval No/LOI is received we will forward it to you/your agent. Please print out the Visa Approval/Telex No along with duly completed Uzbekistan visa application form & submit to the Uzbekistan Consulate

Tajikistan:

Some travellers may need to apply for an e-visa to enter Tajikistan. To apply, please follow this link: <https://www.evisa.tj/index.evisa.html>

Essential info & answers for online E visa application:

Applicant Type: Individual

Purpose of the visa type: Tourism

GBAO Permit: No (you will not be required to apply for this permit)

Date of arrival: The date you enter & exit from Tajikistan (below are the days per trip code you enter & exit from Tajikistan)

AWDT - Highlights of Tajikistan: Days 1-5

AWTU - Best of Tajikistan and Uzbekistan: Days 1-5

AYBT - Best of Kyrgyzstan and Tajikistan: Days 9-13

AYKU - Multi-Stan Adventure - Bishkek to Tashkent: Days 9-13

AYBA - The Five Stans Of The Silk Road: Days 9-13

Address in Tajikistan

Dushanbe - "Atlas Hotel" - 32,34 Nisor Mukhammad st, Dushanbe, Tajikistan 734124

Khujand - "Feruz Hotel" - Lenina street 223, Khujand

If required:

The local operator in Tajikistan – “Panjakent Intour”

Address: 12, Borbadi Marvazi street, Panjakent

Tel: +992 3475 56674

Information accurate as of September 12th, 2018

Where can I read detailed notes about this trip?

Border Crossings for AWTU:

Tajikistan/Uzbekistan border - Oybek border

What should I consider when planning my personal expenses and discretionary spending for this itinerary?

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?

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.

Tajikistan

The preferred currency for local transactions is the somoni, and local establishments rarely accept credit cards so keep cash on hand. You may be able to pay in USD and EUR in some places, however, it is recommended that you take out somoni at ATMs in Dushanbe; there are very few ATMs outside of Dushanbe, and those that exist are less dependable.

How much emergency money should I bring on this trip?

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?

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 CEO will offer to collect the money and tip as a group. Recommendations for tipping drivers and local guides would range from \$2-\$3 USD per person per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture. Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$20-25 USD per person, per week can be used.

What activities are optional on this trip?

Dushanbe

- Welcome Dinner

Samarkand

- Amir Timur Mausoleum Visit
- Tomb of the Old Testament
Prophet Daniel Visit (3USD per person)

Aydar Kül Camp

- Kazakh Singing (Free)

Bukhara

- Bukhara Hammam Visit (35USD per person)
- Carpet Museum (1USD per person)
- Jewish Area and Synagogue Visit (Free)
- Chor-Bakr Complex

Are there any health considerations I should know before travelling?

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 CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

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

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 CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO 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 CEO 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 CEOs 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/

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.

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 CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

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 CEO, 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.

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.

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?

Earn 5% off your next G Adventures Tour (up to \$100 USD)*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

Does G Adventures have an email newsletter I can subscribe to?

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

How old must I be to join this trip?

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?

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 GCO 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?

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.

Dossier Disclaimer

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 the operator. 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.

Itinerary Disclaimer

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.