



Central Asia: Uzbekistan, Tajikistan, Kazakhstan & Kyrgyzstan

15 days, Tashkent to Bishkek

Trip code AUTB

What's included

- Your First Night Out Moment: Connect With New Friends
- Your Welcome Moment: Meet Your CEO and Group
- Your Big Night Out Moment: in Tashkent, Tashkent
- Tashkent Orientation Walk
- Free Time in Tashkent
- Khiva Orientation Walk
- Free Time in Khiva
- Bukhara Orientation Walk
- Free Time in Bukhara
- Free Time in Samarkand
- Panjakent Bazaar
- Marguzor Lakes Visit
- Marguzor Lakes 6 & 7 Hike
- Free Time in Shymkent
- Shymkent Orientation Walk
- Sayram Su Lake Hike
- Taraz Orientation Walk
- Free Time in Taraz
- 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 May 15th, 2025 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

Tashkent

Arrive at any time. In the evening, meet your CEO and new crew that you'll be traveling with in a welcome meeting, followed by an optional dinner together. Then hit the town for your First Night Out, the chance to get to know your new travel buds!

This trip returns to Uzbekistan on day 10. Please be advised that you may need a double entry visa.



Accommodation

Grand Zamin Hotel (or similar)

Hotel



Today's Activities

ACTIVITY

Connect with new friends on your first night out in a new destination. Only available on 18-to-Thirtysomethings tours.

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.

Day 2

Tashkent/Khiva

Start today with some breakfast and an orientation walk of Tashkent. Check out the neighborhood alongside your CEO, then head out to explore the city how you'd like! Opt to join a Tashkent city tour or take a day trip to see the impressive Institute of Sun. This evening, climb aboard the overnight train en route to Khiva.



Meals included

Breakfast



Accommodation

Sitorabonu Hotel Khiva (or similar)

Hotel



Today's Activities

Tashkent Orientation Walk

Tashkent

Join your CEO for a orientation walk through Tashkent. Get to know the area around your hotel better explore some of this awesome city.

Free Time

Tashkent

Spend the day free to explore Tashkent however you'd like!

Basic Overnight Train (beds)

Tashkent - Khiva

15h

742km

Experience overnight travel like a local. Sit back and get some well-earned (and likely much-needed) rest en route to your next stop.



Optional Activities - Day 2

Institute of Sun Visit

Tashkent

Visit the famous Institute of Sun and see its incredible architecture. The coolest part is seeing the blue sky and the mountains in the reflection of the giant mirrors covering the Solar Furnace. Don't forget your camera!

Tashkent Guided City Tour

Tashkent

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.

After a full night's sleep aboard the train, choose to have some breakfast in the dining car or enjoy the views as you chug along. Pull into Khiva around noon, drop your bags, then head out on an orientation walk. Spend the afternoon free to explore the city of Khiva however you want. Perhaps visit one of Khiva's most important landmarks, the Islam Khadija Minaret or take a tour of the City Wall.



Today's Activities

Khiva Orientation Walk

Khiva

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

Free Time

Khiva

Spend the afternoon free to explore Khiva.



Optional Activities - Day 3

Khiva Ancient City Exploration

Khiva

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.

Islam Khoja Minaret

Khiva

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

Day 4

Khiva/Bukhara

Today you are free to explore this incredible ancient city. In the evening, head to the train station to travel to Bukhara. We'll head straight to the hotel upon arrival.



Meals included

Breakfast



Today's Activities

Free Time

Khiva

Enjoy the morning free in Khiva.

Train

Khiva - Bukhara

6h30m

391km

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

Day 5

Bukhara

Get a feel for your adventure in Bukhara by starting the day with an orientation walk of the area. Then today is yours to explore the city! Visit some of the incredible Hammams (traditional public baths), or join a guided tour of Bukhara.



Meals included

Breakfast



Accommodation

Hotel Legende (or similar)

Hotel



Today's Activities

Free Time

Bukhara

A full day to explore Bukhara is on the docket for today!

Bukhara Orientation Walk

Bukhara

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



Optional Activities - Day 5

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.

Bukhara City Guided Tour

Bukhara

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.

Day 6

Bukhara/Samarkand

Bukhara, a historic and important stop along the Silk Road, is today a beautiful piece of living history. The UNESCO World Heritage Site, Old Town Bukhara, with its stone alleyways and colorful tiles, will have you feeling transported to an ancient time. Enjoy another day free to explore this beautiful place before taking a train to Samarkand in the evening.



Meals included

Breakfast



Accommodation

Hotel Legende (or similar)

Hotel



Today's Activities

Free Time

Bukhara

Spend the day exploring this UNESCO World Heritage site.

Train

Bukhara - Samarkand

2h30m

250km

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



Optional Activities - Day 6

Bukhara Old Town visit

Bukhara

Explore the UNESCO World Heritage site, Bukhara Old Town. This historic medieval city is full of ancient mosques, mausoleums and monuments. Once a pivotal stop along the Silk Road, this town is now a cultural wonder. Wander through the stone alleyways and through the incredible architecture to get a feel of historic Bukhara.

Uzbek Cooking Class

Bukhara

Get to know Uzbek cuisine better at a local cooking class. Make delicious local dishes like Uzbek Shakarob Salad & colored Dumpling, using natural vegetable juice to give the food color.

Day 7

Samarkand

The great city of Samarkand was once a rich trading and intellectual center of the Silk Road. Now known for its melting pot of culture and grand architecture, today is yours to explore the UNESCO World Heritage site.



Meals included

Breakfast



Today's Activities

Free Time

Samarkand

Spend today at leisure to explore Samarkand.



Optional Activities - Day 7

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!

Lunch and Silk Paper Making Workshop at Konigil Village

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 before an included lunch.

Samarkand City Tour

Samarkand

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

Day 8

Samarkand/Marguzor

This morning we depart Uzbekistan and drive to Tajikistan. Shortly after crossing the border, stop at Panjakent Bazaar and wander through the stalls of food, clothes and unique finds. Head out and continue the drive to Padrud Village for the night. On the way, we'll visit four of the breathtaking Seven Lakes in the Fan Mountains. These lakes shine with different colors of blues, greens, purples and turquoises. Grab your camera and take in the incredible views.



Meals included

Breakfast | Dinner



Accommodation

Marguzor Family Homestay (or similar)

Homestay



Today's Activities

Private Vehicle

Samarkand - Jartepa Border Crossing

1h

55km

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

Border Crossing (Uzbekistan to Tajikistan)

Jartepa Border Crossing - Panjakent Border Crossing

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

Private Vehicle

Panjakent Border Crossing - Marguzor

3h

60km

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

Panjakent Bazaar

Panjakent

Visit the colorful Panjakent Bazaar. Walk through the fragrant stalls, delicious local food stands and locally made home goods being sold.

Marguzor Lakes

Marguzor

Visit 4 of the 7 lakes of Marguzor and admire the stunning natural beauty of Tajikistan.

Day 9

Marguzor

After breakfast at the guesthouse, hike from Lake 6 to the incredible Lake 7. This remote lake is only accessibly by hiking and is well worth the trek. After arriving, enjoy a scenic picnic next to the lake before hiking back to the village. This evening, chow down on a well deserved Tajikistani barbecue.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Marguzor Family Homestay (or similar)

Homestay



Today's Activities

Hike Marguzor Lakes 6 & 7

Marguzor

3h

6km

Start at Lake 6 and hike to the majestic lake 7 of the 7 Marguzor Lakes. Lake 7, arguably the most beautiful is reached only on foot. With nothing but rocky mountains and crystal blue water in sight, admire the incredible scenery of Tajikistan.

Day 10

Marguzor/Samarkand

Travel across the border back to Uzbekistan today. After the journey, enjoy a restful evening in Samarkand.



Meals included

Breakfast



Accommodation

Hotel Legende (or similar)

Hotel



Today's Activities

Private Vehicle

Marguzor - Panjakent Border Crossing

2h30m

60km

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

Border Crossing (Tajikistan to Uzbekistan)

Panjakent Border Crossing - Jartepa Border Crossing

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

Private Vehicle

Jartepa Border Crossing - Samarkand

1h

55km

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

Free Time

Samarkand

Enjoy a free evening to chill in Samarkand.

Day 11

Samarkand/Tashkent

Take a morning train to Tashkent, where it all began! Spend the rest of the day at leisure in the capital city of Uzbekistan. This evening, join your group for a Big Night Out in the city!



Meals included

Breakfast



Today's Activities

Train

Samarkand - Tashkent

4h-4h9m

332km

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

Free Time

Tashkent

Spend the rest of the day free to adventure through or relax in Tashkent.

ACTIVITY

Hit the local bars out on the town tonight during your Big Night Out!

Day 12

Tashkent/Shymkent

Hop in the van for a trip across the border to Kazakhstan. Drive to Shymkent and join your CEO on an orientation walk of the city before enjoying the afternoon to explore.



Meals included

Breakfast



Accommodation

Express City Hotel (or similar)

Hotel



Today's Activities

Private Vehicle

Tashkent - Gisht Kuprik

1h

25km

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

Border Crossing (Uzbekistan to Kazakhstan)

Gisht Kuprik - Granitsa Kazakhstana

Cross the border between Uzbekistan and Kazakhstan. Have your passports handy.

Private Vehicle

Granitsa Kazakhstana - Shymkent

1h30m

105km

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

Shymkent Orientation Walk

Shymkent

Join your CEO on an orientation walk to get to know Shymkent, known as the "Green City." With its rich history and interesting culture, we'll see the lively markets and other must-see spots.

Free Time

Shymkent

Spend the afternoon free to explore the historic Silk Road city, Shymkent.

Day 13

Shymkent

Drive to the totally instagramable Ugam Chatkal National Park. Join a fun 16km hike to Sayram Su Lake for a cute lakeside picnic with the crew. Hike Back to Shymkent to relax this afternoon.



Meals included

Lunch



Accommodation

Express City Hotel (or similar)

Hotel



Today's Activities

Private Vehicle

Shymkent - Ugam Chatkal National Park

1h30m

60km

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

Sayram Su Lake Hike

Sayram

16km

Hike to the beautiful Sayramsu Lake. We'll be hiking to the Lower Nizhniy Sayram Su Lake. It's 8 km one way and the elevation gain is 650 m. Even as a longer hike, this trek is rated as easy to moderate hike, with few steep sections. At the top we will be greeted with beautiful views of Sayram Ugam National Park and the Sayram River Valley.

Day 14

Shymkent/Taraz

Drive to Taraz today. This city is not visited by many tourists now but was once a major rest stop along the Ancient Silk Road. Take an orientation walk around the town then opt to visit the Taraz Museum to see the remains of this historic place.



Accommodation

Zhambyl Hotel Taraz (or similar)

Hotel



Today's Activities

Private Vehicle

Shymkent - Taraz

3h

184km

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

Taraz Orientation Walk

Shymkent - Taraz

Alongside your CEO, take a tour of Taraz, one of the oldest and smallest cities in Kazakhstan. What this town lacks in size, you'll quickly learn how it makes up for it with its fascinating history.

Free Time

Taraz

Enjoy some free time in historic Taraz.



Optional Activities - Day 14

Ancient Taraz Archaeological Park and Museum

Taraz

Visit the Ancient Taraz Archaeological Park and Museum to learn about the magic that traders and merchants once witnessed in this historic Silk Road town.

Cross the border into the next Stan - Kyrgyzstan, and drive to Bishkek. Your trip ends upon arrival. If you opt to attend the farewell dinner with the group, please do not book onward travel prior to 10 pm. Otherwise, we suggest booking onward travel after 6 pm.



Meals included

Breakfast



Today's Activities

Private Vehicle

Taraz - Sypatai Batyr

3h

185km

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

Border Crossing (Kazakhstan to Kyrgyzstan)

Sypatai Batyr - Sypatay Batyr

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

Private Vehicle

Sypatay Batyr - Bishkek

1h45m

90km

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

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- Free Time in Khiva
- Bukhara Orientation Walk
- Free Time in Bukhara

- Free Time in Samarkand
- Panjakent Bazaar
- Marguzor Lakes Visit
- Marguzor Lakes 6 & 7 Hike
- Free Time in Shymkent
- Shymkent Orientation Walk
- Sayram Su Lake Hike
- Taraz Orientation Walk
- Free Time in Taraz
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Hike to the electric blue waters of Sayram Su Lake, Explore ancient cities like Bukhara Tashkent and Shymkent, Travel off the beaten path to the small but mighty Taraz village, Soak up Silk Road vibes in centuries-old caravan towns

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?

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.

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. Whilst we travel slowly allowing plenty of time to acclimatize you may experience headaches, nausea, and lethargy. 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 Feb 28th - Mar 29th 2025, and 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.

What is the role of the group leader during this trip?

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.

Please be aware your CEO may change between countries in Central Asia.

How large will the group be?

Max 18

What meals are included in this trip?

11 breakfasts, 2 lunches, 2 dinners

What are the meals like on this trip?

While traveling with us you will experience the vast array of wonderful food available in the world. Generally, to give you the maximum flexibility in deciding where, what and with whom to eat, not all meals are included in the trip price. This also gives you more budgeting flexibility. As a rule our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favorite restaurants during your trip. Please check the 'meal inclusions' section below for details of meals included.

What are the modes of transportation on my trip?

Metro, Private vehicle, Train, Walking, Overnight Train.

Is there an extra cost for travelling solo?

We believe solo 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 solo travellers on these itineraries must pay the single trip price.

Where will we stay during the trip?

Hostels (8 nts, twin share), Hostel (2 nts, multi-share), Overnight train (1nt), Guesthouse (2 nts, multi-share), Hotel (1 nt, twin share).

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

Nights 2, 8, & 9

What are the joining instructions?

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

If you would like to book an airport Arrival transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. Once you pass Customs & exit from the airport building, please go to the WAITING AREA building, where your driver will meet you inside the building.

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 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 CEO. 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 CEO 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 CEO 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?

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 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 information should I be aware of as the itinerary draws to a close?

If you would like to book an airport Departure transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

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.)

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?

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?

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. 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](#)

KAZAKHSTAN

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

KYRGYZSTAN

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

IMPORTANT NOTE: If you require an LOI (Letter of Invitation) for your Visa application for Kyrgyzstan, you will be subject to a processing fee of \$50USD (or currency equivalent) per person. This is charged by Ministry of Foreign Affairs.

UZBEKISTAN

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

TAJIKISTAN

British nationals and other nationalities who are not eligible for visa exemption, must apply for an e-Visa.

Your application can be made via the official [e-Visa Tajikistan page](#). Please note, a GBAO Permit is not required for this tour.

Following your e-Visa application, you may be required to also provide a Letter Of Invitation (LOI). To ensure you have all of the documents required at time of applications, the following is recommended:

- 30-60 days before your departure, apply for your LOI here
- as per the Tajikistan e-Visa site, apply for your e-Visa 2 weeks before your trip

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

Address in Tajikistan

Marguzor – “Marguzor Family Homestay” – Panjakent, Nofin village, guest house Nofin

If required:

The local operator in Tajikistan – “Panjakent Intour”

Address: 12, Borbadi Marvazi street, Panjakent

Tel: +992 3475 56674

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.

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.

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. Additionally, unfortunately not many local establishments accept foreign debit/credit cards.

Kazakhstan

The preferred currency for local transactions is the tenge, and local establishments rarely accept credit cards so keep cash on hand. ATMs in Kazakhstan are accessible in the larger cities, and withdrawals can be made by credit card. There are many currency exchange locations available to exchange EUR, USD, GBP, Russian rouble, Kyrgyz some and Chinese yuan. Local establishments in big cities accept Debit/Credit cards. Limited ATMs, some times no ATMs in the villages or remote areas.

Kyrgyzstan

The preferred currency for local transactions is the som, and local establishments rarely accept credit cards so keep cash on hand. There are many of ATMs accessible in Bishkek and other larger cities such as Cholpon Ata and Karakol. Larger cities will also have money exchange locations that will trade EUR, USD, Roubles; some locations will trade GBP, and Chinese yuan. Local establishments in big cities accept Debit/Credit cards. Limited ATMs, some times no ATMs in the villages or remote areas.

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. Limited ATMs, some times no ATMs in the villages or remote areas.

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 \$3-\$4 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 \$4-7 USD per person, per day can be used.

What activities are optional on this trip?

Tashkent

- Institute of Sun Visit
- Tashkent Guided City Tour

Khiva

- Khiva Ancient City Exploration
- Islam Khoja Minaret

Bukhara

- Bukhara Hammam Visit
(35USD per person)
- Bukhara City Guided Tour
- Uzbek Cooking Class
- Bukhara Old Town visit

Samarkand

- Tomb of the Old Testament
Prophet Daniel Visit (3USD per person)
- Lunch and Silk Paper Making
Workshop at Konigil Village
- Samarkand City Tour

Taraz

- Ancient Taraz Archaeological
Park and Museum

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?

Minimum age of 18 years for this trip.

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.