

EXPEDITIONS



SIGNATURE: THE NORTHERN STANS & THE SILK ROAD

9 days, Bishkek to Tashkent

Trip code AYITNS

WHAT'S INCLUDED

- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group, Bishkek
- Your Foodie Moment: Kazakh Dinner in Traditional Yurt, Almaty
- Signature Moment: "Golden Man" Experience at Issyk State Historical and Cultural Reserve Museum, Almaty
- Arrival and departure transfer
- Bishkek City Walking Tour
- Free time in Bishkek
- Traditional Kyrgyz Dinner & Cultural Demonstration
- Burana Tower Visit
- Lunch and Village Immersion with Nomadic Traditions
- Almaty City Tour
- Central State Museum of the Republic of Kazakhstan
- Huns Ethno Village Visit and Lunch
- Free Time in Almaty
- Guided City Tour of Dushanbe
- Traditional Tajik Welcome Dinner
- National Museum of Antiquities of Tajikistan
- Historic Hissor Fortress & Madrasah
- Local Family Visit & Cultural Experience
- Free time in Dushanbe
- Guided City Tour of Tashkent
- Farewell Dinner at the TV Tower
- Engaging Discussions with the National Geographic Expedition Expert throughout
- Porterage at hotels and when getting on and off of vehicles
- Tips are included for all activities, meals and porterage, except for your Expedition Leader
- 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 October 21st, 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

BISHKEK

Welcome to the Silk Road. Your expedition begins as you touch down in Bishkek, the capital of Kyrgyzstan, framed by the snow-capped Tian Shan mountains. You will be met at the airport and transferred to your hotel. In the evening, gather with your National Geographic Expedition Leader and fellow travellers. An engaging presentation sets the historical stage for the expedition ahead, followed by a hearty dinner at a traditional restaurant to mark the start of your Central Asian exploration.



Meals included

Dinner



ACCOMMODATION

Hyatt Regency Bishkek (or similar) Hotel



TODAY'S ACTIVITIES

Arrival Transfer

Bishkek

1h

32km

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

ACTIVITY

The adventure begins tonight. Feel free to explore before your welcome meeting, but make sure you're back in time to meet the group. Check for the meeting time on the welcome note at the hotel and enjoy a welcome reception with wine, beer, and appetizers, followed by an orientation and an expert-led "Introduction to the Silk Road" presentation in the conference room before departing for the Welcome Dinner.

Welcome Dinner in Bishkek

Bishkek

Transfer to a traditional local restaurant for an included 3-course Welcome Dinner.

Day 2

BISHKEK

Begin with a deep dive into conservation. Attend a presentation by a National Geographic Explorer from the Snow Leopard Foundation, learning about the critical efforts to protect these elusive "ghosts of the mountains." Continue with a walking tour of Bishkek, strolling through the leafy Oak Park and standing before the imposing Soviet-era architecture of Parliament and Victory Square. In the evening, immerse yourself in Kyrgyz culture at the Supara Ethno-Complex. Savor authentic dishes while watching vivid demonstrations of traditional clothing and elaborate headdresses, celebrating the nation's nomadic heritage.



Meals included

Breakfast | Dinner



ACCOMMODATION

Hyatt Regency Bishkek (or similar) Hotel



TODAY'S ACTIVITIES

National Geographic Expert Discussion about the Snow Leopard Foundation

Bishkek

Gain a deeper understanding of local conservation through a session with a National Geographic grantee from the Snow Leopard Foundation.

Bishkek City Walking Tour

Bishkek

2h30m

2km

Explore the city's cultural and historical landmarks by foot, including Panfilov Park, Oak Park, Victory Square, and the iconic Lenin Statue. For this walking tour, comfortable shoes are recommended and short rest stops and photo breaks will be arranged along the route.

Free time in Bishkek

Bishkek

Enjoy free time to explore Bishkek at leisure.

Traditional Kyrgyz Dinner & Cultural Demonstration

Bishkek

Enjoy an immersive visit to the Supara Ethno-Complex to savor authentic Kyrgyz cuisine alongside engaging demonstrations of traditional clothing and women's headdresses.

Day 3

BISHKEK/ALMATY

Depart Bishkek driving through the foothills of the Tian Shan mountains, watching the landscape shift from city to steppe. Arrive at the UNESCO-listed Burana Complex to explore the ancient minaret and the field of balbals (stone warrior statues). Continue to a nearby village for some regional hospitality at a home-hosted Kyrgyz lunch. Here, witness traditions that define the nomadic spirit. In the evening, fly to Almaty, Kazakhstan, settling in for the next chapter of the expedition.



Meals included

Breakfast | Lunch



ACCOMMODATION

Rixos Almaty Hotel (or similar) **Hotel**

Rixos Almaty is a grand five-star sanctuary located at a prime junction in the heart of Kazakhstan's cultural capital. The hotel features 235 elegantly furnished rooms, each designed with a private balcony that opens up to impressive city views. A massive 2,200 m² spa serves as a central highlight, offering a serene Turkish bath, indoor gardens, and an expansive swimming pool which is primed for relaxation. Guests can enjoy 24-hour service at the Lobby Bar or explore international flavours at the Brasserie.



TODAY'S ACTIVITIES

Private Vehicle **Bishkek - Burana** 1h30m-2h 100km

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

Burana Tower Visit **Burana**

Visit the historical site of Burana and climb the stairs to check out the view from the top. A large minaret, along with some grave markers and remnants of a castle and mausoleums, are all that remain of the 9th century city of Balasagun.

Lunch and Village Immersion with Nomadic Traditions **Burana**

Enjoy a home-hosted Kyrgyz lunch paired with demonstrations of eagle hunting and Uluk Tartysh (kok-boru) that offers an authentic window into nomadic culture, hospitality, and daily life.

Private Vehicle **Burana - Manas International Airport** 2h 150km

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

Plane **Bishkek – Almaty** 1h 211km

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

Private Vehicle **Almaty International Airport – Almaty** 45m 25km

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

Day 4

ALMATY

Discover the cultural heart of Kazakhstan with a guided tour of Almaty. Stand in Republic Square beneath the Independence Monument, a symbol of national identity. Stroll through the serene Panfilov Park to admire the candy-colored Zenkov Cathedral, one of the world's tallest wooden buildings, constructed without a single nail. Dive into the sensory evoking Green Bazaar, smelling the spices and tasting local cheeses. Conclude the day with an authentic Kazakh dinner at a restaurant tucked into a traditional yurt, feeling the heart of nomadic culture.



Meals included

Breakfast | Lunch | Dinner



ACCOMMODATION

Rixos Almaty Hotel (or similar) **Hotel**

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TODAY'S ACTIVITIES

Expert Discussion: Almaty **Almaty**

Begin with an expert session before a guided tour of Almaty's most important landmarks.

Almaty City Tour **Almaty** 3h

Get to know Almaty on a city tour, visiting the most stunning sights. Stop by the colourful Ascension Cathedral, constructed entirely of wood without the use of any nails. It survived an earthquake in 1911 and continues to stand today. Walk through Panfilov's Park and the historical part of the city. Visit the new part of Almaty known as Independence Square, and stop by the WWII Memorial.

Central State Museum of the Republic of Kazakhstan **Almaty**

Once within the Almaty Cathedral and now in a beautiful Kazakh building lives one of the largest museums in Central Asia, the Central State Museum of the Republic of Kazakhstan. Here you will find

an incredible and significant collection of historic Kazakh archaeological, cultural and political artifacts.

ACTIVITY

Conclude the day with an incredible dinner at a locally renowned restaurant located in a traditional-style Kazakh yurt, offering an authentic taste of Kazakh cuisine in a culturally rich setting.

Day 5

ALMATY

Experience pre-opening access to the Issyk State Historical and Cultural Reserve Museum. Join a curator for a private talk on the "Golden Man," a suit of Scythian armor from the 4th century BC that rivals the treasures of Tutankhamun. In the afternoon, travel to the Huns Ethno Village for an experience of living history. Watch traditional horse handling and craft demonstrations that bring the nomadic past to life. Enjoy a home-style lunch in a yurt before returning to Almaty for a free evening.



Meals included

Breakfast | Lunch



ACCOMMODATION

Rixos Almaty Hotel (or similar) Hotel

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TODAY'S ACTIVITIES

Private Vehicle Almaty 1h 50km

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

ACTIVITY

Enjoy pre-opening access to the Issyk State Historical & Cultural Reserve Museum, including a curator-led talk on the famed Scythian "Golden Man" and the archaeology of the Issyk Valley.

Huns Ethno Village Visit and Lunch Almaty

Transfer to Hunns Ethno Village to witness traditional demonstrations such as horse handling, nomadic crafts, and cultural customs that bring Kazakhstan's heritage to life before a lunch with local cuisine in a yurt-style restaurant.

Private Vehicle Almaty 1h30m 60km

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

Free Time in Almaty

Almaty

During your free time, relax at your hotel or explore your surroundings.

Day 6

ALMATY/DUSHANBE

Fly south to Dushanbe, the leafy capital of Tajikistan. Upon arrival, embark on a guided tour of the city's cultural landmarks. Stand in Somoni Square beneath the golden statue of Ismoil Somoni, the father of the Tajik nation, and visit the grand Main Mosque. As evening falls, gather for a traditional Tajik welcome dinner at Zaytun. Savor a three-course meal of salads, hearty mains, and local desserts, offering a warm culinary introduction to the hospitality of Tajikistan.



Meals included

Breakfast | Dinner



ACCOMMODATION

Crown Plaza Dushanbe (or similar) Hotel



TODAY'S ACTIVITIES

Private Vehicle Almaty - Almaty International Airport 1h 30km

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

Plane Almaty International Airport - Dushanbe International Airport 1h45m 874km

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

Private Vehicle Dushanbe International Airport - Dushanbe 30m 10km

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

Guided City Tour of Dushanbe Dushanbe

Visit the highlights of the capital city of Tajikistan on a guided tour, seeing the Somoniy Square, Navruz Palace and the main Mosque of Dushanbe.

Traditional Tajik Welcome Dinner Dushanbe

Enjoy a warm culinary introduction to Tajik cuisine.

Day 7

DUSHANBE

Delve into ancient history at the National Museum of Antiquities. Join an archaeologist for a session focused on the influence of Buddhism in Central Asia, viewing rare artifacts including a massive reclining Buddha. Travel to the 2,500-year-old Hissor Fortress, once a strategic stop on the Silk Road. The day becomes intimate with a visit to a local craftsman's home. Watch bread baking in a traditional tandoor and learn to prepare qurutob, the national dish, before sharing the home-cooked lunch with the family.



Meals included

Breakfast | Lunch



ACCOMMODATION

Crown Plaza Dushanbe (or similar) Hotel



TODAY'S ACTIVITIES

National Museum of Antiquities of Tajikistan **Dushanbe**

Connect with Tajikistan's unique history at the National Museum of Antiquities of Tajikistan. Join a local archeologist and learn about Buddhism in Central Asia.

Private Vehicle **Dushanbe - Hisor** 1h 30km

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

Historic Hissor Fortress & Madrasah **Dushanbe**

Visit the 2,500-year-old Hissor Fortress, once a strategic Silk Road stronghold, and explore its surrounding madrasah – a powerful window into Tajikistan's ancient trade routes and defensive history.

Local Family Visit & Cultural Experience **Hisor**

Step into the daily life of a Tajik craftsman family and discover local embroidery, watch traditional bread-making and Kurutoba preparation, and enjoy a home-cooked lunch for an intimate, immersive cultural experience.

Free time in Dushanbe **Dushanbe**

Return to Dushanbe for free time to explore at your own pace.

Day 8

DUSHANBE/TASHKENT

Fly to Tashkent, the capital of Uzbekistan. Discover the city's unique blend of Islamic and Soviet heritage. Descend into the Tashkent metro, where each station is seemingly an underground palace adorned with chandeliers and mosaics. Visit the Monument of Courage, dedicated to the resilience of the city after the 1966 earthquake. The expedition concludes on a high note: gather for a cocktail reception and farewell dinner at Koinot Restaurant, perched atop the soaring Tashkent TV Tower. Toast your adventure with panoramic views of the city glittering below.



Meals included

Breakfast | Dinner



ACCOMMODATION

Lotte City Tashkent Palace Hotel (or similar) Hotel



TODAY'S ACTIVITIES

Private Vehicle Dushanbe - Dushanbe International Airport 30m 5km

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

Plane Dushanbe International Airport - Tashkent International Airport 1h8m 350km

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

Guided City Tour of Tashkent Tashkent

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

Expert Wrap-Up & Farewell Dinner at the TV Tower Tashkent

Conclude the journey with an evening cocktail, expert wrap-up presentation, and a farewell dinner at Koinot Restaurant atop the Tashkent TV Tower, offering panoramic city views.

Day 9

TASHKENT

Your expedition concludes today. Transfers are provided to the airport at any time during the day.



Meals included

Breakfast



TODAY'S ACTIVITIES

Departure Transfer

Tashkent - Tashkent International Airport

30m-30m

11km

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

Departure Day

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

What's included

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What are the main highlights of this trip?

Gain insight into local conservation with a talk by a National Geographic Explorer, Enjoy pre-opening access and a curator talk on the Scythian 'Golden Man' treasure, Witness traditional games and activities, followed by a home-hosted Kyrgyz lunch, Explore Tajikistan's National Museum with an archaeologist focusing on Buddhist history, Tour Soviet monuments before a panoramic farewell dinner atop the Tashkent TV Tower.

What are the main highlights of this trip?

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Is there a disclaimer I should read before booking this trip?

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

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. Whilst we travel slowly allowing plenty of time to acclimatize you may experience headaches, nausea, 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 7th - Mar 8th 2027, and Jan 27th - Feb 25th 2028. 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.

ACCOMMODATION NOTE:

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

Please note, Turkmenistan have strict advisories on prohibited medications which can be taken into the country. If you require further details, please reach out to our Sales team who will be able to advise further.

What is the group leader like?

All National Geographic Signature group trips are accompanied by one of our National Geographic Expedition Leaders throughout. The aim of the Expedition Leaders 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 22, avg. 18.

What meals are included in this trip?

8 breakfasts, 4 lunches, 5 dinners

What are the modes of transportation on my trip?

Private Vehicle, Metro, Plane, Walking.

Are local flights included in the cost of the trip?

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

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

Is there an extra cost for travelling solo?

Yes, for those travelling solo there is a single supplement

Where will we stay during the trip?

Hotels (8 nights)

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.

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

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

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

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

What happens if I experience problems when arriving?

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 Expedition Leader (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have 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: 1 800 394 5416

Calls from UK: 0800 041 8146

Calls from Germany: 0800 181 9454

Calls from Australia: 1 800 204 905

Calls from New Zealand: 0800 424 389

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?

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

What should be on my packing list?

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.)

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.

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

Dushanbe – “Crown Plaza Dushanbe” – District Sino, Nizomi Ganchavi Street 1

If required:

The local operator in Tajikistan – “Panjakent Intour”

Address: 12, Borbadi Marvazi street, Panjakent

Tel: +992 3475 56674

UZBEKISTAN

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

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. 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.

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 som and Chinese yuan.

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.

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?

On our National Geographic Signature tours, tipping is included for all included activities and meals, and portage. Tipping is not included for the Expedition Leader. Should you want some basic guidelines on tipping for the activities you do on your own, please see below. At the end of each trip if you felt your National Geographic Signature Expedition Leader did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline would be \$10-\$15 per person per day.

For meals and activities not included in your itinerary, it is appropriate in Central Asia to tip 3-5%. Though not compulsory, tipping is not expected in the region.

In addition, please note that tipping is not required or expected for the Expedition Expert.

What activities are optional on this trip?

- No optional activities

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

Please note, Turkmenistan have strict advisories on prohibited medications which can be taken into the country. If you require further details, please reach out to our Sales team who will be able to advise further.

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

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 group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Expedition Leader will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy and explore at your leisure. While your Expedition Leader will assist you with options available in a given location, please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement 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. Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards), have a balanced approach to safety. It is our policy not to allow our Expedition Leaders to make arrangements on your behalf for water based activities that are not accompanied by guide(s). Swimming, including snorkeling, is always at your own risk. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

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 Expedition Leader 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 Expedition Leader, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

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.

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 National Geographic Signature Specialist or booking agent for further details.

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

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

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.