

# EXPEDITIONS



## SIGNATURE: UZBEKISTAN & TURKMENISTAN

11 days, Tashkent to Ashgabat

Trip code AUTANS

# WHAT'S INCLUDED

- Your Welcome Moment: Welcome Moment and Dinner - Meet Your Expedition Leader and Group, Tashkent
- Signature Moment: After-Hours at the Guri Emir Mausoleum, Samarkand
- Your Local Living Moment: Plov Cooking Class and Dinner, Samarkand
- Arrival and Departure Transfer
- Historic Tashkent City tour & Sacred Sites Visit
- Chorsu Bazaar Visit
- Rakhimov Family Art Studio Visit
- Free time in Tashkent
- Guided Tour of Samarkand
- Architectural Wonders of Samarkand
- Tersak Village Visit
- Afrasiab Museum of Samarkand Visit
- Guided Exploration of Bukhara's Icons
- Naqshnabdi Mausoleum Visit
- Sitorai Mohi-Khosa Visit
- Free Time in Bukhara
- Bukhara Old Town visit
- Caravanserai dinner
- Old Town Exploration in Khiva
- Guided Tour of Khiva
- Free Time in Khiva
- Khorezmian Music and Dance Show
- Dashoguz Local Market
- Ancient Settlement of Nisa
- Free Time in Ashgabat
- City Tour of Ashgabat
- 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

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

Day 1

## TASHKENT

Welcome to Uzbekistan. Your expedition begins as you touch down in Tashkent, a city where modern boulevards intersect with ancient history. 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 welcome reception and a three-course dinner, blending traditional flavors with modern flair.

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### Meals included

Dinner

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### ACCOMMODATION

Lotte City Tashkent Palace Hotel (or similar) Hotel

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### TODAY'S ACTIVITIES

Arrival Transfer

Tashkent International Airport - Tashkent

30m-45m

11km

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

#### ACTIVITY

Enjoy a curated welcome moment with wine, beer, and appetizers, followed by an expert-led “Introduction to the Silk Road” presentation to set the context for the journey ahead. After, conclude the day with an included welcome dinner and settle into the spirit of Central Asia.

Day 2

## TASHKENT

Dive into the historic soul of Tashkent at the Hasti Imam complex, the spiritual center of the city. Stand in the quiet library to view the Uthman Quran, one of the oldest in the world, stained with the blood of the third Caliph. Then, immerse yourself in the lively Chorsu Bazaar. Wander beneath its massive blue-tiled dome, inhaling the scent of cumin and freshly baked non bread as you navigate stalls piled high with dried apricots and almonds. In the afternoon, visit the Rakhimov Family Art Studio. Meet a multigenerational family of ceramic masters, and learn about their use of natural dyes and the revival of ancient glazing techniques. Watch as they transform raw clay into intricate works of art, preserving a heritage that dates back centuries.



### Meals included

Breakfast | Lunch



### ACCOMMODATION

Lotte City Tashkent Palace Hotel (or similar) Hotel



### TODAY'S ACTIVITIES

Historic Tashkent & Sacred Sites Visit Tashkent

Explore the Old Town, including Hasti Imam Mosque and the Museum of the Koran, the spiritual center of Tashkent and home to important Islamic relics.

Chorsu Bazaar Immersion Tashkent

Transfer from Old Town to experience the energy of Central Asia's largest historic market – from the bustling produce halls to the traditional nan bakeries, with opportunities to sample fresh bread and shop for local fruits and nuts.

Private Vehicle Tashkent 30m 7km

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

Rakhimov Family Art Studio Visit Tashkent

Visit the Rakhimov Family Art Studio to visit a renowned multigenerational ceramics family and learn about natural dye techniques, traditional craftsmanship, and Uzbek artistic heritage.

Free Time Tashkent

After lunch at a local restaurant, enjoy free time in the afternoon to explore the city of Tashkent at leisure.

Day 3

## TASHKENT/SAMARKAND

Board a high-speed train, watching the landscape shift to the fertile plains of Samarkand, the jewel of the Silk Road. Stand in awe at Registan Square, a symphony of majolica and azure mosaics. Feel dwarfed by the colossal madrasahs that frame the plaza, their facades shimmering in the sun. Walk the avenue of mausoleums at the Shahi Zinda necropolis, where every surface is covered in turquoise tilework. The evening is free to rest or explore on your own.



### Meals included

Breakfast | Lunch



### ACCOMMODATION

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

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



### TODAY'S ACTIVITIES

Train **Tashkent - Samarkand** 2h-2h30m

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

Guided Tour of Samarkand **Samarkand**

Join an in-depth guided visit to Registan Square and its three iconic madrasahs to get acquainted with the city of Samarkand.

Architectural Wonders of Samarkand **Samarkand**

Visit two of the city's most important spiritual and historical sites – the Shahi Zinda necropolis and the Bibi Khanum Mosque – showcasing the grandeur of Timurid architecture.

Day 4

## SAMARKAND

Leave the city for the rolling hills of Tersak Village to connect with the heart of Uzbekistan. Join a local family in their courtyard kitchen to knead dough and bake savory samosas in a traditional clay tandoor oven. As the scent of baking bread fills the air, share the warm, home-cooked lunch you helped prepare, exchanging stories of daily life. Return to the city to visit the Afrasiab Museum, located on the site of ancient Samarkand. View rare 7th-century murals that survived the Mongol conquest, revealing a pre-Islamic world of Zoroastrian rituals and royal procession, gaining archaeological context for the empire you are exploring. The day ends with after-hours access to the Guri Emir Mausoleum—step beneath the gold-leafed dome to stand before Tamerlane's jade tomb. A local professor leads a discussion on the legacy of the conqueror who built this empire, bringing the history to life in the hush of the sanctuary.



### Meals included

Breakfast | Lunch | Dinner



### ACCOMMODATION

Kosh Havuz Boutique Hotel (or similar) Hotel

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### TODAY'S ACTIVITIES

Private Vehicle Samarkand - Tersak 1h 40km

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

Tersak Village Visit Samarkand

Visit a local family in Tersak to experience genuine village life, followed by a hands-on bread and samosa making lunch in their home.

Private Vehicle Tersak - Samarkand 1h 40km

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

Afrasiab Museum of Samarkand Visit

Samarkand

Discover Samarkand's ancient roots at the Afrasiab Museum, showcasing artifacts and murals from the region's earliest history.

#### ACTIVITY

Enjoy exclusive after-hours access to the Guri Emir Mausoleum, enriched by a discussion led by a local history professor on the legacy of Tamerlane and the Timurid Dynasty.

Day 5

## SAMARKAND/BUKHARA

Take the high-speed train across the Kyzylkum Desert to Bukhara, a city that feels like an open-air museum frozen in time. Walk the dust-swept streets to the Ark Fortress, the massive citadel that once housed the Emirs. Stand beneath the intricate brickwork of the Ismail Samanid Mausoleum and gaze up at the towering Kalyan Minaret, a structure so beautiful that Genghis Khan spared it from destruction. In the evening, roll up your sleeves for a hands-on masterclass with a local chef. Learn the precise rhythm of chopping carrots and layering rice to create plov, Uzbekistan's beloved national dish. Savor the fruits of your labor for dinner, tasting the rich history of the Silk Road in every bite.



### Meals included

Breakfast | Dinner



### ACCOMMODATION

Devon Hotel (or similar) Hotel



### TODAY'S ACTIVITIES

Train

Samarkand - Bukhara

1h45m

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

Guided Exploration of Bukhara's Icons

Bukhara

Visit the city's most significant landmarks – the Ismail Samanid Mausoleum, Ark Fortress, and the towering Kalyan Minaret – experiencing the architectural and cultural depth of this UNESCO city.

#### ACTIVITY

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

Day 6

## BUKHARA

Begin at the sacred Naqshbandiy Mausoleum, a serene pilgrimage site for the Sufi order. Walk the peaceful courtyards, learning about the spiritual teachings of 'heart with God, hands in work' that define the region's faith. Continue to Sitorai Mohi-Khosa, the Emir's Summer Palace, to admire its eclectic blend of Russian mirrors and Oriental plasterwork. Wander the labyrinthine streets of the Old Jewish Quarter and the architectural gems of the old city as the sun begins to lower. Conclude the day with dinner in a restored caravanserai, dining under stone arches where merchants and their camels once rested after crossing the desert.



### Meals included

Breakfast | Dinner



### ACCOMMODATION

Devon Hotel (or similar) Hotel



### TODAY'S ACTIVITIES

Naqshnabdi Mausoleum Visit Bukhara

Visit the sacred Mausoleum of Bakhouddin Naqshbandiy – founder of Central Asia's most influential Sufi order – and learn from a local expert about Sufism's core teachings of spiritual devotion, balance, and remembrance of God.

Sitorai Mohi-Khosa Visit Bukhara

Explore the elegant summer palace of the last Emir of Bukhara, discovering its blend of European and traditional architectural styles and the stories of the final royal era before Soviet rule.

Free Time in Bukhara Bukhara

Drive back to Bukhara for free time to explore at leisure.

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.

Dinner in Bukhara

Bukhara

Enjoy dinner in a restored caravanserai, capturing the spirit of Silk Road hospitality.

Day 7

## BUKHARA/KHIVA

Travel west by train, as the landscape shifts toward the stark beauty of the Khorezm region. Arrive in Khiva, the most intact of the Silk Road cities. Step inside the Ichan Qala, the walled inner city, where time seems to have stopped in the 10th century. Wander past the unfinished turquoise tower of the Kalta Minor minaret and through heavy carved wooden doors. As the sun sets, the mud-brick walls glow with a golden hue. Enjoy dinner with a view of the historic skyline, watching the silhouette of minarets against the darkening desert sky.



### Meals included

Breakfast | Lunch | Dinner



### ACCOMMODATION

Kamil Palace Hotel Khiva (or similar) Hotel



### TODAY'S ACTIVITIES

Lunch and Old Town Exploration in Khiva

Khiva

Enjoy lunch at a local restaurant before checking into the hotel and beginning your guided exploration of Khiva's architectural treasures and ancient walled city.

Dinner in Khiva

Khiva

Conclude the day with a terrace dinner featuring panoramic views of Khiva's old town – a beautiful introduction to one of Uzbekistan's most enchanting cities.

Train

Bukhara – Khiva

6h-6h

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

Day 8

## KHIVA

Delve deeper into the Ichan Qala with an in-depth guided tour. Step into the cool shadows of the Juma Mosque, a forest of 213 wooden pillars, each uniquely carved. Explore the Tash-Khauli Palace, with its intricate blue tiles and labyrinthine corridors that once housed the Khan's harem. Spend the afternoon at leisure on your own – choose to climb the city walls for a panoramic view of the endless desert beyond or sipping green tea in a traditional chaikhana. The day concludes with a festive dinner featuring the vibrant rhythms of Khorezmian music and dance, a colorful celebration of the cultural legacy of this desert oasis.



### Meals included

Breakfast | Dinner



### ACCOMMODATION

Kamil Palace Hotel Khiva (or similar) Hotel



### TODAY'S ACTIVITIES

Guided Exploration of Khiva Khiva

Discover the rich history and architecture of Khiva through a guided tour of its ancient citadel, Ichan Qala – a UNESCO World Heritage Site known for its minarets, madrasahs, and beautifully preserved old-city atmosphere.

Free Time in Khiva Khiva

Enjoy time in the afternoon to explore Khiva, enjoy cup of tea in one of the teahouses, or join one of the optional activities.

Khorezmian Music and Dance Show Khiva

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

Day 9

## KHIVA/ASHGABAT

Cross the border at Shavat, transitioning from the history of Uzbekistan into the mysterious nation of Turkmenistan. Drive to Dashoguz to visit a local market before boarding a flight to Ashgabat. Upon arrival, witness the surreal contrast of this modern capital, recognized by Guinness World Records for its density of white marble buildings. The evening and dinner are on your own to relax or explore more on your own.



### Meals included

Breakfast | Lunch



### ACCOMMODATION

Oguzkent Hotel (or similar) Hotel



### TODAY'S ACTIVITIES

Private Vehicle Khiva - Shavat 1h15m 40km

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

Border Crossing (Uzbekistan to Turkmenistan) Shavat - Dashoguz

Cross the border on foot and enter Turkmenistan.

Dashoguz Local Market Dashoguz

Visit a local market to enjoy your first moments in Turkmenistan.

Plane Dashoguz - Ashgabat 1h 280km

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

Private Vehicle Ashgabat International Airport - Ashgabat 30m 10km

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

Day 10

## ASHGABAT

Drive to the foot of the Kopet Dag mountains to explore Old Nisa, the ancient capital of the Parthian Empire. Walk among the UNESCO-listed mud-brick ruins of a civilization that once rivaled Rome, uncovering 2,000 years of history in the fortress walls. Return to Ashgabat to tour the grandiose monuments, including the Arch of Neutrality topped by a gold statue, gaining insight into the unique identity of this reclusive nation. It is a futuristic vision rising from the ancient sands. The expedition concludes with a farewell dinner and wrap-up presentation. Reflect on the empires, cultures, and landscapes you have traversed – from the tiled domes of Samarkand to the marble avenues of Ashgabat –toasting to the end of an epic expedition.



### Meals included

Breakfast | Lunch | Dinner



### ACCOMMODATION

Oguzkent Hotel (or similar) Hotel



### TODAY'S ACTIVITIES

Ancient Settlement of Nisa Ashgabat

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

Lunch and Free Time in Ashgabat Ashgabat

Enjoy lunch in a local restaurant before free time for exploring at leisure or join an optional visit to the Carpet Museum.

Afternoon City Tour of Ashgabat Ashgabat

Explore the Monument of Independence followed by the National Museum of History and Ethnography. Visit the Arch of Neutrality and end the tour at the Gulistan market.

Farewell Evening in Ashgabat Ashgabat

Conclude the expedition with an included farewell dinner and expert wrap-up presentation.

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

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## Meals included

Breakfast

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## TODAY'S ACTIVITIES

Departure Transfer **Aşgabat – Ashgabat International Airport**

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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- Signature Moment: After-Hours at the Guri Emir Mausoleum, Samarkand
- Your Local Living Moment: Plov Cooking Class and Dinner, Samarkand
- Arrival and Departure Transfer
- Historic Tashkent City tour & Sacred Sites Visit
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- 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

## What are the main highlights of this trip?

Enter Tamerlane's mausoleum after hours for a private talk on the Timurid legacy, Walk the ruins of the Parthian capital with a specialist to uncover its ancient power, Learn the history of Uzbekistan's national dish in a hands-on workshop with a chef, Bake bread and samsas with a local family before sharing a home-cooked meal, Stand in the centre of the Silk Road, surrounded by the colossal madrasahs of Samarkand.

## What are the main highlights of this trip?

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

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

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

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

## CULTURE

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

## DRESS CODE

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

## ALTITUDE CONSIDERATIONS

This trip operates at altitudes over 800m. 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.

## INTERNET

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

## RAMADAN

According to the lunar cycle, Ramadan will fall between Feb 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.

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

information to extend your stay, please reach out to our Sales team. Turkmenistan trip extensions MUST be booked and confirmed through our Local Supplier no later than 40 days before the start of your tour.

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

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?**

10 breakfasts, 6 lunches, 7 dinners

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

Private Vehicle, Walking, Plane, Train.

## **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?**

Hotel (10 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 Expeditions 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 National Geographic Expedition 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](#)

## UZBEKISTAN

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

## TURKMENISTAN

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

### IMPORTANT INFORMATION:

- Once the Letter of Invitation is processed and approved, G Adventures will send this information to the Expedition Leader guide who will be leading your trip. As the trip crosses into Turkmenistan overland, your visa can be obtained at the (Shavat) border. Our Expedition Leaders will be responsible for presenting the LOIs to Immigration officials. You will then pay your Visa Fee and Immigration tax, before having your passport stamped with the Turkmenistan Visa.
- Please note, our Local Office will only reach out prior to travel if your LOI has NOT been approved OR if more information is required.

\*\*\* As of May 12th 2023, Turkmenistan border officials' have introduced new entry requirements. all travellers will now have their temperatures measured and will be required to carry out a Covid-19 rapid antigen test. All travellers are required to pay USD42 per person for the test. Payment will take place at the border.

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

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

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

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

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

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

Information accurate as of April 1st, 2024.

## 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.

## 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.