



Silk Road Wonders: Turkmenistan, Uzbekistan & Tajikistan

12 days, Ashgabat to Tashkent

Trip code AZAU

What's included

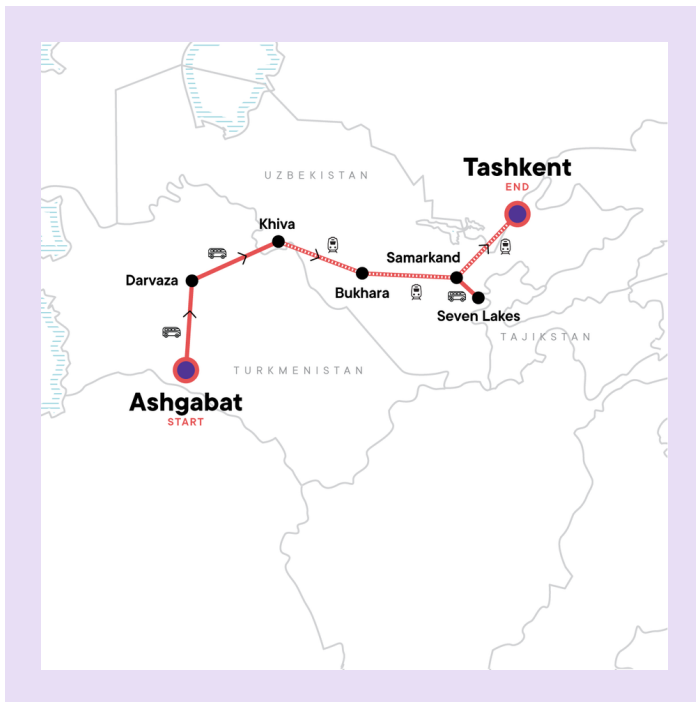
- Your Welcome Moment: Welcome Moment - Meet Your CEO and Group, Ashgabat
- Arrival transfer
- Guided tour of Ashgabat
- Visit to National Museum
- Visit Old Nisa
- Guided tour of Khiva
- Free time in Khiva
- Train to Bukhara
- Guided tour of Bukhara
- Free time in Bukhara
- Explore Siyab bazaar
- Visit of Panjakent Market
- Visit to the Seven Lakes area
- Train to Samarkand
- Guided tour of Samarkand
- Free time in Samarkand
- Train to Tashkent
- Free time in Tashkent
- Guided tour of Tashkent
- 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 February 3rd, 2026 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

Ashgabat

Welcome to Turkmenistan, a land of striking contrasts and fascinating history! Take a moment to settle in, refresh, and soak in the unique energy of the city. This afternoon, embark on a guided tour of Ashgabat, where modern grandeur meets ancient heritage. Marvel at the city's gleaming marble architecture, explore bustling markets, and glimpse iconic landmarks that reflect Turkmenistan's rich culture and history. Consider this your introduction to the Silk Road's enduring legacy and the adventures that lie ahead.

Please book any arriving flights to land by 1pm.



Accommodation

Sport Hotel (or similar)

Hotel



Today's Activities

Arrival Transfer

Ashgabat International Airport – Ashgabat

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

ACTIVITY

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

Guided tour of Ashgabat

Ashgabat

Enjoy a guided tour of Ashgabat, taking in the city's highlights including Independence Park, the Neutrality Arch, Archabil Avenue, and a photo stop at the Ferris Wheel.



Optional Activities - Day 1

Welcome Dinner

Ashgabat

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

Day 2

Ashgabat/Darvaza

In the morning, explore Turkmenistan's history at the National Museum, where fascinating exhibits showcase the country's ancient civilizations, intricate art, and cultural treasures. Then, explore Old Nisa, a UNESCO World Heritage site and once a mighty Parthian city

In the afternoon, journey across the Karakum Desert to the Darvaza Crater, the famous "Gates of Hell." Settle into your yurt camp, enjoy dinner, and experience the crater's fiery glow under the desert stars – a truly unforgettable sight.



Meals included

Breakfast | Dinner



Accommodation

Darvaza Traditional Yurt Camp (or similar)

Yurt



Today's Activities

Visit the National Museum

Ashgabat

Visit the National Museum of Ashgabat for an introduction to Turkmenistan's history, culture, and archaeological heritage.

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.

Darvaza Gas Crater Visit

Darvaza

Often referred to as the 'Gates of Hell', this gas crater was originally constructed to support a drilling rig but collapsed. As residents discovered the natural gas leak, it was set on fire to burn off over the course of several weeks. Decades later it continues to burn.

Mud Crater Visit

Darvaza

Visit the otherworldly mud crater just outside of Darvaza. About 30 meters deep, you'll see a beautiful turquoise pond at the bottom. Grab your camera and enjoy some time to visit this interesting place.

Private Vehicle

Ashgabat - Darvaza

5h-5h

275km

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

Day 3

Darvaza/Khiva

Set off for Dashoguz and explore the local museum, discovering the culture and stories of this desert region. In the afternoon, it's time for a mini adventure – crossing the border into Uzbekistan! Feel the excitement of entering a new country as you drive toward Khiva, one of the Silk Road's most enchanting cities.



Meals included

Breakfast



Accommodation

Twins Hotel (or similar)

Hotel



Today's Activities

Private Vehicle

Darvaza – Dashoguz

4h-4h15m

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

Border Crossing (Turkmenistan to Uzbekistan)

Dashoguz – Shavat

Cross the border on foot and enter Uzbekistan.

Private Vehicle

Shavat – Khiva

1h30m-2h

43km

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

Day 4

Khiva

Step straight into a living museum with a guided tour of Khiva, where turquoise domes, towering minarets, and ancient city walls transport you back to Silk Road times. Wander through the UNESCO-listed old town, hearing stories of traders, rulers, and travellers who once passed through these very streets. In the afternoon, enjoy free time to explore at your own pace. Climb a minaret for sweeping views, browse local craft shops, or join an optional activity to dive even deeper into this captivating city.



Meals included

Breakfast



Accommodation

Twins Hotel (or similar)

Hotel



Today's Activities

Khiva Ancient City Exploration

Khiva

4h

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

Free Time

Khiva

Continue exploring this historic town.

Day 5

Khiva/Bukhara

Depart for your next Silk Road gem and board the train to Bukhara. Sit back and relax as the landscapes roll by – a classic overland journey connecting two historic cities. Upon arrival in Bukhara, settle in before heading out for a short orientation walk and debrief. Stretch your legs as you get your first taste of this atmospheric city, where ancient domes and winding lanes set the stage for tomorrow's discoveries.



Meals included

Breakfast



Accommodation

Hotel As-Salam (or similar)

Hotel



Today's Activities

Train

Khiva – Bukhara

6h30m

391km

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

Bukhara Orientation Walk

Bukhara

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

Day 6

Bukhara

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



Meals included

Breakfast



Accommodation

Hotel As-Salam (or similar)

Hotel



Today's Activities

Bukhara City Guided Tour

Bukhara

3h

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



Optional Activities - Day 6

Bukhara Hammam Visit

Bukhara

35USD

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

Uzbek Cooking Class

Bukhara

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

Day 7

Bukhara/Samarkand

Spend the morning soaking up more of Bukhara's magic. Wander at your own pace or join an optional tour through the old alleys, stepping inside traditional workshops to see local artisans at work. Later, head to the train station and board the train to Samarkand, another legendary Silk Road city. On arrival, check in to your hotel before heading out on an orientation walk to get your bearings.



Meals included

Breakfast



Accommodation

Hotel Shahrison Samarkand (or similar)

Hotel



Today's Activities

Free Time

Bukhara

Spend a half day of free time wandering and get to know the city.

Private Vehicle

Bukhara

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

Train

Bukhara – Samarkand

2h30m

250km

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



Optional Activities - Day 7

Uzbek Cooking Class

Bukhara

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

Day 8

Samarkand

Embark on a city tour of Samarkand, visiting Shaki Zinda complex, the bazaar, Bibi Khanum, and Registan Square. We'll also visit the famed Amir Timur Mausoleum, dedicated to the famous conqueror who once hoped to rebuild the empire of Genghis Khan. Spend the afternoon exploring the vibrant Siyob Bazaar, where colourful stalls overflow with fresh produce, spices, and local treats.



Meals included

Breakfast



Accommodation

Hotel Shahrison Samarkand (or similar)

Hotel



Today's Activities

Samarkand City Tour

Samarkand

4h

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

Day 9

Samarkand/Marguzor

This morning, depart for the border and cross into Tajikistan, where a new chapter of the Silk Road unfolds. Continue on to Panjakent, stopping for a quick visit to the local market to pick up some fresh snacks for the journey ahead. Travel onward to Padrud Village, pausing along the way to admire the shimmering beauty of the famed Four Lakes, each one a different shade of blue and green. Upon arrival, check in to your guesthouse and explore the village on foot, enjoying a short hike through the surrounding landscapes. End the day with a home-cooked dinner at the guesthouse, soaking in the peaceful mountain atmosphere.



Meals included

Breakfast | Dinner



Accommodation

Tajikistan Guest House (or similar)

Hotel



Today's Activities

Private Vehicle

Samarkand – Jartepa Border Crossing

1h

55km

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

Border Crossing (Uzbekistan to Tajikistan)

Jartepa Border Crossing

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

Private Vehicle

Panjakent Border Crossing – Marguzor

3h

60km

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

Marguzor Lakes

Marguzor

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

Day 10

Marguzor/Tashkent

Lace up your boots for an optional hike to the sixth and seventh lakes, where dramatic mountain scenery and crystal-clear waters reward your efforts. After soaking in the views, retrace your route to the border, cross back into Uzbekistan, and continue to Samarkand. From there, board the high-speed train to Tashkent, watching the countryside blur past as you travel in comfort. Arrive in Tashkent in the evening, ready to experience Uzbekistan's dynamic capital.



Meals included

Breakfast



Accommodation

Avant Hotel (or similar)

Hotel



Today's Activities

Private Vehicle

Marguzor – Panjakent Border Crossing

2h30m

60km

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

Border Crossing (Tajikistan to Uzbekistan)

Panjakent

Cross the border on foot and enter Uzbekistan.

Private Vehicle

Panjakent – Samarkand

1h-1h30m

55km

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

Train

Samarkand – Tashkent

2h15m-2h30m

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



Optional Activities - Day 10

Hike Marguzor Lakes 6 & 7

Marguzor

6km

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

Day 11

Tashkent

Dive into Uzbekistan's vibrant capital with a half-day guided tour of Tashkent. Explore the lively Chorsu Bazaar, stroll through grand Independence Square, and descend into the beautifully decorated stations of the iconic Tashkent Metro – each one a work of art in its own right. The rest of the day is

yours to enjoy. Wander leafy boulevards, relax in a café, or continue exploring this dynamic city at your own pace.



Meals included

Breakfast



Accommodation

Avant Hotel (or similar)

Hotel



Today's Activities

Guided tour of Tashkent

Tashkent

Embark on a half-day guided adventure through Tashkent's vibrant heart—explore the bustling Chorsu Bazaar, soak in the history at Amir Temur Square, and dive underground to discover the stunning art of the Tashkent Metro.

Free Time

Tashkent

Enjoy free time to explore Uzbekistan's capital city.

Day 12

Tashkent

Depart any time.



Meals included

Breakfast



Today's Activities

Departure Day

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

What's included

- Your Welcome Moment: Welcome Moment - Meet Your CEO and Group, Ashgabat
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- Guided tour of Samarkand
- Free time in Samarkand
- Train to Tashkent
- Free time in Tashkent
- Guided tour of Tashkent
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Wander Ashgabat's surreal marble streets and uncover Old Nisa's ancient past, Spend a night in a desert yurt beside the blazing Darvaza Crater, Ride trains through open steppe and watch the Silk Road unfold outside, Cross into Tajikistan for the Seven Lakes and a home-cooked village meal, Tick off the big three – Khiva, Bukhara, and Samarkand – in one epic sweep

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

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

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

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

CULTURE

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

DRESS CODE

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

ALTITUDE CONSIDERATIONS

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

MONEY

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

INTERNET

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

RAMADAN

According to the lunar cycle, Ramadan will fall between Feb 17th - Mar 19th 2026. Please note that Ramadan is a month of fasting observed by Muslims throughout the world, during which time the followers of Islam should not eat or drink between sunrise and sunset. There may be some limitations to services and disruptions to schedules during Ramadan, but generally our tours still operate effectively during this period and food is available to non-Muslims throughout the day. It is very important to display increased cultural sensitivity during Ramadan. Please wear loose fitting clothes, that cover knees and shoulders, and try to avoid eating, drinking or smoking in public out of respect for those who can't at that time.

COMBO TRIP

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

ACCOMMODATION NOTE:

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

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

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

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

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

What is the maximum and typical number of participants on this tour?

Max 16, avg 14

What meals are included in this trip?

11 breakfasts, 2 dinners

What are the modes of transportation on my trip?

Private vehicles, train, walking.

Are local flights included in the cost of the trip?

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.

Where will we stay during the trip?

Standard hotels/guesthouses (10 nts), yurts (1 nts). Please note that there will be shared bathroom facilities when staying in the yurts.

If I choose to purchase My Own Room, are there any exceptions during the trip?

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops except the yurt camp (1 nt) and the guesthouse (1 nt).

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

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops except the yurt camp (1 nt) and the guesthouse (1 nt).

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 G Adventures in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

Our driver will be waiting for you with a G Adventures sign, and they will be waiting for you outside the luggage hall. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Your flight must arrive no later than 1pm on Day 1.

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

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

What should I do if I can't find my airport transfer or experience arrival issues?

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

Who do I contact for arrival issues or in the event of an emergency?

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

AIRPORT TRANSFER

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

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

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

EMERGENCY CONTACT NUMBERS

G Adventures Office Central Asia:

Mr. Laziz Otayarov (Operations Manager - Central Asia)

Mobile 1: +99890 963 4779 (24h)

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

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

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

What details should I be aware of when planning my departure day?

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

What are the packing guidelines and luggage restrictions?

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

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

What should I pack for this trip?

Cold Weather:

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

Conservative Dress:

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

Documents:

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

Essentials:

- Footwear (required) (Closed toe suggested)
- 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
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

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

Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear Note: Though you can see lots of people in traditional clothes, Central Asia has adopted western style clothing as well. Don't hesitate to pack your usual travel clothes: in summer it can be shorts and t-shirts, sandals etc. We recommend not to bring tank tops/singlets and any types of clothes with bare shoulders and backs - it is unacceptable in most areas, even in bigger cities. Our tour takes us to many religious sights, where dress code is very strict. We recommend women to have a headscarf in their day bags to cover up when going inside mosques (it's also a great help in the heat in summer). Best things to pack for the hot Central Asian climate is loose, long clothing - long trousers and sarongs or long skirts for women.

Where can I do my laundry on this trip?

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

What are the visas and entry requirements for my trip?

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

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

UZBEKISTAN

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

TAJIKISTAN

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

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

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

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

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

Address in Tajikistan

Marguzor – “Tajikistan Guest House” – Panjakent district, Nofin village, Jumaboy guesthouse

If required:

The local operator in Tajikistan – “Panjakent Intour”

Address: 12, Borbadi Marvazi street, Panjakent

Tel: +992 3475 56674

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 you via email around 10 days prior to travel.
- You must PRINT a good condition copy of your Letter of Invitation. Your name, passport details, the document header & the footer containing the details of any future visa must be clearly visible. You will be required to show your LOI several times while flying to Ashgabat, for example in your country of departure, any transit airports and upon arrival at Ashgabat Airport.
- You 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 ensure you have sufficient US Dollars in cash to pay for the visa fee, which is approximately USD 100-120 per person. Additionally, a payment for a mandatory PCR (RAT) test upon arrival (or potentially pre-departure, depending

on current regulations) is required, costing approximately USD 42 per person. Be prepared to pay these fees in USD cash. Only good condition USD cash is accepted (USD notes must be new, issued after 2009, must be clean, crisp, undamaged) to pay for your PCR test and visa.

*** 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 CEO 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. ***

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.

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.

What emergency funds do I need access to 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!

What are the tipping guidelines for this trip?

In Central Asia It is not customary to tip service providers such as waiters, but it is very appreciated, depending on the service we recommend 3-5%. Tipping shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping drivers and local guides would range from \$3-\$4 USD per person per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture. Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$4-7 USD per person, per day can be used.

What activities are optional on this trip?

Ashgabat

- Welcome Dinner

Bukhara

- Bukhara Hammam Visit
(35USD per person)
- Uzbek Cooking Class

Marguzor

- Hike Marguzor Lakes 6 & 7

Are there any health considerations I should know before travelling?

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

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

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 general safety tips and free-time guidelines should I follow?

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

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

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

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

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

www.gadventures.com/travel-resources/safety/

Are there any specific safety considerations for this itinerary?

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 are the mandatory group rules regarding laws and behaviour?

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

What are the mandatory travel insurance requirements for this trip?

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

What is Planeterra?

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

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

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

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

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

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

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

How can I share feedback about my trip experience?

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

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

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

What are the age restrictions for this trip?

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

Are international flights included in this trip?

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

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

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

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

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

Dossier Disclaimer

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

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

Itinerary Disclaimer

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

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