

Uzbek and Turkmenistan Adventure

15 Days | Ashgabat, Turkmenistan to Tashkent, Uzbekistan



Discover the highlights of Turkmenistan and Uzbekistan on this 15 day overland adventure. See the flaming Darvaza Gas Crater, marvel at the ruined city of Kunye Urgench and enjoy a tour of the bizarre capital of Turkmenistan - Ashgabat. Visit the Silk Road cities of Khiva, Bukhara and Samarkand in Uzbekistan, stay in a traditional yurt in the Kyzylkhum Desert and end your journey in the Soviet-style metropolis of Tashkent.

HIGHLIGHTS AND INCLUSIONS

Trip Highlights

- Ashgabat - enjoy a guided tour of Turkmenistan's capital city which is known for its white marble architecture and bizarre buildings including the world's largest indoor Ferris wheel
- Darvaza Gas Crater - marvel at the flickering fires of this incredible flaming crater, nicknamed the "Door to Hell" by the locals
- Kunye Urgench - explore the ruins of this Silk Road city in the Karakum Desert, which was spared by Genghis Khan during his invasion

- Khiva - admire the striking city walls and take a guided tour of the Uzbek city including the turquoise Kalta Minor Minaret and the palace of Tash Khovli
- Bukhara - discover the gruesome past of the Silk Road city including the Kalyan Minaret which is known as "Death Tower" and opt to visit Zindon Prison
- Kyzylkhum Desert - camp in a traditional yurt in the remote desert and perhaps take a camel ride across the rolling sand dunes
- Tashkent - end your adventure in Uzbekistan's clean and modern Soviet-style capital city
- Samarkand - visit the jewel in Timur's empire to see highlights including the breathtaking Registan Square and the ruins of the Bibi-Khanym Mosque

What's Included

- 10 breakfasts, 3 lunches and 2 dinners
- 11 nights in hotels
- 2 nights camping without facilities
- 1 night in a traditional yurt camp
- Airport arrival transfer on day 1
- All necessary camping equipment (excluding sleeping bags)
- Transportation in an overland expedition vehicle
- Services of two crew (drivers/tour leaders) and local guides along the way
- Sightseeing as per itinerary

- Guided tour of Ashgabat and visit to Kunye Urgench and the Darvaza Gas Crater in Turkmenistan
- Guided tour of Khiva, Bukhara & Samarkand in Uzbekistan

What's Not Included

- International flights and visas
- Items of a personal nature, additional meals and drinks
- Tipping - an entirely personal gesture
- Sleeping bag and roll mat - please bring your own for camping

Local Payment

\$660pp, paid in USD

DETAILED ITINERARY

Day 1 : Ashgabat



Border Information: Joining in Ashgabat, you will most likely enter Turkmenistan at Ashgabat International Airport (IATA code: ASB).

Uzbek and Turkmenistan Adventure - 15 Days

www.onthegotours.com
 UK 020 7371 1113 info@onthegotours.com
 AUS 1300 855 684 aus-info@onthegotours.com
 NZ 0800 44 77 69 CAN 1 866 890 7038
 USA 1 866 606 2960 SA 0800 990 311

This information has been compiled with care and good faith. They give an accurate illustration of the proposed arrangements for this holiday. Circumstances beyond our control such as changes in local conditions, inclement weather or other reasons could force us to make changes to this itinerary. Any costs shown are subject to change, though are an accurate reflection of costs at time of writing. Please also note that visa requirements are subject to change and are the responsibility of the traveller and not that of On The Go Tours.

Uzbek and Turkmenistan Adventure

There will be a pre-departure meeting at 10:00am - please look out for a note from your leader at the reception of the joining hotel upon arrival with more details about this important meeting. Your leader will need to carefully check your visas at this initial meeting. After the meeting we have an included tour of the city of Ashgabat using local minibuses. In Ashgabat we stay in a decent quality local hotel.

Important note: Any tobacco products are practically illegal in Turkmenistan, so please do not bring them or use them in Turkmenistan. Also please do not bring any medicines containing tramadol, codeine, temazepam, morphine or opiates to Central Asia. These are illegal in all circumstances in most of Central Asia and you will risk arrest. If in doubt about a particular medicine, please do not bring it.

Accommodation: Comfortable hotel

Overnight - Ashgabat

Day 2 : Darvaza Gas Crater - The Door to Hell



Today we set off north from Ashgabat and head into the Karakum Desert. We have an included side trip to the amazing flaming Darvaza Gas Crater (also known as the 'Door to Hell'). We camp without facilities in the desert near Darvaza Crater tonight.

Estimated Drive Time: 5 - 6 hours (please note that all drive times given here are the approximate number of hours that the truck will be in motion only, and does not include any time taken for coffee or lunch stops, border crossings, photo stops, activities en route, comfort breaks, shopping stops, toilet stops, etc. The times given are approximate estimates only and whilst given

with the best of intentions, the drive times are heavily dependent on traffic, road conditions, weather, police roadblocks, and many other factors - flexibility is essential on any overland trip).

Accommodation: Camping without facilities
Overnight - Darvaza - (camping without facilities) (B, L, D)

Day 3 : Kunye Urgench

Today we continue our overland journey north across the Karakum Desert. We visit the Kunye Urgench ruins towards the end of the day and camp in the deserts nearby.

Estimated Drive Time: 6 - 7 hours

Accommodation: Camping without facilities
Overnight - Kunye Urgench (camping without facilities) (B, L)

Days 4-5 : Khiva



Border Information: Exit Turkmenistan at Shovot, enter Uzbekistan at Nijazov.

On the morning of day 4 we visit the market in the border town of Dashoguz, before driving across the border into Uzbekistan. We continue to the beautiful Silk Road city of Khiva.

The next day we have a guided tour of ancient Khiva. Later, there's plenty of free time to further explore this wonderfully preserved Khanate city. In Khiva we stay in a comfortable hotel.

Estimated Drive Time (day 4): 4 - 5 hours

Accommodation: Comfortable hotel
Overnight - Khiva (B:2)

Days 6-8 : Beautiful Bukhara



On day 6 we have a full day's drive to the fascinating city of Bukhara, where we'll spend the next three nights. The next day we have a guided tour of Bukhara and the surrounding area, including the Ismail Samani Mausoleum, Kalon Mosque, Zindon Prison and the Ark Fortress. Day 8 is free to further explore this incredible historic city and its surroundings. In Bukhara we stay in a comfortable local hotel.

Estimated Drive Time (day 6): 8 - 10 hours

Optional Activities

Watch an entertaining evening puppet show, featuring many local Uzbek and Tajik poems and songs - USD 5

See the Indian-style Char Minar Minarets, four towers nestled in a maze of alleyways in downtown Bukhara - Free

Visit the gruesome museum at the old prison of Zindon - UZS 4500

Accommodation: Basic hotel

Overnight - Bukhara

Day 9 : Nurata & the Kyzylkhum Desert



Today we drive into the Kyzylkhum Desert near the town of Nurata. In the afternoon we have the opportunity to head out on an optional camel ride into the desert and we spend the night staying in a desert yurt camp.

Uzbek and Turkmenistan Adventure - 15 Days

www.onthegotours.com
UK 020 7371 1113 info@onthegotours.com
AUS 1300 855 684 aus-info@onthegotours.com
NZ 0800 44 77 69 CAN 1 866 890 7038
USA 1 866 606 2960 SA 0800 990 311

This information has been compiled with care and good faith. They give an accurate illustration of the proposed arrangements for this holiday. Circumstances beyond our control such as changes in local conditions, inclement weather or other reasons could force us to make changes to this itinerary. Any costs shown are subject to change, though are an accurate reflection of costs at time of writing. Please also note that visa requirements are subject to change and are the responsibility of the traveller and not that of On The Go Tours.

Uzbek and Turkmenistan Adventure

Estimated Drive Time: 4 - 6 hours

Accommodation: Yurt Camp

Overnight - Nurata (yurt camp) (B, L, D)

Days 10-12 : Exploring Samarkand



On day 10 we spend some time exploring the Nurata Hills and you can opt for a dip in Lake Ajdar Kul. After lunch we drive to Samarkand, where we will stay for the next three nights. On day 11 we have a guided tour of the historic city including the Registan, Ulug Beg Observatory, Bibi-Khanym Mosque and Shah-I-Zinda. The next day is free to further explore the beautiful city and its surroundings. In Samarkand we will stay in a good hotel on the outskirts of the city.

Estimated Drive Time: 4 - 5 hours

Optional Activities

Visit to Shakhrisabz city - USD 20

Wander through the markets and carpet vendors of Samarkand, and marvel at the intricate craftsmanship of the local carpet weavers - Free

Accommodation: Comfortable hotel

Overnight - Samarkand (B:3)

Days 13-14 : Tashkent



On day 13 we have a little more free time to explore Samarkand. After lunch we drive to the Uzbek capital of Tashkent. Day 14 is

free to explore the city independently or join some of the optional activities available. In Tashkent we stay in a comfortable hotel with good facilities.

Estimated Drive Time (day 13): 5 - 6 hours

Optional Activities

Explore urbane Tashkent and experience a surreal cabaret dinner - Free

Visit the nightclubs and Imperial Russian-style cabaret restaurants of Tashkent - Free

Visit the religious centre of Tashkent at Hast Imam Square and see the Uthman Koran, believed to be the world's oldest extant copy of the Koran - USD 5

Accommodation: Comfortable hotel

Overnight - Tashkent (B:2)

Day 15 : Tashkent



Today is the end day for passengers finishing their trip in Tashkent. Please note there is no accommodation included on the trip tonight - please contact the Sales team if you are interested in booking extra nights of accommodation in order to fully explore the city.

Our partners

This tour is operated by our trusted partner and you will join travellers who booked through different operators, not solely On The Go.

Very important notice about medications in Central Asia

Please note that as of 2014 all medications containing tramadol, codeine, temazepam, morphine, opiates or any containing similar constituent components have been made illegal in Georgia, Azerbaijan, Turkmenistan and Uzbekistan. This includes many over-the-counter medicines that are commonly

available elsewhere, such as Nurofen! Please see here for more information - <http://sambuh.com/procedure-psychotropic-substances.html>

It is very important that you do not bring any medications such as this - they will treat this as though you were bringing illegal narcotics into the country. They are very strict about this, and it does not matter if you are only transiting through, and it makes no difference if you have a prescription or a doctor's note - please do not bring these medications to Central Asia under any circumstance, as the customs agents know exactly what they are looking for and the consequences could be huge, not only for yourself but for the tour leaders and especially for our local agents and guides.

Please note that we cannot take anyone on these trips who refuses to dispose of such medicines or refuses to co-operate with the tour leaders if they need to inspect any personal medicines - thank you for your understanding in this matter.

If you have any prescription medications that do not come under the above list, please bring the prescription along and declare the medicines on any customs declaration forms throughout your trip.

Turkmenistan Note

Please note that any additional accommodation in Turkmenistan must be booked through us due to the strict controls on foreigners in the country - it is essential that everyone is registered immediately upon their entry to Turkmenistan at accommodation booked by the agent on your visa Letter of Invitation, as such it is not possible to independently arrange your own accommodation here. It is also now compulsory for all passengers arriving into Turkmenistan through Ashgabat airport to be met on arrival by an official representative from our local supplier and have a confirmed transfer to their hotel. For this reason, we include an arrival transfer on day 1 for all tours starting in Ashgabat. Please ensure that you provide us with your flight details so that you are met upon arrival.

Uzbek and Turkmenistan Adventure - 15 Days

updated on 09-07-2020 10:42:15

www.onthegotours.com

UK 020 7371 1113 info@onthegotours.com

AUS 1300 855 684 aus-info@onthegotours.com

NZ 0800 44 77 69 CAN 1 866 890 7038

USA 1 866 606 2960 SA 0800 990 311

This information has been compiled with care and good faith. They give an accurate illustration of the proposed arrangements for this holiday. Circumstances beyond our control such as changes in local conditions, inclement weather or other reasons could force us to make changes to this itinerary. Any costs shown are subject to change, though are an accurate reflection of costs at time of writing. Please also note that visa requirements are subject to change and are the responsibility of the traveller and not that of On The Go Tours.

Uzbek and Turkmenistan Adventure

Please also note that there are strict laws against tobacco products in Turkmenistan. Whilst it is not yet completely illegal to possess tobacco, it is strictly prohibited to smoke in any public place, is illegal to sell tobacco, and is illegal to import more than 2 small packs of cigarettes. Breaking these laws even slightly can lead to large fines and even detention in jail. To be safe, it is highly recommended to simply not bring any tobacco products into Turkmenistan and avoiding their use entirely until you have left the country. All the above also applies to vaping, e-cigarettes, etc. Your crew may insist on such material being disposed of before entering through the country on the overland truck, and your co-operation with this is both appreciated and expected.

Itinerary Disclaimer

The routes, activities and places visited described in these notes are intentions and are meant as a rough guide only. By their very nature, overland itineraries need to be flexible and the regions that we are travelling through are often unpredictable. We intend to follow the planned route but exact night stops and inclusions cannot be guaranteed and it sometimes happens that we decide to make a change to our planned itinerary. This may be for a variety of reasons; climatic, road or bureaucratic conditions may demand it. Changes to the itinerary may occur with little notice so please be prepared for modifications to your trip.

Drive Times

Drive times are listed in the day-to-day itinerary. These are the approximate number of hours that the vehicle will be in motion, and does not include any time taken for coffee or lunch stops, border crossings, photo stops, activities en route, comfort breaks, shopping stops, toilet stops, etc. The times given are approximate estimates only and whilst given with the best of intentions, the drive times are heavily dependent on traffic, road conditions, weather, police roadblocks, and many other factors.

Accommodation and Meals Included

The type of accommodation and included meals are listed for each day of the itinerary.

These listings show our intention and on most departures the listings will be accurate. However due to the flexible nature of overland itineraries, climatic, bureaucratic or road conditions may demand changes to our listed intentions or groups may simply decide to amend the plans from time to time.

Optional Activities

A selection of optional activities is listed in the day-to-day itinerary. This list is designed to be a helpful guide as to what is commonly available in each location, and is neither an exhaustive list, a guarantee that the activity is available, or an endorsement or recommendation. Certain activities may not be available on your particular visit and it may not be possible to do all the activities listed in the time available at each destination. It is recommended to give yourself extra time in your joining or ending city if you would like to participate in some optional activities there. Prices listed are for entrance only and do not include transport costs to and from the sites or local guides unless indicated. The prices are displayed according to our latest information and in the best faith, but prices do fluctuate due to exchange rates, season, numbers of participants, and simple increases from the operator, and therefore any prices listed are a guide only and cannot be guaranteed. If you partake in any optional activities, you do so at your own risk and it must be clearly understood that your participation is your own decision and does not form part of your contract with us. You may be required to sign/complete a waiver form or optional activity form for some optional activities.

Emergency Contact Information

In the event of a real emergency once you have left your home country, please contact the out of office hours number below. If you cannot get through on the phone, please leave a message with your name, reference number, contact details and a message with the help that you need and we will get back to you. Please bear in mind that real progress or action may not be possible until normal office hours, depending on the issue.

If your flight is delayed, please inform us as soon as you can and then make your way to the joining hotel as instructed in the Joining Point section of these notes.

Out of hours Number: +44 (0) 7985 106564

Overlanding Lifestyle

Overlanding is all about taking the road less travelled, seeing the real country as well as the highlights, and getting away from the tourist trail. It's all about the journey, not just the destination!

Overlanding is all about sharing a great travelling experience with like-minded people. On your trip you'll travel in one of our purpose-built iconic expedition vehicles on an off-the-beaten-track adventure along rugged roads, experiencing the sights, sounds and smells of the world up-close. Your journey will be overland, sometimes across vast distances, so some long days spent driving are inevitable – but these will be interspersed with breaks of a day or two at a destination or activity.

On an overland journey, you are more than just a passenger and everyone gets involved setting up camp – we supply the tent but it's up to you to pitch it! As part of your trip, you will be assigned a truck job which could be collecting firewood or water, luggage loading, organising food, stores, etc. Like all great adventures, the more you put in the more you'll get out!

Meals & Group Participation

On an overland journey in Central Asia you are more than just an individual passenger - you're part of the team. You are expected to pitch in to set up camp, shop for food, cook and generally help out. As part of your trip you will be assigned a truck job which could be collecting water and firewood, sweeping out the truck, loading the back locker, etc. While camping on overland journeys, the meals are included in the kitty. This means that you will have to work together to cook for everyone in your group. You will be divided into smaller units of 3-4 people and take it in turns to cook for the whole group according to a rota system. When it is your group's turn to cook you will have to plan the meal, shop for the

Uzbek and Turkmenistan Adventure - 15 Days

www.onthegotours.com
 UK 020 7371 1113 info@onthegotours.com
 AUS 1300 855 684 aus-info@onthegotours.com
 NZ 0800 44 77 69 CAN 1 866 890 7038
 USA 1 866 606 2960 SA 0800 990 311

This information has been compiled with care and good faith. They give an accurate illustration of the proposed arrangements for this holiday. Circumstances beyond our control such as changes in local conditions, inclement weather or other reasons could force us to make changes to this itinerary. Any costs shown are subject to change, though are an accurate reflection of costs at time of writing. Please also note that visa requirements are subject to change and are the responsibility of the traveller and not that of On The Go Tours.

Uzbek and Turkmenistan Adventure

ingredients in local markets or supermarkets and then prepare the meal for the whole group. The secret to cooking for 20+ people using a basic camping kitchen is to keep it simple!

An example of a typical camp breakfast might be toast with spreads, fruit and cereal as well as tea and coffee. When time allows it will also be possible to serve something hot such as eggs or pancakes. Lunch is almost always a sandwich heaped high with healthy salad and assorted fillings, with fruit to follow. Dinner might be a BBQ, risotto or pasta dish and there is always the chance to try some local cooking. Generally our passengers find the more they put into a trip, the more they benefit from it.

The Local Payment/Kitty

In addition to the trip price on our Central Asia overlanding trips, you will also be required to pay a Local Payment specified for your trip. This Local Payment is referred to locally as the kitty. The kitty is payable in installments at the start of each section of the trip for combination trips, and in full at the start of the trip for individual trips. Each customer joining a trip pays their kitty into a central fund. The fund is managed by the crew and the kitty accounts can be viewed by all throughout the trip.

The kitty covers all things that the whole group does, such as:

- Hotel accommodation and campsite fees
- Meals whilst camping (not whilst staying in hotels)
- Activities listed as included (e.g. National Park or historical site entrances, excursions, etc.)

The kitty system is unique to overlanding and allows us to have flexibility and transparency on our trips. You can see exactly how your money is being spent and ensure that you are getting the best value by buying locally. It also helps to keep the costs competitive and save on administration costs so that we can pass the saving on to you. We make NO PROFIT on kitties, as they are the group's fund. If there is money left in the kitty at the end of your trip, then this is divided between the group and you receive a refund.

Prices can change with no notice and exchange rate fluctuations will affect costs. Therefore the Local Payment/kitty amount can change and the price on our website includes a buffer to cover this. The actual amount you will be asked to pay locally may potentially be less than the amount quoted on your tour voucher/trip notes.

The kitty is payable in cash on Day 1 of your trip so remember to arrange to bring sufficient cash USD with you. Note that we cannot accept traveller's cheques on our trips. Alternatively you can pay in advance via a bank transfer 3-4 weeks before the start of your trip. If you wish to pre pay please contact us and we can provide the bank details and instructions. Please note that pre payment of the kitty is not possible for Turkmenistan tours. Should you wish to pay in advance and the kitty quoted on day 1 of the trip is less than what you have paid prior to arrival, you will receive a refund on day 1 of the trip.

Please ensure your USD notes are clean and undamaged and no more than 8 years old. If needed, your tour leader will be able to accept some of the kitty in local currency, and they will let you know the exchange rate locally. In most destinations you can withdraw local currencies from ATM machines, using either a cash passport or a credit/debit card. However, please bear in mind that most cards have a maximum withdrawal amount per day, local ATMs may run out of cash, and your bank could block the card despite you warning them of your travel plans, so it could be impractical to try to get the entire kitty out from an ATM.

Tipping

Tipping may not be customary to you and is entirely voluntary - however it can be of great significance to the people who take care of you during your trip. The crew may be travelling with you for many weeks and usually they become good friends with most members of the group. It is sometimes easy to forget that they do work hard to ensure that you do have a great trip. If you are happy with the service and feel you would like to tip them, they certainly would appreciate it.

It is also customary to tip the local guides. We recommend USD1 to USD4 per person per day, but check with your crew for an appropriate amount.

For general tipping in restaurants and on excursions, it can be useful to hold on to your smaller notes and coins to make tipping easier.

The Crew

Our crew are passionate about travel and are always up for adventure. The crew undergo the most intensive training program of all the overland companies, spending 8 weeks learning the ropes at our partner's base in the UK, and then up to 6 months on the road as a trainee. The crew are trained to manage and operate the trip safely and efficiently and their duties include: planning the trip according to the itinerary, driving and maintaining the truck, securing services of local guides, general logistics, health and safety, liaising with bureaucracy, dealing with issues where needed and offering advice and support to our customers.

In addition they have a basic knowledge of the places visited and will be able to offer suggestions of things to do and see. We endeavour to provide the services of experienced crew, however, due to the seasonality of travel, situations may arise where your tour leader is new to a particular region or training other crew who are new to the area.

On our Central Asia overlanding trips, we have two western crew but please be aware that there may be times when one crew member has to leave the trip due to unforeseen circumstances. In addition to our crew we will have a local guide on board who will travel with us for the entire duration of our time within each country (excluding Turkey and Azerbaijan). In these cases, the local guide becomes a third crew member and is able to offer their local knowledge as well as an insight into their country and the lives of the local people. In Turkey and Azerbaijan we will employ local guides in specific locations of interest (for just a few hours up to a few days).

Uzbek and Turkmenistan Adventure - 15 Days

updated on 09-07-2020 10:42:15

www.onthegotours.com

UK 020 7371 1113 info@onthegotours.com

AUS 1300 855 684 aus-info@onthegotours.com

NZ 0800 44 77 69 CAN 1 866 890 7038

USA 1 866 606 2960 SA 0800 990 311

This information has been compiled with care and good faith. They give an accurate illustration of the proposed arrangements for this holiday. Circumstances beyond our control such as changes in local conditions, inclement weather or other reasons could force us to make changes to this itinerary. Any costs shown are subject to change, though are an accurate reflection of costs at time of writing. Please also note that visa requirements are subject to change and are the responsibility of the traveller and not that of On The Go Tours.

Uzbek and Turkmenistan Adventure

In addition to our crew we will employ local guides in specific locations of interest (for just a few hours up to a few days). Your crew have a duty of care to all members of the group and therefore they have the authority to ask you to leave the trip if you require serious medical assistance, you are behaving in an anti-social manner or refuse to comply with local laws and customs. In all matters relating to the trip, the leader's decision will be final and we appreciate your respect of this.

Our Overland Trucks

We use rugged and sturdy Mercedes-Benz trucks (known for their durability) that will take you off road and off the beaten track. These have been specially modified to create custom designed overland vehicles which have unique integrated cabs. The trucks are fully equipped for self-sufficient wild camping, and have comfortable coach-style seating. All of the trucks are owned and maintained by our partners, and our crew follow a strict maintenance schedule - this means we can manage the quality and safety of our fleet.

Please note that the overland trucks are not air conditioned. This helps to avoid illness from the sudden changes in temperature and humidity that you can experience with air conditioned vehicles on long overland journeys and it also helps to speed up the process of acclimatisation to the climate.

Each of our vehicles is unique and features will differ between each truck, but most of our trucks feature the following:

- An integrated cab - so you are always with your crew rather than being separated
- Coach style seating - forward-facing apart from four seats facing backwards around two tables
- A side awning for sun/rain cover
- Luggage locker
- A drinking water tank of approximately 350 litre capacity, plus 60-80 litre jerry cans
- Long range fuel tanks
- Audio equipment with MP3 player connection
- 12v charging points (some models only)
- A hidden safe to keep money and passports secure
- An integrated fridge

- Large equipment storage areas for food, cooking utensils, expedition equipment, etc.
- Bookshelf/library
- Map board

Standard equipment on each truck:

- Dome-shaped or A-frame tents with integrated mosquito nets
- Emergency medical kit
- Camping stools and tables
- Cooking equipment, gas, and eating utensils
- Camping lights
- Full range of mechanical tools and spares
- Sand mats in case of bogging

Drive Times

Please note; all drive times given are the approximate number of hours that the truck will be in motion only, and does not include any time taken for coffee or lunch stops, border crossings, photo stops, activities en route, comfort breaks, shopping stops, toilet stops, etc. The times given are approximate estimates only and whilst given with the best of intentions, the drive times are heavily dependent on traffic, road conditions, weather, police roadblocks, and many other factors - flexibility is essential on any overland trip!

Optional Activities

Please note that all optional activity costs provided in the Trip Notes are an approximation and subject to change. Prices listed are for entrance only and do not include transport costs to and from the sites or local guides unless indicated.

You will have the opportunity to take part in many exciting activities and excursions, some of which are included whilst others are optional. The included activities are listed under Inclusions. All other activities are optional and at your own expense. If you choose not to participate in the included activities, the cost will not necessarily be refunded; this is something you will need to check with your leader.

Some of the activities require a certain level of fitness, so it's important that you read through the itinerary thoroughly and make your own conclusions as to whether you feel that you are fit and healthy enough to enjoy the trip

and its activities to their fullest. Some activities may have higher risks than you are used to and you must judge whether or not you wish, and have the physical ability, to take part. Also always make sure that your personal travel insurance covers you for any activity you are planning to take part in.

Please note: The optional activity prices are displayed according to our latest information and in the best faith, but prices do fluctuate due to exchange rates, season, numbers of participants, and simple increases from the operator, and therefore any prices listed are a guide only and cannot be guaranteed.

Accommodation

Our Central Asia overland trips are designed for shared accommodation, whether camping or staying in hotels or hostels, and therefore do not involve a single supplement. Whilst our crew will do their best to accommodate couples travelling together in twin rooms, all our travellers should expect to stay in multi-share accommodation when staying in hostels, gers or yurts.

The type, variety and standard of accommodation will vary greatly depending on what options are available at the time; hotels can vary from very basic rooms without electricity or running water to high standard hotels with good facilities! Generally in hotels most rooms will be single sex, twin-share. Hostels are nearly always multi-share and may be mixed sex.

The campsites will range from rather basic to those with excellent facilities, including swimming pools, restaurants and bars. In some cases it may also be possible to upgrade locally to bungalows, lodges or even tree-houses. One of the highlights of overlanding is that in more remote areas we will camp away from the tourist crowds. Occasionally on some of our trips we are able to stay in villages or local homestays allowing us to get close to the indigenous population and ensuring that our money stays within the local community.

Overland Groups

Our overland groups in Central Asia are made up of people from around the world, and

Uzbek and Turkmenistan Adventure - 15 Days

www.onthegotours.com
 UK 020 7371 1113 info@onthegotours.com
 AUS 1300 855 684 aus-info@onthegotours.com
 NZ 0800 44 77 69 CAN 1 866 890 7038
 USA 1 866 606 2960 SA 0800 990 311

This information has been compiled with care and good faith. They give an accurate illustration of the proposed arrangements for this holiday. Circumstances beyond our control such as changes in local conditions, inclement weather or other reasons could force us to make changes to this itinerary. Any costs shown are subject to change, though are an accurate reflection of costs at time of writing. Please also note that visa requirements are subject to change and are the responsibility of the traveller and not that of On The Go Tours.

Uzbek and Turkmenistan Adventure

are always an interesting mix of nationalities and ages. On average there is a pretty even split between males to females, and between solo travellers, couples and small groups of friends. We believe that overlanding should be open to as many people as possible, and so although we have a minimum age limit of 18, as long as you are fit, healthy and passionate about travel, we are happy to take you, whatever your age is. One of the wonderful aspects of group travel is the camaraderie and friendships that are formed along the way, and the variety of people that you will meet.

Group Size

The maximum group size we take on our Central Asia overland journeys ranges from 19 to 22 depending on the geographical location; however the average number of passengers is more likely to be around 16. On some departures there may be more than one truck doing the same route. This means that you will be in the same hotel or campsite as another group on some days. To ensure that you are not always at the same place at the same time as another group, your itinerary will most likely be slightly altered from the itinerary advertised on the website and in the Trip Itinerary. Even on the majority of our trips where there is only the one truck, you may from time to time meet up with other groups at points on the road, and may partake in activities jointly with other groups on these occasions.

Dietary Requirements

If you have any dietary requirements please tell us at the time of booking and tell your crew at your welcome meeting. Our crew will try to cater for any particular dietary requirement or food intolerance whenever possible. However, it must be remembered that it may not always be possible and the variety of dishes may be severely limited in comparison to those available to others. If there is anything in particular you require in your diet, that you would miss from home, or because of an allergy would miss out on, it would be best to bring this with you. Depending on your particular requirements, you may need to allow yourself some extra

spending money to allow you to purchase extra food items.

Itineraries

Our itineraries are developed and published with the best of intentions, however travel in more remote areas of the world is unpredictable – borders can close, there can be extreme adverse weather, strikes or maybe mechanical issues that affect the running of your trip, but equally due to the nature of our trips we can often spontaneously include a local festival or event into the itinerary. This being said, the safety of our passengers, leaders and operators is a priority for us. With this in mind we monitor world events very closely. By the very nature of the adventure travel that we take, there are risks and hazards that are inherent in our itineraries. We make operational decisions based on informed advice from a number of sources, including the British Foreign and Commonwealth Office travel advice, reports from other travel companies and local suppliers, leaders' reports from off the road and local contacts we have built up over many years of experience.

Passport

Your passport details are required to complete your booking. If you change your passport, please remember to inform us as soon as possible - however, please be aware that changing your passport can cause big problems if you need to apply for visas or permits in advance.

As a general rule most countries expect that your passport is valid for 6 months after the end of your trip and will refuse entry to anyone with shorter validity. A temporary or 'visitor's' passport is not valid on our trips. Please ensure the name on your passport matched the name on your booking and flight tickets. Bring a copy of the main passport page with you on your trip and leave another copy at home with family or friends.

Physical Preparation

In Asia you will need to be healthy enough to cope with extremes of climates from the hot deserts through to the colds of the high mountains. There are some high altitudes

in places and many places where walking around for several hours is the only way to explore.

Overland travelling can be demanding - long, rough travel days, dusty conditions can be challenging to some. You will need to be fit enough to help every day with the camp chores (cooking, washing up, general camp set up) as well as putting up and taking down your own tent. There are some long driving days and some early morning starts. The step up into the overland vehicle, while not overly high, can become tiring and you need to judge yourself to be physically fit enough to haul yourself up and down the step at least 8-10 times a day.

By and large, our Asia trips have a good range of hotel accommodation mixed up with camping so that life is not too rough. We will be travelling to areas in remote locations where medical assistance will not be available. If you have a medical condition such as a heart condition that would put you at risk, we would suggest that this is not the trip for you. Also, please be aware that should an emergency occur, there is likely to be a considerable delay in accessing medical care, and by joining our trip you accept this risk.

Health

You need to be in good physical health in order to participate fully in our trips. When selecting your trip please make sure you have read through the itinerary carefully and assessed your ability to cope with our style of travel. We are always happy to give extra advice if you have additional concerns. Please note that if, in the opinion of our leader, you are unable to complete the itinerary without undue risk to yourself and/or the rest of the group, we reserve the right to exclude you from all or part of the trip without a refund.

You should consult your doctor for up-to-date medical travel information prior to travel, particularly if you have a pre-existing medical condition. We also advise you to declare any pre-existing medical conditions to your travel insurers upon purchase.

Altitude

Uzbek and Turkmenistan Adventure - 15 Days

www.onthegotours.com
 UK 020 7371 1113 info@onthegotours.com
 AUS 1300 855 684 aus-info@onthegotours.com
 NZ 0800 44 77 69 CAN 1 866 890 7038
 USA 1 866 606 2960 SA 0800 990 311

This information has been compiled with care and good faith. They give an accurate illustration of the proposed arrangements for this holiday. Circumstances beyond our control such as changes in local conditions, inclement weather or other reasons could force us to make changes to this itinerary. Any costs shown are subject to change, though are an accurate reflection of costs at time of writing. Please also note that visa requirements are subject to change and are the responsibility of the traveller and not that of On The Go Tours.

Uzbek and Turkmenistan Adventure

Some pre-existing medical conditions are known to severely worsen at high altitude and be difficult to adequately treat on the ground, leading to more serious consequences. It is imperative that you discuss your pre-existing medical condition/s with your doctor. We understand certain medications are reported to aid acclimatising to high altitude; please discuss these options with your doctor. For trips that travel to areas of high altitude, the tour leader will issue you with a self-assessment altitude questionnaire which allows you to monitor how you are coping with the altitude and informs you of danger signals so that you can report these as soon as possible, either to the tour leader or a medical professional.

Yellow Fever

A valid international certificate of vaccination against Yellow Fever is required in many countries. You may need to present this on arrival at the airport or border crossing. Some countries will refuse entry if you are unable to present your certificate. It's also quite common for your home country to request a Yellow Fever certificate on your arrival back home. It is your responsibility to check with your doctor well in advance of leaving home about the Yellow Fever requirements for the countries you'll be visiting.

Malaria & other Mosquito-Borne Diseases

There is a risk of contracting malaria in some areas which we travel through. If your trip goes to areas with malaria it is always best to get expert advice before travelling about the types of malaria pills available, whether they are recommended, and take any that are prescribed as instructed. Consult your GP or travel clinic for the most up-to-date requirements.

Other mosquito-borne diseases such as yellow fever, dengue fever, chikungunya and Zika are continuing to spread and are becoming a bigger problem around the world. Mosquito bite prevention is vital to avoid contracting any of these diseases, as there are no vaccines or specific treatments available. Health professionals have issued warnings for pregnant women travelling to areas affected by the Zika virus. For more information about Zika please visit:

- WHO: www.who.int/en/news-room/factsheets/detail/zika-virus
- Center for Disease Control and Prevention: www.cdc.gov/zika

The Anopheles mosquitoes that transmit malaria usually bite between the hours of dusk and dawn, whereas the Aedes mosquitoes that transmit yellow fever, dengue fever, chikungunya and Zika bite both during the day and the night. To prevent being bitten, it is recommended to cover up by wearing long-legged and long-sleeved clothing, preferably light-coloured and buttoned at the wrists. Do not sleep without closing your windows, tent door, etc. and use a mosquito net in hotels or if sleeping outside where there are mosquitoes present. Use mosquito repellent applied directly to your skin or soaked into your clothing. Treating clothes and mosquito nets with a Permethrin solution also provides significant protection. It should be available at most travel stores. Mosquito coils are useful on still nights and in hotel rooms, but cannot be used inside the tents. For more advice on how to avoid bites please see: www.travelhealthpro.org.uk/factsheet/38/insect-and-tick-bite-avoidance

Vaccinations

Recommended vaccinations and other health protections vary according to different regions and recent bulletins issued by health authorities. It is essential to get the latest specific health advice on the regions and countries you are planning to travel in, so please check with either your doctor or travel clinic in good time before you travel. The following websites are also a helpful resource: www.nathnac.net and www.fitfortravel.nhs.uk

Medical Assistance in Remote Areas

We will be travelling to areas in remote locations where medical assistance will not be available. If you have a medical condition such as a heart condition that would put you at risk, we would suggest that this is not the trip for you. Also, please be aware that should an emergency occur, there is likely to be a considerable delay in accessing medical care, and by joining our trip you accept this risk.

Insurance

Comprehensive travel insurance with cover for medical expenses and emergency repatriation is compulsory for all our trips. You will not be allowed to start the trip without showing the trip leader evidence of valid travel insurance including the insurance company's 24-hour emergency contact number.

In the case of credit card travel insurance we will require details of the participating insurer, the insurance policy number and emergency contact number rather than just the bank's name and credit card details. Please contact your bank before travel to obtain these details. Also ensure that your credit card travel insurance policy has the cover you require, as many of these policies are not able to cope with adventure travel to remote areas and many are not valid for travelling outside your country of residence or outside the EU.

Make sure that your insurance policy:

- is designed for adventure travel and that it covers any activity that you may wish to participate in (whether included or optional), such as white water rafting, trekking, horse-riding, etc.
- has a 24-hour emergency assistance company that is experienced in handling situations in developing countries – for example, they should have the ability to arrange repatriation from remote areas such as the Sahara or if you were trekking in the Andes
- covers your age group (some policies have age limits)
- covers travel to high altitude if your trip goes to altitude (e.g. if you're climbing Kilimanjaro)

We recommend that any policy has a minimum medical (including repatriation) cover of £5,000,000. We recommend that any policy also has a minimum level of cover for Personal Liability of £2,000,000 and for Cancellation and Curtailment of £5,000 (or the full cost of your trip). Please note that you should be insured for trip postponement or cancellation purposes immediately upon paying a deposit.

Cover for loss of baggage, personal effects, money and other inclusions are down to

Uzbek and Turkmenistan Adventure - 15 Days

www.onthegotours.com
 UK 020 7371 1113 info@onthegotours.com
 AUS 1300 855 684 aus-info@onthegotours.com
 NZ 0800 44 77 69 CAN 1 866 890 7038
 USA 1 866 606 2960 SA 0800 990 311

This information has been compiled with care and good faith. They give an accurate illustration of the proposed arrangements for this holiday. Circumstances beyond our control such as changes in local conditions, inclement weather or other reasons could force us to make changes to this itinerary. Any costs shown are subject to change, though are an accurate reflection of costs at time of writing. Please also note that visa requirements are subject to change and are the responsibility of the traveller and not that of On The Go Tours.

Uzbek and Turkmenistan Adventure

personal choice although please bear in mind that personal effects are more likely to go missing whilst travelling and you should ensure that your policy is adequate to cover the value of your personal effects e.g. cameras, tablets, phones, iPods, etc. Please note that we are not responsible for your personal effects and is not insured for their loss.

Our Liability Insurance

We have comprehensive passenger vehicle liability protection and tour operator insurance. These policies have total indemnities of £5,000,000 and £10,000,000 per incident respectively. This is in addition to local vehicle insurance and your personal travel insurance.

Altitude Warning

Warning - this trip goes above 2800m.

Please note that this trip spends time above 2800 metres/9200 feet where it is possible for travellers to experience some adverse effects on your health due to the altitude, potentially including Acute Mountain Sickness (AMS), High Altitude Cerebral Edema (HACE) and High Altitude Pulmonary Edema (HAPE). Because of this it is very important that you make yourself aware of the cause and effects of travelling at altitude and monitor your health during this trip. For further information please click [here](#) to download our AMS information sheet or refer to the following website: www.high-altitude-medicine.com

Your leader will also hand you a copy of the AMS information sheet during your trip as well as holding a short meeting prior to travelling to altitudes above 2800m/9200ft for the first time.

If you are starting your trip in a destination above 2800m/9200ft we strongly advise reading this information prior to arrival.

Some Travel Insurance companies will stipulate a maximum altitude limit. Please ensure that you are covered and if necessary pay the additional premium of extended cover

Personal Spending

You know your spending habits better than we do, so please budget a sensible amount

for things like drinks, shopping, optional activities, tipping and laundry. Remember to also budget for any visas to be obtained en route.

We appreciate that it's hard to know exactly how much money you will need when you're travelling through new countries and areas. To make budgeting a little easier we have included some guidelines below. The Trip Itinerary also gives approximate costs for some optional activities and by reading the itinerary thoroughly you will know what's included and what isn't. As a general rule, it's always better to bring a little more than you think you'll need!

Based on the range that previous travellers have spent on our overland trips, we recommend budgeting USD15-30 per day.

Asia Currencies & Cash

It is not really worth trying to buy local currencies before you travel. Do also bear in mind that many countries have strict regulations about the amount of their own local currency you are allowed to import - if you are found with amounts in excess of the allowed amounts, it may well be confiscated! Bringing a sensible mix of cash and ATM cards is the best way to bring money out, but it's always a good idea to bring plenty of cash that you can change (USD and EUR are commonly changed throughout Asia) rather than relying on cards. Apart from the convenience of being able to change money in many more places, you will sometimes get a much better exchange rate for cash. ATMs are available in most areas but are not always reliable. You may also find your card doesn't work in all ATM's. Credit cards such as Visa and MasterCard are accepted in some major cities, but be prepared for very high commission charges.

Banks and moneychangers in most countries in Asia will now only accept bills with a metallic strip running top to bottom of the bill and which are no more than 8 years old. You should not take worn or damaged notes, or any that have been written on. Please also bring a mixture of small and large denominations - you may get a better rate for changing larger denomination bills, but in

more remote areas it can be difficult to change amounts over USD50.

Please note that due to restrictions on currency conversion for foreigners in many Asian countries, it may not be possible to change leftover local currency back into USD after your trip, so please plan your budget well by withdrawing/exchanging what you need as you go.

Contingency Emergency Fund

Sometimes, civil or political unrest, or reasons beyond our control (e.g. a natural disaster), can mean that an itinerary is disrupted and we have to make a contingency plan. This may involve hiring alternate transport or even the whole group flying over an area. Although we will help organise travel arrangements, in circumstances outside of our control you will be required to contribute the additional costs involved and therefore we ask you to bring the equivalent of USD400 as a contingency fund. In almost all cases trips run smoothly and this fund is therefore never used. We also recommend that you bring an internationally recognised credit or charge card with a decent limit in case of emergencies, such as medical treatment en route, or even the need to be repatriated; though these occurrences are rare. Remember that travel insurance policies in some instances only refund you for expenses after you have already paid out.

Luggage

Although you will not have to carry your main bag for long distances, you will need to help load and unload bags onto the truck. For this reason we recommend that you use a backpack or soft bag rather than a heavy suitcase. During your trip your main luggage will be kept in the truck's luggage locker which will be inaccessible during a drive day, so you will also need a small daypack. This can be used to carry your camera, water bottle and other personal effects for daily use. Please be aware that due to the constant dust and vibrations your luggage bag will be subject to extreme wear and tear.

The size of baggage that can be brought is limited by the locker space on the truck. We

Uzbek and Turkmenistan Adventure - 15 Days

updated on 09-07-2020 10:42:15

www.onthegotours.com

UK 020 7371 1113 info@onthegotours.com

AUS 1300 855 684 aus-info@onthegotours.com

NZ 0800 44 77 69 CAN 1 866 890 7038

USA 1 866 606 2960 SA 0800 990 311

This information has been compiled with care and good faith. They give an accurate illustration of the proposed arrangements for this holiday. Circumstances beyond our control such as changes in local conditions, inclement weather or other reasons could force us to make changes to this itinerary. Any costs shown are subject to change, though are an accurate reflection of costs at time of writing. Please also note that visa requirements are subject to change and are the responsibility of the traveller and not that of On The Go Tours.

Uzbek and Turkmenistan Adventure

recommend that your bag be no larger than a large rucksack with a capacity of about 80 litres (approximately 70cm high, 40cm wide and 40cm deep). The weight limit for luggage on all trucks is a maximum of 20kg.

Sleeping Bags

A sleeping bag's rating typically indicates the lowest temperature at which it will keep the average sleeper warm enough to sustain them but not necessarily make them warm enough to feel comfortable. For example, with a 0°C bag, you should be able to stay in 0°C temperature but you will not necessarily be able to sleep comfortably.

For European sleeping bags there are the following standards:

- The upper limit is the highest temperature at which a 'standard' adult man is able to have a comfortable night's sleep without excess sweating.
- The comfort rating is based on a 'standard' adult woman having a comfortable night's sleep.
- The lower limit is based on the lowest temperature at which a 'standard' adult man is deemed to be able to have a comfortable night's sleep.
- The extreme rating is a survival-only rating for a 'standard' adult man. This is an extreme survival rating only and it is not advisable to rely on this rating for general use.

The transition zone, in between the comfort and lower temperature, is usually considered as the best purchase guideline.

What to Pack?

Your clothes and equipment should be appropriate for the conditions you are travelling in, which will vary depending on which part of the world you're heading to. On our overland trips, all camping equipment is included apart from sleeping bags and ground mats, so you'll need to bring those with you if your trip includes camping nights.

Think about the climate and altitude of the areas you'll be travelling to - there's nothing worse than being cold at night so it's worth investing in a decent sleeping bag. And remember that even when it's warm during

the day it can often get cold at night, particularly in desert regions.

Kit Lists

For a general idea of what you need, the lists below provide a guide. The lists are NOT exhaustive.

General

- Sleeping bag, sleeping bag liner, sleeping mat and small pillow
- Sandals or flip flops
- Comfortable walking shoes
- Sun hat and sunglasses
- Waterproof jacket
- Warm sweater or fleece
- Swimwear
- Comfortable travelling clothes and a set of casual but smart clothes for evenings out
- If visiting places of worship on the trip, men should bring a pair of full length trousers and women should bring a skirt that covers their knees and a scarf
- Towel – quick dry, lightweight travel towels are best
- Toiletries including bio degradable wet wipes, sanitary products, hand gel, sun cream and insect repellent
- Day pack – essential for keeping things handy when on the truck, on short hikes, walking around cities, etc
- Assorted dry bags – to protect your kit from dust and damp
- Pouch or money belt
- Water bottle (at least 1 litre) – we carry drinking water on all of our trucks and actively encourage our customers to use the water supplied. Whilst away from the truck we encourage the use of a filter water bottle
- Head torch with spare batteries and bulbs
- Camera with spare battery and extra memory cards
- Electrical accessories such as charger, power bank, adapter, etc
- Carbon monoxide detector
- A good book, a diary or notebook and pen, a fun game for travel days
- Personal medical kit – see notes below

Cold weather

For trips going through mountainous areas, deserts and high altitude regions, you should be prepared for cold weather, especially at night. Ensure you bring:

- 3/4 or 4/5 season sleeping bag with liner – see note on sleeping bag ratings below
- Thermal base layers
- Winter jacket
- Hat, gloves and scarf
- Warm socks

Hot weather

For trips going through tropical areas you should be prepared for hot and humid weather. Ensure you bring:

- Loose fitting clothes with long sleeves and legs
- Mosquito repellent
- Mosquito net – not essential as our tents have mosquito netting but can be handy for hotels and hostels or sleeping under the stars

Electrical Equipment

Your vehicle will usually be equipped with a 12 Volt socket, so to charge your iPod, MP3 player, camera, laptop and mobile phone you will need a DC 12V adapter - the type that can be used from a cigarette lighter in your car. Please be aware that only one piece of equipment can be charged at a time and it will not be allowed if there is a risk of running the vehicle's batteries low. Batteries may also be recharged from hotel room wall sockets and the majority of the campsites we stay at have electricity points, so please bring along your normal charging adapters as well. You will need to ensure that you have the correct country adapter for your specific charger.

For mobile phones, please note that most countries in the Americas operate at 850 MHz and 1900 MHz which is not the same frequencies used in Europe, Africa, Asia and Australia. Most modern tri-band and quad-band mobile phones will be able to operate on these frequencies but please check your mobile phone specifications before travelling.

Personal Medical Kit

All of our trucks have a standard motorist's first aid kit on board for use in emergency situations only. The first aid kit is in compliance with UK standards for first aid provision within motor vehicles, and contains supplies to treat road side injuries. We do not carry prescription medications, therefore in

Uzbek and Turkmenistan Adventure - 15 Days

www.onthegotours.com
 UK 020 7371 1113 info@onthegotours.com
 AUS 1300 855 684 aus-info@onthegotours.com
 NZ 0800 44 77 69 CAN 1 866 890 7038
 USA 1 866 606 2960 SA 0800 990 311

This information has been compiled with care and good faith. They give an accurate illustration of the proposed arrangements for this holiday. Circumstances beyond our control such as changes in local conditions, inclement weather or other reasons could force us to make changes to this itinerary. Any costs shown are subject to change, though are an accurate reflection of costs at time of writing. Please also note that visa requirements are subject to change and are the responsibility of the traveller and not that of On The Go Tours.

Uzbek and Turkmenistan Adventure

In addition to this we recommend that you purchase your own personal medical kit.

In the UK we have teamed up with Nomad Travel Stores and Clinics to produce travel medical kits. They have been designed in conjunction with the truck kits and contain everything you would need for any minor incidents and health issues. To see their overland range go to <http://www.nomadtravel.co.uk/overland-ready>.

Government Travel Advice

We follow the British Foreign Office Travel advice when deciding where and where we are unable to travel. We will base our decisions on itineraries and alterations to published routes based on their advice rather than the advice of other governments. We will advise you of any significant changes in advice before travel or whilst you are overseas. However, we recommend you check the latest travel advisories from your own government for the country you are travelling to before you book and prior to departure. If there are any travel warnings present for the region you will travel to, as well as considering whether you are happy to travel despite the warning you must also check to ensure that it is not invalidating your travel insurance.

Here are a few useful addresses:

UK - www.gov.uk/foreign-travel-advice

Australia - www.smartraveller.gov.au

New Zealand - www.safetravel.govt.nz

United States – www.travel.state.gov

Canada – www.travel.gc.ca

We also recommend that you check the UK Travel Aware website before you travel at <https://travelaware.campaign.gov.uk/>. This website offers straightforward travel advice, top tips, and up-to-date country information to help you plan a safe trip.

Safety Information and Tips

Your safety is of paramount importance to us and we will do our best to ensure that your travel is safe and trouble-free, but we do ask that you take that little bit of extra care whilst you are away and take some time to understand about the nature of this style of travel. Part of the enjoyment of travel

is experiencing a different way of life and cultures but this may also mean experiencing different safety and hygiene standards than those you are normally used to. Therefore, please take note of the following safety tips and follow any local safety advice or briefings delivered by your crew and any third-party suppliers we use during your trip.

Transport safety

- Our own vehicles have fully-fitted seat belts; make sure you always belt up. If you find a safety belt inoperable or missing on one of our vehicles, please inform the crew immediately.
- Unfortunately, we cannot guarantee that other vehicles we may use or recommend in some countries will be fitted with seat belts on every seat as it is not a legal requirement in much of the world.
- Please remain seated on board vehicles at all times when the vehicle is in motion.
- Never place luggage in the aisles or foot wells.
- Ensure you know where your nearest emergency exit is; this may be a designated emergency exit, a window, a door, or a roof hatch.
- Check the location of the fire extinguisher and first aid kit.
- Follow any safety instructions provided by the crew/driver.
- Some of our vehicles are fitted with roof seats which can be used in certain conditions, such as when driving at low speeds, off main tarmac roads, etc. The roof hatches can only be opened and the roof seats used with the express permission of the crew and you must never sit in the roof seats without seat belts.

Road safety

- Traffic in some countries travels on the opposite side of the road to what you may be used to, so ensure you look both ways before crossing the road.
- In many countries vehicles do not automatically stop at crossings and driving styles may be very unpredictable, so please remain very vigilant when near roads and vehicles.
- Crash helmets are often not provided with mopeds and motorbikes overseas – we do not recommend you hire these vehicles.

Hostels/Hotels/Homestays safety

- Ensure you know where your nearest fire exit is and check to ensure that it is operative.
- Check the location of the nearest fire extinguisher.
- Study the fire instructions in your room if available.
- Identify how to raise the alarm if a fire occurs.
- If a fire occurs, leave immediately; do not stop to collect your effects.
- Proceed to an assembly point well away from the building.
- Electrics in hotels in many of the places that we visit will not be up to the same standards as at home. Please ensure that you check rooms, especially bathrooms and are aware of any issues that look unsafe. If in doubt inform the crew who will endeavour to sort the situation out if possible.
- Staircases and stairwells are often built to a very different design than under western building standards. There may be no guard rails, be excessively steep, have dangerous gaps between the stairs and the wall, etc. At all times be aware and take appropriate and prudent care.
- We often stay in homestays and farmstays. As these are traditional homes, they may well not adhere to our western standards of safety and so it is important that you make yourself aware of potential risks.
- If in doubt please inform the crew of any safety issues with the hotels/hostels or homestays.

Campsite fire safety

- Ensure you know where the nearest source of water or fire extinguisher is.
- Know how to raise the alarm.
- Extinguish all camping fires fully before retiring to bed.
- Observe any regulations regarding fires and bushfires in dry conditions.
- Identify how to raise the alarm if a fire occurs.
- If a fire occurs, leave immediately; do not stop to collect your effects.
- Proceed to an assembly point away from the tented accommodation/affected campsite.

Campsite safety & security

- Familiarise yourself with the campsite and any known hazards.
- Group the tents around our vehicle wherever possible.

Uzbek and Turkmenistan Adventure - 15 Days

www.onthegotours.com

UK 020 7371 1113 info@onthegotours.com

AUS 1300 855 684 aus-info@onthegotours.com

NZ 0800 44 77 69 CAN 1 866 890 7038

USA 1 866 606 2960 SA 0800 990 311

This information has been compiled with care and good faith. They give an accurate illustration of the proposed arrangements for this holiday. Circumstances beyond our control such as changes in local conditions, inclement weather or other reasons could force us to make changes to this itinerary. Any costs shown are subject to change, though are an accurate reflection of costs at time of writing. Please also note that visa requirements are subject to change and are the responsibility of the traveller and not that of On The Go Tours.

Uzbek and Turkmenistan Adventure

- No open flames, smoking or flammable liquids in or near the tents.
- Ensure the cooking area is well away from the tents.
- Ensure all water for cooking and drinking is purified first.
- Ensure any soil toilets are a minimum of 50m away from the tents and the cooking area.
- All food waste should be burned or buried a minimum of 100m away from the site.
- Ensure local advice is followed concerning any wildlife in the area.
- Keep valuables locked in the vehicle.
- Be aware of any local security issues that might be important.
- Do not set out tents close to perimeter fences which may be a security risk.
- Be aware of the security arrangements and local guards for campsite and if in doubt ask them where and where not to pitch tents.
- If in doubt please inform the crew of any safety issues with campsite.
- When wild camping, ensure that you do not wander away from the camp alone. If you do leave camp, ensure that you have notified the leader or other members of the group.

Food safety

- Make sure your food has been thoroughly cooked.
- Hot food should be hot, cold food should be cold.
- Avoid any uncooked food, except fruit and vegetables (notably those you can peel or shell yourself).
- In many countries you should only drink bottled water or purified water and ensure any seal is intact when purchasing bottles.
- On the overland trucks we have a tank of drinking water that is kept purified by the crew.
- Avoid ice in drinks as this can cause upset stomachs in hot climates.
- Make sure you wash your hands in antibacterial product when preparing and/or eating food.
- Many of the restaurants that you will eat in, either as a group or as individuals, will NOT have the same standards of food hygiene as we have in the western world. Unfortunately this is a reality of life in these regions. Therefore please think carefully about where

you eat, what food you order and be aware of the risks.

Personal safety

One of the real advantages of overland travel is that the vehicle provides a very real level of security when travelling. There is no doubt that a properly-equipped overland vehicle, with safes, fully lockable doors and windows is an obvious advantage when travelling in much of the world. Generally speaking, you will not be travelling on local public transport and will have the added security of travelling in a group with experienced crew on-hand to offer advice. We have come up with a few pointers that we recommend you follow:

- Follow the crew's specific safety advice in each destination.
- Always remain aware and vigilant, and stay away from situations where you do not feel comfortable.
- Avoid carrying too much money.
- Always avoid carrying your passport, driving licence, air tickets, and other valuable items around with you unless this is essential. Instead, keep valuables such as this locked away in the truck's safe, or the safety deposit box in the room or reception of the hotel/hostel.
- If you are carrying cash, cards or valuables, use a money belt or neck wallet which are more easily concealed and more difficult to pickpocket.
- Do not take any valuable jewellery, watches, etc. away with you in the first place.
- Avoid walking in poorly lit areas.
- If possible avoid walking around on your own; it is always safer to explore with others.
- Always try to walk with confidence and purpose, which will help you avoid looking like a lost tourist!
- Take special care when walking to avoid spraining or twisting your ankle on potholes, cobbles and uneven ground.

Activity Safety & Optional Activities

Optional activities are not included in the trip price or kitty, and do not form part of your contract with us. As such you accept that any assistance given by the crew members or local representatives in arranging optional activities does not render us liable for them

in any way. The crew are assisting you in arranging these activities for your added enjoyment whilst on your trip. The operators of these services and optional extras are local suppliers who contract directly with the client 'on the road', subject to and in accordance with their own terms and conditions. We accept no liability for any action or activity undertaken by the client which is arranged independently of us while on tour. Crew may take part in an optional activity but do so as private individuals and not as company representatives.

Please use your own good judgement when selecting an activity in your free time, taking into account your physical ability to take part and making sure you are happy with the safety aspects of the activity. Ensure that you use the appropriate equipment on optional activities, including life jackets, helmets, etc. This is especially important on activities such as horse riding, white-water rafting, etc.

Always ensure that your travel medical insurance covers you for all included and optional activities that you wish to participate in.

Extra Accommodation & Transfers

We believe you should make the most of the places you visit, so if you would like to see more of the joining or finishing point cities, why not book additional accommodation to extend your stay? We can take away the hassle of time zones and language barriers by making the booking for you. This service is available for some hotels in joining and finishing cities, immediately before or after the trip you are travelling on.

While we are happy to assist with booking your pre and post trip accommodation, it is important that you understand that you may be able to book your own room at a cheaper rate directly through the hotel or on the internet. Our additional accommodation prices are based on the hotel's rate plus an administration fee. Please note our rates do not reflect last minute walk-in rates or internet specials. We can also book arrival airport transfers for you as long as we have your flight arrival details. These are normally payable in

Uzbek and Turkmenistan Adventure - 15 Days

www.onthegotours.com
 UK 020 7371 1113 info@onthegotours.com
 AUS 1300 855 684 aus-info@onthegotours.com
 NZ 0800 44 77 69 CAN 1 866 890 7038
 USA 1 866 606 2960 SA 0800 990 311

This information has been compiled with care and good faith. They give an accurate illustration of the proposed arrangements for this holiday. Circumstances beyond our control such as changes in local conditions, inclement weather or other reasons could force us to make changes to this itinerary. Any costs shown are subject to change, though are an accurate reflection of costs at time of writing. Please also note that visa requirements are subject to change and are the responsibility of the traveller and not that of On The Go Tours.

Uzbek and Turkmenistan Adventure

cash upon arrival; however we do have pre-paid transfers in a few destinations.

Please contact our reservations team for details of the accommodation and transfers that we can offer.

A Few Rules

It is one of our core values to treat all people we encounter with respect, including the local people who make our destinations so special. We have therefore set down a number of rules to which our travellers must adhere. Engaging in commercial or exploitative sexual activities, committing acts of violence or threatening violence towards local people, other group members or any member of our staff is not allowed. Any customer engaging in such activities will be

required to leave the trip immediately with no refund of the trip price.

You must at all times comply with the laws, customs, foreign exchange and drug regulations of all countries visited and conduct yourself in accordance with our responsible travel policy. Any customer found contravening such laws or regulations will be required to leave the trip immediately with no refund of the trip price.

Although we are aware that in some parts of the world taking, carrying or selling drugs, carrying weapons, or engaging in commercial or exploitative sexual activities may be legal, it is not acceptable for our travellers and our tour leaders have the right to ask you to leave the trip immediately with no refund of the trip price if you are found to be engaging in such activities.

General Visa Information

Many countries require visas to enter; some must be obtained before you leave home and others can be obtained en route. Whilst the ultimate responsibility for obtaining visas is yours, we will endeavour to assist you wherever possible. If you require any supporting documentation for your visa applications, we can obtain this on your behalf.

For visas that are needed in advance, you may wish to submit the applications directly to the

relevant embassy or consulate. However, for trips that involve multiple visas, you may find it beneficial to use a specialist visa agency to assist you with your applications. While this does sometimes increase the cost, it usually makes the process much easier for you.

Visas can take several weeks to process so make sure you familiarise yourself with any requirements as soon as you have booked your trip to allow for processing time. As you will often need to submit your passport together with your applications, we recommend that you avoid making any travel plans in the weeks leading up to your departure.

For trips that are not yet guaranteed, you may find yourself in the position whereby you will need to start the visa application process prior to your trip being guaranteed - in this situation we still advise you not to purchase flights until your trip is guaranteed. However, you can start your visa application process, ensuring that when applying for your visas or letters of invitation that you allow several days before and after your entry into the country to allow for delays, availability of flights, etc.

The information provided here is given in good faith and was correct at time of writing; however please visit the relevant consular website of the country or countries you are visiting for detailed and up-to-date visa information specific to your nationality. Please be aware that rules surrounding visas do change, often suddenly, and without prior warning.

Turkmenistan Visas

Citizens of all countries will need a visa to enter Turkmenistan for up to 10 days. You will need a Letter of Invitation from a Turkmen agent in order to make the visa application.

Firstly you will need to apply for the Letter of Invitation – we will contact you to request additional information in order for us to make this application on your behalf. These support documents can take 4 - 5 weeks to issue, and will be emailed to you once they are ready.

Please note that there is a risk of your Letter of Invitation being rejected by the

Turkmen Ministry of Foreign Affairs which we have noticed has increased since last season. Unfortunately the decision that the ministry makes is completely out of our control and often they will not provide a reason as to why they have rejected the application, which we understand can be frustrating. If your Letter of Application is rejected and you are part of a longer trip, we will do our best to help with making alternative travel arrangements until you can rejoin the group, however this will be at your own cost.

We would also strongly recommend if flying into or out of Turkmenistan that you purchase flexible flight tickets in the event that your application is rejected. Turkmenistan Letters of Invitation are typically issued once a day to the complete group of people that happen to have applied on the same day through the same agent; as such your name, nationality and passport number will appear on a list on the Letter of Invitation alongside other tourists who may be on your trip or travelling with other companies, and this list will be shared with everyone on it.

As this is a standard practice of the Turkmen Ministry of Foreign Affairs, we do not have any control over this and cannot get around it; if you view this as an unacceptable breach of privacy, then you will be unable to apply for the Letter of Invitation and will not be able to travel to Turkmenistan.

After your Letter of Invitation has been issued, you can use this to apply for the visa in advance at any Turkmen Embassy. You can either apply yourself directly to the embassy, or hire a specialist visa agency to make the application on your behalf (which is recommended, especially if you are applying for several visas).

If you are joining the trip in Ashgabat, it is possible to obtain the visa on arrival at Ashgabat

International Airport. It is also possible to obtain the visa on arrival at the land border with

Uzbekistan at Dashoguz if you are on a Westbound trip. Both of these options can be very time consuming on arrival, so it is recommended that you obtain the visas in advance if possible – you will need the

Uzbek and Turkmenistan Adventure - 15 Days

updated on 09-07-2020 10:42:15

www.onthegotours.com
 UK 020 7371 1113 info@onthegotours.com
 AUS 1300 855 684 aus-info@onthegotours.com
 NZ 0800 44 77 69 CAN 1 866 890 7038
 USA 1 866 606 2960 SA 0800 990 311

This information has been compiled with care and good faith. They give an accurate illustration of the proposed arrangements for this holiday. Circumstances beyond our control such as changes in local conditions, inclement weather or other reasons could force us to make changes to this itinerary. Any costs shown are subject to change, though are an accurate reflection of costs at time of writing. Please also note that visa requirements are subject to change and are the responsibility of the traveller and not that of On The Go Tours.

Uzbek and Turkmenistan Adventure

Letter of Invitation in all cases. You must get your visa in advance if you will arrive into Turkmenistan at the port of Turkmenbashi after the Caspian Sea ferry on an Eastbound trip, as there are no visas available at the port – you will be denied entry onto the ferry in Baku if you do not have your visa in place. If obtaining your visa on arrival at one of the above locations please note all visa related fees are generally only to be paid in USD cash. Costs will vary for different nationalities as well as entry ports. Besides the visa fee, you will also be charged an immigration fee between 14 USD and 18 USD regardless if you already hold your visa or obtain it on arrival.

If you are asked to provide an address in Turkmenistan on your visa form, please use the address below:

Ak Altyn Hotel,
141/1 Magtymguly Avenue,
744000,
Ashgabat,
Turkmenistan
Tel: +99 312 363 700

If you are asked to provide a host in Turkmenistan on your visa form, please use the details of the Turkmen agent that issued your Letter of Invitation (this will be printed on the letter).

We will need to register your visa within 3 days of entering the country. Your tour leader can do this on your behalf, but please bring 2 passport photos for the registration process.

Uzbekistan Visas

Citizens of the UK, Australia, New Zealand, Canada and most EU countries do not require a visa to travel to Uzbekistan for up to 30 days as of the 1st of February 2019.

Citizens of the USA and South Africa will be required to obtain an E visa to enter Uzbekistan as a tourist for up to 30 days. E Visa's must be applied for online and in advance – please go to <https://e-visa.gov.uz/main> to apply; it should take 1 – 2 weeks to be approved, then they will send a visa approval confirmation to your email address which you must print out to present at the border – the costs may vary depending on your nationality.

Please note the visa's are only valid for 3 months from the date of issue.

If you are asked to provide an address in Uzbekistan on your visa form, please use the address below:

Uzbekistan Hotel
45 Mirzamakhmud Musakhaov Street
Tashkent
Uzbekistan
Tel - +998711131111

For citizens of countries that are not eligible for an E Visa, you will need to apply for a tourist visa at your closest embassy. You will also need a Letter of Invitation from an Uzbek agent in order to make the visa application, and you must obtain the visa in advance. You cannot obtain the visa at the border in any circumstance. Firstly you may need to apply for the Letter of Invitation from us - we will contact you to request additional information in order to make this application on your behalf. This service is included. These support documents can take several weeks to issue, and will be emailed to you once they are ready. You will need to specify at which Uzbek embassy you intend to make your visa application at. Please note that Uzbekistan Letters of Invitation are typically issued once a day to the complete group of people that happen to have applied on the same day through the same agent addressed to the same consulate; as such your name, nationality and passport number will appear on a list on the Letter of Invitation alongside other tourists who may be on your trip or travelling with other companies, and this list will be shared with everyone on it. As this is a standard practice of the Uzbek Ministry of Foreign Affairs, we do not have any control over this and cannot get around it; if you view this as an unacceptable breach of privacy, then you will be unable to apply for the Letter of Invitation and will not be able to travel to Uzbekistan. After your Letter of Invitation has been issued, you can use this to apply for the visa in advance at the Uzbek Embassy specified on your Letter of Invitation. You can either apply yourself directly to the embassy, or hire a specialist visa agency to make the application on your behalf (which is recommended, especially if you are applying

for several visas). Please note that you will only be able to apply at the embassy that you have previously specified, and your Letter of Invitation will not be valid for any other Uzbek Embassy.

If you are joining the trip in Tashkent or are on an Eastbound trip, you will need to obtain your visa in advance of travel. If you are travelling on a Westbound trip, many travellers choose to obtain their visa in Bishkek, Kyrgyzstan. Please ensure if you choose to obtain your Uzbekistan visa in Bishkek that you have your application form printed and ready to go along with any supporting documents required before you start your trip. Please note that the visa is only valid for a period of 3 months from the date of issue.