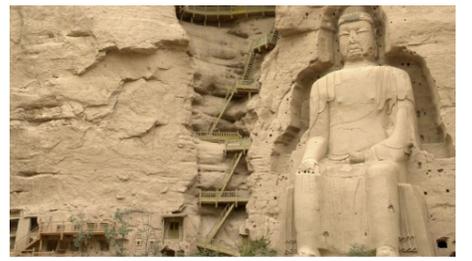




# JOURNEY THE WILDS OF ASIA & TIBET, (EKN)

Tashkent to Kathmandu 72 Days, departing 13th June 2021



## TRIP OVERVIEW

**Trip Style:** Overlanding

**Route:** Tashkent to Kathmandu

**Duration:** 72 Days

**Transport:** Overland Expedition Vehicle, Jeep, Russian Bus, Local Bus, Boat

**Accommodation:** Comfortable Hotel 9 nights  
Basic Hotel 33 nights  
Homestay 6 nights  
Yurt Camp 3 nights  
Wild Camp 4 nights  
Camping without facilities 5 nights  
Guesthouse 9 nights  
Multishare Hostel 1 night

**Meals:** Breakfasts x 39, Lunches x 13, Dinners x 17

**Physical Challenge:**

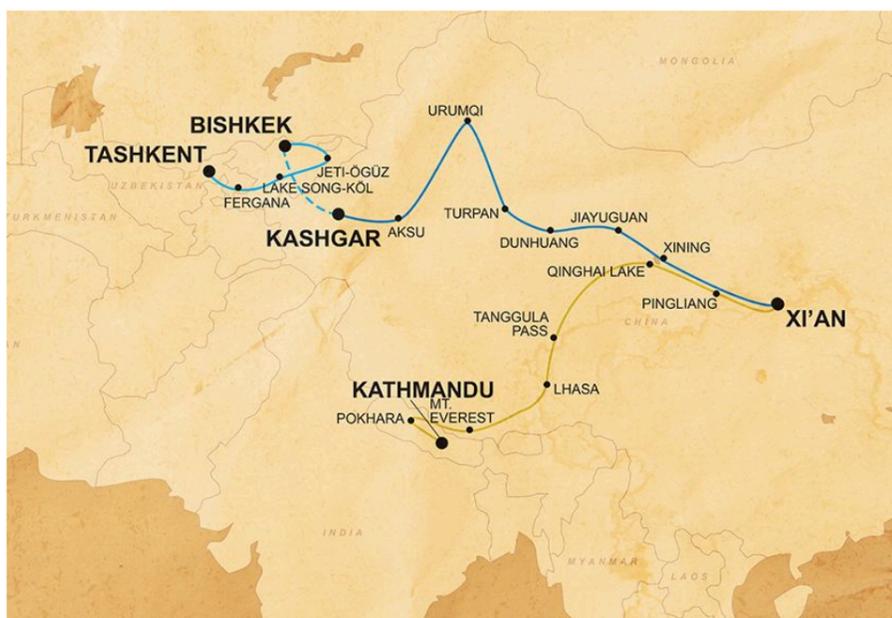


Depending on the trip, activities may include treks of 3-4 hours at altitude or across hilly terrain, multi-day treks at sea level, horseback riding, canoeing and other adventurous activities. A moderate level of fitness is required.

**Lifestyle Challenge:**



This is a trip for people with a real sense of adventure. You will be camping for the majority of the trip and the trip will include many long drive days and wild camps. The terrain may be very rough and the roads and facilities may be very basic or non-existent. The itinerary may be very flexible.



# DAILY ITINERARY

## Day 1 - Tashkent (13th June 2021)

**Meals:** Breakfast

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**Border Information:** if joining in Tashkent, you will most likely enter Uzbekistan at Tashkent International Airport (IATA code: TAS).

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.

The rest of the day is free to explore the Uzbek capital.

Please note that many of the options listed below will only be possible for those with extra time in Tashkent before the start of your trip with us - please contact the Sales team if you would like to book pre-tour accommodation with us to have extra time exploring Tashkent.

*\*Important note - 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. See the notes at the bottom for more details.\**

*\*Another important note - please be aware that all itineraries in Kyrgyzstan are highly weather-dependent. The itinerary described in these notes are a statement of best intention, but we must approach each trip in Kyrgyzstan with a large degree of flexibility, as our leaders and local guides will have to 'play things by ear' according to the local conditions and weather. In low season certain routes become impossible and it may become far too cold to camp - in all cases there are fantastic and well-tried alternatives in place which means we can always run an excellent and comprehensive trip here, but please do not treat the exact details of the itinerary listed here as gospel - thanks for your understanding!\**

Accommodation: Hotel Uzbekistan

## Day 2 - Fergana Valley (14th June 2021)

**Meals:** Breakfast

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This morning we travel in local transport over the Kamchik Pass to Kokand, where we will have the opportunity to visit the Khudayar Khan's Palace and the nearby Margilan Silk Factory before completing the journey to Fergana.

The truck must pass over the Kamchik Pass without passengers and will rejoin us this evening in Fergana City.

## Day 3 - Arslanbob (15th June 2021)

**Meals:** Breakfast

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**Border information:** Exit Uzbekistan at Andijon, enter Kyrgyzstan at Dustlik.

This morning we leave Uzbekistan behind and make our way into the magical mountain kingdom of Kyrgyzstan!

Once we have crossed the border we continue our journey to Arslanbob in Kyrgyzstan's Fergana Valley - if we are delayed at the border we may choose to stay in the closer town of Jalalabad instead.

## Day 4 - Arslanbob (16th June 2021)

**Meals:** Breakfast

---

Today we have a free day to explore the local area. There will be options to do an all day hike to a big waterfall or alternatively do an optional horseride through the Walnut Forest

## Day 5 - Kyrgyz Fergana Valley (17th June 2021)

**Meals:** Breakfast, Lunch, Dinner

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We will spend the next 2 days overlanding through the stunning and remote Kyrgyz Fergana Valley, stopping often to admire the views and perhaps take some impromptu hikes in the hills and countryside. Tonight we will find a wild camp close to Toktugal Lake. Please note that trips running in low season (May to mid-June and October to November), we may not be able to camp if temperatures are too low, in which case we will stay in local guesthouses along the route instead.

## Day 6 - Kyrgyz Fergana Valley (18th June 2021)

**Meals:** Breakfast, Lunch, Dinner

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We will have another day of scenic driving as we make our way to our second wild camp at Karakuchi Gorge

### Day 7 - Son-Kol Lake (19th June 2021)

**Meals:** Breakfast, Dinner

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Today we complete the drive to the incredible Song Köl Lake, where we will spend the next two nights.

We will have free time here to explore the area, and to enjoy some optional activities including hiking and horse-riding.

*Please note that trips during the low season will not be able to visit Song Köl Lake, as temperatures will be below freezing, the road will be snowed over, and there will be no yurts to stay in! Instead we will likely stay in yurts on the southern shore of Lake Issyk Köl.*

### Day 8 - Son-Kol Lake (20th June 2021)

**Meals:** Breakfast, Dinner

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We will have free time in Song Kul Lake today to explore the area, and to enjoy some optional activities including hiking and horse-riding.

### Day 9 - Kochkor (21st June 2021)

**Meals:** Breakfast, Dinner

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Today we drive to the small village of Kochkor, where we stay in local family-run guesthouses and enjoy traditional Kyrgyz hospitality!

Whilst here we will visit a small museum and women's felt making cooperative that produces 'shyrdaks', the felt carpets for which Kyrgyzstan is renowned. We may also have the opportunity here to see some excellent local musicians playing traditional Kyrgyz folk music and to see how a yurt is put up!

### Day 10 - Jeti-Oguz Valley (22nd June 2021)

**Meals:** Breakfast, Lunch, Dinner

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Today we drive along the southern shore of Lake Issyk Köl and up into the mountains to the alpine trekking region of Jeti Oguz. En route we will have an included demonstration from a local 'eagle hunter'.

The next day we will have a free day to hike in the incredible scenery here, or take an optional horse ride with some of the local nomads!

*Please note that on trips in the low season we may not be able to camp in Jeti Oguz due to low temperatures. If this is the case, we will stay for 1 night in a local hotel at the base of Jeti Oguz Valley (allowing time for some day walks) and then move via a stunning and incredible drive up a mountain in a Russian 4x4 truck to Altyn Arashan, a hot spring development in a stunning alpine setting, staying in dormitory accommodation.*

### Day 11 - Jeti-Oguz Valley (23rd June 2021)

**Meals:** Breakfast, Lunch, Dinner

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Today is a free day where we will have the chance to hike in the incredible scenery around Jeti Oguz, or take an optional horse ride with some of the local nomads!

### Day 12 - Karakol (24th June 2021)

**Meals:** Breakfast

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Today we will move on from Jeti Oguz or Altyn Arashan to the Russian-style town of Karakol, where we will have a free afternoon to explore and relax!

### Day 13 - Chong Kemin Valley (25th June 2021)

**Meals:** Breakfast, Lunch, Dinner

---

Today we will drive to the northern shore of Lake Issyk Köl and visit the ancient petroglyphs at Cholpon Ata. We will then continue to the beautiful area of Chong Kemin where we will spend 2 nights.

In Chong Kemin we will wild camp. If it is too cold or simply preferred by the group, we may choose to camp in the grounds of a guesthouse in Ashu, a village in the Chong Kemin valley, where there could be the possibility to upgrade to rooms.

## Day 14 - Chong Kemin Valley (26th June 2021)

**Meals:** Breakfast, Lunch, Dinner

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We will spend another night in Chong Kemin today and will have free time to explore and hike in this stunning area, or to get involved in an optional white water rafting excursion!

## Day 15 - Bishkek (27th June 2021)

**Meals:** Breakfast

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Today we have a short drive to the Kyrgyz capital of Bishkek, with the opportunity to visit the Burana Tower en route. We will have free time to relax and explore the city upon arrival.

## Day 16 - Bishkek (28th June 2021)

For everyone that is continuing with us to China, there will be quick pre-departure meeting at 10:00am in order to explain the next 6 days until Kashgar, and your leader will collect the kitty for this linking section.

The remainder of the day is free to explore the relaxed and atmospheric city of Bishkek, the capital of Kyrgyzstan.

Hotel for the night: Hotel Asia Mountains

Hotel Asia Mountains

1a Lineinaja St

Bishkek 720021

Kyrgyzstan

Tel: +996 312 694 075

## Day 17 - Kochkor (29th June 2021)

**Meals:** Breakfast, Dinner

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Today we drive to the small village of Kochkor, where we stay in local family-run guesthouses and enjoy traditional Kyrgyz hospitality!

Whilst here we will visit a small museum and women's felt making cooperative that produces 'shyrdaks', the felt carpets for which Kyrgyzstan is renowned. We may also have the opportunity here to see some excellent local musicians playing traditional Kyrgyz folk music and to see how a yurt is put up!

*Please note that if the group has no new people joining in Bishkek, we may choose to stay instead in a guesthouse in the small town of Naryn (a further 2 hour drive beyond Kochkor). This is so that we don't repeat Kochkor unnecessarily and can have more time to explore the area of Tash Rabat the following day.*

## Day 18 - Tash Rabat (30th June 2021)

**Meals:** Breakfast, Lunch, Dinner

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Today we continue our journey south to Tash Rabat, once a key staging post on the Silk Road close to the Kyrgyzstan-China border. During our time here we will visit an ancient caravanserai and have some time to explore the surrounding area.

In Tash Rabat we will wild camp. In cold weather (or if simply the group prefers and there is availability), we may choose to stay in local nomadic yurts that are set up for guests near the caravanserai, sleeping 8-10 people per yurt.

## Day 19 - Kashgar (1st July 2021)

**Meals:** Breakfast

---

**Border information:** Exit Kyrgyzstan at Torugart, enter China at Torugart.

Today we will have a full day drive over the 3752m Torugart Pass, crossing into China and heading down to the Uighur city of Kashgar.

## Day 20 - Kashgar (2nd July 2021)

**Meals:** Breakfast

---

Today we will have free time to explore the city of Kashgar and partake in any optional activities whilst we wait for our paperwork and documents to be processed with the border formalities

## Day 21 - Kashgar (3rd July 2021)

**Border Information:**

if joining in Kashgar, you will most likely enter China at Kashgar Airport (IATA code: KHG).

Welcome to Kashgar, one of the ancient trading posts on the Silk Route! If you are joining in Kashgar, you are free to explore the city, and there will be a group meeting today at 6:00pm. Please do not be alarmed if there is no welcome note at the hotel on your arrival, as this is often a travelling day for the tour leader and they will often arrive in Kashgar mid-afternoon.

Please note that many of the optional activities will only be possible for those with extra time in Kashgar before the start of your trip with us - please contact the Sales team if you would like to book pre-tour accommodation with us to have extra time exploring Kashgar.

## Day 22 - Kashgar (4th July 2021)

Today we will visit the animal market just outside of town, and then the famous Kashgar Sunday Bazaar. We will also have an included visit to Shiptons Arch - the largest natural arch in the world!

## Day 23 - Kashgar (5th July 2021)

Today we will have a free day to explore the town, the central Id Kah Mosque and its surrounding square, while your crew finalise the customs procedures for our truck to continue further into China.

## Day 24 - Aksu (6th July 2021)

**Meals:** Breakfast

---

Our journey through China begins as we leave Kashgar and head east through the Taklamakan Desert! Our crossing of the desert usually takes 3 days/2 nights, and we plan to stay in local hotels en route.

*Please note that due to political tension in Western China there are many police checkpoints that we must go through to show our passports in the Xinjiang province. Sometimes it may be preferred by the group and the leader to split this drive over 2 days, staying in a local hotel in between - in this case we will have 1 less night in Pingliang towards the end of the trip.*

## Day 25 - Korle (7th July 2021)

**Meals:** Breakfast

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We continue our drive through the great Taklamakan Desert.

## Day 26 - Urumqi (8th July 2021)

Today we will continue on to Urumqi, the capital of Xinjiang province.

## Day 27 - Urumqi (9th July 2021)

On the second day in Urumqi we will have an included visit to Heavenly Lake to enjoy the incredible scenery in the Tian Shan Mountains and walk around the lake.

## Day 28 - Turpan (10th July 2021)

Today we will travel to the oasis town of Turpan, where we stay for 2 nights.

## Day 29 - Turpan (11th July 2021)

On our next day in Turpan there is time for exploring the surrounding sites, including the famous Jiaohe ruins.

## Day 30 - Dunhuang (12th July 2021)

Today we will have an early start and a big drive to the city of Dunhuang.

*Please note that due to political tension in Western China there are many police checkpoints that we must go through to show our passports in the Xinjiang province. Sometimes it may be preferred by the group and the leader to split this drive over 2 days, staying in a local hotel in between - in this case we will have 1 less night in Pingliang towards the end of the trip.*

### **Day 31 - Dunhuang (13th July 2021)**

The following day we will have an included visit to the awe-inspiring Mogao Buddha Caves in the morning. We will then have a free afternoon to explore this amazing town and its surroundings - there are possibilities for camel rides along the sand dunes and bicycle rides out to the nearby White Goose Pagoda!

### **Day 32 - Jiayuguan (14th July 2021)**

**Meals:** Lunch, Dinner

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Today we continue our journey with a drive to Jiayuguan, where we will have an included visit to the Jiayuguan Fort - the most western point of the Great Wall of China. Please note the Great Wall in this area is adobe, unlike the more famous stone sections further to the east.

### **Day 33 - Zhangye (15th July 2021)**

**Meals:** Breakfast, Lunch, Dinner

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Today we will drive to the incredible Zhangye Danxia Rainbow Mountains - we'll spend some time exploring the region before heading off to find a place to camp.

### **Day 34 - Liujiaxia (16th July 2021)**

**Meals:** Breakfast

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Today we will drive onto the lower slopes of the remote Tibetan plateau and reach the small city of Liujiaxia.

### **Day 35 - Xiahe (17th July 2021)**

Today we set off to the enchanting Tibetan town of Xiahe where we spend the next 3 nights. We will have an included visit to the incredible Bingling Si Buddha Caves en route.

### **Day 36 - Xiahe (18th July 2021)**

The next few days are free to explore this beautiful town and surrounding grasslands. We can take a guided visit to the Labrang Monastery where Tibetan monks can be seen doing their daily rituals and chants.

### **Day 37 - Xiahe (19th July 2021)**

On your second free day there may also be a chance to go trekking, cycling or exploring the surrounding grasslands, visiting Tibetan families and perhaps trying the local Yak butter tea.

### **Day 38 - Lanzhou (20th July 2021)**

Today we will leave Xiahe and head to the chaotic capital city of Gansu province, Lanzhou. We will have some free time this evening to explore the city.

### **Day 39 - Pingliang (21st July 2021)**

Today we will drive to the town of Pingliang at the base of the Mount Kongtong, one of the holiest mountains in Chinese Taoism.

### **Day 40 - Pingliang (22nd July 2021)**

**Meals:** Breakfast

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The following day we will have an included visit to Mount Kongtong, and will have the full day to explore the temples and walk and explore the pilgrimage routes on the mountain.

*Please note that if the drive between Turpan and Dunhuang was split over 2 days, there will only be 1 night in Pingliang and a half-day exploration of Mount Kongtong.*

### **Day 41 - Xi'an (23rd July 2021)**

**Meals:** Breakfast

---

Today we will journey to the amazing city of Xi'an, the ancient capital of Shaanxi province and the end of the 'Silk Road'! We will have a free afternoon to fully explore the city, its famous walls, bell and drum towers, pagodas and Muslim Quarter.

### **Day 42 - Xi'an (24th July 2021)**

**Border Information:**

if joining the trip in Xi'an, you will most likely enter China at Xi'an Xianyang International Airport (IATA code: XIY).

Please note that our trips between Kathmandu and Xi'an travel through extreme environments and these itineraries WILL NOT NECESSARILY RUN AS PUBLISHED. We will adjust trip itineraries depending on weather, altitude effects, group make up and road conditions. This day by day itinerary is provided as a rough guide only.

There will be a group meeting at 10:00am in our hotel in Xi'an - please look for a note from your tour leader when you arrive at the hotel giving more details about this important meeting.

In the afternoon there will be an included visit to the awe-inspiring world-famous Terracotta Warriors.

Please note that many of the options listed below will only be possible for those with extra time in Xi'an before the start of your trip with us - please contact the Sales team if you would like to book pre-tour accommodation with us to have extra time exploring Xi'an.

### **Day 43 - Pingliang (25th July 2021)**

Today we will start our journey with a drive from Xi'an to Pingliang.

### **Day 44 - Pingliang (26th July 2021)**

Today we will have an included day visit to the holy mountain of Kongtong, where we can freely trek and explore the incredible area and visit all the temples built on impossibly steep mountain sides.

### **Day 45 - Lanzhou (27th July 2021)**

Today we will arrive into the chaotic city of Lanzhou, with time to explore in the afternoon.

### **Day 46 - Xiahe (28th July 2021)**

From Lanzhou we will drive on to the enchanting Tibetan town of Xiahe, where we will be staying for 3 nights.

### **Day 47 - Xiahe (29th July 2021)**

Today we have a free day to explore the incredible Labrang Monastery and the local town.

### **Day 48 - Xiahe (30th July 2021)**

This morning after breakfast we have the option to day a day trip up into the Sangke or Ganjia grasslands of the lower Tibetan Plateau.

### **Day 49 - Liujiaxia (31st July 2021)**

Leaving Xiahe, we drive on to the small town of Liujiaxia. En route we will have an included visit to the phenomenal Bingling Si Buddha Caves.

### **Day 50 - Qinghai Hu (1st August 2021)**

For the next 2 days we will be overlanding through Qinghai province through an area that is a giant basin surrounded by high mountains, and en route we will pass the vast and starkly beautiful Qinghai Hu Lake. The population of this part of the Tibetan Plateau is thinly spread and mainly comprises of Kazakhs, Moguls and Hui.

### **Day 51 - Qinghai Hu (2nd August 2021)**

Today we will complete our drive to the vast and starkly beautiful Qinghai Hu Lake.

### **Day 52 - Golmud (3rd August 2021)**

We continue our overland journey today across the high plateau, arriving at the small town of Golmud.

### **Day 53 - Amdo (4th August 2021)**

**Meals:** Breakfast, Lunch, Dinner

---

Leaving Golmud we head out across the plateau once again. We will spend the next 3 days slowly driving uphill to acclimatise to the altitude. Today we will cross the Kunlan Pass at 4849m.

### Day 54 - Amdo (5th August 2021)

**Meals:** Breakfast

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Today's drive will take us over the famous Tanggula Pass (5231m) which marks the start of Tibet. There will be plenty of stunning views to enjoy today before reaching the town of Amdo.

### Day 55 - Amdo (6th August 2021)

**Meals:** Breakfast, Lunch, Dinner

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We continue our drive towards Lhasa today. If time and conditions permit we may be able to make a side trip to Namtso Lake en route before finding a place to wild camp.

### Day 56 - Lhasa (7th August 2021)

**Meals:** Breakfast

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Today we complete our journey to the famous and evocative city of Lhasa, the religious, cultural and economic centre of Tibet, where we will be staying for the next 3 days.

### Day 57 - Lhasa (8th August 2021)

**Meals:** Breakfast

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After breakfast we will have a guided tour of the incredible Potala Palace as well as an included visit to the Sera Monastery.

### Day 58 - Lhasa (9th August 2021)

**Meals:** Breakfast

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Today we will get the chance to wander the Tibetan quarter around the Jokhang Monastery, one of the most sacred in Tibet.

### Day 59 - Lhasa (10th August 2021)

**Meals:** Breakfast

---

We have a free day today to explore the beautiful city of Lhasa. Take the time to visit one of the many monastery's or temples in the area or simply stop for a drink at one of the local teahouses and soak up the atmosphere.

### Day 60 - Gyantse (11th August 2021)

Today we will continue over the Kampa La Pass (4794m) to the town of Gyantse. In the afternoon we will have an included visit to the Palcho Monastery and time for an optional visit to the Gyantse Fort.

### Day 61 - Shigatse (12th August 2021)

Depending on what time we arrived in Gyantse yesterday, we may decide to have some more time here this morning before driving on to Shigatse, Tibet's second biggest city.

On arrival in Shigatse we will have an included visit to the Tashilhunpo Monastery.

### Day 62 - New Tingri (13th August 2021)

Today we continue our journey with a drive over some more high mountain passes to reach New Tingri (also known as Shegar), where we will meet the junction for the road to Everest Base Camp on the Tibetan side. This is usually a fairly long day's drive, but the stunning views and scenery make this one of the world's most visually fantastic journeys!

### Day 63 - Rongbuk (14th August 2021)

From New Tingri we make the journey to the Rongbuk Monastery. The drive is not an easy one, passing over another 5200m pass, but the views are sensational and (weather permitting) we should have excellent views of Mount Everest.

Once we have reached the Rongbuk, we will have free time to explore the area and visit the Monastery and take in the stunning views of Everest!

Tonight we will stay in the Monastery Guesthouse

*Please note: It is no longer possible to visit the actual Tibetan Everest Base Camp as it is closed to tourists as of February 2019.*

### Day 64 - New Tingri (15th August 2021)

This morning we have some more time at Rongbuk - hopefully when you open up in the morning, there will be a spectacular view of Mount Everest! We will drive back down to New Tingri this afternoon.

### Day 65 - Friendship Highway (16th August 2021)

**Meals:** Breakfast, Lunch, Dinner

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We will spend the next 2 days climbing high into the mountains over the Lalungla Pass (5050m) up into the Himalayas and then down to the Nepalese border. This is part of the famous "Friendship Highway", cutting through gorges, across plateaus and over high passes. On all the passes that we cross you will see the ever present pilgrim prayer flags, cairns and scattered "wind horse" papers.

### Day 66 - Nuwakot (17th August 2021)

**Meals:** Breakfast

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Border information: Exit China at Kyirong, Enter Nepal at Rasuwa Gadhi.

Crossing the border from the Tibetan Autonomous Region into Nepal, we will travel along small winding roads to the historic village of Nuwakot. Nuwakot is one of Nepal's hidden gems nestled in the central hills of the country. Full of ancient temples and palaces, it has a beautifully serene atmosphere and rustic ambience - perfect for getting a taste of the calm pace of rural Nepalese life.

### Day 67 - Nuwakot (18th August 2021)

**Meals:** Breakfast

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Today we will have a chance to relax and unwind either exploring the local village or stretch your legs taking a walk around the terraced fields and hills of Nuwakot.

### Day 68 - Pokhara (19th August 2021)

**Meals:** Breakfast

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Today we will spend a little more time enjoying the serenity of Nuwakot, before taking a short drive to Nepal's second city - the adventure town of Pokhara! We will spend 2 nights here.

### Day 69 - Pokhara (20th August 2021)

**Meals:** Breakfast

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Today we will have a free day in the fantastic city of Pokhara. The area is famous for its myriad of spectacular waterfalls surrounded by fertile forests and towering mountains, for its fantastic choice of yoga and meditation retreats, and for its overwhelming choice of adventure activities from trekking to rafting to zip-lining to mountain biking!

### Day 70 - Khatauti Khola (21st August 2021)

**Meals:** Breakfast, Lunch, Dinner

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This morning we will journey to Khatauti Khola, home to the Royal Beach Camp eco-adventure camp in the Nepalese mountains.

There are several optional activities on offer here such as kayaking, rafting, hiking and mountain bikings or simply relax in the quiet surroundings.

### Day 71 - Kathmandu (22nd August 2021)

## Meals: Breakfast

---

This morning we will spend some free time at the Royal Beach Camp to give us more time to take part in the optional adventure activities there, then after lunch we will drive the last stretch up to Kathmandu, the evocative capital of Nepal.

## Day 72 - Kathmandu (23rd August 2021)

### Border information:

if leaving in Kathmandu, you will most likely exit Nepal at Kathmandu Tribhuvan International Airport.

Today is the end day for passengers finishing their trip in Kathmandu. 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 and take part in some of the optional activities listed below.

### Accommodation:

## 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 Dragoman. You may be required to sign/complete a waiver form or optional activity form for some optional activities. For more information around activity safety and insurance, please see the Essential Information document.

## EMERGENCY CONTACT INFORMATION

In the event of a real emergency once you have left your home country, please contact us on our out of office hours number. 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**

## A FEW RULES

We expect all group members to act respectfully towards our staff and other group members. Bullying will not be tolerated.

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, or carrying weapons may be legal, it is not acceptable for Dragoman customers 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.

## ISSUES ON THE TRIP

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with your group leader or our local partner straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip.

We recognise that there may be times when your group leader may not be able to resolve a situation to your satisfaction. If this is the case please contact our customer relations department on [customer-relations@dragoman.co.uk](mailto:customer-relations@dragoman.co.uk).

You may also choose to provide details in your feedback questionnaire which we ask you to complete at the end of your trip, but we do ask you to be aware that it is very difficult for us to provide any practical help after the trip is complete.

## IMPORTANT NOTES

### OVERLANDING LIFESTYLE

Dragoman was founded in 1981, and has had many years of experience of leading overland trips across 4 continents. Overlanding is all about sharing a great travelling experience with like-minded people. On your trip you'll travel in one of Dragoman's 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! For more details of how an overlanding trip works, please see the Essential Information document.

### SAFETY STANDARDS

We run adventure journeys in off the beaten track areas, which often have poor infrastructure. You should expect that some of these areas do not adhere to 'Western' safety standards. For more information, please see the Essential Information document

### MEDICAL ASSISTANCE IN REMOTE AREAS

We will be travelling to areas in remote locations where medical assistance will not be available, and communications may be sparse. We do not carry satellite phones on our regular trips. Therefore, 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.

### VISAS, HEALTH, INSURANCE & MONEY

Before you travel there are vital things to consider such as:

- Any visas needed for your trip
- Any vaccinations needed (please consult your GP or travel clinic)
- Organising your local payment (the kitty)
- Buying travel insurance (insurance is compulsory to be allowed to join our trips)

For more information on these topics, please see the Essential Information Document.

## 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 [download our AMS information sheet](#) or refer to the following website: [www.high-altitude-medicine.com](http://www.high-altitude-medicine.com). If you are starting your trip in a destination above 2800m/9200ft we strongly advise reading this information prior to arrival. 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.

**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.**

## 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-psychootropic-substances.html>

It is very important that you do not bring any such medications as the customs officials will treat this as though you were trying to bring illegal narcotics into the country. The rules are strict; 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. The consequences could be huge, not only for yourself but for the tour leaders, for Dragoman's future operation in the region and especially for our local agents and guides.

Please note that we cannot allow you to travel on a Central Asia trip if you refuse to dispose of such medicines or refuse to cooperate 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.

## TIBET NOTE

We will be travelling through high remote mountains and the itinerary may have to vary somewhat due to weather or road conditions. We will need to remain flexible with these itineraries as temperatures can vary.

In general, the summer months (June, July and August) can be warm during the day but temperatures can drop to below 0°C at night. For this reason we recommend taking warm clothes for ALL trips in Tibet. For trips that run during the colder months we recommend you bring extra warm clothing as it is not uncommon for temperatures to fall to -10°C, sometimes colder.

We recommend you check local average weather conditions for each country you will be travelling to in order to properly prepare for your trip.

We will also be travelling to very high altitudes (around 5,000m), so please be aware of the effects of altitude sickness.

## UZBEKISTAN NOTES

## KYRGYZSTAN NOTES

### KYRGYZSTAN NOTE

We will be travelling through high remote mountains and the itinerary may have to vary somewhat due to weather or road conditions. When it is too cold to visit Song Köl Lake or camp (May to mid June, October and November) we will run an alternative itinerary which may include a yurt stay on the southern shore of Lake Issyk-Kul, a night at a homestay or a night at a hot spring development known as Altyn Arashan.

We will need to remain flexible with these itineraries as temperatures can vary.

In general, the summer months (June, July and August) can be warm during the day but temperatures can drop to 0°C at night. For this reason we recommend taking warm clothes and a warm sleeping bag for ALL trips in Kyrgyzstan. For trips that run during the colder months (May to mid June and September to October/November) we recommend you bring extra warm clothing and an all-season sleeping bag as it is not uncommon for temperatures to fall to -10C, sometimes colder.

We recommend you check local average weather conditions for each country you will be travelling to in order to properly prepare for your trip.

## CHINA NOTES

## NEPAL NOTES

Please ensure you have an up to date version of these notes. **These notes were printed on the 29th November 2020**