



## Uzbekistan Tour FAQ's

EYHO Tours

### Wondering if this tour is right for you?

Allow us to answer this question comprehensively by providing relevant information that will help you decide.

### How strenuous is this tour?

If you can walk comfortably at a moderate pace for hour-long stretches, you can do this tour. Visits to historical monuments and even some modern ones include stairs (as do some hotels). We have private bus transfers on crowded urban roads. The longest transfer on this tour is 4hrs with 2 breaks.

### What are the hotels like in Uzbekistan?

We select accommodations for cultural relevance, comfort, safety, and personal service. In all cases, they are the best available. All accommodations have private bathrooms and western-style toilets. In Uzbekistan, 5\* hotels are frequently modern and lack traditional charm; if 3\* or 4\* hotels offer a more Uzbek "feel", along with excellent services and being well situated, they are preferred.

### What is the comfort level of this tour?

On a scale of 0-5, where 5 = decadent luxury and 0 = basic camping, this tour is rated a 3.5. We go into villages and crowded markets. Sometimes we invite you to explore the ruins of desert fortresses or take a meal in a yurt camp. Activities such as these invariably add to your overall experience, and are designed with your comfort and safety in mind. You do not ever need to participate in activities that make you feel uncomfortable.

### Do I need a visa for Uzbekistan?

As of February 2019, citizens of Canada, Australia and the U.K. do not require a visa for a stay of up to 30 days in Uzbekistan ([see full list of countries exempt](#)). US citizens, [and citizens of other countries](#), can obtain e-visas online for a fee of 20 USD (single entry) at <http://evisa.mfa.uz>. Please note that the tourist visa is valid for a 30-day visit, which is the maximum stay duration permitted for tourists. eVisa applications must be submitted for processing no less than 3 days before your planned date of entry although we do not recommend waiting this late to start the process.

Please understand that it is your sole responsibility to possess a valid passport and visa prior to embarking on this tour.

### What's the weather?

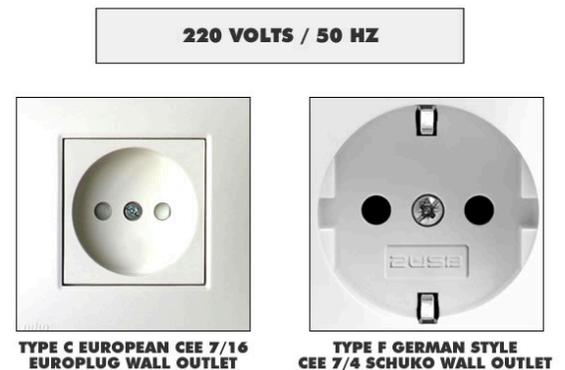
Like most of the northern hemisphere, March in Uzbekistan is cool spring and brings unpredictable variations in weather. Days can range from low 60s F to high 80s F. Evenings are generally 20-30 degrees cooler. There is generally little humidity. Although not likely, there is the possibility of showers.

### What about clothes and valuables?

A comprehensive packing list will be supplied. Consider layering clothes. Pack a compact windbreaker and fleece hoodie, as well as warm socks, toque, and mittens in case of inclement weather. A hot water bottle comes in handy for warm toes at bedtime. Comfortable closed-toed walking shoes are recommended. Dresses below the knees, and trousers and sleeveless dresses are acceptable. Leave all expensive jewelry and valuables at home.

### What is the voltage?

For Uzbekistan there are two associated plug types, types C and F. Plug type C is the plug which has two round pins and plug type F is the plug which has two round pins with two earth clips on the side. Uzbekistan operates on a 220V supply voltage and 50Hz.



### I'm flying two long haul flights. What do I carry with me on the plane?

Carry all valuables with you: your passport (keep the photocopy in another bag), travelers' checks, cash, camera and memory cards, phone, and prescription medication. In case of baggage delays, a change of clothes along with chargers, shaving supplies, deodorant, toothbrush and toothpaste, medicines and tissues. All amenities, including toilet paper, are available in Uzbekistan.

### What is the Time Zone in Uzbekistan?

Uzbekistan is 9 hours ahead of Eastern Standard Time (4:00 pm in NY is 1:00 am in Tashkent).

### Did you mention toilet paper? What the deal with bathrooms in Uzbekistan?

Hotel stays and many restaurants offer western style toilets. However, on road transfers, toilet paper may not be available and toilets may be basic. Sometimes there is a small charge for public restrooms.

### How can I call home from Uzbekistan?

Cellular service is widely available in Uzbekistan and all hotels offer WiFi connectivity however the speeds may not be optimal for downloading large files. It is now possible for tourists to buy SIM cards for calls and data. Charges for calls to North America and Europe are reported to be around 0.77 USD per minute so you are advised to check with your provider to compare pricing.

### What happens if I get sick in Uzbekistan?

There is only one clinic of international standards in Uzbekistan and it is located in Tashkent. Serious medical emergencies require evacuation. This is the reason we require you to carry trip insurance that covers medical evacuation. Rest assured, however, that upper respiratory infections and digestive illnesses are the most frequent occurrences and can usually be treated with normal self-care regimens. We recommend bringing your preferred over the counter remedies (ibuprofen/acetomenopfen, Immodium/Pepto Bismol) as well any other prescription medications recommended by your clinical provider for ongoing or limited use. Traveller's diarrhea is not common if you follow basic guidelines and antibiotics can be purchased locally if needed. Keep a list of your medications with their pharmaceutical names and dosage, as most common medicines are available in Uzbekistan but often under other names.

However, an ounce of prevention is worth a pound of cure so we offer some basic recommendations to avoid becoming ill. On the airplane and during transit, use hand sanitizer and wipes to keep your hands and surrounding surfaces (armrests, seat belt buckles, tray tables) clean. Stay well hydrated and avoid touching your face. While touring, wash or sanitize your hands frequently.

In the hotels and restaurants that cater to tourists, food is safely prepared. If you purchase fresh produce to consume, make sure to wash it thoroughly with bottled water and peel it. Safe bottled water is readily available throughout Uzbekistan. Do not consume tap water and, to be safe, decline ice cubes in drinks.

### Will drinking water be provided while travelling?

We provide daily bottled drinking water while on the road. In the interest of reducing plastic waste, please consider bringing your own refillable water bottle as many hotels have treated water dispensers.

### What about the currency? (The information in this section will be updated closer to the tour dates)

The black market that previously operated in Uzbekistan was eliminated in 2017 when the official exchange rate was granted parity. Uzbek currency is the *s'om* that currently trades at 8815 to 1 USD.

Currency may be exchanged at the airport and banks (they operate 6 days a week). The only currencies accepted for exchange are Euros, USD, GBP and Yen. Bills that are not fresh and crisp may not be accepted. ATMs are increasingly available in cities and luxury hotels frequented by tourists, however their operation maintenance and supply of *s'om* is not guaranteed.

#### How much cash should I carry? In what currency?

To date, credit cards are not useful for most purchases in Uzbekistan and you will need cash for small and large purchases. Since getting *s'om* at banks can be time consuming, we recommend exchanging a minimum of 200 USD on arrival for non-included meals and other incidentals. If you are planning to shop for Uzbek goods, you will obviously want to exchange more. *S'om* can be exchanged for USD at most banks prior to departure.

#### What about tipping?

Included are tips for hotel staff and porters. However, we run an additional \$100/person tipping kitty for drivers and guides. You may supplement if you wish. Any unused amounts at the end will be democratically spent.

#### And shopping . . . ?

The arts and crafts of Uzbekistan are wide ranging: woven and embroidered textiles, carpets, clothing, ceramics, woodcarvings, painting, silversmithing, and . . . the list goes on. Quality and the price vary widely. Be sure to check the quality of what you buy. Bargaining is expected in open-air markets.

#### What about the food in Uzbekistan and dietary restrictions?

Uzbekistan has some of the most delicious food in Central Asia; there are some very tasty and unique dishes and the ingredients are usually fresh and almost always local. Meat is included in many dishes although not necessarily in large portions. There are almost always options for vegetarians but vegans might find fewer options outside of Tashkent.

#### Do I need any vaccinations?

No vaccinations are mandatory in order to enter Uzbekistan. At all times, follow the recommendations of your travel health clinic including shots for hepatitis A/B, typhoid and Tetanus, Diphtheria, and Polio.

More questions? We have answers! Feel free to contact us: [shila@eyhotours.com](mailto:shila@eyhotours.com)