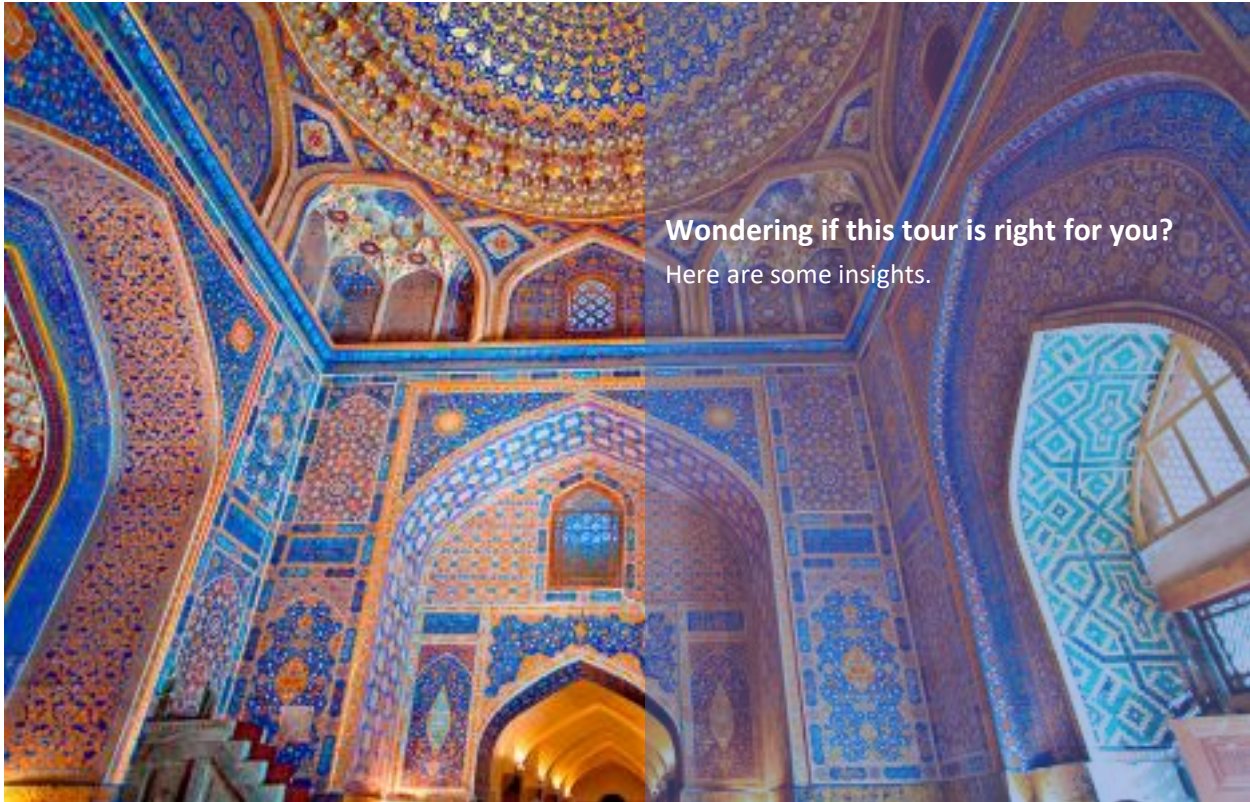




Uzbekistan-Tajikistan tour – FAQs



Wondering if this tour is right for you?
Here are some insights.

Uzbekistan – the most fascinating country you’ve never been to.

Tajikistan – the most fascinating country you’ve probably never considered visiting.

These Central Asian countries contain the best of the Silk Route’s ancient architecture, arts, and textile traditions. Here’s what you need to know to maximize your experience.

How strenuous is this tour?

A good level of fitness is essential. Unless you enjoy unimpaired mobility, can cope with everyday walking and stair-climbing without difficulty, and are reliably sure-footed, this tour may not be for you.

You must be able to walk comfortably and without assistance at a moderate pace for one hour stretches. A moderate pace of walking is defined as 100 steps per minute. Visits to historical monuments and even some modern ones include stairs, as do some hotels. The ground may be uneven in older cities. There are some steep walks. Unruly traffic and the busy streets of larger cities require some vigilance. This tour involves private bus transfers on crowded urban roads. The longest transfer on this tour is 5hrs with 2-3 breaks.



Most sites have some shade, but the sun can be strong, even in the cooler seasons.

Secondly, our tours are group events. The presence of even one person who is not fit enough to cope can spoil the experience for everyone else, and stress group leaders and guides.

Please assess your fitness level as objectively as possible. Should you decide to join the tour and later develop immobility, please let us know immediately.

(When you register, we will require your acknowledgement of the above requirement)

What are the hotels like?

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 both Uzbekistan and Tajikistan, 5* hotels are not necessarily better: they are frequently modern, geared towards the business traveller, lack traditional charm, and are located outside of the medinas. We opt for 3* or 4* hotels that offer a more regional feel, along with excellent service and location.

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 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 can opt out of activities that make you feel uncomfortable.

Do I need a visa?

Citizens of Canada, Australia and the U.K. do not require a visa for a stay of up to 30 days.

US citizens 16-55 years old require e-visas. If you're a US national over 55, you do not need a visa. Citizens of certain countries require an e-visa. Please consult <https://uzbekistan.org/visa/> for the latest information.

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?

Like most of the northern hemisphere, October here is Fall season, and can bring unpredictable variations in weather. Days 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.



Kyrgyzstan will be cooler due to the higher altitude.

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?

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 and Tajikistan operate on a 220V supply voltage and 50Hz.



What is the time zone?

Uzbekistan is 9 hours ahead of Eastern Standard Time. Tajikistan is 10 hours ahead of EST.

(e.g. 4:00 pm in NYC is 1:00 am in Tashkent and 2 am in Dushanbe).

What kind of bathrooms can I expect?

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

How can I call home?

Cellular service is widely available, 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.

What happens if I get sick?

This is where travel medical insurance comes in. During WHO-declared pandemic, all travellers are required to carry travel medical and trip interruption insurance. Serious medical emergencies require evacuation.

Non-serious medical problems include common upper respiratory infections and digestive illnesses are the most frequent occurrences and can usually be treated with normal self-care regimens with over-the-



counter remedies (ibuprofen/acetaminophen, Imodium/Pepto Bismol). 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.

May we offer some basic recommendations to avoid common illness? In the week before, ensure you get adequate sleep and are well-rested for a moderate paced tour. 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, wash it thoroughly with bottled water and peel it. Safe bottled water is readily available throughout. Do not consume tap water and decline ice cubes in drinks.

Will drinking water be provided while travelling?

We provide unlimited daily bottled drinking water while on the road. In the interest of reducing plastic waste, please consider bringing your own refillable water bottle.

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

Uzbek currency is the s'om that currently trades at 11,000 to 1 USD. Tajikistan's currency is also called the Som, and currently trades at 10.90 for one 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. You will need cash for small 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 local goods, you will 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 \$150/person tipping kitty for drivers and guides in Uzbekistan-Tajikistan, and USD 100 for Kyrgyzstan. You may supplement if you wish. Any unused amounts will be democratically disbursed.

And shopping . . .?

The arts and crafts of this region are woven and embroidered textiles, carpets, clothing, ceramics, woodcarvings, painting, silversmithing. . . 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. To respect the creative process, we suggest not bargaining with artisans who are directly responsible for the product.

What about the food and dietary restrictions?

These countries have 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. We will take in a master class in making a Tajik specialty, and through the tour, there will be opportunities to break bread with local families who love sharing their recipes.

Do I need any vaccinations?

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

*** See below for Covid requirements.

More questions? We have answers! Feel free to contact us: shila@eyhotours.com

Arrivals and Departures

- **Arrival to Urgench UGS:** Transfer 1 hr to Khiva. Our tour starts in Khiva on October 5, 2025, in with an evening welcome briefing and early dinner.

Flight recommendations

We are big fans of Turkish Airlines, connecting through Istanbul. To fly to Urgench, look at Turkish Airlines direct daily flight

Tip: If you are joining us in Kyrgyzstan, Turkish Airlines has decent flights out from Bishkek.

Early Arrivals

Check in starts 2pm on October 5. We can book extra nights at our tour hotel. Please enquire.

- **Departure from Tashkent:** tour ends in Tashkent on October 25 with a morning visit to the Museum of Repression. We recommend departure any time after 3pm. Rates for extra nights – please enquire.

Kyrgyzstan Extension

Tashkent to Bishkek direct on October 25 is best with Uzbekistan Airways. Kyrgyzstan tour will end



Oct 31. Flights out of Bishkek.

Tip: Turkish Airlines has decent flights from Bishkek.

Please note that E.Y.H.O. Tours is not responsible for covering the cost of any curtailment to the tour, missed transport arrangements, additional accommodation required, all expenses for testing and treatment or any other costs incurred by the traveller/s. Travellers MUST ensure that they have travel insurance that covers these costs.

Questions? write shila@eyhotours.com