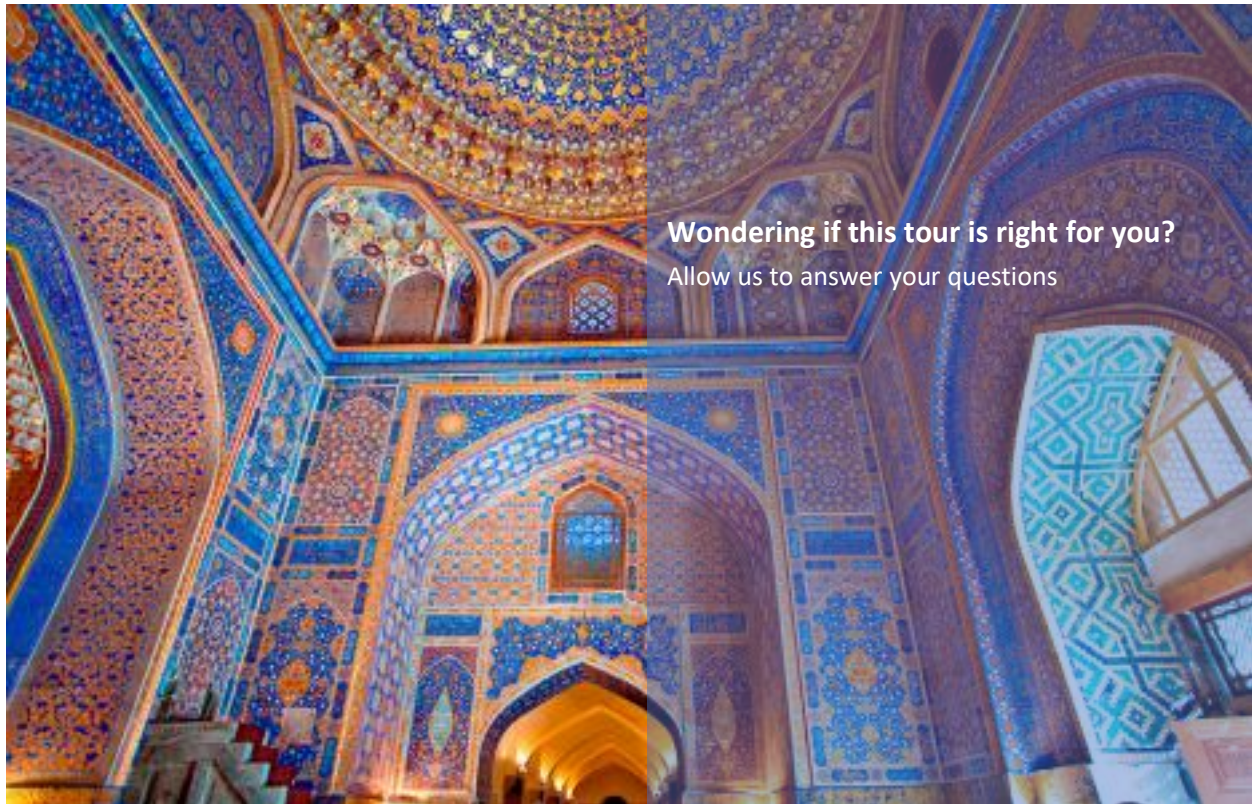




Uzbekistan tour – FAQs



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

This Central Asian enigma contains the best of the Silk Route’s ancient architecture, arts, and textile traditions. Here’s what you need to know to maximise your experience.

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, we prefer these.

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 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. US citizens and citizens of certain countries require an e-visa. Please consult <https://uzbekistan.org/page/view?id=23> 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 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?

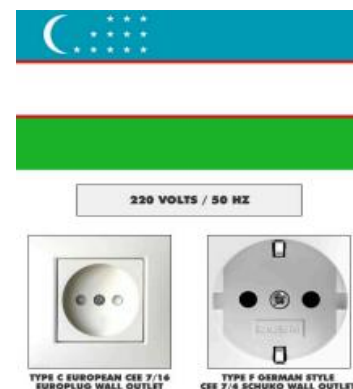
A comprehensive packing list will be supplied. Consider layering clothes. Pack a compact windbreaker and fleece hoodie, as well as warm socks, toque, and mittens in case of inclement weather. A hot water bottle comes in handy for warm toes at bedtime. Comfortable closed-toed walking shoes are recommended. 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.

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).





What kind of bathrooms can I expect 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 squat-type. 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.

What happens if I get sick in Uzbekistan?

We highly recommend travel medical 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 becoming ill? 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 Uzbekistan. 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. 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. 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 Uzbek 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 \$120/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. To respect the creative process, we suggest not bargaining with artisans who are directly responsible for the product.

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 to enter Uzbekistan. 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



What about Covid in Uzbekistan?

The basics

- As of May, Uzbekistan has vaccinated [roughly 45%](#) of its population. The number of current COVID-19 cases in Uzbekistan peaked in late January 2022 following detection of the Omicron strain. Case numbers have since receded below the pre-Omicron baseline.
- Uzbekistan dropped its mandatory mask requirement in public places on March 1, 2022. Masking is still recommended in various public places, including public transportation, shopping centers, schools, and other crowded areas.
- Effective March 16, 2022, vaccinated foreign citizens may travel to Uzbekistan without a PCR test.
- The [US Centers for Disease Control and Prevention](#) has Uzbekistan at Level Unknown for Covid-19 transmission.

Uzbekistan's main tourist sites are open to travellers. Markets and restaurants are open.

Since December 6, all American air travelers 2 and older returning to the US need a negative Covid-19 test taken within one day their departing flight, regardless of vaccination status. The [US Embassy](#) says results for PCR and antigen tests are reliably available within 24 hours in Uzbekistan.

Upon return home, travelers are subject to rules of their countries of residence.

The situation and government guidelines change from month to month, so we have no possibility to predict exactly what may happen in March.

Here is what we are doing to deliver as safe a tour as possible:

- We require full vaccination of all our travellers – 2 doses, with preferably booster
- We require travel medical insurance. Travel repatriation insurance is optional but recommended.
- If you or someone else on our trip has symptoms of Covid 19 while travelling with us, we will assist in testing and medical care if needed.
- We will act quickly to place distance between the unwell traveller and others and follow any government guidelines that are in action now. This may include self-isolation or quarantine depending on the risk to others in the group.
- We will provide access to health facilities such as clinics or hospitals if required.
- All our guides have emergency and contact numbers for the traveller to get the best treatment.
- PCR tests are readily available in all urban areas. For additional peace of mind, you may carry your own Rapid Antigen tests.
- In addition, all guides and drivers are fully vaccinated, with most of them having a third booster.

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.