

INSPIRING
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30 Days Central Silk Route

Bishkek

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Travelling with Inspiring Vacations allows you to explore the wonders of the world in a variety of different ways. We have partnered with a worldwide network of local travel experts to bring you culturally unique and delightfully unforgettable travel experiences. Whether it is meandering through narrow canyons by rail, cruising the idyllic waters of the Mediterranean or touring through t...

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TOUR ITINERARY

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TOUR ITINERARY

DAY 1

Destination	Bishkek
Meals included	Breakfast
Accommodation	N/A

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 for you to explore this relaxed and atmospheric city.

Please note that many of the options listed below will only be possible for those with extra time in Bishkek 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 Bishkek.

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!

DAY 2

Destination	Bishkek 🚗 Chong Kemin Valley
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

Today we will begin our journey to Chong Kemin National Park, where we will have free time to explore and hike in this beautiful area, or to get involved in an optional white water rafting excursion.

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.

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DAY 3

Destination	Chong Kemin Valley
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

We will have a free day to explore and hike in this stunning area today or perhaps get involved in an optional white water rafting excursion!

DAY 4

Destination	Chong Kemin Valley 🚗 Karakol
Meals included	Breakfast
Accommodation	N/A

Today we will drive to the northern shore of Lake Issyk K l and visit the ancient petroglyphs at Cholpon Ata. We will then continue to the Russian-style town of Karakol, where we will have a free evening to explore and relax!

DAY 5

Destination	Karakol 🚗 Jeti-Oguz Valley
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

Today we drive up into the mountains to the alpine trekking region of Jeti Oguz.

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 take 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. We will then stay for 1 night in a local hotel at the base of Jeti Oguz Valley (allowing time for some day walks).

DAY 6

Destination	Jeti-Oguz Valley
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

We will have a 2nd night here in Jeti Oguz with a chance to hike in the incredible scenery here, or take an optional horse ride with some of the local nomads.

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DAY 7

Destination Jeti-Oguz Valley 🚗 Kochkor

Meals included Breakfast, Dinner

Accommodation N/A

This morning we will drive to the small village of Kochkor, where we stay in local family-run guesthouses and enjoy traditional Kyrgyz hospitality! En route we will have an included demonstration from a local 'eagle hunter'.

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 8

Destination Kochkor 🚗 Son-Kol Lake

Meals included Breakfast, Dinner

Accommodation N/A

Today we will 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 or 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 9

Destination Son-Kol Lake

Meals included Breakfast, Dinner

Accommodation N/A

On our 2nd day in Song Kul Lake we have free time to explore the area, and to enjoy some optional activities including hiking or horse-riding!

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DAY 10

Destination	Son-Kol Lake 🚗 Krgyz Fergana Valley
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

We will spend the next 3 days overlanding through the stunning and remote Krgyz Fergana Valley, stopping often to admire the views and perhaps take some impromptu hikes in the hills and countryside.

During these days we plan to wild camp en route. 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 11

Destination	Krgyz Fergana Valley
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

We will have another day of scenic driving as we make our way to our second wild camp near Toktugal Lake

DAY 12

Destination	Krgyz Fergana Valley 🚗 Arslanbob
Meals included	Breakfast
Accommodation	N/A

Today we will complete our drive to Arslanbob in Kyrgyzstan's Fergana Valley - if we have had a slow journey in the previous days with lots of stops, we may choose to stay in the closer town of Jalalabad instead.

DAY 13

Destination	Arslanbob
Meals included	Breakfast
Accommodation	N/A

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

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DAY 14

Destination	Arslanbob 🚚 Fergana Valley
Meals included	Breakfast
Accommodation	N/A

Today we will have a full day's drive across the Uzbek border to the eastern city of Fergana.

DAY 15

Destination	Fergana Valley 🚚 Tashkent
Meals included	Breakfast
Accommodation	N/A

This morning we travel in local transport 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 over the Kamchik Pass to Tashkent, the Uzbek capital.

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

DAY 16

Destination	Tashkent
Meals included	Breakfast
Accommodation	N/A

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.

We will then have a free afternoon to explore the Uzbek capital of Tashkent.

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 - any tobacco products are practically illegal in Turkmenistan, so please do not bring them or use them

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DAY 17

Destination	Tashkent 🚗 Samarkand
Meals included	Breakfast
Accommodation	N/A

Today our journey begins with a drive to the fascinating ancient city of Samarkand, where we will stay for the next 3 nights.

DAY 18

Destination	Samarkand
Meals included	Breakfast
Accommodation	N/A

Today we will have a guided tour of the incredible historic city of Samarkand and the surrounding area, including the Registan, Ulug Beg Observatory, Bibi-Khanyim Mosque and Shah-I-Zinda.

DAY 19

Destination	Samarkand
Meals included	Breakfast
Accommodation	N/A

We will have a free day today with the chance to wander the streets and delve into this beautiful city and its history further.

DAY 20

Destination	Samarkand 🚗 Kyzylkhum Desert
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

Today we will drive into the Kyzylkhum Desert near the town of Nurata. In the afternoon we will have the opportunity to

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take a swim in Lake Ajdar Kul and head out on an optional camel ride into the desert!

DAY 21

Destination	Kyzylkhum Desert 🚗 Bukhara
Meals included	
Accommodation	N/A

Today we will drive to the beautiful city of Bukhara, where we will spend the next 3 nights. Our drive will take us via the desert town of Nurata, which we will have a brief stop.

DAY 22

Destination	Bukhara
Meals included	
Accommodation	N/A

Today we will have a guided tour of Bukhara and the surrounding area, including the Ismail Samani Mausoleum, Kalon Mosque, Zindon Prison and the Ark Fortress.

DAY 23

Destination	Bukhara
Meals included	
Accommodation	N/A

Spend the day exploring this incredible historic city and its surroundings further and soaking up the atmosphere.

DAY 24

Destination	Bukhara 🚗 Khiva
Meals included	Breakfast
Accommodation	N/A

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TOUR ITINERARY

Today we have a full day drive to the incredible historic town of Khiva.

DAY 25

Destination	Khiva
Meals included	Breakfast
Accommodation	N/A

After breakfast we have a guided tour of the ancient city of Khiva. In the afternoon we will have plenty of free time to further explore this wonderfully preserved Khanate town.

DAY 26

Destination	Khiva 🚗 Kunye Urgench
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

This morning we will drive across the border into Turkmenistan, visit the markets in the border town of Dashoguz, and explore the Kunye Urgench ruins towards the end of the day.

DAY 27

Destination	Kunye Urgench 🚗 Darvaza
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

Today we continue south through the Karakum Desert. We will have an included side trip to the amazing flaming Darvaza Gas Crater (also known as the 'Door to Hell!').

We will wild camp in the deserts near Darvaza Crater tonight.



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DAY 28

Destination Darvaza 🚗 Ashgabat

Meals included Breakfast

Accommodation N/A

Today we will complete our drive to the interesting capital of Ashgabat, usually arriving mid-afternoon.

DAY 29

Destination Ashgabat

Meals included Breakfast

Accommodation N/A

Today we will have an included tour of the city of Ashgabat using local minibuses.

DAY 30

Destination Ashgabat

Meals included

Accommodation N/A

Today is the end day for passengers finishing their trip in Ashgabat. Please note there is no accommodation included on the trip tonight - please contact your sales agent 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.



TOUR ITINERARY

Inclusions

WHATS INCLUDED

Breakfasts x 26, Lunches x 9, Dinners x 12
Overland Expedition Vehicle, Jeep, Russian Bus
Comfortable Hotel 10 nights
Wild Camp 7 nights
Basic Hotel 5 nights
Homestay 2 nights
Yurt Camp 3 nights
Camping without facilities 2 nights

Fine Print

HOW TO BOOK & PAYMENTS

Deposit & Payments

Book now and secure your package with only a \$380 deposit per person.
Pay a 2nd instalment of \$859 per person within 28 days.
You will then be invoiced for final payment 90 days prior to departure.
Booking Process

Select the purple 'Reserve Your Seat' tab to begin your booking (you must 'Sign Up' first by entering your email and creating a password)
Then select the purple 'Book now' tab of the tour you have selected
Select your Departure Date, Departure City, Number of Passengers, Room Configuration, any Upgrade Options, and enter any Special Requests
Click the purple 'Proceed to Secure Checkout' tab
Enter your credit card or PayPal details to secure your deposit/payment. You may also pay via BPAY (not available within 70 days of departure)
Once your order is complete, you will be prompted to complete a Booking Form so that we can fulfil your booking
Your position on the tour will be confirmed within 48 hours of completing your order. If your place cannot be confirmed, a full refund of the deposit will occur

OPTIONAL TOURS

Day 1:
Freely explore the vast Osh Bazaar Bishkek's largest market

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Entrance: Free

Explore Bishkek's past at the State Historical Museum on Ala-Too Square

Entrance: 150 KGS

Day 3:

Explore the beautiful Chong Kemin valley on horseback

2 Hour Horse Ride: 1,000 KGS

Head out on a white-water rafting adventure through the stunning Chong Kemin valley

Rafting: 1,800 KGS

Day 6:

Explore the incredible mountain landscapes of the Jeti Oguz Valley by horseback

Horse per day: 1,000 KGS

Trek into the wilds of the Jeti-Oghuz Gorge on the edge of the Tian Shan mountains

Full Day hike: Free

Day 7:

Visit a folklore demonstration near Kockhor where you can learn all about the handicrafts of the area see a fantastic outdoor concert of traditional music and help to erect a yurt!

Folklore Demo: 1,000 KGS

Day 9:

Explore Song Kol Lake by horseback

2 Hour Horse Ride: 1,200 KGS

Day 13:

Hike through the beautiful Walnut Forest

Walking Tour: 1,000 KGS

Day 15:

Explore the impressive 19th-century Juma Mosque in Kokand in the stunning Fergana Valley

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Entrance: 1,500 UZS

Day 16:
Tashkent Chorsu Bazaar

Entrance: 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

Entrance: 45,000 UZS

Take in an opera performance at the neoclassical Alisher Navoi Opera and Ballet Theatre

Entrance: 30,000 UZS

Day 23:
See the Indian-style Char Minar Minarets four towers nestled in a maze of alleyways in downtown Bukhara

Entrance: 8,500 UZS

Visit the gruesome museum at the old prison of Zindon

Entrance: 4,500 UZS

Day 25:
See the beautiful turquoise Kalta Minor Minaret one of the iconic symbols of Khiva

Entrance: Free

Day 29:
See a myriad of incredible and impressive hand-woven carpets in the Ashgabat Carpet Museum (if open)

Entrance: 10 USD

Learn about the history and culture of Turkmenistan at the huge National Museum in Ashgabat

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Entrance: 10 USD

EXCLUSIONS

Tour Kitty of USD \$1000 per person is not included in the price and it is payable locally (refer to Important Information)
 International Airfares
 Personal Expenses
 Travel Insurance
 Optional activities
 Anything not mentioned in the itinerary or optional

HOTEL LIST

Comfortable Hotel 10 nights
 Wild Camp 7 nights
 Basic Hotel 5 nights
 Homestay 2 nights
 Yurt Camp 3 nights
 Camping without facilities 2 nights

IMPORTANT INFORMATION

Accommodation

Dragoman's 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, but in South America many rooms are triple/quad-share. Hostels, gers and yurts 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 wild 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.

Single Supplement

We do not offer a single supplement during the booking stage, as this will be unavailable for

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camping with a full truck, and difficult to confirm in many hotels. However, if you would like to 'upgrade' to having your own room whilst on the road then this is possible if you pay the difference yourself, subject to availability. Your tour leader will assist with this as they make ongoing bookings on the road.

Group Size

The maximum group size we take on our 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 Dragoman 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.

Meals and Group Participation

On an overland journey 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 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! (On trips south of Nairobi we have a cook on board the truck; however you will still be required to help them to prepare meals). 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.

Our Overland Trucks

Dragoman's fleet is truly unique. We use rugged and sturdy Mercedes-Benz trucks (known for their durability) that will take you off road and off the beaten track. They are specially modified at our workshop in Suffolk, UK, into our custom designed overland vehicles. Features such as our integrated cabs are unique to Dragoman trucks, and our customers regularly say that they make our trucks the best on the road. With their distinctive orange and white livery and their personalised names, our trucks have become iconic. All of our trucks are affectionately named

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and have their own individual personality. Many of our passengers remember the name of their truck many years after their trip!

Our trucks are fully equipped for self-sufficient wild camping, and have comfortable coach-style seating. All Dragoman trucks are owned and maintained by us, and our crew follow a strict maintenance schedule - this means we can manage the quality and safety of our fleet. We currently have 26 overland trucks (and 1 overland bus) on the road worldwide, and the fleet is growing all the time! For more information on our trucks, please visit: <https://dragoman.com/overlanding/our-trucks/meet-the-fleet>

The Kitty

In addition to the trip price on our overlanding trips, you will also be required to pay a kitty specified for your trip. The kitty is payable in instalments 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 Dragoman 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. Dragoman makes NO PROFIT on kitties, as they are the group's fund. We constantly update the kitty prices on our website and the kitty advertised in the brochure is an estimate at the time of printing. Prices can go up or down with no notice, and exchange rate fluctuations will affect costs. 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. Once you book your trip it is very important that you check our website on a regular basis and just before departure for any changes to the kitty amount. Some hotels and hostels increase their rates substantially over Christmas and New Year. Please therefore be aware that the kitty for trips in this period may be substantially higher than for the rest of the year and an additional amount may be required from you.

Paying your kitty

Remember to arrange to bring sufficient cash USD to pay your kitty at the start of the trip, or to arrange for prepayment (if available for your trip). If you choose to prepay your kitty then this must be done via bank transfer 3-4 weeks before the start of your trip. Please note that prepayment is not available for our trips to West Africa, Iran, Tajikistan, and any trip in Africa north of Nairobi. For more details on how to prepay your kitty, please refer to your Kitty Payments sheet which will be sent to you via email or visit this link: https://www.dragoman.com/files/Dragoman_Kitty_Document.pdf

If you are bringing the kitty out in cash, please ensure your USD notes are clean and

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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.

Please note that we cannot accept traveller's cheques on our trips.

Travel Insurance

Travel insurance is required to protect yourself against the unexpected. We have partnered with nib to offer our customers competitive rates for their travel insurance. You can book comprehensive or budget cover simply by clicking [HERE](#) to arrange your policy.

Visa & Passport information

It is the traveller's responsibility to ensure they have a valid passport. The passport must be valid for a minimum of six months from the intended date of your return.

Kyrgyzstan

Citizens of the UK, Ireland, Australia, New Zealand, USA, Canada and most EU countries will not need a visa to enter Kyrgyzstan as a tourist for up to 60 days. Please note that citizens of Bulgaria, Romania and South Africa will need a visa. Citizens of other countries should check with the relevant consulates as to whether a visa is required. If a visa is required, you will be able to obtain it on arrival at the border - the cost will depend on nationality.

Uzbekistan

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 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

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Turkmenistan

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 through Dragoman - 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 Dragoman 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.

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 other Mosquito-Borne Diseases

There is a risk of contracting malaria in some areas which we travel through. If your trip goes to a 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



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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/fact-sheets/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

Contingency Emergency Fund

Sometimes, civil or political unrest, or reasons beyond Dragoman's 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 Dragoman will help organise travel arrangements, in circumstances outside Dragoman's 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.

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

The information provided in this document is subject to change and may be affected by unforeseen events outside the control of Inspiring Vacations. Where changes to your itinerary or bookings occur, appropriate advice or instructions will be sent to your email address.



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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. 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

Triple Share
Not available.

Children

Children must be 18 years old or over and share a room with parents at all times. Children are charged the same price as adults.

Tour Documentation

Final documentation will be provided approximately 30 days prior to travel.