



Pre-Departure Information

CENTRAL ASIA EXPLORER



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WELCOME!

We're delighted to welcome you on this adventure! This booklet is designed to guide you in the practical details for preparing for your trip. As you read, if any questions come to mind, feel free to give us a call or send us an email—we're here to help.

PLEASE SEND US

- Trip Application:** Complete, sign, and return your Trip Application form as soon as possible if you have not already done so.
- Medical Form:** Complete, sign, and return your Medical Form as soon as possible if you have not already done so.
- Air Schedule:** Please forward a copy of your email confirmation, which shows your exact flight arrival and departure times. Refer to the Arrival & Departure section of the Detailed Trip Itinerary for instructions. Please review your proposed schedule with Wilderness Travel before purchasing your tickets.
- Passport Photocopy:** Scan* a COLOR copy of your passport photo page and email it to us as a JPG or PDF attachment, or send us a high quality photocopy by mail (immediately upon reserving your trip).

**If you are scanning documents to email, we suggest a maximum resolution of 300 dpi.*

PLEASE CAREFULLY REVIEW

- Travel Documents & Medical Information:** Carefully review the Travel Documents and Medical Information sections of this booklet to familiarize yourself with Passport and Visa entry requirements for your destination, as well as any recommended inoculations.
- Optional Travel Insurance:** Review the Trip Cancellation & Transfer Fee Schedule included in the Detailed Itinerary. We recommend that all trip members purchase Travel Insurance.
- Extra Services:** Request any Extra Services (hotel nights, transfers, extensions) with your WT office contact using the Extra Services Request Form sent with your confirmation packet.
- Final Documents:** Approximately three weeks before your trip, we will send you final departure documents, including hotel and local contact information and rendezvous instructions.

QUESTIONS?

Call: 1-800-368-2794, go to our **website** (www.wildernesstravel.com) or e-mail us at: info@wildernesstravel.com.

Travel Information

PASSPORT

A valid passport is required for your trip. Be sure to check the expiration date. Your passport must be valid for six months after your date of exit from Kazakhstan, Kyrgyzstan, Uzbekistan, and Turkmenistan. Your passport should have at least one completely blank visa page for each country you will be visiting. It is very important that these blank pages say “Visas” at the top. The last few pages of your passport, which say “Amendments and Endorsements,” and the final page of your passport, which may not have a page number, are not considered to be legitimate "Visa" pages. You can request a new passport through **US Passport Services Office**(http://travel.state.gov/passport/passport_1738.html) (the service of adding pages for visas was discontinued as of January 1, 2016) or use a visa service agency, which can take care of your passport renewal and expedite the process, if needed. We recommend **Passport Visas Express**(<http://www.passportvisaexpress.com/?affId=2120>). Be sure to allow sufficient time to acquire this before your trip.

It is a good idea to carry photocopies of your passport’s photo page and any acquired visa pages for your trip (if applicable) in case your passport is lost or as an additional piece of identification, as well as extra passport photos.

VISAS

A visa is not required for US citizens visiting **Kazakhstan** if you stay 15 days or less (like you will be doing on this trip). If you plan to spend extra time in Kazakhstan, please contact our Wilderness Travel office for more details and help when it comes to the visa process.

A visa is also not required for US citizens visiting **Kyrgyzstan**. However, please remember to have adequate unused/blank visa pages to allow for entry and exit stamps upon arrival and departure from Kyrgyzstan.

US citizens do need a visa to enter **Uzbekistan**, and it must be obtained prior to arrival. Uzbekistan offers an e-visa service through the Uzbekistan government: <https://e-visa.gov.uz/main>. This e-visa is valid 90 days from the date of issue and allows for a single-entry of up to 30 days. Wilderness Travel will apply for this e-visa for you, sending you a copy prior to departure.

US citizens also need a visa for **Turkmenistan**. As part of the Turkmenistan visa process, a letter of invitation is required. Wilderness Travel will obtain this letter for you, prior to departure. With this letter, all group members will obtain their Turkmen visa upon arrival at the Turkmenistan land border (during the trip). A visa fee will be required. The cost of this fee will be sent to you prior to departure.

Special note: please remember to send us a clear color copy of your passport photo page, as well as a 2x2-inch color passport photo, as soon as you sign-up on this adventure. These are needed for the Uzbekistan and Turkmenistan visa processing.

If you are a citizen of any country other than the US, please check with a local consulate for entry requirements. Please note that all visa requirements and regulations are subject to change.

MONEY

We suggest you bring US cash for this trip. Cash is the only form of payment in the most remote areas.

Upon arrival, please check with your Trip Leader for guidelines on where and how to exchange funds in the Central Asian republics. It is difficult to exchange money in the more remote local villages.

In addition to cash, you can also bring along an ATM card to draw money from ATM machines in major cities. To use an ATM internationally, please make sure that you have a four-digit PIN.

If you plan to use your credit cards (VISA, MasterCard, and AMEX), please remember to inform your credit card company before your departure that you will be using the card(s) abroad. Credit cards are usually accepted only at major hotels and in larger shops and restaurants in the major cities. Please note that hotels, shops, and restaurants may add a service charge of 3-4% when you use your credit card.

You will need to budget spending money for extra gratuities, any meals listed as “on your own” in the trip itinerary, and for personal items such as alcoholic beverages, souvenirs, phone calls, laundry at hotels, etc.

TIPPING

During the trip, the Trip Leader takes care of tips for waiters at restaurants, for porters for luggage handling, and for trip representatives who are with the group for only a short time.

For the staff who have accompanied you throughout a significant portion of your adventure—our local guides and drivers—excellent service can be rewarded through a pooled tip, a process that will be facilitated by your Trip Leader. Tipping for the Trip Leader himself is not formally organized. Should you wish to tip your Trip Leader, we suggest that you do so toward the end of the adventure.

Tipping is completely discretionary, but over the years, clients have asked us for tipping guidelines to reward outstanding service. A range of reference would be \$12-14 per trip member, per day for the local guides/drivers, and \$15-18 per trip member, per day for the Trip Leader.

Some clients have expressed concern over carrying a large amount of cash on the trip for tips. So, for your convenience, your Trip Leader will accept personal checks from you for any tips that you would like to give to the local guides and drivers - in each country, he will carry extra local currency with him, which he can use for your tipping. He will then cash your check once he returns home to the US.

SPECIAL DIETS

We will do our best to accommodate special dietary needs. However, please keep in mind that certain cultural differences or limitations due to logistics can make it extremely difficult and at times impossible to accommodate dietary restrictions. It is important to bring a flexible attitude and supplemental snacks. Please inform us at least eight weeks before your trip begins if you have a restricted diet.

COMMUNICATIONS

Most cities in Central Asia have internet cafes where you can access email accounts. However, overall internet access will be very limited at the hotels, lodges, and guesthouses on the trip (and you may have to pay extra for this service). You can ask your Trip Leader to show you where they are. Phone access will also be limited.

Medical Information

The following recommendations should be used as a guideline only; consult your physician for medical advice. It is vital that you let Wilderness Travel know of any medical problems, allergies, or physical limitations you may have. Please fill out and return the personal medical questionnaire, and feel free to consult us if you have any questions about your ability to undertake this particular trip.

Wilderness Travel is not a medical facility and has no expertise or responsibility regarding what medications or inoculations you and your physician decide are necessary for your safe participation in the trip.

Traveler's health information is available from the **Centers for Disease Control**. (<http://www.cdc.gov/travel/index.htm>)
Medical travel products are available from **Travel Health Medicine** (<http://www.travmed.com>) and from **Magellan's Travel Supplies**. (<http://www.magellans.com>)

INOCULATIONS

Entry requirements and international health situations are subject to change; check with the Centers for Disease Control for updates. All shots should be entered on your International Health Card (yellow card), which is provided by the facility giving the shots. Keep it with your passport while traveling. It provides an important personal record for you to refer to when making future travel plans. Please consult with your physician regarding the following:

Tetanus Booster

Strongly recommended (effective for 10 years).

Polio

People who have received the primary series of at least three doses of polio vaccine are considered fully immunized. People who are unsure of their status should receive the vaccine (three doses spaced at intervals).

Hepatitis

The vaccines HAVRIX and VAQTA (two injections, six to 18 months apart) give long-term protection against Hepatitis A and are worthwhile if you travel regularly to developing countries.

Typhoid

The CDC recommends the shot or the oral vaccine Vivotif Berna.

STAYING HEALTHY

Change of diet and a number of other factors can cause stomach upsets while traveling, especially in underdeveloped countries. To guard against illness, follow these guidelines:

Consider all tap water unsafe. Do not drink it or brush your teeth with it. Bottled water is available everywhere. Don't drink the water served in restaurants (bottled water is widely available). Avoid ice in your drinks (it may not have been made with treated water). Beware of uncooked or raw foods such as salads. Don't eat fruit unless you have peeled it yourself. Avoid custards, pastry creams, yogurt, and milk where refrigeration and pasteurization are unreliable. Don't eat food bought from sidewalk vendors. Overall, be conservative about what you eat. Frequent hand washing, especially after using the bathroom and before eating, can cut down on the possibility of traveler's diarrhea. On any airline, drink only the bottled water, not the tap water.

MEDICAL SERVICES

Medical services are extremely limited in certain areas we visit on this trip. In the event of illness requiring evacuation, there are risks involved. Depending upon the point where we are in the itinerary, an evacuation may take several days. You should bring an ample supply of any prescription medicines you need and the items listed on the personal first aid list, in consultation with your physician.

Helpful Information

PHOTOGRAPHY

Camera Recommendations

With the many advances in digital technology, a simple compact digital camera or even your smartphone is capable of taking pictures suitable for the needs of most people. For higher quality images and the ability to use long lenses for closer wildlife pictures, a DSLR camera is well worthwhile, though heavier. Most digital cameras and phones have good video options, but you may want to consider a GoPro for a lightweight, waterproof option. Always practice ahead of time with new equipment and bring your manual with you. Camera equipment is available for rent from **Borrow Lenses** (<https://www.borrowlenses.com/discount/wildernesstravel>), with a 10% discount offered to Wilderness Travel clients. This is an especially good idea for renting large zoom lenses that you may need for just one trip.

Camera Accessories

We recommend bringing at least two large capacity memory cards or a small digital storage unit (or tablet) to back up your photos, freeing space on your memory cards. Don't forget to bring a battery charger and a backup battery so one is always charged and ready to use. For trips where you may be away from power sources for multiple days, consider looking into a solar-powered battery charger or buying additional backup batteries, and check that you have the appropriate adapter for the electrical outlets in your destination.

Sharing Your Images

We would love for you to share photos from your trip, and with your permission, may even use your photos in our marketing materials or on our photo blog. We request that you send us a small sample of your best images. Please email your photos to wtphotoblog@gmail.com or tag us **@WildernessTravel** on social media.

Photography Etiquette

When taking pictures of local people, be aware of cultural considerations. Approaching people with a warm smile and using polite gestures or simple phrases to ask permission to photograph them usually works well. It is always recommended to engage people in conversation before asking to photograph them, but if people do not wish to have their photo taken, please honor their requests. We urge travelers to avoid giving money in exchange for photo opportunities, which makes it harder for future travelers to have a meaningful personal interaction with local people. Please always heed your Trip Leader's guidelines for what is appropriate.

CULTURAL CONSIDERATIONS

There are some essential elements common to the cultural experiences of most of the people of these areas. For example, respect for one's elders and hospitality are widespread cultural attributes. Here are some things to be aware of:

Respect

Great respect is given to religious sites in these countries. These areas, large or small, ruined or not, are regarded as sacred. It is not appropriate to climb up on one to take a photograph, or to do anything that might show a lack of respect. When in doubt, the best guide is to watch the local people and do what they do.

Visiting Religious Sites

It's OK to wear shoes while walking around the compound, but shoes are often taken off before entering a religious site.

Losing Face

In these cultures, it is considered unseemly to show too much emotion, such as displaying anger. It is best to just relax through any conflicts or irritations. In particular, avoid doing anything to cause public humiliation to anyone. This extends to criticism of service, engaging in public arguments, and "demanding to see the boss." The people of these countries have an extreme reluctance to hurt others' feelings and thus lose face.

Other Do's and Don'ts

In these countries, public demonstrations of affection between men and women are frowned on. The head is the most spiritual and exalted part of the body. Thus, it is not appropriate to touch anyone on the head, except for small children. (Touching the head of a small child demonstrates your protection of that child.) The feet, considered the lowest and dirtiest part of the body (especially in the villages) should never be pointed at someone. Bowing your head and body slightly when walking through someone's "space" is considered a polite and necessary thing to do. Your efforts to emulate the local behavior while in these countries will be much appreciated.

BEING A CONSIDERATE TRAVELER

Please show respect for the cultures we are visiting by observing local customs concerning appropriate dress, particularly in sacred places. Your Trip Leader is always available to answer any questions that you may have regarding this. If it is necessary to use a cell phone during the trip, please do so privately. Smoking is rarely an issue these days, but if you do smoke, please do so only away from the group.

SUGGESTED READING FROM THE TRIP LEADER

***Denotes highly recommended materials

NON-FICTION

- Allsworth, Edwin, edited by, *Central Asia: A Century of Russian Rule*, Columbia University Press, 1967
- ***Al-Khalili, Jim, *The House of Wonder: How Arabic Science Saved Ancient Knowledge and Gave us the Renaissance*
- ***Alexander, Christopher Alsan, *A Carpet Ride to Khiva: Seven Years on the Silk Road*, 2010, Icon Books

- ***Bailey, Col. F.M. *Mission to Tashkent*
- *** Beckwith, Christopher I., *Empires of the Silk Road: A History of Central Eurasia from the Bronze Age to the Present*, 2009 Princeton University Press
- Bernstein, Richard, *Ultimate Journey: Retracing the Path of an Ancient Buddhist Monk Who Crossed Asia in Search of Enlightenment*, follows the travels of Hsuan Tsang (Xuanzang), 603-664 CE
- ***Burnaby, Capt. Frederick., *A Ride To Khiva* (1876), *On Horseback Through Asia Minor*
- Burnes, Alexaner. *Travels into Bukhara*, 1854
- Carruthers, Douglas. *Beyond the Caspian*, 1944
- ***Cheuse, Alan, *F all Out Of Heaven: An Autobiographical Journey Across Russia*
- Child, Greg, *Over the Edge: The True Story of Four American Climber's Kidnap and Escape in the Mountains of Central Asia*, 2002, Villard
- Childress, David Hatcher, *Lost Cities of China, Central Asia & India*
- Christie, Ella. *Through Kiva to Golden Samarkand* , 1921
- Cooley, Alexander, *Great Games, Local Rules: The New Great Power Contest in Central Asia* , 2012, Oxford University Press
- Curzon, George, *Russia in Central Asia* , 1918
- Eden, Caroline & Ford, Eleanor. *Samarkand: Recipes & Stories from Central Asia & The Caucasus*, 2016
- Edgar, Adrienne Lynn. *Tribal Nation: The Making of Turkmenistan* , 2006, Princeton University Press
- Eimer, David. *Emperor Far Away: Travels at the Far Edge of China* , 2015
- Fergus, Michael & Jandosova, Janar, *Kazakhstan: Coming of Age*, 2003 Stacy International
- ***Fleming, Peter. *News from Tartary*
- Forbes, Rosita. *Forbidden Road – Kabul to Samarkand*, 1930s
- ***Frankopan, Peter. *The Silkroad: A New History of the World* , 2015
- Fleming, Tom, *Taxi to Tashkent: Two Years with the Peace Corps in Uzbekistan* , 2007 iUniverse
- Foltz, Richard, *Religions of the Silk Road: Pre-modern Patterns of Globalization* , 1999, Palgrave/Macmillan
- Glazebrook, Philip, *Journey to Khiva: A Writer's Search for Central Asia*
- Graham, Stephen, *Through Russian Central Asia*, 1916
- ***Grousset, Rene, *The Empire of the Steppes: A History of Central Asia*
- Harris, Kate. *Lands of Lost Borders: A Journey on the Silk Road*, 2018, *the Silk Road by bicycle*
- Helou, Annisa. *Feast: Food of the Islamic World* , 2018
- Hiro, Dilip, *Between Marx and Muhammad*
- Hedin, Sven, *My Life as an Explorer; Big Horse's Flight: The Trail of War in Central Asia* , 1936; *Through Asia*, 1898; *The Silk Road: Ten Thousand Miles Through Central Asia* . First published 1938
- ***Hopkirk, Kathleen, *Central Asia: A Traveller's Companion*
- ***Hopkirk, Peter, *Foreign Devils on the Silk Road; *** Setting the East Ablaze: On Secret Service in Bolshevik Asia; *** The Great Game: The Struggle for Empire in Central Asia; On Secret Service East of Constantinople; Like Hidden Fire: The Plot to Bring Down the British Empire*
- Jefferson, Robert, *A new Ride to Kiva*
- Kaplan, Robert, *The Ends of the Earth: A Journey to the Frontiers of Anarchy* , 1996, PP 243-325 "Central Asia: Geographical Destinations"
- Klimkeit, Hans-Joachim, *Gnosis on the Silk Road*
- Kremmer, Christopher. *The Carpet Wars: From Kabul to Bagdad, A ten-year journey along ancient trade routes*
- Kriwaczek, Paul, *In Search of Zarathustra: Across Iran and Central Asia to Find the World's First Prophet* . 2004, Vintage Books
- Lamb, Stu, *Sixteen Months of Mutton: Meat-Eating Journeys through Kazakhstan, Kyrgyzstan, and Mongolia* , 2009
- ***Lattimore, Eleanor Holgate, *Turkestan Reunion*
- ***Lattimore, Owen, *High Tartary*

- Lattimore, Owen & Eleanor, *Silks, Spices and Empire: Asia Seen Through the Eyes of Its Discoverers*
- Legg, Stuart, *The Barbarians of Asia: The Peoples of the Steppes*. 1970, Barnes & Noble Books, NY
- ***Maclean, Fitzroy, *Eastern Approaches*, Penguin, 1991, originally published 1949; *A Person from England*, 1958; *To the Back of Beyond: An Illustrated companion to Central Asia and Mongolia* 1975, Little Brown
- ***Maillart, Ella K, *Turkestan Solo: One Woman's Expedition from the Tien Shan to the Kizil Kum* , William Heinman Ltd., 1938; ****Forbidden Journey: from Peking to Kashmir* , companion to Peter Fleming in their 1935 adventure
- Manz, Beatrice *Forbes, The Rise and Rule of Tamerlane*
- Maslow, Jonathan, *Sacred Horses: Memoirs of a Turkmen Cowboy* , 1994 Random House
- Mayor, Adrienne. *Greek Fire, Poison Arrows & Scorpion Bombs: Biological and Chemical Warfare in the Ancient World*, Overlook, Duckworth, 2003. pp 63-99, *Alexander the Great and the Arrows of Doom*
- Minassian, Taline Ter. *Most Secret Agent of Empire: Reginald Teague-Jones, Master Spy of the Great Game*
- ***Mishra, Pankaj, *From the Ruins of Empire: The Intellectuals Who Remade Asia* , 2012, Farrar, Straus and Giroux
- Moorhouse, Geoffrey, *On the Other Side: A Journey Through Soviet Central Asia* , 1990
- ***Murry, Craig, *Murder in Samarkand: A British Ambassador's Controversial Defiance of Tyranny in the War on Terror*, 2006; *Sikunder Burnes: Master of the Great Game*
- ***Nazaroff, Paul, *Hunted Through Central Asia*, companion book to Mission to Tashkent by Col. F.M. Bailey
- Pasqual, Eladio, Ph.D, *Arms Against Faith: How the U.S. Has Underestimated the Power of the Islamic World* , 2004, Regent Press
- Rall, Ted, *Silk Road to Ruin: Is Central Asia the New Middle East?* 2006, NBM
- ***Rayfield, Donald, *The Dream of Lhasa: The Life of Nikolay Przhevalsky Explorer of Central Asia*, Ohio University Press
- Robbins, Christopher. *Apples are from Kazakhstan: The Land that Disappeared* . Atlas & Company, 2008
- Rosten, Kieth, *Once in Kazakhstan: The Snow Leopard Emerges* , 2005, iUniverse
- Rowan, Nick. *Friendly Steppes: A Silk Road Journey* , 2012
- Rudelson, Justin Jon. *Oasis Identities: Uyghur Nationalism Along China's Silk Road* , 1997
- Sergeant, Patrick, *Another Road to Samarkand* , 1956, The Quality Book Club, London
- Schomberg, Colonel R. C. F., *Peaks and Plains of Central Asia*
- Schuyler, Eugene, *Turkistan: Notes of a Journey in Russian Turkistan* , Scribner, Armstrong & Co, 1877
- ***Shishkin, Philip. *Restless Valley: Revolution, Murder, and intrigue in the Heart of Central Asia* , 2013, Yale University Press
- Taplin, Mark, *Open Lands: Travels Through Russia's Once Forbidden Places* , 1997
- Teague-Jones, Reginald. *The Spy Who Disappeared: Diary of a Secret Mission to Russian Central Asia in 1918*
- ***Teichman, Sir Eric, *Journey to Turkistan*
- Thubron, Colin, *The Lost Heart of Asia*
- Shadow of the Silk Road* , Harper Collins 2007
- Tranum, Sam, *Daily Life in Turkmenbashi's Golden Age: A Methodologically Unsound Study of Interactions Between the Tribal Peoples of America and Turkmenistan*
- Vambéry, Arminius, *Travels in Central Asia* , 1864; *Sketches of Central Asia* , 1868; *History of Bukhara*, 1873
- Whitfield, Susan, *Life Along the Silk Road* , 1999
- Whittell, Giles, *Extreme Continental: Blowing Hot & Cold Through Central Asia*
- Wriggins, Sally Hovey, *The Silk Road Journey With Xuanzang* , 2003
- Wood, Michael, *In the Footsteps of Alexander the Great*
- ***Wu, Aitchan K, *Turkistan Tumult*, Oxford University Press, Hong Kong, 1984
- Younghusband, *Captain Francis, The Heart of a Continent*

GUIDE BOOKS

- Russia & Central Asia by Road*, Balker, Hazel (Bradt Guide),
- A Hedonist's Guide to Almaty and Astana*, Coish, Summer & Kelaart, Lucy, 2007, Filmer LTD
- Central Asia*, Mayhew, Dradley, 2010, Lonely Planet
- Xinjiang: China's Central Asia*, Tredinnick, Jeremy, 2012, Odyssey Guides
- The Silk Road: China and the Karakorum Highway*, Tucker, Jonathan, 2015, with an introduction by Paul Theroux
- Central Asia*, Whittell, Giles, Cadogan Guides

FICTION & FOLK TALES

- Aitmatov, Chingiz. *Jamilla*, A Kyrgyz novel, 2007, Telegram
- Aitmatov, Chingiz. *The Day Lasts More than a Hundred Years*, Indiana University Press, 1988
- Booth, Martin. *Dreaming of Samarkand*, 1989, William Morrow & Company, a novel with James Elroy Flecker & T. E. Lawrence
- Darnton, John, *Neanderthal*, 1996 St. Martin's Press. A tribe of Neanderthals is discovered in Badakshan, Tajikistan
- De Silva, Yohann, *The Opportunists*, 2009, iUniverse
- Inoue, Yasushi, *Tun-Huang*
- Ismailov, Hamid. *The Railway*, Vintage Books, 2007. Set in Uzbekistan between 1900 and 1980
- Joinson, Suzanne. *A Lady Cyclist's Guide to Kashgar*, Bloomsbury, 2012
- Mewshaw, Michael. *Shelter From The Storm*, 2003, G. P. Putnam's Sons
- Nasruddin, *The Effendi and the Pregnant Pot*. New World Press, Beijing. Folktales of a satirical sufi
- Tenney, Brooks, *New Silk Road: A Novel of Central Asia*, 2007 Trafford
- Peters, Ralph, *The Delvin's Garden*, 1998 Stackpole Books
- Renault, Mary. *The Persian Boy*, 1988, Vintage, re: Alexander the Great from his defeat of Darius until his death *Funeral Games*, a novel of Alexander the Great
- Fire from Heaven*, a novel of Alexander the Great

FILMS

- The Silk Road* (敦煌) aka Dun-Huang, 1988 Japanese film directed by Junya Satō.; adapted from the 1959 novel
- Tun-Huang* by Yasushi Inoue with the backdrop of the plotline being the Mogao Caves manuscript tove.
- Replaying the Great Game - In the Footsteps of Captain Burnaby** (<http://www.youtube.com/watch?v=930aiKuRYf4>)
- ****The Man Who Would be King*. Based on a short story by Rudyard Kipling
- The Silence*, Mohsen Makhmalbaf, takes place in Tajikistan but by an Iranian director
- The Devil's Wind*, Iqbal Malhotra. The **documentary**(<http://www.youtube.com/watch?v=DeIeu94PSF4>) follows in the footsteps of Kipling's Great Gamers and tries to juxtapose the lessons of the past with the reality of the present. The result is an unusual travelogue about Central Asia set in the backdrop of history and modern politics
- *****The Tournament of Shadows** (<http://tournamentofshadowsfilm.com/>)

WEB LINKS

- The Golden Road to Samarkand** (<http://www.poetryatlas.com/poetry/poem/119/the-golden-road-to->

samarkand.html) by James Elroy Flecker

Journey to the West (https://en.wikipedia.org/wiki/Journey_to_the_West)

Arthur Waley (https://en.wikipedia.org/wiki/Arthur_Waley)

Packing List

THE ESSENTIALS

- Passport (valid for at least six months after your date of exit from Central Asia)
- One other picture ID, such as driver's license
- E-visa for Uzbekistan
- Two photocopies of your passport photo page
- Two extra passport photo(s)
- Air tickets and expense money
- Personal checks for optional gratuities and emergency use
- Proof of travelers insurance, if purchased (insurance is recommended)
- Prescription medication, if required (packed in your carry-on bag, not your checked baggage)

WT GEAR STORE

To help you prepare for your next WT adventure, we've put together a great collection of top brands including Patagonia, Outdoor Research, Eagle Creek, and more at our **WT Gear Store** (<http://wildernesstravel.newheadings.com>).

LUGGAGE

Please note that there is a total weight limit of 44 lbs. (20 kgs.) for the checked baggage on your internal flights in Central Asia flight(s). Some airlines also allow an additional small carry-on that weighs no more than 11 lbs. (5 kgs.).

- Soft-sided roller bag with small padlock (must be unlocked for travel). Be mindful of baggage weight limits on Asia flights.
- Daypack, large enough for a rain/wind jacket, water bottle, camera gear, and other items you want during the day
- Small roll-up duffel if you are an avid shopper

NOTES ON CLOTHING

The clothing list below is provided as a guideline only; we encourage you to pack as lightly as possible. Dress on the trip is very informal, with the exception of city dinners for which you may want to dress up a little (jackets are not required for men). You should carry or wear your walking shoes on your flights to make sure they arrive with you.

Important Note: People in Central Asia dress conservatively and visitors should take care to dress modestly. A flexible system of layered clothing is recommended, such as lightweight shirts and trousers and lightweight raingear. Comfortable walking shoes will carry you a long way on this trip. A lightweight fleece jacket for cooler evenings is convenient, as the air temperature in desert cools down after sunset. The places we visit are very dry, with a lots of sunshine, and it can also be very windy. A sunhat and sunglasses are highly recommended. A scarf or facemask will come in handy to ward off dust during the long, dusty drives. In addition, we ask that women bring a headscarf for Mosque visits.

CLOTHING

- Wind/waterproof lightweight rain jacket with hood
- Fleece jacket or sweater for evenings
- Hiking pants, loose-fitting and comfortable. Quick-drying synthetic fabrics are a practical choice.
- Long-sleeved shirts. Quick-drying “travel” fabrics are ideal.
- T-shirts
- Hat with wide brim
- Lightweight hiking boots or sturdy running shoes with good traction and ankle support
- Tevas or other sturdy hiking sandals
- Socks, underwear
- Sleepwear
- Casual city/hotel attire
- Headscarf for Mosque visits (women only)

EQUIPMENT

- Bath towel (travel fabrics dry faster)
- Water bottle, 1 qt. capacity. Bottled water is available throughout the trip to re-fill
- Good quality sunglasses with cases
- Flashlight with extra batteries
- Kleenex pocket packs for “nature breaks” on drives
- Assorted plastic bags to organize items in your luggage; garbage bags to use as a bag liner for rain protection
- Money belt or neck pouch. Always carry your passport, credit cards, and cash with you in a money belt or neck pouch tucked down inside your shirt or blouse.
- Sunglasses

PERSONAL FIRST AID SUPPLIES

Every trip member should bring a small kit for personal use. Your own experience will influence your choices.

- Sunscreen SPF 30 or higher. We recommend mineral-based sunscreens with zinc oxide or titanium dioxide because they do not contain harsh chemicals that are harmful to the environment. Brands such as Honest Company, Badger, and Alba Botanica are found in most sporting goods stores and drugstores.
- Lip balm with sunscreen
- Aspirin, ibuprofen, or Tylenol for muscle pain or headache, Tylenol PM for sleep
- Topical antibiotic (such as Neosporin) for cuts, bites, or sores
- Insect repellent
- Blister kit. Look for the long-lasting gel-type bandages that you can apply directly on blisters, such as Band-Aid Advanced Healing Bandages or Curad Gel Multi-Day Bandages. “Liquid band-aids,” such as New-Skin, are useful because they dry rapidly to form a tough protective cover over a blister.
- Anti-bacterial gel for hand washing (at least 60% alcohol to be effective)
- Antihistamine such as Benadryl and cold remedy such as Sudafed
- Imodium for diarrhea. If you wish to bring an antibiotic for diarrhea prophylaxis, consult your physician.
- Prescription medications properly labeled—bring a plentiful supply as they will be impossible to replace in Central Asia
- Spare contact lenses or spare prescription glasses

OPTIONAL ITEMS

- Converter and plug adapter kit for appliance use in hotels. Plugs have a variety of blade types. It is best to bring a plug adapter kit.
- Camera, spare batteries.
- Reading/writing material
- Lightweight binoculars
- Travel clock

Reading List

ESSENTIAL READING

Lonely Planet Central Asia

Lonely Planet

2014, 512 PAGES

A comprehensive, detailed guide to travel in the region, including Afghanistan, Kazakhstan, Kyrgyzstan, Turkmenistan and Uzbekistan.

The Lost Heart of Asia

Colin Thubron

2008, 374 PAGES

In this classic narrative, Thubron recounts his travels to Samarkand, Bukhara and throughout Central Asia in the wake of the breakup of the Soviet Union. A fine writer, intrepid traveler and insightful observer, he's an outstanding guide to the history, people and culture of the region.

Central Asia Map

Nelles

2011

An up-to-date, double-sided shaded relief map at a scale of 1:1,750,000.

The Great Game

Peter Hopkirk

1994, 565 PAGES

Hopkirk's spellbinding account of the great struggle for European supremacy in Central Asia takes us over the high mountain passes and through the scorching deserts and caravan towns of the Silk Road, capturing the glamour, intrigue, treachery and adventure of the time.

The Silk Road, Two Thousand Years in the Heart of Asia

Frances Wood

2004, 270 PAGES

Wood draws on hundreds of archival photographs, manuscripts and paintings from the British Library in telling this lively story of the art, culture and history of diverse trade routes.

ALSO RECOMMENDED

Genghis Khan and the Making of the Modern World

Jack Weatherford

2005, 352 PAGES

Weatherford interweaves his own travels and field work on the Central Asian steppe, much of it on horseback, with a lively portrait of Genghis Khan and the world of the medieval Mongols

The Ancient Silk Road Map

Odyssey Maps

2011

Three large annotated color maps, which include dozens of photographs, expert commentary and illustrated Silk Road sites.

Lonely Planet Central Asia Phrasebook

Justin Jon Rudelson

2008, 239 PAGES

A handy pocket phrasebook that focuses on pronunciation, basic grammar and essential vocabulary for the traveler on the Silk Road.

Religions of the Silk Road

Richard C. Foltz

2010, 208 PAGES

A scholarly survey of cultural traditions, and especially religions, along the trade routes through China and Central Asia from antiquity to the 15th century.

The New Great Game, Blood and Oil in Central Asia

Lutz Kleveman

2004, 291 PAGES

An eyewitness account of current policies and conflicts in the Caucasus and Central Asia, full of interviews, anecdote, history and polemic.

A Ride to Khiva

Frederick Burnaby

2002, 390 PAGES

The rousing real-life adventure of a Brit snooping in Russian Central Asia in 1875. The imposing Captain Burnaby rode a thousand miles across steppe and desert, through blizzards and snowdrifts, to forbidden Khiva.

Shadow of the Silk Road

Colin Thubron

2008, 363 PAGES

Thubron returns to Central Asia in this lyrical, erudite account of a 7,000-mile trek across Asia, visiting archaeological sites, people and cities from Xi'an and Dunhuang to Samarkand, Bukhara, Afghanistan and Iran.

Silk Road Countries Map, Central Asia

Gizi Map

2003

A map covering the Silk Roads and surrounding territories from western China and India across Asia to Saudi Arabia, Turkey and the Black Sea at a scale of 1:3,000,000.

Everyday Life in Central Asia, Past and Present

Jeff Sahadeo

2007, 401 PAGES

Dozens of scholars and ethnographers contributed to this lively reader on the peoples, cultures and customs across Central Asia.

Silk Road: Monks, Warriors & Merchants on the Silk Road

Helen Loveday

2011, 575 PAGES

A history and guide to the Silk Road, organized chronologically and featuring a nice selection of contemporary photographs.

Islamic Arts

Sheila Blair

1997, 445 PAGES

A comprehensive survey of 1,000 years of Islamic architecture, design and decoration. Illustrated throughout with color photographs, maps and site plans.

Life Along the Silk Road

Susan Whitfield

2015, 312 PAGES

With insight, scholarship and dramatic flair, Susan Whitfield recounts the lives of ten diverse individuals on the ancient Silk Road, including four tales set in Dunhuang. With a superb 15-page history of Central Asia.

The Rise and Rule of Tamerlane

Beatrice Forbes Manz

1999, 231 PAGES

A portrait of the great nomadic conqueror who rose to power in 1370 on the ruins of the Mongol Empire and led campaigns from Moscow to Delhi.

Insight Guide Silk Road

Insight Guides

2013, 421 PAGES

From Xi'an across Central Asia to Turkey, this gorgeously illustrated guide covers the sweep of the Silk Road.

Odyssey Guide The Silk Road, Xi'an to Kashgar

Judy Bonavia

2008, 352 PAGES

With photographs, maps, essays and lively sidebars on people, literature, food, religion, nature and customs, this is a terrific guide.

Empires of the Silk Road

Christopher I. Beckwith

2011, 504 PAGES

Beckwith rescues Central Asia from the periphery of world affairs with flair and scholarship, depicting millennia of empires, trade and cultural life on the Silk Road.

Tournament of Shadows, The Great Game and the Race for Empire in Central Asia

Shareen Blair Brysac

2006, 672 PAGES

Journalists Meyer and Brysac recreate the blundering, xenophobic exploits of Russia and, especially, the British in 19th-century Central Asia in this grand tale.

The Golden Peaches of Samarkand, A Study of T'ang Exotics

Edward Schafer

1985, 399 PAGES

A marvelous study of the court of T'ang Dynasty China, and the many splendid works of art that were given in tribute.

Xanadu, Marco Polo and Europe's Discovery of the East

John Man

2010, 352 PAGES

As in Genghis Khan and Attila, John Man interweaves his own travels with history and biography, this time in the footsteps of Marco Polo across Asia to fabled Xanadu.

Odyssey Guide Uzbekistan

Bradley Mayhew

2014, 393 PAGES

A concise introduction to Uzbekistan, its history, culture and attractions, featuring full-color maps and excellent photography. Covering Bukhara, Samarkand and Tashkent.

The Great Cities in History

John Julius Norwich

2009, 304 PAGES

This inspired book depicts the rise and fall of cities from earliest Mesopotamia through the great trading centers of the first millennium to medieval Europe and the modern megalopolis. Each entry is magnificently illustrated in color and is paired with an essay by diverse dignitaries including Jan Morris (New York), Colin Thubron (Samarkand), Simon Schama (Amsterdam) and Michael Coe (Angkor).

Islamic Art and Architecture

Robert Hillenbrand

1999, 288 PAGES

Covering 1000 years and the geographic scope of Islam, this book is a wide-ranging guide to the arts of Islam, including architecture, calligraphy, ceramics and textiles.

Tribal Rugs, Treasures of the Black Tent

Brian W. MacDonald

2010, 304 PAGES

This survey documents the rich diversity of rugs, carpets and kilims of Iran, Afghanistan, Turkey, the Caucasus and Central Asia in authoritative text. Includes 220 color photographs.

Chasing the Sea

Tom Bissell

2004, 388 PAGES

Self-confessed adventure junkie, Bissell skillfully interweaves anecdote, history and grim reports on ecological disasters in this smart, funny and informative account of travels through Uzbekistan and Central Asia in 2001.

Khubilai Khan, His Life and Times

Morris Rossabi

2009, 348 PAGES

This fascinating, scholarly portrait of the culture and politics of 13th-century Asia examines Khubilai Khan's rise to power, the submission of Korea and the attempted invasion of Japan.

Out of Steppe, The Lost Peoples of Central Asia

Daniel Metcalfe

2010, 288 PAGES

Metcalfe journeys throughout the five stans, Pakistan and Afghanistan in search of the Jews of Bukhara, Karalpaks, Hazaras, Kalashas. Yaghnobis and other threatened ethnic people of the steppes for this erudite, illuminating report from the field.

Samarkand, A Novel

Russell Harris

1998, 304 PAGES

A fictional history of Persia featuring Omar Khayyam, the 11th-century poet and author of the "Rubaiyat." Written by Lebanese novelist Amin Maalouf.

The Day Lasts More than a Hundred Years

Chingiz Aitmatov

1988, 368 PAGES

First published in 1980 under the Soviet regime, this novel by a famous Kyrgyz writer mixes the story of a man traveling through the steppes to bury a friend and the tale of two cosmonauts aboard a space station.

Revised: May 03, 2019

Night Train to Turkistan: Modern Adventures Along China's Ancient Silk Road

Stuart Stevens

1988, 239 PAGES

An entertaining account of hard travel from Beijing to Kashgar, following the route of Peter Fleming and his classic *News from Tartary*.

Flashman in the Great Game

George MacDonald Fraser

1995, 336 PAGES

What caused the Sepoy Mutiny, a pivotal moment in the Raj? How about Harry Flashman, the reluctant, much-decorated coward, cad and womanizer at the center of George MacDonald Fraser's wildly entertaining, irreverent series of historical novels.

The Arabian Nights

Husain Haddawy

2008, 518 PAGES

Translator Husain Haddawy grew up hearing his grandmother's friends re-tell these tales on winter nights in Baghdad. A wonderful introduction to Islamic Andalusia, the tales, translated from the oldest remaining Arabic version, bring to life the culture and society of the Islamic world at its height.

Birds of Central Asia

Raffael Aye

2012, 320 PAGES

This compact Princeton Field Guide features 141 superb color plates and excellent introductory chapters on the region.