

# Index

- A**  
 Abdur Rahman Khan 93  
 Ab-i-Estada 66  
 accommodation 198-200, *see also individual locations*  
 activities 200  
   golf 109, 12  
   kayaking 110  
   trekking 24, 168-9  
 Afghan Pamir 24, 167-72  
 Ai Khanoum 162-3  
 air travel  
   to/from Afghanistan 212-14  
   within Afghanistan 218  
 Ajar Valley 66  
 Alexander the Great 25, 111, 137, 186  
 Al-Qaeda 38-9, 110, 163, 185  
 Andkhoi 144-5  
 animals 64-5  
 Anjoman Pass 166-7  
 Ansari, Khoja Abdullah 138-9  
 architecture 18, 55-6  
   Balkh 156, 157  
   Herat 137-8  
   Kabul 94  
   Minaret of Jam 127, 7  
   Samangan 158-9  
 area codes, *see inside front cover*  
 Arghandab 193, 12  
 art galleries, *see galleries*  
 arts 49-57, *see also individual arts*  
 ATMs 206
- B**  
 Baba Wali Shrine 193  
 Babur, Zahiruddin 28-9, 88  
 Babur's Gardens 87-8, 174  
 Bactrian Gold 89  
 Badakhshan 163-72  
 Badghis province 142  
 Bagram 109-10  
 Bala Hissar 90, 157  
 Bala Murghab 143  
 Balkh 155-8, **156**  
 Balkhi, Rabi'a 157  
 Baluchi 46-7  
 Bamiyan 114-22, **115**, 6  
 Band-e Amir 66, 122-4, **122**, 7, 11  
 Barf-e Awal 95  
 bathrooms 209-10  
 Bibi Mahru Hill 95  
 Big Pamir 66, 170-1
- Bin Laden, Osama 36, 38-9, 67, 185, 188  
 birds 65, 90, 170  
 books 18-19, 41  
 border crossings 215-17  
 Bost Arch 197  
 Broghil Pass 170  
 Buddha Niches 117-19, 6  
 Buddhism 26-7, 114-15, 118, 158, 184  
 Buddhist sites  
   Bagram 109-10  
   Balkh 156  
   Bamiyan 117-19, 6  
   Hadda 184  
   Samangan 158-9  
   Surkh Kotal 160  
   Takht-e Rostam 158-9  
   Termiz 217  
 burqas 16, 38, 46, 211, **174**  
 business hours 200  
 bus travel 218-19  
*buzkashi* 57, 12
- C**  
 camping 199  
 cannabis 155  
 car travel 219-20  
 carpets 53-4, **174**, **175**  
 cash 206-7  
 caves  
   Jalalabad 182  
   Takht-e Rostam 159  
   Tora Bora 185  
 cemeteries  
   Kabul 89, 90  
   Gazar Gah 138-9, **178**  
 Chaghcheran 126  
 chaikhanas 199  
 Chaqmaqin Lake 172  
 Chist-e Sharif 128  
 Christianity 49  
 cinema 56-7  
 citadels  
   Bamiyan 119  
   Herat 137, **179**  
   Kabul 90  
 climate 17, 200-1  
 clothing, *see dress codes*  
 Cold War 35  
 consulates 202-3  
 costs 18, *see also inside front cover*  
 credit cards 207
- crime 72  
 culture 41-58  
 customs regulations 60, 201
- D**  
 dangers, *see safety*  
 Darya Ajdahar 120  
 Dasht-e Laili 144  
 Durrani, Ahmed Shah 29, 45, 81, 190, 193  
 deep vein thrombosis 222-3  
 deforestation 67  
 diarrhoea 223  
 Dilisang Pass 172  
 diphtheria 223-4  
 disabilities, travellers with 210  
 Dostum, General Abdul Rashid 145  
 dress codes 16, 42, 46, *see also burqas*  
 drinks 61  
 driving 73  
 drugs 15, 73, 155, 196
- E**  
 economy 15, 43-7  
 Eid Gah Mosque 193  
 electricity 202  
 embassies 202-3  
 emergencies 74-5, *see also inside front cover*  
 environmental issues 66-7  
 exchange rates, *see inside front cover*
- F**  
 Faizabad 164-6, **165**, 10  
 festivals & events  
   Barf-e Awal 95  
   Islamic holy days 203-4  
   Nauroz 17, 95, 204  
 flights  
   to/from Afghanistan 212-14  
   within Afghanistan 218  
 food 59-63, 204-5  
 football 57  
 Forty Steps 193-4  
 Friday Mosque 136-7, **179**
- G**  
 galleries 91-2, 103  
 gardens, *see parks & gardens*  
 gay travellers 205  
 Gazar Gah 138-9, **178**  
 Geneva Accords 36

geography 64  
 Ghazni 196-7  
 golf 109, 12  
 Goz Khun 170  
 Great Game, the 30, 125

**H**

Hadda 184  
 hammam 199-200  
 Hazaras 45  
 Hazrat Ali, Shrine of 157, 7  
 health 221-6  
 Hekmatyar, Gulbuddin 186  
 Herat 132-42, **133**, 5, 174, 175, 177, 179  
   accommodation 140  
   attractions 135-40  
   drinking 140-1  
   food 140-1  
   shopping 141  
   travel to/from 141-2  
   travel within 142

hiking 167-72, 200  
 Hinduism 49  
 history 25-40  
 hitchhiking 220  
 HIV 224  
 holidays 17, 205  
 hot springs 128-9, 169  
 hunting 67

**I**

immigration 212  
 insect bites & stings 226  
 insurance  
   health 221  
   travel 205  
 insurgency 71  
 internet access 206  
 internet resources 19  
 Irshad Uween 172  
 Ishkashim 167  
 Islam 47-9  
 Islamic holy days 203-4  
 Istitif 107-8  
 itineraries 20-4

**J**

Jalalabad 182-4, 8  
 Jam, Minaret of 127, 7  
 Jami, Mawlana Abdur Rahman 139  
 Jebal Saraj 112  
 Judaism 49

**K**

Ka Faroshi Bird Market 90, 6  
 Kabul 79-105, **80**, **85**, **93**, 9, 10, 176, 179  
   accommodation 95-8  
   attractions 87-95  
   drinking 101-2  
   entertainment 102  
   events 95  
   festivals 95  
   food 98-101  
   itineraries 20  
   shopping 102-3  
   travel to/from 103-4  
   travel within 104-5  
 Kabul Museum 88-9, 179  
 Kakrak Valley 119  
 Kamdesh 187  
 Kandahar 190-5, **192**, 12  
 Karzaid, Hamid 38  
 Kashch Goz 171  
 kayaking 110, 200  
 Khan, Genghis 28  
 Khandud 169-70  
 Khoja Abu Nasr Parsa, Shrine of 156-7, 6  
 Khwaja Bahauddin 163  
 Khyber Pass 185  
 kidnapping 72-3  
 kite flying 58, 93, 95, 117  
 Kol-e Hashmat Khan 66  
 Kotal-e Shaur 171  
 Kuchi 46  
 Kunduz 160-2, **161**

**L**

Lake Shewa 166  
 Lal-o-Sar Jangal 125-6  
 landays 52  
 landmines 67  
 languages  
   Dari 227-30  
   Pashto 231-2  
 Lashkar Gah 197  
 legal matters 206  
 leishmaniasis 224  
 lesbian travellers 205  
 Little Pamir 171-2  
 Lower Wakhan 169-70

**M**

Mahmoud the Great 27  
 mail services 208  
 Maimana 143-4  
 malaria 224  
 maps 206

**markets**

Herat 141  
 Kabul 90, 93, 101, 6  
 Samangan 158  
 Massoud, Ahmad Shah 38, 39, 111  
 mausoleums  
   Herat 138  
   Jalalabad 183  
   Kabul 92-3, 94, 178  
   Kandahar 193  
 Mazar-e Sharif 148-55  
 medical services 223  
 metric conversions, *see inside front cover*  
 Minaret of Jam 126-8, 7  
 mines 71-2  
 Mir Samir 187, 11  
 Mohammed, Prophet 47-9, 193  
 monasteries 158-9  
 money 18, 206-7, *see also inside front cover*  
 mosques 21, 55-6  
   Balkh 157  
   Friday Mosque 136-7, 177, 179  
   Herat 136-7, 177, 179  
   Kabul 88, 94-5  
   Kandahar 193  
 mujaheddin 35-6  
 Musalla Complex 137-8  
 museums 88-9, 92, 93-4, 179  
 music 54-5

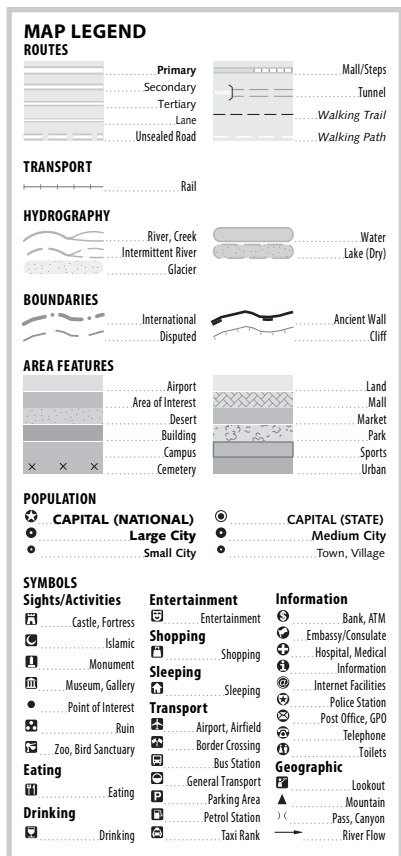
**N**

Nangahar province 182, 9  
 National Archive 92  
 National Gallery 91-2  
 national parks, sanctuaries & wildlife reserves 66  
   Ab-i-Estada 66  
   Ajar Valley 66  
   Band-e Amir National Park 66, 122-4, **122**, 7, 11  
   Big Pamir 66, 170-1  
   Kol-e Hashmat Khan 66  
   Registan Desert Reserve 66  
 Nauroz 95, 204  
 newspapers 58  
 Nimla Gardens 184-5  
 No Gombad Mosque 157  
 Noshaq 169  
 Nuristan 186-7

**O**

Oby 128-9  
 OMAR Land Mine Museum 93-4  
 opium 15, 43, 73, 164, 183, 196, 197, 8

- P**  
 Paghman 108  
 Pamir 24, 167-72  
 Panjshir Valley 110-12, 8, 10  
 parks & gardens  
   Babur's Gardens 87-8, 177  
   Herat 140  
   Jalalabad 183  
   Kabul 87-8  
   Nimla Gardens 184-5  
 Pashtuns 44-5  
 pashtunwali 44  
 phone codes, *see inside front cover*  
 photography 207-8  
 planning 16-19, *see also itineraries*  
 plants 66  
 poaching 67  
 poetry 49-53  
 poliomyelitis 224-5  
 politics 15, 30, 41-2, 43, 45, 50-1, 57-8, 82, 149  
 pollution 67  
 population 44-7  
 postal services 208  
 Prophet Mohammed 47-9, 193  
 Pul-e Khumri 159-60  
 Pul-e Malan 140
- Q**  
 Qala-e Nau 142-3  
 Qarqha Lake 108-9  
 Qazideh 169  
 Qila-e Panja 170
- R**  
 rabies 225  
 radio 57-8  
 Rahman, Abdur 31-2  
 Ramazan 204-5  
 Registan Desert Reserve 66  
 registration 208  
 religion 47-9, *see also individual religions*  
 religious festivals 203-4  
 Rostam 159  
 Rukh, Shah 28
- S**  
 safety 16-19, 68-75, 201  
   accommodation 97  
   air travel 213  
   Badghis province 142  
   Bamiyan 114  
   Eastern Afghanistan 183  
   Herat 132, 135  
   Kabul 81, 87  
   Kandahar 193  
   Mazar-e Sharif 149, 152  
   Northwestern Afghanistan 132  
   Paghman 108  
   Panjshir Valley 110, 111  
   Southern Afghanistan 190  
 Salang Pass 112, 9  
 Samangan (Aibak) 158  
 sanctuaries, *see national parks, sanctuaries & wildlife reserves*  
 Sarhad-e Broghil 170  
 security, *see safety*  
 Shad, Gowhar 138  
 Shah, Nadir 92  
 Shah, Timur 28, 94  
 Shahr-e Doh Shamshira Mosque 94-95, 180  
 Shahr-e Gholghola 119  
 Shahr-e Zohak 119-20  
 Shahzada Abdullah 139  
 Shibar Pass 121  
 Shiberghan 145-6  
 shopping 208-9  
 Shrine of Hazrat Ali 152, 7  
 Shrine of Khoja Abu Nasr Parsa 156-7, 6  
 Sikhism 49  
 Silk Road, the 26, 27  
 Soviet Union 30, 36, 37, 43, 81  
 sports 57  
 Spreg Shir Uween 171  
 Sultani Museum 92  
 Surkh Kotal 160
- T**  
 Tajiks 45  
 Takht-e Rostam 159  
 Takht-e Safar 140  
 Taliban 15, 16, 37-9, 40, 45, 50, 68, 77, 145  
   alcohol 61  
   Bamiyan 114, 116, 119  
   books 18, 41  
   cinema 56-7  
   economy 43  
   Hadda 184  
   Herat 132, 134-5  
   Kabul 82, 88, 89, 91  
   Kandahar 190, 191  
   Mazar-e Sharif 151  
   music 55  
   religion 48-9  
   sport 57, 58  
 Tashkurgan 158  
 taxi travel 220  
 telephone services 209, *see also inside front cover*  
 time 209  
 toilets 209-10  
 tombs  
   Balkh 157  
   Chaqmaqin Lake 172  
   Chist-e Sharif 128  
   Herat 138, 139  
   Kabul 87, 92-3  
   Mazar-e Sharif 152  
   Panjshir Valley 111  
 Tora Bora 185  
 Turkham 185  
 tourist information 210  
 tours 17, 217  
 travellers cheques 207  
 travel to/from Afghanistan 212  
 travel within Afghanistan 218-20  
 trekking 24, 168-9, 200  
 tuberculosis 225  
 Turkmen 46-7  
 TV 58  
 typhoid 225
- U**  
 Upper Wakhan 170  
 UXOs 71-2  
 Uzbeks 45-6
- V**  
 vacations 17, 205  
 vaccinations 221-2  
 vegetarian travellers 61  
 visas 210-11
- W**  
 Wakhan 24, 167-72  
 Wakhjir Valley 172  
 War on Terror, the 15, 40, 110, 190, 191  
 weather 200-1  
 wildlife reserves, *see national parks, sanctuaries & wildlife reserves*  
 women in Afghanistan 42, 46, 50-1, 52, 191  
 women travellers 211  
 women's health 226  
 working in Afghanistan 76-8
- Y**  
 Yawkawlang 125
- Z**  
 Zahir, Ahmad 54  
 Zarnegar Khana 139  
 Ziarats 49  
 zoos 91  
 Zorkol 170-1



## LONELY PLANET OFFICES

### Australia

Head Office

Locked Bag 1, Footscray, Victoria 3011

☎ 03 8379 8000, fax 03 8379 8111

talk2us@lonelyplanet.com.au

### USA

150 Linden St, Oakland, CA 94607

☎ 510 893 8555, toll free 800 275 8555

fax 510 893 8552

info@lonelyplanet.com

### UK

72–82 Rosebery Ave,

Clerkenwell, London EC1R 4RW

☎ 020 7841 9000, fax 020 7841 9001

go@lonelyplanet.co.uk

## Published by Lonely Planet Publications Pty Ltd

ABN 36 005 607 983

© Lonely Planet Publications Pty Ltd 2007

© photographers as indicated 2007

Cover photograph: the owner of a burqa shop in downtown Kabul spends time with his son; Paula Bronstein/Getty Images. Many of the images in this guide are available for licensing from Lonely Planet Images: [www.lonelyplanetimages.com](http://www.lonelyplanetimages.com).

All rights reserved. No part of this publication may be copied, stored in a retrieval system, or transmitted in any form by any means, electronic, mechanical, recording or otherwise, except brief extracts for the purpose of review, and no part of this publication may be sold or hired, without the written permission of the publisher.

Printed through The Bookmaker International Ltd

Printed in China

Lonely Planet and the Lonely Planet logo are trademarks of Lonely Planet and are registered in the US Patent and Trademark Office and in other countries.

Lonely Planet does not allow its name or logo to be appropriated by commercial establishments, such as retailers, restaurants or hotels. Please let us know of any misuses: [www.lonelyplanet.com/ip](http://www.lonelyplanet.com/ip).

Although the authors and Lonely Planet have taken all reasonable care in preparing this book, we make no warranty about the accuracy or completeness of its content and, to the maximum extent permitted, disclaim all liability arising from its use.

© Lonely Planet Publications. To make it easier for you to use, access to this chapter is not digitally restricted. In return, we think it's fair to ask you to use it for personal, non-commercial purposes only. In other words, please don't upload this chapter to a peer-to-peer site, mass email it to everyone you know, or resell it. See the terms and conditions on our site for a longer way of saying the above - 'Do the right thing with our content.'