

Index

ABBREVIATIONS

Kaz	Kazakhstan
Kyr	Kyrgyzstan
Taj	Tajikistan
Tur	Turkmenistan
U	Uzbekistan
Afg	Afghanistan

A

Abay Museum (Kaz) 189-90
 Abay State Opera & Ballet Theatre (Kaz) 138
 Abdul Aziz Khan Medressa (U) 259
 Abrashim Qala (Taj) 410
 Abylay Khan Residence Museum (Kaz) 182
 Abylkayyr Khan 46
 accommodation 496-8, *see also individual locations*
 Achaemenid empire 34-5
 Achik Tash (Kyr) 362
 activities 104-15, *see also individual locations & activities*
 itineraries 33, **33**
 adventure travel agencies 113-15
 Afghan Pamir 488-9
 Afghanistan 468-95, **470**
 accommodation 490
 activities 490
 arts 474-5
 border crossings 493-5
 climate 469
 costs 469, 492, 494
 embassies 490-1
 festivals 491
 food 476
 history 469-73
 information 477, 492
 itineraries 29, 469, **29**
 safe travel 469
 shopping 492
 travel to/from 493-5
 travel within 495
 visas 491, 493

women in 68
 women travellers 493
 Afrosiab (U) 245
 agriculture 56-7
 AIDS 533
 air travel 515-21, 524-5
 airlines 516-17
 airports 516
 environmental issues 517
 fares 519, **525**
 safety 518
 tickets 517-18
 to/from Central Asia 515-21
 within Central Asia 524-5
 Aitmatov, Chinghiz 82, 294, 296, 319
 Ak-Baital (Taj) 416
 Ak-Balyk (Taj) 412
 Ak-Jilga (Taj) 412
 Ak-Sai (Kyr) 335
 Ak-Say Canyon 313, **11**
 Ak-Saray Palace (U) 251-2
 Ak-Suu (Kyr) 363
 Aksu-Zhabagly Nature Reserve (Kaz) 98, 155-6
 Aktau (Kaz) 167-70, **168**
 Ak-Terek (Kyr) 356
 Aktobe 163-5
 Aktyubinsk, *see* Aktobe
 akyns 82, 296
 Ala-Archa Canyon (Kyr) 311-12
 Alamedin Canyon (Kyr) 312
 Alay Valley (Kyr) 361-3
 Al-Bukhari 250
 alcohol 88-9, 501
 Alexander the Great 35, 206, 241, 256, 353, 355, 373, 384, 390, 393, 425, 452, 487
 Alichur (Taj) 412
 Alim Khan 268
 Al-Khorezmi 42
 Allakuli Khan Medressa (U) 273
 Almaty (Kaz) 126-42, **128-9, 143**
 accommodation 134-6
 activities 133
 attractions 131-3
 drinking 137-8
 entertainment 138-9
 food 136-7
 history 126-7
 information 127, 129, 130

money 129
 shopping 139-40
 travel agencies 130-1
 travel to/from 140-1
 travel within 141-2
 walking tour 133-4, **133**
 Al-Qaeda 473
 Altay Mountains (Kaz) 188-9
 altitude sickness 535
 Altyn Arashan (Kyr) 326-7
 Altyn-Emel National Park (Kaz) 148-9
amin, the 90
 amoebic dysentery 534
 amusement parks 153, 164, 221, 435
 ancient Khorezm (U) 270
 ancient Penjikent (Taj) 394
 Andijon (U) 239-40
 animal market (Kyr) 322
 animals 96-8, *see also individual species*
 antelopes 124
 anthrax 534
 Aral Sea 100-1, 163, 277, 280
 Aral Sea memorial (U) 281
 Aral, *see* Aralsk
 Aralsk (Kaz) 161-2
 Arasan Baths (Kaz) 133
 archaeological sites
 Afrosiab (U) 245
 Ajina Teppe (Taj) 384
 ancient Penjikent (Taj) 394
 Balasagun (Kyr) 314
 Berel (Kaz) 189
 Besshatyr burial mounds (Kaz) 148
 Bunjikath (Taj) 384
 Burana Tower (Kyr) 314
 Dekhistan (Tur) 445
 Ekedeshik cave complex (Tur) 454
 Elliq-Qala (U) 270
 Erk Kala (Tur) 452
 Giaur Kala (Tur) 452
 Gonur Depe (Tur) 453
 Hulbuk (Taj) 384
 Kara-Tepe (U) 255
 Khan Dëbë (Kyr) 333
 Kobadiyan (Taj) 384
 Koshkar Ata (Kaz) 170-1
 Koshoy Korgon (Kyr) 345
 Kyz Kala (Tur) 453

- archaeological sites *continued*
 Maghoki-Attar (U) 259
 Merv complex 451-3
 Sarazm (Taj) 384
 Shakpak-Ata (Kaz) 171
 Sultan Epe (Kaz) 171
 Sultan Kala (Tur) 452-3
 Takht-i Sangin (Taj) 384
 Tamgaly petroglyphs (Kaz) 148
 Terekty petroglyphs (Kaz) 148
- archaeology
 books 20, 76
 internet resources 34, 77, 84
- architecture 76-9
- Ark, the (U) 261-2
- Arslanbob (Kyr) 352-4
- arts 76-84, *see also individual countries*
akyns 82, 296
 books 76, 80
landays 475
Manas epic 82, 296
- Ashgabat (Tur) 430-42, **432**
 accommodation 436-8
 activities 436
 attractions 433-6
 drinking 439
 entertainment 439
 food 438
 information 431, 433
 money 431
 shopping 439-40
 travel agencies 433
 travel to/from 440-1
 travel within 441
- Astana (Kaz) 172-9, **174-5**
 accommodation 177
 drinking 178
 entertainment 178
 food 177
 information 172-3
 tours 176
 travel to/from 178-9
 travel within 179
- At-Bashy (Kyr) 345
- ATMs 505
- Atyrau (Kaz) 165-7, **166**
- Aysha-Bibi Mausoleum (Kaz) 151
- B**
 Babazhi Katun Mausoleum (Kaz) 151
 Babur 47, 240, 358
- Babur's Gardens (Afg) 479
- Bactrian Gold 79
- Badai-Tugai Nature Reserve (U) 270
- Bakhautdin Naqshband Mausoleum (U) 268
- Bakiev, Kurmanbek 61, 294, 295
- Balkanabat (Tur) 444-5
- Balkh (Afg) 487
- Balkhi, Lady Rabi'a 475, 487
- Balykchy (Kyr) 335
- Bamiyan (Afg) 481-3
- Band-e Amir (Afg) 483
- Barchadiev (Taj) 408
- Bardara (Taj) 408
- bargaining 506
- Barskoön (Kyr) 330-1
- Barskoön Waterfall (Kyr) 330
- Bash Gumbaz (Taj) 412
- Basid (Taj) 408
- bathhouses 133
- Batken (Kyr) 363-4
- Battle of Talas 41
- Baykonur Cosmodrome (Kaz) 159
- bazaars
 Almaty (Kaz) 139-40
 Bishkek (Kyr) 303-4
 Bukhara (U) 259
 Carpet Bazaar (Afg) 479
 Chorsu (U) 218
 Fergana (U) 236
 Jahon (U) 240
 Jayma (Kyr) 358
 Panchshanbe (Taj) 390
 Shah Mansur (Green) (Taj) 385
 Tashkent (U) 226-7
 Tolkuchka (Tur) 435
 Urgut 250-1, 8
 Zelyony (Tur) 449-50
- Bazar-Dara (Taj) 412
- beaches 168, 317, 325, 446
- Beket-Ata (Kaz) 170
- Bekhzod National Museum (Taj) 384
- Berdymukhamedov, Gurbanguly 428, 429, 442
- Berel (Kaz) 189
- Bibi Fatima Springs (Taj) 410
- Bibi-Khanyim Mosque (U) 244
- bin Laden, Osama 60, 61, 473
- bird market 479
- Birds of Prey Festival (Kyr) 332
- birdwatching 98, 113
 Kazakhstan 125, 130, 144, 179, 193
 Uzbekistan 257, 259, 281
- Bishkek (Kyr) 298-311, **300, 312**
 accommodation 305-7
 activities 304
 attractions 302-4
 drinking 308
 entertainment 308-9
 festivals 305
 food 307
 history 298-9
 information 299, 301, 302, 304
 money 301
 shopping 309
 tour agencies 304
 tours 304
 travel agencies 302
 travel to/from 309-11
 travel within 311
- Black Death 46
- black market 285
- boat travel 523
- Bodomadara (Taj) 408
- body language 67
- Bokonbayevo (Kyr) 332-3
- Bolsheviks 53-4
- books 20-2, *see also literature & individual countries*
 archaeology 20, 76
 architecture 76
 art 76, 80
 environment 99
 food 85, 86
 health 532
 Silk Road 21
 travel 20-2
- Bor Döbö (Taj) 416
- border crossings 521
 Afghanistan 493-5
 Irkeshtam Pass (Kyr) 362
 Kazakhstan 200-1
 Kyrgyzstan 370-1
 problems 527
 Tajikistan 421-2
 tips 370
 Torugart Pass (Kyr) 346-8
 Turkmenistan 466-7
 Uzbekistan 287-8
- borders 392, 527
- bribes 193
- bride kidnapping 293
- British empire 50
- brucellosis 533
- Buddha Niches (Afg) 482

Buddhist sites

- Afghanistan 481-3
- Tajikistan 410
- Uzbekistan 254-5
- Bukhara (U) 257-68, **260-1**
 - accommodation 264-5
 - activities 263
 - attractions 259-63
 - drinking 266
 - entertainment 266
 - festivals 264
 - food 265-6
 - history 257-8
 - information 258
 - money 258
 - shopping 266-7
 - tours 263-4
 - travel agencies 258-9
 - travel to/from 267
 - travel within 267-8
- Bulunkul (Taj) 411
- Burabay National Nature Park (Kaz) 180
- Burana Tower (Kyr) 314
- Burnes, Alexander 'Bukhara' 50, 471
- bus travel 525-6
- business hours 498
- buzkashi* 64, 12

C

- cable cars 132, 385, 435-6
- camel trekking 109, 114, 115, 256, 270, 281, 414
- car travel 526-7
- caravanserais 346, 456
- Carpet Bazaar (Afg) 479
- Carpet Museum (Tur) 434
- carpets 81, 508
 - Afghanistan 479, 492
 - customs regulations (Turkmenistan) 461
 - Kyrgyzstan 309
 - shyrdaks* 309, 339, 508
 - Turkmenistan 434, 435, 439-40, 455
 - Uzbekistan 226, 249, 266, 276
- cave paintings 415
- Central Kyrgyzstan 335-48, **336**
- Central Tian Shan (Kaz) 148
- Central Tian Shan (Kyr) 333-5
- ceramics 226, 239, 249
- chaikhanas 89
- Charyn Canyon (Kaz) 147
- Chashma Spring (U) 256
- Chatyr Tash (Taj) 412
- chay* 88
- Chicken Street (Afg) 479
- children, travel with 498-9
- Chimbulak (Kaz) 143-4
- Chinese Mosque (Kyr) 322
- Chinggis (Genghis) Khan 42-5, 119, 122, 156, 206, 212, 243, 246, 254, 258, 261, 293, 425, 451, 457, 470, 482, 486, 487
- Chokur-Kul (Taj) 410
- Cholpon-Ata (Kyr) 316-18, **317**
- Chong Ak-Suu Valley (Kyr) 318
- Chong-Kemin Valley (Kyr) 314
- Chong-Tash (Kyr) 294
- Chorsu Bazaar (U) 218
- cinema 79-80
- Citadel (Afg) 485
- climate 19, 499
- collectivisation 54
- communism 54
 - Afghanistan 471, 472
 - Kazakhstan 120
 - Kyrgyzstan 293
 - Tajikistan 376
 - Turkmenistan 427
 - Uzbekistan 207
- community-based tourism 106, 107
 - itineraries 32
 - Kazakhstan 156, 181
 - Kyrgyzstan 297
 - Tajikistan 395, 414
 - Uzbekistan 257
- Conolly, Arthur 264
- corruption 501-3
- cosmodromes 159
- costs 19-20
- cotton production 56-7, 209
- crafts 508
- credit cards 505
- crime 501
- Crimean Congo haemorrhagic fever 534-5
- cross-country skiing 112
- culture 69-70
- customs regulations 499-500, *see also individual countries*
- cycling 110

D

- Dari language 542-3
- Darvaza (Tur) 442
- Darvaza Gas Craters (Tur) 442
- Dashogus (Tur) 459-60

- Dasht (Taj) 408
- Dayahattin Caravanserai (Tur) 456
- deep vein thrombosis (DVT) 532
- Dekhistan (Tur) 445
- departure tax 518
- diarrhoea 534
- Dinosaur Plateau (Tur) 456, 457
- Dishon-Qala (U) 274
- documentation 502
- Dorut Tilyovat (U) 252
- Dostoevsky, Fyodor 189, 190
- Dostoevsky Museum (Kaz) 190
- dragon horses 40
- drinking 88-9, *see also individual countries*
- drinking water 535
- Dubovy (Oak) Park (Kyr) 303
- Dungan people 67
- Dushanbe (Taj) 381-9, **383**
 - accommodation 385-6
 - activities 385
 - attractions 382-5
 - entertainment 387-8
 - food 386-7
 - history 381
 - information 382
 - money 382
 - shopping 388
 - travel agencies 382
 - travel to/from 388-9
 - travel within 389

E

- eagle hunting 113, 331, 332, 12
- Earthquake Memorial (U) 220
- Earthquake Museum (Tur) 434
- ecotourism 23-4, *see also community-based tourism*
- itineraries 32
- Ekedeshik cave complex (Tur) 454
- Eki-Naryn (Kyr) 343
- electricity 500
- Elliq-Qala (U) 270
- Emir's Summer Palace (U) 268
- Engels Peak (Taj) 408
- environmental issues 99-103, *see also individual countries*
 - Afghanistan 476
 - air travel 517
 - Aral Sea 56, 100-1
 - books 99
 - internet resources 99, 100, 102
 - Kazakhstan 124-5
 - Kyrgyzstan 297-8

environmental issues *continued*

- overgrazing 102
- poaching 102-3
- pollution 102
- Turkmenistan 430
- Uzbekistan 211
- Vozrozhdenie Ostrov 211
- Erk Kala (Tur) 452
- Ethnography Museum (Kaz) 185-6
- etiquette 67, 69, 70
 - tea-drinking 91
- European Cemetery (Afg) 479
- events, *see* festivals

F

- Faizabad (Afg) 487-8
- Fan Mountains (Taj) 396-8, **396**, 11
- Fayoz-Tepe (U) 254
- Fayzulla Khojaev House (U) 263
- Fedchenko Glacier (Taj) 416
- Fergana (U) 236-8, **237**
- Fergana Valley (U) 232-40, **233**
- Festival of National Cuisine & Folklore (Kyr) 329
- festivals 502-4, *see also individual locations*
 - Birds of Prey Festival (Kyr) 332
 - buzkashi* 64, 12
 - Festival of National Cuisine & Folklore (Kyr) 329
- food 87, 90
 - Navrus 503-5
- film 79-80
- Fine Arts Museum of Uzbekistan 219
- floor-ladies 498
- folk art 80-1
- food 85-7
 - customs 90-1
 - festivals 87, 90
 - laghman* 86
 - plov* 86, 223
 - shashlyk* 85, 8
 - vegetarian travellers 90
- Fort Shevchenko (Kaz) 171
- fortresses
 - Elliq-Qala (U) 270
 - fortress of Alexander the Great (U) 256
 - Giaur Kala (Tur) 452
 - Gyaour-Qala (U) 270

- Hissar (Taj) 389
- Kafir-Qala (Taj) 411
- Khaakha fortress (Taj) 409
- Kuhna Ark (U) 273
- Kyr Kyz (U) 255
- Mug Teppe (Taj) 393
- Foster, Norman 173, 176
- four-wheel drive trips 112
 - Afghanistan 484, 488
 - Kazakhstan 155, 170
 - Tajikistan 403, 414, 415
 - Turkmenistan 114, 442, 454
 - Kyrgyzstan 327, 334, 335, 364
- Friday Mosque, Herat (Afg) 485
- Frunze House-Museum (Kyr) 303
- Frunze, Mikhail Vasilievich 303

G

- Garam Chashma (Taj) 409
- gardens, *see* parks & gardens
- gas craters 442
- gay travellers 138, 462, 502
- Gazar Gah (Afg) 485
- Geisev Valley (Taj) 407
- Genghis Khan, *see* Chinggis (Genghis) Khan
- geography 95-6
- Geok-Depe (Tur) 441-2
- geology 96
- German people 67
- Ghaznavid empire 42
- Ghazni (Afg) 490
- giardiasis 534
- Golden Man (Kaz) 132
- golf 113
- Gonur (Tur) 453-4
- Gonur Depe (Tur) 453
- Gozli Ata (Tur) 445
- Great Game, the 50-1, 264, 471
- Great Horde, the 43, 47, 49, 120
- Grigorievka (Kyr) 318-19
- Gumbezkul Valley (Taj) 414
- Gunt Valley (Taj) 412
- Gur-e-Amir Mausoleum (U) 244-5
- Gypjak (Tur) 441

H

- Haji Yakoub mosque and medressa (Taj) 384
- handicrafts 226, 238, 249, 309, 406, 508
- handshaking 67-70
- Hazara people 68
- Hazrat-Hizr Mosque (U) 246

- health 530-6
- heli-skiing 112
- Kazakhstan 148
- Kyrgyzstan 314
- Uzbekistan 231
- hepatitis A 533
- hepatitis B 533
- Herat (Afg) 483-6
- hiking 108, *see also* trekking
 - Kazakhstan 180
 - Tajikistan 389, 407
 - Uzbekistan 257
- Hissar (Taj) 389
- Historical Museum (Kyr) 359
- History & Local Studies Museum (Kaz) 190
- history 34-61, *see also individual countries & locations*
 - Achaemenid empire 34-5
 - Battle of Talas 41
 - Bolsheviks 53-4
 - borders 392
 - British empire 50
 - Chinggis (Genghis) Khan 42-5
 - Ghaznavid empire 42
 - Great Game, the 50-1
 - independence 58-9
 - Islam 40-2
 - Karakhanid empire 42
 - Kushan empire 38-40
 - Russian empire 49-50
 - Russian Revolution 52-3
 - Sassanid empire 40
 - Timurid empire 45-6
 - Zhunganian empire 47-8
- History Museum of the People of Uzbekistan 219
- History Museum of the Timurids (U) 219
- hitching 527-8
- HIV 533
- Hoja, Islom 274
- Hoja Ismail (U) 250
- holidays 502-4
- Holy Trinity Cathedral (Kyr) 322
- homestays 496-7
 - Kazakhstan 125, 147, 155-6, 179, 181, 188
 - Kyrgyzstan 297, 344, 349, 354, 355, 356, 364
 - Tajikistan 395, 398, 405, 407, 408, 411, 413, 414
 - Uzbekistan 254, 259, 277, 278
- horse riding 108-9, 318, 364
- horse treks 330, 339, 342, 412

horses 97
 dragon horses 40
 Przewalski's horses 98, 148,
 180, 325
 hot springs
 Afghanistan 484
 Kyrgyzstan 312, 313, 326-7, 350
 Tajikistan 409, 411, 414

I
 ibn-Sina, Abu Ali 379
 ice houses 453
 ice skating 436
 Ichon-Qala (U) 272-3, **272**, 7
 Ile-Alatau National Park (Kaz) 144
 independence 58-9
 influenza 533
 insurance 504
 medical 531
 internet access 504
 internet resources 22-3
 archaeology 34, 77, 84
 architecture 76
 environment 99, 100, 102
 health 530
 music 83
 Silk Road 23, 40
 visas 511
 Inylchek Glacier (Kyr) 334
 Irkeshtam Pass (Kyr) 362-3
 Isfandiyyar Palace (U) 274
 Ishkashim (Afg) 488
 Ishkashim (Taj) 409
 Iskander-Kul (Taj) 396-8
 Islam 40-2, 71-5
 Islamic Centre (Kaz) 173
 Islom-Hoja Medressa (U) 274
 Ismail Samani Mausoleum (U) 262
 Ismailov, Hamid 82
isriq 63
 Istaravshan (Taj) 393
 itineraries 25-33, *see also individual countries*
 activities 33, **33**
 community-based tourism 106,
 107
 Silk Road 25, 27, **25**, **27**
 Torugart Pass 26, **26**
 World Heritage sites 33, **33**

J
 jalloos 97, 339, 340, 348, 349
 Jalalabad (Afg) 489
 Jalal-Abad (Kyr) 354-5
 Jalang (Taj) 415

Japanese memorial (Tur) 446
 Jayma Bazaar (Kyr) 358
 Jelandy (Taj) 411
 Jerbent (Tur) 442
 jet lag 532
 Jeti-Öghüz (Kyr) 329-30
 Jewish history 246
 Jewish people 67, 262

K
 Ka Faroshi (Afg) 479
 Kabul (Afg) 476-81, **478**
 accommodation 480
 attractions 479-80
 food 480
 history 477
 information 477, 479
 money 477
 travel to/from 481
 travel within 481
 Kabul Museum (Afg) 479
 Kadji-Sai (Kyr) 331-2
 Kala-i Khum (Taj) 403
 Kalon Minaret (U) 261
 Kalon Mosque (U) 261
 Kalta Minor Minaret (U) 273
 Kandahar (Afg) 490
 Kapkytan Cave (Tur) 456
 Karaganda (Kaz) 183-5
 Karaganda Ecological Museum (Kaz)
 183
 Karagandy, *see* Karaganda
 Kara-Jilga (Taj) 415
 Karakalpak people 67, 276
 Karakalpakstan (U) 276-81,
269
 Karakhanid empire 42
 Karakol (Kyr) 320-5, **321**, **326**
 accommodation 323-4
 activities 323
 attractions 322-3
 entertainment 324
 food 324
 history 320
 information 320, 321
 money 320
 shopping 324
 travel agencies 321-2
 travel to/from 324
 travel within 325
 Karakol Valley (Kyr) 327-9
 Karakul (Taj) 416
 Kara-Kul (Taj) 416
 Karakum desert 442
 Karatag Valley (Taj) 389

Kara-Tepe (U) 255
 Karimov, Islam 207, 208
 Karkara Valley (Kaz) 147-8
 Karkara Valley (Kyr) 319-20
 Karl Marx Peak (Taj) 408
 Karlag Museum (Kaz) 185
 Karlyuk Caves (Tur) 456
 Karzai, Hamid 473
 Katon-Karagay National Park (Kaz) 188
 kayaking 110
 Kazakh language 539-40
 Kazakh people 62-3, 119-20, 122
 Kazakhstan 116-202, **118**, **146**
 accommodation 192-3
 activities 125, 130, 144, 148, 179,
 180, 193
 arts 123-4
 border crossings 200-1
 climate 117
 drinks 126
 embassies 193-5
 festivals 195, 196
 food 125-6
 history 117-21
 information 193, 196, 197-8
 itineraries 30, 117, **30**
 money 196
 travel agencies 113
 travel to/from 199-201
 travel within 202
 visas 195, 198-9
 Kazarmen (Kyr) 343-4
 Khan Shatyr (Kaz) 173
 Khan Tengri (Kaz) 148
 Khan Tengri (Kyr) 333
 Khan, Chinggis (Genghis) 42-5, 119,
 122, 156, 206, 212, 243, 246, 254,
 258, 261, 293, 425, 451, 457, 470,
 482, 486, 487
 Khan, Umar 235
 Khan's Palace (U) 233-4
 Khargush (Taj) 410
 Khast Imom (U) 218-19
 Khazrati-Imam complex (U) 252
 Khiva (U) 270-6, **272**
 accommodation 274-5
 attractions 272-4
 drinking 275-6
 entertainment 276
 food 275-6
 history 271
 shopping 276
 tourist information 271-2
 tours 274
 travel to/from 276

Khiva Juma Mosque (U) 273
 Khojand (Taj) 390-2, **391**
 Khorezm (U) 268-76, **269**
 Khorog (Taj) 404-7, **405**
 Khrushchev, Nikita 57, 74, 120, 172
 kite flying 476
 Kochkor (Kyr) 335-8, **338**
 Koh-i-Garmo, *see* Pík Lenin
 Koh-i-Lal ruby mine (Taj) 409
 Koi-Tezek Pass (Taj) 411
 Kojumkul (Kyr) 349
kok boru 367, *see also buzkashi*
 Kók Jar (Taj) 416
 Kokand (U) 232-6, **234**
 Kok-Gumbaz Mosque (U) 252
 Kokshetau (Kaz) 181-2
 Kok-Tobe (Kaz) 132
 Kolsay Lakes (Kaz) 146-7
 Konye Kurgan (Taj) 415
 Konye-Urgench (Tur) 457-9
 Korean people 67
 Korgalzhyn Nature Reserve (Kaz)
 179-80
 Koshkar Ata (Kaz) 170-1
 Koshoy Korgon (Kyr) 345-6
 Kōw Ata Underground Lake (Tur) 443
 Kubra, Nejameddin 458
 Kuchi people 68-9
 Kugitang Nature Reserve (Tur) 456
 Kuhna Ark (U) 273
 Kumtor Gold Mine (Kyr) 330
 kumys 88-9
 Kunanbaev, Abay 189, 191
 Kunduz (Afg) 487
 Kurchatov (Kaz) 192
 Kushan empire 38-40
 Kydyra Minaret (Kaz) 154
kymys 88-9
 Kyrgyz language 540-1
 Kyrgyz people 63-4
 Kyrgyzstan 290-371, **292**
 accommodation 364
 activities 309, 313, 314, 329, 354,
 364-5
 arts 296
 border crossings 370-1
 climate 291
 costs 291, 368
 customs 365
 embassies 365-7
 festivals 367-8

food 298
 history 291-5
 information 368, 369
 itineraries 291
 travel agencies 114
 travel to/from 370-1
 travel within 371
 visas 366-7, 369
 Kyrk Gyz (Forty Girl) Cave (Tur) 456
 Kyrk Molla (Tur) 459
 Kyz Kala (Tur) 453
kyz-kumay 367
 Kyzyl-Art Pass (Taj) 416
 Kyzylkala (Kaz) 171
 Kyzyl-Oi (Kyr) 349
 Kyzylorda (Kaz) 159-61

L

laghman 86
 Lake Aidarkul (U) 256-7
 Lake Balkhash (Kaz) 149
 Lake Burabay (Kaz) 180-1
 Lake Issyk-Köl (Kyr) 315-35, **316**
 Lake Sarez (Taj) 409
 Lake Sary-Chelek (Kyr) 351-2
 Lake Song-Köl (Kyr) 339-40
landays 475
 Langar (Taj) 410
 Langar (U) 254
 language 537-43
 Lebap Regional Museum (Tur) 454-5
 legal matters 504
 leishmaniasis 533
 lesbian travellers 138, 462, 502
 Letters of Invitation (LOIs) 510-11
 literature 20-2, 81-2, *see also* books
luli people 68
 Lyabi-Hauz (U) 259

M

Maghoki-Attar (U) 259
 Magrib Bolo (Taj) 398
 malaria 533
 Malinovka (Kaz) 179
 Mamun II Minaret (Tur) 459
Manas epic 82, 296
 Manas Village (Kyr) 303
 maps 504
 Marco Polo 44
 Marco Polo sheep 103
 Margilon (U) 238-9
 Marguzor Lakes (Taj) 396
 markets, *see* bazaars
 marshrutkas 528
 Mary (Tur) 448-51, **449**

Mary Regional Museum (Tur) 449
 Mashhur Zhusip Mosque (Kaz) 192
 Massoud, Ahmad Shah 472, 473
 Mausoleum of Ismail al-Bukhari
 (U) 250
 Mausoleum of Mazlum Khan Slu
 (U) 280
 Mausoleum of Mohammed ibn Zeid
 (Tur) 451-2
 Mausoleum of Parau Bibi (Tur) 443
 Mausoleum of Rabiga-Sultan Begum
 (Kaz) 158
 Mausoleum of Sultan Sanjar (Tur)
 452-3
 mausoleums 78
 Abd al Aziz-Baba Mausoleum
 (Kaz) 155
 Aristan-Bab Mausoleum (Kaz) 157
 Aysha-Bibi Mausoleum (Kaz) 151
 Babazhi Katun Mausoleum (Kaz)
 151
 Bakhautdin Naqshband
 Mausoleum (U) 268
 Dautibek Mausoleum (Kaz) 150
 Gur-e-Amir Mausoleum (U) 244-5
 Ibragim Ata Mausoleum (Kaz) 155
 Ismail Samani Mausoleum (U) 262
 Karakhan Mausoleum (Kaz) 149-50
 Karashash-Ana Mausoleum (Kaz)
 154
 Mausoleum of Al-Hakim al-Termizi
 (U) 255
 Mausoleum of Bekbulat (Taj) 411
 Mausoleum of Ismail al-Bukhari
 (U) 250
 Mausoleum of Mazlum Khan Slu
 (U) 280
 Mausoleum of Mohammed ibn
 Zeid (Tur) 451-2
 Mausoleum of Parau Bibi (Tur) 443
 Mausoleum of Rabiga-Sultan
 Begum (Kaz) 158
 Mausoleum of Sultan Sanjar (Tur)
 452-3
 Mausoleums of Two Askhab
 (Tur) 453
 Mirali Bobo Mausoleum (Kaz) 154
 Nejameddin Kubra Mausoleum
 (Tur) 458
 Pahlavon Mahmud Mausoleum
 (U) 274
 Sultan Tekesh Mausoleum (Tur) 458
 Yasau Mausoleum (Kaz) 158, 6
 Yunus Khan Mausoleum (U) 219
 Mausoleums of Two Askhab (Tur) 453

- Maymyr (Kaz) 188
 Mazar-e Sharif (Afg) 486-7
 measures 500
 Medeu (Kaz) 143-4
 Medeu ice rink 143
 medical services 532-3
 medressas 78
 Abdul Aziz Khan Medressa (U) 259
 Haji Yakoub mosque and medressa (Taj) 384
 Islom-Hoja Medressa (U) 274
 Mohammed Rakhim Khan Medressa (U) 273
 Sahib Mian Hazrat Medressa (U) 235
 Sher Dor (Lion) Medressa (U) 243
 Tilla-Kari (Gold-Covered) Medressa (U) 243
 Ulugbek Medressa (U) 243, 259
 memorials
 Aral Sea memorial (U) 281
 Earthquake Memorial (U) 220
 Japanese memorial (Tur) 446
 Panfilov Heroes (Kaz) 131
 Stronger than Death memorial (Kaz) 190-1
 Merv (Tur) 451-3, **452**
 Merzbacher Lake (Kyr) 333
 Minaret of Jam (Afg) 483
 minarets 78
 Misrian (Tur) 445
 Mizdakhan (U) 280
 Mohammed Rakhim Khan Medressa (U) 273
 money 19-20, 504-7
 moneychangers 506
 monuments
 Bayterek monument (Kaz) 176
 Dawn of Freedom (Kaz) 132-3
 Monument to Independence (Kaz) 132
 Monument to the Dead of the Totalitarian Regime (Kaz) 173
 Monument to the Independence of Turkmenistan 434
 statue of Ismail Samani (Taj) 385
 Mosque of Yusuf Hamadani (Tur) 453
 mosques 77-8
 Azadi mosque (Tur) 434
 Bibi-Khanyim Mosque (U) 244
 Chinese Mosque (Kyr) 322
 Friday Mosque, Herat (Afg) 485
 Haji Yakoub mosque and medressa (Taj) 384
 Hazrat-Hizr Mosque (U) 246
 Iranian mosque (Tur) 434
 Islamic Centre (Kaz) 173
 Jami Mosque, Kokand (U) 235
 Kalon Mosque (U) 261
 Khiva Juma Mosque (U) 273
 Kok-Gumbaz Mosque (U) 252
 Mashhur Zhusip Mosque (Kaz) 192
 mosque of Khezrety Omar (Tur) 434
 Mosque of Yusuf Hamadani (Tur) 453
 Narbutabey Mosque & Medressa (U) 234-5
 No Gombad Mosque (Afg) 487
 Pul-e Khishti Mosque (Afg) 479
 Rabat Abdullah Khan Mosque (Kyr) 359
 Turkmenbashi Ruhy Mosque (Tur) 441
 mountain biking 110
 mountaineering 110-11
 Moyie Mubarek Library Museum (U) 218
 Moynaq (U) 280-1
 Muqimi, Mohammedamin 235
 Murgab (Taj) 412-14
 Musalla Complex (Afg) 485
 Museum of Applied Arts (U) 219
 Museum of Victims of Repression (Kaz) 179
 museums & galleries
 Abay Museum (Kaz) 189-90
 Abylay Khan Residence Museum (Kaz) 182
 Afrosiab Museum (U) 245
 Amir Timur Museum (U) 252
 Bekhzod National Museum (Taj) 384
 Carpet Museum (Tur) 434
 Central State Museum (Kaz) 131
 Dostoevsky Museum (Kaz) 190
 Earthquake Museum (Tur) 434
 Ethnography Museum (Kaz) 185-6
 Fine Arts Museum of Uzbekistan 219
 Frunze House-Museum (Kyr) 303
 Geology Museum (Kaz) 132
 Historical Museum (Kyr) 359
 History & Local Studies Museum (Kaz) 190
 History Museum of the People of Uzbekistan 219
 History Museum of the Timurids (U) 219
 International Museum of Peace & Solidarity (U) 246
 Kabul Museum (Afg) 479
 Karaganda Ecological Museum (Kaz) 183
 KarLag Museum (Kaz) 185
 Kazakhstan Museum of Arts 131-2
 Lebab Regional Museum (Tur) 454-5
 Mary Regional Museum (Tur) 449
 Moyie Mubarek Library Museum (U) 218
 Museum of Applied Arts (U) 219
 Museum of Kazakh Musical Instruments 131
 Museum of Victims of Political Repression (Kaz) 152
 Museum of Victims of Repression (Kaz) 179
 museum of wood carvings (U) 259
 National Gallery (Afg) 479
 National Museum (Tur) 435
 National Museum of Antiquities of Tajikistan 382-4
 National Nuclear Centre museum (Kaz) 192
 President's Museum (Kaz) 173
 Presidential Culture Centre (Kaz) 173
 Pugachyov Museum (Kaz) 165
 Rishton Ceramic Museum (U) 239
 Savitsky Karakalpakstan Art Museum (U) 278, 279
 Shevchenko Museum (Kaz) 171
 State Art Museum (U) 245
 State Historical Museum (Kyr) 303
 State Museum of Fine Arts (Kyr) 303
 Termiz Archaeological Museum (U) 253-4
 music 82-3
- N**
 name changes 193
 Naqshband, Bakhautdin 268
 Naryn (Kyr) 340-2, **341**
nasvai 86
 National Gallery (Afg) 479
 National Museum (Tur) 435
 National Museum of Antiquities of Tajikistan 382-4
 National Nuclear Centre (Kaz) 192
 national parks & reserves 98-9
 Aksu-Zhabagly Nature Reserve (Kaz) 155-6
 Ala-Archa Canyon (Kyr) 311-12
 Altyn-Emel National Park (Kaz) 148-9

national parks & reserves *continued*

- Badai-Tugai Nature Reserve (U) 270
 Band-e Amir (Afg) 483
 Burabay National Nature Park (Kaz) 180
 Ile-Alatau National Park (Kaz) 144
 Karakol Valley (Kyr) 327-9
 Katon-Karagay National Park (Kaz) 188
 Korgalzhyn Nature Reserve (Kaz) 179-80
 Kugitang Nature Reserve (Tur) 456
 Nuratau-Kyzylkum Biosphere Reserve (U) 257
 Sary-Chelek Biosphere Reserve 351
 Sayram-Ugam National Park (Kaz) 156
 Ugam-Chatkal National Park (U) 230
 Zapadno-Altaisky (Western Altay) Nature Reserve (Kaz) 188
 Navoi, Alisher 81, 219
 Navoi Park (U) 219-20
 Navrus 503-5
 Nejemaddin Kubra Mausoleum (Tur) 458
 Nevada-Semipalatinsk Movement 189
 newspapers 500
 Nissa (Tur) 441
 Niyazov, Saparmurat 60, 61, 74, 427, 428, 431, 433, 435, 436, 441, 442
 No Gombad Mosque (Afg) 487
 Nodira 235
 Nokhur (Tur) 443
 nomadic life 160-1
 nuclear tests 124-5, 189
 Nukus 276-80, **278**
 Nurata (U) 256-7
 Nuratau Mountains (U) 257
 Nuratau-Kyzylkum Biosphere Reserve (U) 257
 Nuristani people 68

O

- oceanariums 173
 oil 60
 Okzhetpes (Kaz) 180
 OMAR Land Mine Museum (Afg) 479-80
 Oral, *see* Uralsk

- Osh (Kyr) 356-61, **357**
 accommodation 359-60
 attractions 358-9
 drinking 360
 entertainment 360
 food 360
 information 356, 358
 shopping 360
 travel to/from 360
 travel within 361
 visas 358
 Osh Riots 295
 Oskemen, *see* Ust-Kamenogorsk
 Otrar (Kaz) 156-7
 overgrazing 102
 Ozero Bolshoe Almatinskoe (Kaz) 144-5
 Özgön (Kyr) 355-6

P

- Pahlavon Mahmud Mausoleum (U) 274
 painting 83-4
 Palace of Independence (Kaz) 176
 Palace of Orphans (Tur) 441
 Palace of Peace & Accord (Kaz) 176
 Pamir Highway (Taj) 411-16, 11
 Pamiri houses 401
 Pamirs, the (Taj) 399-416, **400**
 Panfilov Park (Kaz) 131
 Parau Bibi (Tur) 443
 parks & gardens
 Babur's Gardens (Afg) 479
 Dubovy (Oak) Park (Kyr) 303
 Dushanabe Botanical Gardens 385
 Gorky Park (Almaty) 133
 Navoi Park (U) 219-20
 Pamir Botanical Gardens (Taj) 404
 Panfilov Park (Kaz) 131
 Pashtun people 66-7
 Pashtunwali 67
 Pavlodar (Kaz) 192
 Payron Lake (Taj) 389
 Penjikent (Taj) 393-6, **394**
 people 62-70
 permits 510
 petroglyphs
 Ak-Jilga (Taj) 412
 Cholpon-Ata 317
 Sailmaluu Tash (Kyr) 344
 Tamgaly (Kaz) 148
 Terekty (Kaz) 148
 Zukarnay (U) 256
 Petropavl, *see* Petropavlovsk
 Petropavlovsk (Kaz) 182-3

- photography 507
 Pik Lenin (Kyr) 362
 Pik Pobedy (Kyr) 333
 plague, the 46, 534
 planning 19-24
plov 86, 223
 poaching 102-3
 poetry 81-2
 Polkovnichy Island (Kaz) 190
 pollution 102
 Polo, Marco 44
 postal services 507
 President's Museum (Kaz) 173
 Przewalski Memorial & Pristan Prahevalsk (Kyr) 325-6
 Przewalski, Nikolai 325-6
 Przewalski's horses 98, 148, 180, 325
 Pugachyov Museum (Kaz) 165
 Pul-e Khishti Mosque (Afg) 479
 Purges, the 55

Q

- qymyz* 88-9
 Qyz Bibi (Tur) 443

R

- rabies 534
 rafting 110
 Kyrgyzstan 314
 tours 305
 Uzbekistan 231
 Rakhmanovskie Klyuchi (Kaz) 189
 Rang-Kul (Taj) 414
 Ratm Fort (Taj) 410
 Rebirth Island 211
 Registan, the (U) 243-4, 6
 registration 507, *see also individual locations*
 Pamirs, the 401
 religion 71-5, 123, 210, 296, 379, 429, 474
 responsible travel 23-4
 Respublika Alangy (Kaz) 132-3
 Rishton (U) 239
 Rishton Ceramic Museum (U) 239
 rock climbing 110-11
 Roshorv (Taj) 408
 Roshtqala (Taj) 408
 rugs 81, *see also* carpets
 Russian empire 49-50
 Russian language 537-9
 Russian Orthodox churches 133, 190, 446, 455
 Russian Revolution 52-3

S

safety 20

Afghanistan 469, 480

Sailmaluu Tash (Kyr) 344-5

Samani, Ismail 375

Samarkand (U) 240-50, **242**

accommodation 246-8

attractions 243-6

festivals 246

food 248

history 241

information 241

money 243

tours 246

travel agencies 243

travel to/from 249-50

travel within 250

San-Tash (Kyr) 319

Sarala-Saz (Kyr) 339, **10**

Sary Moghul (Kyr) 361-2

Sary Tash (Kyr) 361

Sary Tash (Taj) 416

Sary-Chelek Biosphere Reserve 99,
351

Sassanid empire 40

Sassyk-Kul (Taj) 412

Sauran (Kaz) 159

Savitsky Karakalpakstan Art Museum
(U) 278, 279

Savnob (Taj) 408

Sayram (Kaz) 154

Sayram-Ugam National Park (Kaz) 156

Semey (Kaz) 189-92, **190**

Semipalatinsk Polygon (Kaz) 192

Semipalatinsk, *see* Semey

Shad, Gowhar 45, 46, 79, 485

Shah-i-Zinda (U) 244

Shahr-e Gholghola (Afg) 482

Shahriyar Ark (Tur) 453

Shaimak (Taj) 415

Shakhrisabz (U) 251-3, **251**

Shakhty (Taj) 415

Shakpak-Ata (Kaz) 171

shared taxis 527

shashlyk 85, 8

Shaybanid dynasty 47

Sherkala (Kaz) 171

Shevchenko, Taras 171

ship cemetery (Kaz) 162

Shokh Dara Valley (Taj) 408-9

shopping 507-8

Shrine of Hazrat Ali (Afg) 486

Shrine of Khoja Abu Nasr Parsa (Afg)
487Shymkent (Kaz) 151-4, **152**

shyrdaks 309, 339, 508

Sibinski Lakes (Kaz) 188

silk

buying 227

Tajikistan 388

Uzbekistan 238, 266, 276

Silk Road 36-7, **38-9**

books 21

internet resources 23, 40

itineraries 25, 27, **25, 27**

train travel 523

Singing Dune (Kaz) 148

skiing 111-12

cross-country 112

Kazakhstan 143

Kyrgyzstan 313, 329, 354

Uzbekistan 230

Slav people 66

snow leopards 98

Solomon's Throne (Kyr) 358

Soviets in Afghanistan 58, 471-3

spas 311-13, 329

Spassk (Kaz) 185

speed skating 143

St Nicholas' Cathedral (Kaz) 133

Stalin 54, 55

State Art Museum (U) 245

State Historical Museum (Kyr) 303

State Museum of Fine Arts (Kyr)

303

State Philharmonia (Kaz) 138

STDs 534

Stoddart, Charles 264

street names 193

Stronger than Death memorial (Kaz)

190-1

study 514

Sultan Epe (Kaz) 171

Sultan Tekesh Mausoleum (Tur)

458

Sunkar eagle farm (Kaz) 144

Surkhandarya province (U) 254

Suusamy Valley (Kyr) 348-9

suzani 81, 250, 256, 267, 276, 388

buying 226

swastika-shaped forest (Kyr) 342-3

swimming 436

T

Tagtabazar (Tur) 454

Tajik language 541

Tajik people 64-5

Tajikistan 372-423, **374**

accommodation 416

activities 389, 397, 407, 416-17

arts 379

border crossings 421-2

climate 373

costs 373, 419

economy 377

embassies 417-18

environmental issues 380

festivals 418

food 380

history 373-7

information 418, 419, 420

itineraries 373

travel agencies 114

travel to/from 421-2

travel within 422-3

visas 418, 420

Talas (Kyr) 349-50

Taliban, the 59-60, 472-3

women under 68-70

Tamchy (Kyr) 316

Tamerlane, *see* Timur (Tamerlane)

Tamga (Kyr) 330-1

Tamgaly petroglyphs (Kaz) 148

Taraz (Kaz) 149-51, **150**

Tash-Bashat 342-3

Tash Rabat (Kyr) 346

Tashkent 212-29, **214-15, 231**

accommodation 221-2

activities 220-1

attractions 218-20

drinking 224-5

entertainment 225-6

food 222-4

history 212

information 213, 216

money 216

shopping 226-7

travel agencies 217-18

travel to/from 227-8

travel within 228

Tashkömür (Kyr) 351

taxi travel 526-7, 528

tips 229, 528

tea 88

tea etiquette 91

teahouses 89

telephone services 508-9

telpeks 435

Terekty petroglyphs (Kaz) 148

Termiz (U) 253-6

Termiz Archaeological Museum (U)
253-4

theft 500

Tian Shan Astronomical Observatory
(Kaz) 144

time 509
 Timur (Tamerlane) 35, 43, 45-6, 76,
 77, 157, 220, 241, 244, 245, 251,
 458, 470
 Timur Dara Lake (Taj) 389
 Timurid empire 45-6
 tipping 506
 toilets 509
 Tolkuchka Bazaar (Tur) 435
 Tör-Ashuu Pass (Kyr) 348
 Torkham (Afg) 489-90
 Torugart Pass 346-8, **336**
 itineraries 26, **26**
 Tosh-Hovli Palace (U) 274
 tourist information 509-10
 tours 524
 adventure travel 188
 archaeological 113
 traditions 69-70
 train travel 528-9
 border crossings 521-2
 classes 522
 Silk Road 523
 travel advice 501
 travel agencies 524
 adventure 113-15, 188
 Kazakhstan 188
 travel permits 198, 286, 464, 493, 510
 travel to/from Central Asia 515-23
 travel within Central Asia 523-9
 travellers cheques 506
 trekking 104-8, *see also* hiking
 internet resources 104, 108
 Kazakhstan 145-7, 148
 Kyrgyzstan 311-13, 323, 327-9,
 334, 351-2, 353-4, 361
 Tajikistan 397, 412
 tours 304-5, 323
 Uzbekistan 230
 warnings 145
 tuberculosis (TB) 534
 Tulip Revolution 294
 Turabeg Khanym Complex (Tur) 458
 Turkistan (Kaz) 157-9, **158**
 Turkmen language 541-2
 Turkmen people 65-6
 Turkmenabat (Tur) 454-6, **455**
 Turkmenbashi (town; Tur) 446-8, **447**
 Turkmenbashi, *see* Niyazov,
 Saparmurat
 Turkmenbashi Cableway (Tur) 435-6

Turkmenbashi Ruhy Mosque (Tur)
 441
 Turkmenistan 424-67, **426**
 accommodation 460-1
 activities 461
 arts 429
 border crossings 466-7
 climate 425
 costs 425
 customs regulations 461
 embassies 461-2
 food 430
 history 425-8
 holidays 462-3
 information 463, 464
 itineraries 31, 425, **31**
 money 463-4
 registration 464
 travel agencies 114
 travel to/from 466-7
 travel within 467
 visas 462, 465-6
 Turuntai-Kul (Taj) 409
 Tuz-Kul (Taj) 412
 Tyoplye Klyuchi (Kyr) 312

U

Ualikhanov, Shokan 190
 Ugam-Chatkal National Park (U)
 230
 Ulugbek Medressa (U) 243, 259
 Ulugbek's Observatory (U) 245
 Unesco World Heritage sites, *see*
 World Heritage sites
 Uralsk (Kaz) 165
 Urgench (U) 268-9
 Urgut 250-1
 Urgut bazaar 250-1, 8
 Turkmenbashi World of Fairytales
 (Tur) 435
 Ust-Kamenogorsk (Kaz) 185-8,
 186
 Uyghur people 67
 Uzbek language 542
 Uzbek people 66
 Uzbekistan 203-89, **205**
 accommodation 281
 activities 230, 231, 257, 259,
 281-2
 arts 210
 black market 284
 border crossings 287-8
 climate 204
 costs 204
 embassies 282-3
 festivals 283
 food 211
 history 206-8
 information 283-6
 itineraries 204
 money 283-5
 travel agencies 115
 travel to/from 286-8
 travel within 288-9
 visas 286
V
 vaccinations 531-2
 Valley of Balls (Kaz) 171
 vegetarian travellers 90
 video systems 500, 507
 Virgin Lands scheme 57, 120
 visas 510-13, *see also* individual
 countries
 volunteering 199, 514
 Vozrozhdenie Ostrov 211
 Vrang (Taj) 410
W
 Wakhan Corridor (Afg) 488-9
 Wakhan Valley (Taj) 409-11
 War on Terror 61
 water 535
 waterfalls 330, 353, 389
 weather 19, 499
 websites, *see* internet resources
 weights 500
 white-water rafting 314
 women
 under the Soviets 57
 under the Taliban 68
 women travellers 513-14
 women's health 536
 work 514
 World Heritage sites
 ancient Merv 451
 Bamiyan (Afg) 481-3
 Bukhara (U) 257
 itineraries 33, **33**
 Khiva's old city (U) 270
 Korgalzhyn Nature Reserve (Kaz)
 179-80
 Minaret of Jam (Afg) 483
 Nissa (Tur) 441
 Samarkand (U) 240
 Shakhrisabz (U) 251
 Solomon's Throne (Kyr) 358
 Tamgaly petroglyphs (Kaz) 148
 Yasaui Mausoleum (Kaz) 158, 6
 WWII 55-8

Y

Yagnob Valley (Taj) 398-9
 Yamchun Fort (Taj) 410
 Yamg (Taj) 410
 Yangykala Canyon (Tur) 445-6
 Yasau, Kozha Akhmed 157
 Yasau Mausoleum (Kaz) 158, 6
 Yashil-Kul (Taj) 411
 Yemts (Taj) 408
 Yodgorlik (Souvenir) Silk Factory (U)
 238
 Yoged (Taj) 403
 Younghusband, Francis 51

Yunus Khan Mausoleum (U)

219
 yurt camps
 Kyrgyzstan 329
 Tajikistan 415
 Uzbekistan 256-7, 270
 yurt workshop (Kyr) 330
 yurts 337
 yurtstays 498, *see also* yurt camps
 Kazakhstan 147
 Kyrgyzstan 304, 319, 333, 339,
 342, 346, 349
 Tajikistan 414, 415

Z

Zahiruddin Babur 47
 Zapadno-Altaysky (Western Altay)
 Nature Reserve (Kaz) 188
 Zenkov Cathedral (Kaz) 131
 Zerafshan Valley (Taj) 398-9
 Zhalanash (Kaz) 162
 Zhumbaktas (Kaz) 180
 Hungarian empire 47-8
 Zong (Taj) 410
 zoos 322
 Zoroastrianism 454
 Zukarnay Petroglyphs (U) 256

GREENDEX

Central Asia leads the way in community-based tourism projects. Once a way for remote herders and villages to earn vital income from the occasional tourist, it's revolutionised budget travel in Kyrgyzstan and Tajikistan, with projects spilling over into Kazakhstan, Uzbekistan and even Afghanistan. A sprinkling of protected areas, part-funded from tourism revenue and several craft centres where tourist dollars have revived handicraft traditions prove you can have a lot of fun and do a lot of good in Central Asia. The following homestay organisations, ecotourism programs, craft workshops and national parks all do good work and rank among Central Asia's highlights.

accommodation & activities

Aga Khan Development Network
 (Afg) 488
 Aral Tenizi (Kaz) 162
 Bamyan Ecotourism Office (Afg)
 482
 Community Based Tourism (Kyr)
 297
 Ecotour (Kyr) 304
 Ecotourism Information Resource
 Centre (Kaz) 130
 Ekos (Kaz) 181
 Geisev Valley homestays (Taj) 407
 Great Game Travel (Afg) 488
 Nomadic Travel Kazakhstan
 (Kaz) 184
 NoviNomad (Kyr)
 304

Nuratau-Kyzylkum Biosphere
 Reserve community-based
 tourism project (U) 257
 Mountain Unity (Afg) 488
 Murgab Ecotourism Association
 (META; Taj)
 413
 Pamirs Ecotourism Association
 Information Centre (Taj)
 404
 Regional Ecotourism Centre
 (Kaz) 156
 Wild Nature (Kaz)
 156
 WWOOF (Kaz) 199
 Zerafshan Tourism
 Development Association
 (Taj) 395

attractions

Band-e Amir (Afg) 483
 Karaganda Ecological Museum
 (Kaz) 183
 Ugam-Chatkal National Park
 (U) 230

shopping & tours

De Pamiri (Taj) 406
 Embroidery Group (U) 249
 Human House (U) 226
 Khiva Silk Carpet Workshop (U)
 276
 Khiva Suzani Centre (U) 276
 Rakhimov Ceramics Studio (U) 226
 Unesco Carpet Weaving Shop
 (U) 266
 Yak House (Taj) 413

MAP LEGEND

ROUTES

	Freeway		Mall/Steps
	Primary		Tunnel
	Secondary		Pedestrian Overpass
	Tertiary		Walking Tour
	Lane		Walking Tour Detour
	Unsealed Road		Walking Trail
	One-Way Street		Walking Path
			Track

TRANSPORT

	Ferry		Rail
	Metro		Bus Route

HYDROGRAPHY

	River, Creek		Canal
	Glacier		Water

BOUNDARIES

	International State, Provincial Disputed		Regional, Suburb
			Ancient Wall
			Cliff

AREA FEATURES

	Area of Interest		Land
	Beach, Desert		Mall
	Building		Market
	Campus		Park
	Cemetery, Christian		Sports
	Cemetery, Other		Urban

POPULATION

	CAPITAL (NATIONAL)		CAPITAL (STATE)
	Large City		Medium City
	Small City		Town, Village

SYMBOLS

Sights/Activities	Drinking	Information
	Entertainment	
	Shopping	
	Sleeping	
	Transport	Geographic
Eating		

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

☎ 510 250 6400, toll free 800 275 8555

fax 510 893 8572

info@lonelyplanet.com

UK

Media Centre, 201 Wood Lane,

London W12 7TQ

☎ 020 8433 1333, fax 020 8702 0112

go@lonelyplanet.co.uk

Published by Lonely Planet Publications Pty Ltd

ABN 36 005 607 983

© Lonely Planet 2010

© photographers as indicated 2010

Cover photograph: Shrine of Hazrat Ali, Mazar-e Sharif, Afghanistan, Stephane Victor/Lonely Planet Images. Many of the images in this guide are available for licensing from Lonely Planet Images: 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.

10 9 8 7 6 5 4 3 2

Printed by Toppan Security Printing Pte Ltd

Printed in Singapore

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: 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.



MIX
Paper from
responsible sources
FSC™ C021741

QUICK REFERENCE

SEE DIRECTORY CHAPTER FOR
MORE PRACTICAL INFORMATION

HOW TO USE THIS BOOK

Sleeping and Eating reviews are listed in budget order.
For details of map symbols, see the Map Legend on the
last page of this book.

	telephone	apt	apartments
	opening hours	d	double rooms
	nonsmoking rooms/ areas available	dm	dorm beds, home stay, yurtstay
	air-con available	f	family rooms
	internet available	lux	luxury room
	swimming pool	half-lux	semi-luxury room
	parking available	q	quad rooms
	English menu	r	rooms
	good vegetarian food selection	s	single rooms
		ste	suites
	wi-fi	tr	triple rooms
		tw	twin rooms

EXCHANGE RATES

Prices in this guide are given in the currency they are normally quoted in – usually Afghanis (Afg), Kazakh tenge (T), Uzbek som (S), Kyrgyz som (som), Tajik somani (TJS), Turkmen new manat (M), or US dollars or euros.

For current exchange rates see www.xe.com.

	US\$1	UK£1	€1	A\$5
Afghanistan	45.5	65.7	54	37
Kazakhstan	147	212.5	176	121
Kyrgyzstan	46	66.5	55	38
Tajikistan	4.4	6.3	5.2	3.6
Turkmenistan	2.8	4.1	3.4	2.3
Uzbekistan*	1600	2300	1900	1300

(*official rates)

PRICE RANGES

	Sleeping
Budget	< US\$25
Midrange	US\$25-70
Top end	> US\$70

Accommodation ranges are higher in major cities like
Almaty and Tashkent.

LONELY PLANET INDEX

1L bottle water	US\$0.30 (Uzbekistan) to US\$0.80 (Afghanistan)
Bottled beer	US\$0.50 (Turkmenistan) to US\$2 (Afghanistan)
Shashlyk	US\$0.30 (Uzbekistan) to US\$2 (Kazakhstan)
1L petrol	US\$0.25 (Turkmenistan) to US\$1 (Tajikistan)

BUSINESS HOURS

Banks 9am-5pm Mon-Fri, 9am-noon Sat

Businesses & shops 9am-6pm daily

Restaurants lunch & dinner

Exceptions are noted in specific listings.

TELEPHONE

Afghanistan country code 93

Kazakhstan country code 7

Kyrgyzstan country code 996

Tajikistan country code 992

Turkmenistan country code 993

Uzbekistan country code 998

Ambulance* 03

Police* 02

(*these numbers do not include Afghanistan; see p477)

KEY PHRASES IN RUSSIAN

Hello.

Goodbye.

Thanks.

Do you speak English?

zdrastvuyte

da svidaniya

spasiba

vy gavarite pa angliyski?

CONVERSIONS

1in = 2.54cm

1cm = 0.39in

1m = 3.3ft = 1.1yd

1ft = 0.3m

1km = 0.62 miles

1 mile = 1.6km

1kg = 2.2lb

1lb = 0.45kg

1g = 0.04oz

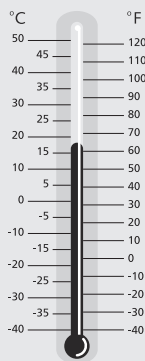
1oz = 28g

1 imperial gallon = 4.55L

1L = 0.26 US gallons

1 US gallon = 3.8L

1L = 0.22 imperial gallons



ISBN 978-1-74179-148-8



5TH EDITION
Published Oct 2010
First Published June 1996



USA \$32.99
UK £19.99

© Lonely Planet Publications Pty Ltd. 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.'