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# Tour Notes

**Turkmenistan Encompassed**

**Tour Duration – 15 Days**



## Tour Rating

Fitness ●●●●○ | Off the Beaten Track ●●●●● | Culture ●●●●○ | History ●●●●○ | Wildlife ●○○○○

## Tour Pace

Busy

## Tour Highlights

- ✓ Witness the splendid monuments of Ashgabat that bear testimony to the nation building ambitions of Niyazov
- ✓ Drink in the colours of the striking rock formations of the Yangikala Canyon
- ✓ Watch the fires light up the night sky while camping at the Darvaza Gas Craters
- ✓ Reflect on former glories at the ancient sites of Konye Urgench and Merv







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## Tour Map



## Tour Essentials

- Accommodation:** Mix of hotels, basic lodges and camping
- Included Meals:** Daily breakfast (B), plus lunches (L) and dinners (D) as shown in the itinerary
- Group Size:** Maximum of 12
- Start Point:** Ashgabat
- End Point:** Ashgabat
- Transport:** 4WD, minibus, domestic flights
- Country Visited:** Turkmenistan



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## Turkmenistan Encompassed

*On the edge of the Silk Road and with a rich history stretching back millennia, Turkmenistan is a land of which few have knowledge. Dominated by forbidding desert and once the abode of fierce tribesmen renowned for their slave trading, the country today is characterised by sharp contrasts, from the futuristic building projects of the capital to remote communities living among the sands. This two week trip is a comprehensive journey through one of the most mysterious places in Asia. Starting in Ashgabat we combine both ancient and modern, visiting monuments built by the previous ruler Turkmenbashi as well as the Parthian fortress of Nisa, before leaving the city behind and embarking on our journey to the mountains. We visit a local community in Nohur, reputed to be descended from the armies of Alexander, and then travel through the remarkable canyon landscapes of Yangikala to the pilgrimage site of Gozli Ata. From here we head to the Caspian Sea before flying to Dashoguz and visiting the UNESCO listed site of Konye-Urgench, evidence of former glories of this fascinating region. Perhaps the most exciting part of our trip is a three-day excursion into the Karakum desert, camping at a flaming gas crater and stopping in isolated settlements to meet people who rarely see tourists. After a brief stop in Turkmenabat we then drive to the Kugitang Mountains, with dinosaur footprints, caves and rare species to discover. Turkmenistan is one of the most exciting countries in Central Asia and this pioneering trip takes you to all corners of the country, doing more than just scratching the surface but allowing you a detailed insight into its culture and history. We think this is one of our most exciting trips – join us and we're sure you will agree.*

## Tour itinerary notes

While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested and on occasions alternative accommodation, of a similar standard to that named below, will be used.

## Tour Guide

Our guides are a key strength, chosen for their knowledge of and passion for the areas in which they work. All of our guides are carefully hand-picked, and are not just passing through these countries, but are usually locally born. Unlike some companies it should be noted we do not send a guide or tour leader from Undiscovered Destinations in the UK as we have every confidence in our locally appointed representative who is responsible for operating the tour on our behalf. Where possible you will have the same guide throughout your trip but on occasions it may be necessary to change the guide at one or more points during the tour.

# Itinerary

## Day 1: Arrival in Ashgabat

Arrive in Ashgabat and transfer to the hotel. Depending on your time of arrival, you may have the opportunity to explore the city. Overnight at Sport 4\* Hotel or similar. No meals nor guided arrangements included today.

## Ashgabat

Ashgabat was a fairly insignificant town before the arrival of the Russians, who chose it as an administrative centre and began to develop it in the late 19th century. In 1948 it was hit by a powerful earthquake which all but destroyed the city, causing it to be completely rebuilt. Although reconstruction occurred during the Soviet era, it is Ashgabat's development since independence in 1991 which has given the city its very unusual character. A pet project of the then dictator Niyazov, Ashgabat was the focus of his 'nation building' efforts and as such is home to a bewildering array of monuments, most of them faced with white marble tiles that give the city an almost glittering effect.





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There are few cities in the world that are so linked to one man, and Ashgabat is a striking and unusual place, at odds with other Central Asian cities but fascinating in its own right.

### **Day 2: Ashgabat**

After a briefing with your tour guide spend the day exploring Ashgabat. Visit a local Bazaar (depending on day and schedule), Independence Park and Neutrality Arch before heading to the National Museum and then the ruins of the ancient Parthian fortress at Nisa. Ashgabat is a city of grandiose monuments, giving an insight into the nation building efforts that took place after the breakup of the Soviet Union, and a good place to start getting to grips with Turkmenistan. Overnight at Sport 4\* Hotel or similar. (B)

### **Nisa**

Located on a natural high platform in the foothills of the Kopetdag Mountains, the fortress of Nisa was constructed by early Parthian rulers who took over control of the area from the Seleucids in the middle of the 3rd century BC. Under Parthian rule the fortified territory was protected by 43 defense towers, and was called Mitridatkert (literally: fortress of King Mitridat). Hellenistic influence is clearly visible in the architecture, sculptures and other interior decorations found at the site. A circular temple-hall where remains of a stone altar were found indicates the location for Zoroastrian rituals. The most magnificent artefacts found to date at what is believed to have been the treasury, are a large collection of ivory rhytons, which can be seen at the National Museum in Ashgabat. Nisa has been a UNESCO World Heritage Site since 2007.

### **Day 3: Geok Tepe – Nohur (150 kms; Approx. 3.5 hrs overall driving time)**

After breakfast visit the private Ahalteke horse stables. We then head off to the Kopetdag Mountains. We stop first at the Turkmenbashi Mosque in Kipchak and then continue to Geok Tepe, site of a famous battle between Russian and Turkmen forces during the conquest of Central Asia. We descend to the underground lake of Kowata, and after lunch we proceed to the village of Nohur, our base for the night. Overnight camping. (BD)

### **Geok Tepe**

Geok Tepe town hosts the modern Saparmurat Haji mosque, a history museum and the ruins of the fortress, where in 1881 a battle between the forces of the Russian Tsar and Turkmens of the Teke tribe took place. After the fall of Geok Tepe, Turkmenistan was subjugated to the Russian Tsarist Empire. In memory of the victims of that battle a mosque topped with a blue dome (Geok Gumbaz) was constructed in 1995, rising to a height of 42 m and flanked by four minarets each 63 m tall.

### **Nohur**

Nohur is home to a small community that lives in the high valleys of the Kopetdag Mountains. Nohur local culture has been preserved due to its isolation from the rest of Turkmenistan, and its distinctive features can be seen in the style of its architecture. Nohur is also a centre of keteni (Turkmen silk dress material) weaving, and this art is practiced by virtually every household even today. Next to its cultural interest, a visit to Nohur also offers opportunities to enjoy magnificent mountain landscapes, canyons, and highlands. The inhabitants of Nohur believe they are descended from the armies of Alexander the Great.

### **Day 4: Balkanabat (250 kms; Approx. 7 hrs overall driving time)**

Leave Nohur behind and drive through walnut and pomegranate groves to Magtymguly. Our route takes us alongside the Iranian border so we can expect to encounter several checkpoints along the way. We stop at the 'Moon Mountains', a series of rather striking barren hills, before continuing on to Balkanabat. Arrive early evening and check in to your hotel. Overnight at Nebitchi Hotel or similar. (BL)

### **Day 5: Yangikala – Gozli Ata (200 kms; Approx. 7 hrs overall driving time)**

After a visit to the local bazaar to stock up on supplies, we drive to the Balkan Mountains and the canyon of Yangikala, home to some of the best scenery in Turkmenistan, via Mollagara salt lake.





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We continue to the pilgrimage site of Gozli Ata, where we take a picnic lunch. In the afternoon we visit the Yanagisawa canyon before returning to Yangikala. Overnight camping. (BLD)

### **Yangikala**

Impressive limestone formations rise up from the desert sands at Yangikala, with views of the Karabogaz Gulf in the distance. These limestone cliffs are the remains of massive coral reefs from the pre-historic Parathetys Sea. Different soil layers are clearly visible: at the lower part, the hills are coloured orange-red, whereas towards the top they become bright white. This surreal landscape is impressive at any time of day but sunset and sunrise offer particularly spectacular views. The area is reachable only by 4WD vehicles, crossing a highland region where camels, sheep and horses graze, watched over by friendly shepherds with their Alabai shepherd dogs.

### **Gozli Ata**

The mausoleum of Gozli Ata is one of the holiest sites for pilgrims in Turkmenistan. The mausoleum, located on a low platform against the backdrop of stunning pink and red limestone rock formations, is now part of a larger Salor tribal graveyard. Gozli Ata (literally: All-seeing Father) was a famous 12th century Sufi teacher who was said to have the capacity to see inside peoples' soul but who was nevertheless killed by the Mongolian armies.

### **Day 6: Caspian Sea- Turkmenbashi (200 kms; Approx. 5.5 hrs overall driving time)**

Today we drive to the Caspian Sea via the volcanic rock formations of Kemal Ata, to the port of Turkmenbashi. We end our day in the seaside resort of Awaza, a sharp contrast to our experiences of the last few days. Overnight at Hotel Awaza or similar. (B)

### **Caspian Sea**

The Caspian Sea is the largest enclosed body of water on Earth by area, variously classed as the world's largest lake or a full-fledged sea. Like the Black Sea, it is a remnant of the ancient Parathetys Sea. It became landlocked about 5.5 million years ago due to a tectonic uplift and a fall in sea levels. Over 130 rivers provide water to the Caspian, with the Volga and Ural Rivers being the largest. It has a salinity of approximately 1.2 %, about one third of most seawater. The only outflow of water is through condensation. The water level is currently measured at 28m below sea level. Several salt marshes can be found along the coastline giving rise to salt lakes such as Mollagara. It is home to numerous varieties of sturgeon, trout and white fish and the Caspian seal, while millions of birds winter at protected areas along its shores, including flamingos and pelicans.

### **Day 7: Turkmenbashi – Dashoguz**

We head first to nearby Turkmenbashi where we visit the port and the fish market. After an early lunch we fly to Dashoguz in the north of the country. We spend our time here visiting the bazaar to stock up on supplies for our desert crossing. Overnight at Hotel Dashoguz or similar. (B)

### **Day 8: Konye Urgench – Darwaza (400 kms; Approx. 6-7 hrs overall driving time)**

Drive to the UNESCO World Heritage site of Konye Urgench, an ancient capital of the land of Khorezm with beautiful mausoleums. After visiting its key sites we travel on the highway through the Karakum Desert to Darwaza, a burning gas crater where flames literally leap from the ground. We set up camp here and watch the sun go down, the crater lighting up the night sky with its fires. Overnight camping or in yurts - the tents are private while the yurts are shared by gender. (BD)

### **Konye-Urgench**

Konye-Urgench was the capital of the ancient land of Khorezm in the 10th century, but has not had the easiest time since then. Falling first to the Seljuks and then to their successors the Khorezmshahs, it enjoyed a brief period as the centre of Islamic Central Asia, replete with numerous beautiful mosques and medressas.





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This was not to last long however. In 1221 it was attacked by the armies of Genghis Khan, who besieged the city for six months before destroying it, leaving little but ashes and bodies. 'Konye-Urgench became the abode of the jackal and the haunt of the owl and the kite', wrote one local historian. Having rebuilt itself it was then sacked by Timur (Tamerlane), adding to its woes. Fortunately, a few architectural monuments survived this tragedy, notably the impressive mausoleums of past sultans as well as arched gates and fortresses which stand as testament to the former glories of this remote corner of Asia.

### **Darwaza**

While drilling in 1971 geologists discovered an underground cavern filled with natural gas. The ground beneath the drilling rig collapsed, leaving a large hole with a diameter of about 50-100m. To avoid poisonous gas discharge, it was decided to burn the gas. Geologists had hoped the fire would go out in a few days but it has been burning ever since. Locals have named the cavern "The Door to Hell", and the sight of the crater at night has a somewhat eerie feel. It now has a diameter of approximately 60m, and a depth of 20m. Hundreds of fires burn inside the crater, some of them with flames up to 10-15m high.

### **Day 9: Damla – Ak Molla (200 kms; Approx. 6 hrs overall driving time)**

We head deeper into the Karakum Desert, across rough tracks and sand dunes, until we reach the small settlement of Damla. We stop here for lunch and explore the village, with superb opportunities to meet and interact with people who rarely see western visitors. Later we continue through the Murzachirla desert to Ak Molla. Overnight camping. (BLD)

### **Damla**

Damla is located in a low basin, surrounded by hills with huge medicinal flowers, from which the inhabitants make syrup. It is virtually cut off from the outside world: no electricity or telephone lines, gas or water pipes reach this region, and people will be overwhelmingly pleased to see visitors. A visit to this settlement gives you a good glimpse into desert life. The people live in yurts and you can observe their traditional practices, such as the baking of Turkmen flat bread in a clay oven fired by saxaul desert wood, and the milking of the numerous camels. You can also watch the village women making Turkmen felt mats or knitting traditional colourful socks and amulets.

### **Day 10: Gonur Depe – Mary (310 kms; Approx. 8 hrs overall driving time)**

Set off for a full day of off-road driving. We stop at the archaeological site of Gonur Depe, dating back to the Bronze Age. Around 55 hectares in size, the site comprises the remains of a fortified citadel with walls and towers clearly visible. From here we continue to Mary for the night, where a hotel room and shower await. Overnight at Hotel Mary or similar. (BL)

### **Day 11: Merv – Turkmenabad (250 kms; Approx. 3.5 hrs overall driving time)**

Visit the ancient site of Merv, the most important in Turkmenistan and dating back 2500 years, with an array of old mosques and citadels. After exploring Merv we head to Turkmenabad for the night passing through Repetek Nature Reserve, although we are not permitted to stop. Overnight at Hotel Jeyhun or similar. (B)

### **Merv**

The site of Merv is spread over one hundred square kms and holds the remains of a number of ancient cities from across the centuries. At various times it has been home to Zoroastrians, Buddhists, Christians and Moslems and has been controlled by a number of dynasties including the Timurids. Merv's attractions are wide and varied – mausoleums of former rulers and Sufi scholars, old Seleucid citadels, traditional 'ice houses' and the remains of ancient walls. Merv was comprehensively sacked by the Mongols in the 13th century but rose to prominence again under the Timurids two hundred years later. With so many influences, it is a microcosm of Central Asian history and a delight to explore.



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#### **Day 12: Astana Baba – Koyten (450 kms; Approx. 7 hrs overall driving time)**

Drive out of Turkmenabad, passing ruins of old Silk Road settlements and stopping at Astana Baba with its interesting mausoleums dating back to the 11th century. From here we follow the Amu Darya River, crossing it to continue to the Kugitang Mountains. We reach the village of Koyten, in a lush green valley, by early evening. Overnight at a basic lodge – single rooms may not be available at this lodge. (BD)

#### **Day 13: Koyten (100 kms; Approx. 1.5 hrs overall driving time)**

We spend today exploring the surrounding area, discovering dinosaur footprints, hiking to the Umbar Dere waterfall and walking to the Kyrk Kyz pilgrim cave. This area is part of the Kugitang Nature Reserve, and several rare species are found here including the Bukhara Urial, a mountain sheep. Overnight at a basic lodge. (BLD)

#### **Kugitang Nature Reserve**

Kugitang Nature Reserve is located on the south-western slopes of the Koytendag Mountains and lies at elevations of 900 to 3139m above sea level, reaching its peak at Ayrybaba. There are a substantial number of water bodies: karst lakes, freshwater springs and hydrogen sulphate wells. Koytendag is famous for its unique caves and other geological features, as well as its Archa forest and species of rare plants and animals, including the blind Cave Loach which inhabits underground lakes in the caves. Notable examples of the flora include Juniperus trees (Archa), Tulips, and Almond, Jujube and Pistachio forests. Kugitang is also famous for representing the main periods in the development of the planet, with rocks of the Precambrian, Paleozoic, Mesozoic, and Cainozoic Eras rich with ancient fossils of Molluscs, Brachiopods, and Dinosaurs - including a dinosaur footprint trail.

#### **Day 14: Kerki – Ashgabat (450 kms; Approx. 7 hrs overall driving time)**

Drive to Kerki and from here fly back to Ashgabat for your final night in Turkmenistan. Overnight at Sport 4\* Hotel or similar. (B)

#### **Day 15: Departure from Ashgabat**

Transfer to the airport for your flight home. (B)

## *Tour Inclusions/Exclusions*

#### **Inclusions:**

- Arrival and departure transfers
- Transportation throughout
- Domestic flights as mentioned in the itinerary
- All accommodation
- Services of English-speaking guide / tour leader
- Meals as listed (B – Breakfast, L – Lunch, D – Dinner)
- Entrance fees for sites listed as part of the itinerary

#### **Excluded:**

- International flights
- Any airport and hotel taxes
- Travel Insurance
- Visas
- Drinks
- Tips (Discretionary)







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Items of personal nature

\*\*\*\* Please note that as of 1st January 2018, a tourist tax of 2 US Dollars per person per night for accommodation will be introduced. This must be paid on checkout and in US Dollars cash. \*\*\*\*

## Important Information

### Foreign Office Travel Warnings

We constantly monitor the advice posted by the British Foreign, Development and Commonwealth Office (FCDO). In particular we will always advise clients of any travel warnings. At the time of writing there are no warnings against travel to Turkmenistan. Please feel free to contact us should you have any specific concerns or if you would like to know in detail what measures are being taken to ensure visits remain trouble free and without incident.

It should be noted that this information applies to British citizens. Other nationals are asked to check the current position of their respective government.

### Accommodation and Meals

#### Hotel Check-in Times

As a general rule most hotels will allow guests to check-in from 2pm. Please note that the price of your tour does not include guaranteed early check-in. This is particularly relevant on the first day of the tour and for early morning arrivals. You can pre-book and pay for an extra night at the beginning of your tour which will guarantee your accommodation is available irrespective of what time you arrive. Please contact us for information and costs.

It should also be noted that on many of our tours we have set-aside Day 1 of the itinerary as an 'arrival day'. For this reason and because tour participants are likely to be arriving at different times, and often from different countries, guided sightseeing or other activities are not included. If you are arriving early or before the start date of the tour and would like to organise some extra arrangements on a private basis please contact us.

#### Accommodation Rating

On this tour the accommodation will be a mix of simple but comfortable hotels, basic lodges and camping, with the opportunity to spend a night in a yurt at Darwaza. You can expect hotel rooms to be en-suite, with private bathroom, and in general you will find your hotel has a restaurant and/or bar.

We welcome solo travellers and single rooms will be allocated subject to the applicable tour supplement. Please note that on occasions you may not always be allocated a double or twin room, as some hotels have designated single rooms. These may be smaller in size. However, the supplement payable takes this into consideration.

#### Smoking

The Government of Turkmenistan has introduced new legislation stating that smoking is prohibited in ALL public places, including streets, parks, and airports – in fact everywhere except specially designated areas (if any) in restaurants and hotels.

Anybody spotted smoking will be taken to the nearest police station, where they may be kept for several hours before having to pay a fine of 300 manat (around £60). Those who refuse to go to the police station, to







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pay the fine, or argue with police officers may end up being detained for up to 15 days. Anyone attempting to bring more than 40 cigarettes for personal use into Turkmenistan will be fined 500 manat (around £100).

### Food & Drink

The daily meal basis is shown in the tour itinerary; breakfast (B), lunch (L) and dinner (D). Please note that lunch may be a picnic. Drinks are not included and will be payable locally in cash.

### Dietary Requirements

If you have any special dietary requirements, you must notify us at the time of booking. While we will make every effort to cater for you, we cannot guarantee that this will be possible.

### Budgeting for your Tour

You will need some extra money to cover meals and drinks not included in the tour price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.

### Food

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch \$10  
Dinner \$15

### Drinks

The prices for drinks can vary greatly depending upon location and the prices detailed below are an average guide. In general you would expect that drinks purchased in a supermarket or local bar to be less expensive, whilst drinks in an upmarket bar or restaurant may be more expensive.

Bottle of Beer (domestic 0.5 litre) \$4  
Water (1.5L) \$1.20

### Tipping – Guide and Drivers

Tipping is common practise in Central Asia. If you are travelling on our group tour, a reasonable amount to allow would be around \$8-10 per person per day for the guides and around \$4-5 per person per day for the driver.

### Foreign Exchange

**ATM Availability:** ATM machines are not widely available and should not be relied upon

**Credit and Debit Card Acceptance:** Cards are rarely accepted

**Local Currency:** Manat

**Recommended Currency for Exchange:** US Dollars

**Where to Exchange:** Money can be changed at the airport on arrival and in the main cities

### Joining your Tour

#### Flight Information

Our advertised prices do not include the cost of international flights. Please contact us if you would like a quotation to book a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.





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### **Joining Tour Abroad**

Customers booked on the 'Land Only' arrangements will receive a free airport transfer, both on arrival and departure. In order that the transfer can be arranged please ensure that you advise us of your flight information once available. Please advise the date, time and flight number for your arrival/departure. If we have not been advised of this information at least 2 weeks before travel, then you will be required to make your own way to the hotel on Day 1 of your tour.

### **Travel Insurance**

It is a condition of booking with Undiscovered Destinations that you have adequate valid travel insurance, the cost of which is not included in the price of the tour. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country.

### **Visa Information**

Most nationalities require a visa for Turkmenistan, and a Letter of Invitation approved by the State Migration Services of Turkmenistan will be needed, which will be provided by Undiscovered Destinations. This process can take up to one month. It is possible to obtain a visa on arrival at Ashgabat airport but prior approval from the Turkmen authorities is again necessary. UK passport holders can arrange a visa prior to travel through the Turkmenistan Embassy in London.

These guidelines can change at any time and you should check with your nearest embassy.

### **Passports**

It is your responsibility to ensure that you are in possession of a full passport, valid for at least six months after the date of return to your country.

We strongly advise that your passport contains a minimum of two blank pages, as this may be a requirement of the local immigration authorities. In addition certain countries will stipulate that the two blank pages are opposite each other. If you are unable to meet these requirements you may be refused boarding by your airline or denied entry by the immigration authorities.

For specific information about the requirements for your destination please check with the country's embassy or consulate. Alternatively UK citizens can visit [www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice)

### **Vaccinations & Protection**

We strongly recommend that you contact your doctor's surgery or a specialist travel clinic for up-to-date information, advice and the necessary vaccinations. For a visit of less than one month, almost certainly you will be advised to have immunisations against the following: Diphtheria and Tetanus, Hepatitis A, Typhoid, Meningitis. If you are travelling with prescription medicine, we advise that you carry a copy of the prescription and a letter from your doctor, stating that you are legally able to take the items.

The legal status and regulation of some medicines prescribed or purchased in your home country can be different in other countries. If you're travelling with prescription or over-the-counter medicine, read this guidance from NaTHNaC on best practice when travelling with medicines. For further information on the legal status of a specific medicine, you'll need to contact the embassy, high commission or consulate of the country or territory you're travelling to.





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# Preparing for your tour

## Climate

The region can be bitterly cold in its winter months and fiercely hot during the July and August. The best time to visit is generally accepted to be from mid-April to June, and September to mid-November.

## Clothing

When it comes to clothing it is usually recommended that lighter clothes are worn through the day, and warmer ones at night. You should wear a hat during the day for protection from the sun. You should make sure that you bring a waterproof jacket for any rainy days. Although Turkmenistan is not conservative with regard to dress code, wearing short skirts and shorts is frowned upon, and you should make sure that you bring an outfit suitable for entering mosques and religious buildings – long sleeves and trousers / long skirts.

## Equipment

The first thing on your list should be a first aid kit. Whilst there is no undue cause for alarm, travellers are best advised to travel well-prepared: adequately immunized, with sufficient supplies of prescription drugs, along with a medical kit. Suncream / sunblock are a must. Insect repellent, including a bite spray, will also be useful to have. You will not need to bring a sleeping bag as bedding will be provided when camping and at the home stay. However we do recommend that you bring light sleep sheet and a towel, as well as a torch (flashlight).

## Footwear

Footwear is a main priority on this tour. Comfortable walking shoes/boots are recommended.

## Luggage on tour

Your luggage should not exceed 20kgs (44lbs). One large suitcase/rucksack, and one small hand luggage rucksack is acceptable.

## Electric Supply & Plugs

Electrical supply is 220V and plugs are round and have two round pins like most European countries. We advise that you travel with a multi adaptor.

## Tour Itinerary Versions

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes. These tour notes were updated on 10 May 2023

