



Tajikistan and Uzbekistan Trip September 2008

(all information subject to change – latest revisions 6/10/08 in **red**)

Itinerary – 17 Days

Depart Denver (DIA) Monday, Sep 8 (late morning) subject to change with final routing

Day 0, Tue, Sep 09	Possible tour of Moscow during layover
Day 1, Wed, Sep 10	Arrive Tashkent
Day 2, Thu, Sep 11	Tashkent
Day 3, Fri, Sep 12	Tashkent • drive to Khujand
Day 4, Sat, Sep 13	Khujand • daytrip to Istaravshan
Day 5, Sun, Sep 14	Khujand • drive to Tashkent
Day 6, Mon, Sep 15	Tashkent • fly to Bukhara
Day 7, Tue, Sep 16	Bukhara
Day 8, Wed, Sep 17	Bukhara
Day 9, Thu, Sep 18	Bukhara • drive to Samarkand
Day 10, Fri, Sep 19	Samarkand
Day 11, Sat, Sep 20	Samarkand • drive to Penjikent/Aini
Day 12, Sun, Sep 21	Aini • drive to Dushanbe
Day 13, Mon, Sep 22	Dushanbe
Day 14, Tue, Sep 23	Dushanbe
Day 15, Wed, Sep 24	Dushanbe
Day 16, Thu, Sep 25	Depart Dushanbe

Arrive Denver Thursday, Sep 25 (late evening) subject to change with final routing

Tentative Costs

\$5945 – 19 people (**TBD based on final land tour arrangements**), includes:

- Airfare, roundtrip, from Denver
 - Land tour including:
 - Accommodations (double occupancy), local service charge and tax
 - Group arrival and departure transfers per itinerary
 - All transportation throughout itinerary by private van/coach/jeep and driver
 - Other transport, including: flight one-way Tashkent-Bukhara, economy class
 - All sightseeing and excursions including entrance fees per itinerary
 - Local English speaking guides throughout itinerary
 - Meals as listed in itinerary: Lunches (11), Dinners (8), All Breakfasts
 - Special Welcome Dinner
 - Bottled/purified water
 - Baggage handling, where available
 - Destination preparation information packet,
 - \$100 tax-deductible donation to BDSC for an NGO, "The Parenting Center", in Dushanbe
- + **\$450** single supplement
- + **\$486** visa and visa handling fees
- + **incidentals** (meals not covered (3) lunches, (8) dinners, tips, souvenirs, gifts)
- + **travel insurance** (\$70-475, medical, evacuation, trip cancellation)

Payments and Refunds

Payments due dates:

- **Travel Visa** payments must be received by **Monday, June 23, 2008** at travel visa company

\$486 per person (non-refundable) -- Includes visa company handling fee +
Single-entry Travel Visa for Russia +
Double-entry Travel Visas for Uzbekistan and Tajikistan

\$309 per person (non-refundable) -- for individuals NOT on Moscow itinerary

*Make travel visa payments payable to travel visa company and mail to travel visa company address listed in packet sent by MIR PRIOR to due date (packet must be received by due date) -- **Do NOT pay or mail to Ron, Mary, or MIR.***

- Balance of **land portion** payment must be received by **3:00PM, Thursday, July 10, 2008** at **Mary Axe, 2105 King Avenue, Boulder, CO 80304**

Cancellation required in writing to BDSC and MIR, refunds (of **land portion only):**

- Up to 60 days before departure (**Wednesday, July 9, 2008**), **100%** (minus \$500 unless vacancy can be filled more than 60 days prior to departure)
- 31-59 days before departure, **50%** of land portion cost per person
- 30 days (**Friday, August 8, 2008**) or less prior to departure, **no refund**
- **Visa fees** are fully **non-refundable** once processing has been initiated
- **Air tickets** are subject to the cancellation policies of the air carriers (cancellation insurance!!)

Passports and Visas

According to US State Department regulations, all travelers must have a passport that is valid through the end of **March 2009** (6 months from the end our trip). **If your passport needs to be renewed, please start the renewal process NOW.**

All travelers will need to provide his/her passport to be sent to the Uzbek and Tajik Embassies for visa processing (typically 2-3 week turn-around). **If you will be traveling outside of the U.S. between now and September, please let us know NOW, so we can schedule the visa application process appropriately.**

MIR partners with a visa service company, PVE (Passport Visa Express) which will assist us with the visas. MIR will send out a mailing with all the necessary application forms as well as instructions for filling everything out and what will be needed to enclose (how many photos, application fee amounts, etc.). There will also be information on PVE and instructions on what to send them and their address. They will process everything, provide copies of the visas to us and send all the originals back to the travelers. **Travel visa application and payments due to PVE June 23, 2008 (see payment info above).**

Accommodations

Although our travel company will make all effort to insure quality accommodations by local standards, one should not expect American or European level service at all of the hotels we are staying at...this should be considered adventure travel.

Money

Credit card usage is not common in this part of the world, however, you should bring one just in case. Instead plan on bringing U.S. dollars in smaller denominations (less than \$20 notes) for small purchases or currency exchanges. Travelers' checks are not widely accepted.

BDSC suggests that cash be carried in a money belt.

Insurance

BDSC **strongly** recommends getting traveler's insurance that covers **at least medical evacuation** (medical evacuations can run into the \$10's of thousands of dollars). Also consider **trip cancellation** (covers your cost, if you have to cancel after the payments become non-refundable) and **medical coverage** (if your medical plan does not cover international travel or adequately).

MIR works with AIG Travel Guard and can accept payment for purchase of a policy with them. Rates are based on tour price; if you wish the policy to cover both the tour & air portions of your trip, you will need to calculate the premium based on the total trip price (land tour cost + air cost). A policy can be purchased at any time up **until final payment**. However, the insurance has a "pre-existing conditions exclusion." This **exclusion can be waived** if the policy is purchased at the time of deposit. **(\$412 - 447)**

BDSC will provide information on this policy soon. Travel insurance may also be purchased independently.

See Lonely Planet's:

<http://www.lonelyplanet.com/bookings/insurance.do> (\$72, up to age 61, *minimal trip cancellation*)

Also:

<http://www.insuremytrip.com/> (\$150-475)

<http://www.aaa.com/aaa/006/travel/travellnsurance.html> (AAA)

Travel Advisories

The US State Department has the following travel warning (Oct 2007) for **Uzbekistan**:

"This Travel Warning is being issued to remind U.S. citizens that the potential for a terrorist attack or civil disturbance still exists, despite the fact that there have been no violent incidents in Uzbekistan since May 2005. As the December 23 presidential election approaches, the Department of State continues to urge Americans in Uzbekistan to exercise caution...*more...*"
http://travel.state.gov/travel/cis_pa_tw/tw/tw_2533.html"

There are no US State Dept. posted warnings for **Tajikistan** as of this date.

See the State Department website for more information:

http://travel.state.gov/travel/cis_pa_tw/tw/tw_1764.html

Safety

Safety recommendations:

- Be alert (to pickpockets, pack/purse snatchers) in crowded areas such as bazaars and ticket lines
- Avoid parks or other dark areas at night
- Take only official taxis or transportation (at night, never ride alone)
- Secure doors and windows at night
- Avoid being taken out of public eye by “merchants” or police

Keep track of documents:

- Passport and visa (keep with you at all times in a money belt)
- Currency exchange receipts
- Airline tickets
- Travel insurance
- Xerox copies of passport, visas, tickets, other documents (3 copies: one for self, one for fellow traveler, leave a copy at home with family/friends)

Immunizations

All travelers will be responsible for their own immunizations. The US CDC (Centers for Disease Control) recommends the following vaccines (in **bold**) for the areas that we will be visiting:

Routine **MMR** - measles/mumps/rubella

Routine **DPT** - diphtheria/pertussis/tetanus

Hepatitis A - (should be started **early April 2008 NOW**, it requires 3 doses over 6 months), or **Immune Globulin (IG)**

Hepatitis B - (should be started **early April 2008 NOW**, it requires 3 doses over 6 months)

Typhoid (pills)

Rabies (recommended for travelers spending a lot of time outdoors, especially in rural areas, involved in activities such as bicycling, camping, hiking, or work...*probably doesn't apply*).

Malaria – taken as a daily pill starting 1 day before entering affected area to 7 days after leaving affected area. Dushanbe and some parts of Tajikistan may be affected. We will monitor through the summer to see if there is an outbreak.

Polio (according to Lonely Planet some cases have been reported in Uzbekistan)

Consult your doctor for more information.

See the CDC website for more information:

<http://wwwn.cdc.gov/travel/destinationUzbekistan.aspx>

<http://wwwn.cdc.gov/travel/destinationTajikistan.aspx>

Also International Society of Travel Medicine:

<http://www.istm.org/>

Emergency Contact Information and Other Medical Issues

Prior to departure, all travelers will be asked to provide the BDSC trip leaders with emergency contact information, a copy of immunization records, and a list of any medical issues, allergies (drug, food, and other) or medications that may be of concern while traveling. This information will be kept confidential.

All prescription drugs should be in **original pharmacy containers** with doctor's name on label.

Trip Leader Contact Information and Up-to-date Travel Information

Trip Leaders: **Mary Axe** (303-443-4021) **Ron Broome** (303-939-0255)
Additional contact: **Sophia Stoller** (303-444-3916)
Email to trip leaders/contact: tripleaders@boulder-dushanbe.org

Latest information for the trip will be posted on the BDSC website at:

www.boulder-dushanbe.org/trip2008