



TRAVEL THERE CO

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Highlights of Kyrgyzstan and Kazakhstan

Days: Bishkek to Almaty

What's Included

Your G for Good Moment: Yurt Building Demonstration, Barskoon

Your Welcome Moment: Meet Your CEO and Group, Bishkek

Your Local Living Moment: Overnight in a Yurt, Ozero Sonkël'

Your Local Living Moment: Tamga Village Stay, Tamga. Half-day city tour (Bishkek). Burana Tower visit. Felt-making workshop visit. Karakol city tour (half-day). Nikolai Przhevalsky Museum. Saty Village stay. Kaindy Lake and sunken forest exploration. Charyn Canyon stop. City tour (Almaty). Transport to/from all included activities and between destinations.

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

Itinerary

Highlights

Learn about the diverse cultures of Central Asia, Soak in the breathtaking mountain scenery, Connect with the locals during yurt and village guesthouse stays, Wander the Soviet streets of Bishkek, Take in the beauty of Song Kul Lake and Kaindy Lake, Trek to the sunken forest, Learn how yurts are built.

Dossier Disclaimer

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Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Important Notes

1. CULTURE

Central Asia is a region which may be very different to anything you have experienced before. Mixture of Soviet heritage and Islam, summer heat and winter cold, religious conservatism, traffic and crowds can result in initial culture shock but should be seen as an exciting new challenge.

2. DRESS CODE

Though you can see lots of people in traditional clothes, Central Asia has adopted western style clothing as well. Don't hesitate to pack your usual travel clothes: in summer it can be shorts and t-shirts, sandals etc. We recommend not to bring tank tops/singlets and any types of clothes with bare shoulders and backs - it is unacceptable in most areas, even in bigger cities. Our tour takes us to many religious sights, where dress code is very strict. We recommend women to have a headscarf in their day bags to cover up when going inside mosques (it's also a great help in the heat in summer). Best things to pack for the hot Central Asian climate is loose, long clothing - long trousers and sarongs or long skirts for women. In colder months (from the end of October through the end of April) it can rain and snow - bring warm clothes, jackets and comfortable warm shoes for walking.

3. ALTITUDE CONSIDERATIONS

This trip operates at altitudes over 800m (max altitude 3016m at Song Kul). Whilst we travel slowly allowing plenty of time to acclimatize you may experience headaches, nausea, lethargy. It is important to be aware of the affects of altitude on one's tolerance especially on long driving days.

4. MONEY

Due to the restrictions on changing money in Central Asia region, only notes/bills printed after 1996 and in good condition will be accepted for exchange. Usually 50 and 100 USD/EUR notes get better exchange rate. We recommend to bring smaller denominations as well - many vendors accept them if you don't have local currency.

5. RAMADAN

According to the lunar cycle, the start of Ramadan will fall on April 23, 2020 and April 13, 2021. Please note that Ramadan is a month of fasting observed by Muslims throughout the world, during which time the followers of Islam should not eat or drink between sunrise and sunset. There may be some limitations to services and disruptions to schedules during Ramadan, but generally our tours still operate effectively during this period and food is available to non-Muslims throughout the day. It is very important to display increased cultural sensitivity during Ramadan. Please wear loose fitting clothes, that cover knees and shoulders, and try to avoid eating, drinking or smoking in public out of respect for those who can't at that time.

6. COMBO TRIP

Please note that this tour combines with other Travel There Co tours. As such, the staff and some travel companions on your tour may have previously been traveling together with Travel There Co, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another Travel There Co

tour, after your trip concludes.

Group Leader Description

All Travel There Co group trips are accompanied by one of our Chief Experience Officers (CEO). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

Group Size Notes

Max 16, avg 12

Meals Included

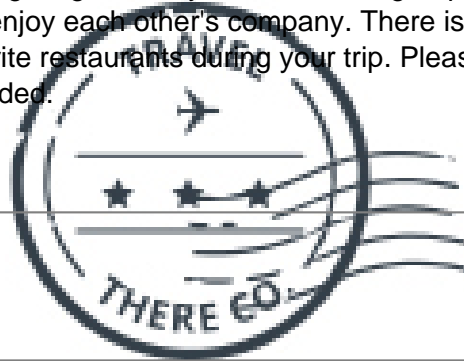
7 breakfasts, 3 lunches, 5 dinners

Meals

While traveling with us you will experience the vast array of wonderful food available in the world. Generally, to give you the maximum flexibility in deciding where, what and with whom to eat, not all meals are included in the trip price. This also gives you more budgeting flexibility. As a rule our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favorite restaurants during your trip. Please check the 'meal inclusions' section below for details of meals included.

Transport

Private van, walking.



About our Transportation

Local Flights

Solo Travellers

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

Accommodation

Hotels (2 nts), village guesthouse (3 nts), yurt (2 nts), village homestay (1 nt)

About Accommodation

Joining Hotel

For details of your joining hotel please refer to your tour voucher, G Account, the Travel There Co App or

contact your travel agent.

Joining Instructions

When you arrive to Bishkek International Airport (Manas International Airport), you will have two options to get to your starting hotel.

TAXI: we always recommend printing out the address of the hotel (in the native language as well as English if available), to show to your taxi driver.

Once you exit from the customs area there will be a lot of drivers offering taxi services, but on the ground floor there is also an Information Desk where you can get assistance with arranging an official taxi service.

If you have paid in advance for an arrival transfer, a Travel There Co representative will be at the airport to meet you. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that Day 1 is an arrival day and no activities have been planned for that day other than your welcome meeting in the evening, so you can arrive at any time. Similarly the last day is a departure day during which no activities have been planned.

A Travel There Co Representative will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip. A welcome note will be left for you in the hotel so you have all the necessary information regarding the meeting time. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

Arrival Complications

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call either the Travel There Co Local Representative (if one is listed below) or our Travel There Co Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

If you have purchased an arrival through Travel There Co or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

If your call is specifically concerning Airport Transfer complications please call our local Travel There Co Transfer provider directly at: +996 550 393 920 (Ms. Olga)

EMERGENCY CONTACT NUMBERS

Travel There Co Office Central Asia:

Mr. Laziz Otayarov (Operations Manager - Central Asia)

Mobile 1: +99890 963 4779 (24h)

Mobile 2: +99897 921 7087 (24h)

If you are unable for any reason to contact our local office, please call the numbers listed below, which will connect you directly with our 24 hour Sales team, who will happily assist you.

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What to Take

What you need to bring will vary according to the trip style you have chosen, the countries you are visiting and when you are travelling. Generally speaking though, you should pack as lightly as possible. On the vast majority of our trips you are expected to carry your own luggage (please see below for exceptions), and though you will not be required to walk long distances with your luggage (max 30 minutes) we recommend keeping the weight under 10kg/22lb.

Suitcases are not recommended for Travel There Co travellers! Most travellers carry their luggage in a backpack, although an overnight bag with a shoulder strap would suffice if you travel lightly. Smaller bags with wheels are acceptable, although we recommend your bag has carry straps as well, as you may be required to negotiate bus and railway station steps. You will also need a day pack/bag to carry water and a camera etc for day walks and day trips.

Checklist

Cold Weather:

- Long-sleeved shirts or sweater
- Scarf
- Warm gloves
- Warm hat
- Warm layers

Conservative Dress:

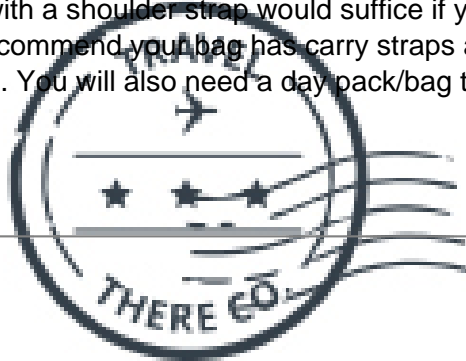
- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Required visas or vaccination certificates (required) (With photocopies)
- Vouchers and pre-departure information (required)

Essentials:

- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of



diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)

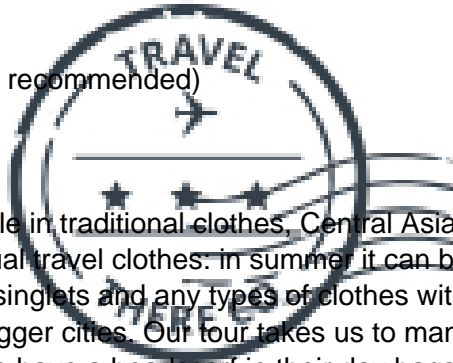
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Toiletries (Preferably biodegradable)
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Light Hiking:

- Hiking boots/sturdy walking shoes
- Hiking pants (Convertible/Zip-off and quick dry recommended)

Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sun hat/bandana
- Swimwear



Note: Though you can see lots of people in traditional clothes, Central Asia has adopted western style clothing as well. Don't hesitate to pack your usual travel clothes. In summer it can be shorts and t-shirts, sandals etc. We recommend not to bring tank tops/singlets and any types of clothes with bare shoulders and backs - it is unacceptable in most areas, even in bigger cities. Our tour takes us to many religious sights, where dress code is very strict. We recommend women to have a headscarf in their day bags to cover up when going inside mosques (it's also a great help in the heat in summer). Best things to pack for the hot Central Asian climate is loose, long clothing - long trousers and sarongs or long skirts for women.

Laundry

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

Visas and Entry Requirements

Kazakhstan:

PLEASE READ THE ENTIRETY OF THE TEXT BELOW AS THIS IS IMPORTANT INFORMATION FOR YOUR ENTRY INTO KAZAKHSTAN

Please note that visas are the responsibility of the individual traveller. The visa requirements for your trip vary depending on where you are from and where you are going. We keep the following information up to date as much as possible, but rules do change. It is important that you check for yourself with the Embassy of Kazakhstan. Please, keep in mind that all countries require passports valid for at least 6 months from the moment of departure from the country.

To apply for a Kazakhstan visa, some nationalities must present an official Kazakhstan Letter of Invitation

(LOI).

Noted Exemptions: Citizens of the following countries do not require a visa to enter Kazakhstan for stays up to 30 days (90 days for countries marked with *):

Argentina, Australia, Austria, Belgium, Brazil, Bulgaria, Canada, Chile, Croatia, Cyprus, Czech Republic, Denmark, Ecuador, Estonia, Finland, France, Georgia*, Germany, Greece, Hungary, Iceland, Ireland, Israel, Italy, Japan, Latvia, Lithuania, Luxembourg, Malaysia, Malta, Mexico, Monaco, Mongolia*, Netherlands, New Zealand, Norway, Poland, Portugal, Republic of Korea, Romania, Serbia, Singapore, Slovakia, Slovenia, Spain, Sweden, Switzerland, Turkey, Ukraine*, United Arab Emirates, United Kingdom of Great Britain and Northern Ireland, United States of America, and the countries of the Commonwealth of Independent States (CIS), namely Azerbaijan, Armenia*, Belarus*, Kyrgyzstan*, Moldova*, Russia*, Tajikistan, and Uzbekistan.

IMPORTANT NOTE FOR TRAVELERS WHOSE ARE NOT LISTED ABOVE : Once your trip is confirmed, at 90 days prior to your entry into Kazakhstan, you must submit an application for your Letter of Invitation. A link will be emailed to you in your confirmation email. The details will be forwarded to our local agent in Kazakhstan and you will be emailed your Kazakhstan Invitation Letter about 60 days before the trip start date. Kazakhstan LOI's cannot be rushed.

Kazakhstan visas can be used up to 3 months from the date the visa is issued, and once you have entered Kazakhstan, the visa is valid for a maximum of 30 days. Therefore, please time your application accordingly and do not apply for the visa more than 3 months in advance of your trip.

Input your name the same way it is in your passport. The information on the application form must match your passport (if you have 2 or more names - all of them have to be listed under "first name"). If you have an umlaut or other character not recognized in the English alphabet in your name (ie. ü), please enter it in the longer form (ie. ue).

For the following multi-country trips, the days spent in Kazakhstan are as follows:

AYBT - Best of Kyrgyzstan and Tajikistan: Days 7-9

AYKK - Highlights of Kyrgyzstan and Kazakhstan: Days 7-9

AYKU - Multi-Stan Adventure - Bishkek to Tashkent: Days 7-9

The Kazakhstan Government has implemented a new requirement asking passengers to provide a Letter of Employment (LOE) in order to issue the LOI. Please make sure to attach this LOE to your LOI application below as both are required to begin this process. This should be a letter from your employer, dated and on company letterhead, that states where you work, your role and how long you have worked there. It should also have the issuer's name, signature, as well as their role and the company address and phone number. If you are retired, a LOE is not necessary.

If your country has an official Kazakhstan Consulate/Embassy, you must choose this as your 'Visa pickup Embassy'. If you do not see a local Consulate/Embassy on this list or you are unable to go there due to prior travel arrangements, please contact your Travel Agent or Travel There Co for further assistance. Certain nationalities may be able to obtain a visa upon arrival at the Almaty Airport, but you must make sure to check with your Embassy if this applies for your nationality before choosing this option.

At time of writing, the below documents will be needed to obtain your visa (however, we do advise you confirm this with your nearest Embassy):

1. A standard visa application form from the Embassy or Consulate where you will collect your visa
2. 1 colour, passport sized photos (taken within 14 days)
3. Payment for the visa (this will be dependent on nationality and will sometimes need to be made at a local nearby bank - check with your Embassy to confirm details)
4. Passport with empty pages and at least 6 months validity
5. Kazakhstan Letter of Invitation/reference number
6. Flight tickets providing entrance and proof of onward travel
7. Copy of travel insurance in a hard copy
8. We also recommend bringing your vouchers and a copy of the itinerary, printable from our website. While this may not be needed, we recommend having a copy on hand if needed.

Information accurate as of September 12th, 2018

Kyrgyzstan:

*****PLEASE READ THE ENTIRETY OF THE TEXT BELOW AS THIS IS IMPORTANT INFORMATION FOR YOUR ENTRY INTO KYRGYZSTAN*****

Please note that visas are the responsibility of the individual traveller. The visa requirements for your trip vary depending on where you are from and where you are going. We keep the following information up to date as much as possible, but rules do change. It is important that you check for yourself with the Embassy of Kyrgyzstan. Please, keep in mind that all countries require passports valid for at least 6 months from the moment of departure from the country.

Citizens of the following countries can enter Kyrgyzstan without visa for a stay up to 60 days:
Australia, Austria, Bahrain, Belgium, Bosnia and Herzegovina, Brunei, Canada, Croatia, the Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Ireland, Italy, Japan, Kuwait, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Monaco, the Netherlands, New Zealand, Norway, Poland, Portugal, Qatar, Saudi Arabia, Singapore, Slovakia, Slovenia, South Korea, Spain, Sweden, Switzerland, the Vatican, the United Arab Emirates, the United Kingdom of Great Britain and Northern Ireland, and the United States of America.

Citizens of the following countries do not need an LOI, and can obtain a visa at any Embassy of the Kyrgyz Republic or upon arrival at the Bishkek airport:
Albania, Argentina, Brazil, Bulgaria, Chile, Cyprus, Indonesia, Israel, Macedonia, Mexico, Montenegro, Oman, Philippines, Romania, San Marino, Serbia, South Africa, Thailand, Turkey, Venezuela.

IMPORTANT NOTE FOR TRAVELERS WHOSE ARE NOT LISTED ABOVE:

Once your trip is confirmed, at 90 days prior to your entry into Kyrgyzstan, you must submit an application for your Letter of Invitation. A link will be emailed to you in your confirmation email. The details will be forwarded to our local agent in Kyrgyzstan and you will be emailed your Kyrgyzstan Invitation Letter about 60 days before the trip start date. Kyrgyzstan LOI's cannot be rushed.

Kyrgyzstan visas can be used up to 3 months from the date the visa is issued, and once you have entered Kyrgyzstan, the visa is valid for a maximum of 30 days. Therefore, please time your application accordingly and do not apply for the visa more than 3 months in advance of your trip. Please apply for stamp visa, DO NOT apply for an E Visa. E Visas will not be accepted as an exit document when crossing the border of Kyrgyzstan to Kazakhstan.

Input your name the same way it is in your passport. The information on the application form must match your passport (if you have 2 or more names - all of them have to be listed under "first name"). If you have an umlaut or other character not recognized in the english alphabet in your name (ie. ü), please enter it in the longer form (ie. ue).

For the following multi-country trips, the days spent in Kyrgyzstan are as follows:

AYKU - Multi-Stan Adventure - Bishkek to Tashkent: Days 1-7

AYBT - Best of Kyrgyzstan and Tajikistan: Days 1-7

AYKK - Highlights of Kyrgyzstan and Kazakhstan: Days 1-7

If your country has an official Kyrgyzstan Consulate/Embassy, you must choose this as your 'Visa pickup Embassy'. If you do not see a local Consulate/Embassy on this list or you are unable to go there due to prior travel arrangements, please contact your Travel Agent or Travel There Co for further assistance. Certain nationalities may be able to obtain a visa upon arrival at the Bishkek Airport, but you must make sure to check with your Embassy if this applies for your nationality before choosing this option.

At time of writing, the below documents will be needed to obtain your visa (however, we do advise you confirm this with your nearest Embassy):

1. A standard visa application form from the Embassy or Consulate where you will collect your visa
2. 1 colour, passport sized photo, taken within 14 days
3. Payment for the visa (this will be dependent on nationality and will sometimes need to be made at a local nearby bank - check with your Embassy to confirm details)
4. Passport with empty pages and at least 6 months validity
5. Kyrgyzstan Letter of Invitation/reference number
6. Flight tickets providing entrance and proof of onward travel
7. Copy of travel insurance in a hard copy
8. We also recommend bringing your vouchers and a copy of the itinerary, printable from our website. While this may not be needed, we recommend having a copy on hand if needed.

Please carefully check all the information below prior to submitting

Once you have received your LOI you can apply for your visa by going to the Kyrgyzstan Embassy you listed in the online application. Please remember that it is your responsibility to check whether passport details, name spelling and dates on the LOI are correct.

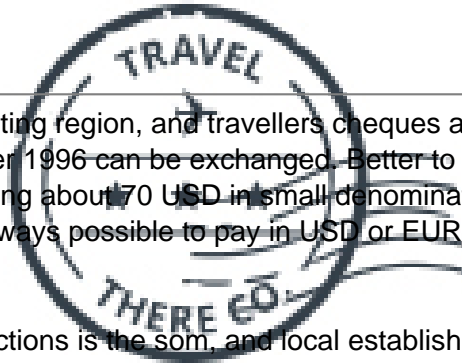
Information accurate as of September 12th, 2018

Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

Money Exchange

In general Central Asia is a cash operating region, and travellers cheques are not recommended. Due to bank restrictions, only banknotes printed after 1996 can be exchanged. Better to bring notes without marks or stamps on them. We recommend to bring about 70 USD in small denominations: 1, 5 and 10 USD notes. If you are not able to get local currency it's always possible to pay in USD or EUR.



Kyrgyzstan

The preferred currency for local transactions is the som, and local establishments rarely accept credit cards so keep cash on hand. There are many of ATMs accessible in Bishkek and other larger cities such as Cholpon Ata and Karakol. Larger cities will also have money exchange locations that will trade EUR, USD, Roubles; some locations will trade GBP, and Chinese yuan.

Kazakhstan

The preferred currency for local transactions is the tenge, and local establishments rarely accept credit cards so keep cash on hand. ATMs in Kazakhstan are accessible in the larger cities, and withdrawals can be made by credit card. There are many currency exchange locations available to exchange EUR, USD, GBP, Russian rouble, Kyrgyz som and Chinese yuan.

Emergency Fund

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Departure Tax

Tipping

In Central Asia It is not customary to tip service providers such as waiters, but it is very appreciated, depending on the service we recommend 3-5%. Tipping shows an expression of satisfaction with the people who have

assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping drivers and local guides would range from \$2-\$3 USD per person per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture. Also at the end of each trip if you felt your Travel There Co CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$20-25 USD per person, per week can be used.

Optional Activities

Song-Köl

- Hiking in Song Kül (Free)

Kolsay Lakes National Park

- Hiking in Kolsay Lakes National Park (Free)

Almaty

- Zelyony Bazaar (Free)

Health

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that sometimes we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. In Asia pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. Travel There Co reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

Safety and Security

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to

disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

www.gadventures.com/travel-resources/safety/

Trip Specific Safety

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

Medical Form

A Couple of Rules

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

A Word of Warning

Travel Insurance

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Local Dress

Central Asian dress is quite conservative. Plan to pack loose-fitting light clothing appropriate for hot weather and plan to cover knees, shoulders and chest. For women, a hair scarf is recommended, though they are easy to buy in country.

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next Travel There Co trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customerservice@gadventures.com and we will send it on to you.

Minimum Age

You must be 18 to travel unaccompanied on a Travel There Co tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

International Flights

Check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

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