

Index

ABBREVIATIONS

Kaz	Kazakhstan
Kyr	Kyrgyzstan
Taj	Tajikistan
Tur	Turkmenistan
U	Uzbekistan

A

- Abay State Opera & Ballet Theatre (Kaz) 126
Abbot, James 190
Abdullah Khan II 189, 240
Abdykalykov, Aksan 71, 276
Abrashim Qala (Taj) 385
Abylqayyr Khan 42
accommodation 443-5, *see also individual locations*
Achaemenid empire 36, 37, 189
Achik Tash (Kyr) 342
activities 32, 91-101, *see also individual locations & activities*
Adjina Tepe (Taj) 56, 354, 362
Adygene Valley (Kyr) 292
Afghan War 51
Afrosiab (U) 227
Aga Khan, the 356, 358, 377, 388
Aga Khan Foundation 356
agriculture 50
Ainek Köl (Kyr) 331
air fares 464, **470**
air tickets 463
air travel 461-6, 468-70, *see also travel to/from & travel within under individual locations*
airlines 461-3
airports 461-3
Airyababa (Tur) 431
Aitmatov, Chingiz 72, 275, 288, 294, 299
Akaev, Askar 272, 293, 295, 309
Ak-Baital Pass (Taj) 391
Ak-Balyk (Taj) 387
Ak-Beyit Pass (Kyr) 324
Akhal-Teke 76
Ak-Jilga petroglyphs (Taj) 387
Ak-Kalama (Taj) 390
Ak-Sai (Kyr) 315
Ak-Saray Palace (U) 233-4
Ak-Say Canyon (Kyr) 292, **12**
Aksu-Dzhabagly Nature Reserve (Kaz) 77, 103, 112, 146
Ak-Suu Valley (Kyr) 299
Ak-Tal (Kyr) 322
Aktau (Kaz) 155-7, **156**
Ak-Terek (Kyr) 334
Akvapark (Kaz) 162
Ala-Ärcha Canyon (Kyr) 290
Ala-Archa National Park (Kyr) 77, 95, 98, 292, **12**
Ala-Bel Pass (Kyr) 328
Ala-Too Square (Kyr) 283
Alauddin lakes (Taj) 374, **9**
Alay Valley (Kyr) 341
Ai-Biruni 40
alcohol 85, 447
Alexander the Great 37, 189, 223, 235, 331, 353
Alichur (Taj) 387
Alim Khan 247
Al-Khorezmi 40
Alloquli Khan Bazaar & Caravanserai (U) 255
Almatinsky Nature Reserve (Kaz) 77
Almaty (Kaz) 113-34, **114-15**, **5**, **11**
see also accommodation 122-3, activities 120-1, drinking 125, emergency services 116, entertainment 125-7, festivals 121-2, food 123-5, history 113-16, internet access 116-17, maps 116, medical services 117, money 117, postal services 117, registration 117, shopping 127, sights 118-20, telephone services 117, tourist information 117, travel agencies 117-18, travel to/from 127-9
travel within 129-30
walking tour 121, **121**
Altay Mountains (Kaz) 169, 172-3
altitude sickness 479
Altyn Arashan (Kyr) 306-7
Amazons 35
amoebic dysentery 478
Ancient Samarkand (Afrosiab) 227
Andijon (U) 222-3
Andijon Massacre (U) 33, 191
Anet Baba Kishikuly Mosque (Kaz) 174
Angren (U) 213
animal market, Karakol (Kyr) 302
animals 75-6, *see also individual animals*
Aqtöbe (Kaz) 152-3
Aral Sea 50, 77-9, 151, 261, 6
Aralsk (Kaz) 150-2
Arasan Baths (Kaz) 120
Arch of Neutrality (Tur) 408, 409
archaeological sites
Adjina Tepe (Taj) 56, 354, 362
Afrosiab (U) 227
Balasagun (Kyr) 293
Barskoïn (Kyr) 310-11
Belovodsk (Kyr) 300
Bunjikat (Taj) 354
Dekhistan (Tur) 420
Erk Kala (Tur) 427
Giaur Kala (Tur) 427
Gonur Depe (Tur) 428
internet resources 35, 354
Kobadiyan (Taj) 354
Koshoy Korgon (Kyr) 324
Kyz Kala (Tur) 428
Merv (Tur) 426-8
Mug Tepe (Taj) 371
Nissa (Tur) 416-17
Penjikent (Taj) 372-3
Sarazm (Taj) 354
Sultan Kala (Tur) 427-8
Takht-i-Sangin 354
Termiz (U) 247-50
architecture 68-70
Archive of the Communist Party of Turkmenistan (Tur) 410
area codes, *see inside front cover*
Ark, the (U) 241-2
Arslanbob (Kyr) 330
art galleries, *see galleries, museums*

Fantasy World Amusement Park (Kaz) 121, 143
fax services 455
Fayoz-Tepe (U) 248-9
Fedchenko Glacier (Taj) 390
Fergana (U) 217-20, **218**
Fergana Valley (U) 214-23, **214**
ferries, see boat travel
festivals, see also individual locations
 Birds of Prey Festival (Kyr) 312
 Chabana festival (Kyr) 137
 Festival of National Cuisine & Folklore (Kyr) 310
 International Jazz festival (Kaz) 122
 Il Khom 20 music festival (U) 203
 Navrus 20, 84, 110, 263, 449, 450
 Ramadan 449, 450
 Ruz-i-Nur (Taj) 392
 Sharq Taronalari international-music festival (U) 228
 Silk & Spices Festival (U) 243
 Voice of Asia pop festival (Kaz) 122
film 71, 110, 276
Firdausi 237, 358, 363
fishing 100
flamingos 75, 111, 165
folk art 70-1
food 82-90, 338-9, see also individual locations
 books 82
 chaikhana 85
 customs 87-8
 restaurants 86
 self-catering 86
 vegetarian 86-7
forts
 Abraishim Qala (Taj) 385
 Ayaz-Qala (U) 251
 Elli-Qala (U) 251-2
 Fort Shevchenko (Kaz) 158-9
 fortress of Alexander the Great (U) 235
 Giaur Kala (Tur) 427
 Guldursun Qala (U) 251
 Hissar (Taj) 367-8
 Kafir-Qala (Taj) 386
 Khakha Fortress (Taj) 385
 Kyr Kyz (U) 249
 Kyrk Molla (Tur) 433
 Qoy Qryylghan Qala (U) 251

000 Map pages
000 Photograph pages

Qyzyl Qala (U) 251
Ratm Fort (Taj) 385
Toprak Qala (U) 251
Yamchun Fort (Taj) 385
Foster, Norman 162
four-wheel drive trips 99, 343
Frunze House-Museum (Kyr) 283
Frunze, Mikhail Vasilievich 48, 237, 283
G
Gagarin Monument (U) 228
galleries
 Art Gallery of Uzbekistan (U) 201
 Atyrau Art Museum (Kaz) 154
 Fine Art Museum (Kaz) 161
 Fine Arts Museum of Uzbekistan (U) 201
 Kazakhstan Museum of Arts (Kaz) 120
 Museum of Applied Arts (U) 201
 Museum of Art (U) 243
 Museum of Fine Arts (Tur) 409
 Petropavlovsk Art Museum (Kaz) 167
 Savitsky Karakalpakstan Art Museum (U) 259
 Semey Fine Arts Museum (Kaz) 174
 State Art Museum (U) 228
Garam Chashma (Taj) 385, 9
gas 33-4, 107
gay travellers 449
 Kazakhstan 126
 Turkmenistan 437
GBAO permit 377-8, 394
Geisev Valley (Taj) 383
Genghis Khan, see Jenghiz Khan
geography 74-5
Geok-Depe (Tur) 417
geology 74-5
German people 62
German Protestant Church (U) 202
Ghaznavid empire 39, 189
giardiasis 478
Giaur Kala (Tur) 427
glasnost 111, 115, 190
Golden Horde 41
Golden Man, the 119
Gonur (Tur) 428-9
Gonur Depe (Tur) 428
Gorno-Badakhshan (Taj) 376
Gozli Ata (Tur) 420-1
Great Game, the 21, 32, 45-6, 190, 353-4
Great Horde 42
Grigorievka 136, 299
Guldursun Qala (U) 251
Gumbazi Seyidan (U) 234
Gumbekul Valley (Taj) 389
Gunt Valley (Taj) 386
Gusgarf Waterfall (Taj) 366
Gutlug Timur Minaret (Tur) 433
Gypjak (Tur) 417
H
Haji Yakoub mosque & medressa (Taj) 363
handicrafts 454-5
Hauz-i-Sangin Mosque (Taj) 371
Hazrat-Hizr Mosque (U) 228
Hazrat-i-Shah Mosque & Mausoleum (Taj) 371
health 474-80
 food 479
 insurance 475
 vaccinations 475-6
heli-skiing 99, 213, 293
hepatitis 477
hiking 95-6, **12**, see also trekking
 Kazakhstan 131, 177
 Uzbekistan 202, 236
Hindu Kush 75, 351, 384
Hissar (Taj) 360, 367-8
Hissar Mountains (U) 232
history 35-52, see also individual countries & locations
 books 36, 41, 42, 45, 47, 48, 52
 internet resources 35, 50, 52
 itineraries 32
hitching 472
HIV/AIDS 33, 477
Hodja-Nisbaddor Mosque (U) 228
Hoja Ismail (U) 231-2
Hoja Zayniddin Mosque (U) 243
holidays 20, 449-50, see also individual countries
Holy Trinity Cathedral, Karakol (Kyr) 302
homestays 444
horse riding 96
 Kyrgyzstan 292, 297-8, 299, 321, 343-4
 Turkmenistan 411
horseback sports 59, 137, 275, 345, 415
horses 76
 Akhal-Teke 76, 96, 404, 411, 435
 Karabair 76
 Lokai 76
 Przewalski's horse 76, 111, 165

hotels 444-5
human rights 67, 191, 402
I
Ibn Sina, Abu Ali 40, 237, 353, 358
Ichon-Qala (U) 254, 7
Ili River (Kaz) 138
Imam Ismail al-Bukhari Islamic Institute (U) 200
immigration 463
independence 51-2
Independence monument (Tur) 408
Independence Park (Tur) 410
influenza 477
insect bites 479
insurance
 health 475
 travel 450
internet access 450, see also individual locations
internet resources 22-3, 274, see also individual countries
 accommodation 444
 archaeology 35, 354
 architecture 68
 ecotourism 99
 environmental issues 77, 78
 health 474
 history 35, 50, 52
 music 72, 73
 Silk Road 53, 55
 trekking 91, 95
 visas 457
Inylchek Glacier (Kyr) 313
Iranian mosque (Tur) 410
Irkeshtam Pass (Kyr) 340-1
Irtysh River (Kaz) 175
Isfandiyar Palace (U) 256
Ishkashim (Taj) 385
Iskander-Kul (Taj) 373
Islam 63, 64-7
Islamic Centre (Kaz) 162
Issyk-Köl Biosphere Reserve (Kyr) 295
Istaravshan (Taj) 371-2
itineraries 24-32
J
Jalal-Abad (Kyr) 323, 332-3
Jalal-Abad Sanatorium (Kyr) 332
Jalal-Abad thermal springs (Kyr) 332
Jalang (Taj) 390
Javshanguz (Taj) 384
Jayma Bazaar (Kyr) 337, 8
Jelandy (Taj) 386

Jenghiz Khan 40-1, 105, 189, 272, 432
Jerbent (Tur) 417
jet lag 476
Jeti-Öghüz (Kyr) 309-10
Jewish people 62, 237
Juma Mosque (U) 217, 255
K
Kadji-Sai (Kyr) 311
Kafir-Qala (Taj) 386
Kalon Minaret (U) 241
Kalon Mosque (U) 241
Kalta Minor Minaret (U) 255, 7
Karaganda (Kaz) 167-9
Kara-Jilga (Taj) 390
Karakalpak people 62
Karakalpakstan (U) 78, 258-61, **251**
Karakol (Kyr) 300-5, **301, 306-7**
 accommodation 303-4
 activities 303
 food 304
 history 300
 internet access 300
 medical services 300
 money 301
 registration 302
 shopping 304
 sights 302
 tourist information 302
 travel agencies 302
 travel to/from 304-5
 travel within 305
 visas 302
Kara-Köl (Kyr) 328
Karakol Valley (Kyr) 77, 307-9, 8, **12**
Karakul (Taj) 391
Kara-Kul (Taj) 391, 9
Karakum desert (Tur) 417-18
Karataq Valley (Taj) 366-7
Kara-Tepe (U) 249
Kara-Kul (Taj) 391
Karmov, Islam 33, 190-1
Karkara Valley (Kaz) 137
Karkara Valley (Kyr) 299-300
Karlyuk Caves (Tur) 431
Kashka-Suu (Kyr) 294
Kaufman, General Konstantin 190, 195, 237
kayaking, see rafting & kayaking
Kazakh language 483-4
Kazakh people 58, 105-7, 108-9
Kazakhstan 102-85, **29, 104, 132, 135, 5, 11**
 accommodation 256-7
 entertainment 257
 food 257
 history 43-4, 252-4
 shopping 257
 sights 254-6

Khiva (U) continued
 tours 256
 travel to/from 257-8
Khojand (Taj) 368-71, 369
Khonakhanah Mosque (U) 221
Khorezm (U) 250-8, 251
Khorezmshah II, Mohammed 432
Khorog (Taj) 379-83, 380
Khrushchev, Nikita 50
Kobadryan (Taj) 354
Kochkor (Kyr) 316-17, 316, 8
Koh-i-Lal ruby mine (Taj) 385
Koi-Tezek Pass (Taj) 386
Kök Jar (Taj) 390
Kök Turks 189
Kokand (U) 43-4, 215-17, 216
Kok-Gumbaz Mosque (U) 234
Kokshetau (Kaz) 166-7
Köl Tör (Kyr) 318
Köl Üükök (Kyr) 318
Kolsay Lakes (Kaz) 134-6
Konye-Urgench (Tur) 432-4, 10
Korean people 62
Korgalzhyn Nature Reserve (Kaz) 112, 165
Koshkar Ata (Kaz) 158
Koshgor Korgan (Kyr) 324
Kosmostantsia (Kaz) 133
Köw Ata Underground Lake (Tur) 418
Kozha, Akhmed Yasau 109, 140, 145, 147-8
Kubra, Nejameddin 433
Kugitang Nature Reserve (Tur) 77, 431-2
Kuhna Ark (U) 254
Kuli Kulon (U) 221
Kulov, Felix 273
kumys 85-6, 113
Kunanbaev, Abay 173
Küngey Alatau (Kaz) 134
Kurchatov (Kaz) 175-6
Kurdish people 62
Kydyra Minaret (Kaz) 145
Kyrgyz language 484-5
Kyrgyz people 59-60, 274-5
Kyrgyzstan 269-349, 271, 315, 8, 11, 12
 accommodation 343
 activities 343
 arts 275
 climate 270

L
Lake Aidarkul (U) 236
Lake Balkhash (Kaz) 79, 140
Lake Burabay (Kaz) 165-6
Lake Issyk-Köl (Kaz) 132, 136, 132
Lake Issyk-Köl (Kyr) 294-314, 296
Lake Kapshagay (Kaz) 138
Lake Markakol (Kaz) 172-3
Lake Sarez (Taj) 384
Lake Sayr-Chelek (Kyr) 329-30
Lake Song-Köl (Kyr) 318-19

consulates 344
 costs 270
 customs regulations 344
 drinks 278
 economy 273
 ecotourism 93
 embassies 344
 environmental issues 277-8
 festivals 345
 food 278
 highlights 270
 history 270-4
 holidays 345
 independence 272-3
 internet resources 346
 itineraries 25, 270
 language 269, 484-5
 maps 346
 media 343
 money 269, 346
 name changes 344
 politics 273-4
 population 269
 postal services 346
 registration 346
 religion 275
 safety 272
 telephone services 347
 travel agencies, adventure 100-1
 travel to/from 348
 travel within 349
 trekking 292
 trekking permits 341
 wildlife 277
 visas 347
Kyrk Gyz Cave (Tur) 431
Kyrk Molla (Tur) 433
Kyz Kala (Tur) 428
Kyzyl Ünkür (Kyr) 331
Kyzyl-Art Pass (Taj) 391
Kyzyl-Bel Pass (Kyr) 324
Kyzylkala (Kaz) 159
Kyzylorda (Kaz) 149-50

L
Lake Aidarkul (U) 236
Lake Balkhash (Kaz) 79, 140
Lake Burabay (Kaz) 165-6
Lake Issyk-Köl (Kaz) 132, 136, 132
Lake Issyk-Köl (Kyr) 294-314, 296
Lake Kapshagay (Kaz) 138
Lake Markakol (Kaz) 172-3
Lake Sarez (Taj) 384
Lake Sayr-Chelek (Kyr) 329-30
Lake Song-Köl (Kyr) 318-19

Langar (Taj) 385
language 481-7
 food vocabulary 88-90
Kazakh 483-4
Kyrgyz 484-5
Russian 481-3
Tajik 485-6
Turkmen 486
Uzbek 486-7
legal matters 450
leishmaniasis 477
Lepinsk (Kaz) 139-40
Lepsy (Kaz) 140
lesbian travellers 449
 Kazakhstan 126
 Turkmenistan 437
letters of invitation (LOI) 456-7
literature, see also books 20-2, 45, 71-2
Lyabi-Hauz (U) 240
lynx 75, 110, 194, 329

M
M34 (Taj) 351
Madryan hot springs (Taj) 389
magazines 443
Maghoki-Attar (U) 240
Makhдуми Khorezm Mosque (U) 228
malaria 477
Mamun II Minaret (Tur) 433
Manas epic 275-6
Mangali Mosque (Kaz) 154
maps 450-1, see also individual countries
Marco Polo 56, 57, 375
Marco Polo sheep 80, 295, 359, 376
Margilon (U) 220-1
Marguzor Lakes (Taj) 372, 373
marshrutka travel 472-3
Mary (Tur) 423-6, 424
Mashhur Zhusip Mosque (Kaz) 176
mausoleums 70
Abd al Aziz-Baba Mausoleum (Kaz) 146
Ak-Saray Mausoleum (U) 227
Aristan-Bab Mausoleum (Kaz) 147
Bakhautdin Nasreddin Mausoleum (U) 247
Buyan Khuli Khan Mausoleum (U) 243
Chashma Ayub 'mausoleum' (U) 242
Guri Amir Mausoleum (U) 226-7, 7
Ismail Samani Mausoleum (U) 242
Mausoleums of Two Askhab (Tur) 428

N
Mausoleum of Al-Hakim al-Termizi (U) 249
Mausoleum of Aysha-Bibi (Kaz) 142
Mausoleum of Ismail al-Bukhari (U) 231
Mausoleum of Mazlum Khan Slu (U) 260
Mausoleum of Mohammed ibn Zeid (Tur) 427
Mausoleum of Parau Bibi (Tur) 419
Mausoleum of Rabigha-Sultan Begum (Kaz) 148-9
Mausoleum of Sheikh Massal ad-Din (Taj) 369-70
Mausoleum of Sultan Sanjar (Tur) 427-8
Mirali Bobo Mausoleum (Kaz) 145
Modari Khan Mausoleum (U) 216
Nejameddin Kubra Mausoleum (Tur) 432-3, 10
Pahlavon Mahmud Mausoleum (U) 256
Rukhobod Mausoleum (U) 227
Sayid Ahmed Mausoleum (Tur) 433
Sultan Ali Mausoleum (Tur) 433, 10
Sultan Tekesh Mausoleum (Tur) 433
Turki Jandi Mausoleum (U) 243
Yasau Mausoleum (Kaz) 149, 5
Yunus Khan Mausoleum (U) 201
Mazar-i-Chor Gumbaz (Taj) 371
measures 443, see also inside front cover
Medeu (Kaz) 130-1
medical services, see individual countries & health
medresses 70
Abdul Aziz Khan Medressa (U) 241
Abdulla Khan Medressa (U) 255
Abdullatif Sultan Medressa (Taj) 371
Alloqoli Khan Medressa (U) 255
Barakhan Medressa (U) 200
Gaukushan Medressa (U) 243
Islom-Hoja Medressa (U) 255-6
Kukeldash Medressa (U) 240
Kutlimurodinok Medressa (U) 255
Matpana Bay Medressa (U) 255
Medressa-i-Kuhna (Taj) 368
Medressa-i-Nau (Taj) 368
Mir-i-Arab Medressa (U) 241, 6
Nadir Divanbegi Medressa (U) 240

N
Narbutabey Medressa (U) 216-17
Mohammed Rakhim Khan Medressa (U) 254-5
Sahib Mian Hazrat Medressa (U) 217
Sher Dor (Lion) Medressa (U) 226
Tilla-Kari Medressa (U) 226
Ulugbek Medressa (U) 225-6, 240, 6
Merv (Tur) 426-8, 426
Merzbacher, Gottfried 313
Meskhetian Turkish people 62
minarets 70
Mizdarkhan (U) 260
Mohammed, the Prophet 64-5
money 20, 451-3, see also exchange rates, individual countries, inside front cover
moneychangers 452
Mongol Empire 40-1, 105
Monument to the Dead of the Totalitarian Regime (Kaz) 162
Monument to the Desert Explorers (Tur) 420
Mosque of Khezrety Omar (Tur) 410
Mosque of Yusuf Hamadani (Tur) 428
mosques 69-70, see also individual mosques
motion sickness 476
motorcycle travel 467
Mt Khan Tengri (Kaz) 137-8
mountain biking 197, 177
mountaineering 97-8
Kyrgyzstan 284, 344
Moynaq (U) 260-1, 6
Mug Tepe (Taj) 371
Murgab (Taj) 387-9
museums, see also galleries
 Abay Museum (Kaz) 173-4
 Amir Timur Museum, Tashkent (U) 201
 Amir Timur Museum, Shakhrisabz (U) 235
 Atyrau History Museum (Kaz) 154
 Bekhzod National Museum (Taj) 363
 Bogaev Museum (Kaz) 176
 Carpet Museum (Tur) 410
 Central State Museum, Almaty (Kaz) 119-20
 Dostoevsky Museum (Kaz) 174
 Earthquake Museum (Tur) 409
 Frunze House-Museum (Kaz) 283-4
 History Museum of the People of Uzbekistan (U) 201

N
Nabiev, Rakhmon 355
Nadir Divanbegi Khanaka (U) 240
Naryn (Kyr) 319-21, 319

Naryn River (Kyr) 329
 Naryn State Reserve (Kyr) 321
 Nasrullah Khan 237
nasvai 84
 National Nuclear Centre (Kaz) 176
 national parks & reserves 76-7
 Aksu-Dzhabagly Nature Reserve (Kaz) 77, 103, 112, 146
 Ala-Archa National Park (Kyr) 77, 98, 292, 12
 Almatinsky Nature Reserve (Kaz) 77
 Badai-Tugai Nature Reserve (U) 77, 252
 Chychkan state zoological reserve (Kyr) 328
 Korgalzhyn Nature Reserve (Kaz) 112, 165
 Kugitang Nature Reserve (Tur) 77, 431-2
 Issyk-Köl Biosphere Reserve (Kyr) 295
 Naryn State Reserve (Kyr) 321
 Nuratau-Kyzylkum Biosphere Reserve (U) 236
 Sary-Chelek Biosphere Reserve (Kyr) 77, 329-30
 Sayram-Ugam National Park (Kaz) 112, 147
 Ugam-Chatkal National Park (U) 77, 211-12
 Navoi Park (U) 201-2
 Navrus 20, 84, 110, 263, 449, 450
 Nazarbaev, Nursultan 33, 102, 106-8, 159, 162
 Nazarov, Paul 48
 newspapers 443
 Nissa (Tur) 416-17
 Niyazov, Saparmurat 33, 401, 402, 404, 409, 10
 Nokhur (Tur) 418-19
 Nokhuri people 418
 nuclear testing 111
 Nukus (U) 258-60, 258
 Nurata (U) 235-6
 Nuratau-Kyzylkum Biosphere Reserve (U) 236
 Nurek Dam (Taj) 367

O
 oil 33-4, 107
 Okzhetpes (Kaz) 165

**000 Map pages
000 Photograph pages**

opium 355, 357
 Oq Tog (U) 235
 Orto-Tokoy Reservoir (Kyr) 315
 Ortuk (Kyr) 333
 Osh (Kyr) 334-9, 315, 8
 accommodation 337-8
 food 338-9
 history 334-6
 internet access 336
 medical services 336
 money 336
 postal services 336
 registration 336
 shopping 339
 sights 337
 tourist information 336
 travel agencies 336
 travel to/from 339
 travel within 339
 visas 336
 Otrar (Kaz) 147-8
 Ottuk (Kyr) 315
 Özbek 189
 Özgön (Kyr) 333-4

P
 painting 73
 Pahlavon Mahmud Mausoleum (U) 256
 Pakhta-Bairam (U) 259
 Palace of Orphans (Tur) 417
 Palace of Peace & Harmony (Kaz) 163
 Palace of Turkmenbashi (Tur) 409
 Pamir Botanical Garden (Taj) 381
 Pamir Highway (Taj) 28, 386-91, 28
 Pamirs, the (Taj) 375-91, 375, 9
 Panchshanbe Bazaar (Taj) 369
 Panfilov Park (Kaz) 118-19, 5
 Parau Bibi (Tur) 419
 Pasha, Enver 367
 Pavlodar (Kaz) 176-7
 Penjikent (Taj) 372-3
 peoples
 Chinese people 62
 German people 62
 Jewish people 62, 237
 Karakalpak people 62
 Kazakh people 58, 105-7, 108-9
 Korean people 62
 Kurdish people 62
 Kyrgyz people 59-60, 274-5
 Meskhetian Turkish people 62
 Nokhuri people 418
 Romany people 61, 62
 Slavic people 61-2

Q
 Qoy Qyrylghan Qala (U) 251
 Qyz Bibi (Tur) 419
 Qyzyl Qala (U) 251

R
 Rabat Abdullah Khan Mosque (Kyr) 337
 rabies 478
 rafting & kayaking 97
 Kazakhstan 177
 Kyrgyzstan 293, 344
 Uzbekistan 213
 Rakhamanov, Imomali 33, 355-6
 Rakhamovskie Klyuchi (Kaz) 172
 Ramadan 449, 450
 Rang-Kul (Taj) 389
 Ratm Fort (Taj) 385
 Reception & Coronation Court (U) 241-2
 Registan, the (U) 225-6, 6
 registration 454, see also individual locations

Tajik people 60, 357-8
 Tekke people 44-5
 Turkmen people 60, 403
 Uyghur people 62
 Uzbek people 61, 189, 192
 perestroika 190, 294
 petroglyphs 37
 Ak-Jilga (Taj) 387
 Cholpon-Ata (Kyr) 297
 Tamgaly Petroglyphs (Kaz) 138
 Zukarnay Petroglyphs (U) 235
 Petropavlovsk (Kaz) 167
 photography 453
 Pik Lenin (Kyr) 342
 planning 19-23, see also itineraries plov 204
 poaching 80-1
 Pokrovskaya Church (Tur) 424
 politics 33-4
 Polkovnichy Island (Kaz) 175
 pollution 80
 Polo, Marco 56, 57, 375
 Polygon, the (Kaz) 105, 111, 175-6
 postal services 453, see also individual locations
 presidential palace (Kaz) 163
 President's Culture Centre (Kaz) 161
 Pristan Prahevalsk (Kyr) 305
 Przewalski Memorial (Kyr) 305
 Przewalski, Nikolai Mikhailovich 305
 Purges, the 49

S
 safety 20, 447-8, see also individual countries
 Sailmaluu Tash (Kyr) 323
 St Nicholas Cathedral (Kaz) 120
 Saka empire 35-7, 103, 270
 Samanid empire 353
 Samarkand (U) 223-31, 224, 6, 7
 accommodation 228-9
 cultural centres 225
 drinking 230
 festivals 228
 food 229-30
 history 223
 internet access 225
 maps 225
 money 225
 postal services 225
 registration 225
 shopping 230
 sights 225-8
 tours 228
 travel agencies 225

travel to/from 230-1
 travel within 231
 Saparmurat Hajji Mosque (Tur) 417
 Sarala-Saz (Kyr) 318
 Sarazm (Taj) 354
 Sarez (Taj) 383
 Sarez Lake (Taj) 387
 Sarianidi, Viktor 428
 Sary Mazar (Taj) 371
 Sary Moghul (Kyr) 341-2
 Sary Tash (Kyr) 339
 Sary Tash (Taj) 391
 Sary-Chelek Biosphere Reserve (Kyr) 77, 329-30
 Sasyk-Kul (Taj) 387
 Sauran (Kaz) 149
 Savnob (Taj) 383
 Sayram (Kaz) 145-6
 Sayram-Ugam National Park (Kaz) 112, 147
 self-catering 86
 Semenov, Pyotr 313
 Semey (Kaz) 173-5, 174
 Shad, Gowhar 42
 Shah-i-Zinda (U) 226
 Shah-e-kuhna (Taj) 371
 Shahriyar Ark (Tur) 428
 Shaimak (Taj) 389-90
 Shakespear, Richmond 190
 Shakhimardon (U) 221
 Shakhrisabz (U) 232-5, 234
 Shakhi (Taj) 390
 Shakpak-Ata (Kaz) 159
 Sherkala (Kaz) 159
 Shikhmuradov, Boris 402
 Shirkent Valley (Taj) 367
 Shoestring Gorge (Kyr) 315
 Shokh Dara Valley (Taj) 384
 shopping 454-5, see also individual locations
 books 57, 76
 internet resources 53
 itineraries 26
 train travel 467
 skiing 98-9, see also heli-skiing
 Kazakhstan 130-1, 165, 172, 177
 Kyrgyzstan 292, 309, 331, 344
 Uzbekistan 213, 262
 Slavic people 61-2

snow leopards 76, 80
 Kyrgyzstan 295, 306, 307
 Tajikistan 359
 Uzbekistan 77
 Sogdian empire 223, 353
 Sokuluk Canyon (Kyr) 292
 solo travellers 455
 Solomon's Throne (Kyr) 337
 Spassk (Kaz) 169
 sports 59, 98-9, 275
 Stalin, Joseph 48, 49, 50, 66, 370
 STDs 478
 Stoddart, Colonel Charles 242
 Strelna (Kaz) 170-1
 Sufism 65-6
 Sultan Kala (Tur) 427-8
 Sultan Saodat Ensemble (U) 249
 Sultan-Epe mosque (Kaz) 159
 sunburn 480
 Suusamyr (Kyr) 328
 Svetov Dolina (Kyr) 309-10

Tajikistan *continued*
 religion 358
 safety 353
 sights 362-3
 telephone services 362, 394
 travel agencies 362
 travel agencies, adventure 101
 travel permits 394
 travel to/from 395-7
 travel within 397
 visas 392, 394-5
 Takht-i-Sangin (Taj) 354
 Talas (Kyr) 328
 Taldyqorghan (Kaz) 138-9
 Tamchy (Kyr) 295-6
 Tamerlane, *see* Timur
 Tamga (Kyr) 310-11
 Tamgaly Petroglyphs (Kaz) 138
 Tamgaly-Tas rock carvings (Kaz) 138
 Taraz (Kaz) 140-2, **141**
 Tash Rabat (Kyr) 324
 Tashkent (U) 194-211, **196-7, 211, 212**
 accommodation 203-4
 activities 202-3
 bookshops 198
 cultural centres 198
 drinking 206
 emergency services 198
 entertainment 206-7
 festivals 203
 food 204-6
 history 195
 internet access 198
 libraries 198
 maps 198
 medical services 198
 money 199
 postal services 199
 registration 199
 shopping 207-8
 sights 199-202
 telephone services 199
 tours 203
 travel agencies 199
 travel to/from 208-10
 travel within 210-11
 Tashkömür (Kyr) 329
 taxi travel 210, 472, 473
 tea 88
 teahouses, *see* chaikhana

000 Map pages
 000 Photograph pages

Tekke people 44-5
 telephone services 455, *see also* individual locations
 Telyashayakh Mosque (U) 200
 Termiz (U) 247-50
 Tian Shan Astronomical Observatory (Kaz) 133
 time 455, 506-7
 Timur 41-2
 tipping 453
 toilets 455
 Toktogul (Kyr) 328
 Tolkuchka Bazaar (Tur) 408, 411
 Tomb of Jahanigir (U) 234
 Tomb of the Old Testament Prophet Daniel (U) 227
 Toprak Qala (U) 251
 Tör-Ashuu Pass (Kyr) 327
 Torugart Pass (Kyr) 324, 325-7, **315**
 Tosh-Hovli Palace (U) 255, 7
 tourist information 455-6
 train travel
 travel to/from Central Asia 467-8
 travel within Central Asia 473
 Transport & Communications Ministry (Kaz) 162
 travellers' cheques 452
 traveller's diarrhoea 478
 travel agencies 469, *see also* individual locations
 travel agencies, adventure 100-1, *see also* individual countries
 travel permits 456, *see also* individual locations
 trekking 91-6, **12**, *see also* hiking
 books 93, 95
 internet resources 91, 95
 Kazakhstan 133, 134, 136, 139-40
 Kyrgyzstan 284, 290, 297-8, 298, 308, 313, 321, 329-30, 331, 341, 344
 Tajikistan 374, 383
 Uzbekistan 213, 232
 trekking permits 93
 Kyrgyzstan 314, 344
 tuberculosis 478
 Tulip Revolution (Kyr) 33, 52, 273
 Turabeg Khanym Complex (Tur) 433, **10**
 Turkic Karakhanids 270
 Turkic Khorezmshahs 189
 Turkistan (Kaz) 148-9, **148**
 Turkmen language 486
 Turkmen people 60, 403
 Turkmenabat (Tur) 429-31, **430**

Turkmenbashi, *see* Niyazov, Saparmurat
 Turkmenbashi (Tur) 421-3, **421**
 Turkmenbashi Cableway (Tur) 408, 411
 Turkmenbashi Ruhy Mosque (Tur) 417
 Turkmenbashi World of Fairytales (Tur) 410-11
 Turkmenistan 398-442, **30, 400, 10**
 accommodation 435
 activities 435
 arts 403-4
 books 404
 climate 399
 consulates 436-7
 costs 399
 customs regulations 435-6
 drinks 405
 embassies 436-7
 environmental issues 405
 food 405
 highlights 399
 history 399-402
 holidays 437
 independence 401-2
 internet access 437
 internet resources 437
 itineraries 24, 30, 399
 language 398, 486
 media 435
 money 398, 437-8
 population 398, 403
 postal services 438
 registration 438
 religion 403
 sights 409-11
 telephone services 438
 travel agencies, adventure 101
 travel permits 438-9
 travel to/from 440-2
 travel within 442
 visas 439-40
 Turuntai-Kul (Taj) 384, 386
 Tüz-Bel Pass (Kyr) 324
 TV Tower (U) 202
 typhoid 478

U
 Ualikhanov, Shoqan 46
 Ugam-Chatkal National Park (U) 77, 211-12
 Ulugbek's Observatory (U) 227
 Uralsk (Kaz) 153
 Urgench (U) 250-1
 Urgut (U) 232

US occupation 34
 Ust-Kamenogorsk (Kaz) 169-72, **170**
 Uyghur people 62
 Uzbek language 486-7
 Uzbek people 61, 189, 192, 11
 Uzbekistan 186-268, **24, 188, 6, 7**
 accommodation 261-2
 activities 262
 arts 193
 books 193
 climate 187
 consulates 262-3
 costs 187
 drinks 194
 embassies 262-3
 environmental issues 194
 festivals 263
 food 194
 highlights 187
 history 189-91
 holidays 263
 independence 190-1
 internet access 263
 internet resources 263
 itineraries 24, 187
 language 186, 486-7
 media 263
 money 186, 263-4
 name changes 262
 population 186, 192
 postal services 264
 registration 264
 religion 193
 safety 189, 192, 248
 shopping 232-3
 telephone services 264-5
 travel agencies, adventure 101
 travel permits 265

V

vacations 20
 Valley of Balls (Kaz) 159
 Varzob Gorge (Taj) 366
 vegetarian travellers 86-7
 Victory Square (Kyr) 284
 video systems 443
 Virgin Lands Campaign 111
 visas 456-9, *see also* individual countries
 vodka 85
 volunteer work 266, 460
 Voskresensky Sobor (Kaz) 174
 Vrang (Taj) 385

W

Wakhan Valley (Taj) 384-6, **9**
 Walk of Health (Tur) 408, 417
 walking tours, *see* individual cities
 water, drinking 479
 weather 19
 weights 443
 white-water rafting, *see* rafting
 wildlife, *see* animals & under individual countries
 winter sports 98-9
 women travellers 459-60, 480
 work 460
 World Heritage Sites
 Bukhara (U) 236-47
 Ichon-Qala (U) 254, **7**
 Merv (Tur) 426-8

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

Samarkand (U) 223-31, **6, 7**
 Shakhrisabz (U) 232-5
 Yasaui Mausoleum (Kaz) 149, 5
 Writers' Union Building (Taj) 363
 WWII 49-50

Y

Yamchun Fort (Taj) 385
 Yamg (Taj) 385
 Yangykala Canyon (Tur) 420-1
 Yasaui Mausoleum (Kaz) 149, 5
 Yashil-Kul (Taj) 387
 Yemts (Taj) 383
 Yodgorlik Silk Factory (U) 220
 Younghusband, Francis 45, 46
 Yuldashev Mosque (Kaz) 138
 Yunus Khan Mausoleum (U) 201
 yurts 273, **11**
 yurtstays 445

Z

Zailiysky Alatau (Kaz) 134
 Zang, Xuan 313
 Zenkov Cathedral (Kaz) 118-19, **5**
 Zerafshan Mountains (U) 232
 Zhang Qian 37-8
 Zharkent (Kaz) 138
 Zhirgal Banya 284
 Zhumbaktas (Kaz) 165
 Hungarian empire 43
 Zindon (U) 242
 zoos
 Ashgabat (Tur) 410
 Chyckan state zoological reserve (Kyr) 328
 Zor-Kul (Taj) 390
 Zoroaster 428-9
 Zukarnay Petroglyphs (U) 235