

CENTRAL ASIA

Introduction and Best of Central Asia	ix
Travel	Î de la
Practical A–Z	23
History and Culture	51
Topics	65
Turkmenistan	75
Uzbekistan	99
Tajikistan	223
Kyrgyzstan	239
Kazakhstan	271
Karakoram Highway, and into Xinjiang	315
Chronology	359
Glossary and Language	363
Further Reading	377
Index	379

Shopping	43	Time	45
Skiing	44	Tourist Information	46
Social Niceties	44	Trekking	47
Telephones	45	Where to Stay	48
History and Culture			52-64
Beginnings	52	Tamerlane and the Timurids	57
Ancient History	52	The Khanates	58
Alexander the Great	53	Enter the Russians	58
Seleucids and Parthians	53	The Great Game	59
The Birth of the Silk Route	54	Colonial Interlude	60
Huns and Turks	54	Revolution and Civil War	61
The Coming of Islam	55	The Soviet Era	62
Karakhanids and Seljuks	56	Independence	63
The Mongols	56		
Topics			65-74
Enver Pasha:		Ripping Yarns	70
Twentieth-Century Tamerlane	? 66	The Shrinking Sea	71
Glasnost and the Godfathers	67	Yurts	73
The Islamic Renaissance	68		
Turkmenistan			75–98
Turkmenbashy	79	Mary	91
Ashgabat	82	Old Merv	94
Sarakhs	90	Chardzhou	97
Uzbekistan		9	9-222
Tashkent	103	Bukhara	155
Samarkand	125	Khiva	182
Shahrisabz	149	Dashkhovuz, Kunya Urgench	193
Pendzhikent	153	The Aral Sea	197
The Fan Mountains	154	The Fergana Valley	200

vi

Tajikistan		22	3-238
Dushanbe	226	The Pamir Highway to Osh	235
The Pamirs	232	To Kyrgyzstan	
Khorog	233	via the Kizyl-Art Pass	237
Kyrgyzstan		23	9-270
Bishkek	243	To China via the Torugart Pas	s 265
Lake Issyk-Kul	256	Bishkek to Tash-Kumir	269
The Central Tian Shan	263		
Kazakhstan		27	71-314
Chimkent	275	Almaty	282
Turkestan	277	Semipalatinsk	306
Baikonur Cosmodrome	278	Ust-Kamenogorsk	311
Dzhambul	280	The Altai Mountains	312
The Karakoram Highw	ay and into	Xinjiang 31	5-358
The Indus Gorge	318	Kashgar	334
Gilgit	321	To Kyrgyzstan	
The Hunza Valley	327	via the Torugart Pass	343
Crossing to China	330	The Turpan Oasis	344
Tashkurgan	333	Ürümqi	350
To Kashgar	333	From Ürümqi to Kazakhstan	356
Chronology		3	59-362
Glossary of Terms		3	63–364
Language		3	65-376
Further Reading		3	77–378
Index		3	79–387

M	9	ne
IV	a	PS

Central Asia	front cover	Margilan	213
Mountains	back cover	Andizhan	217
Turkmenistan	76-7	Osh	221
Ashgabat	82-3	Tajikistan	224-5
Uzbekistan	100-1	Dushanbe	229
Tashkent metro	109	Kyrgyzstan	240-1
Tashkent	110-11	Bishkek	247
Samarkand	134-5	Kazakhstan	272-3
Shahrisabz	151	Almaty	286-7
Bukhara	156-7	The Karakoram Highway	318-9
Khiva	187	Western Xinjiang	330-1
Fergana Valley	200-1	Kashgar	339
Khŭjand	203	Turpan	345
Kokand	209	Ürümqi	351
Fergana	211		





CENTRAL ASIA

'a fascinating introduction to this vast area' 'indispensable, meticulous — a handy kit'



- Follow the Silk Route to Samarkand
- Saddle up a medieval caravanserai in the Heavenly Mountains
- Watch rockets blast off from Baikonur Cosmodrome
- Sleep in a vurt beneath the 'father of ice mountains'
- See Tamerlane's tombstone—the world's largest slab of jade
- Buy a carpet in Ashgabat or a motorbike in Almaty

for independent travellers on all budgets

Up-to-date, authoritative and immensely detailed, Cadogan's Central Asia handbook was the first to the newly independent republics and quickly established itself as a bible for all travellers. Now fully revised, it cuts through the swiftly changing red tape, opening the way from the Caspian Sea to the Gobi Desert and from the Kazakh Steppes to the high Pamirs. Detailed itineraries include the Karakoram Highway and the newly open passes from the CIS into China. Comprehensive advice covers horseback treks and mountain refuges, luxury railway sleepers and brand new business hotels. Entertaining and informative about the region's contrasting cultures and its epic, all-star history, this book remains the passport to the continent's ancient heart.

the latest travel tips ■ 30 detailed maps

Published in the UK by Cadogan Books London

£15.99

ISBN 1-86011-076-2



Distributed in the USA by The Globe Pequot Press Old Saybrook, Connecticut

\$19.95

ISBN 1-86011-076-2

