

21D

CENTRAL ASIA @ FIVE STANS

(KAZAKHSTAN. UZBEKISTAN. TURKMENISTAN. KYRGYZSTAN. TAJIKISTAN)

中亚五国 @ 哈萨克斯坦. 乌兹别克斯坦. 土库曼斯坦. 吉尔吉斯斯坦. 塔吉克斯坦

EX21FS



18 Breakfast | 18 Lunch | 18 Dinner

18 早餐 / 18 午餐 / 18 晚餐



Accommodation (18 Nights)

(Subject to changes or similar) (3*** & 4**** Hotels)

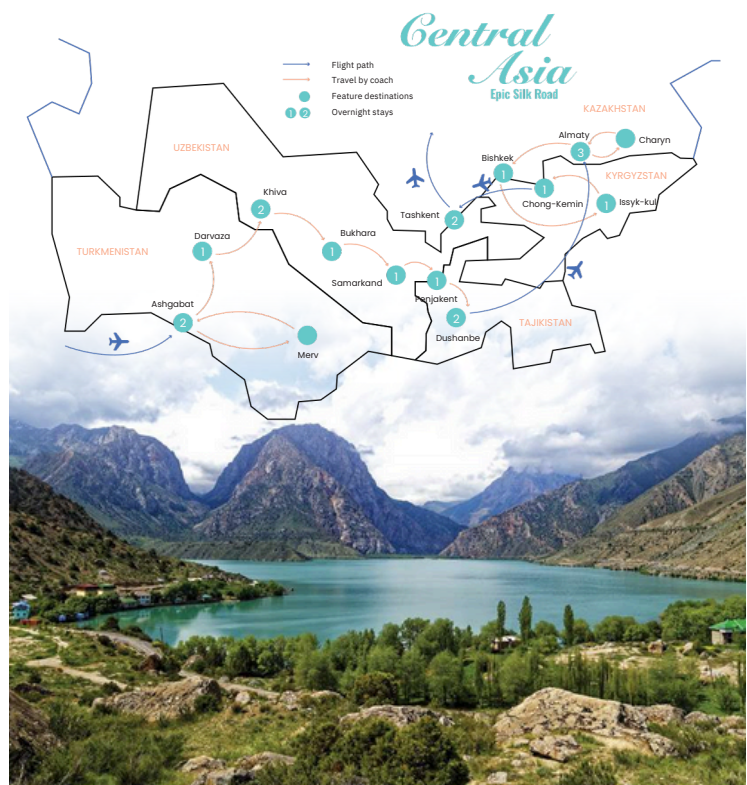
- Ashgabat - Sport Hotel **** (2 Nights)
- Darvaza - Yurt Camp (1 Night)
- Khiva - Komil Palace **** (2 Nights)
- Bukhara - Wyndham Bukhara **** (1 Night)
- Samarkand - Hilton Garden Inn Afrosiab **** (1 Night)
- Penjikent - Panjakent Plaza *** (1 Night)
- Dushanbe - Atlas Hotel **** (2 Nights)
- Almaty - Mildom Residence **** (3 Nights)
- Bishkek - Novotel Hotel **** (1 Night)
- Issyk-Kul - Kapriz Issyk-Kukl Resort **** (1 Night)
- Chong-Kemin - Ashu Guest House (1 Night)
- Tashkent - Ramada Encore **** (2 Nights)



TIPPING (Not Inclusive)

• **USD 210 Per Person**

导游和司机 全程小费 210 美金 每人



Optional Tour Excursion (自费加点项目)

ADDITIONAL ACTIVITIES THAT COMPLEMENT YOUR HOLIDAYS WILL BE AT YOUR OWN DISCRETION AND IS ENTIRELY OPTIONAL. • MINIMUM GROUP SIZE MAY APPLY. 自费加点项目, 将由您自行决定, 以下价钱可能适用最低团体人数参考。

1 SINGAPORE 新加坡 ASHGABAT (TURKMANISTAN) 阿什哈巴德 (土库曼斯坦)

Meal on Board | 机上用餐

ASHGABAT (TURKMANISTAN) 2

(National Dance Show with dinner) L/D

- Upon arrival, meet and transfer
- **Ancient Nissa Fortress** - a UNESCO World Heritage Site. Founded by Arsaces I around 250 BC, Nissa offers a fascinating glimpse into the Parthian Empire.
- **Ashgabat City Tour** - Explore the city's highlights, including the **Wedding Palace, Constitution Monument, and Ertogrul Gazy Mosque.**

ASHGABAT 阿什哈巴德 MARY - MERV - ASHGABAT 3

B/L/D

- **Ancient Turkmen Hearth Tourist Zone** - Enjoy local treats, visit the museum, see Alabai dogs and Ahal-Teke horses, and watch traditional handicrafts.
- **Ancient Merv** - Explore historic sites including the **Sultan Sanjar Mausoleum.**

ASHGABAT - DARVAZA 4

(Barbecue Dinner) B/L/D

- **Turkmen Carpet Museum** - Discover over 2,000 exquisite carpets, including the world's largest hand-woven carpet, and learn about Turkmen weaving traditions.
- **Gulistan Bazaar** - Explore this vibrant market, offering handmade carpets, camel fiber products, and traditional textiles.
- **Journey to Darvaza Gas Crater** - Travel to the "Door to Hell" in the Karakum Desert, a natural gas crater that has been burning for over 50 years.
- **Desert Camping Experience - Stay in traditional yurts or tents,** enjoy a **barbecue dinner,** and witness the mesmerizing glow of the crater under the night sky.

DARVAZA - DASHOGUZ - 5

KHIVA (UZBEKISTAN) B/L/D

- Breakfast in Darvaza - Start your day with a delightful picnic-style breakfast in the unique desert setting.
- **Drive to Turkmen-Uzbek Border** - Embark on a 309 km morning drive to the Shavat-Dashoguz border.
- **Border Crossing** - Complete necessary customs and passport controls at the Turkmen-Uzbek border.
- **Arrival in Khiva, Uzbekistan** - Upon arrival, transfer to your hotel for check-in. The rest of the day is free to relax.

KHIVA 6

(Uzbek Cuisine Dinner) B/L/D

- **Explore Ichan-Kala** - Wander through the enchanting inner fortress, a UNESCO World Heritage Site, where every lane showcases Islamic architecture and Central Asian elegance.
- **Iconic Landmarks** - Capture memories at famous sites like **Kunya-Ark Fortress** and the colorful **Kalta Minor Minaret.**
- **Evening Experience** - As night falls, enjoy an exclusive dinner in Ichan-Kala, savoring the rich flavors of **Uzbek cuisine** and experiencing the legendary Uzbek hospitality.

阿什哈巴德 (土库曼斯坦)

午餐/晚餐

- 抵达后专人接待并转送
- **古尼斯萨堡** - 联合国教科文组织世界遗产。帕提亚帝国遗迹，感受两千年前的历史辉煌。
- **阿什哈巴德城市游** - 探访标志性景点，包括**婚礼宫的壮丽建筑、象征国家精神的宪法纪念碑，以及典雅的埃尔托鲁尔·加齐清真寺**，感受土库曼斯坦的文化与魅力。

阿什哈巴德 阿雷 - 梅尔夫 - 阿什哈巴德

早餐/午餐/晚餐

- **古土库曼炉旅游区** - 品尝当地美食，参观博物馆，观赏阿拉拜犬和阿哈尔捷克马，欣赏传统手工艺制作。
- **梅尔夫** - 探索历史遗迹，包括**苏丹·桑贾尔陵墓。**

阿什哈巴德 - 达尔瓦扎

早餐/午餐/晚餐

- **土库曼地毯博物馆** - 欣赏超过2,000件精美地毯，包括世界上最大的手工地毯，了解土库曼的传统织毯工艺。
- **古利斯坦集市** - 探索充满活力的市场，挑选手工地毯、骆驼毛制品和传统纺织品。
- **前往达尔瓦扎燃气坑** - 抵达卡拉库姆沙漠中的“地狱之门”，这座天然燃气坑已燃烧超过50年。
- **沙漠露营体验** - 入住传统蒙古包或帐篷，享用烧烤晚餐，在夜空下观赏燃烧坑的神秘光芒。

达尔瓦扎 - 达绍古兹 - 希瓦 (乌兹别克斯坦)

早餐/午餐/晚餐

- 达尔瓦扎早餐 - 在独特的沙漠环境中享用愉快的野餐式早餐。
- **前往土库曼-乌兹别克边境** - 乘车前往沙瓦特-达绍古兹边境，全程约309公里。
- **边境通关** - 完成必要的海关和护照检查。
- **抵达乌兹别克斯坦希瓦** - 抵达后前往酒店办理入住，剩余时间自由休息。

希瓦

早餐/午餐/晚餐

- **探索伊昌-卡拉** - 漫步在迷人的内城堡，这座联合国教科文组织世界遗产的每条街巷都展现着伊斯兰建筑风格和 中亚的优雅。
- **标志性景点** - 在著名景点如**库尼亚城堡**和色彩斑斓的**卡尔塔小尖塔**留下难忘回忆。
- **夜间体验** - 夜幕降临时，在伊昌-卡拉享用**独家晚餐**，品味**乌兹别克美食**的丰富风味，感受传奇般的**乌兹别克热情好客。**

KHIVA - BUKHARA 7

B/L/D

- **Scenic Drive to Bukhara:** Embark on a 450 km journey, passing quaint villages and vast cotton fields, bridging the splendors of Khiva with the timeless charm of Bukhara.
- **Scenic Highlights:** Enjoy the unfolding landscapes, each telling stories of a land suspended between time and tradition.
- **Evening Dining Experience:** Conclude the day with an Instagram-worthy dinner in one of Bukhara's most picturesque eateries, where culinary artistry meets ambiance, creating memorable moments beyond just taste.

BUKHARA 🚆 SAMARKAND 8

B/L/D

- Morning in **Bukhara:**
- Visit **Poi Kalyan Complex**, an architectural masterpiece of Islamic design.
- Marvel at the **Kalyan Minaret** and **Kalyan Mosque**, both steeped in history.
- Explore **Ark Fortress**, a symbol of Bukhara's enduring legacy.
- Stroll to **Bolo Haouz Mosque**, known for its tranquil pond and striking pillars.
- Wander through the **Trading Domes**, bustling marketplaces along the Silk Road, ideal for souvenirs.
- **Travel to Samarkand via bullet train.**
- Evening in **Samarkand:**
- Experience the **Musical Light Spectacle at Registan Square**, a mesmerizing conclusion to the day.
- **Note:** Pack a day bag; main luggage goes to Samarkand and arrives in the evening

SAMARKAND - PANAJAKENT (TAJIKISTAN) 9

B/L/D

- **Boat ride through Samarkand's Eternal City**, immersing yourself in 11 hectares of vibrant Uzbek heritage
- Admire the magnificent **Gur-Amir Mausoleum**, resting place of Tamerlane
- Explore the sacred **Shakhi-Zinda Necropolis**, famed for its dazzling tilework
- At noon, wander across the iconic **Registan Square**, the heart of Samarkand
- Experience the lively atmosphere of **Syob Bazaar**, perfect for discovering local delicacies and souvenirs
- Visit the majestic **Bibi Khanym Mosque**, a masterpiece of Timurid architecture
- **Cross the border into Panjakent, Tajikistan**
- Discover the ruins of the ancient **Sogdian city**, steeped in history
- Conclude the day at the **Rudaki Historic-Ethnographic Museum**

PANAJAKENT - DUSHANBE 10

B/L/D

- After breakfast, **travel south to Dushanbe, the relaxed capital of Tajikistan**
- **Scenic drive through the Varzob Gorge**
- Pass through the impressive **Istiklal Tunnel**
- Stop at legendary **Iskandarkul Lake (Alexander the Great's Lake)**
- **Enjoy lunch by the lake, surrounded by breathtaking scenery**
- Arrive in **Dushanbe** with free time to explore at leisure
- Stroll along **Rudaki Avenue**, the city's main boulevard
- Visit **Independence Square, home to the world's tallest flagpole (165 meters)**

希瓦 - 布哈拉

早餐/午餐/晚餐

- **前往布哈拉的风景成车之旅:**
- 开启 450 公里 的旅程, 途经宁静的村庄和广袤的棉花田, 连接希瓦的辉煌与布哈拉的永恒魅力。
- 沿途风景亮点:
- 欣赏沿途美景, 每一处都讲述着这片跨越时间与传统的土地的故事。
- **布哈拉的晚餐体验:** 在布哈拉最具画面感的餐馆之一享用晚餐, 餐厅将美食艺术与氛围完美融合, 为你创造超越味觉的难忘瞬间, 非常适合拍照留念。

布哈拉 🚆 撒马尔罕

早餐/午餐/晚餐

- **布哈拉:**
- 参观 **卡利扬广场综合体**, 一座伊斯兰设计的建筑杰作。
- 赞叹 **卡利扬宣礼塔** 和 **卡利扬清真寺**, 它们都饱含历史底蕴。
- 探索 **阿尔克城堡**, 布哈拉持久遗产的象征。
- 漫步至 **博洛豪兹清真寺**, 以宁静的池塘和独特的柱廊闻名。
- 逛逛 **交易圆顶市场**, 丝绸之路上的繁华集市, 非常适合买纪念品。
- **乘坐高速列车前往撒马尔罕。**
- **撒马尔罕的傍晚:**
- 在 **雷吉斯坦广场** 体验 **音乐灯光秀**, 为一天画上迷人的句号。
- **注意事项:** 请准备一个随身日包; 主要行李随车前往撒马尔罕, 晚上抵达。

撒马尔罕 - 潘吉肯特 (塔吉克斯坦)

早餐/午餐/晚餐

- **乘船游览撒马尔罕永恒之城**, 沉浸于占地11公顷的乌兹别克文化遗产
- 参观宏伟的**古尔·阿米尔陵墓**, 帖木儿的安息之地
- 探索神圣的**沙赫基·津达陵园**, 欣赏其璀璨精美的瓷砖艺术
- 中午漫步于标志性的**雷吉斯坦广场**, 感受撒马尔罕的城市心脏
- 走进热闹非凡的**锡约布集市**, 发现当地美食与特色纪念品
- 参观庄严壮丽的**比比哈努姆清真寺**, 帖木儿王朝建筑的杰作
- **跨越边境前往塔吉克斯坦潘吉肯特**
- 探访历史悠久的**古粟特城遗址**
- 在**鲁达基历史民族博物馆**结束一天的精彩行程

潘吉肯特 - 杜尚别

早餐/午餐/晚餐

- 早餐后, **前往塔吉克斯坦悠闲的首都 杜尚别**
- 沿途欣赏壮丽的 **瓦尔佐布峡谷**
- 驶过令人印象深刻的 **伊斯提克拉尔隧道**
- 停靠传奇的 **伊斯坎达尔库尔湖 (亚历山大大帝之湖)**
- **在湖畔享用午餐, 尽情欣赏美景**
- 抵达 **杜尚别**, 自由活动探索城市
- 漫步 **鲁达基大街**, 感受城市的主干道风情
- 参观 **独立广场**, 欣赏世界最高的国旗杆 (165米)

DUSHANBE 11

B/L/D

- After breakfast, **drive to Hissor Fortress** (30 km west of Dushanbe) to explore this historic landmark
- Visit the **Tajikistan United Museum**, featuring history, natural history, art, and the impressive **Buddha in Nirvana**
- Explore **Dusti Square**, home to the monuments of Ismoili Somoni and Rudaki
- Stroll through the **Botanical Garden**, a tranquil park with ancient trees and a local favorite
- End the day at **Bazaar Mehrgan**, Dushanbe's lively oriental market, perfect for shopping

DUSHANBE ✈️ ALMATY (KAZAKHSTAN) 12

B/L/D

- After breakfast, transfer to the airport for your flight to Almaty, Kazakhstan
- Upon arrival, meet and greet, then proceed to **Kok-Tobe Hill**
- Enjoy a **scenic cable car ride up the hill** with panoramic views of Almaty
- Admire the cityscape unfolding below, including the iconic **Almaty TV Tower**
- Free time at Kok-Tobe for sightseeing and photo opportunities

ALMATY 13

(Kazakh Cuisine Lunch) B/L/D

- Begin the day exploring **Medeu**, one of the world's most famous high-altitude ice skating rinks, set in the mountains
- Learn about the International Medeu Marathon, a challenging race climbing nearly 1,000 vertical meters
- Visit the **Historical Museum** to discover Kazakhstan's rich history through engaging exhibits
- Continue to **Republic Square**, the vibrant heart of Almaty
- Take a peaceful stroll through **Panfilov Park**, a green oasis offering a calm contrast to the bustling city
- **National Museum of Musical Instruments**, showcasing traditional Kazakh instruments and musical heritage.

ALMATY - CHARYN - ALMATY 14

B/L/D

- Morning drive to the breathtaking **Charyn Canyons**, located east of Almaty near the Chinese border
- The canyon stretches approximately 154 kilometers along the **Sharyn River**
- Part of **Charyn National Park**, established in 2004
- Located within the Uygur District, Raiymbek District, and Enbekshikazakh District of the Almaty Region
- Although smaller than the Grand Canyon, the Charyn Canyons are equally awe-inspiring, with striking formations shaped by the weathering of sedimentary rock

ALMATY - BISHKEK (KYRGYZSTAN) 15

B/L/D

- Travel to the **Kazakh-Kyrgyz border** for customs clearance and enter Kyrgyzstan
- Continue to Bishkek, with photo stops at scenic locations along the way
- **City tour in Bishkek:**
- **Turkish Mosque** - in Bishkek features a dome and minarets.
- **Victory Square** - appreciate the historical significance
- **Central Square** - see the impressive Manas Statue
- **Historical Museum** - explore the rich cultural heritage
- **Old Square** - view the iconic Lenin Statue

杜尚别

早餐/午餐/晚餐

- 早餐后，前往位于杜尚别以西30公里的**希萨尔古堡**，探索这一历史地标
- 参观**塔吉克斯坦国家联合博物馆**，了解历史、自然史与艺术展览，并欣赏著名的涅槃佛像
- 探索**友谊广场**，这里坐落着伊斯莫伊利·索莫尼与鲁达基纪念碑
- 漫步于**植物园**，这是一座宁静的绿色公园，拥有古老树木，深受当地人喜爱
- 在**“梅尔甘集市”**结束一天行程，这里是杜尚别热闹的东方市场，适合购物

杜尚别 ✈️ 阿拉木图 (哈萨克斯坦)

早餐/午餐/晚餐

- 早餐后，前往机场，搭乘航班飞往哈萨克斯坦阿拉木图
- 抵达后由当地代表接机，随后前往**科克托别山**
- **搭乘观景缆车登上山顶**，沿途欣赏阿拉木图壮丽的城市全景
- 俯瞰城市风光，并观赏著名的**阿拉木图电视塔**
- 自由活动及拍照留念

阿拉木图

早餐/午餐/晚餐

- 前往位于群山之中的**梅迪乌高山滑冰场**——世界上著名的高海拔滑冰场之一
- 了解国际梅迪乌马拉松赛，这是一项攀升近1000米垂直高度的高难度赛事
- 参观**历史博物馆**，通过丰富生动的展览探索哈萨克斯坦的悠久历史
- 前往**共和国广场**，感受阿拉木图充满活力的城市中心
- 漫步于**潘菲洛夫公园**，这片城市中的绿色绿洲带来宁静与放松
- 参观**民族乐器博物馆**，了解并欣赏哈萨克传统乐器与音乐文化

阿拉木图 - 恰伦峡谷 - 阿拉木图

早餐/午餐/晚餐

- 清晨驱车前往壮丽的**恰伦峡谷**，位于阿拉木图以东、靠近中国边境
- 峡谷沿**恰伦河**延伸约154公里
- 属于恰伦国家公园的一部分，公园成立于2004年
- 位于阿拉木图州的维吾尔区、赖姆别克区及恩别克希卡扎赫区
- 虽然规模小于美国大峡谷，但恰伦峡谷同样令人叹为观止，其壮丽的地貌由沉积岩经长期风化侵蚀形成

阿拉木图 - 比什凯克 (吉尔吉斯斯坦)

早餐/午餐/晚餐

- 前往**哈萨克-吉尔吉斯边境**办理通关手续，进入吉尔吉斯斯坦
- 继续前往比什凯克，途中在风景优美的地点停留拍照
- **比什凯克市区游:**
- **土耳其清真寺** - 拥有圆顶和尖塔
- **胜利广场** - 感受其历史意义
- **中央广场** - 欣赏宏伟的**马纳斯雕像**
- **历史博物馆** - 探索丰富的文化遗产
- **旧广场** - 参观标志性的**列宁雕像**

BISHKEK - ISSYK-KUL 16

(Kyrgyz Home-Cooked Lunch) B/L/D

- After breakfast, travel to **Cholpon-Ata** on the northern shore of **Issyk-Kul Lake**
- Visit **Burana Tower**: explore the ancient city ruins of Balasagun and climb the 11th-century minaret for panoramic views
- **Watch a Buzkashi show**, a traditional nomadic horse game
- Enjoy scenic views of the **Tian-Shan Mountains** during the three-hour drive to Cholpon-Ata
- **Museum of Petroglyphs** displays thousands of ancient rock carvings depicting humans, animals, and daily life.

ISSYK-KUL - KARAKOL - 17 CHONG-KEMIN VALLEY B/L/D

- Morning drive to a picturesque **mountain village**
- Enjoy a Berkut **eagle show**, featuring the revered golden eagle of Kyrgyz culture
- One-hour demonstration of ancient eagle hunting traditions
- Continue driving through the **Chon-Kemin Valley**, a pristine national park with rugged mountains and lush pastures
- Arrive at Eco Guest House, known for traditional craftsmanship
- Watch a **yurt setup demonstration**, highlighting the region's nomadic heritage

CHONG-KEMIN VALLEY - BISHKEK ✈️ 18 TASHKENT (UZBEKISTAN) B/L/D

- After breakfast, visit a bustling shopping center in **Bishkek** to buy local souvenirs
- Head to the airport for your **flight to Tashkent**, Uzbekistan
- Upon arrival, check in to your hotel
- Explore **Chor-Su Market**, enjoying its vibrant sights, smells, and local snacks.

TASHKENT 19 B/L/D

- Morning scenic drive to the **Chimgan Mountains**, passing charming villages and peaceful streams.
- **Tashkent TV Tower**, one of the tallest towers in the world. (**Drive-pass**)
- **Stop at Amirsoy Resort for a thrilling cable car ride to Kumbel Ridge**, with views of Big Chimgan peak
- **At Chimgan Camp, choose between:**
- Cable car ride to the observation deck of Big Chimgan for panoramic views or
- Horseback ride through the gorge for a closer connection with nature
- Visit **Charvak Reservoir**, known for its beaches and resorts

TASHKENT ✈️ SINGAPORE 20 B

- **Transfer to Airport, flight back to Singapore.**

比什凯克 - 伊塞克湖

早餐/午餐/晚餐

- 早餐后, 前往**伊塞克湖北岸的乔尔朋阿塔**
- 参观**布拉纳塔**: 探索古城巴拉萨贡的遗址, 并登上11世纪的宣礼塔欣赏全景
- **观看布兹卡希表演**, 体验传统的游牧骑马竞技游戏
- 三小时车程前往乔尔朋阿塔, **欣赏天山山脉的壮丽景色**
- **岩画博物馆** 展示了数千幅古老岩画, 描绘了人类、动物及日常生活场景

伊塞克湖 - 卡拉科尔 - 钟凯明谷

早餐/午餐/晚餐

- 清晨驱车前往风景如画的**山村**
- 欣赏**伯库特鹰表演**, 展示吉尔吉斯文化中备受尊崇的金鹰
- 进行一小时的古老猎鹰狩猎传统表演
- 继续驱车穿越**钟凯明谷**, 这是一片拥有崎岖山脉和茂盛牧场的原始国家公园
- 抵达以传统工艺闻名的生态民宿)
- **观看毡房搭建示范**, 展示该地区的游牧文化遗产

钟凯明谷 - 比什凯克 ✈️ 塔什干 (乌兹别克斯坦)

早餐/午餐/晚餐

- 早餐后, 前往**比什凯克**繁华的购物中心购买当地纪念品
- 前往机场, **飞往乌兹别克斯坦塔什干**
- 抵达后, 办理酒店入住
- 探索**乔尔-苏市场**, 感受其丰富的色彩、香气, 并品尝当地小吃

塔什干

早餐/午餐/晚餐

- 清晨驱车前往**钦甘山**, 途经迷人的村庄和宁静的溪流
- **塔什干电视塔**, 世界上最高的塔之一. (**经过**)
- 停留在**阿米尔索伊度假村**, 乘坐**缆车**前往库姆贝尔山脊 (, 欣赏**大钦甘峰**美景
- **在钦甘营地, 可选择:**
- 乘坐缆车前往大钦甘观景台, 欣赏全景 .或
- 骑马穿越峡谷, 更贴近大自然
- 参观**查尔瓦克水库**, 这里以沙滩和度假村闻名

塔什干 ✈️ 新加坡

早餐

- 塔前往机场, 搭乘航班返回新加坡

21 SINGAPORE 新加坡

ATTRACTIONS 旅游景点



Darvaza (Turkmenistan)
**DARVAZA GAS
CRATER**
达尔瓦扎燃气坑



Khiva (Uzbekistan)
**KUNYA ARK
FORTRESS**
库尼亚城堡



Samarkand (Uzbekistan)
**BIBI KHANYM
MOSQUE**
比比·哈努姆清真寺



Dushanbe (Tajikistan)
ISKANDARKUL LAKE
伊斯坎德尔湖



Tokmok (Kyrgyzstan)
BURANA TOWER
布拉纳塔




Almaty (Kazakhstan)
ALMATY TV TOWER
阿拉木图电视塔

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or any other
inquiries, please
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