



Magnificent Bukhara

Dental Study Tour in Uzbekistan

7 – 19 October 2024

Tashkent – Khiva – Bukhara – Samarkand – Tashkent



Jon Baines
tours

Level 4
ACTIVE





The beautiful city of Khiva

Uzbekistan is the land-locked heart of Central Asia's evocative Silk Road. The stunning architecture of its ancient cities links the empires of China and Persia, reflecting layers of history encompassing the giddy heights of culture as well as stories of conquest and trade.

Travel in the footsteps of Silk Road caravans through Uzbekistan and experience vast, isolated landscapes containing magnificent sites and cultures little changed over time.

Visit the birthplace of Avicenna and learn of the legacy of this 12th century physician, whose work and thinking influenced medical practice. Meet your dental peers and gain real insight into the challenges and priorities of dental practice in Central Asia and come away with a deeper understanding of both healthcare and society in Uzbekistan. This is a superb opportunity to experience the history, contemporary life and cuisine of an extraordinary destination.

The tour is also eligible for CPD.

Tour Leader

Dr. Sethi has pioneered, in the UK and internationally, the art and science of surgical and restorative implant dentistry for 25 years. His practice is totally dedicated to implants, achieving outstanding success rates in terms of predictability as well as aesthetic and functional outcome.

He conceived and taught the Diploma in Implant Dentistry of the Royal College of Surgeons of England. He is the director of the recently established PID – Academy, which provides postgraduate education and training in practical implant dentistry. He is a founding member and past president of the ADI and has been elected as an honorary life member of the Association.

He has written a book “Practical Implant Dentistry” jointly with Thomas Kaus, which is



published by Quintessence International and has been translated into 10 different languages. The 2nd edition, “Practical Implant Dentistry – the Science and Art”, is now available.

Ashok is also an experienced and popular tour leader.

The mighty city walls of Khiva



Itinerary 7 – 19 October 2024

B = Breakfast **L** = Lunch **D** = Dinner

2 nights Tashkent – 3 nights Khiva – 3 nights Bukhara – 3 nights Samarkand – 1 night Tashkent



Day 1: Tashkent (Mon, 7 Oct)

D

Pm: Arrive in Tashkent, the largest and most cosmopolitan city in Central Asia. Check in to the hotel and take an orientation tour before dinner.

Day 2: Tashkent (Tues, 8 Oct)

B D

Am: Explore some of Tashkent's more ornate stations. Travel to Kosmonavtlar Station and visit the Museum of Applied Arts for a guided tour by a curator.

Pm: Visit a private dental hospital in Tashkent and meet with local dentists, or at leisure.

Eve: Enjoy a welcome dinner.

Day 3: Tashkent / Khiva (Wed, 9 Oct)

B D

Am: Visit the Hast Imam, a beautiful centuries-old complex that is the spiritual heart of the city, and walk across Independence Square.

Pm: Fly to Khiva and transfer to the hotel.

Day 4: Khiva (Thurs, 10 Oct)

B D

Am: Explore spectacular Khiva, which is perhaps the best preserved of all the Silk Road cities. Explore the city gates and walls, with the option to climb up to the gatehouse for magnificent views. Visit the Mohammed Amin Khan Medressa, the Kalta Minor minaret and the Palace of the Khan.

Eve: Enjoy dinner at Zainab's House before visiting the Museum of Khorezm History and the prison.

Day 5: Khiva (Fri, 11 Oct)

B D

Am: Visit the starkly magnificent desert castles, including Ayaz-Kala and Toprak-Kala, and the archaeological sites of ancient Khorezm. Return to Khiva.

Day 6: Khiva / Bukhara (Sat, 12 Oct)

B D

Am: Drive across the desert*, crossing the River Amudarya (Oxus) to Bukhara, once Central Asia's religious, intellectual, scientific and commercial hub.

Pm: Arrive and transfer to the hotel before a city orientation tour, including the Kosh and Ulubek Medressa, and the synagogue.

Day 7: Bukhara (Sun, 13 Oct)

B L

Am: Explore Bukhara, which looks much as it did 200 years ago. Gaze up at the Kalon Minaret, a 47-metre tower so impressive that even Genghis Khan was moved to spare its destruction. Visit Miri Arab Medressa and the Domes of the Jewellers, Hatters and Money Changers.

Pm: Lunch is at Lyabi Hauz, a cool plaza surrounding a pool which is shaded by mulberry trees dating back four centuries. Visit the Ismail Samanid Mausoleum, the Bolo Haouz Mosque and the lovely Chor Minor.

Day 8: Bukhara (Mon, 14 Oct)

B D

Am: Visit Bukhara's great fortress and the zindan (prison) with its notorious bug pit.

Pm: Visit the birthplace of Avicenna and visit the Museum of Abu Ali Ibn Sino (Avicenna). Visit the adjacent medical and dental college, meet staff and students and visit the medicinal herb garden.

Eve: Dinner at the private Dostan House.

Day 9: Bukhara / Samarkand
(Tues, 15 Oct)

B D

Am: Visit the pottery centre at Gijduvan, where sixth generation potters produce needle-fine work in traditional vividly coloured floral designs. Continue to Navoi and take the train to Samarkand.

Pm: Check in to the hotel. Visit the tomb of Tamerlane and majestic Registan Square.

Day 10: Samarkand (Wed, 16 Oct)

B D

Am: A full day in magnificent Samarkand - founded in the 5th century BC, razed to the ground by Genghis Khan in 1220 and re-built as Tamerlane's capital in 1370 - will take you to the Ulugbek Observatory, Daniel's Tomb and the Bibi Khanym Mosque.

Eve: Wine and cognac tasting before dinner.

Day 11: Samarkand (Thurs, 17 Oct)

B D

Am: Visit a local dental polyclinic and continue onto the traditional paper making factory.

Pm: At leisure.

Eve: Farewell dinner.

Day 12: Samarkand / Tashkent
(Fri, 18 Oct)

B D

Am: Take the train to Tashkent.

Pm: Check in to the hotel before a local dinner.

Day 13: Tashkent (Sat, 19 Oct)

B

Pm: Depart Tashkent.

* If the railway timetable allows, we will take the train.

NB: All itineraries are subject to change according to local conditions.



The Necropolis in Samarkand



The Tashkent metro

Tour Activity Level

Level 1 Relaxed



A gentle pace, involving minimal walking and exertion. Shorter travel distances and a full but relatively relaxed itinerary.

Level 2 Gentle



Easy walking at a mostly leisurely pace. Slightly more daily activity and travel.

Level 3 Moderate



Regular walking at destinations, extended standing and /or increased travel distances. Good fitness is required.

THIS TOUR IS CLASSED AS:

Level 4 Active



Longer and fuller days. Significant levels of walking, covering longer distances, requiring very good fitness and mobility.

Level 5 Challenging



May involve extended drives, hikes and multiple visits across busy days. Excellent fitness is required.

Hotels

Tashkent - The Courtyard by Marriott

The new Courtyard by Marriott is the first Marriott International property in Tashkent. The contemporary hotel has a convenient central location, quiet, comfortable rooms, a pleasant lobby and bar, as well as good restaurants and a pool.

Khiva - Malika Kheivak Hotel

This simple boutique hotel is full of charm. It has an outstanding location in the Ichan Kala Fortress around a central courtyard, in the heart of old Khiva. The customer service is warm and professional.

Bukhara - Komil Bukhara Boutique Hotel

This pretty hotel is set within a traditional residence and is full of character, with courtyards and charming architectural details. The rooms are well appointed and the staff are friendly and helpful. The location is in a quiet lane, a short walk from Lyab-i-Hauz.

Samarkand - Hotel Grand Samarkand

This intimate and cosy hotel has attractive traditional décor and is built around a leafy, central covered courtyard. It has a pool and provides exceptionally friendly customer service.



Samarkand dome (top); A dancer in Samarkand (above)

The ground only cost of the tour (excluding international flights and transfers) is USD \$4,519

The cost of the tour with a room to yourself is USD \$5,166

The cost includes:

- The services of a tour leader (Ashok Sethi)
- The services of a national guide
- 12 nights' accommodation in twin-bedded rooms with private facilities in medium grade and boutique accommodation
- Breakfast and dinner with water daily
- Water on the bus
- All cultural and professional visits
- All admission fees
- Services of specialist English speaking local guide
- All transport services bus, trains and domestic flight from to Tashkent to Urgench (Khiva)
- All tips and taxes

The cost excludes:

- International flights
- Meals not mentioned
- All optional excursions, tours and visits
- Travel insurance
- Visa (Europeans and citizens of Australia, Canada and New Zealand do not require a visa for Uzbekistan)

Most flights arrive early morning and we can arrange additional night's accommodation and airport transfers if requested.

'Universally high-quality food of good quality and more than enough. Delicious and beautifully seasoned salads.'

Maureen Kendal, Uzbekistan 2022



A spice shop in Tashkent

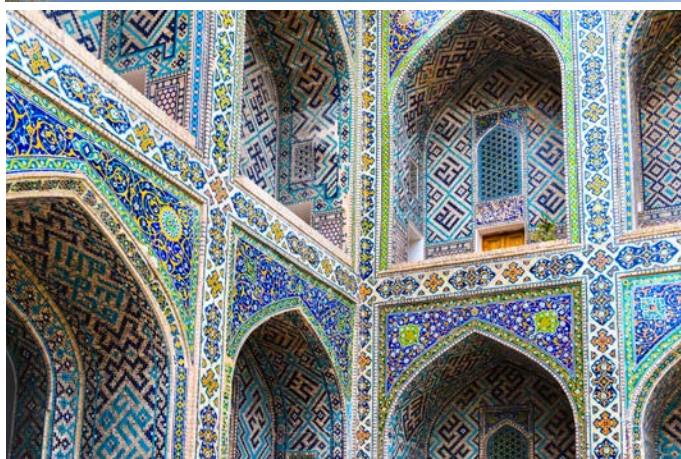
About Us

To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we also do is make sure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to. We give you a variety of experiences, from the sublime to the humble, in the company of intelligent, curious, like-minded people. And while we can be worthy, we also make sure that you have a lot of fun.

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Traditional pottery in Bukhara (top); Lyab-i Hauz, Bukhara;
The Registan in Samarkand; A local bread seller (above)



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