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Wander through history in Uzbekistan's Silk Road towns, taste the nomad's life in a Kyrgyz yurtstay, be astonished by the bizarre personality cult of Turkmenistan's president, experience cutting-edge adventure on Tajikistan's soaring peaks and lose yourself in the deserts of Kazakhstan. Surreal, fascinating and addictive - discover the 'stans with this insightful and comprehensive guide.

- GET THERE FIRST - brand-new coverage of Afghanistan, open to travellers for the first time in 25 years
- GET AROUND with the help of 80 detailed maps and thorough transport information
- WORK THE BUREAUCRACY like an old hand with our tips on getting visas, crossing borders and handling officials
- HANG WITH THE LOCALS - details on how to access the unique community based tourism network
- GET THE BACKGROUND on the region's intriguing history, politics and culture

内容简介

Central Asia is Lonely Planet's heartland. Exploring Uzbekistan's blue-domed medressas, sleeping in felt yurts among Kyrgyzstan's mountains or selecting fruit in Kazakhstan's markets: we do it all with passion and expertise. Live your own Silk Road dream with this 5th edition as your guide. Lonely Planet guides are written by experts who get to the heart of every destination they visit. This fully updated edition is packed with accurate, practical and honest advice, designed to give you the information you need to make the most of your trip. In This Guide: Color feature on local traditions, ancient buildings & outdoor activities. Extensive regional coverage: the only guide to include Afghanistan. Bonus section on hiking, horse treks & mountaineering.

作者简介

Bradley Mayhew has been exploring remoter parts of Asia since studying Chinese at Oxford

University. A university wager saw him race three classmates to Lhasa in 1990, winning him a crate of Lhasa Beer for his endeavours. Conversant in Chinese, Bradley has explored most corners of China, especially the Tibetan border regions of Sichuan and the Muslim parts of Northwest China. Bradley has worked on over 20 guides for Lonely Planet, including Tibet, Central Asia, Shanghai, Yellowstone and Grand Teton National Parks, China, Nepal, Jordan, Southwest China, Mongolia, Morocco, Middle East, The Gap Year Book, Pakistan, Karakorum Hwy and Indian Himalaya. He has also had his photographs published in a wide variety of publications. Personal travels have taken him from Ethiopia to Mt Everest.

He is also the co-author and photographer of the Odyssey Guide to Uzbekistan, contributed a chapter on Travelling the Silk Road to the book Silk Road: Monks, Warriors and Merchants on the Silk Road and has lectured on Central Asia to the Royal Geographical Society.

Bradley has worked on over 20 guides for Lonely Planet, including Tibet, Central Asia, Shanghai, Yellowstone and Grand Teton National Parks, China, Nepal, Jordan, Southwest China, Mongolia, Morocco, Middle East, The Gap Year Book, Pakistan, Karakorum Hwy and Indian Himalaya. He has also had his photographs published in a wide variety of publications. Personal travels have taken him from Ethiopia to Mt Everest.

When not travelling, Bradley lives an expat life in Billings, Montana and grabs every opportunity to go hiking and backpacking in the nearby Beartooth Mountains and Yellowstone National Park. A big fan of world music, his is probably the only stereo in Montana regularly playing anything from Saharan blues to Tibetan chants.

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