



GENERAL INFORMATION

- Official language – **Kyrgyz**; most of the country's population can speak Russian.



- Time Zone: UTC/GMT + 6 hours.
- Electric power: 220 V AC, 50 A; CEE 7 standards 2-pin plugs and sockets.
- Best time to visit** the country: between May and October.

- Average winter temperature in the cities is -8°C. In spring and autumn the weather is usually warm and sunny in the cities. In the highlands, it can snow even in summer, and peaks above 5000 are always covered with snow.

- Tips are welcomed in Kyrgyzstan. It is quite acceptable if you thank service staff in this way.



- For photo and video shooting on the territory of museums and historical monuments, an additional fee may be charged.



IF I HAVE A CHILD WITH ME

- To bring your child to Kyrgyzstan you must provide her/him with an international passport.



ABOUT US

CENTRAL ASIA TRAVEL

Tour Operator in Central Asia

Central Asia Travel Company is specializing in all possible tours in Uzbekistan and all over Central Asia:

- Sightseeing and heritage tours:* guided tour packages along Great Silk Road cities in Uzbekistan, Kyrgyzstan, Tajikistan, Kazakhstan and Turkmenistan.
- Adventure tours:* expeditions, trekking and hiking tours in Pamir and Tian Shan Mountains, 4WD jeep tours in desert and mountains, ski&heliski, biking, horse&camel riding.
- M.I.C.E. services:* arrangement of business and corporate trips, team building activities and events.
- Thematic tours:* gastronomic tours, Christmas tours, tours arranged to coincide with local cultural celebrations and festivals etc.
- Booking of hotels, air and railway tickets; transportation services.

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Travel Advice



Welcome!

KYRGYZSTAN

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PERSONAL SAFETY

- You should carry with you your passport (or a copy of passport) and travel ticket confirming the date of arrival in the Kyrgyz Republic.
- The people are tolerant of and friendly and hospitable to foreigners and representatives of different religions.
- There are no strict prohibitions as to alcohol use. Taking alcohol in streets and public places is not acceptable.
- Do not exchange currency with unauthorised persons in the streets or at markets.
- Do not take photographs and videos at airport and military facilities.
- Kyrgyzstan uses the right-hand traffic. Be careful on the roads – there are many reckless drivers throughout the country.



CLOTHES AND SOME LOCAL SPECIFICITIES

- **There are no special restrictions and prescriptions** either men or women – wear any comfortable and familiar clothes, including shorts, T-shirts, etc. In hot weather, it is better to give preference to breathable clothing made from natural fabrics and wear a hat.
- Visiting **religious and cultic places** do not wear short shorts/skirts, mini dresses and overly open blouses; women must have a shawl or neckerchief to cover their head and shoulders. In Kyrgyzstan people take off their footwear before entering a mosque.
- **In mountains** temperature fluctuations may be very significant during the day. The air in the mountains is usually much cooler than in the cities. You should bring windproof and waterproof clothing and shoes, as well as a hat and sunglasses.
- If you are planning to go for a trekking/expedition to the highlands of the Pamirs and Tian Shan, please prepare the necessary equipment, appropriate clothing and footwear in advance.
- Hospitality is the inherent quality of the Kyrgyz people. If you are offered a bowl of tea or some bread, it would be impolite to reject them. In cities people generally follow a secular lifestyle, while rural population adheres more to Islamic traditions.

DOCUMENTS AND MONEY

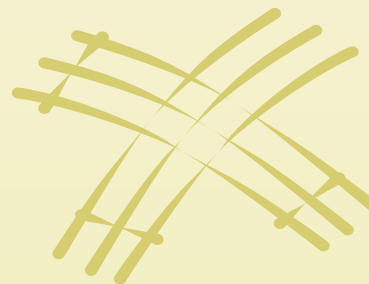
For citizens of more than 70 countries, a **visa-free regime** has been established for up to 60–90 days.



- **The import of foreign currency** into the territory of Kyrgyzstan is not limited. The amount of imported currency, as well as all valuables should be specified in the customs declaration (*in 2 copies*), which must be kept until the end of the tour. The export of foreign currency is allowed within the amount imported into Kyrgyzstan.
- Citizens of 92 countries are **exempted from registration for foreigners** in the Kyrgyz Republic if the period of their stay does not exceed 10–90 days from the date of entry.
- The national currency is the Kyrgyz som (KGS).
- **Currency exchange** offices accept **US dollars**, Euros and other foreign currencies; we recommend that you bring with you only new banknotes, without creases or folds, having on them no written notes or any other marks. Currency can be exchanged at exchange offices located in banks, airports, railway stations (open from 09:00 to 17:00 on weekdays), large hotels (around the clock).



- **Visa** and **Mastercard** are only acceptable in Bishkek and Osh; you had better have enough cash with you.
- Free entry: **No vaccination certificate** or negative PCR test for Covid-19 required.



TELEPHONE AND INTERNET

- **Kyrgyzstan country code is +996.**
 - **A SIM card** of Kyrgyz telecom providers can be purchased in large cities. Just like other countries in Central Asia, you have to show your passport when buying a SIM card. SIM cards can be bought in stores from the operators themselves or in kiosks.
 - All operators have good speeds and coverage in the cities. However, as soon as you go to the countryside or mountains, connection failures may occur.
 - Local mobile telephony is quite cheap. All providers have 2G, 3G, and 4G/LTE networks.
 - The larger is the city the better is the quality of Internet it offers. Some remote villages may fail to offer any Internet services at all. Many hotels provide free Wi-Fi into their premises.



NUTRITION AND HEALTH



- Negative PCR test or COVID-19 vaccination certificate are not required to enter Kyrgyzstan. No special vaccination is required to visit Kyrgyzstan as well.
- Health insurance must be issued in advance, before entering the country. The medical insurance policy must cover cost of COVID-19 treatment as well.
- As a rule, there are no problems as to purchasing medicine in Kyrgyzstan, because pharmacies are provided with all necessary medication. If you need specific medications, please bring them with you along with a prescription from your doctor.
- **An individual first aid kit** is a must for those who plan to travel in the mountains.
- If you have gastrointestinal problems you should be careful about local food. It is very tasty but contains much fat.
- You should drink only bottled water and hot tea after meals. In bars and restaurants, you should ask for drinks without ice.
- **Kyrgyz cuisine** has similarities with the traditional cuisines of other nomadic peoples. Meat dishes (lamb, beef, horse meat, yaks) are most common. Meat is most often served boiled. Dairy and sour-milk products are also very varied and popular.

