



# UZBEKISTAN



## Embarking on the Silk Road: A Voyage of Self-Discovery in Uzbekistan

with *OUT OF THE BOX*

■ Uzbekistan

View booking and trip details [here](#)

# Trip Overview

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## About this trip

Embark on a profound and transformative odyssey through the heart of Asia as we explore the enchanting landscapes of Uzbekistan. Our journey unfolds across the historic cities of Tashkent, Khiva, Bukhara, and Samarkand, each step tracing the rich tapestry of history imprinted on these ancient grounds. This isn't merely a voyage; it's an immersive experience where every traveler is invited to stretch beyond their comfort zones, learn from the cultural abundance surrounding them, and grow in ways that transcend the ordinary.

In traversing the Silk Road's ancient trails through the heart of Uzbekistan, we embark not only on a geographical exploration but on an introspective journey, much like the caravans of old seeking more than just trade routes.

As we traverse the vibrant streets of Tashkent, the mud-walled marvels of Khiva, the timeless beauty of Bukhara, and the architectural splendors of Samarkand, history comes alive. Each step is an opportunity to engage authentically with the Uzbek community, forging connections that transcend the surface and delve into the heart of this storied land.

Each step becomes a revelation, a marker on the map of our own becoming, and as we wander through the deserts and oases, we find not only the way to our destination but the way to ourselves—a discovery as profound and enduring as the Silk Road's legacy.

This transformative journey is more than just sightseeing; it's an invitation to absorb the spirit of Uzbekistan, to be shaped by its rich cultural heritage, and to leave with a newfound understanding of self and the world.

Uzbekistan becomes more than a destination; it becomes the compass guiding us through the labyrinth of our own existence. The Silk Road, with its historical significance, becomes a metaphor for our quest to uncover the layers of our identity and purpose.

Join us as we navigate the crossroads of past and present, weaving our own stories into the intricate fabric of Uzbekistan's captivating narrative.

## WHY TRAVEL WITH PURPOSE

"Traveling with Purpose" encapsulates the idea of engaging in travel experiences that go beyond mere exploration or leisure.

- Meaningful Connections:** connecting with local communities, understanding their culture, and building relationships. It goes beyond surface-level interactions and fosters a deeper understanding of the people and places visited.
  - Cultural Immersion:** immersion in local cultures, allowing travelers to experience life from a different perspective. This includes trying local foods, participating in cultural activities, and learning about traditions.
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- 3. Personal Growth:** Purposeful travel provides opportunities for personal development and growth. Facing new challenges, adapting to different environments, and stepping out of one's comfort zone contribute to increased self-awareness and resilience.
  - 4. Environmental Awareness:** We are passionate about sustainable and responsible tourism. We seek ways to minimize their environmental impact, support eco-friendly initiatives, and contribute positively to the places they visit.
  - 5. Learning and Education:** Purposeful travel can be an educational experience, offering insights into history, art, science, and more. It provides opportunities for continuous learning, whether through museums, historical sites, or interactions with local experts.
  - 6. Volunteering:** Some trips will involve giving back to communities through philanthropy or volunteering. This may include participating in local projects, contributing to community development, or supporting initiatives that address social issues.
  - 7. Wellness and Mindfulness:** Some trips will prioritize well-being and mindfulness during the journeys. Engage in activities like yoga, meditation, or wellness, taking advantage of the travel experience to enhance our physical and mental health.
  - 8. Adventure and Exploration:** Some trips will prioritize exploring remote or off-the-beaten-path locations, seeking unique experiences, and pushing personal boundaries in a mindful and respectful way.
  - 9. Memorable Experiences:** Overall traveling with purpose will lead to more memorable and fulfilling experiences. Whether it's witnessing a cultural celebration, participating in a conservation project, or simply connecting with locals, these experiences create lasting memories.
- In summary, traveling with purpose adds depth and significance to the travel experience, making it a journey of personal enrichment, cultural understanding, and positive impact.

## What's included

- |                        |   |
|------------------------|---|
| ✓ Guided trip          | An English speaking Out of the box trip facilitator and a guide will be with the group the whole duration of the trip.  |
| ✓ Full board           | All meals are inclusive throughout the trip,  |
| ✓ Accommodation        | Accommodation is offered in 4 stars equivalent hotels in twin or single rooms based on the traveler choice (All our hotels are central with high standards of hygiene and services) |
| ✓ Pre and post support | All travelers will have support before and after the trip; this includes briefing session, recommended readings, shared videos...   |

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<input checked="" type="checkbox"/> Transportation	All transportation (Airport pick up, Internal flight, train tickets and private bus)
<input checked="" type="checkbox"/> Sight visits	All sight entrance tickets
<input checked="" type="checkbox"/> Support tools	A briefing zoom session will take place ahead of the trip; a personal journal will be available during the trip for each traveler to help them debrief their journey.
<input type="checkbox"/> International flights	
<input type="checkbox"/> visas	
<input type="checkbox"/> Any personal purchase	

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# Packages & Options

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## Available packages

### SHARED PACKAGE (TWIN/DOUBLE ROOM)

**\$2350**

All packages offer same features, only difference is the Accommodation. Shared package is a in a twin or double room with a traveler you know or can request to share a room with a traveler wishing to share a room.

Deposit: \$750

Available until July 28, 2024

USD 750 Deposit any time before May (as long as places still available)

USD 750 1<sup>st</sup> payment 1 May

USD 850 2<sup>nd</sup> payment 1 July

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## Available options

SINGLE ROOM

**\$450**

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## UZBEKISTAN TRIP

Travel with purpose to Uzbekistan

A transformational journey in the heart of Asia, Uzbekistan. We'll traverse Tashkent, Khiva, Bukhara, and Samarkand, tracing history. Embark with us on this transformative journey, where as travelers we will stretch, learn, and grow into new ways of being and engaging with the Uzbek community.



### DAY 1: ARRIVAL

Day 1, Sep 27th Arrival in Tashkent

Arrive to Tashkent any time before 5pm, you will be met at the airport and transferred to your hotel.

Day at your own leisure, the team will meet at 7pm for dinner and a briefing of the next day.



### Day 2: Tashkent discovery

Day 2, Sep 28th Tashkent city tour

We will embark on a Tashkent discovery including **Tashkent Metro Ride**

- **Khast-Imom Complex** - where the world famous Quran (VII century) • of Caliph Uthman – Ottoman has been preserved. In Khast-Imom visit

Madrasah of Barak-Khan, Tilla Sheikh Mosque, Mausoleum of the Saint Abu Bakr Kaffal Shashi and the Islamic Institute of Imam al-Bukhari

- **Chor-Su Bazaar**, the age of which is more than hundred years

- **Amir Temur Square** – surrounded with the buildings of the “Uzbekistan” Hotel, University of Law (former Women’s Gymnasium), the Amir Timur Museum, well-known Tashkent Chimes and the Forums Palace – one of the most grandiose architectural structures in Tashkent

After lunch we will visit

- **Independence Square**– located in the center of Tashkent city. It is a favorite resting place for the Tashkent residents.

- **Amir Temur Museum (2006)** – has collected more than three thousand exhibits that tell about the ancient history of the region.



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We will gather for a debrief of the day and finish our day with an Uzbek

### DAY 3: KHIVA

Day 3, Sep 29th Travel to Urgench

After Breakfast we will have a short personal reflection to set our day, our ambition and expectation and then we will embark on a flight to Urgench.

After a transfer to Khiva we will start our city discovery

- Ichan-Kala Fortress (open-air museum)
- Mukhammad Aminkhan Madrasah
- Juma Mosque

A reflective lunch and then we continue our city discovery.

- Kalta-Minor
- Tash-Khovli Palace
- Pakhlan Makhmud Mausoleum
- Islam-Khoja minaret

We will have our dinner while watching a puppet show and finish our day in Old Khiva in Kunya-Ark.



### DAY 4: KHIVA

Day 4, Sep 30th Khiva – Bukhara

Today, following a delightful breakfast, we are embarking on a captivating journey to Bukhara.

We depart to Bukhara through the Kyzyl-Kum desert. We will be following the path of the ancient travelers on the silk road. We will stop to enjoy the views of the desert and “Amu-Darya” river. Arrive in Bukhara in the afternoon and have some ME time to wander in the city before our collective dinner.



### DAY 5: BUKHARA

Day 05, Oct 1st Bukhara city tour

Embarking on a mesmerizing journey through the city, our itinerary is a rich tapestry of cultural wonders and architectural marvels. Our first stop is the renowned Laby Hauz complex, where the Nadir Divan bego madrasah stands. The Devon Begi hanaqa of Muslim Sufis invites us to delve into the spiritual essence of the region, showcasing the profound influence of Sufi mysticism.

Our exploration continues through the Trade domes, including the bustling Taki Sarafan, Taki Telpakfurushon, and Taki Zargaron.



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We then find ourselves captivated by the grandeur of the Kalyan mosque and Minaret, iconic symbols of Islamic architecture that dominate the skyline. The Mir Arab madrasah, a seat of knowledge and enlightenment, unfolds its intricate designs before our eyes.

Our journey takes us to The Ark citadel, a historical stronghold that whispers tales of the city's resilience and strategic importance. Bolo Hauz mosque, while the Chashmai Ayub mausoleum stands as a testament to the enduring spiritual heritage of the region.

As we traverse further, the Ismail Samani mausoleum beckons, an architectural gem that transcends time, encapsulating the city's rich history and cultural depth.

Our day concludes with a visit to the local bazaar, a vibrant marketplace where the pulse of daily life beats, offering a sensory feast of colors, aromas, and the lively spirit of the city's inhabitants after which we head to a traditional Hamam to relax.

## DAY 6: Day in a yurt

Day 6, Oct 2nd Bukhara to Nurata

Early breakfast in the hotel. At 07:00 we depart from Bukhara to Nurata.

At 11:00 we will be in a yurt. Today we are getting in the shoes of the silk road travelers, we will have a great chance to ride a camel, have a swim in Aydarkul lake and reflect about our journey so far. In the evening we will gather around the fire and have dinner while listening to Uzbek songs. We will finish our day stargazing before heading to our yurts (Yurts will accommodate 4-8 people, sleeping will be on beds).

## DAY 7: Nurata to Samarkand

Day 07, Oct 3rd Samarkand

Today we embark to Samarkand! We will get there around 11am, have some time to relax, shower and get ready for lunch.

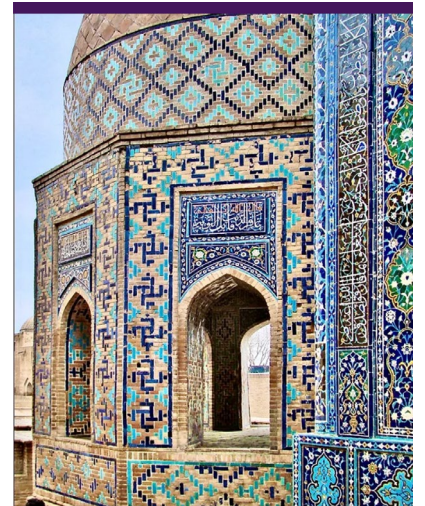
After lunch we will explore:

- **Gur Emir Mausoleum**
- **Registan Square**
- **Bibi Khanum Mosque**
- **Siyob Bazaar**

We will end our day cooking with a local family the traditional dish of Uzbekistan which is called Plov.

## DAY 8: SAMARKAND

Day 08, Oct 4th Samarkand





The second day of our journey in Samarkand promises to be a captivating exploration of historical, cultural, and traditional facets of this ancient city. Our itinerary includes visits to significant landmarks and a unique experience in the nearby Konigil village.

Our first stop is the Ulugbek Observatory, a testament to the astronomical prowess of medieval Uzbekistan. Constructed between 1428 and 1429 by the renowned Timurid ruler Ulugbek, the observatory stands as a remarkable achievement in the field of astronomy.

Following the observatory visit, we will proceed to the Mausoleum of Saint Daniel, an important pilgrimage site.

Our next destination is the Shakhi-Zinda Necropolis, a mesmerizing ensemble of mausoleums and tombs.

After our morning explorations, we will break for a delightful lunch to savor the local flavors and recharge for the afternoon ahead.

The afternoon adventure takes us to Konigil village, where we will delve into the traditional art of making Samarkand paper from mulberry. This hands-on experience allows us to witness and participate in the age-old process of crafting paper, a skill passed down through generations. The village's commitment to preserving this traditional craft adds a cultural depth to our journey, connecting us with the artisanal heritage of the region.



## DAY 9: SAMARKAND TO TASHKEN

Day 09, Oct 5th Samarkand - Tashkent

The day commences with a delightful breakfast at the hotel, setting the stage for a seamless transition to the next leg of our journey. A flight to Tashkent, and arrival at our hotel at 11:00.

If the allure of last-minute shopping captivates you, the vibrant markets of Tashkent beckon. Alternatively, enjoy a relaxed afternoon.

As the day gracefully transitions into evening, we gather for a heartfelt farewell dinner in Tashkent. This culinary experience serves as a fitting conclusion to our journey, allowing us to savor the memories and camaraderie forged during our exploration of the cultural wonders and natural beauty of Uzbekistan.

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## DAY 10: DEPARTURE

Day 10, Oct 6th Tashkent, Depart Uzbekistan

As the designated hour approaches, a seamless transfer will be arranged to ensure a smooth journey to Tashkent airport. Take a final glance at the landscapes and memories you've gathered during your time in Uzbekistan, carrying with you the vibrant tapestry of experiences that has enriched your travels. Safe travels on the final leg of the journey.



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## OUT OF THE BOX

Out of the box is a training and consultancy company founded in 2013 that provides transformational trips globally. We guide and support travelers in their quest for personal betterment and conscious travel practices while maximizing fun and discoveries. Our trips enable you to stretch, learn, and grow into new ways of being and engaging with the local communities. It will challenge you mentally, emotionally, and physically to help you gain more self-awareness, cultivate empathy and understanding, and broaden your worldview.



[www.gooutofthebox.com/twp](http://www.gooutofthebox.com/twp)

[info@gooutofthebox.com](mailto:info@gooutofthebox.com)

+961 3 216167 

 <http://www.gooutofthebox.com/twp>

## HOTELS FOR THE TRIP

Cities	Hotels	Nights
Tashkent	Inspira S or Ateca Hotel	3
Bukhara	Lyabi Hauz or Kukaldosh Hotel;	2
Samarkand	Kosh Havuz Hotel	2
Khiva	Orient Star Hotel Khiva	1
Nurata	Yurt	1

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