



## Tajikistan (Bradt Travel Guides)

By Sophie Ibbotson, Max Lovell-Hoare

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Epic mountain landscapes, glacial lakes and the mighty Oxus River encircle ancient Buddhist sites, Silk Road trading posts, medieval shrines and planned Soviet cities alike. The guide includes tried and tested trekking routes in the Frann, Zerafshan and Pamir mountain ranges and comprehensive bird-watching and wildlife sections. Rich historical detail, entertaining anecdotes along with first-hand descriptions of everything from Soghdian ruins to playing the traditional sport of buz kashi or 'dead goat polo', bring the country alive.

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### **Editorial Review**

#### **About the Author**

Sophie Ibbotson and Max Lovell-Hoare have lived and worked in Central Asia since 2008. During this period they have become deeply involved in the region's tourism industry, devising national tourism strategies, advising USAid and OSCE on tourism development, promoting the destination through the BBC and print media and working with local companies to improve their offerings to tourists.

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