

PART ONE GENERAL INFORMATION

Chapter 1 Background Information

Geography and climate, Natural history and conservation, History, Government and politics, Economy, People and culture, Language, Religion, Education

Chapter 2 Practical Information

When to visit, Highlights, Suggested itineraries, Tour operators, Red tape, Embassies, Getting there and away, Health, Safety, What to take, Money, Budgeting, Getting around, Accommodation, Eating and drinking, Public holidays and festivals, Shopping, Arts and entertainment, Photography, Media and communications, Business, Cultural etiquette, Travelling positively

PART TWO THE GUIDE

Chapter 3 Astana and Akmola Region

Astana, Around Astana, Korgalzhyn State Nature Reserve, Kokshetau, Borovoye, Kokshetau National Park

Chapter 4 Almaty

History, Getting there and away, Getting around, Tourist information, tour operators and tour guides, Where to stay, Where to eat and drink, Entertainment and nightlife, Shopping, Other practicalities, What to see and do, Ile Alatau National Park

Chapter 5 The Southeast

West of Almaty, East of Almaty, The far southeast, Around Lake Kapchagai , Altyn Emel National Park, Zharkent, Taldykorgan, The Dzhungarsky Alatau Mountains, Taraz

Chapter 6 Central Kazakhstan

Karaganda, Temirtau, KARLAG, Karkaraly , Zhezkazgan , Ulytau , Lake Balkhash

Chapter 7 The East

Semey, Chingistau, Kurchatov, Oskemen, The Altai Mountains

Chapter 8 The North

Pavlodar, Around Pavlodar, Ekibastuz, Bayanaul, Petropavl, Kokshetau National Park, Kostanai, Along the Tobol

Chapter 9 The Northwest

Aktobe, Oral, Around Oral

Chapter 10 The West

Atyrau, Aktau, Fort Shevchenko, East of Fort Shevchenko, Southeast of Aktau

Chapter 11 The South

Aralsk, Baikonur, Korkut Ata Monument, Kyzylorda, Turkestan, Shymkent, Aksu Zhabagly Nature Reserve, Zhabagly, Turar Ryskulov

Appendix 1 language, Appendix 2 Glossary, Appendix 3 Further Information