

# Contents

<b>On the Road</b>	<b>4</b>	<b>Bamiyan &amp; Central Afghanistan</b>	<b>113</b>
<b>Destination Afghanistan</b>	<b>15</b>	Climate	114
<b>Getting Started</b>	<b>16</b>	Getting There & Away	114
<b>Itineraries</b>	<b>20</b>	<b>BAMIYAN</b>	<b>114</b>
<b>History</b>	<b>25</b>	History	114
<b>The Culture</b>	<b>41</b>	Orientation	116
<b>Food &amp; Drink</b>	<b>59</b>	Information	117
<b>Environment</b>	<b>64</b>	Sights	117
<b>Safety in Afghanistan</b>	<b>68</b>	Sleeping	120
<b>Working in Afghanistan</b>	<b>76</b>	Eating	121
<b>Kabul</b>	<b>79</b>	Getting There & Away	121
History	81	Around Bamiyan	122
Climate	82	<b>THE CENTRAL ROUTE</b>	<b>124</b>
Orientation	83	Practicalities	124
Information	84	Bamiyan to Chaghcheran	125
Dangers & Annoyances	87	Chaghcheran to Herat	126
Sights	87	<b>Herat &amp; Northwestern Afghanistan</b>	<b>130</b>
Festivals & Events	95	Climate	132
Sleeping	95	Getting There & Away	132
Eating	98	<b>HERAT</b>	<b>132</b>
Drinking	101	History	134
Entertainment	102	Orientation	135
Shopping	102	Information	135
Getting There & Away	103	Dangers & Annoyances	135
Getting Around	104	Sights	135
<b>Around Kabul</b>	<b>106</b>	Sleeping	140
Istalif	107	Eating & Drinking	140
Paghman	108	Shopping	141
Qargha Lake	108	Getting There & Away	141
Bagram	109	Getting Around	142
Panjshir Valley	110	<b>THE NORTHWEST</b>	<b>142</b>
Salang Pass	112	Herat to Maimana	142
		Maimana	143
		Andkhoi	144
		Shiberghan	145
		<b>Mazar-e Sharif &amp; Northeastern Afghanistan</b>	<b>147</b>
		Climate	148
		Getting There & Away	148
		<b>MAZAR-E SHARIF</b>	<b>148</b>
		History	149
		Orientation	151
		Information	151
		Dangers & Annoyances	152

Sights	152
Sleeping	153
Eating & Drinking	153
Shopping	154
Getting There & Away	154
Getting Around	155
<b>AROUND MAZAR-E SHARIF</b>	<b>155</b>
Balkh	155
<b>MAZAR-E SHARIF TO BADAKHSHAN</b>	<b>158</b>
Tashkurgan	158
Samangan (Aibak)	158
Pul-e Khumri	159
Kunduz	160
Ai khanoum	162
<b>BADAKHSHAN</b>	<b>163</b>
Faizabad	164
Lake Shewa	166
South to the Anjoman Pass	166
Ishkashim	167
Wakhan & The Afghan Pamir	167

**Life Along the Silk Road 173**

**Jalalabad & Eastern Afghanistan 181**

Climate	182
Getting There & Away	182

<b>JALALABAD</b>	<b>182</b>
Orientation	183
Information	183
Sights	183
Sleeping & Eating	184
Getting There & Around	184
Around Jalalabad	184
<b>NURISTAN</b>	<b>186</b>
History	186
Culture	187
Travel in Nuristan	187

**Kandahar & Southern Afghanistan 188**

Climate	190
Getting There & Away	190
<b>KANDAHAR</b>	<b>190</b>
History	190
Orientation	191
Information	191
Dangers & Annoyances	193
Sights	193
Sleeping	194
Eating & Drinking	194
Shopping	194
Getting There & Away	195
Getting Around	195

<b>THE SOUTH</b>	<b>195</b>
Ghazni	196
Lashkar Gah	197

**Directory 198**

**Transport 212**

**Health 221**

**Language 227**

**Glossary 233**

**Contributing Authors 236**

**Behind the Scenes 238**

**Index 241**

**Map Legend 244**

# Regional Map Contents

