

## Trekking in the Pamir



*North face of Lenin Peak (7134m) from Alay Valley.*

There are many places where one can trek in the beautiful nature of Tajikistan, and the eastern Pamir offers some of the world's most spectacular and magnificent landscapes. These picturesque rural treks are for active tour lovers.

The standard trekking season is short with the middle of summer being the best season to see the high-altitude eastern Pamir plateaus. The most comfortable season for wilderness trekking in the Pamir is from July to September.

After September, the nomadic shepherds start moving down from the high pastures. Almost all the shepherds live in high valleys over 4200m where the nighttime temperature goes below freezing.

To offer the best opportunities to see these unspoiled beautiful areas, we provide treks from one to seven days and in different parts of Pamir. Below are some descriptions and pictures to give you an idea of some of the possible treks.



*Lunch in Nomad's yurt on Alichur plateau.*



*Yurts blend into surroundings of summer pasture.*

### **Seven day trek from Bulunkul to**

**Bachor:** During this trek you see more than ten different alpine lakes, close-up views of the snow-covered Pamir Mountains, and beautiful rivers. Ascending to over 4000m high will give you terrific photographic and panoramic opportunities. You and your support crew (your guide and porter) will be only people there with you so you will get to experience the solitude of wild nature.



*Karakul is the highest and largest lake in Tajikistan.*



*Bulunkul Lake is northwest of Alichur along trek route.*

**Four days trek from Bash-Gumbez to Zorkul (Victoria) lake through nomads' pastures:**

During this trek you will witness the hospitality of the Nomad people. You will have a great opportunity to talk with them and get acquainted with their culture and traditions. In addition, you will get to ride a yak. Even for those who have not ridden before, it is very comfortable to be on a yak's back.

During the trek you will get to try natural yak milk and cream with hot homemade bread. During the day, while you walk you see flocks of sheep and goats as well as herds of cattle and yak grazing in the pasture around the yurts. At night you will stay together with a Nomad family in a yurt; they always welcome you with a hot tea and hot bread. Beyond the nomadic life, you will also see snowmelt-fed lakes, mountain springs, hot springs, glaciers, and snow-covered mountains over 5000m high.



*Yurts, like this one near Lenin Peak, are comfortable.*



*Nomadic families are friendly and hospitable.*

**Three days trek from Langar to the Engels peak meadow or from Alichur to Bashgumbez through Muzdairyk valley:**

During this trek you will see the famous Engels peak (6507m) in Wakhan Valley and the Hindu Kush mountain range in Pakistan. You will also see Marco Polo sheep (argali), Ibex (mountain goat) and, if you are lucky, snow leopard in the Northern Alichur mountains.



*Beautiful meadow for camping below Engels Peak.*



*In winter we use yaks to travel on Alichur Plateau.*



*The Alay Valley summer pastures are great for picnics.*



*Trekking in Sary Mogol valley of Kyrgyzstan*

As a part of this trek, it is also possible to organize Marco Polo safari and photo tour while you do your trek in the mountains of Pamir. Generally, the best season for this is winter. Similarly, we also provide a bird watching tour from the end of April until early May.



*We often see Markhor (screw-horned goat) grazing in pastures.*



*Even in lower winter pastures, there is still lots of snow.*



*Yak herd in the Bakmaljylga valley.*



*Trekking in the Alay Valley.*



*Some yurts, such as this one in Madian Valley, are quite colorful.*

These trekking routes include great opportunities to experience some of the most wild and beautiful areas in Pamir and to interact with the nomadic shepherds there. We would be happy to guide you on one of these routes or to customize it for you. Many of our treks are customized based on the interests, fitness levels, time availability, and budgets of our guests. We want you to have the best visit possible to Pamir so please tell us about your preferences so we can plan the best visit for you.

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