

Dushanbe – Osh Sample Itinerary

This itinerary includes a good opportunity to see a wide range of natural, cultural, and historical sites in Pamir. We would be happy to guide you on this itinerary or to customize it for you. Many of our tours 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.



Our tour route goes through the Pamir Mountains mostly in the Gorno-Badakhshan Province of Tajikistan.

Tour duration: 11 days and 10 nights

Group size: 2 - 8 people

Route: Dushanbe - Kalai Kum - Jizev - Khorog - Yam - Langar - Alichur - Karakul - Sary Mogol - Tulpar Kul lake - Osh.

Day 1. Dushanbe: Your guide and driver will meet you at Dushanbe airport and take you to your hotel. You may rest for a few hours, or if you prefer, you can see some interesting sites in Dushanbe such as the Tajik National Museum of Antiquity and Rudaki Park. For dinner, we will go out.

Day 2. Dushanbe – Kalai Kum: After breakfast in the hotel, we will drive about seven hours, seeing many interesting sites along the 370km route. At 55km, we see the Nurek Dam, one of the 30 biggest hydropower facilities in the world, and second tallest man-made dam in the world, producing more than 3000 megawatts.



The reservoir behind Nurek dam is over 70km long.



The Panj River forms the border with Afghanistan (left).

Later in the Vose district, we will stop to see the Khoja Mumin Salt Mountain named after a local hero who rose against the Emir of Bukhara in the 19th century. It has been estimated that it contains 50-60 million tons of salt. We will also pass the ancient city of Hulbuk which was built from the ninth to 11th centuries under the Samanid dynasty. During Soviet time, many archaeologists excavated the site, and found many items now on display in the Museum of National Antiquities in Dushanbe. 20km beyond Vose is the large town of Kulob. In Kulob, there is the mausoleum of Khoja Mir Sayid Hamadomi, a poet and scholar of the 14th century. He was born in Hamadan, Iran and is famous for spreading the word of Islam in Kashmir. He died in Afghanistan and is buried here. We will also see many Afghan villages on other side of the river. Dinner and breakfast in the home stay.

Day 3. Khalai Kum - Jizev (Bartang Valley): We will have an early breakfast so that we have enough time for our morning drive and our 2.5-hour afternoon trek up to Jizev Valley (7km, 2500m above sea level). The drive is about 180km. After 87km we come close to Vanj Valley and a passport checkpoint. In the Vanj district is the famous Fedchenko Glacier, the longest glacier in the world outside of the polar regions. On the way we will stop at a local Chai Hana to have lunch and see many beautiful villages on both sides of the Panj River.



Your guide will take care of passports at checkpoints.

In the afternoon we will arrive in Vamar, the administrative center of Rushan district, where we will leave the highway and drive another 25km into the Bartang Valley. We will cross a footbridge from where we start our trek up to Jizev Valley. Jizev is a narrow beautiful, green valley with a bright blue colored lake. There are only five households living in the valley and there is no road or electricity. We will have the opportunity to sample the simple Pamiri lifestyle here by staying in one of the homes for a night. Dinner and breakfast in the home stay.



We will cross the Bartang River on a suspension footbridge.

Day 4. Jizev - Khorog: In the morning after breakfast, we have the option to walk 2km to the second lake before returning to our vehicle for a shorter day of driving, 95km. Once we are done visiting the valley, we will return to the footbridge and we continue our journey towards Khorog. Allowing for photo stops we will drive for about 2 hours. For lunch we go to a local restaurant or Chai Hana. In the afternoon we can discover the bazaar, the highest botanical garden in Central Asia (2320m), and the newly opened, and modern Ismaili Jamaat center. Dinner out. Breakfast in hotel.



The families live at the base of the mountain.



A second lake is a short distance away.



*Missing city food?
Try Khorog Fried Chicken.*

Day 5. Korong - Yam: Today we will cover 220km. On the way, there are many hot springs and historical sites, and we will visit several of the best ones. Of note are the Yamchun hot spring, Yamchun fort, Yamg Pamiri house, Museum of Muboraki Vakhoni, and several interesting shrines. We can choose (in advance) to stay in a traditional Pamiri house or in a guesthouse. Dinner and breakfast will be where we spend the night.



Ancient Yamchun Fortress overlooks the Wakhan Valley.



Spectacular views all along the road.

Day 6. Yamg – Alichur: The day's drive is 180km. In the afternoon we leave the famous Wakhan valley, through another passport checkpoint. A further 35km northward through Khargush pass (4344m) we join to the Pamir highway (M41). We will stop at a pleasant place for a picnic. We will take a short side trip to visit Bulun Kol and Jashil Kol lakes. We will then take a rough road to Alichur village stopping along the way at a small geyser. Dinner and breakfast in the home stay.



The geyser is small but hot (71°C, 160°F).



Yaks live easily on higher elevations in Tajikistan



We see Marco Polo Sheep often.

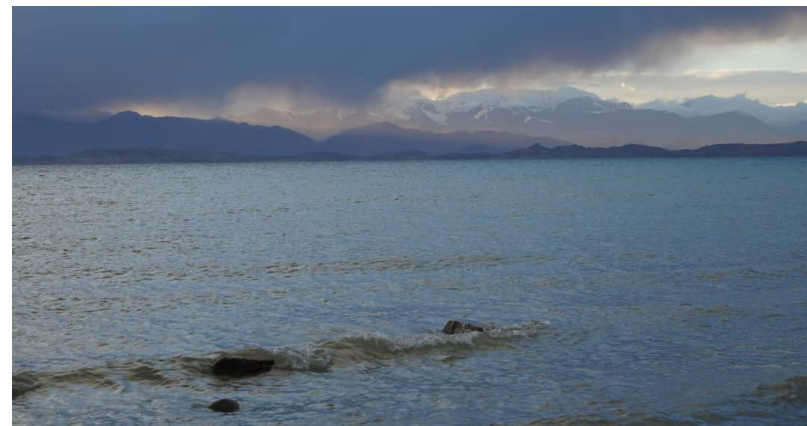
Day 7. Alichur Muzdairyk valley: In the morning after breakfast, we will drive 30 minutes to Muzdairyk valley where we will meet our yaks and the men who manage the yaks. We travel on yak about three hours. On the way, we may see Marco Polo sheep and Ibex. We will picnic along the way at a scenic spot. In the afternoon we continue our journey, either on yak or on foot, depending on your preference. We will take out time to see Marco Polo sheep, trying to get close if you wish. In the evening we will return to Alichur. Dinner and breakfast in same home stay.

Day 8. Alichur – Karakul: We will drive 240km on the Pamir Highway (M41). We will stop in Murgab to have lunch and to walk a bit through the small bazaar in the town before continuing our journey towards Karakul village. On the way, we will stop on top of Akbaital pass (4655m),



After crossing Akbaital Pass the Chinese border fence is nearby.

the highest point on the Pamir Highway. In the evening we can walk by Karakul Lake, enjoying the golden sunlight. Karakul is the largest lake in Tajikistan and highest in Central Asia. Karakul is also the final Kyrgyz village in Tajikistan before the Kyrgyz border. From here we may also see the south face of Lenin Peak. Dinner and breakfast in the home stay.

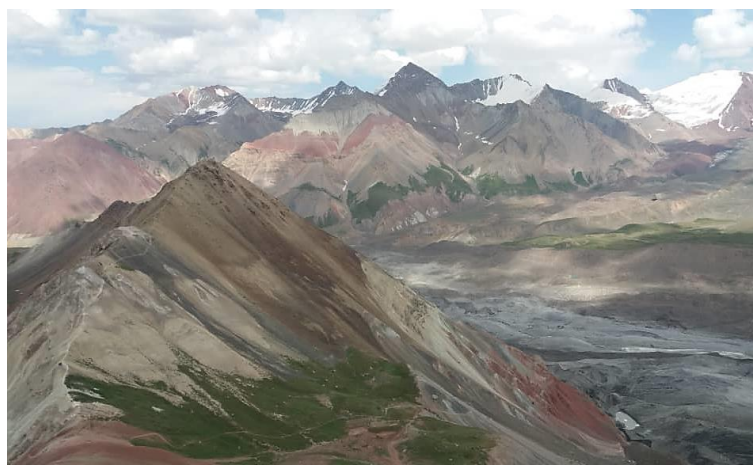


Karakul Lake is at 3,900 m (12,800 ft).

Day 9. Karakul – Sary mogol – Tulpar kul lake (Kyrgyzstan): We plan a shorter drive of only 140km to allow for plenty of time to admire famous Lenin Peak (also called Avicenna Peak and one of the most climbed 7000m peaks) and to cross the international border (which often takes 45 minutes). After the border, we will reach the famous Alay valley with snow-covered mountains above 6000m. We can have lunch in Sary Tash village or Sary Mogol village depending on timing. In the afternoon we drive another 25km to get even closer to Lenin Peak. The yurt camp by the beautiful Tulpar Kul Lake has amazing views of Lenin Peak. We relax walking by the lake or up a small hill to admire the beauty of the Peak. Dinner and breakfast in a yurt stay.



Lenin is visible from far away



We can climb to Travelers Pass for a closer view of Lenin.

Day 10. Tulpar Kol: We will start early to allow adequate time for our hike. After breakfast we start walking up towards Lenin Peak, possibly as far as Pupishestvennikov pass (also called Traveler's Pass, 4150m). Along the way, we will see the base camp for mountaineers, which remains from Soviet times. We have a picnic and enjoy the amazing views. After admiring the beauty of Lenin Peak, we will return to the camp. Dinner and breakfast in the same yurt stay.

Day 11. Osh. We will drive 255km on a good highway passing many villages. We will have lunch in Osh, the second largest city in Kyrgyzstan. Osh is called the capital of south Kyrgyzstan and has a varied population including Kyrgyz, Uzbeks, Russians, Turks, and Tatars. In the afternoon we will explore the city including its big and interesting bazaar. In the evening we will visit the famous Sulaiman-Too Mountain situated in the heart of Osh as well as the unusual Cave Museum. For dinner, we will go out in the city and then take you to the airport and wish you a safe journey!

To accommodate various budgets and avoid any surprises, we attempt to include all appropriate costs:

- transportation in a 4WD vehicle (with a maximum of 3 passengers per vehicle)
- an English-speaking guide
- lodging and meals as listed below
- 2 liters of water per person per day
- entrance fees (to museums, botanical garden, historical sites, and hot springs)
- GBAO permit

Cost does not include meals out of program, alcoholic drinks, personal expenses, travel insurance, visa and tips.

Accommodations and meals:

- 10 breakfasts, 4 dinners, 5 lunches, 4 picnics,
- Dushanbe - hotel
- Khalai Kum - hotel or home stay (decided in advance)
- Jizev - home stay
- Khorog - hotel
- Yam - home stay
- Langar - home stay
- Alichur - home stay
- Karakul - home stay
- Sary Mogol - home stay
- Osh – hotel

We will agree in advance on costs for specific tours. Because some costs are per tour and per vehicle, the cost per person is often lower for groups larger than 2. For this itinerary, the per person cost would be USD 1700 for 2 and USD 1200 for 6.

Pamir Personal Tours is owned and operated by Sherali Zhunusov.

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