

Dushanbe – Osh Itinerary (19 days)

Day 1. Dushanbe – Iskandar Kol Lake: The drive from Dushanbe to Iskandar Kol Lake takes 3 to 5 hours. The road passes through the Fan mountains, which offer spectacular views to the travelers. We will reach our destination early in the afternoon, so that we'll have time to visit the village and do a short trek in the area. We will spend the night in a local homestay.

Day 2. Iskandar Kol Lake – back Dushanbe: We will drive back to Dushanbe and, on the way, we'll do another short trek to the Snake Lake, home to one of the biggest waterfalls in the area. We will stop for lunch there. After we have reached Dushanbe, there will be the possibility to do a sightseeing tour late in the afternoon. Among the many museums in the city, the National Museum is the most noteworthy.

Day 3. Dushanbe – Kalai Kum: Along the 200 km drive there are many interesting sites. We will see one of the biggest hydro-power plants in the world, the Norak dam, located 55 km from Dushanbe. Later during the day, we will visit Hulbuk. Built from the 9th to the 11th century under the Smanid dynasty, this small settlement is home to a medieval fortress of great historical interest. 20 km from Hulbuk is the city of Kolup, where the mausoleum of Khoja Mir Sayid Hamadomi is located. The mausoleum is named after an Iranian poet and scholar of the 14th century, who was buried there. We will arrive in Kalai Kum late in the afternoon and we will spend the night in a local homestay.

Day 4. Kalai Kum – Korong: The drive to Korong is around 180 km long. We will pass the beautiful Vanj valley. The valley sprawls out beneath the Pamir mountains up until the Accademia range, which, with the 7495m high Ismail Samani peak, is the highest mountain range in Pamir. Late in the afternoon we will reach Korong, the biggest city and capital of Gorno-Badachshan region. We will have the possibility to go out to a restaurant for dinner and spend a comfortable night in a hotel.

Day 5. Korong – Alichur:

Through the Pamir Highway we will travel to the village of Alichur, located at almost 4000 m on a vast plateau and surrounded by snowy peaks that soar up to more than 5500 m. Along the way, we will make a stop at Koi Tezek Pass, where we will enjoy an astonishing view of the Shahdara Mountain range.

Day 6. Alichur – Gapar Jylga:

We will depart early in the morning and drive for around 40 km on the Pamir highway. We will reach a small valley, where our trekking begins. The trekking runs along the valley up to the Deire Pass, at 4400 m. From there, we will descend until Gapar Jylga. The entire trek is 12 km long. We will spend the night in a yurt, together with local shepherds.

Day 7. Gapar Jylga – Ak Zoo:

After a short 30 minutes drive we will reach the starting point of our day trek. We will walk for 14 km across one of the most remote area of Pamir. We will spend the night in a yurt.

Day 8. Ak Zoo – Belairyk summer pasture:

We will start the trek directly from Ak Zoo. We will cross 2 passes higher than 4400m and reach the Uch Kol valley. There, we will have lunch with local shepherds, or, alternatively, we will organize a pick nick on the shore of the small river that flows in the valley. After a second pass at around 4350m we will descend to Belairyk pasture. We will spend the night there in a local yurt.

Day 9. Beilairyk – Ak Jylga:

The trek starts directly form Belairyk pasture and runs up in the valley until the Belairyk pass, at 4800 m. This is by far the most remote place we will reach during the trek. From the pass, the sight stretches above a wide plateau until the Hindu Kush mountains, located between Pakistan and Afghanistan. The most

daring trekkers can even climb up an easy terrain until a 5000m peak located near to pass. From there, the Zor-Kul Lake, located beneath the Hindu Kush mountains, can be admired. We will come back to Beilairyk pasture, where our driver will pick us up. We will travel then to Ak Jylga Yurt Camp, where we will spend the night.

Day 10. Ak Jylga – Chatyr Tash through Jarty Gumbez hot spring:

After the two challenging treks of the previous days, we will have time to relax a bit. We will drive to Chatyr Tash Yurt Camp. Along the way, we will make a stop at Jarty Gumbez, home to some of the best-known hot springs in Tajikistan. Those who want, might spend some time in the local spa. We will continue our drive after lunch and we will reach the yurt camp in the early afternoon.

Day 11. Chatyr Tash – Ak Arkar through Madian:

We will drive to Murgab through the Pamir Highway. In Murgab we will have time to have a short break in one of the many coffee bars in the town. Later, we will drive along the Madian valley until the small village of Madian, whose population amounts to less than 50 people. We will continue our drive up into a small secondary valley until a small yurt pasture. We will overnight there.

Day 12. Ak Arkar – Bozteri through Ak Arkar pass:

We will trek for 17 km, up into a narrow valley until the Ak Arkar Pass and then down on the other side. The Pass is more than 4000m high and located in the middle of Central Pamir. Not only is this area extremely wild, but, from the pass, the view on the Pamir mountains is astonishing.

Day 13. Bozteri – Murgab:

We drive to Murgab. We will settle in a comfortable homestay, where we can relax and have a shower. We will have lunch in the town centre. The afternoon is free. A visit to the bazar is worthwhile.

Day 14. Murgab – Jalang summer camp:

From Murgab, we will drive through the Pamir Highway to the Kara Kul Lake. The lake is the largest in Tajikistan and located beneath the Trans- Alay Mountains. From the lake, we will drive further to the Jalang summer camp, which we will reach for lunch. In the afternoon, depending on your preferences, we can do a short trek in the area surrounding the camp or just relax.

Day 15. Jalang – Tulpar Kol Lake:

We will start early in the morning and drive through the border with Kyrgyzstan, across the Trans-Alay mountains. We will reach Sary Tash, a small village in the southern Kyrgyzstan located in the middle of the Alay Plateau. The plateau is more than 200km long and 60km wide, sparsely populated and enclosed between the north and south Alay Mountain, which offer a breathtaking view on peaks higher than 7000m. Further, we will reach the Tulpar Kol lake, located beneath the imposing Lenin Peak, the highest peak in the area. From there, those who want might trek until the mountain base camp.

Day 16. Tulpar kol lake – Darbaza Tash:

We will drive to the small village of Sary Mogol, and, after a short stop there, we will drive to the village of Darbaza Tash, which we will reach at around 11:00. After lunch, we will do a 3 hours trek in the Darbaza Tash valley, which spreads out into the north Alay mountains.

Day 17. Darbaza Tash – Sary Oi:

We will drive to the Sary Oi Summer Camp. The camp is in a not very touristy area, with many possibilities for outdoor activities. Depending on your preferences, we define together the treks for the next one and half days.

Day 18. Sary Oi – Osh:

From Sary Oi, the drive to Osh takes only about 1.5 hours. Osh is the second largest city of Kyrgyzstan. Depending on the time we arrive, we can spend some time doing sightseeing in the city.

Day 19. Departure