

The Pamir Highway Adventure (12 days, 11 nights)

Tajikistan

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Pamir Highway – Roof of the World Itinerary (12 days, 11 nights) May – September						
Day	Starting Place	Morning Plans	Afternoon Plans	Evening Plans	Ending Place	Accommodation
1	Dushanbe Tajikistan	8am – Tour starts DUSHANBE CITY TOUR Visit Dustik Square, the main square of Dushanbe and home to the world’s tallest flagpole Visit the National Library of Tajikistan Lunch at the Chai Hana Rohat (Tea House), the world’s largest teahouse Visit Nowruz Palace, where visiting foreign dignitaries are hosted Visit Mehragon Bazaar				Dushanbe Tajikistan Guesthouse
2	Dushanbe Tajikistan	Travel eastwards towards Nurek Dam (1 hour) Stop at the Soviet-built Nurek Dam, one of the world’s tallest dams. Hike at the dam (1 hour) Travel eastwards Shurobod, first checkpoint in Gorno Badakhshan Region (2.5 hours)	Arrival in Shurobod, in the Gorno Badakhshan Region. Travel eastwards towards Qalaikhumb along the Pamir Highway, enjoying the expansive views of the Panj River and the border with Afghanistan. (Approximately 3 hours)	Arrival in Qalaikhumb.	Qalaikhumb Tajikistan	Guesthouse
3	Qalaikhumb Tajikistan	Travel eastwards by 4-by-4 towards Rushon Valley (7 hours)	Arrival in Rushon Valley Stop at Vamar Fortress, an XIX-century fortress built out of stones. Continue towards Bartang River by 4-by-4 (1 hour) Hike to Jisev village (2 hours, 8 kilometres – Easy hike) Arrival in Jizev	Homestay in Jizev	Jizev Tajikistan	Homestay
4	Jizev Tajikistan	Morning hike at Jizev to the Bartang River (2 hours, 8 kilometres – Easy hike) Depart Jizev for Khorog, the main hub of Pamir region and the capital of Gorno Badakhshan. (1.5 hours)	Arrival in Khorog Explore Khorog town (visit to local Pamiri houses, local hospital & school, bazaar)		Khorog Tajikistan	Guesthouse
5	Khorog Tajikistan	Travel towards Langar, Wakhan Corridor (5 hours)	Arrival in Langar, Wakhan Corridor Exploring rural and village life in Wakhan village and the Wakhan corridor. Hike along Wakhan Corridor, a deep gorge along the Afghan-Tajik border. (30 minutes)	Visit the 3000-year-old Yamchun Fortress and enjoy the sunset there	Wakhan Tajikistan	Guesthouse
6	Wakhan Tajikistan	Visit Bibi Fatimah and Zukhra hot spring, a natural warm hot spring in the mountains known for its healing properties.	Travel to Ishkashim town, Tajikistan (2 hours) Cross the Afghan-Tajik border and visit the Afghan village and bazaar in Eshkashim village, Afghanistan (Only accessible on Saturdays)	Return to Ishkashim town, Tajikistan	Ishkashim Tajikistan	Guesthouse
7	Ishkashim Tajikistan	Travel westward towards Khorog, along the Wakhan Valley, a breathtaking gorge, and the Panj River. (5 hours)	Arrival in Khorog in the late afternoon Lunch and rest at Khorog town Depart Khorog for Alichur village (3 hours)	Arrival in Alichur	Alichur Tajikistan	Homestay
8	Alichur Tajikistan	Travel from Alichur village to Bulunkul Lake (4 hours)	Arrival in Bulunkul Lake Hike (2-3 hours) and picnic along Bulunkul Lake & Yashilkul Lakes Explore Jelondy village, an ethnically Kyrgyz village	Return to Alichur village (4 hours)	Alichur Tajikistan	Homestay
9	Alichur Tajikistan	Travel from Alichur to Murghab town (2 hours) Arrival in Murghab, a town at 3,650 meters high, and the highest town in the former Soviet Union and Tajikistan	Travel eastwards towards Karakul Lake (2 hours) Stop at the Akbaital Pass, the highest point of the M41 Highway, at around 4,600 meters Arrival at Karakul Lake, one of the highest lakes in the world created by a meteor impact 25 million years ago	Return to Murghab village (2 hours)	Murghab Tajikistan	Homestay
10	Murghab Tajikistan	Explore Murghab town - Visit to a bazaar built out of shipping containers - Visit monuments and statues of Soviet Union Travel to Shakhty Petroglyphs (1 hour)	Arrival in Shakhty Petroglyphs Explore the Shakhty Petroglyphs, cave paintings and drawings that are over 10,000 years old Travel to Khorog (5 hours)	Arrival in Khorog	Khorog Tajikistan	Guesthouse
11	Khorog Tajikistan	Depart Khorog for Qalaikhumb (7 hours)	Arrival in late afternoon in Qalaikhumb	Explore Qalaikhumb town, and short hike along the Panj River	Qalaikhumb Tajikistan	Guesthouse
12	Qalaikhumb Tajikistan	Depart Qalaikhumb for Dushanbe (7 hours)	Arrival in Dushanbe in the late afternoon	7pm – tour ends	Dushanbe Tajikistan	

We will make every effort to keep itineraries as described and to find suitable replacements if needed. However, we reserve the right to make changes to the itinerary without prior notice in response to unforeseeable events and safety concerns. We also reserve the right to make changes to the itinerary should we deem that a certain activity is beyond the capability of any of our travelers.

Pamir Highway – Roof of the World Itinerary

Day 1: Dushanbe

Begin the journey with a cultural exploration of Dushanbe, the Tajik capital, visiting key landmarks and getting acquainted with the capital city.

Activities:

- Visit **Dustik Square**, the central square of the city and admire the grandiose **National Library of Tajikistan**.
- Lunch at **Chaikhana Rohat**, the largest teahouse in the world.
- Explore the **Nowruz Palace** and **Mehrgon Bazaar** for a taste of local culture.

Transportation: Taxi, Trolley Bus

Accommodation: Guesthouse in Dushanbe



Day 2: Dushanbe - Qalaikhumb

A scenic drive eastwards, entering the Gorno Badakhshan region and taking in beautiful views of the Pamir Mountains and the Panj River.

Day:

Travel from Dushanbe to Nurek Dam (1 hour)

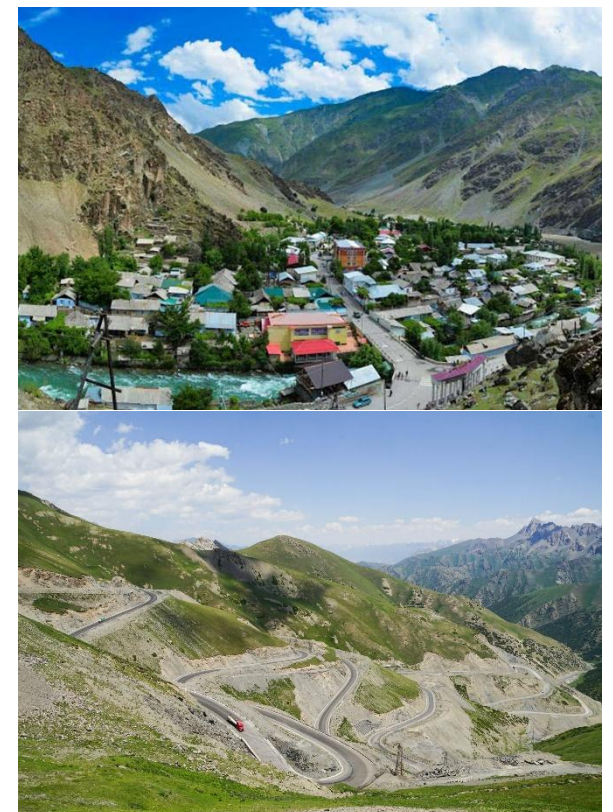
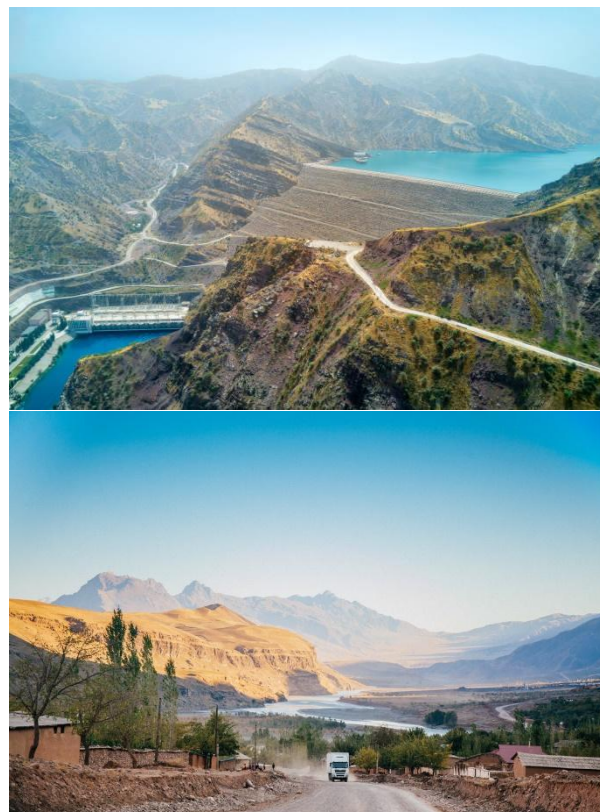
Travel from Nurek Dam to Qalaikhumb via Shurobod, (5 hours)

Activities:

- Visit the **Soviet-built Nurek Dam**, one of the world's tallest dams, measuring at 300 metres tall.
- Stop at **Shurobod**, the first checkpoint of Gorno Badakhshan.
- Enjoy views of the **Pamir Highway and Panj River along a deep gorge** bordering Afghanistan.
- Arrive in **Qalaikhumb**, a peaceful town and a pitstop along the highway in the evening.

Transportation: Private-hire vehicle

Accommodation: Homestay in Qalaikhumb



Day 3: Qalaikhumb to Jizev

A day of breathtaking scenery as you travel deeper into the Pamirs, exploring ancient fortresses and remote villages.

Day:

Drive from Qalaikhumb to Rushon (7 hours)

Activities:

- Travel towards **the Rushon Valley**, nestled deep in the Pamirs.
- Visit the **Vamar Fortress**, a 14th-century stone fortress and garrison dating back to the ancient Silk Road era.
- **Hike from the Bartang Valley to Jizev** (2 hours, 8 kilometres), surrounded by lush nature and soaring peaks.
- Arrive in **Jizev, a traditional village** nestled deep in the Bartang Valley, for a traditional homestay experience.



Transportation: Private-hire vehicle

Accommodation: Homestay in Jizev

Note: *Shower facilities may not be available here.*

Day 4: Jizev to Khorog

Discover the hub of the Pamir region, Khorog, while visiting local sites and experiencing the unique culture of the area.

Day activities:

Morning hike from Jizev (1-2 hours) back to Bartang Valley.

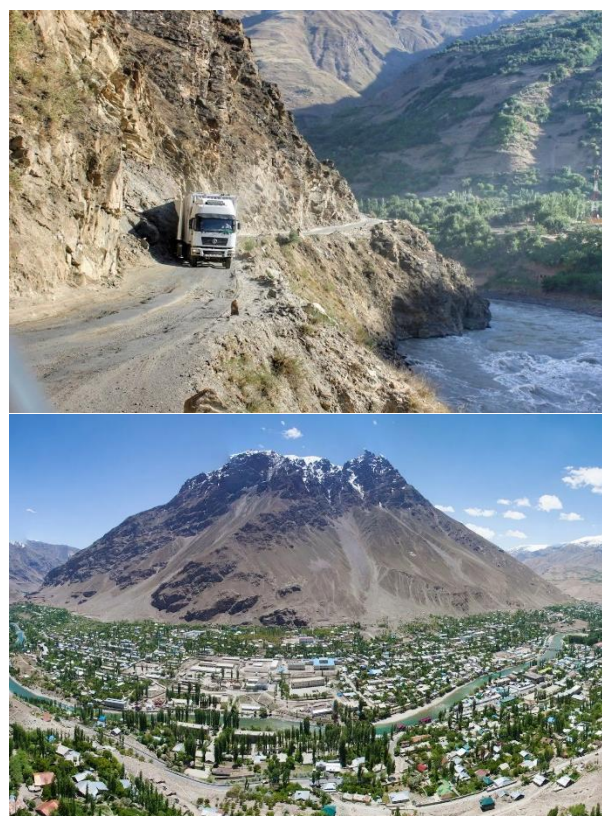
Drive from Bartang to Khorog (1.5 hours)

Afternoon activities:

- Visit **local schools, a hospital**, and other sites in Khorog.
- Explore **Khorog Botanical Gardens**

Transportation: Private-hire vehicle

Accommodation: Guesthouse in Khorog



Day 5: Khorog to Wakhan Corridor

A day of exploration along the Wakhan Corridor, a historically significant and visually stunning region filled with deep gorges and soaring peaks, awaits.

Morning:

Drive from Khorog to Langar (5 hours)

Day activities:

- Travel through the **Wakhan Valley**, stopping to admire the landscape.
- Visit the **Langar village** and the **3000-year-old Yamchun Fortress**, where a beautiful sunrise view awaits you.
- Explore **Wakhan Village**, and experience local life in this hamlet.

Transportation: Private-hire vehicle

Accommodation: Guesthouse in Wakhan



Day 6: Wakhan to Ishkashim

Journey through the Wakhan Valley, with stops at hot springs and the Afghan border market, offering a mix of relaxation and cultural encounters.

Morning activities:

- Dip in the **Bibi Fatimah and Zukhra Hot Springs**, known for their therapeutic properties.

Afternoon:

Travel to Ishkashim, a town near the Afghan border. (2 hours)

Afternoon activities:

- **Cross the Afghan-Tajik border** to visit the **Afghan village and its Saturday Bazaar** (accessible only on Saturdays and depending on political situation).
- Return to Ishkashim, Tajikistan

Transportation: Private-hire vehicle

Accommodation: Guesthouse in Ishkashim



**Customers unwilling to enter Afghanistan for the few hours may instead opt to remain in Ishkashim, Tajikistan.*

Day 7: Ishkashim to Alichur

Travel westward along the Wakhan Valley, with breathtaking views of the gorge and river as you head to Alichur. We are now travelling along the M41, one of the highest highways in the world.

Morning:

Drive through the Wakhan Valley, a scenic and historic route that hugs the majestic Panj River. (5 hours)

Afternoon Activities:

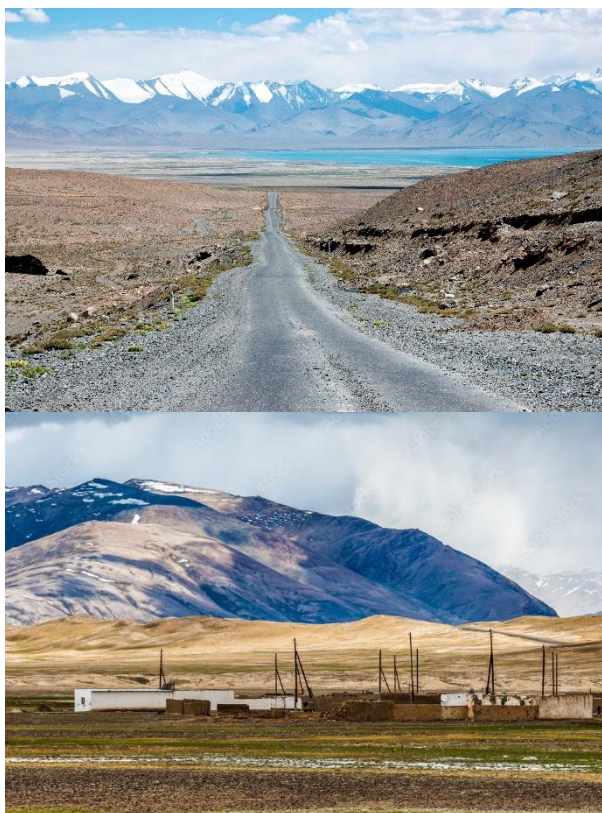
- Enjoy a short hike and lunch at **Khorog**, the main town along the route.

Afternoon:

Depart for Alichur village, continuing the scenic journey along the Pamir Highway. (3 hours)

Accommodation: Homestay in Alichur

Transportation: Private-hire vehicle



Day 8: Bulunkul & Yashilkul Lakes

A day exploring the beautiful Bulunkul and Yashilkul Lakes, with opportunities for hiking, picnicking, and cultural immersion.

Morning:

Travel to the Bulunkul and Yashilkul Lakes (4 hours)

Afternoon Activities:

- **Hike along Bulunkul and Yashilkul Lakes**, enjoying a picnic in the scenic lakeside surroundings. (2-3 hours, 7 kilometres)
- Visit **Jelondy village**, an ethnically Kyrgyz settlement deep in the Pamir mountains.

Evening:

Return to Alichur village (3 hours)

Accommodation: Guesthouse in Alichur

Transportation: Private-hire vehicle



Day 9: Alichur to Murghab

Experience the high-altitude landscapes and remote beauty of Murghab, the highest town in all of the former Soviet Union at over 3,650 metres.

Morning:

Travel from Alichur to Murghab (2 hours)

Morning activities:

- Short rest in Murghab, the highest town in the former Soviet Union at 3,650 metres.

Afternoon activities:

- Stop at the **Akbaital Pass, the highest point of the M41 Highway**, at around 4,600 meters
- Explore at **Karakul Lake, one of the highest lakes in the world** created by a meteor impact 25 million years ago

Transportation: Private-hire vehicle

Accommodation: Homestay in Murghab



Day 10: Murghab to Khorog

Delve into ancient history by visiting the petroglyphs and return to Khorog, surrounded by mountain scenery.

Morning activities:

- **Explore Murghab town**, including Soviet-era relics (statues and monuments) and the main bazaar built out of shipping containers.
- Explore the **Shakhty Petroglyphs**, cave paintings and drawings that are over 10,000 years old. (1 hour outside Murghab)

Afternoon:

Return to Khorog town (5 hours)

Transportation: Private-hire van

Accommodation: Guesthouse in Murghab



Day 11: Khorog to Qalaikhumb

Return to Qalaikhumb through the same picturesque mountain pass, retracing the route along the Panj River.

Day:

Travel from Khorog to Qalaikhumb (7 hours)

Activities:

- Explore **Qalaikhumb town** upon arrival and take a short hike along the **Panj River**. (1 hour, 2 kilometres)

Transportation: Private-hire vehicle

Accommodation: Guesthouse in Qalaikhumb



Day 12: Qalaikhumb to Dushanbe

End your journey by traveling back to Dushanbe, concluding the tour with a final scenic drive along the Panj River.

Day:

Depart Qalaikhumb for Dushanbe (7 hours).

Evening:

Arrival in Dushanbe in the evening.

Tour ends at 7pm in Dushanbe.

Transportation: Private-hire vehicle

