

Tajikistan Trekking Tour 2025

Price: USD 2,390 per person. Deposit: USD 500. Payment can also be made in EUR or CHF.
Single supplement is USD 330 and required for solo travelers.

Guaranteed departures in 2025:

July 14 – July 24 | August 11 – August 21 | September 1 – September 11

Trekking Tour in Tajikistan is barely on the tourist radar but those that make the effort will be rewarded with some of the most pristine and precious landscapes on the planet. Not only will you gain an insight into the diversity of Central Asian culture, but you will also get to explore Tajikistan's rich cultural heritage. Soviet-style Dushanbe, Tajikistan's capital, with its landmarks, museums and busy bazaars, is a world away from the tranquil landscapes of the river valleys and mountain passes that make up Tajik countryside. This Fan Mountains Trekking Tour will take you back in time as you explore wonders such as the Hisor Fortress and the old city of Penjikent. But the great treat in store for you on this trip is that the countryside through which you'll trek has been little changed for millennia, its glacial lakes as turquoise as they were in the days of the ancients and its mountain peaks as craggy. If you're looking for a physical challenge in a country so unspoiled no one can argue it's a hidden gem, then this is the tour for you.

Highlights

- Sightseeing tour in charming Dushanbe, the capital of Tajikistan
- Get acquainted with the Persian cultural heritage of Central Asia
- Visit Iskander Kul mountain lake, named after Alexander the Great and climb to the top of the mountain called "Alexander's Hat"
- Go trekking among wild and unspoiled mountains dotted with turquoise lakes
- Meet local people their carts piled high with hay just as it's been for centuries



Itinerary Overview

Day 1: Arrival in Dushanbe

Day 2: Dushanbe – Penjikent (320km, c. 5h)

Day 3: Penjikent – “7 Lakes” (70km, c. 4h) – Hazorchashma Lake (Trekking, 1h)

Day 4: Hazorchashma – Tovassang Pass - Danisher (Trekking, 12km, c. 6h)

Day 5: Danisher – Duoba (Trekking 14km, c. 6h)

Day 6: Duoba – Voru – Zimtut Village (Trekking, 12km, c. 6h)

Day 7: Zimtut – Chukurak Lake – Artuch Camp (Trekking, 10km, c. 6h)

Day 8: Artuch – Kulikalon Lakes – Bibijanat (Trekking, 10km, c. 6h)

Day 9: Bibijanat – Alauddin Lake (Trekking, 9km, c. 6h)

Day 10: Alauddin Camp – Iskander Kul – Dushanbe

Day 11: Departure from Dushanbe

Map



Itinerary

Day 1: Arrival in Dushanbe

Welcome to Tajikistan! Arrival at the airport early in the morning (most people arrive on Turkish Airlines via Istanbul). Transfer to the hotel and early check-in. You can rest, take a shower, and have breakfast after your long flight.

We start the city tour with a visit to the Navruz Palace. Originally this building was supposed to become the largest tea house in the world. However, during its construction, which involved hundreds of craftsmen from all over the country, the interior became so impressive that it was decided to make it a palace instead of a tea house. Most of the rooms are only used for official government meetings with guests from abroad or for international conferences. Only one room is open to the public and usually, weddings take place there. You will have the opportunity to take a tour of this unique modern palace. After lunch, we will visit the statue of Ismail Samani. The large monument commemorates the 1100th anniversary of the Samanid state, the heyday of the Tajik nation when science and art flourished. From there we go to Rudaki Park, which is dedicated to the great Persian poet Rudaki who also lived during the Samanid period in the 9th century AD.

We will have a welcome dinner in a nice Tajik restaurant. Your guide will outline the itinerary and give you plenty of opportunities to ask questions about the adventure that awaits you.

*Hotel Atlas 4 * or similar*

Day 2: Dushanbe – Penjikent (320km, c. 5h)

This morning we are leaving the Tajik capital and driving through the Varzob Gorge – a weekend destination for locals from Dushanbe. We continue towards the Fann Mountains. These picturesque peaks form part of the high Zarafshan ridge. We plan to reach Penjikent just in time for lunch at around 2 pm. After lunch, we check-in at the hotel before exploring the city.

Penjikent means “the city of five villages” and is located in the fertile Zeravshan river valley. Penjikent dates from the 5th century and was a thriving regional hub on the Great Silk Road. We visit the city’s local market.

*Hotel Panjakent Plaza 3 * or similar*

Day 3: Penjikent – “7 Lakes” (70km, c. 4h) – Hazorchashma Lake (Trekking, 1h)

We will be back on the road again today following a route that takes us through the Shing Gorge, with its famous seven pearls of Tajikistan – seven mountain lakes each with its own distinctive color, microclimate, and flora. We are in no hurry today and can take photo stops at many beautiful spots along the way. Near the fourth lake, we stop at the village of Noffin for lunch in a family guesthouse.

After lunch, we drive further up to the sixth lake with a short walk in Podrud village along the way. From the sixth lake, we hike in less than one hour up to the 7th and last lake – Hazorchashma. The crew of donkeys, cook, and support staff will meet us at the lake. You may relax at the lake, go for a swim, or have a walk around the lake if you like.

Overnight in tent, 2400m altitude.

Day 4: Hazorchashma – Tovassang Pass - Danisher (Trekking, 12km, c. 6h)

Start the day with a nutritious breakfast. You will be trekking today around 6 hours, mostly uphill, so you will need the sustenance. We trek westwards from Hazorchashma lake towards Tovassang Pass, climbing steadily as the pass is at an altitude of 3350m. The exertion is well worth the effort, though, as we will be treated to an incredible view over the stunning Sarmat Gorge. We continue on, through the breathtaking Danisher Gorge, camping along the way.

Overnight in tent, c. 2800m altitude

Day 5: Danisher – Duoba (Trekking 14km, c. 6h)

Fortunately, what goes up must come down and it's downhill all the way today. We'll stroll down the trail that leads through dense forest to the small village of Khomori Goitan before crossing the Archamaidon and Sarmat rivers. We'll be glad of our crew and their pack mules who'll take the hard work out of carrying our gear, leaving us free to focus our attention solely on the unmissable scenery that unfolds before us. Our goal today is to reach the Duoba campsite, located at 1870 meters above sea level at the confluence of the Archamaidon and Sarmat rivers.

Day 6: Duoba – Voru – Zimtut Village (Trekking, 12km, c. 6h)

Another day's trekking begins this morning, and a very pleasant walk it is too. Our route hugs the banks of the Archamaidon River. In comparison to the rocky slopes, the meadows which surround the river are lush from the water used to irrigate them. We follow the main road past the villages of Voru and Gaza. Having broken for lunch somewhere along the way we will hike until we reach the village of Zimtut, where we are welcomed by a friendly family in their house, where we will have dinner and overnight. There will be some time to discover the charming village of Zimtut and get acquainted with the villagers.

Overnight in a simple guesthouse, c. 1900m altitude (multi-share with mattresses on the floor, pit toilets outside)

Day 7: Zimtut – Chukurak Lake – Artuch Camp (Trekking, 10km, c. 6h)

Today it is time to hike uphill again as we will cross Ghuytan pass (3000m) to reach Chukurak lake (2450m). After a short rest at the lake, we hike half an hour down to the Artuch Alpinist camp, where you will be able to sleep in twin rooms with a private bathroom and shower.

Overnight in Artuch Camp (twin/single rooms, with private bathroom and shower), 2160m altitude

Day 8: Artuch – Kulikalon Lakes – Bibijanat (Trekking, 10km, c. 6h)

Feeling refreshed after a good night's rest, we are ready for the delightful ascent to the Kulikalon Lakes. The Kulikalon area is a plateau at an altitude of around 2800m full of rivers and beautiful lakes – some smaller and some larger. Many consider these lakes to be the most beautiful ones of the entire Fann Mountains. We will arrive early enough at the lakes, so you can go for a swim or explore the area on your own. Overnight at lake Bibijanat, a particularly picturesque lake in the Kulikalon area and suitable for swimming.

Overnight in tent, c. 2800m altitude.

Day 9: Bibijanat – Alauddin Lake (Trekking, 9km, c. 6h)

We depart Bibijanat and climb towards the incredible Alauddin Pass (3860m). This is the highest point of our tour. The ascent to the Pass is quite steep, so we make sure to stop sometimes to catch a breath, drink water and eat some snacks. On the pass, you will be rewarded with a clear view of Chapdara Glacier, the peak with the same name, as well as Mount Odamsang and Mount Marriya. Looking down from the Pass you can already spot the two Alauddin Lakes. The descent is quite steep and it takes longer than it seems until we finally reach the shore of Alauddin Lake and can jump into the refreshingly cold water. We set up our tents next to the lake.

Overnight in tent, c. 2700m altitude.

Day 10: Alauddin Camp – Iskander Kul – Dushanbe

Today morning we walk down half an hour from Alauddin Lake to Alauddin Alpinist Camp, where the driver will wait for us to take us to Lake Iskander Kul. Named after Alexander the Great, this tranquil lake offers a serene location to mull over the sights and experiences we have had since arriving in Tajikistan. Triangular in shape, it is considered one of the most exquisite lakes in all of the former Soviet Union nations. We will take a short hike to a nearby waterfall, also known as the Niagara Falls of the Fann Mountains. After lunch at the shore of the lake, we drive back to Dushanbe via Anzob tunnel and Varzog gorge. Farewell dinner.

Overnight in Hotel Atlas 4 or similar*

Day 11: Departure from Dushanbe

Today it is time to say a fond farewell to Tajikistan. Transfer to Dushanbe International airport. We hope you have enjoyed your trip to Tajikistan and will return soon to see more of Central Asia.

Important notes:

- Travel insurance is required for this tour. You are free to choose any insurance company.
- All listed departures are guaranteed.
- The maximum group size is 12 people
- Trekking experience is required, and you must be sure-footed: the average duration of trekking is 5-6 hours per day on this tour.
- A €500 per person deposit is required at the time of booking, and the balance is due 15 days prior to departure. Terms and conditions: <https://kalpak-travel.com/terms-and-conditions/>
- One tour leader will accompany the group for the whole trip.
- You can opt to book the whole itinerary as a private tour. We can also arrange extra nights before or after the trip, and suggest private tour extensions in Tajikistan or neighboring countries.
- We can advise and take care of all visas for you. Citizens of most countries can visit Tajikistan visa-free. Notable exception are UK citizens, who need to get an electronic visa for 30 USD in advance.
- We are happy to suggest flights to get to Tajikistan and back home: please contact us.

Price includes

- All accommodation, including 4* hotel with early check in on day 1 in Dushanbe and camping gear
- English speaking trekking tour guide, as well as an assistant guide for groups with six or more people.
- Porters with donkeys during trekking
- Cook's services while camping
- All transportation during the trip
- Trekking equipment (tents, kitchen, etc.).
- All meals (breakfasts, lunches, dinners, and mineral water/ soft drinks)
- All permits, taxes, and entry fees.
- Individual airport transfers

Price does not include

- International airfares.
- Visa to Tajikistan (most nationalities do not need one)
- Personal kit and equipment (e.g. sleeping bag, mat).
- Alcoholic beverages.
- Travel insurance.
- Tips to porters, guides, and drivers (optional).