



Tajikistan Fann Mountain Trekking

Soaring Peaks & Epic Trails in Central Asia

Thank you for checking out our adventures and for downloading this itinerary. Please note that this itinerary may be subject to change depending on the specific departure date. Be sure to check with us before scheduling any flights.

We love talking travel!

Contact us at info@mtsobek.com

or call **800-974-0300**



Feel the difference

with **Mountain Travel Sobek**

Unrivalled Expertise

MT Sobek started it all! Since our first Everest Base Camp trek in 1969, we've been leading award-winning adventures and building authentic connections in far-flung locations around the world. We were named Best Adventure Tour Company in 2022 by USA Today's 10 Best Readers' Choice Awards.

Unique Trip Design

Our adventures are perfectly paced, with incredible attention to detail — the right mix of fun, learning, and challenge that guarantees lifelong memories. Plan nothing, enjoy everything. We take care of all of the logistics so that you can have more time to do what's most important: relax, take in the experience, and enjoy!

Small Groups

We keep our groups intentionally small — usually fewer than 10 people. This allows you a more intimate experience with the people and wildlife you encounter. With a smaller group size, we can take advantage of many unexpected invitations and opportunities that would be impossible with larger groups.





Leading the Way

World-Class Local Guides

Our knowledgeable and passionate expert guides effortlessly create an immersive local experience for you. They are trained to the highest professional standards and are at the heart of everything we do. They make it possible to meet the challenges of adventure travel, and help create lasting memories and lifelong friendships... we can confidently say our guides are the best in the business.





Why take this trip with us?

REASON 1

MT Sobek has been pioneering edgy, off-the-beaten track adventures for more than 50 years. Don't miss this rare opportunity to travel in Tajikistan with the adventure experts!

REASON 2

This trip includes 9 days of remote hiking in the Fann Mountains, where few Westerners travel.

REASON 3

Our guides are locals who grew up in the area and their intimate knowledge makes them true experts.

At A Glance

ACTIVITIES

Moderately strenuous mountain trekking on trails for 9 days, hiking 5 to 8 hours per day, up to an altitude of 13,255 feet; cultural touring in Dushanbe.



LODGING

Remote mountain camps, coupled with a comfortable hotel in Dushanbe, and rustic lodging along the way



CLIMATE

The Fanns receive less than 10 inches of rain per year. Daytime highs in summer months range from 64°F to 77°F; nighttime lows are between 37°F and 55°F.



KNOW BEFORE YOU BOOK

"What a total comfort to know that with MT Sobek, you're in the hands of professionals who have been doing it so long and so well. That was part of why we landed on them as our operators for our dream trip, and everything about the experience they gave us—from tailored expertise to unswerving professionalism—confirmed the company's emphasis on excellence." - Alex M.



Tajikistan Fann Mountain Trekking

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Truly off the beaten path, Tajikistan holds one of Central Asia's best trekking destinations, the Fann Mountains. A part of the western Pamir-Alaya massif in Sughd province, the Fanns boast about a hundred peaks, several rising over 16,000 feet. Admire them all on this trekking journey that offers a deep dive into the Tajik culture and the country's unspoilt nature. Cross passes that showcase enchanting vistas of soaring peaks, and marvel at idyllic glacial lakes. Along the way, camp under starlit skies and encounter the warmth of Tajik hosts.

14 Days

Start: Dushanbe, Tajikistan

End: Dushanbe, Tajikistan

Departing: June, July, August

Activities: Hiking & Trekking, Cultural Discovery, Adventure Camping

Lodging: Wilderness Camping, Rustic Lodging, Comfortable Hotels

Group Size: 4-16 Guests

ACTIVITY:



Check mtsobek.com for date-specific pricing.

“

“I have taken 12 trips with MT Sobek. Each has left a positive imprint on me—widening my view of the world and its peoples.”

- Jane B.

The Itinerary

DAY 01

Arrival in Dushanbe

On arrival in Dushanbe, the capital of Tajikistan, your MT Sobek trip leader will meet you at Dushanbe Airport for a transfer to your hotel for a good rest.

DAY 02

Explore Dushanbe & the Imposing Hissar Fortress

In the morning, set out to explore Tajikistan's capital. Visit the Museum of Antiquities, home of the 43-foot Buddha in Nirvana statue. Next, drive to the Bukhara Emirate Beck's palace, the Hissar Fortress, continuously inhabited since the Stone Age but demolished repeatedly due to its strategic hilltop position. Later in Dushanbe, roam the buzzy Green Bazar, and visit the main square with one of the highest flagpoles in the world.

MEALS: Breakfast | Lunch | Dinner

DAY 03

Discover Sogdian Culture in Penjikent

Travel to Penjikent, once a flourishing city of the pre-Islamic Sogdian culture that thrived between the 5th and 8th centuries. Ponder its past as a superbly fortified city and a trading center while roaming the ruins of Old Penjikent, learn about 'the father of Persian poetry' at the Rudaki Museum, and feel the pulse of everyday life at the bazaar. In the afternoon, head out to the Seven Lakes, a cascading string of lakes that is your gateway to the Fann Mountains.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 180-mile full-day private transfer (with cultural touring)

DAY 04

Hike Among the Seven Lakes

Set out this morning on an easy acclimatization hike from Nofin (6,000'). The trail to Lake Hazorchashma (7,874') meanders along a village road with astonishing views of the Seven Lakes (Haft Kul). Along the way you may encounter local farmers watching their herds or stop to soak in the outstanding scenery as each lake cascades from the next. Pause for a picnic lunch at Lake Marguzor, the largest of the chain, before completing the route at the seventh, Lake Hazorchashma.

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 5 hours/7 miles trekking with an elevation gain of 1,874'



DAY 05

Explore the Fann Mountains On Foot

Today, start your adventure in the Fann Mountains. A short transfer brings you to the trailhead by the azure Marguzor Lake, the highest of 'The Seven Beauties of Shing' - a string of crystal-clear lakes and a top hiking destination in the region. Take in the idyllic mountain scenery as you cross the Tavasang Pass (11,319') and descend to the foothills of Munora Pass that you will take on tomorrow. Relax in the evening at a camp near the flowing Tavasang River at an altitude of 9,087 feet.

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 6-7 hours/8 miles trekking with an elevation gain of 2,969' and an elevation loss of 1,755'

DAY 06

Follow Scenic Trails to Munora Pass

Rise and shine for another day of marvelous views and crisp air trekking over the scenic Munora Pass. At 11,483 feet, it sets the perfect stage for soaking up the region's dramatic mountain landscapes dotted with sky-high peaks like Krasnaya Moskva or Dugdun. Enjoy a picnic lunch along the way, then make your descent to the Nagnut River where you will camp overnight.

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 7-8 hours/8.4 miles trekking with an elevation gain of 2,395' and an elevation loss of 2,460'



Trek to Remote Lake Pushtikul

Today trek to the remote Lake Pushtikul, located in the beautiful Pushtikul Valley. Enjoy lunch near the lake then continue to Archamaidan River, where your camp awaits.

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 4-5 hours/8.4 miles trekking with an elevation loss of 2,066'



Descend from Archamaidan River & Homestay in Zimtut

Enjoy a day of downhill trekking with a picnic lunch along the way. From Archamaidan River, descend down to the mountain road that sits at its junction with Sarymat River. Here, you will meet up with drivers for a short transfer to the remote village of Zimtut (5,095 feet). This modest settlement in a rugged, barren landscape is the place to take in the famed Tajik hospitality, and enjoy a relaxed evening in a local homestay, sipping tea.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 10-mile private van transfer

ACTIVITY: 2-3 hours/4.2 miles trekking with an elevation loss of 2,264'



Cross the Igrok Pass to the Emerald Chukurak Lake

After breakfast at Zimtut, transfer a few miles to Guitan village. From Guitan, begin our ascent to Igrok Pass, where a magnificent amphitheater of mountains opens up. Take some time to marvel at the dazzling views, then descend on a steep trail, passing through shepherd settlements and juniper forests to Chukurak, the largest of the three lakes in the Chukurak gorge. Take in its emerald green waters that sparkle in the midst of an open valley. Set up camp and stay overnight.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 2.5-mile private van transfer

ACTIVITY: 5-6 hours/6 miles trekking with an elevation gain of 2,460' and elevation loss of 650'



Discover Kulikalon Lakes

Today, expect steep, zigzag trekking over the Chukurak Pass (10,335') that rewards with spellbinding panoramas of the Kulikalon Bowl. The Kulikalon Lakes that dot this vast depression offer some of the most gorgeous mountain scenery around. The glacial lakes, set amid rugged slopes covered in juniper, are the place to keep an eye out for birds like the Himalayan snowcocks or falcons, as the area has been proclaimed an Important Bird Area. Camp near Bibijanat, an elongated lake surrounded with a forest.

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 5 hours/5.5 miles trekking with an elevation gain of 2,671' and elevation loss of 1,312'



Trek to Alauddin Pass with Views of Chapdara Mountain

After a hearty breakfast, continue on to explore the Kulikalon Lakes. Hike to Dushokha Lake, the highest in the depression. With a backdrop of the imposing Mirali Wall, it is the perfect vantage point for glacier-gazing. Power up for the Alauddin Pass (12,238'), a strenuous trek with direct views of the 17,000-foot Chapdara peak and the gorge of the Chapdara River. Down in the valley, find Alauddin Lakes, a group of emerald pools surrounded by soaring peaks. Set up camp, your base for two nights, and watch the colors change as the sun descends.

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 7-8 hours/4.8 miles trekking with an elevation gain of 3,107' and elevation loss of 3,445'



Hike to Lake Mutnow, Marvel at Chimtarga Peak & Return to Alauddin

Today embark on a radial trek to Lake Mutnoe. This lake is fed by tributary waters running through the forest where they absorb tannins from the dense vegetation, resulting in the unusual tea-colored waters unique among the Fann Lakes. Enjoy lunch at the lake before making your return to camp at Alauddin Lake.

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 7-8 hours/10 miles trekking with an elevation gain and loss of 2,788'



Return to Dushanbe & Enjoy a Farewell Dinner

After breakfast, descend to Vertical Alpinist Camp, where your driver will be waiting. Transfer to Dushanbe and enjoy some time to yourself in the afternoon, to relax and pack, or take in some more of the capital city buzz. In the evening, meet up with your group for a farewell dinner.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 3-hour private van transfer



Depart from Dushanbe

Transfer to the airport and fly home.



Where You'll Stay

These accommodations may be subject to change depending on your date of travel.

Hyatt Regency Dushanbe

Experience 5-star luxury at the Hyatt Dushanbe, located just a 5-minute walk from the Museum of Antiquities. The hotel features spacious rooms with plush beds, flat-screen TVs, and marble bathrooms, as well as an in-house restaurant, bar, fitness center, and spa. Enjoy complimentary Wi-Fi and 24-hour concierge service!

Guesthouse Jumaboy

Guest house Jumaboy is a private home, equipped with 12 bedrooms (with 2 or 3 beds each) and a lounge. The house has 3 shared bathroom and shower facilities inside. In addition, there are simple outdoor toilets and limited washing or showering facilities. The Guest house Jumaboy is dormitory style, and rooming may be shared depending on group size. If there are enough rooms available, the group can spread out.

MT Sobek Camp—Tajikistan Fann Mountains

While camping, one or two people will share a roomy three-person tent. A bowl of hot water will be provided in the morning and in the evening. Bring a sponge or washcloth along and you can have a full sponge bath in your tent! Meals will be prepared in the kitchen tent and served in a separate dining tent with folding chairs and table and all the necessary dishes and cutlery. Lunches are picnics on the trail. There will be one or two toilet tents depending on group size.



Where You'll Stay

These accommodations may be subject to change depending on your date of travel.

Homestay Zimtut

Get a feel for village life with a night at Homestay Zimtut. This family house has seven rooms, each with two or three beds each, plus a living room and terrace. Freshen up in one of the two showers and sleep comfortably in this simple and rustic home.

Departure Dates

This trip is available to run in: June, July, August

Book early for a greater choice of available dates.
Once you book, your price is GUARANTEED!

June 28-July 11, 2024

July 12-25, 2024

July 26-August 8, 2024

August 23-September 5, 2024

June 27-July 10, 2025

July 11-24, 2025

July 25-August 7, 2025

August 8-21, 2025

What's Included

PRICE INCLUDES

- Expertise and services of our experienced adventure guides
- All accommodations as noted in the itinerary
- All breakfasts, almost all lunches and dinners as noted in the itinerary
- Snacks and water between meals
- Additional regional guides and experts on many trips
- Comprehensive Trip Planner with detailed pre-trip information
- Private guided tours at historic sites, museums, wineries and other select attractions as noted in the itinerary
- Special events and other select attractions as mentioned in the itinerary
- All gratuities at hotels and restaurants
- Equipment and experienced guides for activities as described in the itinerary
- Park and other entry fees (unless otherwise noted)
- Fares for trains, ferries and other modes of travel as listed in the itinerary
- Select transfers as mentioned in the itinerary
- Baggage transfers and portage

PRICE DOES NOT INCLUDE

- International airfare, airport taxes, and excess baggage fees
- Alcoholic beverages (MT Sobek provides wine at select events)
- Gratuities for MT Sobek guides and guide-drivers
- Travel Protection Program
- Personal expenses



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