

A hiker with a large backpack is seen from behind, looking out over a vast mountain valley in Tajikistan. The landscape is rugged and rocky, with a small blue lake in the distance. A yellow outline of Tajikistan is overlaid on the image, and the text 'WELCOME TO Tajikistan' is written in yellow.

WELCOME TO

Tajikistan



Tajikistan

The history of Fan Mountain Travel, LLC

Our idea of opening the company dates back to 2007 when I first visited Egypt for studying and later USA for learning English language. I returned to my home country – Tajikistan after a period of studying and travelling abroad and decided to create a travel company. First I worked for a Community –based tourism company and later I finally funded a travel company with a difference. To be born and raised up in the city which is located in the heart of the famous Fan Mountains we proudly named the company after those mountains – Fan mountain travel.

After the considerable success of the new venture, over the years we expanded our foot print, to cover all the major tourist destinations in the mountainous and sunny Tajikistan by widely organizing Trekking and hiking tours, city tours, climbing and summits, fishing and boating, cultural tours and etc.

Since our inception, we have practiced a simple philosophy; to provide high quality adventure tours and holidays for small groups of like-minded travellers with a strong alignment to responsible tourism practice and a commitment to supporting local communities at every level of the operation.

OUR AIM:

- Curiosity about the world drives our desire to create new and unique experiences to get you off the well-trodden tourist trails. Enhancing your journey with authentic experiences, genuine cultural exchange and real exploration are the focal points on all of our adventures.
- Responsible travel practice is at the heart of every program we offer as a fundamental and long held philosophy. When you book one of our adventures you're supporting true sustainability in the protection of local communities, natural environments and wildlife.
- When you book one of our adventures, you will receive quality services at the best prices with plenty of inclusions. There are no hidden costs, single travellers don't pay more and you'll enjoy many 'extra touches' that ensure your holiday is excellent value for money.



Umedjon Ashurov — Founder/CEO



*Along the
Silk road*

Day 1. Hujand city

Meeting with driver/guide at the border. Transfer to Hujand city, the centre of northern region. Unique opportunity to learn Tajik culture and traditions! Hotel check in. Later visits to museum which is located next to the famous fortress of the city. One of the biggest indoor markets in Central Asia! In addition to market we visit Shaikh Maslehatoddin complex of 14th century. Dinner and overnight in hotel.

Day 2. Istaravshan and Penjikent cities

After breakfast we proceed in the direction of one of the oldest cities of Central Asia in Istaravshan based more ancient Persian king Cyrus (formerly known as the city Kiroopol). Istaravshan is famous for its artisans, tourist attractions, tradition and history! Visit of Mugteppa and Kok Gumbaz followed after lunch. After lunch continue to Penjikent city (150 km, 3 hrs)

Day 3. Penjikent sights

After breakfast driving for Penjikent sights. The ancient settlement, as well as a modern city, is called Penjikent, which in Tajik means "five villages" that when it is possible, and gave life to the glorious city, which according to scientists no less than 5500 years. Later on to Sarazm ancient settlement and museum of antiques of Penjikent. Lunch on the shore of the Zerafshan river. We visit the local craftsmen in their workshops and also local Bazaars. Dinner and overnight in the Tajik guesthouse.

Day 4. Seven lakes area

After breakfast we drive towards Seven lakes, a territory in the Fan mountains with seven colorful lakes. First we visit Shing village, the beginning of the Seven lakes. House of Mr. Sarvar is popular with his 6 daughters who will show us how to work with wool and wool products! We get introduced with Tajik rural life style and customs. Dinner and overnight in the homestay.



Day 5. Seven lakes area

After breakfast we drive further to the lakes, and stay in another homestay located on the bank of the 4th lake! On the way we enjoy the 4 different lakes. Our next homestay Jumaboys' is famous with its Tapchan(wooden bench) and wall-hangings! His wife who makes their local Boftani shows his products! Dinner and overnight in the homestay!

Day 6. Kuli kalon lakes

After breakfast driving to amazing Kuli kalon lakes along Ujram river. (H2850,120km, 3hrs). Explore another tajik homestay! Some short hiking to the lakes. Dinner and overnight in the homestay.

Day 7. Alouddin lakes

After breakfast drive to one of the beautiful lakes in the Fan mountains – Alouddin lakes (2780 m, 8-10 km, 3 hrs). Only braves can swim in that lakes! Short trek around the lakes and lake of Guitar! Dinner and overnight in the Marguzor homestay!

Day 8. Iskanderkul lake

Driving to Iskandarkul lake. Picnic at the shore lake. Lake of Alexander, the biggest lake of the fan mountains. According to one legend, Alexander created the lake by damming the river in order to annihilate a village which has opposed him. In the surroundings of Iskanderkul lake, we will walk to 5 springs, to Zmeinoe lake and to 38 m high waterfall which is known as „Fan Niagara“. Later today trekking around the Hat of Alexander(2710 m, 10-12 km, 6-7hrs) then to Saratog village for overnight at traditional homestay.

Day 9. Isnakderkul – Yagnob valley – Margeb

After breakfast drive to Yagnob valley, Margeb village. A very old village which kept custom and traditions of Sogdians! Mountaineering Wall can be seen and short trek to that wall and its surroundings! Overnight in traditional homestay.

Day 10. Capital city, Dushanbe

After breakfast driving to Dushanbe, check in at the hotel. Evening excursion, dinner and walking in the Independence Square, where you can see the flagpole, which entered to the Records of Guinness Book as the tallest flagpole in the world (H165m), a monument of the founder of first tajik state - Ismail Somoni and a building of the biggest library in Central Asia, 9 floor, with over 11 million books.

Day 11. Dushanbe, Hissar fortress

After breakfast driving to visit Hissar fortress — one of the lord's palaces of the Bukhara Emirate (110km, 3hrs). This fortress is surrounded by monuments and mausoleums XVII-XVIII centuries. Return to Dushanbe, dinner and overnight in the hotel.

Day 12. Dushanbe

Early transfer to Dushanbe airport. We hope a piece your heart will be left after this unforgettable trip to Tajikistan with its mountains and lakes!

End of the tour!



Pamir Highway



Day 1. Drive to the Tajikistan border and on to Artuch base camp

After breakfast we commence our drive to the Oybek border point where we will complete border formalities and cross on foot into Tajikistan. Along the way to Artuch base camp we will travel over the Shakhristan pass (3378 m) and into the amazing Zeravshan Valley. Overnight Cottage.

Day 2. Commence trek to Kulikalon Lakes

A well trodden trail takes us up the Urjam River valley through mixed juniper and deciduous groves covering two giant scree dams steeply rising up the right hand side of the tight gorge. The dams serve as a natural filter for water running into the stream. After a picnic lunch we continue through the juniper forest and head to the eastern shore of Bibidjanat Lake for our first night camping. Sit back, relax and enjoy the sunset over Mirali Peak. Overnight Camping.

Day 3. Cross Aleuddin Pass to Aleuddin Lake

After a hearty breakfast we pack up camp and head steeply uphill out of the juniper forest and alpine meadows to the Adauddin Pass (3860 m). Here we will be able to see the entire Kulikalon Lakes system. The snowcapped peaks of Chapdara (5050 m), Bodhona (5138 m) and Zamok (5070 m) can also be seen. After a picnic lunch we descend steeply on a rocky path to our campsite on a glade of Alauddin Lake. This afternoon you can opt for an easy walk around the lakes or relax at our campsite. Overnight Camping.

Day 4. Ascend to Mutnoye Lake

We begin today with some steep ups and downs and make our way up to Matnoye Lake. We will see trailing glaciers, abrupt rock walls and rare birch trees. Nicknamed "Piala" for its round form is the smallest lake of the system which we see today. Overnight Camping.



Day 5. Ascend Laudan Pass to Kulikalon Lakes

The track climbs up the pass to a saddle from which the huge hollow of Kulikalon Lakes and the western part of the wall are almost completely visible. We will then descend on a wide track to our camp at Kulikalon Lake. Today, weather permitting is fantastic for photography as we will have unforgettable panorama views of all surrounding mountains. Overnight Camping.

Day 6. Cross Gujtan Pass to Zimut

The ascent of Gujtan Pass is relatively easy following a track amongst a grove of fir-trees. After approx. 2 hours we descend from the pass to the gorge of the Gujtan River and onto the picturesque village of Guytan. We follow the wide valley of the Achimajdan River to Kishlak Zimut where we will overnight in a cottage.

Day 7. Transfer Zimut to Penjikent city

Today the tour will return to civilization, to the rural city of Penjikent (65km, 2 h). Located in the Zerafshan Valley, Penjikent is located on a piece of prime flat ground, a scarce commodity in the middle of high mountains. With a history extending back to the times of the ancient Silk Road, and celebrated for its ties with treasured poet Rudaki, the city boasts an archaeological site, an intriguing regional museum and a colourful, energetic bazaar. The nearby border was long closed and so this region has seen very few visitors for many years. You will be sure to be warmly welcomed. Overnight: Sughd Hotel or similar.

Day 8. Jarteppa border

After breakfast we transfer to the Uzbek - Tajik border at Jarteppa (30 min, 20 km) and then on to Samarkand (1h, 40 km). Following lunch, we head out for our first exploration of this ancient and important Silk Road city. Overnight: Hotel Dilshoda or similar.



Tajikistan may be the smallest country in Central Asia, but it is home to the region's highest mountain peak, Ismoil Somoni (7495 meters) and the largest glacier outside the polar regions — Fedchenko Glacier. Population is 8,9 million.

Over 50 % of Tajik territory lies at 3000 meters or more above sea level. Cities like Dushanbe, Khujand, and Penjikent reveal to the travelers the rich Persian heritage of the country. Locals once called the Pamir mountain range the 'Roof of the World,' and later during the period of intrigue called the Great Game — Western explorers, and British spies adopted this term. The Pamir highway, or simply M41, is the second-highest highway in the world and reaches up to 4,655 meters. The views and scenery throughout the entire journey are simply unbelievable. Driving on this road one can experience the long journeys of the Silk Road merchants, imagine the spies of the Great Game and spend nights in simple homestays in villages that were built during Soviet times.

The fresh mountain air and the beauty of wildlife draws tourists from all over the world. Due to the remoteness of many of the human settlements in Tajikistan, unique pistachio groves, the purity of the rivers and lakes has been preserved. More than thirteen species of fish live in the rivers and lakes of Tajikistan. Some of the fish species are used for commercial fishing however most of them are included in the Red Book of Tajikistan. The Red Book of Tajikistan is a state document established for documenting rare and endangered species of animals and plants that exist within the country.

Tajikistan — the country in the south-eastern part of Central Asia. Tajikistan is bordered on the west and north by Uzbekistan and Kyrgyzstan, on the south by Afghanistan, and on the east by China. Total area of the territory of the Republic is 142.600 km².

The independence of Tajikistan was proclaimed on 9th of September 1991. The capital of the Republic is the city of

Dushanbe. Tajikistan is a secular state with a Constitution providing for freedom of religion. That's why country doesn't have restriction of clothing.

According to statistics the population of Tajikistan is 98% Muslim. Approximately 87% – 95% of them are Sunni. The climate has hot summers and mild winters.

Tajikistan is a typical mountainous country with absolute heights from 300 to 7495 m. 93% of its territory is occupied by mountains belonging to the highest mountain systems of Central Asia — Tien-Shan and Pamir. Almost half of the territory of Tajikistan is situated at an altitude of over 3000 m. The majority of the population and economic activities of Tajikistan are concentrated on 7% of its territory, in the valleys.

By the 1st of January 2018, the population of Tajikistan estimated to be 9.3 million people, of which 26.4% live in cities and 73,6% in rural areas. The average annual population growth is about 2.5% per year.

Almost all climatic zones in Tajikistan, range from +50°C to –60 °C. The climate of the country is arid with an abundance of heat and significant intra-annual fluctuations of its temperature. The absolute maximum of air temperature is –63 °C, which is collected from data results of Eastern Pamir. The absolute minimum is +47 °C, which is collected from data results from the south of the country. Duration of sunshine ranges from 2100 to 3170 hours per year.

Plov (Tajik: palav, Uzbek: palov), also called throughout central Asia as osh, is the national dish in Tajikistan, as in other countries in the region. Green tea is the national drink. Traditional Tajik meals start with a spread of dried fruit, nuts, halva, and other sweets arrayed on the table in small dishes, and then progress to soup and meat, before finishing with plov. As with most countries in the region, meals are served on a dastarkhan, a low table where food is served at the feet of diners.

The official language of Tajikistan is Tajik, although Russian is routinely used in business and communication.

Tajik traditional clothes differ from region to region in terms of color, embroidered patterns, style. But there are some common features in every national costume.

The most common traditional garment for women is a straight dress, widening at the bottom, worn over trousers. The traditional dress of the Tajik women is long shapeless attire prepared with brilliant and showy color patterns along with the matching pants. The dress is usually accompanied with embroidered traditional shoes. Some women also use Scarf or Hijab in order to cover their head or neck.

Normally women wear only one dress at a time, however, on festive occasions they can wear as many as seven, with sleeves of graduated lengths to permit the embroidered ends of all to show.



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