

Duration: 12 days

Category: Trek and Jeep tour (Kyrgyzstan & Tajikistan)

Best season: June– August

Group size: any

Requirements: trekking boots, weatherproof warm clothes, fur-cap, and protective things for sun.

Included service: including services in the program (driving, guide, porter for bags in trek, food and accommodation, entrance tickets for requisite)

Excluded service: out of program (air ticket, other options, personal expenses)

Route:

Days	MAIN ROUTES: Osh-Kyrgyz-Ata-Kyzyl-Shoro-Kojo-Keen-Jiptik pass-Sary Mogol-Tulpar Kol -Tajikistan (KaraKol-Murgab-Jashil Kol-Bulun Kol-Khorog-Osh)	Accommodation
Day 1	Osh-Kyrgyz Ata-Kyzyl-Shoro village Total time: 8-9hours Walking distance: 5-7 km Driving distance: 100km Max Elevation: 3000m Min Elevation: 1000m Overnight at 2390m Start from Osh, driving 2 hours to Kyrgyz Ata (national reserve) walking along the river among juniper forest. 2-3 hours walking up to small hills and good views, afternoon transfer to Kyzyl-Shoro village.	Lunch in Osh Dinner, B&B in homestay
Day 2	Kyzyl Shoro village to Kojo Kelen village Time: 5-7 hours Distance: 14-16 km Max Elevation: 3220 m Min Elevation: 2230m Overnight at 2230m Trekking through Sary Bel pass (3100m) following the path you cross dense forest of spruce, juniper and unusual forms of mountains our next overnight will be in the guesthouse in Kojo Kelen.	Lunch on the way Dinner, B&B in the homestay
Day 3	Start horse riding to the campsite before the Jiptik pass Time: 3-4 hours Distance: 13 km Max Elevation: 3120 m Min Elevation: 2230m Overnight at 3120m Riding along the Akbuura river on direction of Jiptik pasture. Arrival in camping point. We settle the tents and stay.	Lunch on the route Dinner and B&B in tents
Day 4	Jiptik campsite-cross the Jiptik pass and reach Sary Mogol Total time: 6-7hours Riding distance: 14-16 km Driving distance: 12km Max Elevation: 4,185 m Min Elevation: 2980m Overnight at 2980m After breakfast continuing the riding up to the top of the pass "Jiptik" and cross it till noon (4185 asl). From the top you will see a	Lunch on the pass Dinner and B&B in guesthouse

	<p>stunning view of the Pamir valley and top of Lenin Peak (7134). If the weather is good, Every traveler who is on the top feels like he has reached the sky. The path descends steeply to the Darbaza Tash. go on to Sary Mogol (if we get tired further we leave by car to Sary Mogol)</p>	
Day 5	<p style="text-align: center;">Transfer to Tulpar Kol</p> <p>Total time: 6-7hours Walking distance: 10+10 km Driving distance: 25km Max Elevation: 4,140 m Min Elevation: 2980m Overnight at 3500m</p> <p>After breakfast, at 9 o'clock in the morning, going by car to Tulpar-Kol, then walk along the base camp of Lenin Peak, further walking to the travelers' pass (4150 m) as far as possible, lunch on top, enjoy the panorama of the passage, then return along the same path to the yurts.</p>	Lunch on the way Dinner, B&B in the yurt camp (CBT)
Day 6	<p style="text-align: center;">Tulpar kol yurt camp to Murgab (Tajikistan) (285km\ 8h)</p> <p>Today we drive to Tajikistan area with M41 high way. From Tuyuk yurt camp to Murgab takes whole day due to bad condition of the road. The road goes through the high mountains passes (Kyzyl-Art 4280m and Ak-Baital 4650m) most picturesque valley and amazing terrain, where one can stop for rest and shoot photos of the mountains. On the way in the small Kara Kol village you will stop for lunch and see the Kara Kol lake (Karakul is a 25-km diameter lake</p> <p>It is located in the Tajik National Park in the Pamir Mountains. Height above sea level: 3,900 m Area: 380 km² Width: 25 km Maximum. depth: 230 m</p>	Lunch in guest house Kara Kol Dinner and B&B in homestay
Day7	<p style="text-align: center;">Murgab-Bulun Kol through Alichor (155km 5h)</p> <p>Lakes Yashilkul and Bulunkul are located in the Alikhur valley about 20 km north of the Pamir Highway (M41)</p> <p>Lakes Bulunkul and Yashilkul - interesting tourist attractions. The area offers many "lunar landscapes", scenic views and spectacular sunsets, as well as opportunities for walking and hiking and bird and yak monitoring. Travelers can stay overnight at a guest house in the small village of Bulunkul, located near the shore of the lake</p>	Lunch on the way Dinner and B&B in homestay
Day8	<p style="text-align: center;">Bulun-Kol to Yamg (170 km, 6 hours)</p> <p>This day is destined to be the most spectacular of all. Here we will take the highway M41 Pamir and join the road section that follows the Afghan border along the Vahan Valley.</p> <p>In the distance, the infamous Hindu kush, the "killer of Hindus," formed an impenetrable mountain barrier on this strange stretch of land in Afghanistan.</p>	Lunch on the route Dinner and B&B in homestay
Day 9	<p style="text-align: center;">Yam through Ishkashim to Khorog (220km 5h)</p> <p>Our morning trips begin on a visit to one of the most interesting tourist sites of the Vakhhan Valley.</p> <p>On the upland of the Yamchun village there is the most powerful castle it is protected from 3 sides by natural deep canyons, The castle had three rings of double walls up to 950 m long and up to 400 m wide with 40 towers. Scientists believe that the castle was built over 2000 years ago. The castle offers a magnificent view of</p>	Lunch on the route Dinner and B&B in hotel

	<p>almost half of the Vakhn Valley and the Hindu Kush Mountains. Next visit to another attraction from here is the famous hot spring Bibi-Fatima. The water temperature in the spring all year round exceeds 40 degrees Celsius</p> <p>After finished the excursions drive strait to Khorog</p> <p>Khorog is a mountain town and administrative center of the Gorno-Badakhshan region Khorog is an excellent place to explore on the Pamir Highway.</p>	
Day10	<p>Khorog-Murgab (317km 6-7h)</p> <p>Return through M41 highway road it is satisfactorily asphalted. on the road you can ride a bicycle for a kilometers, when you tired the car pick up again if you cannot reach to Murgab it will be one night in Bulun Kol</p>	<p>Lunch on the route Dinner and B&B in homestay Murgab</p>
Day11	<p>Murgab-Kara Kol (130km 4h)</p> <p>Bicycle riding to KaraKul village in Tajikistan</p> <p>Enjoy the Kara Kol lake</p> <p>Karakul is a 25-km diameter lake</p> <p>It is located in the Tajik National Park in the Pamir Mountains.</p> <p>Height above sea level: 3,900 m</p> <p>Area: 380 km²</p> <p>Width: 25 km</p> <p>Maximum. depth: 230 m</p>	<p>Lunch on the route Dinner and B&B in guest house Kara Kol</p>
Day12	<p>Kara Kol-SaryTash-Osh (281km; 7h)</p> <p>Riding on bicycle to Sary Tash (cross-road village in Kyrgyzstan) it is around 100km from Karakul. The road is unpaved part of M41 Pamir highway and There is second high pass “Kyzyl Art 4280m” of Tajikistan, on the both side of Pass located customers of two countries. After came to Sary-Tash forward transfer to Osh the road is asphalted 190km 3h</p>	<p>Lunch on the route Dinner and B&B in Osh (CBT guesthouse)</p>