

Duration: 19 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: Dushanbe-Kalaikhum-Khorog-Ishkashim-Langar-Alichor-Murgab-Sary-Mogol-Tulpar Kol-Osh-Ozgon-Arslanbab-Sary Chelek-Toktogul-Kyzyl-Oi-Son Kol-Bokonbayevo-Seven Bulls rock-Karakol-Cholpon Ata-Bishkek	Accommodation
Day 1	Meet at the airport Dushanbe Pick up you at the airport lead to the hotel, after gain the room, lunch at one cafe in Dushanbe, start a city tour	foods in cafe overnight in hotel
Day 2	Dushanbe – Norak – Kalai Khum (370 km, 7-8 hours) Today we will drive to Kalai Khum village. You can see Nurek water reservoir that is called Tajik Sea. The highest point of the day is Shurabad pass (2 267 m) and after passed Oxus River and Afgan border is visible as we drove down closer to river. This part is more interesting with the beginning of Pamir Mountains. We continue along natural border – Pyanj River.	Lunch on the way Dinner, B&B in the homestay
Day 3	Kalai Khum - Khorog (240 km, 7 hours) In the morning we will set off to the Khorog. This is the smallest city on the world map. It is surrounded by rocky mountains from all four sides. The city was built at the confluence of three rivers, where the Shokhdar River and the Gund River flow into the Pyanj River. The Pamir Mountains are the highest mountains in the world with a human population after the Himalayas in Tibet.	Lunch on the route Dinner in café Accommodation in a guesthouse
Day 4	Khorog through Ishkoshim to Yang (220 km, 5 hours) Today we will travel along the Tajik-Afghan border to the Yang village in Tajik area. For hundreds of years people have called these highest mountains "the roof of the world". The Pamir site is located at elevations of 3,500 to 4,200 meters above sea level. People of the Pamir differ from each other with their traditions, languages and dialects as rare people in the world.	Lunch on the pass Dinner and B&B in guesthouse
Day 5	Yang-Bulunkul ((170 km, 6 hours) After breakfast we start the visiting on Bibi-Fatima hot springs and Yamchun fortress (2nd century BCE) our final destination is Yashil-Kul and Bulunkul (Blue Lakes) - The most beautiful lakes of the Pamir - stretching at an altitude of 3,700 meters above sea level are located in the Murgab area. The color of water in Bulunkul is a subtle interrelation of purple and dark blue in the sun. Fish species are abundant in the lake. There is an opportunity to see yaks as a unique kind of pets.	Lunch on the way Dinner and night in homestay
Day 6	Bulunkul- Murgab- through Alichor (155km 5h) As we leaving Bulunkul, We will drive along the Pamir River, which comes from Zor Kul Lake, north leaving behind Afghanistan. Near the Pamir Highway, we will see Tuz Kul Lake.	Lunch on the route Dinner and night in homestay

	<p>Finally we will come to Murgab; this is the center of the Murgab district of the Gorno-Badakhshan Autonomous oblast. Murgab is the only significant area with Kyrgyz people in Tajikistan Height of the land: 3,618 m Population: 4000 people (2000)</p>	
Day7	<p>Murgab-Sary Mogol (Kyrgyzstan) 290km 7h After breakfast, we depart from Murgab and go along M41 Pamir Highway on the road we cross two high passes Ak-Baital (4655m) and Kyzyl-Art (4280m). On the way in the small Kara Kol village we will stop for lunch and see the Kara Kol lake (Karakul is a 25-km diameter lake 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 As arrival in Alai valley, the wonders of the snow Peaks are revealed where Lenin Peak (7134m), Peak Estonia (6202m) first arrive in Sary Tash further for 30km turn on the western side where Sary Mogol. Upon arrival we are accommodated in the Guest House</p>	Lunch in Kara Kol Dinner and B&B in guesthouse
Day8	<p>Sary Mogol-Tulpar Kol (25km1h driving, 5-6h walking) 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>At 9 am we drive to Tulpar kol lake, leave heavy things in yurts, then walk through the base camp of climbers, onward we attempt climbing over the panoramic peak (travelers' pass 4150m) after lunch return to the yurt along the same path</p>	Lunch on the way Dinner and B&B in yurt
Day 9	<p>Total time: 3-4hours Walking distance: 6 km Max Elevation: 3500m Min Elevation: 3400m Overnight at 3400 m</p> <p>Tulpar Kol lake-Tuyuk canyon After breakfast, hike (can be horse riding) over Seki jailoo through Tuiuk Canyon to view Peak Estonia (6,202m), Sovietskaya Latvia Peak (5,554m), after lunch. Transfer to Osh (220km 4h)</p>	Lunch in yurt Dinner and B&B in hotel
Day10	<p>Osh through Ozgon-Arslanbab (174km 4-5h) First visit starts from Ozgon historical town after set off from Osh. The particular location of Ozgon (Uzgen) is the Uzgen minaret, the height is about 27.5 m, was built at the beginning of the 12th century, when the city was the capital of the Karakhanid (Turkic dynasty that reigned in 840-1212) state and resembled the famous Buran tower. Preferably short visit on interesting bazaar with Uzbek domination. then follow the road Jalal-Abad and Bazar Korgon to Arslanbab</p>	Lunch on the route Dinner and B&B in guesthouse
Day11	<p>Walk to waterfall in Arslanbab Walk to the small waterfall its height is 23 meters Opposite the waterfall is a small cave, known as the Cave of the Forty Angels. if we have time, we continue to a larger waterfall</p>	

Day12	<p style="text-align: center;">Arslanbab-Sary Chelek 225 6h 30min</p> <p>Today we will drive till small village Arkit (entrance village to the lake) It is the headquarters of the Sary-Chelek biosphere reserve. stay in guesthouse</p>	Lunch on the route Dinner and B&B in guesthouse
Day13	<p style="text-align: center;">Sary Chelek-Toktogul (237km 6h) After breakfast, drive to itself of the lake</p> <p>The lake and the surrounding biosphere reserve of Sary-Chelek is one of the most beautiful sights of Kyrgyzstan. The habitat for 1,000 different plants and rare mammals, such as the bear and lynx, Sary-Chelek - is an excellent place for hiking Sary-Chelek natural reserve is located in Jalal-Abad region in the west of Kyrgyzstan. The reserve was established in 1959, and in 1978 was recognized by UNESCO as the World Biosphere Reserve. The reserve is located at an altitude of 1200 to 4250 meters above sea level</p>	Lunch on the route Dinner and B&B in guesthouse
Day14	<p style="text-align: center;">Toktogul-Kyzyl-Oi (191km 5h)</p> <p>Kyzyl-Oi (means the red lowland) is a small village. The height is 1800 meters above sea level; here surrounded by high red mountains, which gave the place its name.</p>	Lunch on the route Dinner and B&B in guesthouse
Day 15	<p style="text-align: center;">Kyzyl Oi-Son-Kol (185km 5-6h)</p> <p>Son-Kul is the second largest lake in the country: its area is 278 km square. It is located in the basin between two ridges at an altitude of 3016 m. In summer time around the lake are located hundreds of yurts one can say town of yurts. Here we spend the night in one of yurt camps</p>	Lunch on the route Dinner and B&B in yurt
Day16	<p style="text-align: center;">Son-Kol-Bokonbayevo (218km 4h 30min)</p> <p>Bokonbayevo is the center of the Tong district in Issyk-Kul Region of Kyrgyzstan. It was established as Kol'tsovka village in 1912. With a population of 10,648 it is the largest village, located at an altitude of 1809m on the south shore of Issyk Ku lake It is now a base for tourism into the mountains to the south. There are demonstrations of falconry with eagles.</p>	Lunch on the route Dinner and B&B in guesthouse
Day17	<p style="text-align: center;">Bokonbayevo through Seven bulls rock- Karakol city (164km 3h 45min)</p> <p>On the way we turn to the beautiful landscape of Djety-Oguz or the Seven Bulls, and when we enter the Djety-Oguz gorge, the travelers pass another gorge similar to a broken heart which has already become a symbol of the Issyk-Kul region and popular way for photographs, we keep on further to Kara kol city</p>	Lunch on the route Dinner and B&B in guesthouse
Day18	<p style="text-align: center;">Excursion in Karakol city after lunch start to Cholpon-Ata (141km 3h)</p> <p>Excursion in Karakol city, after lunch move off to Cholpon-Ata Karakol, formerly Przhevalsk, is the fourth largest city in Kyrgyzstan, near the eastern end of the Issyk-Kul Lake in Kyrgyzstan, Height: 1,745 m Population: 66,294 (2009) Area: 48.05 km² Cholpon-Ata is a resort town on the northern shore of Issyk-Kul lake with a population of 10 525 people. This is the administrative</p>	Lunch on the route Dinner and B&B in hotel

	center of the Issyk-Kul district and is located at an altitude of 1,633 m.	
Day19	<p style="text-align: center;">Cholpon Ata-Bishkek (262km 4h)</p> <p>Today is end of our long trip from Tajikistan to Kyrgyzstan We are going to Bishkek near lunch arrive in the capital of Kyrgyzstan, lunch in a cafe, transfer to the hotel. We say goodbye to you until the next trip</p> <p>Bishkek, the capital of Kyrgyzstan, borders on the ranks of the Tien Shan in Central Asia. This is the gateway to the mountains of Kyrgyzstan Ala-Too and the Ala-Archa National Park with glaciers and nature trails. The artistic scene of the city includes the monumental State Museum of Fine Arts and the Colonnade Theater of Opera and Ballet. On the extensive central square of Ala-Too there is a monument to Manas, revering the hero of the Kyrgyz epic Manas.</p> <p>Population: 933,753 (2015) Height: 800 m Area: 127 km²</p>	Lunch on the route Dinner and B&B in hotel