

Itinerary Pamir Trail - Fann Mountains

Day 1 Tashkent - Samarkand

Tashkent is the vibrant capital of Uzbekistan, and the jump off point for this trip. We drive south to one of the most famous and beautiful Silk Road cities, Samarkand.

- Drive 5 hours
- *** Hotel
- Breakfast

Day 2 Full day Samarkand

We take a full day to explore the mosques and madrassas in this incredible city.

- *** Hotel
- Breakfast

Day 3 Samarkand - Padrud (1870m)

It's a quick drive to the Uzbek / Tajik border, from where we travel onwards to Penjikent. There is the option to visit the ancient ruins of Penjikent, dating back to the 5th century AD. In the afternoon we move into the Fann Mountains in the scenic valley of Haft Kul, or 7 Lakes. We stay in a cosy homestay in Padrud.

- Drive 4 hours
- Homestay
- Breakfast, Lunch, Dinner

Day 4 Padrud - Tavasang (2500m) via Tavasang Pass (3305m)

Today we tackle the first of many passes on the Pamir Trail. The altitude is not extremely high, 3305 metres. But the approach requires a fair amount of climbing, though the trail is clear and easy to walk on. From half-way the stunning Marguzor Lake climb the dirt road veering off in easterly direction to the village of Kiogli. After the village we leave the dirt road and continue up the main valley to the top of the Tavasang Pass. On the other side, descend to the Sarymat River where we will pitch our tents.

- Hike 16.5km
- Ascent 1600m
- Descent 970m
- Camp
- Breakfast, Lunch, Dinner

Day 5 Tavasang - Zimtud (1590m)

The descent along the Sarymat River is scenic, including weirdly shaped rock towers called hoodoos. The trail evolves into a dirt track and merges with the track that follows the Archamaidan River. It's easy walking along the wild river and past the agricultural fields. The valley widens before the charming village of Gazza, where we may spend the night in a homestay if we're tired. Five kilometres further is the bigger village of Zimtud, with a homestay and small shops and plan to stay here.

- Hike 24km
- Ascent 60m
- Descent 970m
- Homestay
- Breakfast, Lunch, Dinner

Day 6 Zimtud - Kulikalon Lake (2870m) via Igrok Pass (2640m) and Chukurak Pass (3180m)

It's a tough day scaling two passes, the 2640m high Igrok Pass and subsequently (after a small descent) the Chukurak Pass (3180m). The hike along the fields towards the Igrok Pass is pleasant, with lots of flowers and fertile land. After the Igrok Pass we will pass some shepherd camps. We need to beware of the shepherd dogs and keep our distance until the shepherds control the dogs. After a flat section the trail plunges towards the beautiful Chukurak Lake. This is our lunch spot. The climb up the Chukurak Pass is punchy, but the view from the top is very rewarding. A quick descent takes us to the shores of Kulakalon Lake where we camp for the night.

- Hike 16km
- Ascent 1940m
- Descent 660m
- Camp
- Breakfast, Lunch, Dinner

Day 7 Kulikalon Lake - Mutnyi Lake (3530m) via Alaudin Pass (3780m)

The first part of the trek to Alaudin Lake is quite strenuous. From Kulikalon it's a continuous climb up the Alaudin Pass. It's pretty steep on both sides of the pass and the terrain is quite difficult at times. However, the views are worth all the effort. At around 3000 metres we will pass the massive wall of Mirali Peak, where we might see avalanches tumbling down. And on the other side there's spectacular views of the eastern side of the Fann Mountains, including the blue dot that is Alaudin Lake way down below. After having lunch at the spectacular Alaudin Lake, we head up the valley to Mutnyi Lake, right underneath the tallest mountain of the Fann Mountains, Chimtarga (5489m).

- Hike 14km
- Ascent 1660m
- Descent 1000m
- Camp

- Breakfast, Lunch, Dinner

Day 8 Mutnyi Lake - Bolshoi Alo (3380m) via Chimtarga Pass (4750m)

Today is probably the hardest day in the Fann Mountains section of the Pamir Trail. Rough terrain, a lot of altitude gain and loss and the high altitude of the Chimtarga Pass (4750m). The trail is often vague and route finding can be a challenge. Although the glacier does not have big crevasses, it is rather steep in some places. It's a good idea to bring crampons.

- Hike 11km
- Ascent 1240m
- Descent 1390m
- Camp
- Breakfast, Lunch, Dinner

Day 9 Rest Day Bolshoi Alo

Our rest day serves as a buffer day, should we have some delays along the way (for example bad weather while attempting the pass). If we're on schedule we can enjoy one of the most beautiful lakes in the Fann Mountains and replenish our energy.

- Camp
- Breakfast, Lunch, Dinner

Day 10 Bolshoi Alo - Archamaidan Valley / Ghayrosang (2140m)

It's a big descent back to the Archamaidan Valley. We follow the course of the river, which we cross several times. Enjoy the thicker air as you come down. After reaching the Archamaidan River, we gradually continue up the main valley, passing some beautiful canyons and wild stretches of the river. We camp at the shepherd settlement of Ghayrosang.

- Hike 19km
- Ascent 490m
- Descent 1760m
- Camp
- Breakfast, Lunch, Dinner

Day 11 Archamaidan Valley / Ghayrosang - Foot of Dukdon Pass (3020m)

We continue the gradual climb towards the Dukdon Pass. It's pretty easy going, with a few river crossings along the way. But the path remains clear. We can see big glaciers tumbling down the Dukdon Range on the right. There are some summer settlements higher up in the valley and we may be invited for a cup of tea and a bowl of yoghurt. There is one potentially big river crossing, across the Sarykhodan River. We might need to hike a few hundred metres upstream to find a safe way to cross. Our camp is just before the Dukdon Pass on a nice green meadow.

- Hike 10km
- Ascent 950m
- Descent 70m
- Camp
- Breakfast, Lunch, Dinner

Day 12 Archamaidan Valley - Dukdon Pass (3810m) - Sarytag (2360m)

It's an exhilarating trek across the Dukdon Pass. It involves trekking on a glacier, though up until now crevasses have not been an issue. Crampons are recommended as a precaution should conditions be icy. The pass itself is a narrow gap between the mountains and plunges down on the other side. The final descent to the Karakul River is probably the most challenging section of this stage, with loose gravel on steep terrain. After that it's a walk in the park, following the wild Karakul River downstream to the village of Sarytag, which is the end of this adventurous trek. Here we stay in a lovely homestay.

- Hike 18km
- Ascent 850m
- Descent 1470m
- Homestay
- Breakfast, Lunch, Dinner

Day 13 Sarytag - Dushanbe

Scenic drive to Dushanbe and the end of our trip.

- Drive 3 hours
- Breakfast

