



8-Day Pamir Highway Adventure: Osh to Dushanbe

Borderless Expeditions Limited

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Welcome to your extraordinary adventure with Borderless Expeditions! As we embark on this journey through the Pamir Highway, from Osh to Dushanbe, we'll traverse the "Roof of the World", a region of breathtaking landscapes and unique cultural experiences.

Before starting

Here are a few things to keep in mind as we explore this remote and fascinating area:

1. The Pamir region is known for its high altitudes and challenging climate. This means that facilities along our route are often basic. You'll experience authentic local living, staying in shared rooms (twin bedroom) and using rudimentary sanitation facilities. It's all part of the adventure!
2. Our expedition is designed around community-based tourism. We work closely with local communities in the Pamir region and we'll be interacting with local hosts who are incredibly hospitable, friendly, and eager to share their home with you. Their warmth and local knowledge will make your journey truly special.
3. By choosing this expedition, you're directly contributing to the development of sustainable tourism in this remote area. Your visit helps generate income for local communities and supports the preservation of their unique way of life.

Remember, we'll be traveling in the legendary UAZ combi expedition vehicle, perfect for tackling the rugged terrain of the Pamir Highway. It's not just transportation; it's part of the adventure!

As we journey through stunning landscapes, visit ancient fortresses, soak in hot springs, and interact with local communities, you'll be creating memories that will last a lifetime. Your adventure not only offers incredible experiences but also makes a positive impact on the regions we visit.

Get ready for an amazing journey and enjoy your Pamir Highway adventure!



Embark on an Epic Journey Across the Roof of the World

Experience the breathtaking landscapes and rich cultures of Central Asia on this unforgettable 8-day expedition along the legendary Pamir Highway. Travel in the iconic UAZ combi expedition vehicle, perfectly suited for the rugged terrain of this remote region.

Itinerary Highlights

Day 1: Osh to Sary Mogol (250 km)

Accommodation: Yurt stay

Meals: Lunch² and dinner²

- Depart Osh and cross Taldyk Pass (3554m)
- Visit Lenin Peak Base Camp for stunning views of glaciers and the 7,134m peak (if weather permitting)
- Overnight in traditional yurt camp near Tulpar-Kul Lake

Day 2: Sary Mogol to Murghab (260 km)

Accommodation: Guesthouse

Meals: Breakfast², lunch¹ and dinner¹

- Cross into Tajikistan via Kyzylart Pass (4280m)
- Explore Karakul Lake, the highest lake in Central Asia
- Cross Ak-Baital Pass (4655m), the highest point of our journey
- Overnight in Murghab guesthouse

Day 3: Murghab to Bulunkul (170 km)

Accommodation: Guesthouse

Meals: Breakfast¹, lunch¹ and dinner¹

- Visit Murghab's vibrant local market
- Discover ancient Shakhty Cave Paintings
- Short stop at Yashilkul Lake along the way.
- Overnight in Bulunkul guesthouse

Day 4: Bulunkul to Langar (125 km)

Accommodation: Guesthouse

Meals: Breakfast¹, lunch¹ and dinner¹

- Early morning visit to serene Bulunkul Lake
- Drive through Wakhan Valley via Khargush Pass (4344m)
- Evening walk to see petroglyphs near Langar
- Overnight in Langar guesthouse



Day 5: Langar to Ishkashim (135 km)

Accommodation: Guesthouse

Meals: Breakfast¹, lunch¹ and dinner¹

- Stop at Vrang to see the ancient Buddhist stupas and the Sufi Muborak-Kadam Museum
- Explore the 3rd century BC Yamchun Fortress
- Relax in the healing Bibi Fatima hot springs
- Visit the Khaakha Fortress
- Overnight in Ishkashim guesthouse

Day 6: Ishkashim to Khorog (110 km)

Accommodation: Guesthouse

Meals: Breakfast¹, lunch¹ and dinner²

- Morning visit to the bustling Afghan market
- Stop at Garm Chashma hot springs
- Short stop at the Dinosaur Rock
- Explore Khorog, including its Botanical Garden
- Overnight in Khorog guesthouse with traditional Pamir diner.

Day 7: Khorog to Kalaikhum (250 km)

Accommodation: Guesthouse

Meals: Breakfast², lunch¹ and dinner²

- Traditional Pamiri Breakfast
- Scenic drive along the Afghan border
- Visit Rushan village and traditional Pamiri houses
- Explore the natural fortress at Kevron village
- Overnight in Kalai Khumb guesthouse

Day 8: Kalaikhum to Dushanbe (375 km)

Accommodation: Hotel of your choice (not included)

Meals: Breakfast² and lunch²

- Drive through dramatic landscapes along Panj River
- Visit Hulbuk Fortress ruins near Kulob
- See the massive Norak reservoir, one of the world's largest earth-filled dams.
- Arrive in Dushanbe, end of the expedition

Price: 749 EUR per person (Price all inclusive).



Inclusions

- Transportation in legendary UAZ combi expedition vehicle
- Experienced English-speaking driver-guide
- Accommodation in shared twin rooms (mix of yurts and guesthouses)
- All meals as per itinerary (7 Breakfasts, 8 Lunches, 7 Dinners)
- Bottled water, tea, coffee.
- Entrance fees for sites listed as part of the itinerary³

Exclusions

- International flights
- Visa fees
- Travel insurance
- Personal expenses
- Supplement for single room
- GBAO permit (Required for Gorno-Badakhshan region, assistance available for obtention)

¹ Meal prepared by guide

² Meal at local restaurant/guesthouse

³ Some sightseeing places and excavations might be closed / not possible to visit due to local changes, reconstruction, roads condition, and security reasons. We do not guarantee all advised places will be covered, but we will try to do our best to cover them.

Meals

To ensure our guests' health and safety, we've made some adjustments to the meal arrangements:

- In Osh, Dushanbe, and Khorog, meals will be provided by local guesthouses or restaurants.
- For all other locations along the route, our guide will personally prepare the meals for our group.

This approach helps minimize the risk of food poisoning, which can be common in remote areas of the Pamir. By taking control of food preparation, we can maintain higher hygiene standards and carefully select ingredients.

Please inform us of any dietary requirements well in advance of the expedition.



Bookings and Payment Conditions

Payments must be made in full at the time of booking unless explicitly agreed otherwise. The booking will be confirmed in writing via a confirmation email.

Cancellation

If you wish to cancel your booking, you must notify us in writing. The cancellation date is the date we receive your written notification. Cancellation charges will apply as follows:

Cancellation Charges:

- More than 60 days before departure: 15% of the total trip cost
- 60-30 days before departure: 30% of the total trip cost
- 29-15 days before departure: 60% of the total trip cost
- 14 days or less before departure: 100% of the total trip cost

Note:

You have the right to transfer your booking to another person up to 14 days before departure free of charges.

Why Choose Borderless Expeditions?

- Travel in the iconic UAZ expedition vehicle
- Small group sizes for a more intimate experience
- English guide with deep knowledge of the region
- Authentic cultural interactions and homestays
- Prepared meals from clean and fresh ingredients
- Commitment to sustainable and responsible tourism

Frequently Asked Questions

Q: What's the best time to visit the Pamir region?

A: The ideal time for our Pamir Highway expedition is from mid-June to mid-September. During these months, the weather is most favourable, and mountain passes are typically clear of snow.

Q: How physically demanding is this expedition?

A: While our UAZ expedition vehicle does most of the hard work, you should be in reasonably good health. We'll reach altitudes up to 4,655m, so some basic fitness is recommended. Most activities involve light walking, but the high altitude can make this more challenging.



Q: What about altitude sickness?

A: Altitude sickness can affect anyone, regardless of fitness. Our itinerary is designed to allow for gradual acclimatization. Stay hydrated and inform your guide if you feel unwell. Consider consulting your doctor about altitude medication before the trip.

Q: What type of accommodation can I expect?

A: We offer a mix of authentic local experiences. You'll stay in yurt camps and basic guesthouses. Facilities are often simple, reflecting the remote nature of the region. Expect shared rooms and basic sanitation facilities in some locations.

Q: What's the food like on this expedition?

A: You'll experience a mix of local cuisine and carefully prepared meals by your guide. Let us know if you have any food restrictions or allergies.

Q: Do I need a visa?

A: You may need visas for both Kyrgyzstan and Tajikistan depending on your nationality. You'll also need a GBAO permit for the Gorno-Badakhshan region. We can assist with visa information and GBAO, but please check the latest requirements for your nationality.

Q: What should I pack?

A: Pack for varying weather conditions. Bring warm layers, a good jacket, comfortable walking shoes, a hat, sunglasses, and sunscreen. Don't forget any personal medications, and a camera for those stunning mountain views!

Q: Is Wi-Fi available during the expedition?

A: Wi-Fi is very limited in the Pamir region. Some guesthouses in larger towns may offer basic internet, but it's best to prepare for limited connectivity during most of the expedition.

Q: How many people are in an expedition group?

A: Our UAZ expedition vehicle comfortably seats 6 travelers plus your guide/driver. We keep our groups small to ensure a more personal experience and to minimize our impact on the local communities we visit.

Q: Is it safe to travel in this region?

A: While the Pamir Highway passes through remote areas, it's generally safe for travelers. As your guide, I'm experienced with the route and local customs. However, as with all travel, it's important to exercise common sense and follow local advice.

Q: How does this expedition benefit local communities?

A: At Borderless Expeditions, we're committed to responsible tourism. We work directly with local communities, ensuring that your visit contributes positively to the region. Your expedition helps support local economies and preserves traditional ways of life in the Pamir.

Remember, part of the adventure is embracing the unexpected! If you have any other questions, don't hesitate to ask. We're here to ensure you have an unforgettable journey through the "Roof of the World"!