

FIVE STANS ADVENTURE

The easiest way to explore Central Asia



In Brief: Tajikistan is a great place for those who want to experience an active experience in tourism. The country is known for one the most beautiful and highest mountains in the world. This itinerary offers a great expedition to the Fann Mountains with world class trained mountain guides who have numerous years of experience in climbing to the highest peaks on Earth. The Fann Mountains are located in the western Pamir-Alay mountain system, and in Tajikistan they are between the Hissar and Zarafshan Ranges. This alpine paradise is one of the best kept secrets in Central Asia. Among the most beautiful and interesting peaks (from a mountaineer's point of view) are Chapdara (5050m), Bodkhona (5138m), Zamok(4800), Maria(4970), and

Zindon(4800). Both the good and the ordinary routes on the south and west sides of Chimtarga (5487m), the highest peak of Fan Mountains, lead to its top. Besides the high peaks and narrow valleys with their noisy streams, there are also about 30 clear lakes of a variety of colors. To the south of the main range is Lake Iskanderkul (2,5km in length, 1 km wide, and about 72m deep. The Alauddin lakes are a group of reservoirs upstream in the Pasrud valley.



Day1 **DUSHANBE**

Welcome to Tajikistan! You will arrive at Dushanbe International Airport, where you will be met by our expert guide and assisted to your hotel. Just 15 km from Dushanbe, on a wide plain surrounded by mountains, lays the Hissar Historic Cultural Reserve, where we will explore the fascinating remains of an 18th and 19th century archaeological complex consisting of a fortress, madras, and an ethnographic museum. Upon our return to Dushanbe we will visit the Museum of National Antiquities with exhibits primarily from Tajikistan's pre-Islamic civilizations: the Greek, Bactrian, Buddhist, Hindu, and Zoroastrian periods. There is statue of Alexander the Great and wall paintings from ancient Penjikent. The most notable piece in the museum is the enormous, fifteen-hundred-year-old reclining Buddha, which is the largest in existence. Considering that Tajikistan has been so disadvantaged by poverty and politics, the museum is a testament to the people's desire to maintain its cultural treasures. The rest of the day you are free to explore Dushanbe before returning to your hotel.

Day 2 **BODHONA CANYON (Fann Mountains)**

After breakfast, we will travel from Dushanbe to Bodhona Canyon (Fann Mountains). During the trip we will make few stops in the most beautiful places to photograph the mountains and numerous exotic mountain villages. Later, we will arrive at Bodhona Canyon (5h, 170 km). Rest and preparation for the active part of the track. Overnight in tents (2480m).

Day 3

CHAPDARA

The trekking starts from the ascent along Bodhona canyon. You will enjoy many fascinating rock surfaces and the solitary feelings that only places of this magnitude can provide. Ascent to Chapdara pass (3430m) and descent to Alaudin Lakes (10 km, 6 h, +950 m, -630 m). During the long descent one can observe a panorama of the Chapdara River valley, bowls of the amazing Alautdin Lakes with their light blue to ultramarine waters. Camp at the lake shore (2800 m).

Day 4

MUTNOE LAKE

Breakfast. Trekking to Mutnoye (Muddy) Lake (8 km; 3-4 hrs; ± 800 m). During the day the enjoy the beautiful panorama of Kaznok, Zamok (5070 m), Energy (5105 m), and Chimtarga (5489 m) Peaks. Observe the natural landscape of the alpine mountain zone, hanging glaciers, and steep moraine swells. Rare birches and a small lake called Piala (bowl) are met during the way, gigantic steps of steeping back glacier, polished rocks. Camp at Mutnoye Lake (3600m).



Day 5
ALAUTDIN LAKES

Excursion to the glacier on the way to Chimtarga pass. Descent to Mutnoe lake and further to Alautdin Lakes (10 km; 6-7 hrs; +300 m, -1100m). Camp at Alaudin Lakes (2800 m).

Day 6
KULIKALON LAKE

Ascent to Alaudin Pass (3860 m) and descend to Kulikalon Lakes. (10 km; 6hrs; +1060m;-960m). During the long ascent the beautiful panorama of the mountains and a view of Alaudin Lakes. On pass's saddle – the impressive view at Chapdara Peak (5197 m) and the valley of Chapdara River. Far below the numerous Kulikalon Lakes of unique color – they will amaze you with their ultramarine water color. The camp is at the lake-shore of Big Kulikalon Lake (2900 m).

Day 7
ZIYORAT LAKE

Transition from Kulikalon Lakes through the pass Chukurak(3180 m). From the pass you can see a colorful panorama of the Lakes Ziyorat and Chukurak. The descent to the lakes (+ 300 m, -700 m, 4 hours, 7 km)/ and overnight at nearby Ziyorat Lake (2480m).

Day 8
ZIMTUT VILLAGE

Traversing through the Guytan Pass (2640 m) to the village of Zimtut. (+ 160 m, - 860 m, 5 hours, 10 km). Dinner and overnight in the homestay.

Day 9
PENJIKENT

Transfer to Penjikent city. Guesthouse accommodation. City excursion in Penjikent city. Ancient city, museum and World Heritage site Sarazm, 5500 years old. Dinner and overnight in a guesthouse.



Day 10 **DUSHANBE**

After breakfast drive to Dushanbe
Overnight at Hotel

Day 11

After breakfast Transfer to Dushanbe International Airport
End of Service

Terms of the programs:

Season: 15 June – 15 September

Distance of the total hiking: 110 km

Altitude: 3812 km

The itinerary doesn't have the sporting category of difficulty, it is available for all tourists, but you should be in good physical condition. The weather is usually stable, warm, sunny during trekking, but it's possible that some precipitation and wind will occur. Day temperatures, depending on altitude, are from 10°C to 30°C. Daily walking is 10-12 km, maximum of altitude ~1000 m, maximum height is 3680 m.a.s.l. Tourists' equipment are carried by pack animals (no more than 12 kg/person) during the trek. A mountain guide and cook will escort the

group. The minimum age to go on the tour is 18, although children as young as 15 are permitted as long as they are accompanied by an adult/guardian.

Mountain guide is the leader of the group and a company plenipotentiary on the itinerary. The guide has a right to change a "string" of the itinerary in connection with weather or other conditions that may threaten the tourists' safety.

Group's assembly: Tourists should come to the point of tour beginning on the day of program starting time (at the worst – till 8:00 on the second day). Tourist should make an additional payment in case of early check-in /late check-out (before the date of tour beginning/finishing). Our company will help you to book hotel for this time, meet at airport and offer an additional program. In any case, we will do all we can to care and support you.

Five Stans Adventure provides following equipments for trekking: 2-3 seater tents, equipment for food intake and preparation, and first-aid kit. Every participant should have: rucksack, sleeping bag, sleeping pad, warm clothes, comfortable footwear for trekking, running shoes, water- and windproof overcoats, flashlight, sun screen protection, sun glasses, head-dress (panama, cap, little cap). It's possible to rent a rucksack, sleeping bags, and sleeping pads.

Meals: Food is prepared by the cook of our company during the trekking.

Documents: It is necessary to have a foreign passport with the date of expiry no less than 3 months on the conclusion of the tour and proof of medical insurance

Included services:

- All transportation
- All meals, 2l bottled water per person;
- All accommodation: twin rooms in hotels; guesthouses and home stays (shared rooms).
- All entrance and sightseeing fees.
- English speaking Guide;
- VAT Tax;
- Basic hiking and camping equipment (Tents, backpacks, stoves, shelters, flashlights, stuff sacks, compasses, water bottles, camp kitchen etc)

Excluded services:

- International flights
- Personal insurance (compulsory)
- Visas
- Tips to local guides
- Other beverages