



GROUP AND PRIVATE TOUR • 7 DAYS

Budget Pamir Group Tour with Transportation Only

Dushanbe – Osh • Kyrgyzstan, Tajikistan

Duration
7 days, 6 nights

Start and end
Dushanbe – Osh

Best time to visit
Apr–Oct

Group tour from
\$550 per person

Private tour from
\$550 per person

Group size
Max 16 travellers

Tour type
Hiking, Jeep (4x4), Multi-country,
Nature

Difficulty
Moderate

Prices and dates valid for 2026 departures. Issued 12 October 2026.

Tour highlights

The Pamir Highway is among the most breathtaking road journeys in Central Asia. This 7-day group tour drives it from Dushanbe in Tajikistan to Osh in Kyrgyzstan in a Toyota Land Cruiser 4WD with an experienced driver, with side trips such as a walk to the remote village of Jizev in the Bartang Valley and a full day in the Wakhan Valley.

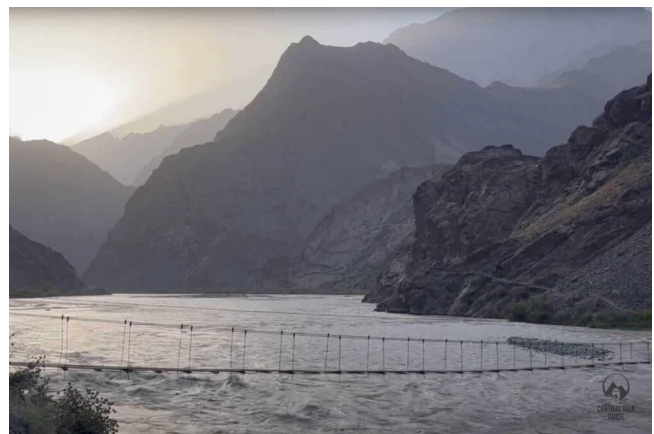
From Dushanbe the road passes Nurek Dam and Hulbuk Fortress and climbs over the Shurobod Pass, with views of Afghanistan, to Kalai-Khumb. After a night with a local family in Jizev you continue to Khorog, the main town of the Pamirs, and into the Wakhan Valley with the Garm-Chashma and Bibi Fatima hot springs, the fortresses of Qahqaha and Yamchun, the Buddhist stupa of Vrang and the petroglyphs of Langar. The road then climbs to Bulunkul, the coldest village of the Pamirs, and passes Yashilkul Lake and Murghab before crossing the Ak-Baital Pass (4,655 m), the highest point of the Pamir Highway, to Karakul Lake. On the last day you cross into Kyrgyzstan and drive through Sary-Tash in the Alay Valley to Osh.

The program is designed with budget travelers in mind and covers the essentials only: transport and driver. Accommodation in simple homestays and guesthouses, meals, the GBAO permit, guide service and entrance fees are not included, which keeps the trip affordable. Be prepared for a demanding journey with long stretches of rough road, high-altitude weather and no-frills accommodation – and for a unique insight into the culture of the Pamiri people and some of the most dramatic mountain scenery in Asia.

Difficulty: Moderate. Mostly a jeep journey with long days on rough mountain roads (80–350 km a day), a walk to and from Jizev village in the Bartang Valley, nights in simple homestays and guesthouses and two nights at about 3,700–3,900 m (Bulunkul, Karakul); the Ak-Baital Pass reaches 4,655 m.



Mountain lake in Pamir, near the village of Jizev



Bartang Valley rope bridge

Where you'll stay

Night 1	Kalai Khum	Guesthouse in Kalai-Khumb or similar
Night 2	Jizev	Homestay in Jizev or similar
Night 3	Khorog	Guesthouse in Khorog or similar
Night 4	Wakhan Valley	Guesthouse in the Wakhan Valley or similar
Night 5	Yashikul and Bulunkul lakes	Guesthouse in Bulunkul or similar
Night 6	Lake Karakul	Guesthouse in Karakul or similar

Listed accommodation or similar, same category.

Day-by-day itinerary

DAY

1

Dushanbe – Nurek – Kulob – Kalai-Khumb

We leave Dushanbe early and drive to Kalai Khumb, the starting point of the Pamir Highway. On the way, we stop to take photos at Nurek Dam and Hulbuk Fortress, learning about Tajikistan's engineering and culture.

After lunch in Kulob, we climb the Shurobod Pass for stunning views of Afghanistan and follow the Panj River to Kalai Khumb for an overnight stay.

Overnight **Kalai Khum** · Guesthouse in Kalai-Khumb or similar

Travel Dushanbe – Kalai Khum (350 km)

DAY

2

Kalai-Khumb – Bartang Valley – Jizev

We leave the Pamir Highway and head into the Bartang Valley, passing Baghu village, and trek to Jizev. Check in to the homestay, enjoy the peaceful surroundings, meet the locals and experience the calm of the Bartang Valley.

Overnight **Jizev** · Homestay in Jizev or similar

Travel Kalai Khum – Jizev (200 km)

DAY

3

Jizev – Khorog

In the morning, we depart for Khorog, the main city of GBAO. Stop for a pleasant lunch and explore local sights such as the Botanical Garden, Central Park and the bustling bazaar. Spend the night in a friendly guesthouse and enjoy traditional Tajik hospitality.

Overnight **Khorog** · Guesthouse in Khorog or similar

Travel Jizev – Khorog (80 km)

DAY

4

Khorog – Ishkashim – Wakhan Valley

Explore the highlights of the Wakhan Valley, including the Garm-Chashma hot spring, Ishkashim, Qahqaha Fortress, Yamchun Fort and the Bibi Fatima hot spring. End the day at a comfortable guesthouse, enjoying the peaceful surroundings of the valley.

Overnight **Wakhan Valley** · Guesthouse in the Wakhan Valley or similar

Travel Khorog – Wakhan Valley (210 km)

DAY

5

Yamg – Vrang – Langar – Bulunkul

Explore the museum of the Sufi Muborak-Kadami Vakhani in Yamg, the Buddhist stupa in Vrang and the petroglyphs in Langar. Then ascend to Bulunkul village, the coldest in the Pamirs, and connect with the local community. Overnight in a guesthouse in Bulunkul.

Overnight **Yashikul and Bulunkul lakes** · Guesthouse in Bulunkul or similar

Travel Wakhan Valley – Yashikul and Bulunkul lakes (170 km)

DAY

6

Bulunkul – Yashilkul Lake – Murghab – Ak-Baital Pass – Karakul

Visit Yashilkul Lake and travel along the Pamir Highway to Murghab for lunch and exploration. Cross the Ak-Baital Pass, the highest point of the Pamir Highway at 4,655 m, and arrive at Karakul village near the mesmerizing Karakul Lake, where a cozy guesthouse awaits for the night.

Overnight	Lake Karakul · Guesthouse in Karakul or similar
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Travel	Yashikul and Bulunkul lakes – Lake Karakul (280 km)
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DAY

7

Karakul – Kyzyl-Art Pass – Sary-Tash – Osh

Begin early, marvel at the Pamir landscapes and cross into Kyrgyzstan over the Kyzyl-Art Pass. Enjoy lunch in Sary-Tash, soaking in the mountain views, then continue to Osh through the Kyrgyz countryside. The tour ends on arrival at your hotel in Osh.

Overnight	Departure day, no overnight
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Travel	Lake Karakul – Osh (286 km)
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What's included

Included

- Transport in a Toyota Land Cruiser (4WD) from Dushanbe to Osh
- Experienced driver

Not included

- Accommodation in homestays and guesthouses (about 10 USD per night)
- Meals (about 20 USD per day)
- GBAO permit
- English-speaking guide
- Entrance fees to sights as per the itinerary (about 15 USD for the whole trip)

Prices

Valid for 2026 departures

Group tour, per person

Tour	Double / twin room	Single supplement
7 days	\$550	–

Same price on all departures.

Private tour, per person by group size

Travellers	Price per person
1 traveller	\$2,170
2 travellers	\$1,090
3 travellers	\$730
4–16 travellers	\$550

Private tours start on any date you choose. Prices per person in a double or twin room.

Book or ask a question

Choose a date or ask us anything about this tour. We usually reply within one working day.

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