



PRIVATE TOUR · 9 DAYS

9 days Pamir Highway tour

Round trip from Dushanbe · Tajikistan

Duration
9 days, 8 nights

Start and end
Round trip from Dushanbe

Best time to visit
Jul–Aug

Private tour from
\$1,178 per person

Group size
Max 4 travellers

Tour type
Culture, Hiking, Jeep (4x4), Nature

Difficulty
Moderate

Prices and dates valid for 2026 departures. Issued 13 October 2026.

Tour highlights

This 9-day private 4x4 tour from Dushanbe follows the legendary Pamir Highway deep into the Pamir Mountains of the Gorno-Badakhshan region. From Kalai-Khumb the road runs along the gorges of the Panj River, with Afghan villages just across the water, to Khorog, the small capital of the Pamirs. Next comes the famous Wakhan Valley facing the Hindu Kush, with the ancient fortresses of Kah-Kaha and Yamchun (3rd–1st century BC), the Garm-Chashma and Bibi Fatima hot springs and the petroglyphs of Langar.

From Langar you climb over the Khargush Pass (4,344 m) to the Bulunkul and Yashilkul lakes, Alichur and Murghab on the high Pamir plateau. A day trip leads to the Rangkul and Shorkul lakes and over the Ak-Baital Pass (4,656 m), the highest point of the Pamir Highway, to the vast Karakul Lake – with luck you will see bar-headed geese and other Pamiri wildlife.

On the way back you walk into the green Jizev side valley of the Bartang Valley for a night with a local family, then follow the Panj River again and take the northern road over the Sagirdasht Pass back to Dushanbe. Expect long driving days, amazing mountain scenery, hot springs and warm Pamiri hospitality in homestays – a private journey for 2–4 travelers in July and August.

Difficulty: Moderate. Mostly a 4x4 tour with very long driving days (most days 230–355 km and 7–14 hours) on partly rough roads, at high altitude: two nights in Murghab (3,630 m) and passes up to 4,656 m (Ak-Baital). The 7 km walk to Jizev village and back (3–4 hours each way) needs basic fitness.



Khorog during Pamir Highway tour



Pamir Highway Tour

Where you'll stay

Night 1	Kalai Khum	Homestay in Kalai-Khumb or similar
Night 2	Khorog	Hotel in Khorog or similar
Night 3	Langar	Homestay in Langar or similar
Nights 4–5	Murghab	Guesthouse in Murghab or similar
Night 6	Khorog	Hotel in Khorog or similar
Night 7	Jizev	Homestay in Jizev or similar
Night 8	Kalai Khum	Guesthouse in Kalai-Khumb or similar

Listed accommodation or similar, same category.

Day-by-day itinerary

DAY

1

Dushanbe – Kalai-Khumb (355 km, 8–9 hrs driving incl. stops)

After breakfast you meet your driver/guide at your hotel or guesthouse in Dushanbe and head for the Pamirs via Kulob. On the way enjoy the views of the Nurek Water Reservoir and visit the Hulbuk Fortress in Vose and the mausoleum of a 14th-century poet and scholar.

Overnight in a homestay in Kalai-Khumb.

Altitude: start of the day 780 m (Dushanbe), highest point 2126 m (Shurobod Pass), end of the day 1295 m (Kalai-Khumb).

Overnight	Kalai Khum · Homestay in Kalai-Khumb or similar
Meals	Lunch, Dinner
Travel	Dushanbe – Kalai Khum (355 km)

DAY

2

Kalai-Khumb – Khorog (270 km, 7–8 hrs driving)

Leaving Kalai-Khumb (Darvaz), you drive up the Panj (Oxus) River to Khorog and watch the daily life of the Afghan villages across the river – in some places they are very close to the road. Short stop in Porshinev at the monument to Nosiri Khusraw, one of the great poets of the Persian language and an important Muslim philosopher of the 10th century.

Khorog city tour: the State Historical Museum, the market, the city park and the Tourism Information Center.

Overnight in a hotel in Khorog.

Altitude: start of the day 1295 m (Kalai-Khumb), end of the day 2100 m (Khorog).

Overnight	Khorog · Hotel in Khorog or similar
Meals	Breakfast, Lunch, Dinner
Travel	Kalai Khum – Khorog (270 km)

DAY

3

Khorog – Wakhan Valley – Langar (246 km, 10–12 hrs driving)

Heading to Ishkashim, with a short stop to soak in the Garm-Chashma hot spring and a view from a distance of Kuhi La'l, the famous Badakhshan ruby mines. You then drive into the Wakhan Valley (Wakhan Corridor) and visit the ruins of the Kah-Kaha and Yamchun fortresses, the Bibi Fatima hot spring, pre-Islamic shrines and the private museum of Sufi Muboraki Wakhoni, a 19th-century astronomer and scholar, with his solar calendar. If time allows, walk to the Langar petroglyphs.

Overnight in a homestay in Hisor or Langar village.

Altitude: start of the day 2100 m (Khorog), highest point 3200 m (Yamchun Fortress), end of the day 2800 m (Langar).

Overnight	Langar · Homestay in Langar or similar
Meals	Breakfast, Lunch, Dinner
Travel	Khorog – Langar (246 km)

DAY

4

Langar – Khargush Pass – Bulunkul – Alichur – Murghab (275 km, 12–14 hrs driving)

Drive over the Khargush Pass (4,344 m) and on to the Bulunkul and Yashilkul lakes. The Bulunkul settlement near the lakes is known as the coldest place in Central Asia, with winter temperatures dropping to –60 °C. Lunch is served in the open air or at a restaurant in Alichur. In Alichur travelers often take a two-hour yak ride, which must be arranged in advance. The drive continues to Bashgumbez and on to Murghab, with a stop at Ak-Baliq to see the Chinese cemetery from a distance.

Overnight in Murghab.

Altitude: start of the day 2800 m (Langar), highest point 4344 m (Khargush Pass), end of the day 3630 m (Murghab).

Overnight	Murghab · Guesthouse in Murghab or similar
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Meals	Breakfast, Lunch, Dinner
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Travel	Langar – Murghab (275 km)
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DAY

5

Murghab – Rangkul – Karakul – Murghab (330 km, 8–9 hrs driving)

Leave Murghab for the Rangkul and Shorkul lakes. In the afternoon head for Karakul (“Black Lake”), the largest lake in Tajikistan, crossing the Ak-Baital Pass (4,656 m), the highest point of the Pamir Highway – take photos and move slowly because of the high altitude. A short detour leads to the Karaart geoglyphs (8th–3rd century BC). In the evening enjoy a walk along Karakul Lake, then return to Murghab for the night.

Altitude: start of the day 3630 m (Murghab), highest point 4656 m (Ak-Baital Pass), end of the day 3670 m (Murghab).

Overnight	Murghab · Guesthouse in Murghab or similar
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Meals	Breakfast, Lunch, Dinner
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Travel	Murghab – Murghab (330 km)
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DAY

6

Murghab – Alichur – Khorog (320 km, 10–12 hrs driving)

Photo stops at Chatyr-Tash and Bashgumbez, then drive to Khorog through the Gunt Valley. If time allows, ask your driver for a stop at the Jelondi hot spring for a relaxing bath.

Overnight in Khorog.

Altitude: start of the day 3630 m (Murghab), end of the day 2100 m (Khorog).

Overnight	Khorog · Hotel in Khorog or similar
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Meals	Breakfast, Lunch, Dinner
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Travel	Murghab – Khorog (320 km)
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DAY

7

Khorog – Bartang Valley – Jizev (100 km, 3 hrs driving and 3–4 hrs trekking)

Leaving Khorog, you head for the Bartang Valley and stop at the bridge over the Bartang River. The car stays there with the driver while you trek about 7 km (3–4 hours) up to Jizev village. In the afternoon explore the village and walk along its small lakes; the people are very kind and like to talk with guests.

Overnight in a homestay in Jizev village.

Altitude: start of the day 2100 m (Khorog), end of the day 2500 m (Jizev).

Overnight	Jizev · Homestay in Jizev or similar
Meals	Breakfast, Lunch, Dinner
Travel	Khorog – Bartang Valley (100 km) Bartang Valley – Jizev (trek, 7 km)

DAY

8

Jizev – Rushan – Kalai-Khumb (230 km, 7–8 hrs driving)

Walk back down to the main road and your car, then drive on to Kalai-Khumb, enjoying the views of the Afghan villages along the Panj River. On the way visit the Womar Fortress in Rushan.

Overnight in a guesthouse in Kalai-Khumb.

Altitude: start of the day 2500 m (Jizev), end of the day 1250 m (Kalai-Khumb).

Overnight	Kalai Khum · Guesthouse in Kalai-Khumb or similar
Meals	Breakfast, Lunch, Dinner
Travel	Jizev – Bartang Valley (trek, 7 km) Bartang Valley – Kalai Khum (230 km)

DAY

9

Kalai-Khumb – Dushanbe via the northern route (355 km, 8–10 hrs driving)

Return to Dushanbe on the northern route over the Sagirdasht Pass (3,252 m) and through the Tavildara district. In Darvaz the driver checks whether this road is open – it is sometimes closed. Short stop to stretch your legs at Goluboye Ozero (“Blue Lake”), and a view from a distance of the construction site of Rogun, the biggest hydropower station in Central Asia, with the highest dam in the world (335 m).

Altitude: start of the day 1250 m (Kalai-Khumb), highest point 3252 m (Sagirdasht Pass), end of the day 780 m (Dushanbe).

Overnight	Departure day, no overnight
Meals	Breakfast, Lunch
Travel	Kalai Khum – Dushanbe (355 km)

What's included

Included

- Transport in a 4x4 vehicle, including fuel
- Entrance fees (hot springs, museums and the national park)
- GBAO permit (Gorno-Badakhshan Autonomous Region)
- Meals, including 1.5 L drinking water per person per day
- Accommodation as listed in the itinerary (8 nights)

Not included

- Guide service
- Accommodation in Dushanbe
- Yak ride in Alichur (can be included on request)
- Single room supplement
- Travel insurance
- All other personal expenses

Prices

Valid for 2026 departures

Private tour, per person by group size

Travellers	Price per person
2 travellers	\$1,650
3 travellers	\$1,334
4 travellers	\$1,178

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