CENTRAL ASIA GUIDE



GROUP AND PRIVATE TOUR · 7 DAYS

7-Day Pamir Highway Tour from Dushanbe to Osh

Dushanbe – Osh · Kyrgyzstan, Tajikistan

Duration 7 days, 6 nights	Start and end Dushanbe – Osh	Best time to visit May–Sep
Group tour from $550 per person	Private tour from $550 per person	Group size Max 4 travellers
Tour type Culture, Hiking, Jeep (4x4), Multi-country, Nature	Difficulty Moderate	Departures 35 guaranteed dates

Prices and dates valid for 2027 departures. Issued 27 November 2026.

Tour highlights

A 7-day 4x4 journey along the Pamir Highway from Dushanbe in Tajikistan to Osh in Kyrgyzstan, one of the great road trips of the world. You follow the Panj River along the Afghan border via Kalai-Khumb to Khorog, then turn into the Wakhan Valley with the Yamchun Fortress and the Bibi Fatima hot springs, and stay the night in Langar.

From the Khargush Pass you hike up Panorama Ridge (about 4,800 m) for views of the Hindu Kush, pass the Bulunkul and Yashilkul lakes and sleep in Alichur, then cross the Ak-Baital Pass (4,655 m) via Murghab to Karakul Lake. The last night is in a yurt camp at Tulpar-Kol Lake, with a morning hike to the Traveller's Pass below Lenin Peak before the drive to Osh.

The price covers the 4x4 car with an English-speaking driver, either private or as a seat on a group departure shared by up to 4 travellers. You pay your homestays, yurt camps and meals locally (roughly 28–30 USD a day), plus entrance fees and the GBAO permit. You can pay online by card and book your date straight away.

Difficulty: Moderate. Long driving days (145–370 km, up to 8 hours) on partly rough roads and at high altitude: nights at about 3,850 m (Alichur), 3,900 m (Karakul) and 3,500 m (Tulpar-Kol), passes up to 4,655 m. Two optional hikes of 3–6 hours reach about 4,800 m (Panorama Ridge) and 4,150 m (Traveller's Pass). Simple homestays with shared rooms and basic toilets.



Pamiri women taking care of children by the Panj river in Wakhan Valley



Classic Pamir tour with Wakhan

Where you'll stay

Night 1	**Kalai Khum**	Homestay in Kalai-Khumb or similar
Night 2	**Khorog**	Guesthouse in Khorog or similar
Night 3	**Langar**	Homestay in Langar or similar
Night 4	**Alichur**	Homestay in Alichur or similar
Night 5	**Lake Karakul**	Homestay in Karakul or similar
Night 6	**Tulpar-Kol Lake**	Yurt camp at Tulpar-Kol Lake

Listed accommodation or similar, same category.

Day-by-day itinerary

DAY 1

Dushanbe – Hulbuk – Kalai-Khumb (about 370 km, 7–8 hrs driving)

Your driver picks you up in Dushanbe and you head for the Pamirs via Kulob, past the Nurek reservoir and the medieval Hulbuk Fortress, and over the Shurobod Pass. At Kalai-Khumb you reach the Panj River, which the road follows for the next days, with Afghan villages just across the water.

Dinner and overnight in a homestay in Kalai-Khumb (paid locally).

Altitude at the end of the day: about 1,200 m.

Overnight	**Kalai Khum** · Homestay in Kalai-Khumb or similar
Travel	Dushanbe – Kalai Khum (370 km)

DAY 2

Kalai-Khumb – Khorog (about 240 km, 7–8 hrs driving)

Follow the Panj River upstream to Khorog, the main town of the Pamirs, with plenty of photo stops. The road winds through narrow gorges and is rough in places, and roadworks can cause delays. In Khorog, visit the Botanical Garden, one of the highest in the world.

Overnight in a homestay or guesthouse in Khorog.

Altitude: about 2,200 m.

Overnight	**Khorog** · Guesthouse in Khorog or similar
Travel	Kalai Khum – Khorog (240 km)

DAY 3

Khorog – Ishkashim – Yamchun – Langar (about 230 km, 7–8 hrs driving)

Leave the main Pamir Highway and follow the Panj River into the Wakhan Valley, with the mountains of Afghanistan rising across the river. After a stop near Ishkashim, climb to the Yamchun Fortress, one of the finest viewpoints of the valley, and the Bibi Fatima hot springs just above it (men and women bathe separately). Then drive down to Langar.

Overnight in a homestay in Langar.

Altitude: about 2,900 m.

Overnight	**Langar** · Homestay in Langar or similar
Travel	Khorog – Langar (230 km)

DAY 4

Langar – Khargush Pass – Panorama Ridge hike – Bulunkul – Alichur (about 145 km, 5–6 hrs; hike 3–4 hrs)

After the Khargush checkpoint, leave the Pamir River behind and hike up Panorama Ridge (about 4,800 m, 3–4 hours, moderate) for wide views of the Wakhan Range in Afghanistan and remote lakes. Then drive on past the Bulunkul and Yashilkul lakes to Alichur for the night.

Overnight in a homestay in Alichur.

Altitude: about 3,850 m.

Overnight	**Alichur** · Homestay in Alichur or similar
Travel	Langar – Alichur (145 km)

DAY 5

Alichur – Bash-Gumbez – Murghab – Ak-Baital Pass – Karakul (about 350 km, 6–7 hrs driving)

Drive east to the Kyrgyz herders of Bash-Gumbez, where you can try a short yak ride (optional, paid locally). Lunch in Murghab, then cross the Ak-Baital Pass (4,655 m), the highest point of the Pamir Highway, and drive down to Karakul Lake. Walk around the lakeside village in the evening.

Overnight in a homestay in Karakul.

Altitude: about 3,900 m.

Overnight	**Lake Karakul** · Homestay in Karakul or similar
Travel	Alichur – Lake Karakul (350 km)

DAY 6

Karakul – Kyzyl-Art Pass – Sary-Mogol – Tulpar-Kol Lake (about 150 km, 4–5 hrs driving)

Cross the Tajik border post and the neutral zone below glaciated slopes to the Kyrgyz border at the Kyzyl-Art Pass, and enter the Alai Valley. Lunch in Sary-Mogol, then an hour's drive to Tulpar-Kol Lake (about 3,500 m) below Lenin Peak (7,134 m).

Overnight in a yurt camp at Tulpar-Kol Lake.

Overnight	**Tulpar-Kol Lake** · Yurt camp at Tulpar-Kol Lake
Travel	Lake Karakul – Tulpar-Kol Lake (150 km)

DAY 7

Traveller's Pass hike – Osh (hike about 18 km, 6 hrs; drive about 250 km, 5 hrs)

Hike from the yurt camp along the Achik-Tash River to the Traveller's Pass (4,150 m) for close views of the glaciers of Lenin Peak, and walk back down to the camp (about 18 km and 6 hours in total). After lunch, drive to Osh, one of the oldest cities of Central Asia, where the tour ends at your hotel.

Overnight	Departure day, no overnight
Travel	Tulpar-Kol Lake – Tulpar-Kol Lake (hike, 18 km) Tulpar-Kol Lake – Osh (250 km)

What's included

Included

- 4x4 vehicle with an English-speaking driver for the whole route (private, or on group departures shared by up to 4 travellers)
- Fuel
- Side trips described in the itinerary
- The driver's own meals and lodging
- Border fees for the vehicle

Not included

- Your accommodation and meals in homestays, guesthouses and yurt camps – roughly 28–30 USD per person per day, paid locally
- Entrance fees – about 40 USD per person for the whole trip
- GBAO permit – about 35 USD per person (we can arrange it)
- Visa, if you need one
- International flights and hotels in Dushanbe and Osh
- Travel insurance
- Optional yak ride (about 5–6 USD) and personal expenses

Prices and dates

Valid for 2027 departures

Group tour, per person

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

Same price on all departures. 15% deposit, balance 30 days before tour starting date.

Private tour, per person by group size

Travellers	Price per person
1 traveller	$2,200
2 travellers	$1,100
3 travellers	$737
4 travellers	$550

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

Guaranteed group departures

2027

Start	End	Weekdays	Status
1 May 2027	7 May 2027	Sat – Fri	Available
7 May 2027	13 May 2027	Fri – Thu	Available
13 May 2027	19 May 2027	Thu – Wed	Available
18 May 2027	24 May 2027	Tue – Mon	Available
19 May 2027	25 May 2027	Wed – Tue	Available
25 May 2027	31 May 2027	Tue – Mon	Available
26 May 2027	1 Jun 2027	Wed – Tue	Available
31 May 2027	6 Jun 2027	Mon – Sun	Available

1 Jun 2027	7 Jun 2027	Tue – Mon	Available
10 Jun 2027	16 Jun 2027	Thu – Wed	Available
11 Jun 2027	17 Jun 2027	Fri – Thu	Available
16 Jun 2027	22 Jun 2027	Wed – Tue	Available
17 Jun 2027	23 Jun 2027	Thu – Wed	Available
23 Jun 2027	29 Jun 2027	Wed – Tue	Available
24 Jun 2027	30 Jun 2027	Thu – Wed	Available
12 Jul 2027	18 Jul 2027	Mon – Sun	Available
13 Jul 2027	19 Jul 2027	Tue – Mon	Available
14 Jul 2027	20 Jul 2027	Wed – Tue	Available
20 Jul 2027	26 Jul 2027	Tue – Mon	Available
21 Jul 2027	27 Jul 2027	Wed – Tue	Available
23 Jul 2027	29 Jul 2027	Fri – Thu	Available
26 Jul 2027	1 Aug 2027	Mon – Sun	Available
27 Jul 2027	2 Aug 2027	Tue – Mon	Available
29 Jul 2027	4 Aug 2027	Thu – Wed	Available
30 Jul 2027	5 Aug 2027	Fri – Thu	Available
4 Aug 2027	10 Aug 2027	Wed – Tue	Available
5 Aug 2027	11 Aug 2027	Thu – Wed	Available
6 Aug 2027	12 Aug 2027	Fri – Thu	Available
11 Aug 2027	17 Aug 2027	Wed – Tue	Available
12 Aug 2027	18 Aug 2027	Thu – Wed	Available
18 Aug 2027	24 Aug 2027	Wed – Tue	Available
7 Sep 2027	13 Sep 2027	Tue – Mon	Available
8 Sep 2027	14 Sep 2027	Wed – Tue	Available
14 Sep 2027	20 Sep 2027	Tue – Mon	Available
21 Sep 2027	27 Sep 2027	Tue – Mon	Available

Availability as of 27 November 2026. Check current availability on the tour page.

Book or ask a question

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

Tour page	central-asia.guide/tajikistan/tajikistan-tours/7-day-pamir-highway-tour-dushanbe-to-osh
Email	info@central-asia.guide
Phone and WhatsApp	+358 40 812 4448
Telegram	t.me/zhetigenova
Messenger	m.me/Centralasiaguidefb

Central Asia Guide KG · Yusup Abdrakhmanova 252, Bishkek · ID 33842079 · Copyright © 2020 – 2026