CENTRAL ASIA GUIDE



PRIVATE TOUR · 12 DAYS

Pamir Grand Tour

Osh – Dushanbe · Kyrgyzstan, Tajikistan

Duration 12 days, 11 nights	Start and end Osh – Dushanbe	Best time to visit Jul–Aug
Private tour from $1,443 per person	Tour type Culture, Hiking, Jeep (4x4), Multi-country, Nature	Difficulty Challenging

Issued 23 November 2026.

Tour highlights

Experience an extraordinary journey through the stunning landscapes of Central Asia on this 12-day tour from Osh to Dushanbe. Your adventure begins at the magnificent Tulpar-Kol Lake, where the pristine waters mirror the surrounding mountains. Venture through the remote Murghab region, offering insight into the unique culture of the Pamiri people, and explore the breathtaking Wakhan Valley, celebrated for its dramatic scenery and rich history.

Continue to Khorog, the charming capital of the Gorno-Badakhshan Autonomous Region, and trek to the stunning Sarez Lake, nestled among towering peaks. Finally, wrap up your exploration with visits to Kalai-Khumb and Dushanbe, immersing yourself in the vibrant local culture and the striking natural beauty of this incredible region.

Difficulty: Challenging. Mostly a 4x4 tour at high altitude (up to 4,655 m), but the two-day Sarez Lake trek (18 km and 8–10 hours each way) and the optional 8–10 hour Pshart–Madiyan trek require good fitness.



Beautiful view of a village in Bartang Valley, Pamir, Tajikistan



Tulpar Kul lakes

Where you'll stay

Night 1	**Tulpar-Kol Lake**	Yurt camp at Tulpar-Kol Lake
Night 2	**Murghab**	Homestay in Murghab or similar
Night 3	**Murghab**	Homestay or hotel in Murghab or similar
Night 4	**Yashikul and Bulunkul lakes**	Homestay in Bulunkul or similar
Night 5	**Langar**	Homestay in Langar / Zong or similar
Night 6	**Langar**	Homestay in Langar or similar
Night 7	**Khorog**	Homestay in Khorog or similar
Night 8	**Barchadev**	Homestay in Barchadev or similar
Night 9	**Sarez Lake**	Tent at the Usoi Dam
Night 10	**Barchadev**	Homestay in Barchadev or similar
Night 11	**Kalai Khum**	Homestay in Kalai-Khumb or similar
Night 12	**Dushanbe**	Guesthouse in Dushanbe or similar

Listed accommodation or similar, same category.

Day-by-day itinerary

DAY 1

Osh – Sary-Mogol – Tulpar-Kol Lake (260 km, 7–8 hrs driving incl. stops)

After flying into Osh, Kyrgyzstan, we head to Sary-Mogol, a village with the best views of Lenin Peak (7134 m). Half-day walk towards the Lenin Peak base camp and back, through the beautiful landscape around Tulpar-Kol Lake.

Overnight in a yurt at the Tulpar-Kol Lake camp.

Altitude: start of the day 950 m (Osh), end of the day 3500 m (Tulpar-Kol Lake).

Overnight	**Tulpar-Kol Lake** · Yurt camp at Tulpar-Kol Lake
Meals	Breakfast, Lunch, Dinner
Travel	Osh – Tulpar-Kol Lake (260 km)

DAY 2

Tulpar-Kol Lake – Karakul Lake – Murghab (290 km, 10–12 hrs driving)

We drive via the Bordoba – Kyzyl-Art Kyrgyz-Tajik border checkpoint towards Karakul, the biggest lake in Tajikistan. Walk along the shore of Karakul Lake.

In the afternoon we continue to Murghab over Ak-Baital (4,655 m), the highest pass of the former Soviet Union. Short stop near the first Tsarist Russian military post in the Pamirs.

Overnight in a homestay in Murghab.

Altitude: start of the day 3500 m (Tulpar-Kol), highest point 4,655 m (Ak-Baital Pass), end of the day 3630 m (Murghab).

Overnight	**Murghab** · Homestay in Murghab or similar
Meals	Breakfast, Lunch, Dinner
Travel	Tulpar-Kol Lake – Murghab (290 km)

DAY 3

Murghab – Madiyan Valley (option A drive or option B trek from Pshart Valley)

Murghab sightseeing: the local bazaar and handicraft shops.

There are two options for today:

Option A: a detour along the Murghab River to the Madiyan Valley (80 km), enjoying the Eastern Pamir landscape from a different perspective. Picnic on the bank of the Murghab River in the shade of trees – in the Eastern Pamir, trees grow only in the Madiyan Valley.

Option B: an 8–10 hour trek from the Pshart Valley to the Madiyan Valley.

Overnight in a homestay or hotel in Murghab.

Altitude: 3630 m in Murghab, 3500 m in Madiyan village.

Overnight	**Murghab** · Homestay or hotel in Murghab or similar
Meals	Breakfast, Lunch, Dinner
Travel	Murghab – Murghab (80 km)

DAY 4

Murghab – Alichur – Bulunkul (145 km, 8–10 hrs driving)

We drive to Alichur and on to the Bulunkul settlement, the coldest place in Tajikistan, with stops at the Sassyk-Kul and Tuz-Kul lakes. A 15–20 minute walk to Yashilkul Lake for photos of the beautiful panorama.

Overnight in a homestay in Bulunkul.

Altitude: start of the day 3630 m (Murghab), end of the day 3737 m (Bulunkul).

Overnight	**Yashikul and Bulunkul lakes** · Homestay in Bulunkul or similar
Meals	Breakfast, Lunch, Dinner
Travel	Murghab – Yashikul and Bulunkul lakes (145 km)

DAY 5

Bulunkul – Khargush Pass – Langar (130 km, 8–10 hrs driving)

We drive to Langar, the first settlement of the Tajik Wakhan, along the Pamir River via the Khargush Pass (4344 m). With luck you will see an Afghan caravan of camels, donkeys and horses on the Afghan side across the river – in places the Afghan side is very close. In the 13th century the Venetian traveller Marco Polo passed here on his way to China.

Short hike to the ruins of the Ratm fortress watchtower with a wonderful view. A remote area with wildlife.

Overnight in a homestay in Langar or Zong.

Altitude: start of the day 3737 m (Bulunkul), highest point 4344 m (Khargush Pass), end of the day 2900 m (Langar).

Overnight	**Langar** · Homestay in Langar / Zong or similar
Meals	Breakfast, Lunch, Dinner
Travel	Yashikul and Bulunkul lakes – Langar (130 km)

DAY 6

Langar – Engels Meadow trek (20 km)

A 15-minute drive to the start of the Engels Meadow trek, with great views of the immense south face of Engels Peak (6507 m). From the meadow you can see the Hindu Kush range across the river on the Tajik-Afghan border. On the way back we take another path to see the Langar petroglyphs.

Overnight in a homestay in Langar.

Altitude: start of the day 2900 m (Langar), highest point 3945 m (Engels Meadow camp).

Overnight	**Langar** · Homestay in Langar or similar
Meals	Breakfast, Lunch, Dinner
Travel	Langar – Langar (hike, 20 km)

DAY 7

Langar – Wakhan Valley – Khorog (245 km, 8–10 hrs driving)

Driving to Khorog through the Wakhan Valley. On the way we visit the Buddhist stupa in Vrang village, the museum of Sufi Muboraki Wakhoni, a 19th-century astronomer and scholar, in Yamg, the ruins of the Yamchun fortress and the Qah-Qaha fortress (3rd–1st centuries BCE). Soak in the Bibi Fatima hot spring and, if there is time, in the Garm Chashma hot spring, and see the ruby mine in Sist from a distance.

Overnight in a homestay in Khorog.

Altitude: start of the day 2900 m (Langar), highest point 3200 m (Yamchun fortress), end of the day 2100 m (Khorog).

Overnight	**Khorog** · Homestay in Khorog or similar
Meals	Breakfast, Lunch, Dinner
Travel	Langar – Khorog (245 km)

DAY 8

Khorog – Bartang Valley – Barchadev (210 km, 8–10 hrs driving)

Khorog city tour: the Regional Museum, the city park and PECTA (Pamir Eco-Cultural Tourism Association).

We then drive to Barchadev village in the Bartang Valley, with short stops to stretch our legs and lunch in Khuf village.

Overnight in a homestay in Barchadev.

Altitude: start of the day 2100 m (Khorog), end of the day 2900 m (Barchadev).

Overnight	**Barchadev** · Homestay in Barchadev or similar
Meals	Breakfast, Lunch, Dinner
Travel	Khorog – Barchadev (210 km)

DAY 9

Barchadev – Sarez Lake trek (18 km, 8–10 hrs)

After breakfast we meet the local guide, who takes care of all logistics (food, accommodation and safety) during the trek to Sarez Lake and its Usoi Dam (567 m), the highest natural dam in the world.

The trek from Barchadev to the Sarez Lake dam usually takes 8–10 hours, so we start at 8–9 am to arrive before dark. The nature on the way is beautiful, especially the river that flows out from under the rubble of the dam. In places the path is very narrow – take care. Halfway there is a camping site, Chaikhana, for lunch and a short rest.

On arrival, if it is still light, enjoy the lake and talk to the staff of the Ministry of Emergency Situations who work at the station. Night in a tent.

Altitude: start of the day 2900 m (Barchadev), end of the day 3623 m (Usoi Dam).

Overnight	**Sarez Lake** · Tent at the Usoi Dam
Meals	Breakfast, Lunch, Dinner
Travel	Barchadev – Sarez Lake (trek, 18 km)

DAY 10

Sarez Lake – Barchadev trek

In the morning enjoy the beauty of the lake and take pictures. Walk down to the shore and taste the absolutely transparent, fresh water of Sarez while the guide tells the story of the lake. Sarez Lake formed in 1911, when a great earthquake triggered a landslide that blocked the Murghab River and created the Usoi Dam. The lake is about 75 km long, up to 505 m deep and lies at about 3,263 m.

We then walk back down to Barchadev – the descent is usually easier. On the way enjoy the nature; the water of the Bartang River is clean and tasty.

Overnight in a homestay in Barchadev.

Altitude: start of the day 3623 m (Usoi Dam), end of the day 2900 m (Barchadev).

Overnight	**Barchadev** · Homestay in Barchadev or similar
Meals	Breakfast, Lunch, Dinner
Travel	Sarez Lake – Barchadev (trek, 18 km)

DAY 11

Barchadev – Kalai-Khumb (320 km, 10–12 hrs driving)

We leave Barchadev and drive towards Dushanbe along the Panj (Oxus) River, enjoying views of the Afghan villages across the river.

Overnight in a homestay in Kalai-Khumb.

Altitude: start of the day 2900 m (Barchadev), end of the day 1295 m (Kalai-Khumb).

Overnight	**Kalai Khum** · Homestay in Kalai-Khumb or similar
Meals	Breakfast, Lunch, Dinner
Travel	Barchadev – Kalai Khum (320 km)

DAY 12

Kalai-Khumb – Kulob – Dushanbe (355 km, 10–12 hrs driving)

Heading to Dushanbe. Short stops at the mausoleum of the 14th-century poet and scholar Khoja Mir Sayid Ali Hamadani in Kulob, at the Hulbuk fortress and at the viewpoint over the Nurek dam lake.

Overnight in a guesthouse in Dushanbe.

Altitude: start of the day 1295 m (Kalai-Khumb), highest point about 1,980 m (Shurobod Pass), end of the day 780 m (Dushanbe).

Overnight	**Dushanbe** · Guesthouse in Dushanbe or similar
Meals	Breakfast, Lunch, Dinner
Travel	Kalai Khum – Dushanbe (355 km)

What's included

Included

- Transport (4WD), including fuel and driver expenses
- Food, including 1.5 L drinking water per person per day
- Accommodation (except Osh and Dushanbe)
- Entrance fees (hot springs, museums, Botanical Garden, Tajik National Park, Sarez Lake)
- Sarez Lake trek expenses, including permit and local guide with donkey service
- GBAO permit

Not included

- Insurance
- Guide service
- Supplement for single room
- All other personal expenses

Prices

Private tour, per person by group size

Travellers	Price per person
2 travellers	$1,952
3 travellers	$1,567
4 travellers	$1,443

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.

Tour page	central-asia.guide/tajikistan/tajikistan-tours/pamir-grand-tour
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