CENTRAL ASIA GUIDE

PRIVATE TOUR · 11 DAYS

Trekking the Lakes and Mountains of Tajikistan

Round trip from Dushanbe · Tajikistan

Duration 11 days, 10 nights	Start and end Round trip from Dushanbe	Best time to visit May–Sep
Private tour from $1,265 per person	Group size Max 12 travellers	Tour type Nature, Trekking
Difficulty Challenging		

Prices and dates valid for 2027 departures. Issued 16 November 2026.

Tour highlights

An 11-day camping trek across the Fann Mountains of Tajikistan, from the Seven Lakes to the turquoise Alauddin lakes and Mutnoe Lake below Chimtarga (5,489 m), the highest peak of the range. From Dushanbe you drive through the Varzob gorge and the Zeravshan valley to the village of Padrud, then walk past Marguzor Lake up to Hazorchashma, the seventh of the Seven Lakes.

Over the Tavasang Pass (3,305 m) the trail leads into the Danisher gorge and down the Obi Safed river to the Amshut gorge, with a day hike to the remote Alo lakes, whose bays resemble Scandinavian fjords. After a night in the village of Guitan you cross the Guitan Pass to Chukurak Lake, the Chukurak Pass to the Kulikalon lakes and the Alauddin Pass (3,780 m) to the Alauddin lakes, with a day hike to Mutnoe Lake (3,500 m). Donkeys carry the luggage, and a cook prepares the meals in camp.

Difficulty: Challenging. Nine trekking days of 4–7 hours with climbs of up to 1,100 m a day, over the Tavasang (3,305 m), Guitan (2,660 m), Chukurak (3,170 m) and Alauddin (3,780 m, grade 1B) passes; 8 nights in tents at about 2,200–2,900 m and 2 nights in village guesthouses. Donkeys carry the luggage.

Lake Chukurak is part of the Tajikistan trekking tour in Fann mountains

Dushanbe Khorog iskanderkul tour

Where you'll stay

Night 1	**Padrud**	Mijgon guesthouse (Padrud) or similar
Night 2	**Marguzor Lake**	Tent camp in the Fann Mountains
Night 3	**Obi Safed**	Tent camp in the Fann Mountains
Nights 4–5	**Archa-Maidan**	Tent camp in the Fann Mountains
Night 6	**Guitan**	Hikmat guesthouse (Guitan) or similar
Night 7	**Chukurak Lake**	Tent camp at Chukurak Lake
Night 8	**Kulikalon lakes**	Tent camp at Kulikalon Lake
Night 9	**Alauddin lakes**	Tent camp at Alauddin Lake
Night 10	**Alauddin lakes**	Tents at the Vertikal base camp

Listed accommodation or similar, same category.

Day-by-day itinerary

DAY 1

Dushanbe – Seven Lakes – Padrud (330 km)

Arrival in Dushanbe. Breakfast, a tour of the city and lunch. Then drive through the Varzob gorge and the tunnel into the Zeravshan valley and on into the Seven Lakes gorge, past the Mijgon, Soya, Hushyor and Nofin lakes, to the village of Padrud (1,800 m).

Drive: 6–7 hours. Dinner and overnight in the Mijgon guesthouse.

Overnight	**Padrud** · Mijgon guesthouse (Padrud) or similar
Meals	Breakfast, Lunch, Dinner
Travel	Dushanbe – Padrud (330 km)

DAY 2

Padrud – Marguzor Lake – Hazorchashma (10 km)

The trek begins. Walk past Khurdak Lake to Marguzor Lake (2,200 m) and climb to Hazorchashma (2,400 m), the seventh of the Seven Lakes. After seeing the lakes, walk back down to Marguzor Lake and meet the local villagers. Like a string of precious beads, the seven Marguzor lakes lie one above the other in the Fann Mountains, each flowing into the next.

Walking: 5–6 hours. Ascent 600 m, descent 200 m. Dinner and overnight in tents on the shore of Marguzor Lake.

Overnight	**Marguzor Lake** · Tent camp in the Fann Mountains
Meals	Breakfast, Lunch, Dinner
Travel	Padrud – Marguzor Lake (trek, 10 km)

DAY 3

Marguzor – Tavasang Pass (3,305 m) – Danisher gorge (12 km)

Cross the Tavasang Pass (3,305 m), where a panorama of the Sarmat gorge opens up, and descend into the Danisher gorge (2,200 m), with a picnic on the way.

Walking: 5–6 hours. Ascent 1,100 m, descent 900 m. Dinner and overnight in tents.

Overnight	**Obi Safed** · Tent camp in the Fann Mountains
Meals	Breakfast, Lunch, Dinner
Travel	Marguzor Lake – Obi Safed (trek, 12 km)

DAY 4

Danisher – Obi Safed river – Amshut gorge (12 km)

Walk down along the Obi Safed river to the Amshut gorge (2,200 m), enjoying the beautiful scenery on the way.

Walking: 4–5 hours. Ascent 200 m, descent 500 m. Dinner and overnight in tents.

Overnight	**Archa-Maidan** · Tent camp in the Fann Mountains
Meals	Breakfast, Lunch, Dinner
Travel	Obi Safed – Archa-Maidan (trek, 12 km)

DAY 5

Amshut – Small and Big Alo lakes (3,150 m) – Amshut (14 km)

A day hike to the wonderful Small Alo (2,340 m) and Big Alo (3,150 m) lakes. The lakes have several bays that resemble Scandinavian fjords, and their name means “secluded”. Picnic on the lakeshore, then walk back down to the camp in the Amshut gorge.

Walking: 6–7 hours. Dinner and overnight in tents.

Overnight	**Archa-Maidan** · Tent camp in the Fann Mountains
Meals	Breakfast, Lunch, Dinner
Travel	Archa-Maidan – Archa-Maidan (hike, 14 km)

DAY 6

Amshut – Archa-Maidan valley – Guitan village (14 km)

Walk down the Archa-Maidan valley on the dirt road, past the villages of Voru, Gazza and Zimtut, to the village of Guitan (1,800 m).

Walking: 5–6 hours. Ascent 600 m, descent 450 m. Dinner and overnight in the Hikmat guesthouse.

Overnight	**Guitan** · Hikmat guesthouse (Guitan) or similar
Meals	Breakfast, Lunch, Dinner
Travel	Archa-Maidan – Guitan (trek, 14 km)

DAY 7

Guitan – Guitan Pass (2,660 m) – Chukurak Lake (8 km)

From the village of Guitan, climb to the Guitan Pass (2,660 m) and continue to Chukurak Lake (2,450 m) for a picnic. Set up camp by the lake.

Walking: 4–5 hours. Ascent 800 m, descent 250 m. Dinner and overnight in tents.

Overnight	**Chukurak Lake** · Tent camp at Chukurak Lake
Meals	Breakfast, Lunch, Dinner
Travel	Guitan – Chukurak Lake (trek, 8 km)

DAY 8

Chukurak – Chukurak Pass (3,170 m) – Kulikalon Lake (10 km)

Cross the Chukurak Pass (3,170 m), from where a wonderful panorama opens over Kulikalon (2,900 m), one of the largest lakes of the Fann Mountains. Marinka fry were once released into the lake and took hold, so fish now live here.

Ascent 710 m, descent 260 m. Dinner and overnight in tents.

Overnight	**Kulikalon lakes** · Tent camp at Kulikalon Lake
Meals	Breakfast, Lunch, Dinner
Travel	Chukurak Lake – Kulikalon lakes (trek, 10 km)

DAY 9

Kulikalon – Alauddin Pass (3,780 m) – Alauddin Lake (12 km)

Climb to the Alauddin Pass (3,780 m, grade 1B) and have a picnic on the pass. From the top you can see Chapdara (5,050 m) and its glacier, Adamtash (4,579 m) and Maria Peak (4,790 m). Descend to Alauddin Lake (2,700 m).

Walking: 4–5 hours. Ascent 960 m, descent 1,100 m. Dinner and overnight in tents on the shore.

Overnight	**Alauddin lakes** · Tent camp at Alauddin Lake
Meals	Breakfast, Lunch, Dinner
Travel	Kulikalon lakes – Alauddin lakes (trek, 12 km)

DAY 10

Alauddin – Mutnoe Lake – Vertikal base camp (12 km)

Climb to Mutnoe Lake (3,500 m). The Alauddin gorge faces north; to the south it is closed off by a snowy range, and all around rise high peaks with many glaciers: Zamok (5,070 m), Energy (5,120 m) and Chimtarga (5,489 m), the highest peak of the Fann Mountains. Picnic on the shore of Mutnoe Lake, then walk back down to the Alauddin lakes.

Walking: 5–6 hours. Ascent 800 m, descent 800 m. Dinner and overnight in tents at the Vertikal base camp.

Overnight	**Alauddin lakes** · Tents at the Vertikal base camp
Meals	Breakfast, Lunch, Dinner
Travel	Alauddin lakes – Alauddin lakes (hike, 12 km)

DAY 11

Alauddin – Dushanbe (or Samarkand)

Drive back to Dushanbe, or to Samarkand on request (5–6 hours), and check in to a 3-star hotel. A short walk around the city, dinner and transfer to the airport.

Overnight	Departure day, no overnight
Meals	Breakfast, Lunch, Dinner
Travel	Alauddin lakes – Dushanbe

What's included

Included

- Accommodation according to the itinerary: hotels and guesthouses (Hello Dushanbe, Vertikal base) in twin or double rooms, and tents on the trek
- Breakfast, lunch and dinner
- Cook
- Guide
- Mountain guide
- All transportation by air-conditioned 4x4 vehicles
- Donkeys and a donkey driver to carry the luggage
- Entrance tickets to the sights in the program

Not included

- International flights
- Consular visa fees
- Travel insurance
- Alcoholic and soft drinks
- Fees for photography and filming at historical sites
- Tips for the guide and driver
- Single room supplement

Prices

Valid for 2027 departures

Private tour, per person by group size

Travellers	Price per person
2–3 travellers	$2,875
4–5 travellers	$1,955
6–7 travellers	$1,725
8–9 travellers	$1,495
10–11 travellers	$1,380
12 travellers	$1,265

Private tours start on any date you choose. Prices per person in a double or twin room. 15% deposit, balance 30 days before tour starting date.

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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