

TAJIKISTAN, HIKING IN ANCIENT SOGDIANA 7 DAYS



In Brief: Tajikistan is a great place for those who want to experience an active experience in tourism. The country is known for one the most beautiful and highest mountains in the world. If you are looking for a moderate hiking and discover one of the oldest civilization of the Sogdians, then this is a perfect itinerary for you. Besides spending your days enjoying the breathtaking views of nature at its best, you will be able to combine sightseeing and excursions in the ancient civilization of an [Iranian people](#) and a province of the [Achaemenid Empire](#), the eighteenth in the list on the [Behistun Inscription](#) of [Darius the Great](#) (i. 16). Sogdiana is "listed" as the second of the "good lands and countries" that [Ahura Mazda](#) founded. This region is listed second after [Airyanem Vaejah](#), "homeland of the [Aryans](#)", in the [Zoroastrian](#) book of [Vendidad](#), indicating the importance of this region from ancient times. Great opportunities are waiting for you to learn about life of local people, camping experiences in small villages like Margeb, Yagnob, Naumetkan, exploring beautiful rivers and lakes, studying petroglyphs from unknown periods and, of course, visiting other major cities like Dushanbe, Khojand, and others.



Day 1

DUSHANBE

Welcome to Tajikistan! You will arrive at Dushanbe International Airport, where you will be met by our expert guide and assisted to your hotel. Just 15 km from Dushanbe, on a wide plain surrounded by mountains, lays the Hissar Historic Cultural Reserve, where we will explore the fascinating remains of an 18th and 19th century archaeological complex consisting of a fortress, madras, and an ethnographic museum. Upon our return to Dushanbe we will visit the Museum of National Antiquities with exhibits primarily from Tajikistan's pre-Islamic civilizations: the Greek, Bactrian, Buddhist, Hindu, and Zoroastrian periods. There is statue of Alexander the Great and wall paintings from ancient Penjikent. The most notable piece in the museum is the enormous, fifteen-hundred-year-old reclining Buddha, which is the largest in existence. Considering that Tajikistan has been so disadvantaged by poverty and politics, the museum is a testament to the people's desire to maintain its cultural treasures. The rest of the day you are free to explore Dushanbe before returning to your hotel.

Day 2

MARGE B

In the morning we will depart from Dushanbe and travel to Margeb village to experience the traditional life of mountain villagers. One of the most stunning sights is a one-kilometer rock, which soars above the village, called Zaminkaror, or "Holder of the Earth". Enjoy the warm hospitality of local hosts with a traditional overnight home stay.



Day 3
SHOHSARA-YAGNOB

After breakfast we will begin our 1st hiking day. It will take us through Shohsara to the Yagnob villages. The hike will last approximately 3-4 hours until we arrive at our destination. A local family will greet and provide us with lunch and a chance to rest and enjoy the local cuisine. There will be an opportunity to take a short nap before we continue our hike towards Tagi Chanor and our next stop. Dinner and overnight in the camp.



Day 4
DUOABA RIVER-QIRIONTE VILLAGE

After breakfast, we will continue our journey and hike towards Yagnob Canyon through the Tangi (narrow gorge) by locals. It is located on the crossing of the two rivers Duoba. After visiting an ancient, working, stone mill close to Duoba, we will continue our hike to the heart of the Yagnob Valley. After lunch we will go to the eastern part of the valley towards Qirionte Village. Dinner and overnight stay in the camp close to Qirionte village.



Day 5

Back to MARGEB

After breakfast, we will have an opportunity to visit nearby walls that have petroglyphs drawn on them. Following this excursion, we will commence our return via Pskon village. During the 4-hour hike there will be a stop at a mill. By evening, we will have reached Naumetkan, where our car will be available to load your gear and take us back to Margeb.

Day 6

DUSHANBE or Khujand*

** Usually the Tajikistan itineraries are combined with Uzbekistan, so there is an option on this day for you to cross the border to Uzbekistan and continue your tour, or you can return to Dushanbe to continue your tour or depart for another destination from Dushanbe International Airport.*

Day 7

DUSHANBE-Home

Transfer to the airport. End of Service

Included services:

- All transportation
- All meals, 2l bottled water per person;
- All accommodation: twin rooms in hotels; guesthouses and home stays (shared rooms).
- All entrance and sightseeing fees.
- English speaking Guide;
- VAT Tax;
- Basic hiking and camping equipment (Tents, backpacks, stoves, shelters, flashlights, stuff sacks, compasses, water bottles, camp kitchen etc)

Excluded services:

- International flights
- Personal insurance (compulsory)
- Visas
- Tips to local guides
- Other beverages