

TREKKING IN TAJIKISTAN

The northern ranges, Pamirs and Afghanistan's Wakhan Corridor

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With 93% of its landmass considered mountainous territory, Tajikistan is one of the most mountainous countries in the world. A centuries-old network of trails criss-crosses this terrain, linking remote villages and shepherds' camps. Although infrastructure is fragile and tourism in its infancy, this Central Asian nation presents some fantastic opportunities for the adventurous trekker.

This guide describes twenty high-altitude treks of 2–9 days in the mountains of Tajikistan, covering the Fann Mountains, Pamirs and northern ranges, plus five day hikes near the capital, Dushanbe, and a 10-day trek in the Afghan Wakhan Corridor. In addition to wild camping, many of the routes also include the opportunity to experience the rich local culture and warm hospitality in a traditional homestay.

As well as detailed route description and 1:100,000 mapping for each trek, the guide contains a wealth of practical information on travel and trekking in Tajikistan and the Wakhan Corridor. There is advice on transport and visas, trekking support, equipment, cultural awareness, safety and security, as well as background notes on history, flora and fauna and a Tajik-Russian-Pamiri-English glossary. With inspirational colour photography, *Trekking in Tajikistan* is the perfect companion to discovering this captivating nation.

Key marketing points

- The guide can be used either to plan an independent trek or to select, prepare for and enhance an organised expedition.

About the author

Jan Bakker was born in the Netherlands but currently lives in Lebanon. He has led pioneering mountain expeditions in Tajikistan, the Afghan Wakhan Corridor and Iraqi Kurdistan and has written articles about his adventures for various magazines.

Born in France, Christine Oriol travelled in Central Asia before adopting Tajikistan as her second home. Settling in the Fann Mountains, she enjoyed exploring both the surrounding mountains and the unmarked trails of the Pamirs. She now trains young local women with the non-profit organization Women Rockin' Pamirs.

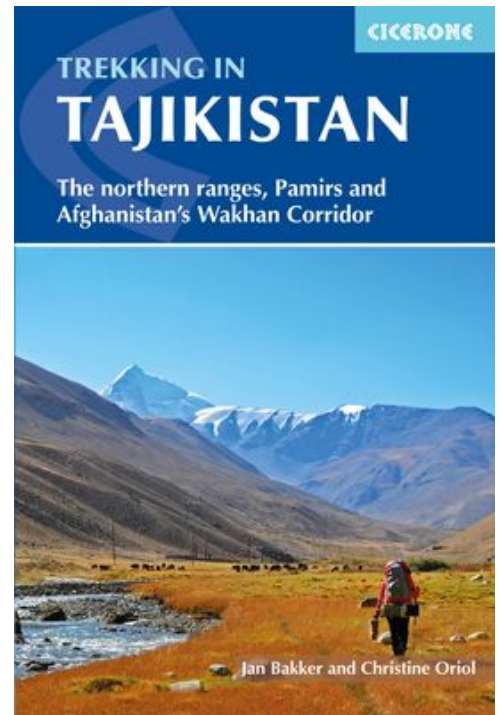
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