

PRESS RELEASE

An unforgettable experience on 'the Roof of the World'

TREKKING IN TAJIKISTAN

Front cover

The northern ranges, Pamirs and Afghanistan's Wakhan Corridor

by Jan Bakker, Christine Oriol

Step into another world, a land of soaring peaks and wild valleys, criss-crossed by a network of centuries-old trails linking remote villages and shepherd camps. This is Tajikistan, 'the Roof of the World', where the mighty Himalaya meet the Tian Shan, Karakoram and Hindu Kush.

The fact that Tajikistan is far-removed from the tourist trail is part of its appeal. Although infrastructure is fragile and tourism is in its infancy, this Central Asian nation - one of the most mountainous countries in the world - presents some outstanding opportunities for the adventurous trekker.

This is the first English-language guide specifically dedicated to trekking in Tajikistan. It describes twenty high-altitude treks of 2-9 days in the mountains of Tajikistan, covering the Fann Mountains, Pamirs and northwestern ranges, plus five day hikes near the capital, Dushanbe, and a 10-day trek in the Afghan Wakhan Corridor. As well as detailed route description and 1:100,000 mapping for each trek, you'll find a wealth of practical information 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.

Visitors to Tajikistan can expect a breathtaking landscape of lofty snow-capped peaks, turquoise lakes and sweeping high-altitude plateaus. Trekking here is also a rich cultural experience: in addition to wild camping, many of the routes include the opportunity to experience the fascinating local culture and warm hospitality in a traditional homestay, meeting those who call this remote wilderness home. This guide is an ideal companion to discovering one of Central Asia's best kept secrets.

What's inside?

- clear route description and mapping
- comprehensive notes on transport and visas, trekking support, equipment, cultural awareness, safety and security
- multi-lingual glossary

About the authors

Originally from the Netherlands, Jan Bakker has lead pioneering mountain expeditions in Tajikistan, the Afghan Wakhan Corridor and Iraqi Kurdistan and has written articles about his adventures for various magazines. French-born Christine Oriol settled in the Fann Mountains of Tajikistan and now trains young local women in the Pamirs with the non-profit organization Women Rockin' Pamirs.

Key information

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- Can be used either to plan an independent trek or to select, prepare for and enhance an organised expedition
- High-altitude treks in remote terrain with limited infrastructure
- Only English-language guidebook to the region

For further information, or to receive a review copy please contact Hannah hannah@cicerone.co.uk
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