

Trekking in Tajikistan

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Trekking in Tajikistan Jan Bakker Hent PDF Forlaget skriver: 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. As well as detailed route description and 1:100,000 mapping for each trek, there is a wealth of practical 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. The guide can be used either to plan an independent trek or to select, prepare for and enhance an organised expedition. Known as 'the Roof of the World', Tajikistan is one of the most mountainous countries on Earth, with 93% of its landmass considered mountainous territory. This is where the mighty Himalaya meet the Tian Shan, Karakoram and Hindu Kush, and a centuries-old network of trails criss-crosses the remote terrain, linking isolated villages and shepherds' camps. Although infrastructure is fragile and tourism in its infancy, this Central Asian nation presents some outstanding opportunities for the adventurous trekker. The hand-picked routes showcase Tajikistan's breathtaking landscapes 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 treks 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 will be your companion to discovering Tajikistan, a country with so much to offer and one of Central Asia's best kept secrets.

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