The Ultimate Fann Mountains Trek

Trip Code: UFT

Version:

WALK & TREK	GUIDED GROUP	MODERATE
		6



HIGHLIGHTS

- An off-the-beaten-track trek in a little-visited part of the Pamir range
- Enjoy pristine campsites alongside azure-blue Fann Mountain lakes
- Meet the nomadic Tajik shepherds as they graze their flocks on remote upland pastures
- Cross into Uzbekistan to discover Samarkand's magnificent Registan Square

AT A GLANCE

- 7 days trekking
- 3 days sightseeing
- Max altitude - 3860m
- Join at Dushanbe, End in Samarkand

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

The southern edge of the Central Asian republics is defined by the rocky barrier of the Pamirs which includes the little-visited Fann Mountains. This spectacular range has numerous snow-capped 5000 metre peaks and the potential for brilliant trekking, through rocky valleys and across high passes. Accessed through the Tajikistan capital, Dushanbe, our sensational trek makes a comprehensive tour of this rugged and picturesque landscape, where Tajik shepherds graze their flocks on remote upland pastures. Climbing to high viewpoints and enjoying a succession of superb lakeside camping places, this is a truly memorable trek. After the trek, we travel into neighbouring Uzbekistan, where we visit the stunning Silk Road city of Samarkand. More than 2500 years old and known as the 'Gem of the East', Samarkand is one of the wonders of the world, with mosaic-clad monuments that are guaranteed to take your breath away. This is Central Asia at its best!

Is this holiday for you?

This is great territory for trekking, generally following clear, dry paths through rocky mountain terrain. The trails we follow have been used by local shepherds for generations. We will be walking for around 6 and 7 hours each day, stopping for lunch after 3 or 4 hours, although some days may be longer. Many of the days will include between ascent and descents of up to 1000m. Trekking at altitudes above 3000m makes greater demands on the body than walking at low elevations and can be challenging even for fit hikers. You should ensure that you are physically prepared for this trek. In addition, this trip involves some long overland transfers and a potentially slow border crossing. This holiday is a real off-the-beaten-track experience and is therefore most suitable for those with a longing for adventure, who have trekked previously in remote areas.

Itinerary

Version:

Holiday Information

What's Included

- An experienced English speaking tour leader and assistant guide on trek.
- Single timed airport transfers on arrival and departure
- All accommodation as described
- When camping a full service including food and all equipment (excluding personal equipment)
- All meals with the exception of 2 dinners and 1 lunch in Samarkand are included
- All land transport required by the itinerary
- All activities/excursions/entrance fees mentioned except where specified as 'optional'

What's not Included

- Travel insurance
- Uzbekistan and Tajikistan visa fees
- Airport transfers other than group transfers
- Tips for local guides and support staff
- Two evening meals and lunch in Samarkand
- Fees for using a camera at some of the monuments in Samarkand
- Miscellaneous expenses - souvenirs and drinks etc

Joining Arrangements & Transfers

A single-timed group transfer from Dushanbe Airport to the hotel will be provided on arrival. This transfer will be timed to meet with the Turkish Airlines flight TK254 arriving in the early hours of the morning. After checking in to the hotel for a few hours sleep we will have a relaxing start to the morning and meet with the guide at the hotel at 11am for a city tour.

On the last day of the itinerary a single group transfer is provided to Samarkand Airport.

Anyone may join the group transfers by prior arrangement. If your flight schedule does not fit with these transfers we can provide private transfers at an additional cost.

Hotel contact details along with an emergency contact number will be provided with your booking confirmation.

Meal Plan

All meals, with the exception of 2 dinners and 1 lunch in Samarkand are included in the holiday price.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Drinking Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a Water-To-Go bottle) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

On trek, the food is a mixture of local and Western dishes using ingredients purchased locally and cooked by trek cooks. Breakfasts consist of porridge or eggs, bread, tea and coffee. Lunches are usually a healthy picnic with a choice of canned fish, tinned meats, cheese, sausage, tomatoes, cucumbers served with potatoes, rice or pasta. Dinner taken in a group 'mess' tent will consist of a starter and main course followed by fruit. If you are vegetarian please remember to inform us of your dietary requirements before you travel. You may also wish to bring along some snacks from home to use during the course of your walking days.

Accommodation

On arrival we stay in a local 3 star hotel in Dushanbe. We have booked the rooms for the night before the tour starts, so if arriving early in the morning we will have access to the rooms to get a few hours rest before breakfast. We stay an additional night in the hotel in Dushanbe. At Lake Iskanderkul we stay in basic cottages on the lake shore, the rooms here are ensuite. On trek we have a total of 5 nights supported camping, 1 night in a local homestay in a small village on the route, and night in a mountain hut. There will also be 3 nights in ensuite rooms at a comfortable hotel in Samarkand.

With the exception of the night in the homestay, all accommodation is on a twin share basis. If you are travelling by yourself, you will be paired up with another single client of the same sex. Single rooms (not available in the homestay) and tents are available for a supplementary cost. Single tents are limited and should be requested at the time of booking.

If you are planning to extend your holiday, additional nights in Samarkand are available on request.

Group Leader & Support Staff

The group will be led by a professional and qualified tour leader.

Groups of 8 or more travellers will also have a second, assistant leader.

Whilst on trek the group will be supported by a local trek crew including cooks, camp assistants and porters.

Altitude

This holiday involves going to high altitude. During the course of your trip you will reach altitudes in excess of 3500 metres. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on trekking at high altitude. You can also talk to one of our trekking experts if you have any concerns about altitude.

Spending Money

Approximately $250 should be allowed for miscellaneous expenses, including approximately $100 for trek crew and drivers tips. We recommend that you take your travel money in the form of US dollars cash. Money can be changed at a reasonable rate at Dushanbe Airport or at authorised money changers near to the hotel. Credit cards are of limited use in Tashkent and Samarkand and foreign cards are not generally accepted at ATMs.

Guidance on Tipping

In Central Asia, it is usual to tip the members of your trek crew, including your local guide, if you are happy with the services provided. We suggest you coordinate these tips as a group and as a rough guide we recommend £80 will cover this aspect of your trip expenditure. The exact amount should be determined by the group and the tour leader will give advice on how this should be distributed throughout the crew.

Baggage Allowance

For this holiday you should take one piece of luggage, which should be a soft and sturdy duffel bag, and a day pack. Your bag on trek will be carried by pack animals and should not weigh more than 15kg. For international flights please check your baggage allowance with your airline.

It is possible to leave any excess baggage not required for the trek itself with our local agent. Excess baggage will be collected on Day 3 of the itinerary and stored for the duration of the trek. You will be reunited with your excess baggage on in Penjikent on Day 10 before crossing the border into Uzbekistan.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Uzbekistan Visa

If you have a UK passport you can enter Uzbekistan as a visitor for stays of up to 30 days without a visa. For stays longer than 30 days you can apply for an e-visa via the Uzbekistan e-visa Portal.

US Citizens will need a visa to enter Uzbekistan and must apply for an e-visa via the Uzbekistan e-visa Portal.

Other nationalities, should check entry requirements with the Embassy of the Republic of Uzbekistan in their own country.

Tajikistan Visa

It is not possible to get a visa on arrival in Tajikistan. UK, US, Australian, New Zealand, Irish, and Canadian passport holders can apply for a Single Entry visa via the Tajikistan e-visa Portal: https://www.evisa.tj/index.evisa.html.

Alternatively, our agent in Tajikistan has offered to expedite Tajikistan e-visas for KE customers. Please contact KE if you would like to take advantage of this service. We will require a single scan of both pages that face each other in the passport, not just a scan of the information page of your passport. The e-visa and admin / processing fee will be **$80** (updated March 2025). The fee will be converted into the currency you are paying KE at the prevailing exchange rate. We will e-mail your Tajik e-visa to you once it has been issued. **Please ensure you cross-check ALL details on your Visa prior and inform us of any errors immediately.**

The e-visa is valid for a period of up to 90 days from the date specified in your application, although you can spend no more than 60 days within the country.

If you are arranging your own visa, the Tajikistan e-visa portal recommend applying for the e-visa at least 2 weeks ahead of travel, however we have found these timings can sometimes be quite tight and would recommend applying **4 weeks ahead** of travel to allow for any unexpected delays.

IMPORTANT:

- **Recent Tajik Visa applications have required a letter of invitation. We will be send these out to any customers applying for their own visa.**

- **The information you provide for the e-visa needs to exactly match your travel documents or you may be refused entry to the country. Please double check all the details.**

- **If your occupation is in journalism or government service such as the military or police, please contact the KE office before making your application.**

Please enter the following on the application form:

Where asked if you need a GBAO Permit tick enter: **NO**
Group identifier: **KE Adventure Travel / Paramount Journey**
Address in Tajikistan: **Shumon Hotel, Niyozi 34, Dushanbe 734000**

You will be asked to upload a copy of your passport. Please use a scanner, rather than a phone camera, and make a single scan of both pages that face each other in the passport, not just a scan of the information page of your passport. Only use the supported formats listed for your passport scan and ensure the file size is less than 1MB.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience.

You should be aerobically fit and comfortable with walking for up to 8 hours for consecutive days. Hill walking, with a good amount of ascent and descent, is the best training, and we would suggest that you try to fit in a number of long weekend walks before you depart. Running, cycling and swimming are also good for developing cardio vascular fitness and stamina.

There is little you can do to prepare for the altitude but if you have an excellent level of fitness this can help.

Climate

In Dushanbe, Tashkent and Samarkand, the temperatures in July and August will be hot, with daytime temperatures of 30 to 35 degrees Centigrade. Once we get up into the mountains, it will be much cooler, with average daytime temperatures of 20 to 25 degrees Centigrade and night-time temperatures at our highest camps falling to freezing - 0 degrees Centigrade. The weather is generally excellent throughout the summer, with clear skies and little rain or snow. However, weather in mountainous areas is notoriously difficult to predict, and short-lived storms can occur at any time of the year.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Tajikistan. Bradt (2013 edition)
- Uzbekistan. Bradt (2013 edition)
- Central Asia. Lonely Planet
- The Lost Heart of Asia. Colin Thubron
- The Golden Road to Samarkand. Odyssey Guides
- Foreign Devils on the Silk Road. Peter Hopkirk
- The Great Game. Peter Hopkirk
- Xinjiang, the Silk Road. Islam's Overland Route to China. Peter Yung

Maps

EWP Fann Mountains Map and Guide

1:100,000 Topographical Map plus Central Asia Ridge map and Fann Mountains location map

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

The packed weight of your kit bag whilst trekking should be no more than 15 kgs.

You must bring the following items:

Clothing & footwear

- Hiking boots
- Trainers / Sandals* for river crossings
- Socks
- Underwear
- Trekking trousers
- Waterproof over-trousers
- Waterproof jacket
- Thermal underwear
- Thermal base layer shirts (2 short sleeve, 2 long sleeve)
- T-shirts
- Shorts and/or swimwear
- Fleece jacket or warm jumper
- Warm jacket (down)
- Sunhat
- Warm hat
- Sunglasses
- Warm gloves

- Buff/scarf (to protect against dust)

Equipment

- Sleeping bag (comfort rated -5°C)*
- Thermarest or similar sleeping mat (please note that thin sleeping mats are provided)
- Daypack 30 to 40 litres
- Selection of dry bags (to keep kit bag contents dry)
- Small padlock (to lock your kit bag)
- Headtorch and spare batteries
- Water bottles 1 litre (x2) (we encourage re-filling water bottles rather than single use plastic)

Other

- Sun protection (including total bloc for lips, nose etc.)
- Water purification tablets
- Washbag and toiletries
- Antibacterial handwash
- Small towel
- Basic First Aid Kit including: antiseptic and antihistamine cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, Insect repellent, and re-hydration salts (Dioralite).

The following items are optional:

- Travel clothes

- Swimwear (we will be camping near mountain lakes on several nights)
- Trekking poles* (optional, but highly recommended)
- Sleeping bag liner*
- Pen-knife (remember to pack sharp objects in hold baggage)
- Repair kit - (eg. needle, thread, duct tape)
- Camera
- Reusable cloth bag for shopping (to avoid plastic bags)

Notes:

Whilst camping you are usually beside a lake or river so it is possible to wash yourself and your clothes providing you bring biodegradable soap.

* Sandals for river crossings: There are no significant river crossings but having sandals would be useful. During hot weather in July and August, which is the peak of glacier melting time, you will need sandals to cross some streams that might reach 20 cm deep on the section from 7 Lakes to Duoba (Days 3 -5).

The following equipment items can be hired and paid for locally. Please contact the office to confirm items required in advance.

- A sleeping bag and liner ($30)
- Thermarest / Inflatable Sleeping Mat ($20)
- Trekking Poles ($15)

Land Only Information

The LAND ONLY dates and prices are for the itinerary joining in Dushanbe (Tajikistan) and departing from Samarkand (Uzbekistan). For clients making their own flight arrangements, Dushanbe International Airport is the most convenient for transfers to the group hotel. Please refer to Joining Arrangements and Transfers for further details.

Flights SHOULD NOT be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

IMPORTANT: Please note that some regional departures with Turkish Airlines only allow for a short connection time in Istanbul Airport (less than 2 hours). This has resulted in clients baggage missing the connection to Dushanbe. We recommend that you allow at least 3 hours in Istanbul to ensure that your baggage is transferred on to the connecting flight. The next flight connection to Dushanbe is not for 2 days so your luggage will have to catch you up on the trek. If you do opt for a short connection time we recommend taking essential items in your hand luggage for your first two days of trekking.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London Heathrow to Dushanbe (and back from Samarkand) with Turkish Airlines. Outbound flights will depart from the UK in the late morning, arriving in Dushanbe in the early hours of the following morning (Day 1 of the Land Only itinerary). Return flights will depart from Samarkand in the early hours of the morning on the last day of the itinerary, arriving in the UK in the afternoon of the same day. Regional departures* and/or alternative carriers are available on request.

Please be aware that there are often only a limited number of seats available at the advertised price. To avoid paying flight supplements, we recommend that you book as early as possible, especially during peak times. If we are unable to secure seats at the price shown, or you have requested regional departures, we will contact you with an alternative quote. Please note that you may be asked to pay for your flights in advance of your final holiday balance. Note that if you book a package including flights with KE you will benefit from full financial protection.

***Regional departures:** Please note that some regional departures only allow for a short connection time in Istanbul Airport (less than 2 hours) which have resulted in missed baggage connections. We recommend that you allow at least 3 hours in Istanbul to ensure that your baggage is transferred on to the connecting flight to Dushanbe. The next flight connection to Dushanbe is not for 2 days so your luggage will have to catch you up on the trek. If you do opt for a short connection time we recommend taking essential items in your hand luggage for your first two days of trekking.

Why Choose KE

Why KE

We'll help you discover the parts of Central Asia that other tours don’t reach! Enjoy this trek, unique to KE, in the wild and wonderful Fann Mountains. With all meals included this holiday is also great value for money.

Please Note This document was downloaded on 28/11/2026 and the trip is subject to change