




# Trekking in the Fannns:

the mountains with turquoise eyes



A woman with long brown hair, wearing a teal long-sleeved shirt and maroon pants, is sitting cross-legged on a dark, jagged rock in the foreground. She is looking out over a vibrant turquoise lake that fills the middle ground. The lake is nestled in a deep valley between steep, rugged mountains. The mountains on either side are composed of reddish-brown and grey rock, with some snow patches visible in the higher reaches. In the background, more snow-capped mountain peaks rise against a clear blue sky with a few wispy white clouds. The lighting suggests it's either early morning or late afternoon, with warm golden light hitting the left side of the valley and the mountains.


‘The Fann Mts are the hidden gem of one of the world’s poorest countries — Tajikistan.

Sunny climate, **surreal turquoise lakes** and **open-hearted locals** make this area a remarkable, world-class destination, still waiting to be discovered.’



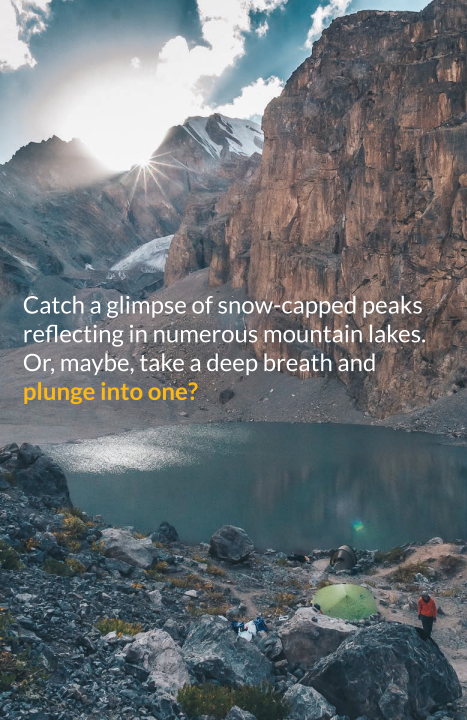
MID-JUNE – MID SEPTEMBER

Trekking &  
wild camping  
in Tajikistan  
**10 DAYS**



Exploring the ancient  
Silk Road cities  
in Uzbekistan  
**3 DAYS**





Catch a glimpse of snow-capped peaks reflecting in numerous mountain lakes. Or, maybe, take a deep breath and **plunge into one?**



Camp in the wild and watch **myriads of stars** with no light pollution from big cities.



Observe the ways of local shepherd families. **Share a gift with kids** and thankfully accept bread freshly baked in a traditional clay oven.



Immerse into the **vibrant swirl of oriental bazaars and blue-domed mosques** in Samargand and Bukhara. Bring home authentic metalwork or even a carpet.





JUST 60 M LOWER THAN MONT BLANC

**CHIMTARGA COL 4,750 M**

**ALAUDIN COL 3720 M**



**70 KM, 9 NIGHTS IN A TENT**

**30% SHORTER THAN THE EVEREST BC TREK  
YET SLIGHTLY MORE DIFFICULT,  
SUITABLE FOR EXPERIENCED TREKKERS**

**6-8KM AVERAGE DAILY DISTANCE  
FREQUENT REST STOPS AND COOKED LUNCH**

**TOTAL  
ELEVATION  
GAIN  
>5,000 M**

Pack donkeys carry most of the weight up to 4,100m campsite – almost the entire uphill portion of the itinerary.

Each donkey can carry up to 40kg and is normally shared between 3 participants so the remaining weight of your pack is around 7-10 kg. The donkey driver, usually a teenager from a local shepherd's family, is in charge of the animals.

Porters can be arranged for the remaining days, if necessary.





During cultural days in Samarkand and Bukhara, we stay at hand-picked family-run boutique guesthouses equivalent to a solid 3-star hotel, with traditional buffet breakfast included. If we're fortunate, we may even be able to sleep in refurbished 19th-century interiors!

The standard is twin room, however if you'd rather not share the room with another participant, you can choose to pay an additional fee for single accommodation.



# FANS OF THE FANNS

'Your planning was excellent and the trip was very well organised. At no time during our trek in the Fann mountains or the other travels in Uzbekistan did I feel unsafe or at risk.

The menu and variety of meals cooked was excellent and exceeded my expectations.'

Thomas Magg

'I was impressed with your organization of the trip. The upfront information was accurate and relevant. More importantly everything ran smoothly. I was particularly impressed with your organization of the logistics — getting the group to where they needed to be on time without any problems.'

Robert Cromarty



5-STAR REVIEWS FROM PARTICIPANTS:  
[FB.COM/PRIMALSCAPES/REVIEWS/](https://fb.com/PRIMALSCAPES/REVIEWS/)





## YOUR GUIDE

**Andrew Golovachev,**  
an experienced trek leader and  
IFMGA aspirant ski guide, avid alpine  
climber, devoted adventure  
photographer.

Ran treks, climbs, ski tours and  
expeditions to Tajikistan Pamirs,  
Patagonia, Peru, Morocco, Nepal,  
Kyrgyzstan, Georgian and Russian  
Caucasus and Kamchatka.

A full member of the British Alpine  
Club.

Visited over 40 countries, lived  
in the UK for four years. Certified  
first-aider.



# INCLUDED

English-speaking mountain guide on the trek and an English-speaking city guide in Uzbekistan.

Premium freeze-dried rations cooked by the guide.

Pack animals for 5 days, one donkey carries up to 40kg and is shared between 3 participants.

National park permits and camping fees.

Emergency satellite communication.

Private transfers and domestic train tickets.

Boutique hotels: twin rooms with breakfasts.



# NOT INCLUDED

International flights to Tashkent (TAS) or Samarkand (SKD).

E-visa fees: \$20-30.

Eating out in cities: \$80-150 total.  
Snacks e.g. bars on the trek.

Any museum tickets and any optional trip extensions in Uzbekistan.

Travel and trekking insurance.

Single accommodation.

Rental of tents – \$20-30 per trip – and personal gear, if needed.

Discretionary tips.

Yoga classes.





After the trek, we spend 3 days with a guide in the ancient Silk Road cities of Bukhara and Samarqand. Having been the centers of the Oriental Renaissance in 10-11 centuries, with culture, sciences and arts well ahead of the medieval Europe, they are now recognised as UNESCO World Heritage.

With its bewitching blue-domed mosques, madrasas, mausoleums, and the grand ensemble of Registan square, Samarqand boasts 2,750 years of history. Equally ancient, Bukhara is renowned as the center of crafts with a cohesive and lived-in old center that was not affected much by Soviet renovations.

We travel between the cities on a high-speed train which takes about 2.5 hours.





**HAND-MADE  
IS THE NORM**





## IS TAJIKISTAN SAFE TO VISIT?

The Fanns are located on the other side of Tajikistan from its border with Afghanistan. Hundreds of independent backpackers and climbers from European countries visit the Fanns every year and locals are friendly towards them.

Both Tajikistan and Uzbekistan are Islamic countries. It is important to remain courteous to locals and respect Muslim customs. Female visitors should dress conservatively in villages. It is a good idea to bring small souvenirs for shepherd families and candies for kids. You will be rewarded with home-baked bread and yogurt!

## DO I NEED A VISA?

Tajikistan (the trek) is visa-free for most Europeans, US citizens and Canadians, while Brits pay \$30 for an online visa.

Uzbekistan is visa-free for most Europeans, Brits and Canadians. E-visa costs \$20 for US citizens.

## HOW MUCH WILL I HAVE TO CARRY?

Our daypacks usually weigh around 7-10 kilos, as donkeys carry everything not necessary during the day – that is our food rations, cooking utensils, fuel, tents and sleeping bags.

However, the animals can only make it as high as the 4,100m camp. From there we have to carry all the stuff to the 4,750m high pass in the first half of the day. Hence you need a reasonably large pack – about 60-70 litres. From there it is mostly downhill for the remainder of the trek.

## WHAT IS THE WEATHER LIKE?

The Fanns are famous for sunny weather! The temperature during the daytime stays at comfortable +15-20 centigrade at the lowest sections of the trek, while at the highest campgrounds it can drop to subzero at night. You can still expect no more than a couple of short showers during the entire trek – and plenty of sun!





## WILL VEGETARIANS SURVIVE?

Any dietary preferences are accounted for, provided you let us know in advance.

Breakfast typically consists of oatmeal with locally-sourced sun-dried fruits — such as prunes, cheese, savour biscuits or naan bread.

One example of a non-typical breakfast is millet with pumpkin and raisins!

For lunch on the trek we normally have soup, for example, borscht, peas or lentils, served with crisps, fried chickpeas and cheese. We enjoy refreshing drinks made with freeze-dried berries such as cranberries, blackcurrants or lyngenberries.

Examples of dinner's main are chicken tikka masala, Georgian-style baked eggplants with paprika or lentil stew with vegetables. There are also herbal teas with local treats such as tahini halva, gingerbread or nuts with honey.



Keen to join? To check availability, or to ask any questions,  
please email us at [HELLO@PRIMALSCAPES.COM](mailto:HELLO@PRIMALSCAPES.COM)

More details, including the detailed itinerary, are available at:  
[WWW.PRIMALSCAPES.COM/TREK/FANN-MOUNTAINS/](http://WWW.PRIMALSCAPES.COM/TREK/FANN-MOUNTAINS/)

