



“Pamir Central Asia”

pCa

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7-Days Tajikistan and Kyrgyzstan Along the Pamir Highway



TOUR DOSSIER: For anyone anticipating a Tajikistan & Kyrgyzstan tour, the Pamir Highway is certain to stand out in a series of dramatic landscapes and cultural encounters to leave travellers in no uncertain terms as to the adventures that are still to be had in two of Asia’s lesser visited locations.

Encapsulating the rugged mountain imagery and remote nature of a Tajikistan & Kyrgyzstan tour, the Pamir Highway lets you travel across the roof of the world on a stretch of road that promises spectacular views to leave a long lasting impression on first-time passengers and old hands alike.

Aside from the trip over the Pamir Highway this 7 days tour Tajikistan & Kyrgyzstan holiday also features many of the remote communities living within the Pamir Mountains as well as chances to spot the wildlife, including birds of prey, that call this eternally unchanged habitat, home.

Following the course of the River Panj, along the Afghanistan border towards Khorog, takes travellers to the relics of the Silk Road where former fortresses and Buddhist temples still signal the strategic importance of Tajikistan, Kyrgyzstan and the Pamir Highway.

The chance to stay with a host family in Sary Tash is a real highlight of this Tajikistan & Kyrgyzstan holiday with visits to the ancient citadel of Osh to watch the traditional ceremonies surrounding Solomon's Throne bound to stay long in the mind's eye.

Program Itinerary

Day 1 – Dushanbe – Kalaikhumb 360km 7/ 8hours altitude 1245 mh. 20-April

Meeting at your Accomodations and start the tour to Pamir,

We set off east towards the Pamirs and Kalaikhumb, driving through beautiful scenery and interesting villages en route. This area is a little more conservative, and we see many men with beards, and women wearing traditional dress. We will cross the Shurabad Pass (2200m high) On the road we will visit to the ancient fortress Hulbuk dated by VIII century recently restored under the decree of the president. The local guide will talk interesting stories about the life in the fortress, shows outlines of the bases of rooms, halls and harems of the local governor's palace. Arrive to Kalaikhumb in the early evening.



Overnight: in Guest House.

Meals included: (Lunch, Dinner)

Day 2 – Kalaikhumb to Khorog 260 km, 7/ 8 hours altitude 2131 mh. 22-April

From Kalaikhumb we leave for Khorog along river Panj, border of Afghanistan. We have reached the capital of Gorno-Badakhshan Autonomous Oblast (GBAO).

Overnight: in Guest House or similar.

Meals: (Breakfast, Lunch and Dinner)

Khorog town

The capital of Gorno-Badakhshan Autonomous Oblast, Khorog is a small town that at various times has been under the control of the Russia, the Emirate of Bukhara and Afghanistan. The Russians built a fort here in the Soviet era, with Khorog being in a highly strategic location on the border with Afghanistan, but today it languishes and is one of the least developed parts of the country, with the Aga Khan Foundation contributing to the bulk of the local economy. It holds the distinction of being home the second highest botanical garden in the world, at 3900m.



Day 3 – Khorog – Ishkashim to Yamq (210 km 7/ 8 hours, altitude 2665mh) 23-April

We have a little time to explore Khorog including the bazaar and the lovely Botanical Gardens which are perched high above the town, affording some great panoramic view.

About 50kms along the road to our next stop, Ishkashim, we will stop at Garmchasma hot springs for an (optional) dip in the waters. Visit detour to the nearby village of Namadguti to visit the Khahkha Fortress. From here, we enter the Tajik half of the Wakhan Valley (shared with Afghanistan) and pass regional gem mines mentioned by Marco Polo. The most famous mine is Koh-i-Lal ruby mine which is visible from the road. Ishkashim itself the regional centre, but it is essentially still a large village and we stay in Guesthouse in Ishkashim.

Meals: (Breakfast, Lunch, Dinner)



Wakhan Valley

The Wakhan Valley (also pronounced Vakhan) is a majestic alpine valley in the Badakhshan region of Afghanistan and Tajikistan (the “Wakhan Corridor” refers to the part of the valley in Afghanistan). It is located in the Pamir Mountains in Central Asia. Its upper reaches consist of two wide, hilly plains surrounded by alpine peaks, beginning near the Chinese border in one of the most remote regions of the world. Further down, where the Pamir and Wakhan rivers join to form the Pyanj River, the valley narrows, finally becoming a severe canyon with roaring river rapids at its end in Ishkashem. Its muddy rivers are fed by water from huge glaciers on some of the highest mountains on the planet, fantastic views of which are visible throughout the area.

Day 4 – Ishkashim to Langar (110 km 6/ 7 hours altitude 2882mh) 24-April

Driving along the Wakhan valley and visit detour to the nearby village of Namadguti to visit the Khahkha Fortress. This impressive structure rises from a naturally formed platform of rock and dates back to the Kushan era of the 3rd Century. There are a number of these ancient fortresses in the area, and we also visit Yamchun fort, perhaps the most impressive of them. We take a break at the Bibi Fatima hot springs, named for the Prophet Mohammed’s daughter and where local women believe they can increase their fertility. Continuing on we then stop at the 4th Century Buddhist stupas at Vrang, reminders of the ancient pilgrim caravans that passed through the region.

Overnight: homestay.

Meals: (Breakfast, Lunch, Dinner)

Day 5 – Langar to Murghab (240 km, 6/ 7 hours altitude 3500mh) 25-April

Today we get a chance to explore the amazing landscape of this area. We drive up to Murghab via the Kargushi Pass (4344 meters). On this journey we leave behind the lush valleys of the Wakhan Valley and enter a landscape that is rocky, mostly barren but nevertheless dramatic. This is the Pamir Highway we have anticipated, with the route

between Khorog and Osh completed in 1931 across a Tibetan-plateau style high altitude terrain.

We leave for Murghab the center of East Pamir. The road up Murghab, however, is spectacular an, passing through again the settlement of Mamazair.

This small town bestrides the Murghab at an altitude of 3,500 m. Younghusband visited it in 1890 and wrote “It is a dreary, desolate spot... with a certain amount of grassy pasture and a few scrubby bushes by the river, but surrounded by barren hills, and bitterly cold. How these Russian soldiers can support existence there is a marvel..shut up in dreary quarters, with nothing whatever to do – week after week, month after month passing by in dull monotony...” Over a century later, nothing much has changed.

We anticipate arriving in Murghab in Lunch time. Murghab (3670 m) itself has few attractions, but it will serve as our base for a one night as we explore the area a little. The 7546 m – high Chinese peak of Mustag Ata is visible to the northeast of town, 110 km away in a direct line.

Overnight: in Home stay.

Meals included: (Breakfast, Lunch, Dinner)

Day 6 Murghab via Kara kul to Sary Tash (285kms 6/ 7h) 26-April

In the morning we will continue our trip to Osh via Karakul. This drive will see us enjoying some of the most dramatic scenery of the trip, with the lunar-like landscapes and bright blue lakes providing plenty of opportunities to take our breath away. We will again cross a high-altitude pass Ak-Baital Pass (4655 meters) which is the highest section of road in the former Soviet Union. We descend to Karakul Lake, the highest lake in Central Asia, and at 3915 meters, too high to support any aquatic life.



Our final Pamir Highway high pass is the Kyzyl Art Pass (4282 metres), which essentially forms the border between Tajikistan and Kyrgyzstan. Border formalities take place shortly after crossing the pass, with 20kms of ‘no man’s land’ to cross. Having crossed to Kyrgyzstan, we will keep our driver – although we are in a different country, the ethnic lines in this region are greatly blurred, and Russian, Tajik, Kyrgyz and Uzbek are all spoken with interchangeable ease. We continue our trip driving through Pamir Lay Mountain range, the village Sary Tash is close to see Lenin Peak (7134m).

Overnight in Guest House

Meals: (1 Breakfast 1 Lunch and Dinner)

Day 7 Sary Tash to Osh (255kms 4/ 5h) 27-April

From Sary Tash village we depart the high mountains of the Pamir-Alay range, leaving behind us the crossroads of Tajikistan, Kyrgyzstan and China. The drive offers a contrast as we encounter lush farmlands and small villages on this side of the mountains, instead of the stark high-altitude plateau we recently crossed in Tajikistan. En route we will cross the Taldyk Pass (3554m) and enjoy some beautiful views. We must travel about 185km from Sary Tash, and depending on road conditions and travel times we expect to arrive in Osh, Kyrgyzstan’s oldest city early evening.

Overnight: **On your own arrangements**

Meals: (1 Breakfast, 1 Lunch)

Osh city

Osh is ancient – various sources date it back around 2500 years, and legends abound over who founded it, including Alexander the Great and King Solomon. On the edge of the Fergana Valley it is home to both Uzbek and Kyrgyz people, with its position on the border giving rise to an extremely lively market, one of the most interesting in Central Asia. The rock known as Solomon’s Throne is an important place of pilgrimage for Muslims, and a 15th century mosque on the top has now been reconstructed, with excellent views of the surrounding countryside. Osh is also home to the largest mosque in Kyrgyzstan, and is one of the few places in the former Soviet Union still to have a statue of Lenin.

END OF THE TOUR SERVICE

From Osh you can continue your trip to explore Kyrgyzstan through Silk Road till Bishkek, otherwise we can book domestic flight tickets from Osh to Bishkek if required.



Level of difficulty: This tour is suitable for both children and adults.

Conditions: If you have some specific sicknesses you need to bring own first aid kit with necessary medicaments

Price for package tour in USD

One 4WD Jeep					
# of pax	1	2	3	4	5
Per Person in USD	1 648	960	629	533	533

Price for transport and driver service in USD

One 4WD Jeep				
# of pax	2	3	4	5
Per Person in USD	704	493	381	336

Schedule of accommodations and meals listed

Days	Program	Accommodations	Meals
Day 1	Dushanbe to Kalaikhumb	Guest House	L-D
Day 2	Kalaikhumb to Khorog	Guest House	B-L-D
Day 3	Khorog to Ishkashim	Guest House	B-L-D
Day 4	Ishkashim to Langar	Guest House	B-L-D
Day 5	Langar to Murghab	Guest House	B-L-D
Day 6	Murghab via Kara Kul to Sary Tash	Guest House	B-L-D
Day 7	Sary Tash to Osh	Own arrangements	B-L

Inclusions:

- All accommodation on twin share basis (Guest houses 6)
- Meals as listed: 6 Breakfasts, 7 Lunches, 6 Dinners.
- Arrival transfer
- Entrance fees for sites listed as part of the itinerary
- Ticket for Tajik National park and permission
- All transfers according the program (*price includes driver's per diem, road and parking fees, all necessary permissions fuel and taxes;*) Experienced and basic English speaking drivers, type of cars: (A/C Toyota Land Cruiser, Lexus LX470, Mitsubishi Pajero or Nissan Patrol)
- Mineral water (1/2L per day per person)

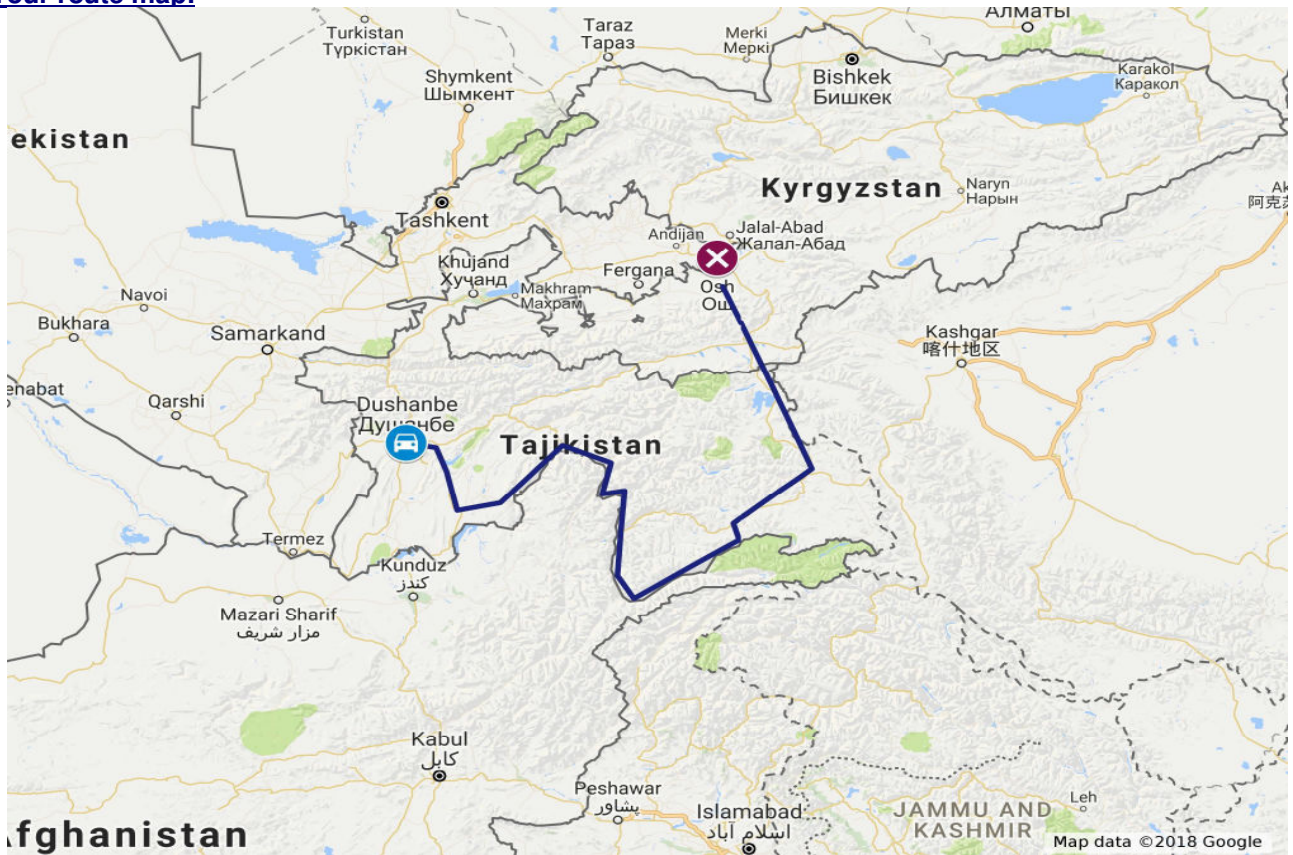
Excluded:

International flights
Supplement for single room
English speaking guide service for whole tour **USD 422**
Any airport taxes
Travel Insurance
GBO permit
Drinks
Tips and gratuities
Any personal expenses
Any services not included in the above itinerary

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- Important – early arrival is not included.
- Some sightseeing places and excavations might be closed / not possible to visit due to local changes, reconstruction, roads condition, and security reasons. We do not guarantee all advised places will be covered, but we will try to do our best to cover them.
- Pricing is confidential & non commissionable

Tour route map:



7 DAYS TOUR ALONG THE PAMIR HIGHWAY - <https://www.google.com/maps/d/viewer?mid=1h6Hchg1-6Pz7rdmE6dyzjgYR28lo5dag&usp=sharing>

Country Notes – Tajikistan

Essentials

Safety.

Tajikistan is safe place, much more than many European countries. However, because of the civil war of the 1990s, your embassy will have a website setting out their view of the latest assessment of the security situation.

Visas

From 1st June, 2016 in Tajikistan earned a new portal for the issuance of e-visas and GBAO permit "e-Visa", (<https://www.evisa.tj>) enabling foreign citizens entering the country with tourist or business purpose, fill out an online application and e-visa without appearance at the Consulate of Tajikistan abroad.

Passports

It is your responsibility to ensure that you are in possession of a full passport, valid for at least six months after the date of return to the UK.

We strongly advise that your passport contains a minimum of two blank pages, as this may be a requirement of the local immigration authorities. In addition certain countries will stipulate that the two blank pages are opposite each other. If you are unable to meet these requirements you may be refused boarding by your airline or denied entry by the immigration authorities. For specific information about the requirements for your destination please check with the country's embassy or consulate. Alternatively UK citizens can visit www.gov.uk/foreign-travel-advice

Airport Tax

No departure tax currently applies when leaving Kyrgyzstan by air. There are also no border taxes to pay for the land borders crossed within this tour.

Health and Immunisations

We strongly recommend that you contact your doctor's surgery or a specialist travel clinic for up-to-date information, advice and the necessary vaccinations. For a visit of less than one month, almost certainly you will be advised to have immunisations against the following: Diphtheria and Tetanus, Hepatitis A, Typhoid, Meningitis.

Health at Altitude

95% of Tajikistan is mountainous. On the Pamir Highway between Murghab and Osh, you cross two passes over 4300 metres and altitude sickness is a possibility. It is quite normal to feel tired for the first few days in mountain areas and it is important that you drink plenty of water. Do not drink any tap water. We will provide you with 2 litres of water per person per day. We will always try and gain height slowly.

Insurance

What should my travel insurance policy cover?

medical and health cover for an injury or sudden illness abroad

- 24 hour emergency service and assistance
- personal liability cover in case you're sued for causing injury or damaging property
- lost and stolen possessions cover
- cancellation and curtailment (cutting short your trip) cover
- Extra cover for activities that are commonly excluded from standard policies, such as certain sports

The policy should cover the whole time that you are away.

Your policy may also have:

- personal accident cover
- legal expenses cover

Common travel insurance policy exclusions

Always check the conditions and exclusions of your policy:

- most policies will not cover drink or drug-related incidents

You must take reasonable care of your possessions or your policy will not cover you.

Practical information

Local Currency

The currency in Tajikistan it is the somani, and in Kyrgyzstan it is the som. For current exchange rates visit www.xe.com

Where currency can be exchanged

It's relatively easy to exchange money in Dushanbe, either at banks or moneychangers. ATM machines are not widely available in Tajikistan – and those that do exist tend to be unreliable. The best way currency to bring is US dollars – these should be crisp and free from any marks as many places will not accept them otherwise. Other currencies can be extremely difficult to exchange. Outside of Dushanbe you will find it difficult to exchange money. When you cross borders into Kyrgyzstan, your guides will be able to assist you with obtaining local currency.

Credit cards and travellers cheques

Changing travellers' cheques can be difficult and we do not recommend that you bring these. In addition to this, credit cards are not widely accepted. We recommend that you bring sufficient cash in US dollars to last your visit.

Best time to go

The Pamirs can only really be visited between mid April and October due to the possibility of snow closing the roads at other times of year

Main Language

In Tajikistan the official language is Tajik, from the Persian language family. In Kyrgyzstan it is Kyrgyz. English is becoming increasingly widely spoken but it is still not always easy to find someone who speaks it. With both countries only recently released from the Soviet Union, Russian is widely spoken.

Main Religion

The region is predominantly Sunni Moslem, although in the Badakshan region of Tajikistan most are Ismaili and follow the Aga Khan. Islam is interpreted less strictly here than in other parts of the world. There are also small pockets of Orthodox Christianity.

Food and drink

Central Asian cuisine tends to feature a fair amount of mutton as a staple. Food here is influenced by Turkish style cuisine and often involves kebabs, breads and various dips. Plov is a regional favourite – a mixture of rice, meat, fried onions and vegetables which is similar to a pilaf. Other dishes to look out for are steamed pumpkins, stuffed cabbage and vine leaves, and a variety of dishes made from fermented dairy products. The food in Central Asia contains a fair amount of spices but tends not to be too hot – cumin, coriander and sesame seeds are some of the most popular spices used. In summer, fruit, vegetable and nuts can be found in abundance. In home stays you will be offered tea – this is reasonably safe, as the water has been boiled. If you have any special dietary requirements you must notify us at the time of booking. While we will make every effort to cater for you, we cannot guarantee that this will be possible. Vegetarians may experience a lack of variety in food as much is made or flavoured with meat. As a rough guide, a simple meal will cost around \$4-8, while something more elaborate will cost \$8-10 or more depending on where you eat. Street snacks are cheaper, at around \$1-3.

Transport & Roads

On our tours through Tajikistan and Kyrgyzstan we mainly use 4WD vehicles. On some sections of the tour, when a 4WD is not required, a minivan will be used. The significance of roads does not correspond to their quality. The quality of roads, the weather conditions and the quality of the vehicles are decisive in calculating the time needed between destinations. The roads in the region are rough and often unsealed, with some sections travelling on single-track roads above river valleys.

We use highly experienced drivers, however this itinerary may not be suitable for those who suffer from heights or are nervous passengers. The driving habits in this part of the world are something for which you ought to prepare yourself!

Local conditions

Travelling in the destinations that we visit requires a good deal of understanding that often standards simply won't be as they are at home. While we aim to make your trip as comfortable as possible, please be aware that we are visiting remote, less developed regions that have little infrastructure. This is particularly the case with regards to Tajikistan, where the tourism infrastructure lags behind its neighbouring countries. Tajikistan is almost completely undeveloped in terms of tourism and has a basic infrastructure once outside Dushanbe. During this journey the group will spend time in remote areas without home comforts or easy access to medical facilities. Apart from in parts of Dushanbe, most toilets are squat type. Although a high level of physical fitness is not required, travellers should be comfortable with the realities of a wilderness adventure, and prepared for very basic conditions in the countryside.

What to take with you

First Aid Kit

The first thing on your list should be a first aid kit. Whilst there is no undue cause for alarm, travellers are best advised to travel well-prepared: adequately immunized, with sufficient supplies of prescription drugs, along with a medical kit.

Clothing

When it comes to clothing it is usually recommended that lighter clothes are worn through the day, and warmer ones at night. A hat is also advised to be worn through the day to protect from the sun as well as a hat for the cold. You should make sure that you bring a waterproof jacket for any rainy days. As the region is conservative in terms of dress codes you should make sure that you bring a few outfits that are suitable for entering mosques and religious buildings – long sleeves and trousers / skirts are a good idea.

Torch / Head torch

Essential everywhere. Power cuts are frequent, there are holes in roads and pavements and toilets and stairwells often have no lights.

Footwear

Footwear is a main priority on this tour. Comfortable walking shoes/boots are recommended.

Luggage

Your luggage should not exceed 20kgs (44lbs). Our style of travelling means that it is desirable to carry a backpack as your main luggage and use a daypack for items you will want to access during the day. Please bear in mind that your luggage will be loaded in a jeep and we are travelling on bumpy roads - fragile items should be well protected, and you must be prepared for your luggage to get dusty and be thrown about a bit. Please pack as light as possible since there will be times when you will need to carry your own luggage and this will also maximise space in the vehicles. Investment in protective bags for camera equipment and similar is well worthwhile.

Other

Suncream/sunblock is a must. Insect repellent, including a bite spray will also be useful to have.

Fitness

This tour does not require any special degree of fitness but you will find it more enjoyable if you are reasonably fit.

Cultural and environmental guidelines

Women should not enter mosques unless specifically told they can do so and you should always refer to your guide regarding dress code and behaviour in and near religious sites.

You may come across beggars while on tour in Central Asia. Every traveller has different perspectives on this and ultimately the choice is up to you. Many sources recommend that you watch to see if local people give, and then follow their lead with genuine beggars. We do not recommend giving money, sweets, pens etc to children as this can encourage a begging mentality and can lead to children choosing to beg rather than go to school.

Haggling is a way of life in Central Asia when making many purchases, especially with tourist souvenirs. Usually, but not always, the vendor will start with a price that is higher than they are prepared to accept, and the buyer is expected to haggle. There are no hard and fast rules with this – some vendors may initially quote a vastly overinflated price, others may start with a price close to the true value, while others may just present you with one price and not be prepared to discuss it. Although many tourists may feel uncomfortable with this, it's important to remember that this is best entered into in a relaxed manner. Once you have agreed upon a price, it is extremely bad form to then not pay this. Please also bear in mind that a small amount of money to you can be a relatively large amount for the vendor, and that it is not necessarily best practice to 'beat the vendor down' to the lowest possible price. Remember that they also have a living to make.

A sleeping bag is not required as bedding will be provided when camping. However, you should take a lightweight sleeping bag liner as this will be required in the home stays when only blankets may be provided. We also recommend that you bring a towel.

Email us now on tours@pamirhighwayadventure.com to make your reservation

Please make sure that you take any rubbish back to the hotels or camps with you where it can be properly disposed of – this includes cigarette butts as well.

Please do not buy any products made from endangered species – this is not sustainable and hastens the species' decline.

Photography

You should always ask permission before taking anyone's photograph and respect their decision if they say no. In more remote areas women and older people often do not want to be photographed. Some people may also ask for some money – sometimes a little, sometimes a lot - in return for a photo. Taking photos of military installations, state buildings, and airports can lead to problems with local authorities. If you are unsure about whether it is acceptable to take a photo, please ask your tour leader or guide.

Please note that many sites charge photography fees, which are not included in the cost of your tour. You should allow around \$40 or so if you wish to take photos at a wide range of sites.

Tipping

Tipping is common practise in Central Asia. If your local guide has been helpful then you could think about tipping. For people travelling on our group tour, a reasonable amount to allow would be around \$70-100, to be split between the guide and driver.

Foreign Office Advice

We constantly monitor the advice posted by the British Foreign and Commonwealth Office (FCO). In particular we will always advise clients of any travel warnings. At the time of writing there is an FCO advisory in place for travel to the GBAO area of Tajikistan. Please feel free to contact us should you have any specific concerns or if you would like to know in detail what measures are being taken to ensure visits remain trouble free and without incident. It should be noted that this information applies to British citizens. Other nationals are asked to check the current position of their respective government.

Further Information

Public Holidays in Tajikistan:

1 Jan New Year's Day.

8 Mar Women's Day.

21 Mar Navruz (New Year)

1 May Labour Day

9 May Victory Day

27 Jun National Unity Day

9 Sep Independence Day

6 Nov Constitution Day

9 Nov National Reconciliation Day

In addition to there are a number of Islamic holidays which follow the lunar calendar and so vary annually.

Dates are for guidance only and may vary year to year

Electrical Supply

Electrical supply is 220V and plugs usually have two round pins like most European countries.

Recommended Reading

Central Asia – The Lonely Planet Guide - Bradley Mayhew

The Great Game - Peter Hopkirk

The Lost Heart of Asia - Colin Thubron

IMPORTANT NOTES – PLEASE READ

Please note that the information provided is correct at the time of writing but may change. It is intended as a guide only. Further information regarding vaccinations and travel health visit www.fitfortravel.scot.nhs.uk or contact your local healthcare provider.

In addition we strongly advise you to check the information and any travel advice provided by your government. For British citizens you should visit the Foreign Office website www.fco.gov.uk.

1. BOOKINGS AND PAYMENT CONDITIONS

By booking with us and paying the nonrefundable deposit 50% of payment per customer for all trips, or full payment, acknowledge that you have confirmed and agree with to be bound by these booking conditions. Acceptance of your booking will be confirmed in writing to you a confirmation letter or email.

Payment conditions:

- Payment of 50% upon group confirmation;
- Payment of 50% 30 days before group arrival;

3. CANCELLATION BY YOU

If you wish to cancel all or any part of your booking, notification of cancellation must be made to pCa in writing. The date of the cancellation is the date on which written notification is received by pCa. Days before departure Charge applicable as follows, per person:

Cancellation Charges:

- Cancellation prior 60 days of arrival – no charges;
 - Cancellation prior 30 days of arrival – 50% charge;
 - Cancellation prior 15 days of arrival – 100% charge;
-

Dear guests !!!

Your adventure tour will start as you will enter to Kalaikhumb, the Pamir region known the roof of the World, the area with very basic living conditions and fascinating landscapes.

We would be highly appreciated if you could bear in mind 3 important issues:

- 1). The Pamir is isolated and marginal area with high altitude and harsh climate conditions. Consequently in this remote area facilities are very basic and you will stay in shared rooms on the floor and use shared basic Asian style toilets.
- 2). Our products in the Pamir are community based tourism oriented to social issues and overall objective is to benefit local communities, and development ecotourism. Therefore we use local services and local communities living in the Pamir – Murghab district.
Service providers as drivers and guides are from Murghab district. Although they have basic English, knowledge, and skills, they are sincerely hospitable, friendly and enthusiastic. And they are very happy to provide you all services you need.
- 3). The most important aspect to bear in mind that your tour in the Pamir contributes to development of tourism in this marginal, remote, fascinating area and income generation of local people.

You are most well come and we wish you happy journey !!!!!

-----pCa-----
“Pamir CENTRAL ASIA”
“Помир МАРКАЗИ ОСИЁ”
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