Discover Southern Tajikistan

Tajikistan

Overview

This adventure takes us on a 9-day cultural and scenic adventure as we head deep into the southern regions of Tajikistan, deep in the heart of Central Asia.

Beginning in the nation's capital, Dushanbe, we'll explore the city and its many wonderous architectural marvels, grand monuments, great boulevards, and see where the legacy of the Soviet Union meets the 21st century. From the great National Tea House and National Museum, to the famed Ismail Somoni Monument and Victory Park.

Leaving the city, we'll delve into the countryside of Tajikistan, visiting ancient forts, Soviet monuments, and spending a day in the Childukhtaron Natural Reserve, home to dramatic rock formations and beautiful mountain views.

Finally, we'll continue south through Bokhtar and Shahritus, home to traces of the regions pre-Islamic past and home to another great fortress before we turn around and head back towards Dushanbe where our adventure will end.

Itinerary Overview

*Check out the brief overview of our **Discover Southern Tajikistan Tour** – or scroll down to see the in-depth run through of each day of the trip.*

Day 1.	Arrival in Ashgabat
Day 2.	Khulbuk Fort & Kulob
Day 3.	Miminobod Town
Day 4.	Childukhtaron Natural Reserve
Day 5.	Visit Bokhtar
Day 6.	Exploring Bokhtar City
Day 7.	Fortresses & Springs
Day 8.	Return to Dushanbe
Day 9.	Departure Day

Day 1

Arrival in Dushanbe

Our adventure begins in Dushanbe, capital of Tajikistan and the country's largest city.

As with all our tours, you'll be met at the airport by one of our trusty drivers and transferred to the group hotel in the heart of downtown Dushanbe where you'll have some time to relax after your flight before the trip fully begins.

In the afternoon, we'll head out for a city tour of the capital; beginning with Victory Park – a hillside monument complex commemorating the soldiers of the Tajik Soviet Socialist Republic who fell during the Second World War.

From here, we'll head back into the city centre to visit the monument to Ismail Somoni, perhaps Tajikistan's most famous monuments, built in 1999 to mark the 1,100th anniversary of the Samanid State and its founder, a symbol of ancient and modern Tajik identity. The area around the monument is a mix of grand architecture, huge gardens and other beautiful sites. We'll take a stroll towards the national museum, where we'll be able to learn a bit about the history of this country before heading to the National Tea House; a grand meeting and conference building home to some very ornate meeting rooms.

We'll wrap up the afternoon with a visit to the Dushanbe Mosque, followed by the Mehrgon Market, a chance to rub shoulders with local people, before returning to our hotel.

Accommodation: *Hotel Vatan, Dushanbe*

Included Meals: *Lunch, Dinner*

Day 2

Khulbuk Fort & Kulob

This morning we'll begin our second day in earnest as we prepare to leave the city and strike out into the Tajik countryside – leaving behind the hustle and bustle of city life for a chance to experience the realities of rural living in Tajikistan.

Our first stop will be Norak, a small countryside town known for its huge hydroelectric dam and picturesque reservoir. Upon arrival, we'll explore the town, visiting its Monument to the Second World War before heading up to an observation platform to see the city's famed dam surrounded by dramatic mountain scenery.

Continuing on, we'll journey further south to the old city of Kulob. One of the country's oldest cities, Kulob is known for its rich history, cultural traditions and historical artefacts, one of which is our first stop. We'll visit the Khulbuk fortress, an ancient stronghold dating back to the early days of the Central Asian Islamic Era.

Finally, we'll head to the local museum – a chance to learn a little about the history of the region before we retire to our hotel for the night.

Accommodation: *Hotel Badakhshon*

Included Meals: *Breakfast, Lunch, Dinner*

Day 3

Miminobod Town

Today we'll wake early and bid farewell to Kulob and its rich history. Today, we'll drive through the Miminobod District – an agricultural region home to rolling hills and picturesque rural views.

Our adventure today is quite the road trip as we drive from Kulob towards the locally famous Childukhtaron Natural Reserve. The region is famous for its grand rock formations, creating a natural wonder in this little-visited region of Tajikistan.

After our long drive, with stops to visit local villages and take photos of the surrounding region, we'll arrive in our local hotel in the Childukhtaron Natural Reserve where we'll have the chance for a good nights sleep before exploring the reserve tomorrow.

Accommodation: *Hotel Childukhtaron*

Included Meals: *Breakfast, Lunch, Dinner*

Day 4

Childukhtaron Natural Reserve

Today we'll have a lazy morning as we prepare to spend the day exploring the stunning landscapes of the Childukhtaron Mountains, named after the national Tajik legend of forty maidens turned to stone.

We'll enjoy a group walk to an observation point offering breathtaking panoramic views of the reserve's red cliffs, valleys, and rock spires, followed by a free afternoon to relax, explore, hike or just enjoy the wonderful surroundings we find ourselves in.

Accommodation: *Hotel Childukhtaron*

Included Meals: *Breakfast, Lunch, Dinner*

Day 5

Visit Bokhtar

After breakfast, it's time to depart the mountains and scenery of the national park and begin the scenic drive toward Bokhtar, the administrative centre of the Khatlon region of Tajikistan, and our home for the next two nights.

Along the way, we'll make sure to stop several times for photo opportunities in small local villages, offering glimpses of traditional Tajik rural life and the changing landscapes from highland valleys to fertile plains.

We should arrive in Bokhtar by late afternoon in time for dinner and a chance to explore Bokhtar before heading to the hotel to rest.

Accommodation: *Hotel Ramz, Bokhtar*

Included Meals: *Breakfast, Lunch, Dinner*

Day 6

Exploring Bokhtar City

This morning we'll wake up, enjoy breakfast, and head out to discover Bokhtar city, a microcosm of urban life outside of the bustling capital city. Despite being a small city, Bokhtar is a charming, unique city, and home to just over 120,000 people and is the largest city in southern Tajikistan.

Our city tour begins with a visit to the local Bokhtar Museum which tracks the history of the surrounding region, as well as the city itself, creating context for our adventure across Tajikistan. Following on from our museum visit, we'll make our way to the Park of National Symbols, one of Bokhtar's most prominent landmarks — a beautifully landscaped public space celebrating Tajikistan's history, culture, and identity. The park features monuments to national heroes, statues of cultural figures, and artistic representations of key Tajik symbols, including the national emblem, flag, and motifs inspired by the Samanid era.

In the afternoon, we'll head to the Vakhsh District to discover the Adjina-Teppa Buddhist site. The site of an ancient monastery dating back to the 7th century. It was here that archaeologists discovered the largest reclining Buddha in Nirvana in Central Asia. We'll explore the area, one of Tajikistan's most significant historical sites and a true national treasure.

Finally, we'll return to the city centre to enjoy a group dinner and head back to our hotel to prepare to depart Bokhtar tomorrow morning.

Accommodation: *Hotel Ramz, Bokhtar*

Included Meals: *Breakfast, Lunch, Dinner*

Day 7

Fortresses & Springs

After breakfast, we set out on a spectacular drive south through the fertile plains of Khatlon, following a route lined with cotton fields, orchards, and small villages that capture the timeless rhythm of rural Tajik life. Our first stop is in Dusti District, where we pause to photograph a Soviet-era railway bridge that spans a lush river valley – a striking reminder of the region's industrial past against a backdrop of distant mountains.

Continuing our journey, we visit the ancient fortress of Qubodien, an unrestored archaeological site that once guarded key trade routes along the Silk Road. Its weathered mudbrick walls and windswept setting evoke the mystery of centuries gone by, when merchants and caravans moved through this area connecting Central Asia with Persia and beyond.

From here, we continue to Shahritus District, one of the oldest inhabited parts of Tajikistan, with archaeological finds dating back thousands of years. Our destination is the Chilu Chor Chashma – the "Forty-Four Springs", a revered natural wonder where crystal-clear waters burst from the earth in dozens of bubbling pools. For generations, local people have regarded the site as sacred and healing, a place to reflect, bathe, and connect with nature's calm spirit.

As the day draws to a close, relax at your comfortable local hotel, surrounded by the gentle pace of southern Tajik life.

Accommodation: *Shahritus Hotel*

Included Meals: *Breakfast, Lunch, Dinner*

Day 8

Return to Dushanbe

It's time to bid farewell to the countryside after a week of venturing across the rural countryside of Tajikistan.

Leaving the local surroundings of Shahritus, we'll get back on the road and begin the long drive back towards Dushanbe, making regular stops, as usual, to stretch our legs and take photos.

After a stop for lunch and making our final journey back into the capital, we'll enjoy some free time to explore Dushanbe, or take a rest in the hotel before dinner to recover from our epic adventure.

Finally, we'll regroup in time for our farewell group meal – a chance to share stories, exchange photos, and discuss our trip through the oft-forgotten, but incredible beautiful, culturally rich, and historically intriguing southern provinces of Tajikistan.

Accommodation: *Hotel Vatan*

Included Meals: *Breakfast, Lunch, Dinner*

Day 9

Departure Day

Today is departure day.

As with all our tours, we offer an airport transfer to connect you from the group hotel to the airport in time for your departing flight. We hope you'll leave Tajikistan with a head full of memories and a phone full of photos!

Included Meals: *Breakfast*

END OF TOUR