About the Eastern Pamir

The Eastern Pamir is a remote high plateau all above 3000m and with Peak Lenin being the highest mountain at 7134m. Just over 14,000 inhabitants live in an area the size of Switzerland.

The region is bordered by China to the east (via the Kulma pass - soon to open to international tourists), Kyrgyzstan to the north (via the Kizil-Art pass) and Afghanistan to the south.

Alichur village lies just to the east of three lakes - Bulunkul, Sassikul and Yashikul - and fish is the summer speciality of restaurants in this village.

For travelers from Khorog, Alichur usually provides for a lunch-time break but some travelers will use this location to trek deeper into the mountains of the north, towards Lake Sarez, and the south towards Zorkul - see picture below.

Please note that tourists may suffer from the effects of altitude sickness when travelling in the Eastern Pamir. We recommend that if any tourist begins to suffer the symptoms of altitude sickness then they immediately stop any further increase in elevation. If symptoms persist then immediately seek lower altitudes. In an emergency, META have a hyper-baric chamber in Murghab for temporary assistance.

The Murghab Ecotourism Association (META) was formed by UNESCO in 2003.

The objectives of META are to:

- Develop and support community-based tourism activities that educate community members and tourists to build capacity and increase knowledge of biodiversity, traditional culture and the flora & fauna of the East Pamir;
- Maximize benefits to the local communities by developing linkages between tourism and other businesses related to the sustainable management of natural resources and livestock breeding in the local economy.

On 28th April 2012, the members of META held an extraordinary general meeting to restructure their organisation. META members have boldly decided to return META’s scope to its original objectives of tourism development, ceasing all commercial tour operations with immediate effect. META do recommend the following tour operators for tours in the Eastern Pamir:

- Pamir Experience: www.pamirexperience.tj (in development)
- Pamir Guides: www.pamirguides.com
- Pamir Highway Adventure: www.pamirhighwayadventure.com
- Pamir Trek: www.pamirtrek.com
All information was up to date in May 2013

Map updated by META 2013

Alichur River

Restaurant

Car repair

Marco Polo Home-stay

Shop

Rahima Home-stay

School

Community Club

Truck-stop Restaurant

Samara Home-stay

Golden fish Restaurant

Mosque