

# Shurobak Canyons 1 Day Hike



## TRIP OVERVIEW

**Style:** Homestay based day hike

**Difficulty:** Level 3

**Location:** Shamsiddin Shohin region, Tajikistan

**Distance:** 16km / 10 mi

## PRICES:

\$65 per person

Price includes – dinner, overnight stay a homestay, breakfast, guided tour and a lunch.

Close

## HIGHLIGHTS:

Wildlife watching, pistachio forests, small waterfalls,

beautiful canyons, possibility of bathing in the river

## **GEAR NEEDED:**

Sun cream, sunglasses, hiking shoes, sandals, bathing suit, and a hat.

## **DESCRIPTION:**

In addition to its high mountains, Shamshiddin Shohin region offers a possibility of hiking through the canyons with rare geological formations unique to central Tajikistan. You can see how rivers have shaped mountains over thousands of years and hike through the beautiful canyons. Hike involves going through wide valleys that narrows down into canyons with small flowing rivers. You will experience real adventure tourism to reach the panoramic viewpoint. You will climb up multiple waterfalls with ladders and ropes, crawl through tiny rock formations, and cross steep-edged slopes without falling into small lakes. The alternative way is to take a bath in the small lakes and continue your trip. This hike has an option of overnight camping and continued hiking from canyons to mountains.

### **What's Included**

- All meals are included from breakfast, lunch and dinner. Snacks are also provided.
- Professional and knowledgeable guides will lead the hikes.
- Emergency equipment including a first-aid kit and satellite phone.

### **Meals: What To Expect**

Most of our hikes include a variety of meals to nourish our bodies with enough carbohydrates, proteins and fats. We usually have pasta, rice, sausages, cheese, oatmeal, canned lentils and beans, sugar and bread. We also carry fresh

vegetables and can easily accommodate vegetarians.

Additionally, we have snacks such as dried fruits, fresh fruits, chocolate bars, and each break will include hot coffee and tea. We can accommodate people with special dietary needs.

### **What's Not Included?**

- Clothes, raingear, and footwear
- Sunscreen, toiletries and personal items
- Water bottles and a headlamp or flashlight

### **What Gear To Bring**

- Water bottles
- Headlamp or flashlight
- Sunscreen,
- Toiletries
- Warm clothing
- Hiking poles

### **What Clothes To Bring**

We will email you what kind of gear to bring depending on the season. Summers are usually warm in central Tajikistan; however, if you were going up to higher altitudes (above 2500m / 8200ft) you will need warmer clothing, including a sweater and windproof jacket.

### **Where to meet us?**

The tours listed under conservancy tours category are designed for travelers who are arranging most of their travels by themselves throughout their journey in Tajikistan, this may be travelers who are already in Tajikistan, expats or visitors who are travelling with their own cars. You can book these conservancy tours as an additional detour while visiting Tajikistan. The meeting point of conservancy tours are the starting point of the respective tour which is usually a village. You will get to the starting point – a respective

village by yourself. Let us know if you need help with the transportation.

**Directions:**

Please refer to a map section of the tour information for directions to the starting point of the tour. If you are travelling with your own car, we can send you a detailed guidance on how to get to the starting point of the tour. Once in the conservancy, local guides and rangers will take care of the rest.

**Equipment**

Most of our conservancies have camps within their territories which are used for overnight by rangers and tourists. If the trip includes camping, conservancies will provide tents only. If you don't have sleeping bags and mattresses, you should tell us and book additionally, so we could deliver them to the conservancy before your tour starts. Other equipment, like primus for cooking, and utensils will be provided by the respective conservancy in the tour.

**Safety Considerations:**

Your safety is our top priority. Only trained guides and experienced rangers will accompany you during your hike. All of our rangers and guides are local from the nearby villages, of the respective conservancy. All guides are trained to offer first aid and always carry necessary first aid kit.