

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 - now open to international tourists), Kyrgyzstan to the north (via the Kizil-Art pass) and Afghanistan to the south.

Rangkul village lies in a wide, open west to east valley, east of the Pamir Highway between Murghab and the Ak-Baital pass, approximately 45Km away from Murghab. Travelling to Rangkul you pass two magnificent lakes and the famous 'lamp stone' cave - Chyrak Tash.

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 emergency, META have a hyperbaric chamber in Murghab for temporary assistance.

Tourist Information Centre Murghab
Tel: +992 935 47 56 82
Email: infomurghab@mail.ru

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:

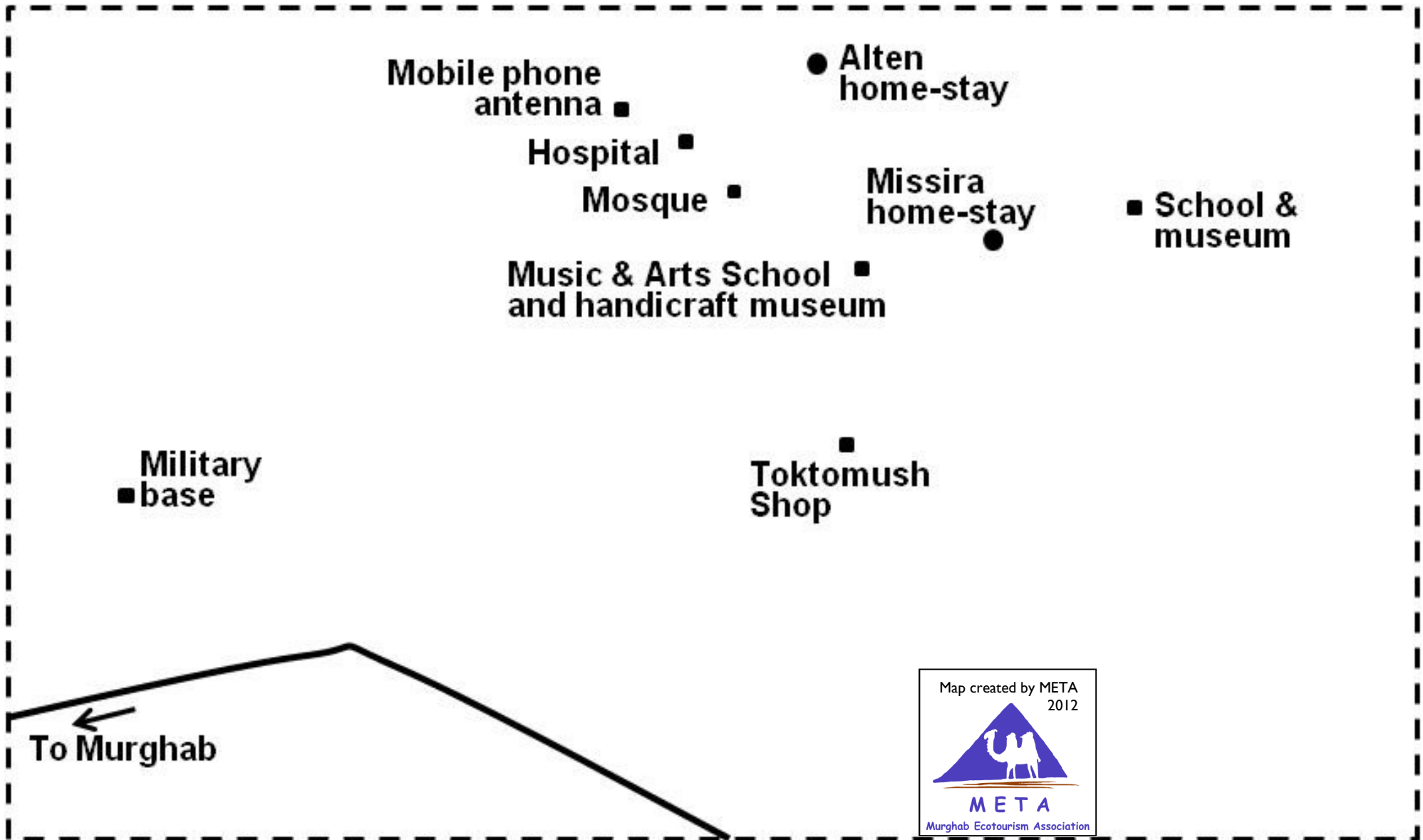
- Pamir Experience: www.pamirexperience.tj (*in development*)
- Pamir Guides: www.pamirguides.com
- Pamir Highway Adventure: www.pamirhighwayadventure.com
- Pamir Trek: www.pamirtrek.com

Web: www.meta.tj
(*new site in development, due July 2012*)
Tel: President 934 652 005 or Exec Director 935 181 808



Rangkul Tourist Map





All information was up to date in May 2012