

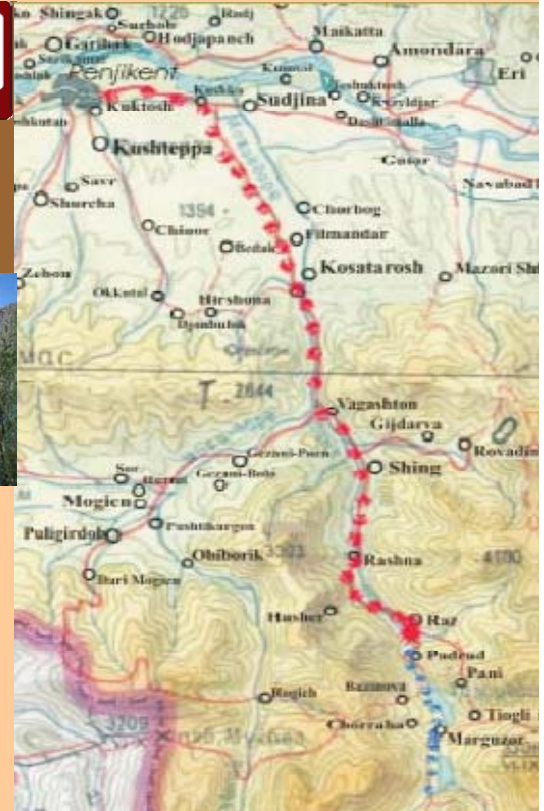
Tour: Seven Beauties of Shing

Tour features:

Category of difficulty: *Relaxation combined with small (down or uphill) hikes, solid shoes required* Season: 15 June – 15 September Duration: 4 days.

Distance of the tour: 120km by car, 10 – 12 km by foot. Altitude: max 2400m.

Services included in the tour: local transport to/from Penjikent, guide service, 3 overnights at homestay, full pension.



Itinerary

1. Day

- Visit of the most ancient settlement of Central Asia, Sarazm, aged more than 5000 years; - Visit of Rudaki Historic-ethnographic museum; - Lunch at the traditional home, where you could have a chance to taste Plov cooked according to Penjikent recipe; - Introduction to the culture and history during the excursion to ancient City (8th – 9th Centuries); - Driving to Nofin village (55 km, 1,5h); - Dinner and overnight at home stay in Nofin.

2. Day

- After breakfast hiking in the gorge „Du oba“ (4-5km, 2-2,5 h). After coming back to the village lunch at homestay. After lunch you will have time to explore village visiting ancient fortress and to be introduced to ancient methods of treating diseases using „Mumiyo“. Overnight at homestay.

3. Day

- After breakfast driving to the 6th lake, where our hiking will start. We will walk up to the 7th lake. (2 km, 1 h); - Picnic on the shore of Hazor Cahshma; - After picnic hiking to the summer pastures. (8km, 3h). Coming back to the 6th lake and driving to Shing village; - **SURPRISE**; - Dinner and rest at home stay in Shing.

4. Day

- After breakfast you will have time to explore village and taste mountain honey, which is made in Shing village; - About 11.00 coming back to Penjikent. Lunch in Penjikent.

Interesting !!

“Once upon the time there was a proud farmer of Shing who had seven daughters. Each of which was more beautiful than the others. A man from far away had heard about the beauty of the girls and he decided to visit the farmer and to ask for one of his daughter's hand in marriage. But he was rough and unfriendly, so the father, who loved his daughters so much, refused his petition. There the stranger got very angry and bewitched all seven daughters of Shing into lakes until.....”

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