

ONE-DAY TOUR TO NUREK



Route: Dushanbe – Nurek – Dushanbe

Duration: 1 day (08:30 – 17:30)

Distance: ~75 km from Dushanbe

Group size: from 10 people

Meals: Lunch included

Meeting point: Hotel (Dushanbe)



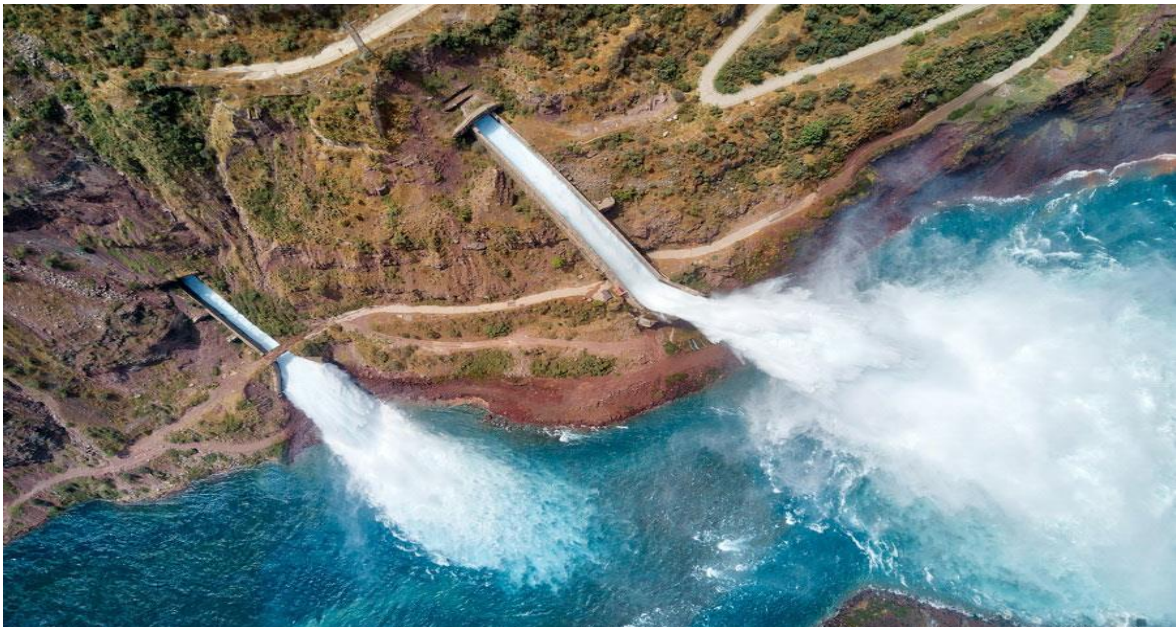
Tour Description

The tour to Nurek is a journey into the heart of Tajikistan's energy infrastructure, where nature and engineering merge into one impressive picture.

You will enjoy a breathtaking view of the towering **Nurek Dam**, one of the country's largest reservoirs, and learn about the history and significance of a structure that for a long time was considered the tallest dam in the world. Along with this engineering wonder, you will experience scenic landscapes, fresh air, and the cozy atmosphere of a small town by the water.

- **Tour Program**

- **08:30** – Departure from Dushanbe
- Comfortable transport. On the way, the guide will share stories about the dam's construction, the region's history, and Tajikistan's energy system.
- **10:00** – Arrival in Nurek
- Sightseeing tour of the town and its surroundings.
- **10:30 – 11:30** – Visit to the Nurek Dam viewpoint
- Learn about the history of the dam (300 m high)
- Photo stop with the reservoir in the background
- Views over the Vakhsh River valley
- **11:30 – 12:30** – Walk along the Nurek Reservoir shoreline
- (Optional: short boat or catamaran ride during the summer season, at extra cost)
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- **13:00 – 14:00** – Lunch at a restaurant with a lake view
- Menu includes local and European dishes: fish, kebab, fresh salads, flatbread, beverages.
- **14:00 – 15:00** – Visit to the local museum (if available) or a walk in the central park
- Alternative option – free time by the water.
- **15:30** – Departure for Dushanbe
- **17:00 – 17:30** – Arrival in the capital and end of the tour



Price Includes:

- Round-trip transportation
- Guide services (Russian / English-speaking)
- Entrance tickets
- Lunch
- 1 bottle of water per person

Useful Information:

Clothing: light, comfortable shoes, sun hat

Activity level: easy

Recommended items: sunglasses, camera, light jacket (if not summer)

⚡ Fun Fact

The Nurek Hydropower Plant is a unique structure: its dam is **300** meters tall and remains one of the most powerful in the region (**2,700 MW**). The reservoir created by the dam stretches for dozens of kilometers and looks like a sea fjord!