



Tajikistan

RASHT

*- touristic region and the abode
of affection and loyalty*



GENERAL INFORMATION



Rasht in the ancient time used to be Rasht; in the fourteenth century, it was known as Qarotegin and was part of Silk Road. After the establishment of Soviet Union, other regions such as Qal'ai labi ob, Hoit, Jiragtol, Shulmak, Sangvor, Darvoz, and Obi Garm from 27th of October 1939 until 24 of August 1955 were under the control of Qaratogin, Rasht province.



General Information

As Gharm region was established on March 10th, 1931 and its total territory was 5246,9 km². The general territory of the Rasht is 4,6 thousand km and 97% of the region consists of mountains. Rasht from the south to Sangvor (previously known as Tavildara), from the east to Tojikobod and Lakhsh (previously known as Jirgatal), from the North and the east to the Republic of Kyrgyzstan, and from the north to Ayni Region and Mastchohi Kuhi and from the west to Nurobod shares border.

The district is located in an altitude of 1350 meters above sea level. In altitudes of 1,500 to 3,000 meters, the climate is slightly cold; it has cool summers and cold winters. The average temperature in July is +18 + 24°C, and in January -5 to -10°C. The average amount of precipitations is 600-900 mm.



The Surkhob River crosses the territory of the district from the east to the west. It is joined by many small rivers, the largest are Runob, Shurak, Obi Kabud, Yasmand, Obi Safed, Sorbog and Sangi Kar.

Almost all kinds of trees (apple, pear, plum, walnut, cherry, apricot, peach, mulberry, cherry, grape, bell, almond, fark), wild and domestic plants grow in the district. Taste and quality of fruits of Rasht district differ from other regions of Tajikistan.

Based on statistics of January 1, 2019, the population of Rasht district was 132.1 thousand. people or 1.5 per cent of the country's population. The district is agrarian and 98% of the population lives in rural areas and 100% of the population are Tajiks.

There are two jamaats (Gharm and Navobod) and 12 jamaats in the village district. The centre of the district is Gharm town.



CULTURE

There are 64 cultural and recreational institutions, more than 18 sites and historical monuments registered in the district.

There are also two museums in the district, one is operated under the department of culture and the other is a private museum "Kuhsori Ajam" in Jafr village. There are more than 450 artefacts in the museum and under the department of culture, more than 2200 paintings have been preserved.

HOTELS

Currently, there are three hotels in the district - "Sohili Surkhob", "Shomi Rasht" and "Jamiati Matlubot" hotels, which meet all the modern requirements and can serve more than 150 guests per day.





TOURISM

The district has great potential and rich resources for the development of tourism, especially eco-tourism. There are many interesting places in the district. The picturesque valleys such as Kamarob, Tagoba, Qalanak, Jafr, Hijborak, Yasman and Hoit are unique tourist destinations.

Attractive landscapes, medicinal plants, pure rivers and lakes, hospitable people and other aspects of this district attract the attention of domestic and foreign tourists, and every year a large number of them visit these places.

KAMAROB GORGE

Every year the famous Kamarob gorge is visited by many tourists. Attractive landscapes, waterfalls, medical waters of Khushlar, hunting grounds, the rich mountain of Zugol, the coal mine of Kaftarkhona, various natural trees, wild animals and various birds attract tourists.

The state park "Kamarob" was established in 1960 under the State Forestry Enterprise of the district, the territory shares more than 10 thousand 500 hectares. The main purpose of its activity is to raise trout, brown bears and mountain goats. The farm has more than 23 species of birds and 350 species of medicinal plants.

HOIT GORGE

In the village of Hoit, tourists can see the signs of the great earthquake of 1949, which completely destroyed the district of Hoit. Moreover, visiting the mausoleum of the first teachers and other founders of the Soviet state in Hoit is also not overlooked. Yasmand, Nazarylok and Shavr canyons are suitable sightseeing and hunting places. Shavr gorge, which is twenty-one kilometres from the beginning to the end, is occupied with fruitful and other types of plants and trees.

Many minerals are located in this area in the heart of the mountain, located in the Onion Gorge (Darai Piyoz). According to experts, there are at least 24 types of minerals in the Onion Gorge. In memory of the martyrs of the earthquake, at the entrance of Hoit a historical monument "Mother" was placed.

TAGOBA VALLEY

In the picturesque Khujashamsiddin gorge, there is Tagoba valley which has a large number of animals and is an ideal place for hunting. A modern tourist camp has been built in this area.

KALANAK GORGE

Kalanak Gorge is attractive for tourists due to its history. Before the 1949 earthquake, there were 13 villages in the area and many people lived and worked there. Today the gorge is a popular hunting ground. There are two lakes in this area.



JAFR VALLEY



JAFR VALLEY

Jafr gorge is one of the most beautiful places in Rasht district, and every year tourists visit its cultural and recreational sites and captivating nature.

In 1988, with the initiative of farmer Mirzoshohi Akobir, a botanical and cultural park "KuhSORI AJAM" was established. The orchard covers an area of about 1 hectare and includes 64 local varieties of apples, 34 varieties of apricots, 22 varieties of apricots, many varieties of cherries, grapes, plums, peaches, walnuts and almonds, which were going to extinct. There are different almond, apricots, and hybrids are being planted.

There are also museums, a handicraft centre, a national hotel, a beekeeping department in the park, where tourists can get acquainted with the history and culture of the mountain people and buy handicrafts, medical plants and fresh mountain honey. In the Botanical Garden in Jafr gorge, "Apple Park" has been established which is very attractive and suitable for tourists.



FOLK CRAFTS, FOOD AND DIFFERENT NATIONAL TYPES OF BREAD

Artisans of the district have always been famous for their work. Embroidery, blacksmithing, weaving, jewellery, plate making, pottery, weaving, carpentry and other crafts are famous in this mountainous land.

Rasht cooks are greatly known for their amazing cooking skills. The local dishes such as Talkan, dalida, thin soup, tupa soup, milk soup, milk soup, kochi, water cake, green porridge, porridge with sacha pocha, shakarob, kurutob, fatirmaska, three types of sumanak, shirkadu (milk and pumpkin), squash, Pumpkin soup, lentils, chickpeas, eggs, caraway seeds, fish, apricot soup, red currant, white currant, sour cream, syrup, sour cream, buttermilk, flour, etc. are among the foods that have been prepared in this valley for centuries.

Baking is also one of the most popular activities in Rasht. Girdacha, kulcha and chapoti of this region are completely different from other breeds of the people of Tajikistan; they are relatively large and tasty.



AGROTOURISM IN RASHTONZAMIN. SPRING TREE-PLANTING TOUR.

Territory: Rashtonzamin, Jafr village, 200 km east of Dushanbe

Category: light

Duration: 4 days

Height: less than 2,500 m above sea level

Period: April-June

Trees seem to be the most studied in our world, but at the same time the most mysterious. Every tree has its own crown, roots, trunk, branches and rich history. Through their energy trees can heal people. Spending time among trees can help center person's energy in a positive way. How many species of trees do you know? Will you be able to distinguish a cherry plum seedling from a pear seedling? Do you know how to properly prepare a place for planting seedlings? Do you know how to plant fruit tree seedling



correctly so that it does not dry out and after a while even bear fruits? If you cannot provide full answers to these questions, this spring/summer tour will be useful for you. As you explore the unique Rashtonzamin Valley, you will learn the intricacies of preparing the soil for planting seedlings, as well as how to distinguish varieties and the ways of grafting trees. Most importantly, that you can plant fruit trees yourself and observe its growth upon your arrival, so after a while you can even gather the harvest.

Day 1.

Departure from Dushanbe

The trip to Jafr village (Gharm district) and accommodation at guest house

Lunch

The trip to the private museum and botanic garden

Dinner

Day 2.

Breakfast

The short walk along the gorge to the ancient trees. An overview of the history of Rashtonzamin.

Picnic

Arrival to Jafr village. Site preparation for tree planting

Dinner

Day 3.

Breakfast

Preparation of seedlings for planting Master Class.

Study of species of fruit trees.

Lunch

Planting of prepared seedlings

Dinner

Day 4.

Breakfast

Departure for Dushanbe

Lunch on the go

Hotel accommodation

Gala dinner. Traditional Tajik cuisine.



AGROTOURISM IN RASHTONZAMIN. FALL TREE-PLANTING TOUR.

Territory: Rashtonzamin, Jafr village, 200 km east of Dushanbe

Category: light

Duration: 4 days

Height: less than 2,500 m above sea level

Period: April-June

Tajikistan is well-known by its wealth of fruits. You may have heard about the apples from Gharm Valley, they are also called the kings of the eastern bazaars. The simplest way to be able to distinguish the variety of apples is to take a trip to Rashtonzamin and participate in fall apple and pears harvest. We believe that once you have tasted these fruits, you will be filled with energy for the whole winter, and we hope this will become a yearly tradition for you.



Day 1.

Departure from Dushanbe

The trip to Jafr village (Gharm district) and accommodation at guest house

Lunch

The trip to the private museum and botanic garden

Dinner

Day 2.

Breakfast

The short walk along the gorge to the ancient trees.

An overview of the history of Rashtonzamin.

Picnic

Arrival to Jafr village. Apple harvest.

Dinner



Day 3.

Breakfast

Master class on preparation of horticulture
produce for the winter season

Lunch

Apple harvest

Dinner

Day 4.

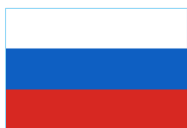
Breakfast

Departure for Dushanbe

Lunch on the go

Hotel accommodation

Gala dinner. Traditional Tajik cuisine.



*With financial support from
the Russian Federation*



UNDP Project “Youth for Business and Innovation”

Cover photo by Alisher Primkulov
Photographer: Bakhriddin Isamutdinov,
Rangina Davlatmirova, Bonu Hafizova

A photograph of a wooden balcony with white curtains. The balcony is made of light-colored wood and has a railing. The curtains are pulled back, revealing a view of a mountainous landscape with snow-capped peaks and a valley. The sky is overcast. The overall mood is serene and scenic.

Tajikistan

RASHT

*- touristic region and the
abode of affection and loyalty*