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# ECO HERITAGE

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## DUSHANBE

ECO tourism capital for  
**2020-2021**



# SIYOMA

## MANUFACTURING PLANT DRINKING PRODUCTS FROM MELTWATER

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### Brief History

**O**n April 25, 2019, Avesto Group LLC entered into an investment agreement with the government of the Republic of Tajikistan on the construction and commissioning of an enterprise for the production of “Siyoma” beverages in Dushanbe.

“The project aims to implement the development goals of Tajikistan including the industrialization of the country, which was proclaimed by the President of the Republic, Emomali Rahmon, as the fourth national strategic goal of the country,” the State

Committee for Investments and State Property Management reports.

The President of Tajikistan, Emomali Rahmon, and the Mayor of Dushanbe Rustam Emomali opened a plant for the production of Siyoma brand beverages in the capital of the republic. The enterprise, established at the direction of the head of state, is equipped with state of the art production line with a four-stage cleaning filter to ensure the quality of finished product. The equipment was brought from France and meets all modern international standards.





Considering the rapid development of tourism in Dushanbe, the capital of the Republic of Tajikistan, was declared the ECO tourist capital for 2020-2021 at the 3rd ECO Ministerial Meeting on Tourism on October 3-4, 2019 in Tajikistan. This significant event became a recognition of the merits of Dushanbe in the development of tourism in Tajikistan and in the ECO region.

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Cover Photo: The Palace of Nation/Kokhi Millat

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The message of the President of the Republic of Tajikistan

**H. E. Mr. Emomali Rahmon** on the

## Role of tourism in the development of Tajikistan and in the ECO Region

**T**ourism is one of the most important areas of employment for able-bodied people, improving living standards, development of industries and other services, as well as the representation of history, culture, nature and national traditions.

For the development of tourism in Tajikistan, which has a favorable climate, beautiful nature with unique landscapes, many historical and cultural monuments and traditional hospitality of its people, all the grounds and opportunities have been created, in addition, a number of incentives have been implemented. In particular, in order to enhance the role of tourism in the national economy, we have identified the development of tourism as one of the priorities and proclaimed 2019-2021 the "Period of Rural Development, Tourism and Folk Crafts in Tajikistan."

To improve the regulatory framework for the development of tourism, the Government of Tajikistan has implemented a reform of the system of foreign citizens' travel and established a simplified procedure for issuing visas to citizens from 112 countries. Citizens of these countries are issued a multiple-entry tourist visa for a period of 60 days. In addition, multiple three-year visas are issued to facilitate the movement of Tajik-born compatriots abroad. The process of improving the regulatory framework for the development of tourism in the country is underway, which aims to attract more tourists.

The Government of Tajikistan also supports upgrading tourism infrastructure in the country through the implementation of special programs in the area. At the same time, the Government provides the private sector and domestic and foreign investors a number of privileges to build tourism infrastructure. In particular, the import of equipment and construction materials for tourist facilities is exempt from taxes and customs duties, and tourism companies are exempt from corporate income tax for the first five years of their operation. All these measures contribute to expand private sector activities in the field of tourism, which resulted into an increase in the number of hotels and other service infrastructures and the development of various types of tourism including historical, cultural, leisure, medical, and environmental, bringing services in line with international standards and, in general, to the formation of modern tourism culture in the country.

According to reputable international organizations, Tajikistan is now in the list of the ten most attractive countries for tourists, the ten best countries for hiking, and the top five in terms of visa facilitation. The Pamir Highway is one of the ten world's most beautiful routes and Dushanbe, the capital city of Tajikistan, is included in the top ten safest cities.

The fact that Dushanbe has been declared as the tourist capital of the ECO region for 2020-2021 evidences the development of tourism in Tajikistan. According to tourists and

visitors to Tajikistan, today Dushanbe has become a modern, prosperous and administrative city, a symbol of advanced urban culture and urban planning, a venue for international summits and a real tourist attraction in the region. Besides, Dushanbe is a city of friendship, brotherhood, and solidarity, as the development of tourism provides the opportunity to present the history, culture, nature and national traditions of the country and to strengthen friendship and brotherhood between nations.

In conclusion, I would like to thank the ECO member states for their support in declaring Dushanbe as the ECO tourism capital and express confidence that this initiative will target further development of tourism in our country and the strengthening of peace and friendship in the region.







## Dushanbe

### Tourism Capital of the ECO region

Message from H.E. Rustami Emomali, Chairman of Dushanbe

**O**n October 3, 2019, during the Ministerial Meeting on Tourism of the member states of Economic Cooperation Organization, the capital of the Republic of Tajikistan, Dushanbe, was declared the ECO Tourism Capital for 2020-2021. It was not only a joyful event for the residents of Dushanbe and the whole country, but also a recognition of the city's significant contribution to the development of tourism in the ECO region.

In this regard, the State Executive Authority of Dushanbe City planned to hold a number of cultural and humanitarian events with an aim to give the city a new image as the tourist capital of the ECO region. The International Festival "Dushanbe - ECO Tourism Capital", which will be held in the capital of Tajikistan on May 2021 with the participation of a large number of guests from all ECO member states has an important place among others. This festival aims to showcase the full range of cultural and tourism opportunities in Dushanbe.

The country's independence is regarded as a special milestone in the history of Dushanbe. During this period, the capital was transformed beyond recognition and became a city - garden with wide streets and squares, beautiful shady parks, alleys and fountains. Dushanbe neighborhoods are also beautiful and unique, where such famous historical sites as "Gissar Fortress" - former residence of the governor of Emir Bukhara, twenty-six kilometers west of Dushanbe, 30 Meter Waterfall "Guzharf" - a beautiful natural object of the Gissar Range, Varzob gorge and river, ten kilometers from the city are located.

The authorities of the city give priority to the restoration and construction of cultural facilities. In Dushanbe, in the period of independence, the construction of a number of palaces, cultural centers, and libraries were completed and urban theaters were reconstructed. About 36 memorial and cultural items were built including the Dusty Square with Ismoil Somoni Memorial - the symbol of Tajik statehood, carrying the idea of national reconciliation and civil consent and the

statue of Rudaki, the founder of Tajik-Persian classical poetry. In honor of the Grand Classic, an excellent Rudaki park with colorful fountains was erected. The Parks of the State Flag and Coat of Arms, Amphitheater, Navruzgoh Culture and Recreation Park, National Library, National Museum, Kokhi Navruz, Kokhi Somon and Dushanbe-Plaza are regarded as the national pride of Dushanbe.

The residents of Dushanbe safeguard their cultural heritage, whose origins go deep into millennia. Unique historical findings, material culture, archaeological and ethnographic monuments of Tajikistan's rich and ancient culture are exhibited to the lovers of historical tourism and visitors of the capital in different beautiful and majestic museums built a few years ago in the city such as National Museum of Tajikistan, National Museum of Antiquities of Tajikistan, Museum of Ethnography and Museum of Musical Instruments. The citizens of Dushanbe honor the memory of great representatives of Tajik science, literature and art like the House

Museum of Sadriddin Ayni and the House Museum of Mirzo Tursunzoda, great writers of Tajikistan reflecting the creativity of famous cultural figures of the country. Dushanbe is rightly called the city of youth and students. Today 25 higher education institutions are active in the capital where more than 140000 students are studying.

Besides, industry is actively developing in the city. The number of industrial enterprises has reached 500 over the years of independence. To date, the implementation of 13 urban infrastructure and development projects have been completed. Today, transport and communication arteries are actively developing in Dushanbe, which connect the city with the inner regions of the country as well as neighboring countries. Thanks to the conditions being created, the growth of tourism is stimulated, and craftsmanship is actively improving.

Medieval Islamic architecture in the city is represented by Haji Yaqub Mosque and Madrasa, as well as dozens of other religious structures. A modern mosque in Dushanbe, which is the majestic architectural construction of Tajikistan, as well as the largest religious object built over the years of independence.

At the end of my message to the readers of the "ECO Heritage"

magazine I would like to express confidence that the announcement of Dushanbe as the tourism capital

of the ECO region for 2020 - 2021 is an auspicious event in the formation of a unique tourist hub in the region which will contribute to promote the knowledge of the young generation of manifold cultures and to strengthen friendship among the peoples of ECO region. We also consider this event as an opportunity to build up the cultural and

humanitarian potential of the city, and educational tourism, urban development and architecture. exchange of experience between representatives of various cities of ECO countries in the field of cultural Welcome to our favorite city of Dushanbe!





Dushanbe has long been a popular tourist destination with its history, nature, safety as well as its unique cultural heritage. The urban design and architecture of the city is constantly being updated and there are wide opportunities for investment for domestic and foreign companies. Attracting foreign investment in the construction of five-star hotels, medical and commercial facilities, cultural and recreational parks, teahouses decorated with national patterns, modern castles, libraries and museums, which are unique in Central Asia, are being considered as priority interventions to support tourism development.

Thanks to the initiative made by the Founder of Peace and National Unity-Leader of the Nation, President of the Republic of Tajikistan, His Excellency Emomali Rahmon the year 2018 was declared as the “Year of Tourism and Folk Crafts” and in continuation of this initiative, the years 2019 to 2021 were proclaimed the “Years of Rural Development, Tourism and Folk Crafts” with the aim to properly present the history, civilization, traditions, and tourism opportunities of the country in the international arena to attract investment in the tourism sphere.

His Excellency Rustam Emomali took under his leadership the realization of the years of tourism development, which follows the attention and support of the wise and constructive policy of the

## Dushanbe THE CENTER OF TOURISM RELATIONS



**Tojiddin Jurazoda,**  
Chairman of the Committee for Tourism Development  
under the Government of the Republic of Tajikistan

President of the Republic of Tajikistan, Leader of the Nation, His Excellency Emomali Rahmon. During these years, Under the auspices of the Mayor, many national and international events were held in the field of tourism, including the Republican Tourism Festival “Welcome to Dushanbe - the City of Dreams”, the International Tourism Forum “Navruz of

Dushanbe” - the Center of Cultural and Tourism Relations, International festival “Navruz - Cultural and Tourist Heritage”, international tourism forums and exhibitions, competitions, festivals of folk handicrafts and other programs targeted the presentation of our beloved homeland and its capital.

Thus, the capital of Tajikistan, Dushanbe, has become a venue for high-level international events and has been presented to the world as a tourist attraction of Tajikistan. On October 4, 2019, at the







third meeting of the Tourism Ministers of the Economic Cooperation Organization (ECO), held in Khujand, Dushanbe was declared the tourism capital of the Economic Cooperation Organization for 2020-2021. Thanks to the measures taken by the Chairman of Dushanbe, the city has become a member of the World Tourist Cities Federation, which is an important factor in access to global tourism markets. At the same time, Tajikistan's Kokhi Navruz was included in the list of eight wonders of the Shanghai Cooperation Organization (SCO). Therefore, Dushanbe is recognized as one of the ten safest places in the world and one of the 10 cities of the Commonwealth of Independent States for tourism in spring and autumn.

It is well known that Dushanbe plays a crucial and effective role in the development of tourism in Tajikistan. The traditional hospitality of the Tajik people, and especially the safety and peace of Dushanbe are real contribution to the development of the industry in the country. That is why in 2018-2019, more than one million foreign tourists traveled to our beloved homeland and began their journey by exploring the tourist opportunities of the capital of Tajikistan. It should be noted

that currently about 50 hotels in Dushanbe serve guests and tourists.

Dushanbe is a young city with an ancient, rich and bright history, where there are many architectural and historical monuments and statues. During the visit to the city's museums, such as the National Museum, the National Museum of Antiquities of Tajikistan, the museums of Ayni, Lohuti, Muhammadjon Rahimi, Mirzo Tursunzoda and the Museum of Musical Instruments of Gurminj Zavkibekov tourists will get acquainted with the rich history and personalities of the country.

Dushanbe is known as a green city, the alleys and squares with their beautiful and modern designs and impressive fountains have become an ideal hiking place for residents and foreign tourists. The city's "Iram" park, with its unique variety of plants and the national landscape is one of the main tourist attractions of the city. Also, parks such as "Nizomiddin Alisher Navoi", "Ahmadi Donish", "Javonon", "Abulqosim Firdavsi", "Navruzgoh", "Sadriiddin Aini", and "Kurushi Kabir" have added a new charm to the city. It's rare to find a place in Dushanbe without attractions. Today, every traveler once enters the capital of

Tajikistan, will notice the stunning city sights with clean streets, blooming parks, buildings with modern and national designs, and realizes that Dushanbe has turned into a city of dreams in a short period of time.

To adapt the international standards, automobile and train bridges, flyovers, two-level overpass, modern stations, and taxis with a single appearance are functioning. It should be noted that on the basis of the incentive provided by the government and with the support of the Chairman of Dushanbe, more than 100 tour companies currently operate in Dushanbe and regularly hold various routes to tourist destinations of the country, including to the sights of Dushanbe city.

We are confident that with the continued support of Dushanbe Mayor, Rustam Emomali, the rich history, culture and tradition, hospitality, national costumes, museums, markets and monuments of world known Persian-Tajik writers and poets, parks with vibrant variety of plants, national and international restaurants, medical centers, and clean environment will bring a large number of tourists to the city in near future.



# DUSHANBE

## AT A GLANCE

**D**ushanbe, the capital of the Republic of Tajikistan, is a city embraced by picturesque and flowering foothills located in the large emerald valley of a turquoise riverbed. The terrain of auspicious climate and geography has a very long history where people live and do their activities, the area through highways, railways and air services which connects all parts of the country both physically and spiritually.

The grand gates in four directions of the capital embody the urban development traditions and sustainable system of urban management, noble traits of kindness, brotherhood, and hospitality of the capital's citizens.

Construction of architectural and cultural complexes and palaces, broad avenues and streets, large industrial enterprises, and academic institutions in a relatively short historic period transformed Dushanbe into one of the stateliest cities in the modern world.

The Tajik capital as a large spiritual, scientific, education and service center along with a favorable infrastructure, administrative and residential buildings constructed with high architectural art, is a place of landscaping and infrastructure development, cleanliness and loveliness, and high standard communication ethics.

With an area of 203 km<sup>2</sup> and a continental climate, the city is located in the prolific Hisor Valley at an altitude of 930 meters above the sea level on both shores of the Dushanbe River. Dushanbe has a population of more than 1 million and consists of four administrative

districts: Ismoili Somoni, Sino, Firdavsi and Shohmansur.

Year after year, the city of Dushanbe as an administrative center of Tajikistan and a mirror of culture-forming Tajik nation, is becoming more comfortable and lovely. Nowadays, about 500 industrial enterprises of Dushanbe not only supply the city residents, but also export their products beyond the country.

Currently, 25 higher education and 151 secondary education institutions as well as about 140 pre-school facilities educate more than 200000 students. Overall, more than 900 sports facilities have been established in the city which is increasing day after day.

While in 1991 only 30 hospitals provided health services in Dushanbe, nowadays more than 60 hospitals and other medical centers offer health services to the residents and other visitors of the capital. One of the particular health protection achievements made in the independence period is the construction of the Istiqlol Medical Complex in Dushanbe, equipped with the latest advanced technology which is unique in Central Asia.

The new terminal at Dushanbe International Airport is designed to deliver better service to passengers and improve customs control services.

Dushanbe is a grand intellectual center, and its symbol of statehood and spiritual world is embodied in the Memorial Complex

of National Unity and Revival of Tajikistan with Ismoili Somoni Monument and the statues of worldwide prominent personalities such as Abuabdullo Rudaki, Abuali ibni Sino, Abulqosim Firdavsi, Omar Khayyam, Sadriddin Ayni, Ahmadi Donish, Bobojon Gafurov and others. In fact, Dushanbe as a scientific and cultural center has become an unprecedentedly developing and prosperous city.

One of the globally highest flagpoles with 165 meters of height is erected in Dushanbe and it is included in the Guinness Book of World Records. One of the sightseeing facilities of the city is "Kohi Navruz" Complex, which embodies the national flavor of ancient





and modern architecture of six thousand years of history.

The city has 11 museums, including the National Museum of Tajikistan, the National Museum of Antiquity, the Museum of Ethnography, Unified Memorial and Literary House, and house museums of the prominent figures of the Tajik classic and modern science and culture. Several theatres such as Sadriddin Ayni State Academic Opera and Ballet Theatre, Abulqosim Lohuti State Academic Drama Theatre, Mahmudjon Vohidov State Youth Theatre, Russian State Drama Theater, State Puppet Theatre, Muhammadjon Qosimov Experimental Theater for Young Spectators, Open theater "Padida", the Model Miniatures Theatre "Oina", cinemas of "Tojikiston", "Zebunniso", "Vatan", Aka-Sharif Juraev State Philharmonic of Tajikistan, State Circus of Tajikistan and 'Ahorun' Amphitheatre glorify spiritual and cultural life in Dushanbe. They attract any newly

coming visitors not only with their professional performances, but also with their unique architecture.

There are 20 public libraries with a stock of 3.12 million books and publications functioning in the city. The National Library of Tajikistan is the biggest facility of its kind not only in Dushanbe, but also in Central Asia as one of the most beautiful architectural sites in the region. Moreover, the development of squares, parks, and recreational public space has enhanced the attraction of the city. Nowadays the city has more than 60 parks and squares covering an area of 1080 hectares. The cultural and leisure parks of 'Cyrus the Great Park', 'Rudaki', 'Firdavsi', 'Omar Khayyam', 'Alisher Navoi', 'Ahmadi Donish', 'Sadriddin Ayni', 'Vose', 'Youth Lake', 'Javonon', 'Navruzgoh', 'Iram' and 'Victory' are favorite places of leisure for visitors.

Tangible social and economic achievements, political stability and international recognition have

transformed Dushanbe into a platform for high-level international and regional summits.

Dushanbe enjoys twin-city relations with Klagenfurt (Austria), Boulder (the United States of America), Reutlingen (Germany), Saint-Petersburg (Russia), Teheran and Shiraz (Islamic Republic of Iran), Minsk (Belarus), Mazar-e Sharif (Islamic Republic of Afghanistan), Lahore (Pakistan), Sanaa (Yemen), Monastir (Tunis), Lusaka (Zambia), Ankara (Turkey), Ashgabat (Turkmenistan), Urumqi, Xiamen, Hainan and Qingdao (China).

The city of Dushanbe is the capital of sovereign Tajikistan and the scientific and cultural center of the ancient Tajik nation and the pride of every resident of Tajikistan, both youngsters and adults. Dushanbe residents, realizing this mission, take the responsibility and make every possible effort to improve the political, administrative, scientific and cultural heart of Tajikistan so that everybody loves and enjoys it.



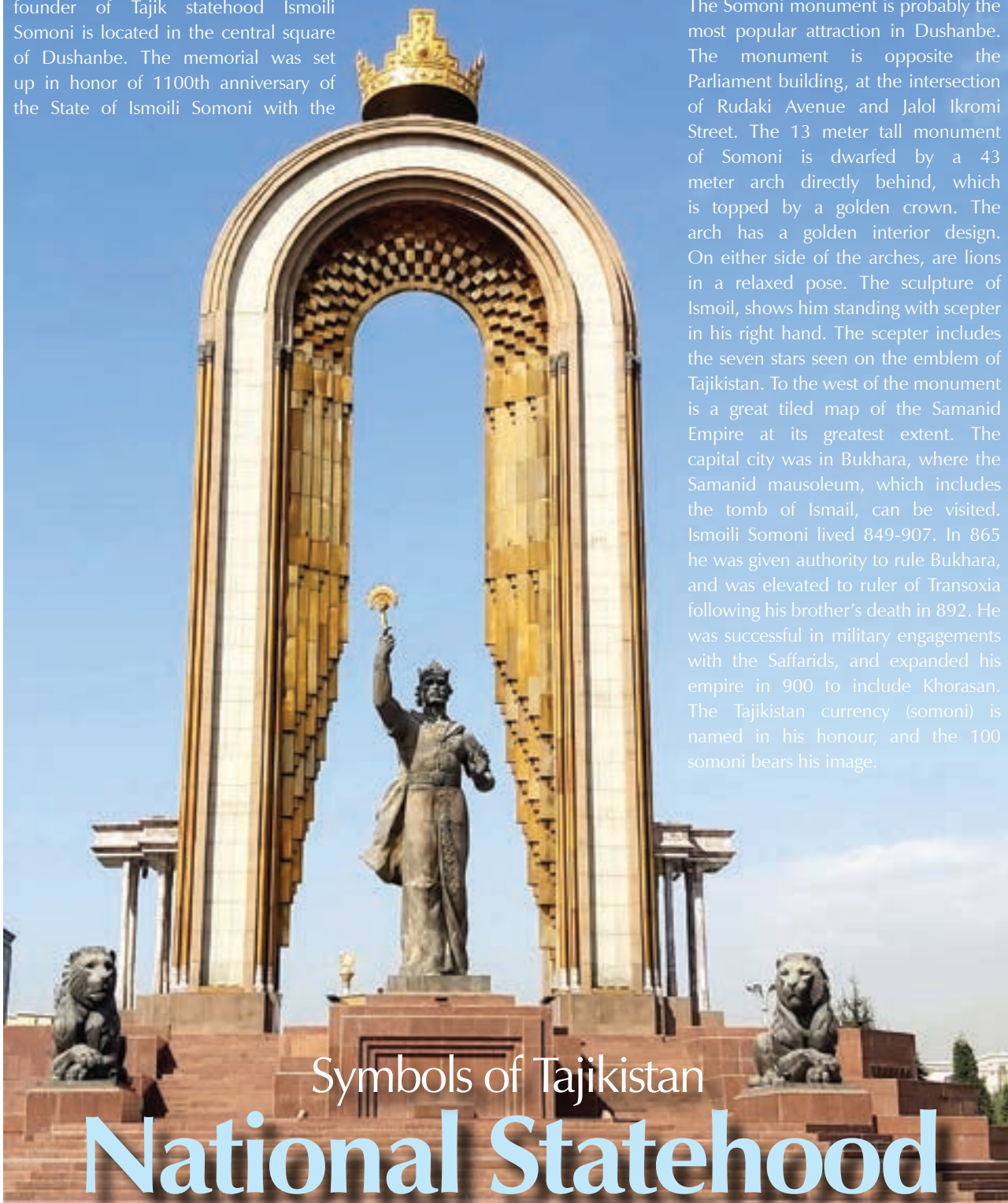


## Ismoili Somoni Memorial Complex

**M**emorial Complex of National Accord and Revival of Tajikistan, a monument of the founder of Tajik statehood Ismoili Somoni is located in the central square of Dushanbe. The memorial was set up in honor of 1100th anniversary of the State of Ismoili Somoni with the

sculpture of Ismoili Somoni, the founder of the first independent Tajik state (IX-X a.d.). Having the shape of the sun with seven stars, a royal scepter, the symbol

of national unity and the rebirth of Tajik nation is placed to the right hand of Ismoili Somoni's sculpture. The memorial complex was set up in 1999. The Somoni monument is probably the most popular attraction in Dushanbe. The monument is opposite the Parliament building, at the intersection of Rudaki Avenue and Jalol Ikromi Street. The 13 meter tall monument of Somoni is dwarfed by a 43 meter arch directly behind, which is topped by a golden crown. The arch has a golden interior design. On either side of the arches, are lions in a relaxed pose. The sculpture of Ismoil, shows him standing with scepter in his right hand. The scepter includes the seven stars seen on the emblem of Tajikistan. To the west of the monument is a great tiled map of the Samanid Empire at its greatest extent. The capital city was in Bukhara, where the Samanid mausoleum, which includes the tomb of Ismail, can be visited. Ismoili Somoni lived 849-907. In 865 he was given authority to rule Bukhara, and was elevated to ruler of Transoxia following his brother's death in 892. He was successful in military engagements with the Saffarids, and expanded his empire in 900 to include Khorasan. The Tajikistan currency (somon) is named in his honour, and the 100 somoni bears his image.



Symbols of Tajikistan

# National Statehood

## Coat of Arms

Another famous landmark of the city, the 45-meter-high monument of Tajikistan Coat of Arms is located on the right side of the Palace of the Nation. An official opening of a sign showing the national emblem of Tajikistan took place near the Palace of Nation in Dushanbe on August 25, 2011.

This is one of those monuments that would be common if they are able to maintain themselves in a remote part of city. Being near the presidential palace and is visible from afar. Construction of the sign commenced in November 2010.





## Flagpole

Not a long time ago another site in Dushanbe has gained high popularity among the citizens, the national Flag Park, one of the most scenic parks of the city. Vivid green trees, fountains, water basins and history-styled sculptures make the park a perfect place for recreation. What brought the worldwide prominence to this place is the highest flagpole in the world. The 165-meter-long flagpole is located on the vicinity of the Place of the Nation.

The Dushanbe Flagpole is a flagpole located in front of the Palace of Nations in Dushanbe, Tajikistan. At 165 m (541 ft.), it was the tallest free-standing flagpole in the world from its completion in 2011 until the 2014 erection

of the 171 m (561 ft.) Jeddah Flagpole. The flagpole flies a 30m × 60m (98 ft. × 197 ft.) Flag of Tajikistan weighing 700 kilograms (1,540 pounds).

The design phase for the flagpole began in July 2009. Fabrication of the pole's sections was completed in Dubai in October 2010. The sections were then shipped to Dushanbe, where construction of the flagpole began on November 24, 2010, Tajikistan's National Flag Day. The final assembly and erection took place during April and May 2011, with the first test flight of the flag of Tajikistan taking place on May 24, 2011 and official inaugural ceremony took place on August 30, 2011 on the eve of the 20th Anniversary of Independence of Tajikistan.





## The Palace of Nation/Kokhi Millat

The Palace of Nation also known as the White House is the official residence of the President of Tajikistan where the head of state receives foreign dignitaries at the palace and often holds events at the residence.

The palace is very important for the country as most of the main events and meetings are held and future life of population, politics, economics and other relevant issues are discussed therein. This building is very impressive with its beautiful white color and many arched windows. Massive columns support the roof covered by a golden dome in the middle of which the flag of Tajikistan is raised on a flagpole.

The construction of the palace began in 2000, and was dedicated to Ismoil Somoni, the founder of the first independent Tajik state. On the eve of the Shanghai Cooperation Organization Summit in Dushanbe in August 2008, the palace was completed, with the summit events being partially held under the golden dome with 20-meter columns. An image of the palace is imprinted on the back of a 500 Somoni banknote, which is the national currency of Tajikistan.



# Navruz

## in Dushanbe

The Hub of Cultural and Tourist Ties

Following Tajikistan's declaration of independence, on the initiative of the president of the country, Emomali Rahmon, historical self-knowledge and national self-awareness expanded to reflect the Tajik people's perceptions of their own history through reviving ancient celebrations and rituals of the people. Among them, Navruz had a special place, because it is the best manifestation of national identity, and it embodies universal values that are honored and sacred by all nations. Hence, Navruz is celebrated every year with all its splendor in all regions of the country. Navruz carries forward message of peace, friendship, unity, reverence for the holiness, ancient traditions, culture and civilization of the Tajik people, the revival of nature and the beginning of the new year. It can be said that during the period of independence of the country, a special culture of celebrating Navruz was formed in Dushanbe, which made Dushanbe a city of peace and friendship and a center of cultural and tourist ties in the region. Thus, every year the city of Dushanbe is festively decorated to mark Navruz celebration; all streets and squares, as well as every household are carefully prepared. Quotes of poets and

thinkers, signs and posters on Navruz give the city a new image.

In the evening of March 20, Victory Park is the venue to celebrate New Year with the presence of the representatives of four districts of Dushanbe to honor the national traditions including cooking sumanak and other Navruz dishes and setting up festive fire to mark the occasion. As part of the festive events, in the morning of March 21, Navruz caravan of four districts with the symbols of Dehkan and the Queen of Spring, surrounded by trumpeters and drummers, enter the celebration area from four sides and announce the beginning of the ancestral New Year.

The residents of Shohmansur district in a square near the Sadrididdin Aini State Academic Opera and Ballet Theater, Ismoil Somoni district in Sadrididdin Aini Park, Firdavsi district in Abulqosim Firdavsi Park and Sino district in the capital's Sino square solemnly celebrate Navruz.

On the occasion

of Navruz, representatives of the government of the Republic of Tajikistan convey the congratulatory message of the president of Tajikistan Emomali Rahmon to the noble personalities of the country. During the five-day festival, musical and entertainment programs and public walks are held in all Navruz celebration areas, including Navruzgoh and cultural parks of the city with the participation of artists and residents of the capital's districts.

The programs of the Navruz holiday reflect the revival of the beautiful nature of Tajikistan, the achievements of the Tajik people during the period of independence, gratitude for national statehood, as well as the philosophy and wisdom of Navruz - the victory of light







over darkness and warmth over coldness. On the sidelines of Navruz celebrations, exhibitions of traditional handicrafts such as artisan, copper, knife and box making, carpentry, jewelry, blacksmithing and other crafts are set up.

One of the symbols of Navruz in Tajikistan is holding national sports competitions.

A wrestling match with the participation of famous wrestlers and young athletes and equestrian competitions for the Capital Cup with the participation of best athletes and riders of equestrian enterprises from around the country take part in Navruzgoh

Navruz celebration in Tajikistan is the

best opportunity for foreign visitors to get acquainted with the unique philosophy and culture of ancestral Navruz and the ancient traditions and rich material and spiritual heritage of the Tajik people and to enjoy the rebirth of the beautiful nature of the country.





# Kokhi Navruz

## A Modern Tourist Wonder

The massive complex of Kokhi Navruz (Navruz Palace) in Dushanbe is another attraction of the capital. Originally built and later inaugurated as the world's largest tea house in 2013, Kokhi Navruz has 12 halls, each of which is made in a unique style with a teahouse, a billiards hall, a bowling alley, a multi-screen cinema, a plush nightclub and a karting circuit. The

palace also serves as a venue for high-level political summits and upmarket social events. The tour inside the complex gives visitors a fantastic view featuring intricately carved wooden doors, sparkly chandeliers, and folkloric mosaics made by artisans from northern Tajikistan.

The ceiling and pillars of the edifice are embellished with wood carvings neither of which is repeated on the walls-stone

mosaic with scenes of folk tales. The furniture has a distinct style of color and ancient ethnic patterns. This architectural masterpiece is all created by the Tajik dexterous artists.

Tajikistan's Kokhi Navruz has been included in the list of Eight SCO Wonders. During the event, participants became acquainted with the art of painting, carving, woodwork and stone cutting of the





Tajik people through photos, exhibits, and videos.

The five-story Kokhi Navruz complex was built at the initiative of the President of Tajikistan Emomali Rahmon according to the national architectural style. Its halls are decorated with Tajik national crafts.

"The Eight SCO Wonders, which in terms of history reflect the centuries-old rich and diverse civilizations of our

peoples, are the beautiful and unique works of our countries. These wonders enable us to better realize the rich and diverse history of our people," said the SCO Secretary General Vladimir Norov in his speech.

The attendees got acquainted with Eight SCO Wonders, photos, exhibits, and videos that reflect the appealing sites, unique nature, national dishes,

costumes, and crafts. The Eight SCO Wonders are selected by the organization's secretariat in collaboration with the SCO member states. The main goal of the project is to present the national achievements of SCO's eight member states. The project is expected to be presented in all the SCO member states and other countries.







Zarandud Hall

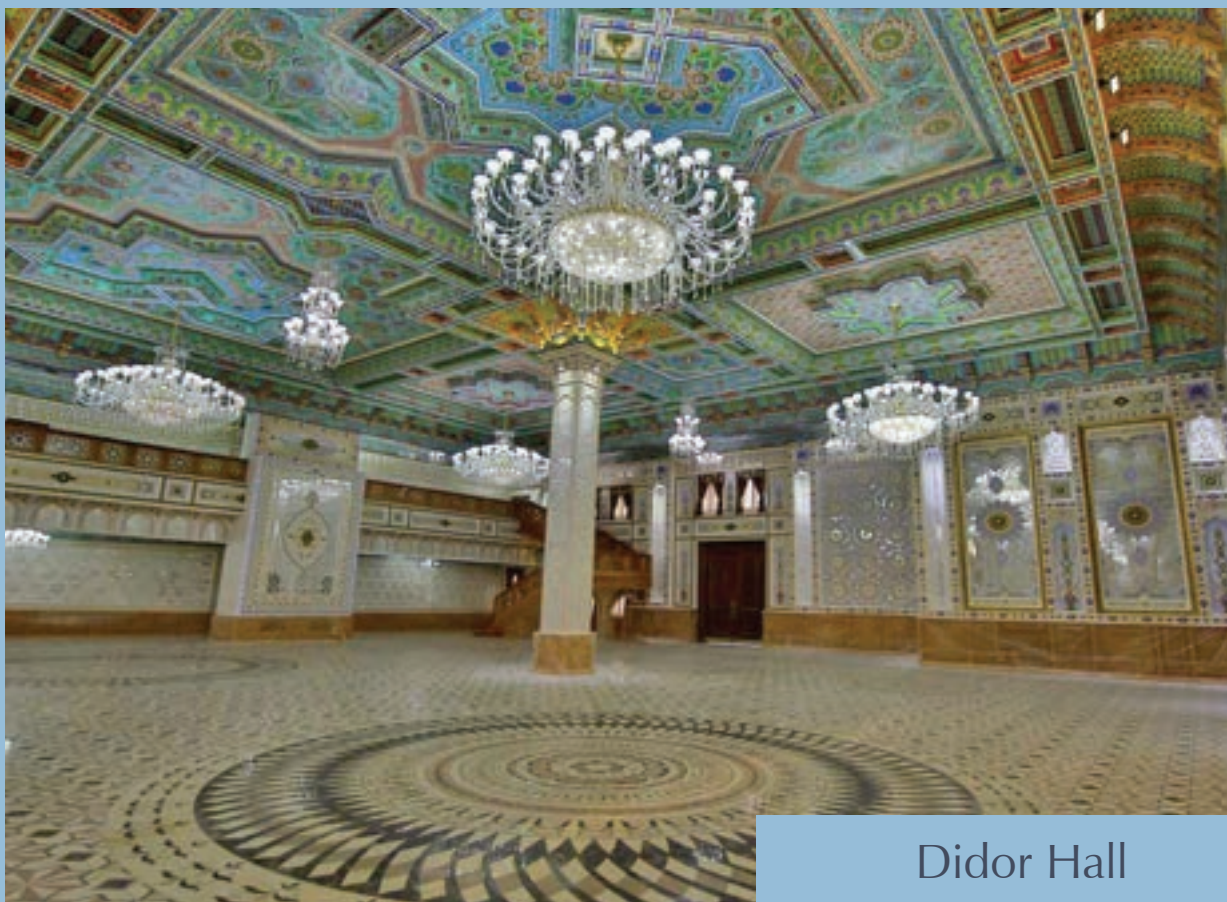


Arzhang Hall





Guliston Hall



Didor Hall



# National Museum of Tajikistan

Covering a total area of 24,000 sq.m and 22 rooms exhibit spaces spread over a total area of more than 15,000 sq. m, the «National museum of Tajikistan» was established following the Decree of the President of the Republic of Tajikistan

675 on the establishment of the State institution released on July 27, 2011.

The National Museum of Tajikistan is composed of four exhibition departments: Department of Natural History, Department of Ancient and Medieval History, Department of Modern and

Contemporary History and Department of Fine and Applied Arts. In the round shaped hall situated on the first floor of the museum, the visitors can observe an illustration of the Buddhist monastery of Ajinatepa that existed in the south of Tajikistan until the V-VIII A.D.







## Museum Structure

The following departments are functioning in the National museum of Tajikistan:

### Department of Natural History

Halls of the Department of Natural History are located on the ground floor of the Museum. The Exposition of the Department of Natural History introduces the visitors to the flora and fauna, special protected natural territories and National Parks of the Republic of Tajikistan. There is a special Geological hall in that department that represents the samples of the precious and decorative stones, the paleontology section, and the fossils. In the middle of the Geology Hall, there is a stone tree that decorated with 19 thousand gemstone and decorative stones.

### Department of Modern & Contemporary History

In the halls of modern and contemporary history are displayed exhibits and documents on the history of the period of the Soviet Tajikistan (1917-1991) indicating the economy, socio-cultural life of the republic and the participation of Tajikistan's population in the Great Patriotic war of 1941-1945. Also in the department of modern and contemporary history are shown the achievements of the Republic of Tajikistan during the Independence period including the foreign policy, achievements of the country in the fields of economy, agriculture, construction

of roads, tunnels and cultural and residential complexes.

The exposition ends in a large round hall, where presented the gifts of the heads of foreign states and major international organizations to the founder of peace and national unity, the leader of the Nation, President of the Republic of Tajikistan, Emomali Rahmon.

### Department of Ancient and Medieval History

Situated at the first and the second floors of the museum, the Department holds one of the biggest exhibitions in the museum consisting of nine exhibition halls. With its rare and valuable exhibits of more than 3444 objects displayed in the exhibition halls and more than 133 auxiliary exhibits, this Department illustrates the history of the Tajik people from the beginning of the first century to the beginning of the 20th century.

The exposition begins with a map of historical monuments of the Republic of Tajikistan, which introduces the visitors

with more than 2000 monuments located on the territory of Tajikistan. The exhibition displays objects from the Stone Age period of Tajikistan such as Ancient Settlement of Sarazm, Zoroastrianism culture and religion, Acheminid Empire, Greco-Bactrian Empire, The Kushanid's Empire, Ephtalists and Ancient Panjakent that have been found in the territories of Tajikistan.

The findings from Panjakent Ancient Site (V-VIII A.D.) like murals, curved woods in the shape of dancing girl, ceramic vessels, wall paintings, etc. are the evidences of the rich culture of this civilization center, known around the world as «Pompeii of the East». The oldest historical site of the Stone Age period of Tajikistan aged over a million years is Kuldara which is located in Khovaling district of Khatlon region. The rest of the first hall has objects belonging to the Bronze Age period such as Zarchachalifa, Kangurtut, Gelot, Makony mor, Ittifok, Dashti Kozi and Kairokum.

The second hall tells about the pre-Islamic culture, historical finds, including ossuaries, the sacred book of Avesta, the Zoroastrian calendar, holidays of the Tajiks - Sada, Navruz, Mehrgon.

The third hall begins with a section showcasing objects belonging to the first Persian Empire of the world - the Achaemenid Empire - and a unique object belonging the Amudarya (Oxus) treasure. Also displayed are exhibits from Saksanohur, Takhti Sangin, Greco-Bactrian period, the Kushanid Empire etc.





The fourth hall holds unique exhibits tells about the Sasanids and Hephthalites (or Ephthalites) periods. The importance of the period of the Ephthalites is that during this period, the Tajik people fought for freedom. In this room visitors can see a portrait of the Ephthalites King Khushnavas.

The fifth hall has on exhibit objects of ancient cities belonging the V-IX centuries including the Ancient Penjikent and Bunjikat. Sogdians adopted many achievements of the great civilizations of their time, therefore in their art one can find both Byzantine, Iranian, and Indian features. With all this, Sogdians art had its own unique style, distinguished by a variety of themes which are portrayed in the findings from Penjikent and Bunjikat, such as woodcarving and mural paintings presented in showcases. A separate

section in this room is dedicated to the findings from Mount Mug. In the Islamic culture section, visitors can see the earliest manuscript of the Holy Koran as well as other examples of calligraphy from Koran, fiqh, tafsir, hadith, etc.

The sixth hall has on display objects from Ajina-Tepa Buddhist monastery dating to the 7th century including one of the famous exhibit of the National Museum of Tajikistan - the clay statue of a reclining Buddha (Also called "Buddha in Nirvana") which is 13 meter.

The seventh hall is on the second floor and is dedicated to the golden age of the Tajiks - the Samanids state's period. The town and palace of Hulbuk is the most famous monument of this period. The bronze, glass and ceramic dishes that were found in Hulbuk territory are abundant and diverse. A set of chess

pieces made of ivory is another unique finding. There are products made of stone, found over five thousand fragments of a carved piece (alabaster), including whole or almost whole panels. Moreover, the pieces of plaster on display mainly represent plant, zoomorphic and epigraphic motifs. All the exhibits are unique in their own way, but one of them is the Iskodar Mihrab, one of the finest and oldest mihrabs in the world. The wooden Mihrab has been made without using any type of nail and glue but by fitting the parts. Also part of this exposition hall is occupied by samples of metal products and military armor of the X-XII centuries.

The eighth offers a display of calligraphy and epigraphic monuments including sample works of Hodji Husayni Khatloni, the well-known Tajik calligrapher of the XIX and early of XX centuries, marble dishes with Arabic script and metal items belonging to XIX and XX centuries.

The ninth hall is the last hall of the department of ancient and medieval history, which is devoted to numismatics. Visitors will have the opportunity to see the coins of the Greco-Bactrian (II-III centuries BC), Kushans (II century BC - IV in. AD), Sasanids (III-VII cent.), Bukharhudati (VII-VIII centuries), the Samanids (IX-XIV centuries), the Karakhanids (XI century), the Chagatai (XII-XIII centuries), the Temurids (XIV-XV centuries) and the Mangitei (XIX century). There are also paper banknotes of XIX - beginning XX centuries, and jubilee coins of the period of Independence of the Republic of Tajikistan on display.







## Department's Highlights

### Kulob's Pot Baking Furnace

**K**ulob's pot baking furnace was discovered in 1993 by archaeologists Samoilik P. and Azizov M. within the territory of Mir Sayyid Ali Hamadoni mausoleum. However, only the combustion chamber and the burning section have been preserved to date. The furnace used to accommodate 100 vessels at the same time.

### Takhti-Sangin Town

**T**he town of Takhti-Sangin is located on the right bank of Amudarya at the foot of Vakhsh and Panj Rivers' confluence. The site links with the gorges of Teshkintosh mountain ranges on the west side. The town consists of a defensive wall covering an area of 85 ha, a citadel (164 x 235m) and houses built in north - south direction in one km distance. The main construction of the citadel had was the Oxus temple (51x51m), a treasury of IV and III centuries B.C.

### Ancient Panjakent

**F**ounded in V century, the Ancient Panjakent is a monument of the pre-Islamic period in Tajikistan. Here, from the 5th to the 8th century AD, lived the Sogdians - the ancestors of Tajiks in the Zarafshan Valley. The Ancient Panjakent was fortified by a wall which protected it from the penetration of invaders. Covering a

total area of 13,5 ha, the city was built in an orderly pattern and plan and had an interior and an exterior part. During the 5th century, the city had a sacred spot which believed to be its center. Moreover, it had two temples with similar designs. Panjakent became famous for its elaborate picture Paintings of legendary figures. The museum has some of the paintings discovered in Panjakent.

### Bronze Incense Censer

**D**ating back to the 11th century, and The bronze incense censer, decorated with vegetal ornaments, two stars and two inscriptions was found in Hulbuk. There is an inscription on the vessel saying 'master Ali ibn Abu Nasr made the censer'.

### Iskodar Mekhrab

**I**skodar Mehrab (Altar) dated 9th-10th centuries AD, was discovered in 1925 by Professor Andreev M. in Iskodar village of Ayni district, Sugd region. The wooden Mehrab (a niche in the mosque's wall pointing to Mecca's direction) has been made without using nail and glue, but by fitting the parts. It consists of 300 parts and more than 100 ornamental motifs. There is Kufi inscription on this Mehrab.

This inscription was not studied. Until 2000 when a scientific research fellow (now the Director) of the National Museum of Tajikistan, Sharifzoda A.K.,

studied it for the first time. This turned out to be a statement from the Prophet Muhammad (pbuh). In the translation the inscription reads: "Whoever during the prayers is in the first row after the imam, then God forgives him all the sins".

It is interesting to note that Mehrab has elements of Zoroastrian culture of ancient Tajiks. For example, there is a vortex cross, a circle and other symbols. There are also pre-Islamic symbols in the Mehrab - in two columns the symbols of swastika are clearly visible, meaning the four elements - water, air, earth and fire. At the top, there is a sign of the sun - a symbol of Zoroastrianism religion. The piece has been studied by famous scholars including Cheylytko V, Yakubov Y, Voronina V.L, Smirnova O.I, and Khmelnsky S.

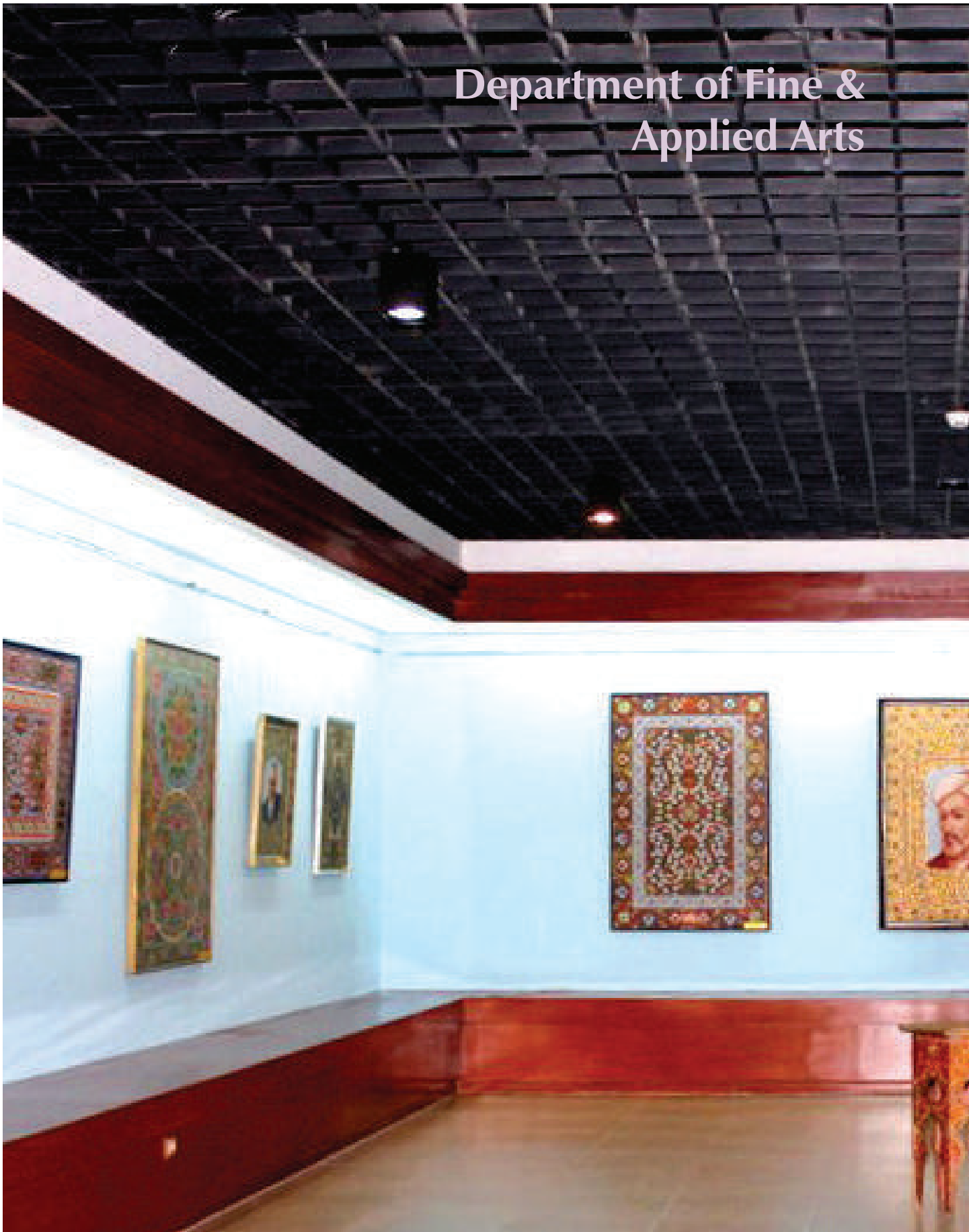
### Diorama of Ismoili Somoni Mausoleum

**T**here is a diorama of the Mausoleum of the Great King, Ismoil binni Ahmadi Somoni - Ismoili Somoni, in the museum.

The original building was constructed in the IX century in Bukhara and is one of the architectural masterpieces of Central Asia. The cubic volume of the building with extremely thick walls (the base of the mausoleum is 10.67x10.83 m, the height of the wall is 10 m, the wall thickness is 1.8 m) is entirely laid out of a light burned brick. The mausoleum does not have a main facade, since all its sides are the same.

The Mausoleum's facade is covered with intricately decorated brickwork. The syncretic style of the shrine is reflective of the 9th and 10th centuries, and is approximately 35 feet high. It has four identically designed facades, which gently slope inwards with increasing height. To support the building, the architects included four internal arches upon which the dome is placed. At the top of each side of the shrine, there are ten small windows, which provide ventilation for the interior portion of the mausoleum. The building's «four arch» style of design has been adopted for use in several shrines throughout Central Asia.

## Department of Fine & Applied Arts



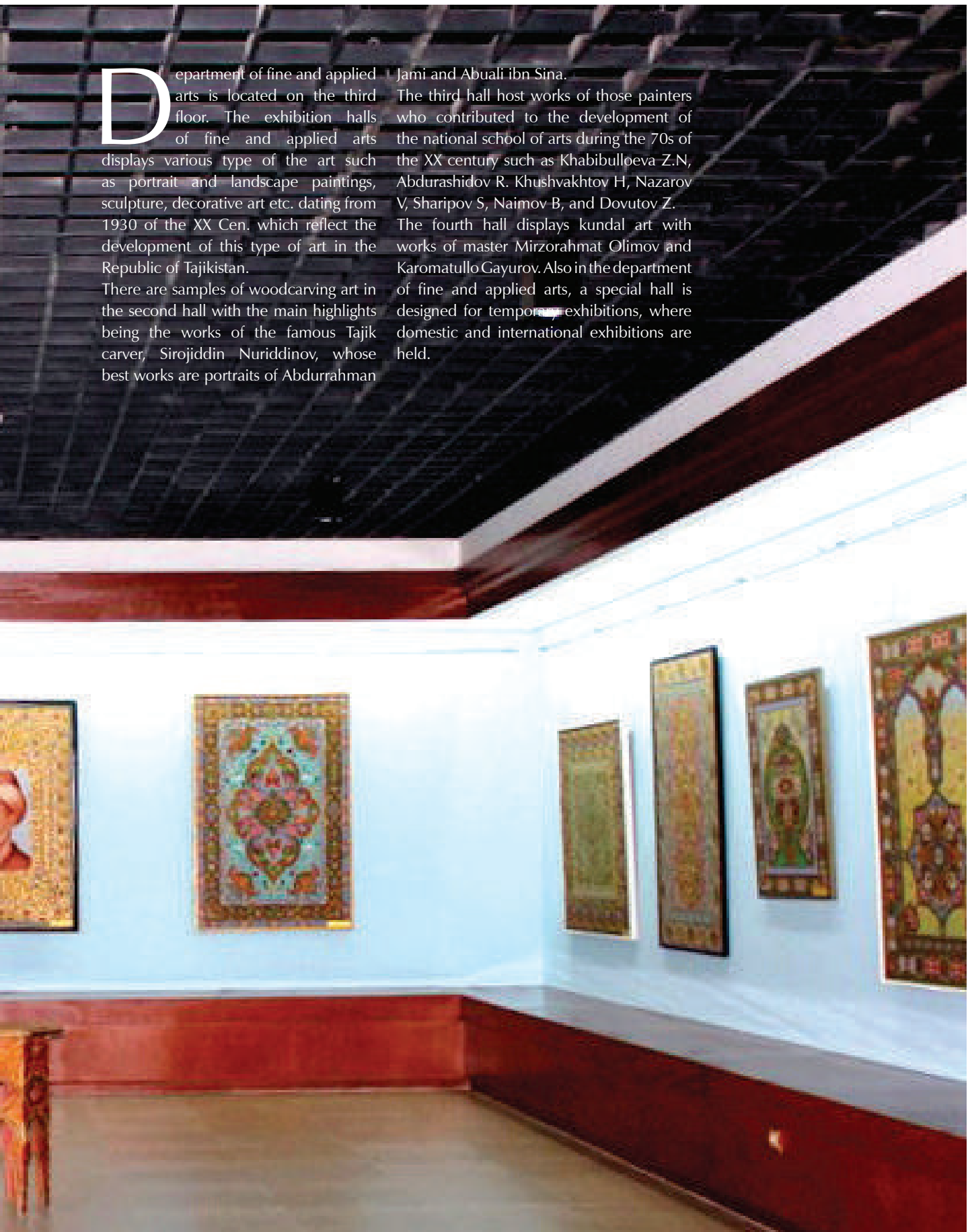


**D**epartment of fine and applied arts is located on the third floor. The exhibition halls of fine and applied arts displays various type of the art such as portrait and landscape paintings, sculpture, decorative art etc. dating from 1930 of the XX Cen. which reflect the development of this type of art in the Republic of Tajikistan. There are samples of woodcarving art in the second hall with the main highlights being the works of the famous Tajik carver, Sirojiddin Nuriddinov, whose best works are portraits of Abdurrahman

Jami and Abuali ibn Sina.

The third hall host works of those painters who contributed to the development of the national school of arts during the 70s of the XX century such as Khabibulloeva Z.N, Abdurashidov R. Khushvakhtov H, Nazarov V, Sharipov S, Naimov B, and Dovutov Z.

The fourth hall displays kundal art with works of master Mirzorahmat Olimov and Karomatullo Gayurov. Also in the department of fine and applied arts, a special hall is designed for temporary exhibitions, where domestic and international exhibitions are held.



# National Library

## of Tajikistan- a Modern Tourist Attraction

Great changes in the social and economic life of the Republic of Tajikistan occurred at the end of the 20th century and the early 2000s of the 21st century and demanded new approaches to the development of all social institutions of the republic. As one of the important links in the cultural and information space, the library business was no exception. The introduction of new technologies into the activities of libraries is mainly a result of external factors - informatization and integration of almost all areas of human society.

In recent years, libraries in Tajikistan have been actively seeking to adapt to modern requirements, to transform their resources on the basis of new information technologies. The best gift for librarians and readers of the republic, no doubt, was the construction and commissioning of a new building of the National Library of Tajikistan in March 20, 2012 with the participation of the President of the Republic of Tajikistan Emomali Rahmon. This modern building embodies an open

book and corresponds to all international standards. It is one of the largest centers of library business, information service, bookkeeping and cultural life in Central Asia. With the aim of honoring national values and the rich cultural heritage of ancestors and perpetuating historical memory, statues of 22 great figures of science and culture respected by the Tajik people have been carved on the building's facade.

There are 25 reading rooms with 1,500 relevant spaces in the Library, 274 workstations for the readers, 312 for the staff, three exhibition rooms in the "Book Museum" housing rare books and ancient manuscripts, a gallery of publications in various fields of knowledge plus an exhibition for "New books", nine conference halls with 1200 seats, one theater hall with 100 seats, 250 seats for the rest, and 558 seats in the dining room as well as several conference rooms.

The building of the National Library of Tajikistan is designed to keep 10 million books and other sources of information. The structure is equipped with modern

engineering facilities for energy supply, heating and cooling, water supply and other services.

If you look at the research, maintenance and storage of books in the National Library of Tajikistan, it becomes clear that this is not only a library, but also a center of science and education. In this palace, along with books, newspapers and magazines, other printed materials are kept, funds for electronic editions of works by composers and musicologists of Tajikistan and audiovisual documents fund reflecting the rich musical heritage of the Tajik people. Thus, we can turn the library into a center that becomes a source of national self-knowledge and preservation of historical and cultural memory for the new generation in the future. In the reading rooms, special conditions are created for receiving information, readers can use the internet for free in halls that are linked to electronic libraries in a number of developed countries. Moreover, here the users can contact with whom they have agreements on cooperation.





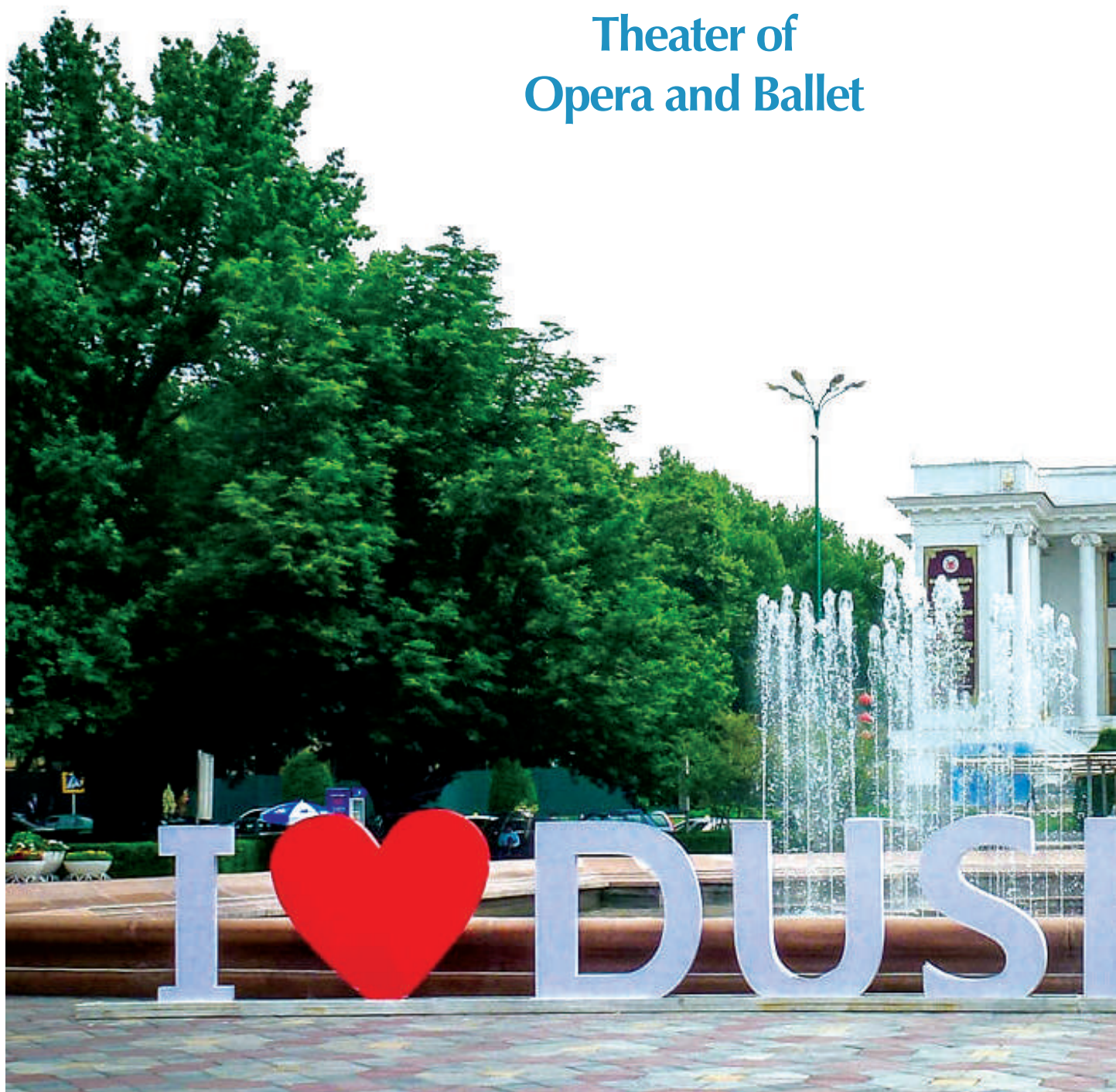




# THEATERS

## in Dushanbe

Theater of  
Opera and Ballet



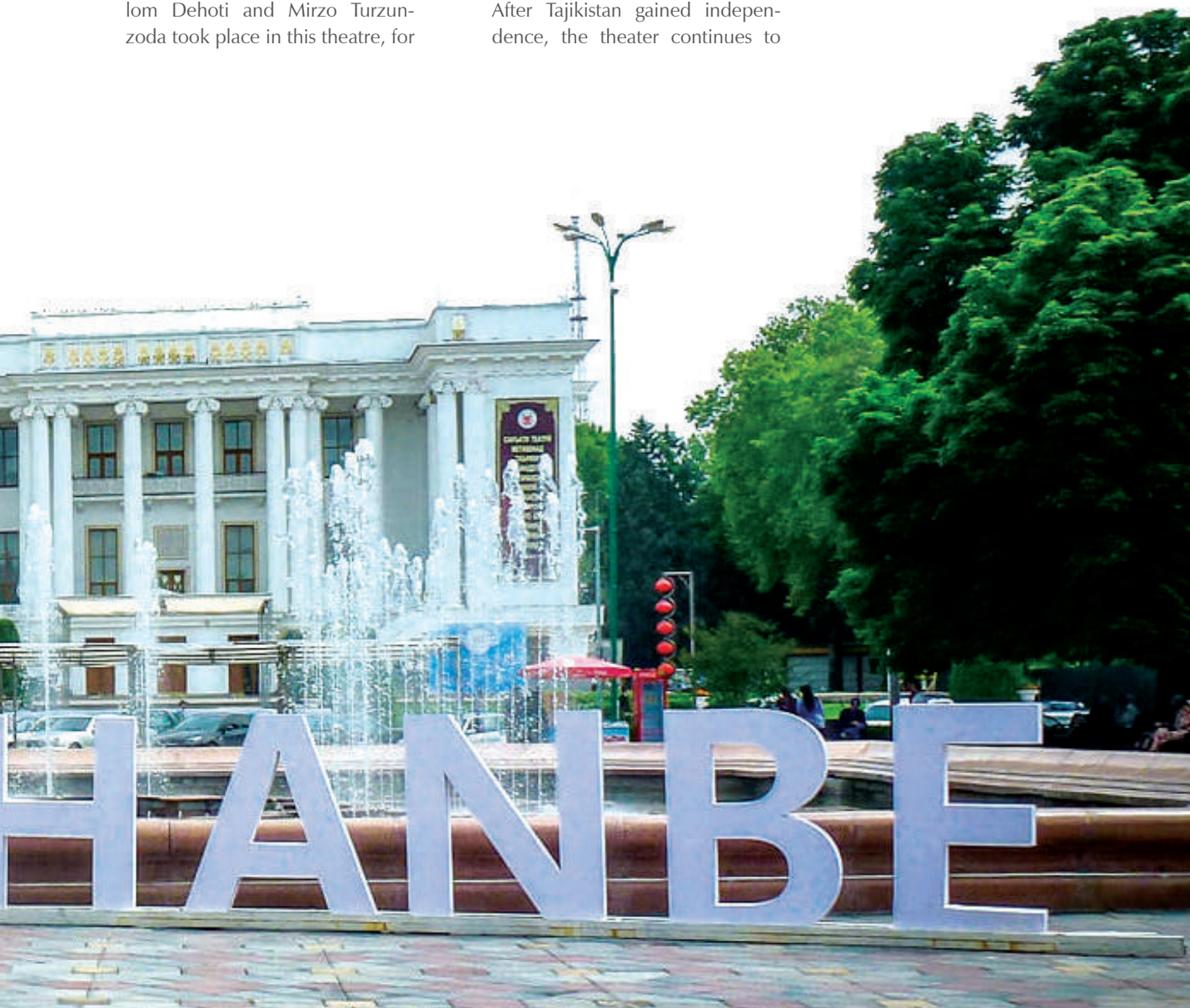


The Tajik State Academic Opera and Ballet Theater named after the founder of Tajik literature, Sadridin Aini, is the leading musical theater in Tajikistan. The theater was established in 1936 as the Tajik Musical Theater. The first collective of the theater was made up of young performers, mostly received no formal education. On October 16, 1939, the premiere of the first Tajik opera "The Uprising of Vose" by the composer Sergei Balasanyan to the libretto by Abdusalom Dehoti and Mirzo Turzunuzoda took place in this theatre, for

which the artists received awards from the Government of the Tajik SSR, and the theater was renamed into the State Theater of opera and ballet in 1940 by the decision of the Presidium of the Supreme Soviet. In April 1941, within the framework of the Decade of Tajik Literature and Art, the theater performed "The Uprising of Vose" in front of the Moscow audience, which was warmly received and the theater staff was awarded the highest order of the USSR - the Order of Lenin.

After Tajikistan gained independence, the theater continues to

develop the theme of national culture, referring to the later periods of the history of Tajikistan. So, in 1999, the historical opera "Amir Ismoil" by Tolib Shahidi was staged to the libretto by Nur Tabarov and Nizom Qosim, dedicated to the 1100th anniversary of the Samanid State.





## Abulqosim Lohuti

### State Academic Drama Theater

The Abulqosim Lohuti State Academic Drama Theater is one of the first state professional theaters of the Republic of Tajikistan.

In accordance with the decision of the Government of the Tajik SSR, in the summer of 1929 the People's Commissariat of Education of the Republic began to form the first professional theatrical team. It was based on a group of amateur Red Army soldiers. The staff of the new theater consisted of seven people: actors Sharif Baqoev, Gulchehra Baqoeva, Tubiyo Boboeva, musicians Pulod Ahmadov, Gulmirzo Huseinov, Mikhail Yagudoev and director Homid Mahmudov. In December 1939, the people of Tajikistan celebrated the 10th anniversary of the establishment of the Tajik Soviet Socialist Republic, which

coincided with the 10th anniversary of the establishment of the Drama Theater. The festivals were greeted by the theater with plays by S. Ulugzoda "Shodmon" (staged in November 1939, directed by M. Saidov), "Othello" (designed by Mittelman in 1939) and "Rebellion" by D. Furmanov and S. Polivanov.

Actors of the Tajik theater - Muhammadjon Qosimov, Mirkarim Saidov, Abdurahmon Saidov, Sofia Tuyboeva, Asli Burhonov, Hojikul Rahmatulloev, Alinazar Khojaev, Tuhfa Fozilova, Gulchehra Baqoeva, Tuti Gaforova, Khairi Nazarova, Mahmud Muhobidjon, Mahmud Vohidovov, Ato Muhammadjonov, Hoshim Gado,

Habibullo Abdurazoqov, Mairam Isoeva, Bahodur Miralibekov, Soro Sabzalieva, Savri Sabzalieva, Mavluda Obidova, Dilbar Umarova, Sherali Abdulqaisov, Ibodullo Mashrabov, Ahmadshoh Ulfatshoev, Asalbek Nazriev, Nurullo Abdulloev, Burhon Rajab, Qiyomiddin Chaqalov, Saodat Azizova, Firuz Umarov, Qurboni Sobir, Lutfullo Davlatov and others presented eternal roles to the audience with their oriental elegance, warmth, sweet poetic tone, vitality and wisdom.



# Mahmudjon Vohidov

## Tajik State Theater

**D**The State Youth Theater of Tajikistan named after Mahmudjon Vohidov is one of the theatrical institutions under the Ministry of Culture of Tajikistan. State Youth Theater was founded in 1971 by the Resolution of the Council of Ministers of the Tajik SSR on the basis of graduates of the Moscow State Institute of Theater Arts named after A.V. Lunacharsky. On December 27 of the same year, for the first time, the theater staged a performance of "Vassa Zheleznova" by M. Gorky.

In 1979, the theater was named the outstanding actor of theater and cinema of Tajikistan, theater director, People's Artist of the Tajik SSR (1973), winner of the State Prize of Tajikistan named after Abuabdullo Rudaki (1978) Mahmud Vohidov.

The theater has been fulfilling its mission since the independence of Tajikistan. At this period the works of "Shoes of Abulqosim" by A. Amadkhonov, N. Tabarov, "Karim-devona" by T. Ahmadkhonov, "The Eyes of the Resurrected Brother" by Nur Tabarov,



"The Tie and the Candidate" by Shodi Soleh and Z. Sodiq prepared by Mirzovatan Mirov, "A Day Longer Than a Century" by Chingiz Aitmatov, prepared by S. Usmonov, "Rich Woman" by A. Amirli, "Rustam and Suhrob" of Firdausi, "The Wind Rabbit" by S. Mikhalkov in the production of S. Usmanov, "Othello" by W. Shakespeare, "Fortune Teller" by Abdumalik Bahori in the development of Barzu Abdurazzoqov, "Endless Night of Fokhta" by H. Naimi, "Winter Tale" and "Reward of Action" by N. Melikov and L. Ustinov's "Enchanted Island" in the development of N. Melikov, "Privates" by A. Dudarev and Narimon Baqozoda's "Come, Santa Claus" were developed.

## Amphitheater

**T**he Amphitheater is one of the main places where cultural and musical events are held. It was built to honor the 80th anniversary of Dushanbe in 2004. It has about 1500

seats and holds about two thousand people. The building is extremely appealing. It is round in shape and has a lot of arched windows that bring considerable light into the hall. A big, comfortable stage allows the artists to deliver beautiful performances.





## Writers' Union Building





O n the northern side of Ismoili Somoni Avenue, there is one of Dushanbe's most unusual and striking constructions. Its façade is covered with life-sized statues of Tajik poets and other

cultural heroes whose lives and work span the last millennium. It shows the high esteem in which the Tajik people hold their vernacular literary figures whose names are easily recognizable to foreigners.







# Cultural and Recreation **Parks** are the Beauty of Dushanbe





## Tajikistan National Park

**T**he Tajikistan National Park was inaugurated in 2006 on the basis of the former Botanical Garden of the Tajik State National University, which was established in 1937. The total area of garden amounts to 95 hectares. There are orchards of apple, grape, almond, fig, pear, cherry, plum, peach, date, quince, walnut, apricot and pistachio trees covering an area

of 63 hectares. Most of the fruits of the trees are exported abroad. Shady and ornamental plants are grown on an area of about 10 hectares. All ornamental plants and unique fragrant flowers and shrubs grown in the National Park are for decorative purposes in gardens and landscapes to enrich the natural living beauty of the parks and streets in Dushanbe.









## Rudaki Park

Rudaki Park is one of the top destinations to visit in Dushanbe. A freshly constructed cultural and recreational park named after Abuabdullo Ja'far ibn Muhammad Rudaki (858-941)

**B**etter known as Rudaki, also as "Adam of Poets", is regarded the first great literary genius of the Modern Tajik-Persian language. The park is definitely one of the most favorite spots of local citizens. It is an extensive park popular for its stunning canopy of mature trees. Rudaki Park offers a series paths alongside fountains and lakes through flower gardens. The Park is located in the Ismail Somoni district of Dushanbe facing the main street of the city, Rudaki Avenue. The area of the garden reaches 8 hectares.

The central greened alley of the city garden runs to the main facade of the Palace of the Nation, where a monumental sculpture dedicated to the 1150th anniversary of Abuabdullo Rudaki becomes the compositional accent of the entire park. The monument is a much-photographed attraction in the park - and a giant flagpole. The Rudaki Park has also become an interesting location for picnics and snowy vistas offering a brilliant view of the iconic buildings and monuments of Dushanbe.



## Firdavsi Park



The Leader of the Nation Emomali Rahmon, as a sign of respect and honor of the bright memory of an outstanding representative of Tajik-Persian literature laid a wreath at the monument to Hakim Abulqosimi Firdavsi.

**O**n September 5, 2018 the Founder of Peace and National Unity – Leader of the Nation, President of the Republic of Tajikistan Emomali Rahmon accompanied by Dushanbe Chairman Rustami Emomali visited Firdavsi district and took part in the opening ceremony of the Park of ‘Friendship of Peoples’. The Leader of the Nation Emomali Rahmon, as a sign of respect and honor of the bright memory of an outstanding representative of Tajik-Persian literature laid a wreath at the monument to Hakim Abulqosimi Firdavsi.

The President of the Republic of Tajikistan Emomali Rahmon, proposed to rename the Park of “Friendship of Peoples” to “Firdavsi Park”. Constructed in the 1970s, the park has been completely renovated under the instruction of the Leader of the Nation, Emomali Rahmon, by the financial support of the Executive body of state authority of Dushanbe,

Sughd and Khatlon provinces and has become an attractive recreation and entertainment destination.

The newly constructed sports facility covers an area of more than two hectares with a mini football pitch for 220 seats, a tennis court, a table tennis court, an open center for bodybuilding exercises with state-of-the-art equipment and children’s entertainment centers.

The total area of the Firdavsi Park is

approximately 30 hectares where a good condition for recreation and festivities are created.

The Leader of the Nation Emomali Rahmon also inaugurated the “Simurgh” entertainment complex in the park.

There are sports and recreational areas for roller, skateboarding and a skating rink. It has also an amphitheater with 1,500 seats.







## Ahmadi Donish Park

**A**hmadi Donish Park is another new park in Dushanbe opened by the President of the Republic of Tajikistan Emomali Rahmon and Mayor of Dushanbe Rustam Emomali on September 26, 2018 in the Ismoili Somoni district of the capital. The park, which covers an area of 3 hectares, is a continuation of creative and consis-

tent measures of the mayor's office, the purpose of which is to create favorable conditions for visitors. In the park were planted more than 1000 ornamental and shadow-forming plants, most of which were imported from abroad. The park has a playground for children with attractions, self-propelled toys that are brought from Turkey and Italy.

In the park named after Ahmad Donish, more than 11.5 thousand square meters of avenues, and for 12 thousand square meters, landscaping has been carried out, and flowers are planted. To illuminate the park there are 225 poles from 4 to 9 meters and other lighting equipment, which makes the park especially attractive in the evening.







## Vose Park

Vose Park was inaugurated on the occasion of the 27th anniversary of the State Independence of the Republic of Tajikistan in the Sino district of the capital on September 5, 2018, which has become a fascinating place for sightseeing. This park was built on Fazliddin Muhammadiev Street of Dushanbe on an area of more than 4 hectares. According to the project, 4 attractions for children's entertainment, chat rooms, fountain with colorful lights, a modern cafe, a universal sports ground and well-equipped exercise corners have been built in the park.





## Cyrus the Great Park

The area of the park named after Cyrus the Great is about 5 hectares. Visitors can enter and exit the park through 22 small and 4 large entrances. Two lovely fountains sit at two of the entrances. On either side of the Park there are amphitheaters with fountains intended for cultural events.

In addition, 4 walking platforms, 2 squares with fountains and 90 gazebos have been built for celebrations and recreation of the visitors. For children's entertainment, there are 4 playgrounds with special equipment.

Within the park an area of 1,640 square meters has been allotted for football, volleyball and table tennis grounds. There are 4 cafes including 2 covered ones and 2 underground toilets in the park.

The lighting system of the park consists of 900 lamps and 6 halogen lights which bring warm illumination and decorative vintage flair to the park in the evenings.

The Park is particularly attractive with 5700 evergreen trees and shrubs, such as cypress, Magnolia, Photinia, Boxwood, Fir, Thuja, etc. In total, more than 40



species imported from the countries of Italy, Spain, France, Germany and Holland. In addition, more than 350,000 different seasonal flowers cover an area of 20,000 square meters which makes the park more attractive to the visitors.

A complex of administrative and service buildings has been built in the southern part of the Park.

In order to honor the great achievements in the development of national culture, busts of noble Persian-Tajik artist Kamoliddin Behzod and People's artist of the USSR Malika Sabirova were mounted on both sides of the Park.

It is no accident that the park is named after Cyrus the Great. Cyrus the Great is the founder and king of the state and the Achaemenid dynasty. During the

reign of Cyrus the Great, his state gained immense power and became an Empire. Cyrus the Great is recognized as one of the greatest personalities of ancient history and as the founder of a completely new culture of government, for thousands of years, he has been famous as a just king, a wise and far-sighted politician, a defender of justice and truth, and a guarantor of the rights and freedoms of the inhabitants of his Empire.

He declared the first Charter of Human Rights known to mankind in 539 BC. The Declaration of the Cyrus the Great on freedom of conscience is one of his greatest social reforms and a historical document that was sent as a message to the multi-lingual and multi-religious inhabitants of his vast empire.





### Omar Khayyam Park

The Park of Culture and Leisure named after Omar Khayyam is located in the northern part of the right bank of the city of Dushanbe opposite from the Luchob Park

on the north-western side. Opened in 2011, the area of the park reaches 10 hectares. Omar Khayyam Park is designed to provide an entertainment place for the local residents.



### Victory Park

Victory Park was founded in 1975 on the occasion of the 40th anniversary of the Victory over Second World War. According to the master plan of Dushanbe, a large area has been allocated for the "Mother - Homeland" memorial complex in the north-eastern part of Dushanbe, which is located in the foothills. The main entrance of the park to the monuments starts from "Dustii Khalkho" Street, and through the staircase you reach the center of the park - square and the eternal flame. To make it easier to get to the top of the hill, a cable car was built. The founders have skillfully created the complex on a rough surface so that the whole complex can be clearly seen from the city, streets, squares and individual areas. While drawing the project, the architects thought over a detailed plan for the movement of the visitors.

They walk up the stairs from the Square of Sorrows to the observation deck, where the Walk of Heroes (60 Heroes of the Soviet Union) begins. From the line of view along the square and stairs there are slabs with tombstones.

Above it is the guest square, on the marble wall of which is inscribed in gold letters in honor of the warriors "No one and nothing is forgotten." The complex includes decorative materials - natural stones of various types, marble, reinforced concrete slabs, metal, etc. The Victory Park complex is unique in Central Asia for its architecture and makes a valuable contribution to the military-patriotic education of young people. Every year on May 9, a military parade is held there, new soldiers take the oath of allegiance, and newlyweds come to visit the park. Victory Park is a favorite place for the residents of Dushanbe and surrounding areas.



### Sadriddin Aini Park

The Sadriddin Aini culture and recreation park is located in the northern part of the city of Dushanbe, at the end of the city's main thoroughfare - Rudaki Avenue. With an area of 6 hectares, the park lies in the northern part of Rudaki Avenue (the main avenue of the city). The main alley of the park leads to a circular section, from where a longitudinal alley begins, leading to the second entrance. On the territory of the park, various trees, vineyards, bushes and flowers are planted. There are numerous small architectural forms, a fountain, benches and gazebos. In the 1980s, the park was reconstructed, during which its infrastructure was renovated. The park is a favorite place for recreation of citizens and guests of the city. It differs from other parks of the city in a unique comfort, which is created by perennial trees harboring their crown from the summer heat.







### Alisher Navoi Park

The park is located on Behzod Street in Dushanbe and was built to immortalize the memory of the Uzbek poet Nizomiddin Alisher Navoi and to strengthen the friendship between the Tajik and Uzbek

peoples. Nizomiddin Alisher Navoi Park covers an area of 2.23 hectares and is fully adapted to modern requirements. The garden is planted with ornamental and evergreen trees such as magnolia, cypress, juniper, sequoia, etc., as well

as colorful flowers and shrubs. There is a monument of the outstanding thinkers, Nuriddin Abdurrahmoni Jomi and Nizomiddin Alisher Navoi, as a symbol of friendship between the peoples of the region.







### Iram Botanical Park

**T**he Iram Botanical Park is definitely one of the most attractive places in Dushanbe serving as the favorite sight not only for Dushanbe residents but also for foreign guests. The park is located on the left bank of Varzob river at the altitude of 859 m. above the sea level. The total area of the park is 40,0 hectares.

The main entrance to the park is located on the East side. Visitors can become familiar with the park map and rules right at the entrance. The main alley leads to the greenhouse, the point at which all other smaller alleys and routes start from. The central part of the park serves as the home for the symbolic model of a Tajik village depicting ancient Tajik traditions. There is also a national teahouse with the accommodation capacity for 180 people. Iram Botanical Park operates 7 days a week.

### Children's Park

**O**n July 3, 2018, the President of the Republic of Tajikistan Emomali Rahmon together with Dushanbe Mayor Rustam Emomali inaugurated the Children's Garden in Ismoili Somoni

district in a solemn atmosphere. The Children's Garden covers an area of 3 hectares and includes an amphitheater with 500 seats, fountains, garden, sports fields, tennis courts, a special place for chess and cafes.

### Delfin Aquapark

**E**scape the heat with a visit to Delfin Aquapark, one of the favored holiday spots in the city. The park boasts a half-Olympic pool, kid's pool with slides, and multiple slides for adults. A VIP section features a steam bath, a sauna, and a pool bar where the visitors are served with cold drinks, grilled food and fresh salads. Amenities include a store selling swimwear and swimming equipment.

### Capital Park / Boghi Poytakht

**T**he city recreational park Boghi Poytakht also known as Capital Park is located in Sino District nearby the Dushanbe River. The total area of the park is 15 hectares. The park is intended to provide entertainment opportunities for the city







residents. A lot of amazing attractions at the park are offered for adults including American Rollercoasters, Free Fall Tower, Pirate's Ship, Viplesh, Jupiter, the big wheel, etc. The special fountain show is presented for the visitors in the evening. The park territory includes the administration building, the amphitheater for up to 1200 people with dancing fountains surrounding it, the marvelous castle, the café, the teahouse, pavilions, sports facilities, the aqua park, the skateboard ground, the artificial lake

and many small beverage and snack sale points. The park is capable of serving from 2000 to 4000 people per day. Taking care of its diverse audience, the park also offers attractions for 2-to-7-year-old children such as Mini Jet, Child Wheel, and Child Train.

### Navruzgoh Park

**N**avruzgoh Park with area of 146000 sq. m. is located between Palace of Nation and Navruzgoh stadium of

the capital and along with Rudaki Park, near National Library, National Museum, State Flag and Emblem of Tajikistan in the center of Dushanbe and has attached a beautiful view to the city. Beautiful and rare grand decorative and shady trees and flowers which have been brought and planted here from different corners of the country and abroad are the main ornaments of this paradise garden. Among other attractions are 22-m height grand waterfall and fountains.



### Javonon Park

**O**n March 19, 2018, the President of the Republic of Tajikistan Emomali Rahmon and Dushanbe Mayor Rustam Emomali in a solemn atmosphere inaugurated Javonon Park. This important event was held concurrent with Navruz celebration. In order to provide good entertainment for young people, along with the magnificent cafes, mini-football, basketball, volleyball fields were created on an area of 130170 square meters and with 116 seats and other ancillary facilities, including staff offices, conference halls and tours for visitors. Javonon Park was inaugurated in a solemn atmosphere on March 19, 2018.



## Sadriddin Aini Statue

**T**he Sadriddin Ayni statue located at the intersection of Ayni Street and Rudaki Avenue is a must see in Dushanbe. It is a landmark, and one of the most popular sculptures in the city. It was installed in 1978, to celebrate the 100th anniversary of his birth. The sculpture is the central point of the square named in his honour. If you approach from Ayni Street, you will see arches on either side of a pathway leading to the statue. There are fountains in

this area also but they were not working. Ayni lived between 1878-1954. When he was a youth, he went to study in Bukhara following the death of his parents. He was recognised as having a talent at poetry, but his modern style of poetry got him in trouble with the emir. Ayni was sent to the Bukhara Zindan where he was tortured. On his release he moved to Samarkand, and opened the first modern education school, where he was also a teacher. He was actively promoted





and his popularity swayed many persons.

Ayni received many awards during his distinguished career. He is most famous in Tajikistan for writing *Dokhunda*, which was the first novel in the Tajik language. On his death a mausoleum was built in a Park which was also named in his honour. This park is at the northern end of Rudaki Avenue. Other sculptures of Ayni

are in the Writers Park, where he sits with Maxim Gorky, and he is also on the wall of the memorial to Tajik writers in the east of the Park. The national Library also has his bust on the lower level, and the 5 somoni note has his image.

This is a busy area which you may pass quite a few times whilst in Dushanbe.







# Chakan

## Embroidery Art in Tajikistan

**T**he Tajik national embroidery Chakan was inscribed on the World Representative List of the Intangible Cultural Heritage of Humanity. All documents for the nomination were already handed over to UNESCO. But, the ancient bright design took its place of honor five years later on November 29, 2018 at UNESCO annual session held in Mauritius - the island state of Africa.

UNESCO's official website presents the art of Chakan embroidery as the practice of sewing ornaments, images of flowers and symbolic drawings with colourful threads on cotton or silk fabrics. The tradition is widespread among women and girls in Tajikistan. Chakan embroidery is used to decorate clothing and household items such as women's shirts, headscarves, curtains, pillows, bed-

spreads and coverlets for cradles. The embroidery features symbolic depictions and mythological images relating to the surrounding nature and cosmos, which express people's wishes and hopes. The practice involves selecting the textile and threads, drawing ornaments, creating needlepoint images and sewing clothes. In the past, the threads were prepared from cotton and silk fibres and coloured with natural paints made with plants and minerals: nowadays, Chakan dressmakers use fabric threads for needlework.

### The History of Chakan

Previously, the art of Chakan embroidery was mainly used in the mountainous regions of Tajikistan. Today, the ornament has spread to all regions of the republic. In the Pamir region, it is embroidered on white fabric. A combination of two col-

ors is used in the north, for example, a yellow cloth and a black pattern. People in the west choose a green background. But in the south, in the Khatlon province, preference is given to the red background and bright threads. The south, or rather the city of Kulob, is considered the birthplace of Chakan. Perhaps the wide range of colors used here is reminiscent of early spring and hot summer.

Though the exact origin of Chakan is unclear, historians place its origins in Zoroastrianism, associating it with the cult of the sun and the personification of the four elements. After all, the basis of the pattern is the outline of a circle. In general, the drawing looks like the sun radiating its rays or a blooming flower. On closer inspection Chakan includes other elements besides the sun, such as water symbolizing birth, fertility and freshness.





Blue wavy lines represent longevity. The image of pepper scares away evil spirits and protects from the evil eye.

## Customs

The loose and wide-sleeved Chakan dress is popular in Tajikistan, especially if it is made by hand. It is believed that if the dress is made with the soul and power is embedded in the ornament, Chakan will act as a talisman. The Chakan design is found on skullcaps, bags, fabrics, paintings, dishes and bedspreads. In the old days, wide sleeves were used as fans in hot days. Now such outfit can be seen more often only on stage. Today, women prefer tight-fitting, shorter clothes. In Tajikistan, Chakan is associated not only with embroidery, but also with dancing. The moving should be bright and dynamic as in Khatlon, the

homeland of Chakan.

Women also used wide embroidered sleeves of Chakan dresses as pockets and during festivities would fill them with sweets, to be later handed out to children. When a girl was born in Kulob, her mother or grandmother would embroider a sleeve on the fabric from which the future dress would be made. When the girl was older, she herself would complete the dress and the ornament. Relatives believed that by doing this the girl would grow up to be healthy and prosperous.

A Chodari, which is a two-meter squared decorated fabric, is made prior to the wedding. During the wedding the fabrics held over the young pair when a young bride is escorted to the groom's house. This tradition continues to this day. Chodari can take years to embroider.

No matter how modern and expensive the wedding dress is, the young bride always wears a dress with a Chakan pattern in the house of the groom's parents in the first days after the wedding. It can be both white and red.

## Chakan Day - the future of Chakan

Today, artisan fairs are often held in Tajikistan, where Chakan is always on display. In order to understand the importance of Chakan in Tajik culture, a new holiday, Chakan Day, was declared. The day falls near the middle of summer, so that the ornament can show all its strength and colors under the bright summer sunlight.





## Mehrgon Market

Grand mall complex Mehrgon built in beautiful architecture style and with favorable conditions of the provision of services

within the complex. The main building project Mehrgon which consists of three floors, is based on the synthesis of architectural





styles of East and West, emphasizing the preference to national design elements, with a total area of 3,31 hectares. Grand Mall complex Mehrگون establishes conditions that reflect high market,

sales and service culture of the ancient Tajik people. The total area of the main three store melding and a summer trading platform of Mehrگون Grand Mall center is 33000 square meters, its volume 156000

m<sup>3</sup>. In general, the main building of the center can be called one of the most beautiful and modern buildings to be seen throughout the country and even in the region.



# Modern Transportation

Modern Transportation of Infrastructure in Dushanbe (Dushanbe International Airport, Railway Station, Asia-Express Terminal, the capital's passenger transport).



The first flight to the city was from Bukhara on 3 September 1924 of the Junkers F-13 aircraft piloted by Rashid Beck Ahriev and Peter Komarov; the service began to run three times a week from small airfield on modern day Rudaki Avenue. In 1927, the second air route in the Soviet Union was opened from Tashkent to Samarkand to Termez to Dushanbe on the Junkers F-13, two years before the introduction of automobiles and five before the railway. A small Stalinabad airport was created, and in 1930 a first-class airport was constructed in the city. The first scheduled flight from the city to Moscow began in 1945 on the Li-2. The state airline, 'Tojikiston', which is now known as Tajik Air, was created in 1949. In the 50s and 60s, many new aircraft were introduced to the Tajik Civil Air Fleet. The Tajik Civil Aviation Administration won first place in the USSR for efficiency in the 1980s. The city is served by Dushanbe International Airport which, since April 2015, had regularly scheduled flights to major cities in Russia, Central Asia, Delhi, Dubai, Frankfurt, Istanbul, Kabul, and Ürümqi amongst others. Tajik Air had its head office at Dushanbe International Airport in Dushanbe. Somon Air, which opened in 2008, has its head office in Dushanbe. The government planned to allocate 18% of Tajikistan's GDP to aviation development in Dushanbe. Japanese investors created a cargo terminal at the airport, costing \$28 million.

Today, Tajikistan's principal railways are in the southern region and connect Dushanbe with the industrial areas of the Gissar and Vakhsh valleys and with Uzbekistan, Turkmenistan, Kazakhstan and Russia. Tajikistan's railways are owned and operated by Tajik Railway. In the early 2000s a new railway line of Dushanbe- Gcharm- Jirghatol was construed connecting the country to Russia, Kazakhstan, and Kyrgyzstan while not passing through Uzbekistan. A proposed line from Dushanbe to Herat and Mashad is also being promoted by the government. On 18 June 2018





the first railway between Dushanbe and Nur-Sultan, the capital of Kazakhstan, completed its trip through Uzbekistan's Karakalpakstan region. Tajikistan's northern railway system remains isolated from its other railway lines, including those of Dushanbe. There is also a service from Dushanbe to Khujand and the northern Uzbek town of Pakhtaabad.

Before the Soviet invasion, Dushanbe consisted of narrow streets with adobe buildings. Dushanbe's architecture went through five periods of development during the Soviet period. The first was during the 1920s, which laid the groundwork for future development. In the 1930s, constructivist architecture began to gain prominence along with the building of larger structures, often made out of concrete. Several architects played a major role in the city's construction in a group

headed by Peter Vaulin. He drew up a piece of legislation called "On the construction of the city of Dushanbe" which the city adopted on 27 April 1927. He implemented a constructivist design in the city, possibly inspired by his meeting with Le Corbusier in Moscow in 1929. In 1934 and 1935, the Griprogor Institute, based in Leningrad, created a master plan for the construction of Dushanbe. It was approved on 3 March 1938. The city center during the reconstruction shifted to Red Square and Frunze Park, the location of many workers demonstrations and military parades into the forties. In the latter half of the decade much of the modern infrastructure and utilities for the city were created. In the 1940s architecture was focused more on decoration and the neoclassical style. The year 1955 heralded a new era of architecture with

the publication of "On the elimination of excesses in the design," which eventually ended the neoclassical period and integrated the city architecture into modernist, minimalistic Soviet trends. In 1966 a new master plan for the city was created due to the city's rapid growth.

In 2020, the European Bank for Reconstruction and Development provided \$8 million credit facilities to the system. As of 2020, Dushanbe had 7 trolleybus routes with 11 million passengers a year. While trolleybuses were the main mode of transport in the Soviet era, today they account for only 2% of motorized trips.

The construction of an above-ground metro system is due to begin in 2025. The first aerial metro line is expected to be completed in 2040 and connect the Southern Gate and Gulliston (circus area).











**S**omon Air is the national air carrier of Tajikistan, which has been successfully operating on the international market since 2008 and is the only airline in the country that joined the IATA (International Air Transport Association). International air transportation and charter flights are the main activities of the airline. The basic airport is the Dushanbe International Airport;

the international airports of Khujand and Kulyab are additionally operated. In the fleet of the airline, there are Boeing 737-300, -800 and -900 aircrafts. All of them have been named in honor of national heroes and historical figures of Tajikistan. The maximum level of flight safety and high standards of service quality are the indisputable priorities for Somon Air. The company is focused on sustainable

growth, expansion of route network and airline's fleet. Somon Air utilizes modern technologies in operation and is open to innovations. To date, the airline has successfully operated regular flights from Tajikistan to 24 destinations, in particular to Germany, the UAE, Turkey, China, Kazakhstan, Uzbekistan and the Russian Federation.



# Asian Express Terminal

Asian Express Terminal is an important transport hub of the capital. It was built on the site of the old Central Bus Station, which was the largest passenger terminal in the former USSR.





The construction of the new building began in 2011 under the leadership of JSC “Holding Kont Group Tajikistan” and lasted for three years. In March 2013, the official grand opening of the new Dushanbe bus station took place, with the participation of the President Emomali Rahmon.

Passenger transport service carries passengers to any part of the country. For this purpose, 20 modern buses were purchased from Germany, meeting today's transport challenges and 45

experienced drivers were trained by Turkish specialists to ensure smooth journey to the passengers.

The building of the bus station is renovated and equipped with all necessary services to provide comfort to the passengers. On the ground floor of the complex there are ticket offices, a waiting room, a food zone with a cafe, a bar and a dining room, a mother- and-child room, a medical service, a beauty salon, and toilets. On the second floor there are ticket offices for the sale of air tickets, children game machines, as well

as offices, trade pavilions and an Internet cafe. Besides, in the square in front of the station a playground, a fountain and a park were created.

Asian Express taxi fleet is provided with comfortable vehicles, which includes 80 Toyota Camry and Kia Optima. Passengers can order a car at the Asian Express service at the bus station or using the mobile applications Raftem Taxi or Rakhsh Taxi.

## Popular Destinations

Suburban and interregional transportation is carried out from the Dushanbe bus station. The most popular destinations are the Tajik cities of Bokhtar, Khujand, Khorog, the Kulma pass, as well as Termez (Uzbekistan) and Osh (Kyrgyzstan).

Located at Abuali ibn Sino Street, Dushanbe bus station is easily accessible

from any area of the city. It is easy to choose an economy-comfort or business-class car through a convenient online form.

It takes 20 minutes to drive from Dushanbe International Airport to the Asian Express Terminal and 13 minutes from Dushanbe Railway Station to the bus station.

The company's website allows customers to order an individual or group transfer, choose a car or minibus, taking full payment in advance. Experienced drivers will meet customers at the agreed place and help them with their luggage as well. This will allow customers to experience fast and safe travels to anywhere in the capital and beyond.









## Hyatt Regency

Set in the heart of Tajikistan's capital city of Dushanbe, the Hyatt Regency boasts luxury five-star accommodation, reflecting the country's unique culture throughout its generously-sized suites. Located on the grounds of the city park and near to the stunning lake Komsomol, this hotel boasts not only stunning urban surrounds, but is also conveniently located to reach many local attractions by foot and the international airport is just four miles away. It is one of the most beautifully-appointed hotels in Dushanbe and one of the finest luxury properties throughout the whole of Tajikistan. Boasting over 200 luxury rooms and suites over three accommodation options, the hotel is proud to maintain a distinctive theme that runs throughout to encompass the local Tajik culture so prevalent in this region. One of the best restaurants in the city is also featured here, where creative cuisine combined with sophisticated surroundings provide an elegant retreat. There is enough to keep guests occupied at the hotel during their stay relaxing in the heated, indoor pool to the unwinding in the tranquil surroundings of the spa.









**H**ilton Dushanbe is 15 minutes from central Dushanbe, with Dushanbe International Airport two kilometers away. Take in Tajikistan history at the National Museum of Tajikistan and Ismoil Somoni Monument on the edge of Rudaki Park, all within four kilometers. Enjoy our full-service spa, indoor heated pool, and fitness center.

Hilton Dushanbe is home to the finest conference and events facilities in Tajikistan's beautiful, hilly capital city. Located just a short distance from the city's most beloved landmarks, our luxury hotel offers a special setting for your next business or social function. Experience first-class comfort, professional service from our Events and Catering Teams, and the most flexible indoor and outdoor meeting and event spaces in the region. Our hotel features a wide range of

stylish, contemporary guest rooms and suites, two on-location restaurants, a nightclub available for rental which is great for company parties, celebrations, discos and concerts, a world-class Fitness Centre and Spa, plus access to nearby shopping, entertainment, and business districts.

Whether you are planning a large business conference, a grand wedding celebration, a corporate party, or an intimate family gathering, Hilton Dushanbe offers the attentive service and hospitality to make your event truly unforgettable.

Hilton Dushanbe is conveniently located just a seven-minute drive from Dushanbe International Airport, making it an ideal location for hosting international gatherings. Guests also have access to convenient free parking adjacent to the hotel with more than 120 parking lots available.



## Hotel Serena

Serena Hotel in Dushanbe, Tajikistan, combine five-star elegance with Tajik heritage, architecture and ancestral wisdom. Dushanbe Serena Hotel exudes the vibrant culture, cuisine and character of its surroundings while maintaining the sophistication expected of a leading hotel of the world.

Our Dushanbe hotel was conceived from a desire to create a stunning destination exceeding the expectations of today's discerning travellers. With a sleek, glass façade featuring decorative Suzani floral patterns, Tajik artistic traditions merge seamlessly with contemporary style. Stepping through the hotel

entrance is reminiscent of arriving at the medieval caravanserai – a stopover for travellers on the ancient Silk Road. The interiors are a rich testimony to local craftsmanship, materials and techniques, showcasing Ganj, Ikat and Abr textile patterns, opulent woodcarvings, floral wall paintings, glazed ceramics and regional works of art. Outside, the hotel is surrounded by 1.2 hectares of lush green gardens, creating a sensory connection to Tajikistan's natural beauty.

Dushanbe Serena Hotel provides unparalleled experiences steeped in the ceremonial and celebratory customs of Central Asia, leaving you with indelible memories of your stay.





## Hotel Tajikistan

The Hotel Tajikistan is the most centrally-located hotel in Dushanbe, and is close to Dusti Square and the Ismoil Somoni Monument. The airport is just 5 km (3 miles) away. It is a 4-star hotel and was built in 1975 and reconstructed in 2002. A short story titled "Hotel Tajikistan" which is about the hotel in the 1990s has been published by Hackwriters.com. There are 140 rooms throughout the 8 floors of the Hotel Tajikistan, including five different classes of rooms, from standard to presidential. Even the standard rooms are spacious, while the most

luxurious rooms are closer in size to apartments, with a sitting room, kitchen, two bedrooms, and bathrooms. The design is generally classic and tasteful. There is also an on-site restaurant, bar, nightclub, two conference halls, and a souvenir store. Guests can also use the indoor pool, gym, sauna, hammam, massage room, and other services to stay fit or relax. The Hotel Tajikistan also offers a number of services, including round the clock service, excursions, laundry, breakfast, and others. The attentive and professional staff work to care for guests' needs and wishes.







# DUSHANBE RESTAURANTS

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The independent Republic of Tajikistan may be young, but the Tajik civilization is 6,000 years old. Tajikistan is unique in that the country's culture takes influences from the Sassanid Empire, ancient Chinese civilizations, Arab civilizations and Samanid Empire. Dushanbe, Tajikistan's capital city, offers a wealth of beautiful architecture from its historic past, which complements any visit to one of the following cultural restaurants.







## Rohat Choykhona/Teahouse

Known as a Dushanbe classic, Choykhona Rohat was constructed in 1958, when Tajikistan was still a republic of the Soviet Union. The restaurant is a combination of Soviet-era and grand-Persian style influences, and is a favorite spot for drinking tea, a locally brewed Sim-sim beer, or indulging in some local cuisine. The tea-house features a two-story edifice, and exquisitely painted ceilings and walls.

The Rohat teahouse is a must-see place for every tourist, who comes to visit Dushanbe. Located on Rudaki Avenue in the center of the capital the teahouse is just like a museum that displays the trends of national architecture and design. Here you can enjoy the delicacy of Tajik national meals and see the unique patterns of Tajik architecture.



## Bukhoro

The list of top national restaurants includes one of the most luxurious places in the capital, Bukhoro restaurant. Posh oriental interior of Bukhoro, live music and traditional dishes of Central Asian, Eastern and Tajik cuisine transports you to an eastern fairy tale.

Bukhoro is a relatively new restaurant and yet it managed to become a beloved place for parties and dinners. The facade is decorated with wall carvings, wooden doors take you to a large hall. The main hall of the restaurant has decorated columns, mosaic walls and ceiling in oriental style.

The menu includes the dishes of international, Asian and national cuisine. The modern serving of national dishes, wide choice of traditional soft drinks and alcoholic beverages can turn a dinner into a real feast.

## Toqi

One of the best options to try local food is Toqi restaurant. The place is known for its high level of service and big choice of dishes. Toqi is located in the north-eastern part of the city, not far from Victory Park and Mehrgon Bazaar.

The building of a restaurant in the traditional Asian style has a terrace with wooden tables and trestle bed. This is a wonderful place to enjoy tea and traditional sweets on a hot summer day. The closed hall of choykhona is decorated in national style with bright colours, painted walls and curtains.

Menu of Toqi restaurant includes exclusively traditional dishes. The prices are surprisingly low compared to other similar national restaurants and it makes Toqi more attractive even for budget travellers.

## Navoi Deha

Another wonderful place to taste all the bright notes of Eastern cuisine is Navoi Deha restaurant. This is not just a restaurant or a choykhona, it is a place where you can relax and enjoy your evening. The main detail of the exterior and interior of the restaurant is wood carvings. The walls are decorated with stone and plaster paintings and glazed tiles. There are colourful pillows with

traditional ornaments on the trestles and every trestle has symbolism. Each wall carving is devoted to the popular attraction in Tajikistan.

The menu of the restaurant includes dishes of international, Central Asian and national cuisine. Navoi Deha regularly organizes thematic evenings with a free dish of the day.

## Chakan

Chakan completes the list of top national restaurants in Dushanbe with its tasty cuisine and perfect Asian atmosphere. The interior of the restaurant reflects the life and traditions of the Tajik people. The walls and floor are covered with carpets, the trestles are decorated with colourful pillows.

The two-storey restaurant has an open terrace on the second floor that is a wonderful place for late dinner. Chakan offers dishes of traditional Tajik cuisine as well as Japanese, European, Italian and Turkish dishes.



## Delhi Darbar

Delhi Darbar is the first Indian restaurant in Dushanbe opened in 1995. The owner of this restaurant Ms. Marziya introduces to population and guests of country the Indian cuisine and culture with their peculiarities like as Shahrizoda – the hero from Story of Thousand and One Nights tells a story one by one. From time to time Ms. Marziya improves up on her skills and knowledge of Indian cuisine and culture, ambience and even scent of

foods. To be the guests of Ms. Marziya You feel desirable.

Mysterious India, unique meals, meteoric spices and inimitable flavor. Indian film – Princes of Spices narrates about the magic nature of spices. Cooks often use these herbs to cook delicious meals and give maturity to them. Indian cuisine is a flavor of surprises. If you are addicted to flavor of one food Indian cuisine gives you free choices of more flavors. All secrets of cooking of the mysterious,

inconceivable meals are not possible or faire to be shared by the Chief-Cook of Delhi Darbar, however the Chief Cook delights to amaze you with his amusing creating of the DELISH.

The East is a delicate matter, delicate in all senses, in tradition, in culture, in feeding, in ambience. If once you visit restaurant Dehli Darbar you will safely feel you visited India, been touched by the finesse of this mysterious country.





## Ukrainian Traktir

Ukrainian Traktir is popular spot in the city for Ukrainian fare. The menu is in both Russian and English and features plenty of dishes. The restaurant itself is quaint and resembles an old tavern; the interior is decorated with paintings, antique guns, deer antlers, engraved tablets, cooking utensils and decorative bowls, which add to the homey feel of the restaurant. Expect straightforward Ukrainian fare that is cooked to perfection. The Ukrainian borscht comes highly recommended.

## Al Sham

Al Sham features some of the very best Arabic and Middle Eastern cuisine in the capital. The interior features wood-crafted walls with traditional Arabic characters etched into them, while the exterior offers outdoor terrace seating. Arabic music plays in the background while diners enjoy a variety of meze, grilled meats and kebabs. Belly dancers often provide entertainment in the evenings. Diners here can expect to experience true Arab hospitality, from the service to the cuisine.



## Kish-Mish

Kish-Mish restaurant is another local establishment that features Tajik cuisine, traditional decor, and an overall enjoyable dining experience. The restaurant is adorned with brightly colored tapestries, and the ceilings and walls are embellished with wooden cutouts. The restaurant is unassuming from the outside, but comfortable and truly inviting upon entering. The menu features traditional Tajik teas, osh dishes, as well as hookah selections. This is a great neighborhood restaurant for a traditional meal or quiet business lunch.

## Merve Restaurant

A large restaurant, popular among local couples hosting wedding parties, Merve features Tajik and Turkish dishes. Osh is served here, with cubed meat and finely chopped carrots or turnips, as well as an assortment of small spreads, dried fruits, nuts, and traditional flatbreads.

## Tiflis

Popular among both expats and locals, Tiflis offers some of the best Georgian food in the area and what some say is the best Georgian food outside of Georgia. Tiflis features traditionally prepared khachipuri (cheese bread), as well as an assortment of various vegetarian dishes. Eggplant also features prominently on the menu and the seasoning to these dishes is beautifully done.

## Kuhsor

Kuhsor is located inside the beautiful Serena Hotel in the heart of downtown Dushanbe. A dinner venue only, Kuhsor's rooftop location makes it one of the most scenic places to dine in the city. The restaurant showcases beautiful views of mountain ranges beyond Dushanbe's center and affords diners the opportunity to enjoy the natural beauty of their Central Asian location. Diners come here for the romantic evening view and sophisticated vibe.

## Steak House

Steak House is a popular restaurant in downtown Dushanbe, and serves classic steaks, as well as local meat dishes. The menu also features sushi, which is one of their most popular options. The restaurant hosts live bands six nights a week, and is a great location to catch local artists. Steak House is great for visitors looking for a more vibrant and young scene in the city.





# Traditional Tajik Cuisine

## Pursuit of Pleasure on the Roof of the World



Tajiks are rightly proud of their national cuisine and consider it one of the most attractive factors for the development of tourism.

The national cuisine of the Tajik people is one of the oldest in the world. It has been formed over millennia as a result of the coexistence and mixing of several highly developed cultures, a long-term development in the region.

The Tajik national cuisine is notable for its great diversity, including dozens of different types of various dishes: meat, dairy, flour, vegetable, etc. The methods of cooking and eating are varied and diverse, and differ from region to region. In the past, dishes also differed depending on the geographical and

environmental conditions, as well as the social status of people.

The main components of the Tajik cuisine are determined by the natural conditions of the country: the presence of a mountainous, subtropical-inland and continental climate led to the wide distribution of various products in this kitchen.

The national cuisine of Tajiks is similar to the cookery of other Central Asian countries including rice, bread, and meat as staples and the use of subtle spices; however, it has its peculiar features expressed in the techniques of food preparation, products processing and, certainly, taste. Here are some favorite dishes.





## Palav

Also called 'osh' throughout central Asia, Palav (pilaf) is the national dish in Tajikistan and occupy a very special place in Tajik culture, as in other countries in the region. It is a rice dish made with shredded yellow turnip or carrot and pieces of meat, all fried together in vegetable oil or mutton fat (traditionally a sheep's tail) in a special kazan (a wok-shaped cauldron with a narrow bottom) over an open flame. The meat is cubed, the carrots are chopped finely into long strips, and the rice is colored yellow or orange by the frying carrots and the oil together, after which the meat is added, and finally a carefully measured amount of rice and water. Usually, whole bulbs

of garlic are added and served atop the plate of Palav. Other common ingredients include onions, chickpeas, raisins, quinces, apricots, and other fruits.

The dish is eaten communally from a single large plate placed at the center of the table; traditionally, Palav is eaten with bare hands, and this practice is still often used in rural areas. Ugro-palav and Oshi-palav are among favorite types of this dish. Although this meal is cooked in many neighboring countries, Tajik palov has its own character. This meal is served with local variations in every part of the country, and as an honored guest in Tajikistan, it will certainly be served to you. Isfara, Penjikent and Khujand are particularly famous for their palav.







## Meat Dishes

In Tajikistan, meat dishes are mostly cooked from mutton and goat's flesh. Main courses in Tajiki culinary traditions contain meat which is used in kabobs, shish kebabs, kaurdak, golubtsi and others.



### Shish Kabobs

**K**abobs are cooked from ground meat (mutton). Tender mutton is minced together with onion with addition of spices, salt, and pepper. The resulting mass is used to form sausages. Then they are floured and fried in fat until crispy. Onion rings are browned. Semi cooked kabobs are put into the onions with some meat broth and stew until ready and are served with greens and garlic.

Tajik Shish Kabobs are delicious. There are several versions of them made from chopped meat and even vegetables. Mostly, they are made from mutton, but beef is also used. Tail fat is considered a delicacy. To make classical Tajik Shish Kabobs, mutton flesh and tail fat are cut in pieces and marinated in onions, spices and lemon juice. Then, the meat is left for two or three hours in a cool place on skewers. Pieces of meat are then alternated with tail fat slices and fried over heated coals.

### Kaurdak

Very popular among the people, hot-kaurdak is cooked in a cauldron with the addition of a large amount of vegetable oil, lamb tenderloin and fresh vegetables: onions, potatoes, carrots, fresh tomato. The dish is always served with a lot of greens, clotted cream (heavy cream), suzma from cottage cheese and garlic.









## Dough Dishes

Tajik women are skilled at making bread and dough-based food such as lagman, ugro, sambusa and etc. Tajiks use unleavened and yeast dough. The dough is usually rolled very thinly, producing a crusty bread that is especially tasty when eaten hot-out-of-the-oven. Traditional Tajik round bread, known as ‘non’, is baked in a ‘tandyr’ — a clay oven stoked with fire wood. Non accompanies meals and is treated with significant respect—it cannot be dropped, turned upside down, or have anything placed on top of it unless it is another piece of ‘non’. The ingredients of traditional Tajik dough-based and grain-based dishes can be meat, vegetables, greens, spices, dairy products, eggs. Meat grain-based dishes include oriental dumplings (manty), every possible kind of noodles with meat (shima, lagman) and pies with ground meat (sambusa). Sambusa or somsa are triangular parcels of pastry filled with

vegetables and meat, deep fried and delicious. Vegetarians can find sambusa stuffed with pumpkin and wild herbs gathered from the mountains.

### Dairy Dishes

Usually served as part of the spread of appetizers in a Tajik meal and scooped with pieces of flatbread, dairy dishes include chaka (a sour milk preparation), thick yoghurt, and kaymak (high-fat clotted cream). Qurut balls may be served as a snack or an accompaniment to cold beverages. Although not a traditional Tajik drink, kefir, a drinking yogurt, is often served with breakfast.

### Soups

Soup is often served as a main dish. Tajik soups are very thick, rich, sometimes spicy and often made with tomatoes and sour-milk products such as suz’ma, kатыk, kimak, kurut. Tajiks cook their

soups using meat or bone broth or frying thinly cut meat, sometimes with milk or vegetable broth. The most popular soups are shurbo and ugro. They are commonly cooked with red pepper, barberry, anise and saffron. Spicy greens such as coriander, fennel, parsley, mint, raikhon, green onions, and sorrel are chopped up and added. Tajiks serve soups in a special deep, oval-shaped bowl called a kasa, pialah, or tavak. These ceramic bowls help soups remain hot for a longer period of time.

Javari is made from a type of local pulse called ‘javari’. Foreign visitors are unlikely to have tried it before. The ingredients are finely sliced onions and carrots, beef, oil, and mung beans. It is these beans which makes javari different from other soups. Most tourists enjoy this meal in a restaurant and ask the chef for the recipe.



# Vegetable Dishes

**T**ajikistan claims mainly two national dishes: plov and qurutob. While plov is more famous, qurutob, a mix of bread and onions in a yogurt sauce (with the occasional extra meat and vegetables), is specifically Tajik. This popular Tajik dish combines fatir flatbread and qurut – dried cheese balls. The cheese is soaked in water, and the salty liquid is used to create the base of the dish, which is then topped with pieces of fatir.

The dish is served on large qurutob plates and is usually topped with onions or other sliced vegetables such as cucumbers, tomatoes, and various fresh herbs. Optionally, the dish can also incorporate meat or it may be garnished with whole chili peppers. A serving of qurutob is meant to be shared, and local tradition suggests eating it with your hands.

## Shakarob

Similar to qurutob is another national

dish called shakarob, which is simply qurutob without its salty dairy part, but with a salad called shakarob (“sugar water” from Persian). Shakarob is a somewhat lighter dish, less like soup, and consists of the same fatyr, tomatoes, onions, and yogurt, but without oil. Salt and slices of hot green pepper are added to taste. The result suggests an airy salad of dried daily bread (chabatta), tomatoes and onions, seasoned with vinegar and olive oil.

## Kichiri

This is one of the oldest meals eaten in Tajikistan, and it could not be found in local cafes or restaurants. It is an excellent choice for vegetarians as it is delicious and rich in protein. The main ingredients are rice, mung beans, onions, and oil, and the sauce can be made from sour yogurt, linseed-oil, or tomato and onion.

## Drinks

Tea accompanies every meal and is frequently offered between meals as a gesture of hospitality to guests and visitors. It is served hot in a china pot with a lid and is drunk with or without sugar or honey, from small saucer-like cups without handles (piala). Because of the universal popularity of tea-drinking, the chaikhana or teahouse is the most common gathering place in Tajikistan. Tea drinking is a fixture of everyday life and special occasions. No guests’ reception, meeting of friends or a conversation is complete without a pialah (bowl) of hot tea. Even a dinner starts with tea. Tea pialahs are brought in on trays. In many parts of Tajikistan, people drink green tea in summer and black tea in the winter. As is true throughout Central Asia, tea is usually consumed without sugar. Tea with milk is called “shirchai”. Among other characteristic drinks served are sherbets - fruit drinks with sugar.





# Dushanbe

The gates at the entrance to Dushanbe Lake are built in a unique style featuring beautiful patterns and the whole area of the site is surrounded by decorative bars. The area of the site is 17 hectares and can serve more than 5000 visitors per day.

The paths are paved with slabs and the lake surrounding with an area of around 3 hectares is landscaped with trees and shrubs adapted to south-eastern climate. At the entrance, visitors are provided with digital wristbands that would allow

tracking them across the site.

In the North-Eastern part of the center, two parking lots for 500 vehicles have been built, and the center's paths have been completely paved.

The site embodies 3 new buildings with an outstanding architectural style. The first building consists of two floors. On the first floor there is a cash register, a grocery store, a special store for selling swimming and entertainment accessories, shower room, changing rooms and administrative offices. The second floor contains an assembly hall and recreation

rooms.

Next to the building, an outdoor concert venue with beautiful design provides modern and comprehensive technology to outside events.

In the courtyard there are two dancing fountains with attractive music and various paintings, as well as a waterfall with huge stones.

In the North-Eastern part of the lake, there is a one story building with a restaurant and a cafe which can accommodate 700 guests at a time inside and in the courtyard. In addition, the building





# Tourism Center

houses kiosks for rental catamarans, jet skis and flavortop.

The reservoir of Dushanbe Lake covers 6.5 hectares and receives clean water supply under constant quality control. In the Northern part of the shore there is a place for swimming divided by a grid and in the Eastern part there is a place for group and family recreation, each is provided with a changing room which has direct access to the lake.

The shore is covered with special sand, brought from the north of the country and is useful for health. Along with this,

sports jumps for diving have been built for fans of water games. Those who wish can use catamarans, flayboards and jet skis.

There is a 2000- meter running and cycling path with special bike parking spaces around the lake.

The family recreation area offers every requirement for those who want to cook their own food.

In the North-Western part of the center, there is a zoo containing wide varieties of animals of more than 50 rare species.

Another part of the center is the water

park which covers an area of 2.6 hectares and is the largest in Central Asia. The water park consists of five recreation complexes - a swimming pool with fountains, playgrounds and other entertainment equipment.

There is a water treatment system for swimming pool proper sanitation through filter pumps.

The water park has more than 16 types of water attractions including Space Shuttle, Blecha, Turbo Laze, Spybot, Rocket Frivol, Vindigo, and Twister for a whole day of fun.





# Dushanbe Tennis Palace and Water Sports Complex

**D**ushanbe Tennis Palace and Water Sports Complex is one of the largest sports complexes in the country which covers an area of 10 hectares.

The Complex consists of a tennis court with 3000 seats, and an underground garage for 300 vehicles, a water sports palace with 2500 seats, an outdoor pool with 300 seats, and 27 elevators, as well as eight tennis courts, each with 1000 seats.

The water sports palace is built on an area of over 20,000 square meters and consists of three floors with height of 27 meters and 25000

seats.

In the basement there is a dressing room and technical rooms.

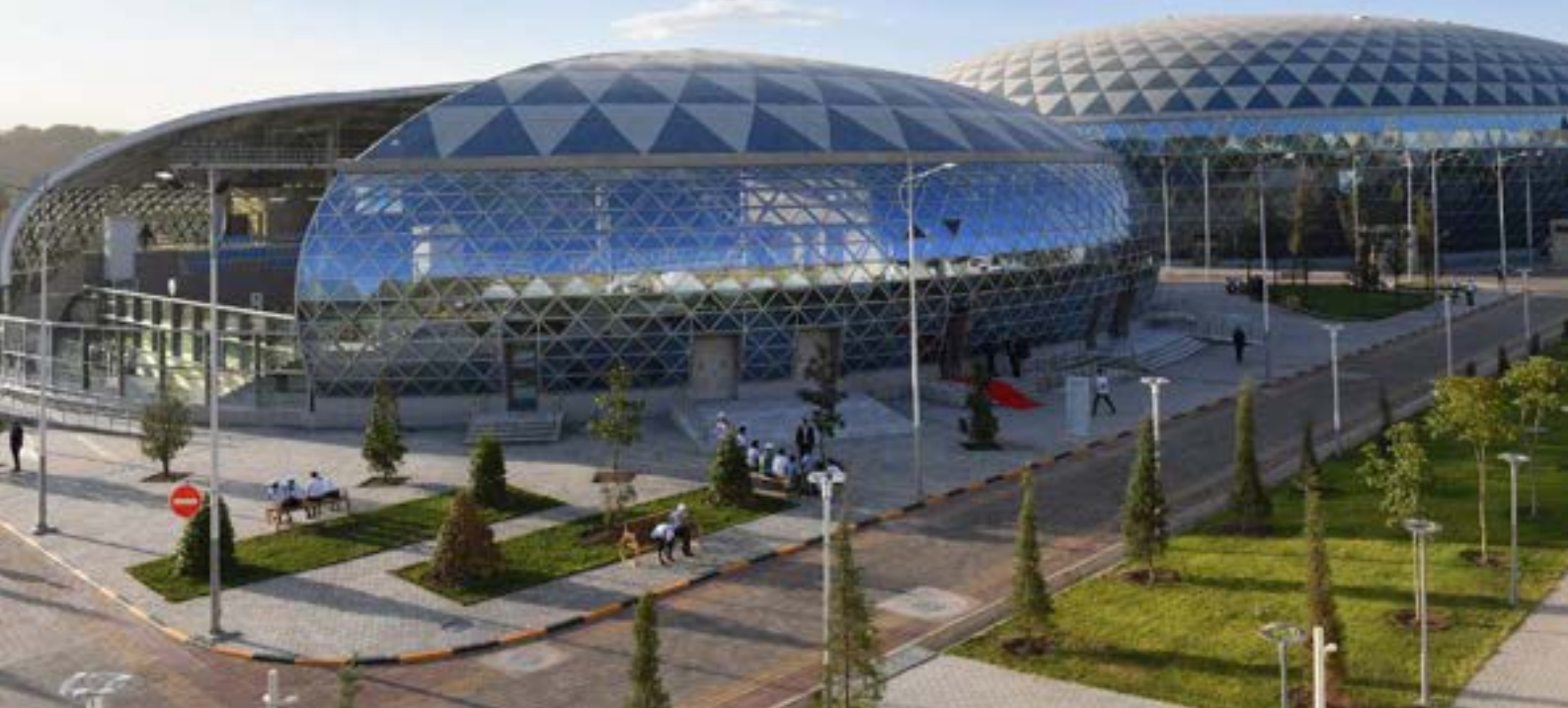
On the ground floor there are four swimming pools for various types of water exercises including diving pools, swimming pools, Aqua-aerobic dancing pools and a wind Polo, built in accordance with international standards. On the second and third floors of the complex, there are 130-seat press conference halls for various events, dressing rooms and recreation rooms, administrative offices, six coffee shops, nine elevators, and other auxiliary facilities.

The water sports palace is equipped with the latest facilities; the water temperature

is kept within 26 degrees where children and adults can do training, as the depth of the pools is from 0.7, 1.5, 3 to 6 meters. Palaces and other objects of the complex are decorated in blue, which is a symbol of clean water and initiator of solving world water problems.

The outdoor swimming pool is built on a total area of 8000 hectares with a height of 17 meters and 300 seats. This facility is designed for four types of water sports, including ski jumping with a height of 1, 3, 5, 7.5 and 10 meters, swimming at a distance of 25 meters and a wind Polo.

The outdoor swimming pool is also built in accordance with modern requirements and has all the necessary equipment. The project of the complex







has been approved by the International water sports Federation. The facility is equipped with the necessary network system in accordance with FINA and ITF standards for world-class competitions. Thanks to the specialists of the International Swimming Federation and International Tennis Federation, the complex fully complies with the requirements of international standards and provides an opportunity for holding not only national but also regional and

global competitions. The complex is equipped with special equipment for live television broadcasting of video recordings of national as well as for the international competitions. The five-story tennis palace has three tennis courts such as wrestling halls, general sports, and training facilities 12 dressing rooms for 300 people, four gyms with all modern equipment, a press conference hall with 120 seats, a cafe and ten elevators on an area of 40,000

square meters.

On the second floor, there are halls for small football, table tennis, volleyball, basketball, a wrestling hall, a hall for body building, aerobics, gymnastics and other places for training.

The Palace of Tennis and Water Sports in Dushanbe is a worthy gift of the president of Tajikistan to the youth, athletes and sports fans on the occasion of the 30th anniversary of the country's independence.





# DUSHANBE

## Outskirts

Once you've had your fill of Dushanbe's charms, it's time to get out into the great outdoors and experience Tajikistan's natural beauty first-hand. The following sites are all within a short distance of the capital and make either for a pleasant day trip, or a stop end route to other destinations.



### Varzob Valley

Some 30km north of Dushanbe is the Varzob Valley, through which the Varzob River later flows on to the capital. At weekends, certain spots, particularly around the Varzob Lake, are crowded with Dushanbe families having a picnic or taking a stroll from their dacha, but walking even a few kilometers up into the surrounding hills will guarantee you peace and quiet.



### Norak

An hour's drive southeast of Dushanbe, on the banks of the Vakhsh River, is the Norak Dam, a surprisingly popular holiday destination with Tajiks. The dam supports the Norak Hydroelectric Plant, and has created the 70km-long Norak Reservoir. Construction of this epic building scheme took 19 years, finishing only in 1980, and it was thought to be such a marvel of engineering that busloads of tourists were brought here from other parts of the Soviet Union to gaze upon in wonder.





## Safed-Dara Ski Resort

**S**afed Dara Ski Resort has undergone extensive renovation in recent years and was officially opened in December 2015. It's now the main ski resort in Tajikistan, also offering snowboarding, tobogganing and luge, with equipment hire available. Prices are far more competitive than ski resorts in Europe, as you may expect. It closes during springtime but

then reopens for the summer, offering a range of activities which vary each year. It is possible to go for horse riding, paragliding, zip lining, climbing, trekking, cycling, race quad bikes, partake in clay pigeon shooting and archery. There is also a cinema, spa and sauna on the site.

## Romit Gorge

**L**eaving Dushanbe east and taking the left fork in the road at Vahdat will bring you to the Romit State Nature Reserve. The reserve's mountain slopes, thickly forested with birch, mulberry, wild fruit and nut trees, are home to more than a hundred species of birds and, in their upper reaches, there are alpine meadows with a gorgeous carpet of springtime bulbs. Should you wish to try your hand at fishing, there are significant numbers of trout in the Kafirnigan River. In the summer months, it is possible to trek from Romit to Safed Dara in two days. The route includes one pass and goes through the picturesque Obi-Safed Canyon with its traditional aylok (shepherds' camps). Golden eagles are a relatively common sight, and so are Tugai deer and fat, fluffy marmots.





# Tajikistan Heritage Tourism

The territory of Tajikistan is situated on the crossroads of the main trade and cultural routes between the largest civilizations of the Eurasian continent and one of the important historical routes, the ancient Silk Road, connecting the East and the West and making a point for the exchange of both commercial goods and cultures.

Tajikistan represents a unique tourist attraction of modern times, as it possesses a great cultural-historical heritage, original culture, and a favourable geographical location, a variety of natural landscapes, recreational zones, flora and fauna.

The government of the new Republic of Tajikistan has been paying considerable attention to cultural heritage preservation

to which the Law of the Republic of Tajikistan 'On the protection and use of objects of historical and cultural heritage' testifies. The country has a List of Properties of National Significance protected at the government level, and sites of universal value have already entered on the World Heritage Tentative List, with work begun preparing the nominations.





## Hissar Fortress

Situated in the center of the Hissar region and the western part of the Gissar valley, and 20 km west of the city of Dushanbe, 30 km from the international airport of Dushanbe, Hissar Fortress is a museum in the open air. Made of burnt bricks, there are two cylindrical

towers at the sides of the entrance gate with an arch connecting them. Opposite the gate is the bricked building of the Old Madrasah built in the XVI century. The New Madrassah, built during the XVIII century, is now almost completely destroyed , except for a 2m high

facade. The complex of buildings also includes a mausoleum, created in the XVI-XVII centuries. Of the XX century, caravanseraï, only small parts of the foundation and walls have remained.





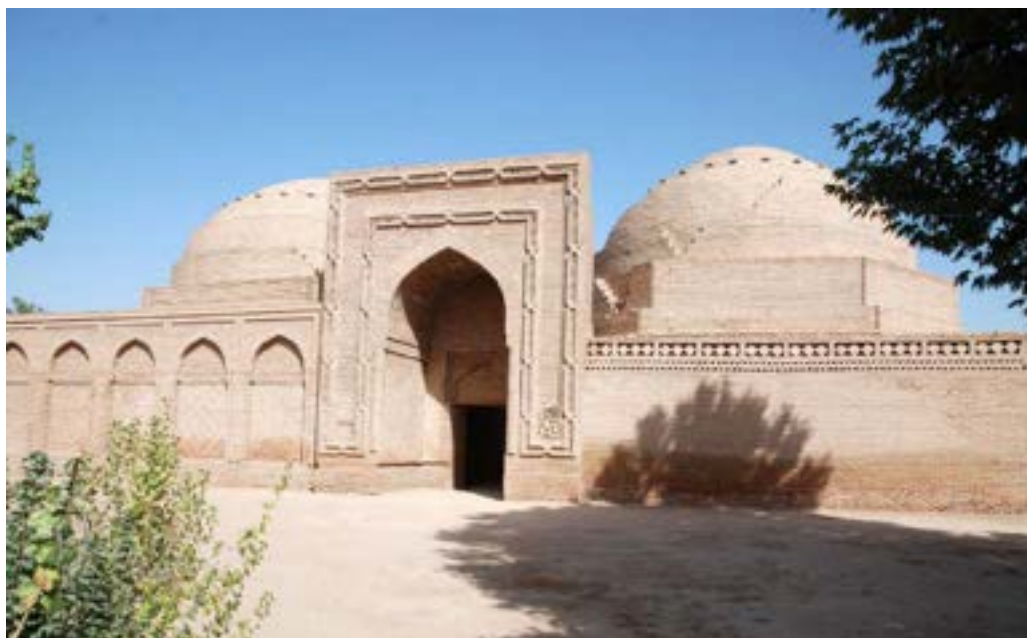
## Proto-urban Site of Sarazm

Inscribed on UNESCO World Heritage List in 2010, Sarazm, which means “where the land begins”, is an archaeological site bearing testimony to the development of human settlements in Central Asia, from the 4th millennium BCE to the end of the 3rd millennium BCE. The ruins demonstrate the early development of proto-urbanization in this region. This centre of settlement, one of the oldest in Central Asia, is situated between a mountainous region suitable for cattle rearing by nomadic pastoralists, and a large valley conducive to the



development of agriculture and irrigation by the first settled populations in the region.

## Khoja Mashhad Madrassa & Mausoleum



It is one of the oldest Madrasas in Central Asia of XI-XII centuries, which has survived to date and is near the town of Shahritus in the province of Chatlon in southwestern Tajikistan. There are premise of the mausoleum, mosques and yard ivans (summer-house) round the right-angled yard, from the north to the south.

The restored brick building consists of two interconnected rooms connected by a portal vestibule; the eastern one may be founded on a mausoleum. The complex is one of the most important historical monuments of Tajikistan and was included in 1999 in the tentative list of UNESCO World Heritage.



## Rudaki Mausoleum



**T**he tomb of Abu Abdullah Rudaki, the «father of the Persian poetry is situated in the village Pandjrud, around 60 km east of Penjikent city. The poet lived at the end of IX - beginning of X century, during the reign

of Samanids dynasty, The red brick mausoleum has a dome decorated with blue tiles, particular to the ancient Central Asian architecture traditions. The entrance to the mausoleum is built of an brick arch with massive wooden gates.

## Hulbuk Citadel



**T**he citadel is situated in the south-west part of the site of ancient town, now it's named Khisht-Tepa of the kishlak of Kurban Shaïd of Vose Region. It has a territory of 600 x 200 meters and 15 m. high. The citadel of the palace was destroyed and re-

planned several times during IX-XII centuries. Originally the palace had threepart composition planning scheme. Thanks to its compound engineering communications, heating system and a system of taking out the rain-water, Hulbuk Fort is unique.

### Khujand Fortress



Throughout the history of Khujand, the heart of the city was its fortress. For 2500 years the Khujand fortress expanded along with the city, was destroyed by conquerors, rebuilt again, but always remained a symbol of the people's steadfastness. Thanks to archaeological excavations, it was

established that the first fortress was erected in the VI-V centuries BC, and consisted of a bulk shaft gradually converted into thick walls of raw clay. Moreover, in addition to the fortress there was a city wall covering 20 hectares. Together with the walls were made deep moats filled with water.

### Mir Sayyid Ali Hamadani Mausoleum



Located in Kulyab Province of Tajikistan, the mausoleum is the burial site of a much revered 14th-century polymath, Sayyid Ali bin Shihab-ud-Din Hamadani, known as Mir Sayyid Ali Hamadani, the Persian philosopher, Sufi, poet, a prominent Muslim

scholar and theologian. Decorated with a golden dome and meticulous brickwork, the site, with its beautiful flower garden, attracts visitors from across Tajikistan and beyond who come to pay their respects to the man credited with taking Islam to Kashmir.



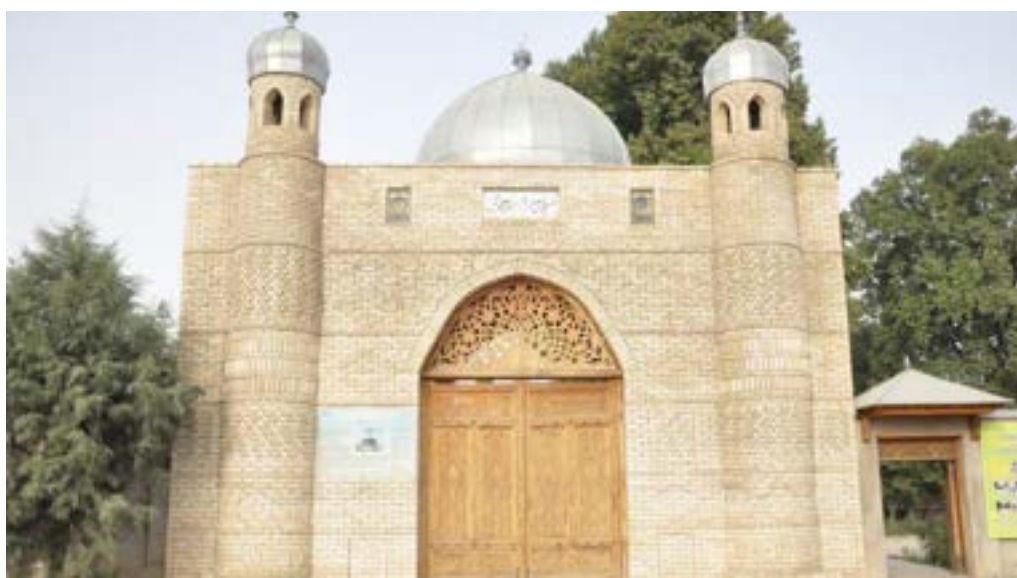
### Mug Teppa



**L**ocated in the northeast of Istaravshan, one of the oldest cities in today's Tajikistan having existed for more than 2500 years, this grassy, flat-topped hill once boasted a fine citadel. Stormed by Alexander the Great in

329 BC and Arabs in AD 772, and destroyed it but today, it has been restored. Other historical sites in Istaravshan include Kuk Gumbaz madrasah, Hauzisangin mosque (XIX century) and Hazrati Shoh mausoleum.

### Mawlana Yakub Charki Mosque

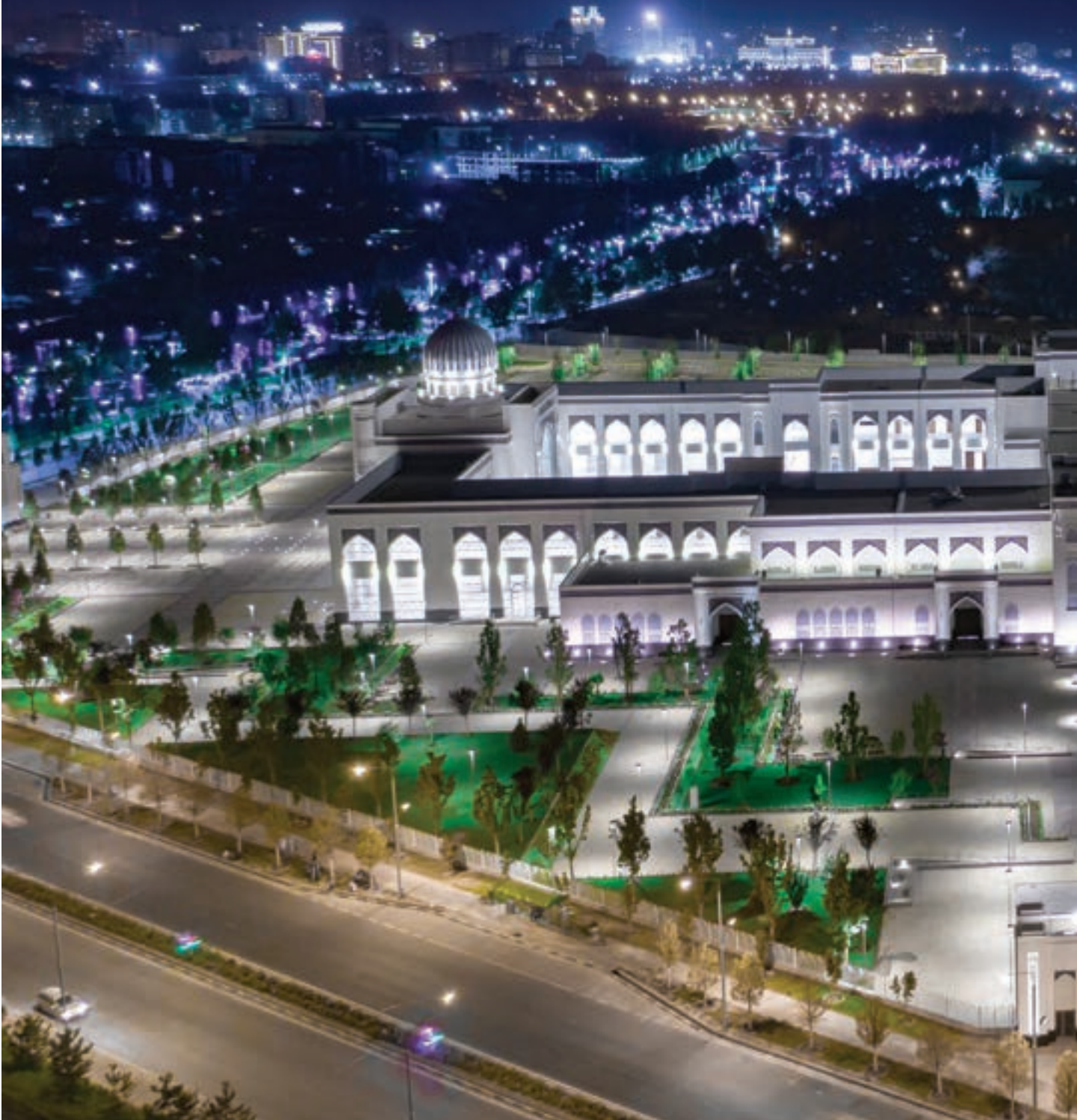


**H**istoric complex of Mawlana Yaqub Charkhi's tomb is a picturesque and famous building in Tajikistan. It is situated five kilometers to the south-east of Dushanbe and consists of the old mosque, the new mosque, theological centre,

old buttonwoods, monastery, and Maulana's tomb dated eighth century to the contemporary era. However, the oldest part the old mosque of Mawlana. This complex is considered of high value in respect of history, architecture, and religion.

# Dushanbe Central Mosque

**T**he largest in Central Asia Dushanbe Central Mosque is located in the heart of the city. The Mosque is designed to accommodate up to 120,000 prayers. Cornered by four huge 75m-high minarets, the structure has a central dome surrounded by 20 smaller domes. There are separate floors for male and female worshippers. Tajikistan is now home to the Central Asian largest mosque.







**Sarvar Bakhti**

President of ECO Cultural Institute

## What a pleasant city, Dushanbe I believe you are the beauty of the earth

**A**lthough the poet of the above-mentioned piece of poetry, Boqi Rahimzoda, a renowned Tajik poet, wrote it more than half a century ago, even today, every citizen of Tajikistan can proudly utter it.

Some consider the history of the capital of Tajikistan, Dushanbe, to be 90 years old, but based on historical and written documents historians believe that the city is older and its history dates back to the 2nd or 3rd century BC, the Kushans period, and the evidence is the artefacts excavated by archaeologists, which are now preserved in the Tajikistan National Museum.

In the past, on Mondays (Dushanbe in Persian), there was a huge market where traders sold their goods, but today it has been developed. Dushanbe is the capital of friendship and love; the center of cultural and social developments and one of the great metropolitans of Central Asia with noticeable progress and transformation day after day.

Following Tajikistan's independence in 1992, Dushanbe underwent significant changes as the country's political and economic capital. In a short period of time, the people reclaimed the city by building pavilions and palaces, fascinating skyscrapers, bazaars and streets, parks, stadiums, schools and universities, and many theaters and mansions. The Dushanbe Flagpole and National Emblem Park, Iram Botanical Park, Rudaki Park, National Library Park, Palace of Nation, Somon Park, Cyrus the Great Park, Umar Khayom Park, Ahmadi Donish Park, Navruzgoh Park, Vose Park, Javonon Park, Kuli Javonon, Firdavsi park, Sadriddin Ayni Park, Dusti Park, Alisher Navoi Park, Victory Park, Children's Park, Tajikistan National Museum, National Library, Kohi Navruz, Navruzgoh, Dushanbe Tennis Palace and Water

Sports Complex, dozens of universities, hotels and restaurants and the world's largest flag were built in the city.

Dushanbe is a beautiful city, laden with flowers and fragrances, the beating heart of the Aryan people and the source of hope and aspiration for every Tajik. Beauty and purity are evident in every alley and street and people are breathing with a happy and smiling face in the comfortable atmosphere after the country's independence. In the last few years, 52 streets and alleys have been built in this young city, and without exaggeration the city in the past is not comparable with its present status.

The capital of Tajikistan has all the conditions for a joyful life. Dushanbe River flows through the city of Dushanbe like a vein. The refined air and the flowering branches add to the beauty of this city.

Dushanbe has been selected as the tourism capital of the ECO member countries for 2020-21, and the ECO Cultural Institute is proud to dedicate a special issue of its cultural quarterly, "ECO Heritage" to the attractions of Dushanbe.

Dushanbe is home to the love and friendship of the people, I invite all of you to visit the Tajik capital.





**Dr. Nizomiddin Zohidi**

Ambassador of the Republic of Tajikistan  
to the Islamic Republic of Iran

## Afterword by the Ambassador of Tajikistan to Iran, Permanent Representative of Tajikistan to the ECO Nizomiddin Zohidi

In the modern world, tourism is not only one of the rapidly developing spheres of business and economy, but also becomes a way of life for people. Every year millions of people go on tourist trips, discover new countries, and get acquainted with unknown countries and foreign cultures. The natural attraction of people to travel, which increases with the growth of their social well-being, contributed to the rapid development of the tourism industry, the expansion of types of tourism and the assortment of travel services. The strengthening of the socio-economic position of tourism in the modern world is also associated with the development of transport and communication capabilities and information technologies, the growth of mobility and urbanization, and an increasing investment in the tourism sphere. In fact, tourism today has become a catalyst for the development of the economies of many countries and entire regions of the world, and we can confidently say that this trend will not only continue, but will intensify in the future. In addition to huge economic opportunities, tourism plays an important role in strengthening mutual understanding and trust between nations and representatives of different cultures, religions and worldviews. It is difficult to overestimate this role of tourism in the current environment, as it serves to preserve and ensure peace in the world.

Based on the importance of tourism as a factor in economic development and strengthening friendship and cooperation in the region and the world, the Economic Cooperation Organization attaches great importance to stimulating the

development of tourism among the member countries -. With this aim, the ECO develops and implements various programs and projects, among which an important role is given to the initiative to declare individual cities of the ECO member states as the ECO Tourism Capital. It is gratifying that considering the rapid development of tourism in Dushanbe, the capital of the Republic of Tajikistan, the city was declared the ECO Tourism Capital for 2020-2021 at the 3rd ECO Ministerial Meeting on Tourism held on October 3-4, 2019 in Tajikistan. This significant event became a recognition of the merits of Dushanbe in the development of tourism in Tajikistan and in the ECO region.

Modern Dushanbe has large recreational tourism resources, a booming infrastructure and an expanding tourism industry. In this beautiful and green city, headed by a young, energetic and proactive mayor, respected Rustami Emomali, cultural and historical monuments coexist with modern architectural ensembles, natural tourist sites alternate with tourist attractions built during independence of the country, reflecting the connection between times and generations. In recent years, Dushanbe has also become a venue for numerous international and regional forums, friendship festivals, and sports events, whereby it has deservedly won the glory of the city of friendship and hospitality. All this, as well as other tourist opportunities of the city of Dushanbe, are brightly and colourfully described on the pages of this special issue of the ECO Heritage magazine, dedicated to the declaration of Dushanbe as the tourism capital of the ECO region. The special issue of ECO Heritage is the result of cooperation between the Embassy of the Republic of Tajikistan and the ECO Cultural Institute. In this regard, I consider it my duty to thank the President of the ECO Cultural Institute, His Excellency Sarvar Bakhti, and the staff of this distinguished regional institution for their contribution to the publication of the ECO Heritage special issue. I am confident that the publication of this issue will serve the noble goal of strengthening friendship and cooperation between the ECO member states through the promotion of tourism industry in the ECO region.



Established in 1995, ECO Cultural Institute (ECI) is a specialized, international organization, located in Tehran, Islamic Republic of Iran, which aims at fostering public awareness and preserving the rich cultural heritage of its member states. Within the framework of its Charter, which has been approved by the member states, ECI has been entrusted with the key mandate to preserve and promote the common cultural heritage of the ECO region to encourage understanding among the nations of the region.

To this end, ECI has always organized a diverse range of art, cultural, literary, research, academic and sporting events and has published books and journals in English, Farsi, Russian and Urdu with the approach to strengthen cooperation and preserve the common cultural heritage of the member countries.

The ECO region is a vast territory with centuries-old history, rich civilization and culture which includes 10 member states, namely the Islamic Republic of Afghanistan, Republic of Azerbaijan, Islamic Republic of Iran, Republic of Kazakhstan, Kyrgyz Republic, Islamic Republic of Pakistan, Republic of Tajikistan, Republic of Turkey, Turkmenistan and the Republic of Uzbekistan.





# PRODUCTION



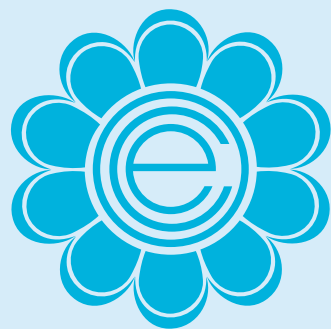
The range includes a wide variety of drinks:

- Still and carbonated meltwater;
- Carbonated soft drinks;
- Chilled fruit tea;

For the production of beverages, pure melt water of Siyoma River (54 km from Dushanbe, in the Varzob gorge) is used which is one of the top ten waters in the world, popular for being naturally soft, clear and tasty.

To provide the population with high-quality products, filling lines were purchased from leading companies like Sidel (France), CTM (Poland, Italy), Zavkom Engineering (Russia), DOMKE Engineering (Germany) and ALTEC (Czech Republic).





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