

Welcome to Dushanbe

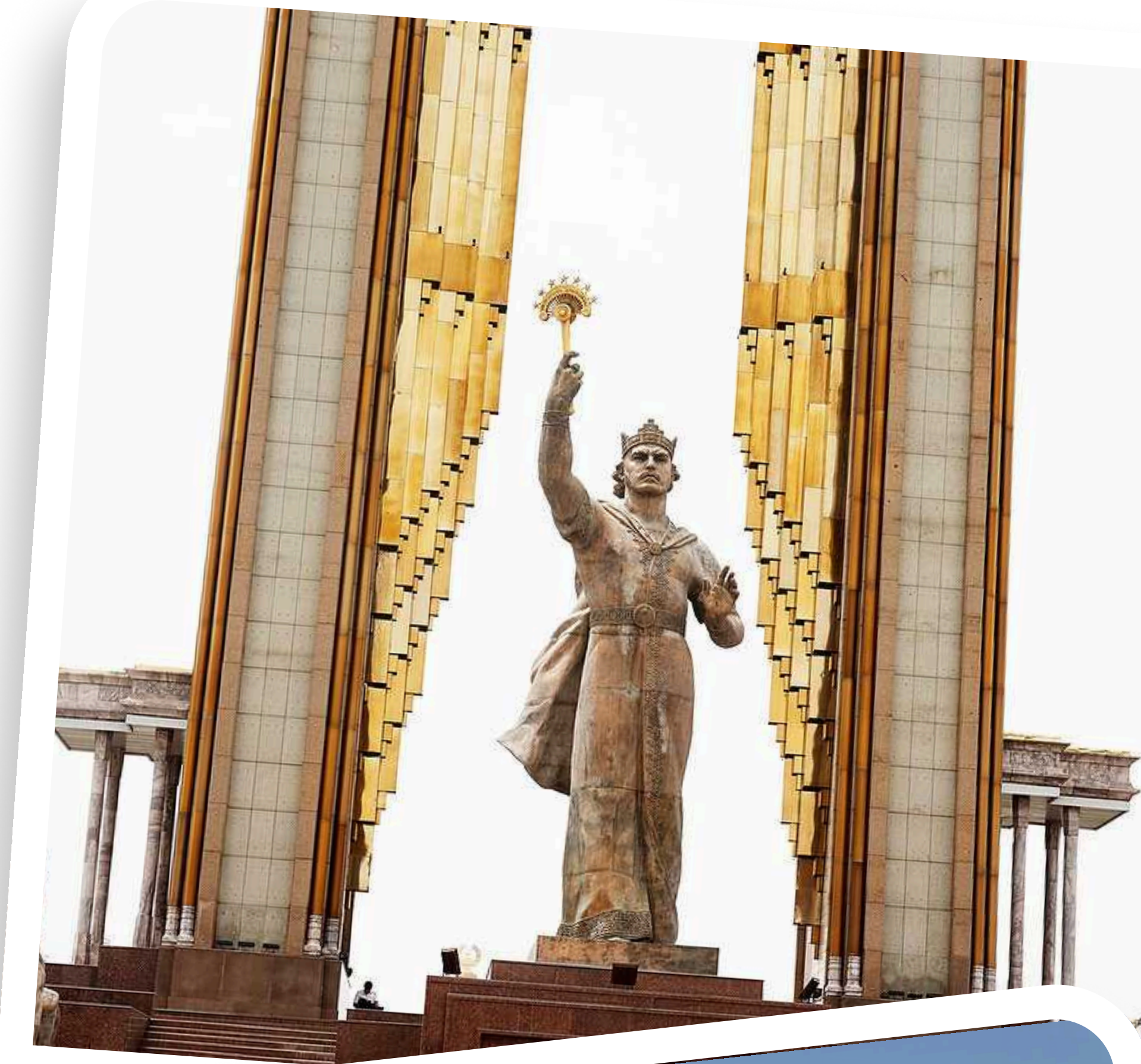
TOP-20

What to do?

- Snap a photo at Dusti Square with the 13-meter monument of Ismoil Somoni, the legendary ruler and national symbol
- Explore the "Independence and Freedom" complex, visit its museums and fountains, and head up to the observation deck for a panoramic view
- Take a stroll along Rudaki Avenue, the city's vibrant main thoroughfare
- Enjoy the rides at Boghi Poytakht (Capital Park), featuring roller coasters and a Ferris wheel
- Relax in the greenery of Rudaki Park or Sadriddin Ayni Culture and Leisure Park
- Visit the Haji Yaqub Central Mosque, one of the most stunning architectural landmarks in the city
- Go shopping at the Barakat Market or Mehrgon Bazaar, the latter housed in a grand, palace-like building
- Discover ancient artifacts, including the famous 12-meter "Reclining Buddha," at the National Museum of Antiquities of Tajikistan
- Marvel at the grandeur of Kohi Navruz, one of the largest and most ornate palaces in the world, surrounded by a beautiful park
- See the architectural landmarks: the Palace of Nations (presidential residence) and the National Library
- Admire the Dushanbe Flagpole, the tallest in the world, standing at 165 meters
- Have fun at the water parks, such as "Delfin" or "Obshoron"
- Attend a performance at the Sadriddin Ayni Tajik State Academic Opera and Ballet Theatre
- Visit a traditional teahouse (Chaikhana) and try "Tea No. 95," the most famous green tea variety in Central Asia

Top day trips from Dushanbe

- Be mesmerized by Iskanderkul Lake, the country's crown jewel known for its stunning turquoise waters
- Trek through the Fann Mountains to see the majestic "Fann Niagara" waterfall
- Take in the views of the Nurek Reservoir from the heights of the Nurek Dam
- Visit the Hissar Fortress, Dushanbe's most significant historical and archaeological site
- Unwind at the Khoja Sangkhok mineral springs while enjoying the rugged mountain scenery
- Relax in the Varzob Gorge, home to various resorts and breathtaking nature



Souvenirs to bring home?

- **Jurabs:** thick, hand-knitted woolen socks featuring vibrant Pamiri patterns
- **Handmade jewelry:** unique pieces crafted with semi-precious stones from the Pamir Mountains
- **Atlas fabric:** traditional Tajik silk or cotton with distinctive, colorful "cloud" patterns
- **Toki (tubeteika):** traditional skullcaps, either round or square, adorned with intricate embroidery
- **Local delicacies:** kazy (horsemeat sausage), thin-skinned Tajik lemons, and premium dried fruits



What to eat?

- **Plov:** The legendary rice pilaf, a staple of Tajik hospitality
- **Qurutob:** The national dish, made with fatir bread, yogurt sauce (qurut), and fresh vegetables
- **Sambusa:** Savory pastries (similar to samosas) baked in a clay oven
- **Shirchoy:** Traditional milk tea, often served with salt and butter
- **Manti:** Delicate steamed dumplings filled with spiced meat or pumpkin
- **Kabob:** Local skewers of grilled meat, seasoned to perfection

