

7-Day Nuristan Adventure & Cultural Tour

Afghanistan | 7 days / 6 nights | From USD 1,149 per person

Experience the spectacular landscapes and distinctive culture of eastern Afghanistan on this carefully designed 7-day Nuristan Adventure Tour with Nawi Saadi Travel & Tourism. This journey combines the historic streets of Kabul with the scenic valleys of Jalalabad and Kunar before taking you deep into the remote mountain landscapes of Central Nuristan. Travel alongside the Kunar River, explore traditional mountain villages, hike through breathtaking valleys, and experience the unique natural beauty and local culture of one of Afghanistan's most remarkable regions.

ROUTE

Kabul > Jalalabad > Kunar > Parun > Nuristan

HIGHLIGHTS

- Discover historic Kabul
- Explore traditional Afghan bazaars and handicraft markets
- Travel through the spectacular Surobi Valley and Mahipar Pass
- Discover the beautiful landscapes of Jalalabad and Kunar
- Follow the scenic Kunar River
- Journey deep into the mountains of Nuristan
- Experience traditional mountain villages and local communities
- Hike through Shoot Valley
- Explore Kentowa Valley
- Discover Posta Semej and surrounding mountain landscapes
- Enjoy exceptional photography opportunities
- Visit historic religious and cultural landmarks in Kabul
- Shop for Afghan carpets, gemstones, handicrafts, antiques, and traditional artwork

DAY BY DAY (7 DAYS)

Day 1: Arrival in Kabul & Kabul City Tour

- Welcome to Afghanistan!
- Upon arrival at Kabul International Airport, our professional tour guide and driver will welcome you and transfer you to your hotel.
- After hotel check-in, your guide will provide a short briefing about the tour, local customs, and the journey ahead.
- Depending on your arrival time, begin exploring Kabul and experience the city's history, culture, markets, and everyday life.
- Highlights:
 - Currency exchange
 - Visit to a local tailor for traditional Afghan clothing or Hijab, if desired
 - Bibi Mahro Hill and panoramic views of Kabul
 - Mandawi Bazaar, one of Kabul's oldest traditional markets
 - Kabul Bird Market
 - Walk around Pul-e-Khishti Mosque
 - Nadir Pashtun Wat
 - Chahar Chatra Bazaar

- Pul-e-Bagh-e-Omumi
 - Shah-Do-Shamshira Mosque
 - Experience the atmosphere of Kabul, meet local people, and gain an introduction to Afghan daily life and culture.
 - Overnight: Kabul
- Meals: Breakfast, Lunch & Dinner
Transport: Private 4WD vehicle; walking as described

Day 2: Kabul to Jalalabad & Kunar

- After breakfast, depart Kabul for Jalalabad on a scenic approximately 3-hour drive.
 - Travel through the beautiful Surobi Valley and across Mahipar Pass, with opportunities to stop for photography and refreshments.
 - After lunch in Jalalabad, continue toward Kunar Province on another approximately 3-hour drive.
 - Upon arrival, complete the required registration with the provincial tourism authorities and check in to your accommodation.
 - Overnight: Kunar
- Meals: Breakfast, Lunch & Dinner
Transport: Private 4WD vehicle; walking as described

Day 3: Kunar to Nuristan | Journey Along the Kunar River

- After breakfast, depart Kunar for Nuristan.
 - This is a full-day scenic journey through one of eastern Afghanistan's most spectacular landscapes.
 - The road follows the Kunar River, surrounded by lush green mountains, traditional houses, narrow valleys, and dramatic mountain scenery.
 - Enjoy numerous opportunities for photography and scenic stops along the route.
 - Continue toward Parun, the provincial center of Nuristan.
 - Overnight: Parun
- Meals: Breakfast, Lunch & Dinner
Transport: Private 4WD vehicle; walking as described

Day 4: Explore Central Nuristan

- After breakfast, begin a full day of exploration in Central Nuristan.
 - Nuristan is broadly divided into Central, Eastern, and Western regions. This tour focuses on Central Nuristan, located on the southern slopes of the high Hindu Kush and characterized by spectacular valleys, rivers, forests, and mountain communities.
 - After completing the required registration, explore:
 - Shoot Valley
 - Travel into Shoot, a beautiful mountain valley surrounded by dramatic peaks and traditional settlements.
 - Kentowa Valley
 - Visit Kentowa Valley, where suitable conditions allow opportunities for hiking and light climbing.
 - Posta Semej
 - Continue to Posta Semej, located between Pronc Village and Deiwa Village, experiencing the remote mountain environment and traditional local settlements.
 - Enjoy a full day of hiking, sightseeing, photography, and cultural exploration.
 - Overnight: Parun
- Meals: Breakfast, Lunch & Dinner
Transport: Private 4WD vehicle; walking as described

Day 5: Nuristan to Kunar

- After breakfast, begin the return journey from Nuristan toward Kunar.
- Travel through the spectacular mountain roads and valleys, enjoying scenic stops and photography opportunities along the way.
- Arrive in Kunar and check in to your accommodation.
- Overnight: Kunar

Meals: Breakfast, Lunch & Dinner

Transport: Private 4WD vehicle; walking as described

Day 6: Kunar to Kabul | River & Mountain Landscapes

- After breakfast, enjoy time for hiking and sightseeing around the Kunar River.
- Experience the beautiful combination of mountain scenery, river valleys, traditional settlements, and natural landscapes.
- Later, begin the journey back to Kabul.
- Enjoy scenic stops along the route before arriving in the capital.
- Overnight: Kabul

Meals: Breakfast, Lunch & Dinner

Transport: Private 4WD vehicle; walking as described

Day 7: Kabul, Shopping & Departure

- Enjoy your final morning in Afghanistan.
- Depending on your flight schedule, explore more of Kabul before departure.
- Visit Chicken Street / Kabul Antique Market, where you can find a wide variety of Afghan handicrafts and souvenirs, including:
 - Afghan handmade rugs and carpets
 - Gemstones
 - Traditional calligraphy
 - Glass miniatures
 - Oil paintings
 - Antiques
 - Traditional decorative and ornamental works
- Continue to Ziarat-e-Sakhi (Sakhi Shrine), one of Kabul's important religious and cultural landmarks, associated with the historic journey of the Cloak of the Prophet during the reign of Ahmad Shah Durrani.
- Enjoy lunch before our professional team transfers you to Kabul International Airport for your return flight.
- After an unforgettable 7-day journey through eastern Afghanistan, filled with spectacular mountains, river valleys, remote villages, cultural encounters, hiking, and unique experiences, your journey with Nawi Saadi Travel & Tourism comes to an end.
- Departure: Kabul International Airport

Meals: Breakfast & Lunch

Transport: Private ground transport; domestic flight arrangements and cost to be confirmed

INCLUDED

- Accommodation: 3-4 Star Hotels
- Transportation: Private 4WD Vehicles
- Meals: 3 Daily Meals + Drinking Water
- Professional Tour Guide
- All Required Permits
- Letter of Invitation
- Entrance Fees to Listed Attractions
- Local SIM Card & Wi-Fi

NOT INCLUDED

- Visa Fees
- International Flights
- Personal Expenses, Shopping, Soft Drinks & Snacks
- Travel Insurance

GOOD TO KNOW

Season & group size

Spring and summer departures, with a maximum of 8 travellers. Dates and departure availability are confirmed by the Kabul team.

Price & booking

Advertised starting price: USD 1,149 per person. Request a written quotation for your dates, group and room arrangements. International flights, visa fees, insurance and personal expenses are excluded.

Domestic flights

Where a domestic flight appears in the itinerary, its schedule, availability and inclusion in the final price must be confirmed with the Kabul office before booking.

Permits & access

The package includes a letter of invitation and required local permits. Site visits, road journeys and activities remain subject to permissions, local access, weather and operating conditions. Confirm the final route before booking.

Accommodation & connectivity

Packages are based on 3-4-star hotels. Accommodation in remote areas must be confirmed for each overnight stop; do not assume the same hotel standard throughout. Local SIM and Wi-Fi access depend on coverage and availability.

FLIGHTS, AND CHANGING ANYTHING ON THIS ITINERARY

Flights are quoted on request. We hold IATA accreditation and can ticket any airline from Dubai alongside this itinerary.

Every itinerary here is a starting point. We rebuild any of it around your own dates, hotels, pace and budget, for couples, families or groups.

Prices are a lead-in fare and move with the season, the airline and the hotel chosen. Tell us your dates and we will confirm a firm quotation.

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