

Camp 3725 after Beob (3725m) - Navobod (1280m)

Distance: 23km

Ascent: 180m

Descent: 2635m

Trail: Hard - vague / clear trails and track

Accommodation

The town of Navobod has no accommodation options, but plenty of grocery stores, a small street bazaar and some food options in midday. You can camp by the shore of the Surkhob River, or take a taxi to Gharm and get a hotel room. The Sokhili Surkhob hotel in Gharm is the best option. Like most regional hotels, there may not be a manager on duty when you arrive, but there will be a manager's phone number on the door. If you don't have a phone that works locally, a local nearby will gladly help you out by calling the manager for you.

Transport

Taxi costs from Navobod (2023 prices): Dushanbe - 120 Somoni for a seat in a shared car (early morning only, 4.5 hours to Dushanbe), Gharm - 20 Somoni for one seat. From Gharm to Dushanbe the local price is 100 Somoni.

Description

When you leave camp in the morning you will need to take lots of water. The spring at the 3475 meter camp is the best option. If this spring has gone dry later in the summer, you will need to find water next to the small glacier nearby or venture downhill to where the streams emerge. The ridgetop descent is dry and hot at lower elevations. You won't find any sources of water, which is why the shepherds abandon the ridgetop in early summer.

From the 3475 meter camp here you travel laterally - over a steep snow field until late in August when a small glacier is revealed. The open terrain is steep, rough and slow. After dropping some elevation and turning the corner on the ridge, you scramble up to a 3590 meter pass. This scrambling will be longer, but easier and safer, than Beob Pass.

After the pass you will have a very long descent following the top of the ridge. This entire ridge from about 3200 meters and below has plenty of stinging yughan growing trailside. At 2660 meters you drop down from the ridge through open terrain with many grazing tracks until you find a clear descending trail. This leads to the confluence of the river that comes down from Beob Pass (name unknown) and the Darai Mazor River. The water in this side river is clear, but should be filtered as there are several shepherd camps upstream.

If you arrive here late in the day it would be best to go up the Darai Mazor to the camp at 1640 meters by the large trees. Otherwise, start your walk downriver to the road that takes you down the Sangikar River. The road walk is an easy downhill. You will eventually start to walk by small plots of farmland and temporary huts and tents for the local farmers. It won't be possible to camp in the lower gorge without being either right next to the road or on a private plot of farmland (often tended to by women and girls).