

Foot of Mura Pass (3030m) – Karatag River (2150m)

Distance: 14km

Ascent: 800m

Descent: 1680m

Trail: hard – vague trails, glaciated pass

Accommodation

Camping

A long and quite strenuous day takes you across the Mura Pass, 3780m high. As you head up on the left true bank, the terrain is gradually getting rougher. At around 3400m cross the river that is braided at this point. It's a good idea to use crampons for the last stretch of the pass, which is glaciated and possibly early in the season on the other side as well. Without snow the trail is clearly visible. After a substantial waterfall, find a place to cross the river and stick to the right bank, all the way to the confluence of three rivers that form the Karatag River. There's plenty of good camp spots around here.