

Ghorif (2115m) - Namnarud (1935m)

Distance: 8km

Ascent: 195m

Descent: 375m

Trail: Moderate / hard - vague, overgrown trails

Accommodation

Camping at Namnarud

From Ghorif there is a clear trail downriver (but high above the bottom of the gorge for most of the way). At 2060 meters the trail splits and your route to the right becomes overgrown and vague, with some very short sections of trail having eroded or slid downhill. The path often has thorny brush or stinging yughan. This path is used mainly by the shepherd supply caravans. This means probably only one donkey caravan every 10-14 days.

Eventually you will start to notice fruit trees, as this gorge used to be one large orchard before the Soviets destroyed the communities in the area. This attracts bears to this area. The locals in Ghorif said that the bears are shy and will flee at the sight of a person.

The bridge known as "Puli Mirzo" is recently rebuilt and maintained by the shepherds. On the opposite side is an old cemetery that should be avoided. The area is very green, wet and forested, and is one of the few places you will be surrounded by mosquitoes. About 50 meters after the bridge when the water is not high there is a good rock beach to take a break at.

The next bridge is up the Namnarud river and is a much shorter span. The area on the opposite bank of the Namnarud River is an open grazing area and has many vague routes or multiple trails. By mid to late summer the sheep here will have ascended to higher pastures.

The village of Namnarud was destroyed by the Soviets and the inhabitants deported to cotton plantations in the lowlands. They never returned, unlike in Ghorif. There are many ruined houses and abandoned fields and irrigation ditches. Despite its history, the shepherds and locals don't object to people camping here. There are many flat spots where you can camp in the shade of a large tree. There are bears in this areas.

You should leave Ghorif with plenty of water (preferably taken the day before upriver). Down the trail from Ghorif there is a spring at 2060 meters, but it may be dry by late summer. After this, the Obi Khilf stream is your next chance for clear water. The Beob River by Namnarud has clear water by mid to late summer that can be filtered.

If the bridge at Puli Mirzo is destroyed, the locals in Ghorif will direct you to the Bodravak Pass that goes over the ridge directly south of the village. You will need to go back upriver to the bridge at 2130 meters. The route from here is unknown as it does not show up on recent satellite imagery. But there should be a clear trail to follow as it is the main route used by the flocks of sheep. From Bodravak Pass descend directly down to the bridge by Namnarud.