

Hoji Obi Garm (1900m) – Darai Kalul (1850m)

Distance: 11km

Ascent: 620m

Descent: 670m

Trail: easy/moderate – tarmac road (7km) clear/rough trails

Transport

Hoji Obi Garm is connected to the M34 road between Dushanbe and Khujand. To get to Dushanbe, you could arrange private transport from the sanatorium (around 300 Tajik Somoni) or hike down the tarmac road to the M34 and find a shared taxi in Hushyori (around 50 Tajiki Somoni). It's a great opportunity to stock up on supplies.

Accommodation

Camping

Try to leave early today as it gets really hot on this stage like the previous stage. You descend on the tarmac road (sorry, no other way) for 7km to the M34. Turn right, cross the bridge and head up the small road on the left. Just before the end of this road a path ascends. It will meet the Darai Kalul River shortly after and goes up and down along the true left bank of the river until the first sharp bend in the river. Find the small shepherd bridge as pictured. The trail climbs steeply straight after this to overcome a tricky section of the river bank. It drops again to river level into a forested area, which makes a good camp spot with shade and water. Arrive early and you've got the entire day to laze around here.