

Jaya Bolo (3145m) – Marghashak (3160m)

Distance: 18km

Ascent: 950m

Descent: 935m

Trail: easy/moderate – easy track/trails

Accommodation

Camping

From head down towards Jayi Poyon Lake where there's a good spring to fill up your bottles on the east side of the pond. Head down to the hamlet of Sari Pul, where the dirt track takes you further down to main village Ghuzn. Here you can stock up on snacks and simple food. They also sell fizzy drinks like Coca Cola and Fanta. You may be invited for tea or lunch as there are hardly any tourists visiting here. After Ghuzn it's 30 minutes downstream on the road until you reach the turn-off to the village of Arsovid. Alternatively, you could go for a small path on the right bank of the Ghuzn River, which makes more pleasant walking, though it'll be a little harder. There are no shops in Arsovid but there are good water sources above the village. An easy route with a trail that fades once in a while takes you up a very well-equipped shepherd camp at Marghashak with shelter and a good water source. Beware of the dogs!