

## **Langar (2150m) - Pakshif (2430m)**

**Distance:** 36km

**Ascent:** 1000m

**Descent:** 720m

**Trail:** Easy / moderate - Combi trail and track

### **Accommodation**

In Pakshif camping or unofficial homestay

On the road after Langar, the larger village of Madrushkat has multiple small grocery stores, with the "Said Akbar" store having the best selection in 2023. Make sure to fill up on water in Madrushkat. Cross the bridge 2km after Tabushn to the south bank of the river. 3.5km walk upriver from the bridge is an excellent spring to refill on water. All water after this, any water source is irrigation ditch water.

If you venture into Pakshif to look for a village store you may be invited in to stay the night. Options for camping include venturing down to the river from the village to camp on the Zerafshan river bank or, if you have plenty of daylight remaining, hiking up the Pakshif Gorge to find a flat spot next to the trail.

If you plan on hitchhiking from Langar to Pakshif, you will find that 95% of road traffic in the early morning is going downriver in the opposite direction, and that those going upriver are usually not crossing to the Pakshif side.

No hazards on this route. Make sure to not camp in the farmland after Tabushn, as there is a military base located in that area.