

Marghashak (3160m) – Sangighul (2670m)

Distance: 12km

Ascent: 815m

Descent: 1305m

Trail: moderate – variable trails

Accommodation

Camping

Fill up your bottles as much as possible as there is little to no good water source until the Rivut Valley. From the shepherd camp head up towards the first at 3630m. Ignore the clear trail that descends on the other side but instead head up the ridge to another pass at 3885m, that locals refer to as the Sabzky Pass. There are some small steep sections that you could avoid by climbing around it. Head down, zigzagging towards a rest place for yaks and sheep from where a clear trail descends to the Rivut River. If you want to drink from the main river, better treat or filter the water. A couple of kilometres from where you hit the main trail is a shepherd camp called Sangighul where you could stay. But if you want a quite place or push on a little more there are plenty of camp spots further downstream.