Margheb (2230m) - Bidev (2500m)

Distance: 20.5km

Ascent: 960m

Descent: 690m

Trail: easy –dirt track and clear trail

Transport

From the dirt road below Bidev you can hop on a shared taxi to Dushanbe or at least to the M34 highway. Private vehicles can pick you up here as well.

Accommodation

Bidev

15 Homestay "Bidev", language Tajik

Today is a breeze. Although you could find skinny mountain trails higher up the slopes, it is a delight to walk on the dirt track. The views are excellent, there are hardly any cars passing and the gradient is mellow. From the road Zamin Karor is visible, so you almost circumnavigate the entire mountain massif.