

Sangighul (2670m) – Langar (2170m)

Distance: 24km

Ascent: 640m

Descent: 1140m

Trail: easy – clear track and trails

Transport

Transport from this part of the Zerafshan Valley is very irregular. Either you arrange a private vehicle for you to take you back to wherever you need to be. Or be patient and hitch a ride or a shared taxi that most likely goes to Veshab, from where marshrutkas go further to Ayni and onwards to Penjikent, Khujand or Dushanbe.

Accommodation

Langar

17 Homestay “Habib”, owner Kholov Fayzulloh, language Tajik

It’s a fairly long day today in distance but most of it is downhill on a good track. Rivers are crossed via good bridges and the valley itself is lovely with lots of trees. It’s a 13km hike to the Zerafshan Valley itself and to reach Langar, head up the true right bank for 9km until the big steel bridge that takes you to the main road and the village Langar. The homestay is the last one, there are none further upstream though you may be invited to stay in people’s homes in upstream villages.