

Jirgotol (1715m) – Jelondy (2360m)

Distance: 15km

Ascent: 795m

Descent: 150m

Trail: easy – clear track and road

Accommodation

Jelondy : house of Khamrobek Kholov (guide)

This is essentially a transition stage to get from Jirgotol to Jelondy. The route is partly on a tarmac road before turning south to Jelondy. If time is an issue and you don't have the true ethics of a thru-hiker (I shall hike every inch!) you can find a taxi in Jirgotol to skip this somewhat boring stretch to win a day.