

Langar (2140m) – Sangoba (3160m)

Distance: 12.5km

Ascent: 1180m

Descent: 160m

Trail: moderate – variable trails

Accommodation

Camping

Go up valley on the main track for about 4.5km. Here you reach the Sangoba River. Don't cross the river but hit the trail on the true right bank. Climb on the fading path to an altitude of around 3100m where you can find plenty of spots to pitch your tent.