

Sangoba (3160m) - Rogha (2450m)

Distance: 17km

Ascent: 830m

Descent: 1515m

Trail: hard - vague or no trail

Notes: glacial travel including walking on moraines

Accommodation: Camping or unofficial homestay

Stay on the true right bank of the Sangoba river. At roughly 3300m you pass a shepherd camp and a few hundred metres further you'll find the snout of the Vereshkay glacier. You can avoid walking on the glacier that's covered with rocks at this point by keeping left. At around 3650m enter the glacier and climb the final 300 vertical metres to the top of the Vereshkay Pass (3970m). The final approach is on ice and is a little steep. The same applies to the initial descent from the pass and be aware of crevasses. Crampons and axe are recommended. After descending about 2km /400 vertical metres, find the trail that follows the stream. Another stream becomes visible further down and the trail stays in between those streams. The final descent to the road follows the looker's left stream. At the road, turn left enjoy the easy last stretch to Rogha, only a couple kilometres away. Here you may be invited to stay in one of the villager's home. Or you can choose to camp.

Important note: we haven't hiked this stage ourselves. Both villagers and a shepherd confirmed the route is used by shepherds. However, the state of the glacier is likely to change. As with all other descriptions, changes are possible and hikers need to anticipate these changes with their own judgement. If in doubt, go back and do the d-tour via Sangvor.