

Rogha (2450m) – Bijou River (2540m)

Distance: 12km

Ascent: 310m

Descent: 220m

Trail: easy/moderate – clear track and vague paths

Notes: No supply points until stage 55

Accommodation: Camping

Heading deeper into the Obikhinob Valley, it's a pleasant hike along the track with amazing views across the Darvoz Range to the south. It goes up and down until you reach the hamlet of Arzing after 9km. This is the last settlement until you reach the Vanj Valley. Once you have crossed the first stream entering the village, it's 500m to the track that takes you to the bridge across the Obikninob. At the junction, keep right and descend to the valley floor for another 500m. If in doubt you might ask the villagers where the bridge is (*most* in Russian, *kupruk* in Tajik). The bridge is very new and at the time of writing it didn't show on the satellite maps. But it's there! Cross the bridge and follow the valley floor of the Obikhinob for a couple of kilometres. A flat area located a few hundred metres before the Bijou river is your place for the night. Small streams on the river bed can provide you with a water supply.