

## **Rovak (2750m) – Sagdar (3150m)**

**Distance:** 13km

**Ascent:** 690m\*

**Descent:** 300m\*

**Trail:** very hard – vague and sometimes no trails

**Notes:** big river crossing, \* ascent and descent is approximate, no hard data on this, very steep river bank

**Accommodation:** Camping

Your best chance of crossing the Bokhud is at the Rovak camp, where the river is braided. Cross the river around sunrise, so you can still see while river levels are at its lowest. You may want to use a rope for the crossing. On the other side a vague trail climbs for about 100 vertical metres. The trail then goes up and down and passes some very steep and potentially hazardous terrain until you reach a flatter part of the river bank called Dashti Suraysha. There's a vague trail that comes and goes but generally the hiking is not that hard. Stay roughly 50-100 metres high above the river until you reach the confluence of the Dhebarob and Bokhud rivers. You pass underneath the cliffs. It's a short distance to the Sagdar river, where you can set up camp as an afternoon crossing is probably not possible due to high river levels. There's a small stream just upstream from the confluence for drinking water and setting up the tent.