

Sagdar (3150m) – Obistarghi (3700m)

Distance: 8km

Ascent: 500m*

Descent: 250m*

Trail: very hard – no trails

Notes: tricky river crossing across Sagdar, * ascent and descent is approximate, no hard data on this, rough, blocky terrain

Accommodation: Camping

This stage starts with the crossing of the Sagdar river. The earlier you do this the better, as this river can be tricky to cross later in the day. Proceed into the Obistarghi Valley, staying on the true right bank of the river. There is no trail and you will have to find the way of least resistance. It's slow going, with big loose blocks and steep terrain. Take your time. As you progress into the valley, the walking gets somewhat easier. Camp just before the glacier where a number of streams flow from the eastern mountain ridge. There's a good water source and patches of green, flat ground.