Bachor (3325m) – Duzakhdara (3215m)

Distance: 26.5km

Ascent: 230m

Descent: 340m

Trail: easy - dirt track and (oh no) a small stretch of tarmac

Accommodation

Camping

In the village of Duzakhdara you can ask if you can pitch your tent, there are nice grassy spots.

This stage is the largest on the Pamir Trail. But, said this, it is on a road that occasionally sees cars. There are no significant climbs and follows the Ghunt River downstream. It's quite scenic easy walking and you may encounter some people along the way. It's roughly 22km to the main road, which is the famous Pamir Highway. It's nothing like a highway. There is hardly any traffic, the tarmac is broken and it still feels very remote. The good thing is there are some shops for resupplies (Snickers, basic food, tea and yes, even beer). Also, if you managed to get a local SIM card, there is 3G coverage here.

You take the road eastbound for 4km and cross the bridge at the village of Duzakhdara. Ask if you can set up your tent somewhere in the village. It's a nice little place.