

Duzakhdara (3215m) – Duzakhdara Valley (4005m)

Distance: 11km

Ascent: 885m

Descent: 95m

Trail: moderate – clear and faded trails

Accommodation

Camping

The trail at the start of the Duzakhdara Valley is on the true right bank. At first it stays close to the river but quickly it climbs, away from the river. The trail is clear and easy to follow. Some sections may be vulnerable to erosion. It's about 7km to a small lake, which could make a great lunch spot (even for a swim, if you're brave enough). The actual trail stays higher up the right bank. There are various goat paths, and it's easy to take the wrong one. Just stay high and keep on going for another 4km until the confluence at 4000m, where you can pitch your tent near the river.