

## **Kauk (3750m) – Bachor (3325m)**

**Distance:** 17km

**Ascent:** 90m

**Descent:** 515m

**Trail:** easy – clear trails

### **Accommodation**

29 Homestay Qorboniev, languages Pamiri, Russian, English (if Kolya is around), capacity around 15

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Camping can be done with permission of the villagers who normally don't mind. Pay a small fee for the use of their facilities, or buy some fresh bread and yoghurt to support the community.

From camp descend on a good trail for about 6km. Just after you passed a shepherd camp, the river braids and you should cross to the right bank. It's superb walking for another 6km until you see another camp. Here you enter the Ghunt Valley. Make sure you've got enough water for the last hour of walking. Choose the smaller trails to cut across the hilly terrain rather than the track, that loops around and is longer in distance. After 5km you will reach the viewpoint over Bachor. Descend to the irrigation channel, cross it and turn right after 30 metres. The white washed house is the homestay owned by the Qorboniev family. It's a lovely stay here. To get to the other homestay and the village itself, continue for a few hundred metres until you get to a wobbly, very exciting suspension bridge. Cross it, follow the river downstream for a few hundred metres and cross again via another bridge. Walk to the start of the dirt track where you will find the other homestay.