

Nisur (2580m) – Barchidev (2610m)

Distance: 8.5km

Ascent: 405m

Descent: 375m

Trail: easy - dirt road

Accommodation

Barchidev

26 Homestay Nurmuhamad Roziq, capacity 20, languages Russian, Tajik, Pamiri and English, near the school building

This stage could serve as a transition day or even a semi-rest day. The route moves away from the main Bartang Valley and follows the dirt track that climbs up. You can take some short cuts between the switch backs. Higher up the road look back for stunning views across the high Pamirs, notably Lapnazar (5990m), the mountain you passed a couple of days ago while crossing the Khurjin Pass. The last kilometre the road descends to Barchidev, a lovely village on the banks of the Murghab River.