

Rubot (3310m) – Rubot River (3925m)

Distance: 13km

Ascent: 660m

Descent: 45m

Trail: easy – dirt track

Note that you can rent donkeys through Nemat. Be aware he is charging a lot more than in other parts of Tajikistan, up to \$40 per donkey per day. It's your choice, but the price is way out of line to what is reasonable.

Accommodation

Camping

The ascent up the main valley south of Rubot, which we call Rubot River (it might have a different name) starts with a short but fairly steep climb on the east side of a small gorge. It descends again once you've overcome that gorge and the path merges with a track that winds its way up this valley. There are even telephone poles, a reminisce of the Soviet era, that at the time provided power for the shepherd settlements higher up the valley. Make sure you filter the water here as there is a lot of livestock in this valley. After 6km you'll pass a big shepherd camp. Keep following the track on the right bank all the way to the end of the valley, where there's another shepherd camp. There are no significant climbs, just a gradual ascent. Before that you can find a spot to camp or if you feel strong continue up the Vrang Lakes (see next stage).