

Sarez Lake (3250m) – Langar Valley (3800m)

Distance: 13km

Ascent: 600m

Descent: 50m

Trail: moderate – clear trail

Accommodation

Camping

There are several spots for camping all along the valley. The chosen campsite for this stage is for fit and acclimatised trekkers.

The day starts with a boat journey to bypass an area with very difficult, hazardous terrain. In 2015 a heavy earthquake destroyed most of the trails between the monitoring station and Langar Valley. The journey takes 30min (by fast boat) to 1h30min (by slow boat). You can request to stop at the geological station, 20 minutes from the monitoring station.

The walk starts in Irkht, where there is a manned meteo station. If you're not in a hurry, this is a very cool spot to camp. The caretaker built a sauna and there is actually a beach where you can take a dip in the chilly waters of Sarez Lake. From here a trail ascends up the Langar Valley. It's mostly an easy-going path with plenty of places to fill up your bottle, though it's wise to filter if you take water from the main river. There is a lot of livestock upstream. After roughly 8km the river braids and you should make a crossing. The water can be quite high earlier in trekking season. In late August it shouldn't be over knee deep. Stick to the true left side of the river for another 5km and camp on the broad plain at 3800m.