

South Duzakhdara (4005m) – Rubot (3310m)

Distance: 21km

Ascent: 0m

Descent: 695m

Trail: easy – dirt track

Accommodation

31 Homestay Nemat, capacity 12, languages Russian, Pamiri and Tajik

Camping

Today is relatively long (in distance) but it's easy hiking. A broad track winds its way down towards the Shakhdara Valley, with stunning views of the Shakhdara Range in the distance. Once you reach the main road that connects Shakhdara with Khorog, you turn right, following the Shakhdara River downstream. After 4.5km from the turn off, cross the river to the hamlet of Rubot and ask for Nemat, who runs a homestay here.