

## **Vnukut Valley (3875m) – Vrang (2785m)**

**Distance:** 10.5km

**Ascent:** 160m

**Descent:** 1250m

**Trail:** very hard – vague or no trail, exposed terrain

### **Accommodation**

32 Homestay Jahonbegim Zevarova, capacity 14, languages Tajik and Russian

The final stage of the Pamir Trail is here! But, don't be fooled, it is definitely one of the toughest. It's a long descent on treacherous terrain. At the first, from the shepherd camp it's fairly easy going. After the river crossing at around 3500m (where a stream comes in from the northeast), the terrain gets a little harder again. Then after 5km, the trail plunges to the valley floor on very tricky terrain. It's a steep, hard slope where it's difficult to dig in your foot. If you slip it'll be hard to break your fall and you'll end up 300 metre lower in the wild river. Take extreme care on this stretch. Once you're on the valley floor things are a bit easier again. The trail goes up and down along the river and moves away somewhat for the final climb to a viewpoint across the terminus of the journey: the Wakhan Corridor. You can see mountains that are over 7000 metres here. Across the Panj River is Afghanistan and the mountains of the Hindu Kush. The village below is Vrang, your final destination. Pass the millennia old Buddhist stupa and head to the village. You made it, congratulations!