

## **Zaroshkul Lake (4510m) – Kauk (3750m)**

**Distance:** 16km

**Ascent:** 270m

**Descent:** 1090m

**Trail:** moderate – variable trails

### **Accommodation**

### **Camping**

From the northern tip of the lake, follow the eastern shore for about 20 minutes. From there, head to the small pass, a short climb with stunning views of the lake when you look back. On the descent in south easterly direction, you will pass a small lake and further down there's the first river crossing. You move away from the river now, crossing another small pass and again descend around the hill to the same river. The views of the glaciers ahead are beautiful. The crossing is easiest where boulders are littered across the riverbed (at least you don't have to take your boots off). Aim for the turquoise Taxinkul in the distance which makes a good lunch spot. On the eastern shore of the lake the terrain becomes a little tricky. After the crossing of the stream the trail goes up and down in the blocky moraines for a few kilometres. Once you reach the river again, the going gets a little easier. At 4000m there is a good camp spot but if you want to gain some more distance and sleep lower, descend another 4km to a flat area after the side river Kauk, coming from the east.