

Shing (1350m) – Padrud (1870m)

Distance: 17km

Ascent: 770m

Descent: 250m

Trail: easy - dirt road

Transport

Buses run to Shing twice daily (a big bus at 2pm and a smaller bus at 4pm) from the Penjikent main market. Another (faster) way, but more expensive is via private tour operators, see the link for the directory above in the key info about the Fann Mountains.

Accommodation

Nofin

1 Homestay “Marguzor”, owner Shamaev Rajabmurob, capacity 15, languages Russian, Tajik, some English

2 Homestay Najmiddin, owner Shahmaev Jumaboy, capacity 16, languages Russian, Tajik

Padrud

3 Homestay Mijgon, owner Boturov Tuychi, capacity 14, languages Russian, Tajik, some English

The first stage of the Pamir Trail is a great warm up hike along the dirt track from Shing. The Shing Valley is a beloved area for both local and international tourists for its seven shimmering lakes that dot the valley. In this stage, you pass four of them. It’s an easy walk, though start early as temperatures, especially in high summer, can be brutally hot. The fourth lake, Nofin, has two homestays, if you don’t want to push on to Padrud or you wish to stay at one of the mountain lakes.