

Padrud (1870m) – Tavasang (2500m)

Distance: 16.5km

Ascent: 1600m

Descent: 970m

Trail: moderate - dirt road and clear trail

Accommodation

Camping

You can pitch your tent on the banks of the Sarymat River, roughly a kilometre past the settlement of Tavasang. Make sure you filter, purify or boil the water sourced from the rivers and streams as there are pastures and farms upstream. You may be able to buy some fresh bread at the settlement.

Today you will tackle the first of many passes on the Pamir Trail. The altitude is not extremely high, 3305 metres. But the approach requires a fair amount of climbing, though the trail is clear and easy to walk on. From half-way the stunning Marguzor Lake climb the dirt road veering off in easterly direction to the village of Kiogli. This is the last place to stock up on food until the end of the next stage. After the village you leave the dirt road and continue up the main valley to the top of the Tavasang Pass. On the other side descent to the Sarymat River where you can pitch your tent.