Tagrich (3030m) – Margheb (2230m)

Distance: 15km

Ascent: 710m

Descent: 1510m

Trail: easy – clear trails and dirt track

Transport

In Margheb you can find a shared taxi to Dushanbe or at least to the M34 highway. Obviously private vehicles can pick you up here as well.

Accommodation

Margheb

13 Homestay "Sayoh", owner Rasulov Safar, capacity 20, languages Russian, Tajik

14 Homestay "Zamin Karor", owner Dustbekov Dustmachad, capacity 10, languages Russian, Tajik, some English

Straight from the camp spot cross the bridge, hike for a kilometre along the true left bank and head straight west to reach the Tagrich Pass. After the pass, keep right and it's more contouring rather than descending to a settlement at 3000 metres. Keep following the clear trail to the dirt track that takes you to Margheb. There's lower Margheb (Poyon) and higher Margheb (Bolo). The homestays can be found in the higher part of the village. Ask around and people will point you in the right direction. It's a lovely village in the shadow of the mighty walls of Zamin Karor and popular with Russian rock climbers. This is also a good place to stock up on food, chill out a little or if needed head back to Dushanbe, Penjikent or Khujand.