

Upper Luchob (2210m) – Hoji Obi Garm (1900m)

Distance: 19km

Ascent: 810m

Descent: 1120m

Trail: easy – clear trails

Transport

Hoji Obi Garm is connected to the M34 road between Dushanbe and Khujand. To get to Dushanbe, you could arrange private transport from the sanatorium (around 300 Tajik Somoni) or hike down the tarmac road to the M34 and find a shared taxi in Hushyori (around 50 Tajiki Somoni). It's a great opportunity to stock up on supplies.

Accommodation

You could treat yourself by staying at the sanatorium. Hot baths and massages are awaiting you! You can also camp before you reach the end of this stage.

Try to leave early today as it gets really hot on this stage. Find the wide track that heads into an easterly direction. It's easy hiking on rolling hills with semi-wild horses and great views of the ridge that separates this valley from the Sioma Valley. Stay on the wide track and reach the summit after about 5km. The views across the Hissar Range are quite incredible. The descent keeps following the track that evolves in a proper dirt road, ever descending to the east. When you reach a small village the dirt road bends to the north and climbs a little before reaching a bigger river. This could be a good spot to camp as further up there is too much habitation and no good water source. For those who plan to stay in Hoji Obi Garm or even in Dushanbe, climb for another kilometre and zigzag down to another village. From here you descend to the sanatorium Hoji Obi Garm where you can stay or hop on a private car to Dushanbe for some recovery time.