

The Pamir Highway.

The route:□

Danger zones from Dushanbe to Khalaikum. Easy cycling in gorge to Khorog. I left the PH and took alternative small, pretty rough back roads to Jhelandy. Difficult to find water on the salt plateau after Kagartak pass. Difficult to find food anywhere between Khorog and Murghab. Some higher passes, but short and easy climbs, never steep. Loads of check points, but no problem, as long as you have the permit for Gorno Badakshan Oblast, easily picked up in Dushanbe. A very beautiful route!

Graph.

Comment	Distance: start Pamir Highway	Altitude	Distance: Cairo accumulated
X (after pass before Khalaikum)	0	2900	6335
X	15	2000	6350
CP	22	1550	6357
Shirg	31	1265	6366
Khalaikum	32	1215	6367
CP	41	1240	6376
X	50	1265	6385
CP	75	1330	6410
CP	99	1390	6434
X	100	1380	6435
CP Baravi	116	1575	6451
CP	122	1525	6457
LP Vanch river TO, bridge	126	1525	6461
CP village shop	136	1600	6471
CP	145	1620	6480
CP village rest.	175	1720	6510
CP village	193	1940	6528
X	200	1950	6535
Rushan 1	210	1965	6545
Rushan main	225	1955	6560
CP bridge	230	1960	6565
X	250	1980	6585
X	275	2030	6610
CP	289	2060	6624
Khorog	293	2085	6628

X	316	2500	6651
Roshtkala	330	2600	6665
X	341	2775	6676
Asphalt finish	346	2800	6681
X	365	2870	6700
X	390	3095	6725
X	394	3155	6729
Camp	406	3250	6741
X	415	3300	6750
Detour start	425	3475	6760
Detour Back	445	3475	6780
X	451	3670	6786
Climb stop	463	4060	6798
Top	468	4105	6803
Steep DH start	476	4015	6811
River	480	3650	6815
Back forth Jhelandy	482	3625	6817
Back forth Jhelandy	507	3625	6842
X	515	3835	6850
Flattens out	518	4060	6853
Koy-Tezek Pass	522	4115	6857
Asphalt	530	3970	6865
LP	541	3875	6876
Tagarkak Pass	546	4040	6881
Asphalt (finish on..77)	551	3925	6886
LP	562	3715	6897
Minipass	565	3785	6900
Water	577	3780	6912
Alidhur	584	3780	6919
X	590	3800	6925
X	615	3840	6950
X	640	4020	6975
X	665	3750	7000
CP.climb start	681	3575	7016
Minipass	682	3620	7017
X	690	3515	7025
Murghab everything.	697	3520	7032

Riding in Murghab. 10km	707	3520	7042
X	715	3610	7050
X	740	3750	7075
CP	757	3905	7092
Good camp water	759	3945	7094
X	765	4035	7100
Start steep cl. Asphalt end	782	4290	7117
Ak-Baytal Pass Off. 4655m	785	4530	7120
X	790	4215	7125
Steep DH end	792	4165	7127
Asph. Start Settle.	806	4000	7141
X	815	3975	7150
X	840	3820	7175
Karakul CP	844	3835	7179
X	865	3865	7200
Pass	874	4135	7209
X	877	4155	7212
X Lost for 8km	881	4000	7216
X Found it!	889	4000	7224
LP	893	3885	7228
Corrugations DT	897	3885	7232
CP Tajik Immigration	906	4080	7241
Pass	907	4145	7242
Asphalt	919	3525	7254
Kirg. Immigration	926	3355	7261
CP. TO Irkhestam 371KM	949	3010	7284
CP	950	3025	7285
Sary Tash	951	3040	7286
Pass	960	3420	7295
LP	962	3315	7297
Pass	965	3480	7300
HP	966	3490	7301
Vill.	979	2745	7314
Vill.	1010	2120	7345
Rest. Shop.	1016	2015	7351
Gulchu	1056	1550	7391
LP	1059	1530	7394

Steep cl. start	1065	1705	7400
Pass	1075	2335	7410
X	1080	2035	7415
X	1100	1735	7435
X	1125	1150	7460
Osh	1139	995	7474

Photos from [the Tajik part](#) and from [the Kirgiz part](#) of the journey.

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