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
СР	99	1390	6434
X	100	1380	6435
CP Baravi	116	1575	6451
СР	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
СР	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
Тор	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 on77)	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

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 Settlem. 806 4000 7141 X 815 3975 7150 X 840 3820 7175 X arakul CP 844 3835 7179 X 840 3820 7175 X arakul CP 844 3835 7200 Pass 874 4135 7200 X Lost for 8km 877 4155 7212 X Found it! 889 4000 7214 X Found it! 899 3885 7228 CP Tajik Immigration 906 408	Riding in Murghab. 10km	707	3520	7042
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 Settlem. 806 4000 7141 X 815 3975 7175 X 815 3975 7175 X 814 3820 7175 X 840 3820 7175 X 841 3835 7200 Pass 874 4135 7200 X 877 4155 7212 X Found it! 889 4000 7214 X Found it! 889 4000 7224 LP 893 3885 7232 CPT Tajik Immigration 906	X	715	3610	7050
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 Settlem. 806 4000 7141 X 815 3975 7150 X 840 3820 7175 X 840 3820 7175 X 844 3835 7200 Pass 874 4135 7202 X 865 3865 7200 X 877 4155 7212 X Found it! 889 4000 7224 LP 893 3885 7228 CP Tajik Immigration 906 4080 7241 Asphalt 919 3525 7254 Kirg, Immigration 9	X	740	3750	7075
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 Settlem. 806 4000 7141 X 815 3975 7150 X 840 3820 7175 Karakul CP 844 3835 7190 X 865 3865 7200 Pass 874 4135 7209 X 877 4155 7212 X Found it! 889 4000 7224 LP 893 3885 7228 CPT ajik Immigration 906 4080 7241 Pass 907 4145 7242 Asphalt 919 3525 7254 Kirg. Immigration 926 3355 7261 CP. TO Irkhestam 371KM	СР	757	3905	7092
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 Settlem. 806 4000 7141 X 815 3975 7150 X 840 3820 7175 Karakul CP 844 3835 7179 X 865 3865 7200 Pass 874 4135 7209 Y 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. Immig	Good camp water	759	3945	7094
Ak-Baytal Pass Off. 4655m 785 4530 7120 X 790 4215 7125 Steep DH end 792 4165 7127 Asph. Start Settlem. 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 7232 Corrugations DT 897 3885 7232 CP Tajik Immigration 906 4080 7241 Pass 907 4145 7242 Asphalt 919 3525 7254 Kirg. Immigration 926 3335 7261 CP. TO Irkhestam 371K	X	765	4035	7100
X 790 4215 7125 Steep DH end 792 4165 7127 Asph. Start Settlem. 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 371 KM 949 3010 7286 Pass 9	Start steep cl. Asphalt end	782	4290	7117
Steep DH end 792 4165 7127 Asph. Start Settlem. 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 7232 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	Ak-Baytal Pass Off. 4655m	785	4530	7120
Asph. Start Settlem. 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 7232 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 7295 Pass 960<	X	790	4215	7125
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 7297 Pass 965 3480 7301 IP 966 3490 7301	Steep DH end	792	4165	7127
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 7304 Vill. 979 2745 7314	Asph. Start Settlem.	806	4000	7141
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 7297 Pass 965 3480 7300 HP 966 3490 7301 Vill. 979 2745 7314 Vill. 979 2745 7314 <	X	815	3975	7150
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. 979 2745 7314	X	840	3820	7175
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 Gulchu 1016 2015 7351 </td <td>Karakul CP</td> <td>844</td> <td>3835</td> <td>7179</td>	Karakul CP	844	3835	7179
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 <td>X</td> <td>865</td> <td>3865</td> <td>7200</td>	X	865	3865	7200
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	Pass	874	4135	7209
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 7301 Vill. 979 2745 7314 Vill. 1010 2120 7345 Rest. Shop. 1016 2015 7351 Gulchu 1056 1550 7391	X	877	4155	7212
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 7295 LP 962 3315 7297 Pass 965 3480 7301 HP 966 3490 7301 Vill. 979 2745 7314 Vill. 1010 2120 7345 Rest. Shop. 1016 2015 7351 Gulchu 1056 1550 7391	X Lost for 8km	881	4000	7216
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	X Found it!	889	4000	7224
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	893	3885	7228
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 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	Corrugations DT	897	3885	7232
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 7297 Pass 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	CP Tajik Immigration	906	4080	7241
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	Pass	907	4145	7242
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	Asphalt	919	3525	7254
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	Kirg. Immigration	926	3355	7261
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	CP. TO Irkhestam 371KM	949	3010	7284
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	CP	950	3025	7285
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	Sary Tash	951	3040	7286
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	Pass	960	3420	7295
HP 966 3490 7301 Vill. 979 2745 7314 Vill. 1010 2120 7345 Rest. Shop. 1016 2015 7351 Gulchu 1056 1550 7391	LP	962	3315	7297
Vill. 979 2745 7314 Vill. 1010 2120 7345 Rest. Shop. 1016 2015 7351 Gulchu 1056 1550 7391	Pass	965	3480	7300
Vill. 1010 2120 7345 Rest. Shop. 1016 2015 7351 Gulchu 1056 1550 7391	HP	966	3490	7301
Rest. Shop. 1016 2015 7351 Gulchu 1056 1550 7391	Vill.	979	2745	7314
Gulchu 1056 1550 7391	Vill.	1010	2120	7345
	Rest. Shop.	1016	2015	7351
LP 1059 1530 7394	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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