


TREKKING AND CANYONING IN WESTERN HAJAR

A beautiful and varied itinerary which takes you from Wadi Bani Awf to Wadi Mistal going through Jebel Akhdar. Short car transfers allow us to go for the most beautiful hikes of the area.

DAY 1 *(- Lunch - Dinner)*

 **Transfer Muttrah - Al Awabi (2 hours - 200 Km)**

 **Transfer Al Awabi - Balad Sit (1 hour - 40 Km)**

We drive in Wadi Bani Awf. We first cross villages and green palm gardens. We then drive over Wadi Zamah, also known as the Snake Canyon : it is a very narrow and deep canyon. An unforgettable drive...

✓ **Canyoning in the upper Snake Canyon (5 hours)**

The Snake Canyon is a very narrow canyon located in Wadi Bani Awf. In some parts of the canyon, you can touch both sides at the same time... not far from the beginning of the canyon it is required to abseil 2 times 20 meters. Then a nice descent alternating jumps, walk, and swim. Obviously, the ones who don't want to jump can always go down abseiling.

- Level 3*

 **Transfer Zamah - Bimah (0 hour 15 - 5 Km)**

 **Mountain hut Bimah**

A very nice and pleasant place to stay, located in the heart of Wadi Bani Awf, only a few steps from the Snake Canyon and 5 minutes drive (or 5 hours hike) from Balad Sit. It's a rustic but beautiful mountain hut with 4 dormitory (4 to 10 persons on bunkbeds), 2 private rooms, and 3 bathrooms with hot shower. Located in a natural and peaceful environment, you'll find in the garden many places to chill and relax after hiking...

Dormitory

Dormitories from 4 to 10 persons with bunkbeds and A/C. breakfast et dinner at the hotel

DAY 2 *(Breakfast - Lunch - Dinner)*

 **Transfer Bimah - Sharaf Al Alamain (1 hour - 30 Km)**

This drive off-road let us climb some 1000 meters in less than 10 km. It provides us with stunning views over Wadi Bani Awf.

✓ **Hike Balad Sit - Birkat Al Shraf (7 hours)**

It is a wonderful walk. We start from the main valley and walk up a very narrow gorge, at the end of which we discover the wonderful village of Balad Sit (which means the hidden village). We cross the village and start the steep climb up the cliff. The climb is steep, but it is an old path that has been equipped with steps a long time ago. 900 meters above the village, we arrive to a small pass where we have lunch. We then follow the ridge on the southern flank : it is a hilly terrain and we have splendid views on both sides. We finally arrive to Sharaf Al Alamain.

- Level 4*

- Walking time : 4 to 6 hours

- Height difference : +1300m/-250m

 **Transfer Sharaf Al Alamain - Qiyut (1 hour - 40 Km)**

 **Camping near Qiyut**

We camp in the mountain around 2200 meter high. This is a nice quiet place with great views over the valley of Nizwa and Tanuf.

Individual camping tent

DAY 3 (Breakfast - Lunch - Dinner)

✓ Hike from Qiyut to Ar rus (7 hours)

We start from Qiyut at about 2400 meters. We follow the ridge having stunning views over Wadi a Hijir and Wadi Bani Awf. We then cross several flat areas planted with giant juniper trees and wild olive trees. We finally walk up to a small pass from which we perceive Ar Rus, our arrival point.

- **Level 3***

- **Walking time : 5 to 7 hours**

- **Height difference : +700m/-900m**

 **Transfer Ar Rus - Juniper Plateau (0 hour 30 - 20 Km)**

Bivouac on Juniper Plateau

Great place for a bivouac! We are 2400m high in the center of the Jebel Akhdar. On a hilly plateau, we camp surrounded by giant juniper and wild olive trees.

Individual camping tent

DAY 4 (Breakfast - Lunch -)

 **Transfer Juniper Plateau - Al Manakhr (0 hour 45 - 35 Km)**

✓ **Hike from Jebel Akhdar to Wadi Mistal (6 hours)**

We start from the beautiful village of Al Manakhr located on Jebel Akhdar. We walk up to Wakan Pass and from there we have a stunning view over Wadi Mistal (also known as Gubrah Bowl). We walk down (always having great views) to the village of Wakan, where we enjoy the green terraces mainly planted with apricots and peaches.

- **Level 4***

- **Walking time : 4 to 5 hours**

- **Height difference : +250m/-900m**

 **Transfer Wakan - Nakhl (0 hour 50 - 50 Km)**

 **Transfer Nakhl - Muttrah (1 hour 30 - 120 Km)**

Difficulty level Trekking & Easy Walking

Level 1 No difficulty. Easy and short walks. Appropriate for anyone walking occasionally

Level 2 Easy hikes with elevation gain of less than 300 meters with no big terrain difficulty

Level 3 Hikes with an elevation gain from 300 to 800 meters. Appropriate for those who are used to walk in the mountain. The hikes mentioned Level 3 with a lesser elevation gain present terrain difficulties

Level 4 Hikes with an elevation gain from 800 to 1100 meters. For fit mountain hikers

Level 5 Long hikes with an elevation gain of more than 1000 meters and may require scrambling or easy climbing in some parts of the trail

❗ Difficulty level Canyoning & Aquatic hiking

For this activity, it is mandatory to be able to swim at least 100m

Level 1 Aquatic hiking not requiring any jump or abseiling

Level 2 Easy and short canyon descent with jumps of less than 3 meters which can be avoided abseiling

Level 3 Canyon descent with few meters high jumps and little technical abseiling

Level 4 Canyon descent lasting more than 5 hours with several meters high jumps and technical abseiling in waterfalls