



TREK AND DISCOVER

17/02/2024 - 28/02/2024

A tour with 2 multi-day hikes : one in the Eastern Hajar and one in Jebel Akhdar. But also the visit of 2 small cities and a short stay in the desert, and some wadis!




**WARNING :** This trip has 2 consecutive hiking days (days 10, 11) during which we do not find the car in the evening and thus do not have access too the main luggages.  
During those days, you'll have to carry your own personal belongings and water.  
We can store your main luggages during that time ; there is no safety issue...  
The night in between (day 10) is spent in comfortable accomodation : mattress, bedsheets, and blankets are provided.

Level 3	Tours which can include full-day hikes (up to 800 elevation gain) and not too difficult aquatic hikes.
Length	12 Day
START	17/02/2024 @ 08:30 AM Meet in front of Naseem Hotel (on Muttrah's cornice)
ENDS	28/02/2024 @ 06:00 PM We can drop you to your hotel, anywhere in Muscat
	5 Nights in accomodations (hotel, guesthouse, lodge, etc...)
	6 Nights wild camping (with tents, thick matrass, mats, dishes, cooking dear), comfortable (but with no toilets) with the assistance of vehicules
Prices per person	1000 OMR (2618 USD)
GROUP SIZE	3 To 7
Tour guided in	English
Guide	Naser (also speaks arabic)

## DAY 1

17/02/2024

- Lunch - Dinner

 Transfer to a wadi (1 hour 30 - 120 Km)

✓ **Walk and swim in a wadi (4 hours )**

We start with a refreshing swim in the vast pool down the village where we park. We then walk up the wadi around large boulders and across water pools until the canyons narrows to form very long pools. We swim there and go back the same way.

Warning : in some places, you might have to step in the water ; you shoes and pants might get wet...

- **Level 2\***

- **Walking time : 2 to 3 hours**

 Transfer to Tiwi (1 hour - 80 Km)

✓ **Short hike in the wadi through palm gardens (2 hours )**

We hike in the wadi, through the palm garden (which also hosts bananas, papayas, mango trees, lime, etc...) along the falaj to reach our camp site. Water flows in the river bed, flanks are covered by lush green gardens, dominated by steep cliffs.

- **Level 2\***

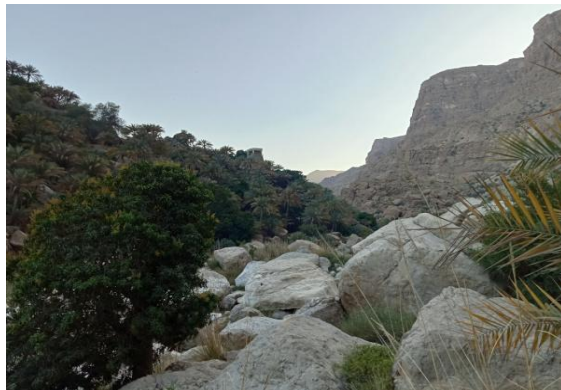
- **Walking time : 1 to 2 hours**



**Camping in the gardens**

We camp in a private garden in the wadi. The place is great and walking around late afternoon is great : superb views and lots of birds! For the moment, the place is very simple, but the owner plans to build toilets soon...

**Individual camping tent**





DAY 2

18/02/2024

Breakfast - Lunch - Dinner

✔ Hike in the wadi and swim in the canyon (6 hours )

A beautiful hiking day : we walk all the wadi long, mostly on paths and falajs in the gardens, sometimes across boulders in the wadi bed, and few short parts on the track. On the way, we cross several villages. After arriving in the last village, we can go for a swim in the canyon just down the village in the middle of the canyon.

- Level 3\*
- Walking time : 4 to 5 hours
- Height difference : +300m/-50m

🏠🏠🏠 Overnight in a private house

We spend the night in the majilis (guest room) of a private house in the village. We all sleep in the same room and we have own toilet and shower. Dinner and breakfast are prepared by people from the village. It's a chance to spend a night in a traditional village, but it's less comfortable and asks an effort on our behaviour with the local people.

**Dormitory Room**  
breakfast & dinner at the accomodation



**DAY 3**

19/02/2024

Breakfast - Lunch - Dinner

✓ **Hike from a wadi to another through the mountain (7 hours )**

We walk up to the plateau sirting around the cliffs above us. The views over the valley are superb. We reach the dry plateau and keep on walking up an down. We enjoy some excellen views towards the sea. Finally, we reach a main valley and we walk down to a suprising green oasis set on the flank foo the montain. From there, the views over this grand canyon are superb.

- **Level 4\***- **Walking time : 5 to 6 hours**- **Height difference : +800m/-400m****Overnight in the majilis of the village**

We camp in the majilis belonging to the mosque of the village : this is the place where men meet and sit to talk. As the village is now very little populated, the mosque agreed to rent it to us. It's a beautiful place in the middle of the gardens and we have bathroom. Decent clothing and behaoviouir are required...

**Camping**



DAY 4

20/02/2024

Breakfast - Lunch - Dinner

✔ Short hike to the village in the Wadi (2 hours )

We hike from a village at the flank of the mountain to the oasis we see in the bottom of the valley. The path in the cliffs offers us great views. And the arrival in the oasis is just wonderful : it is one of the most beautiful village of Oman, although it is not much known.

- Level 2\*
- Walking time : 1 to 2 hours
- Height difference : +0m/-200m

🚌 Transfer to Ibra (5 hours - 150 Km)

We drive on dusty roads across the high dry plateau. We pass several sheperd's hamlets and stop to see interesting archeological remains : tombs dating back -2000 B.C. in the shape of conical towers. We then drive down on the southern slope with stunning views. Finaly we find the road which takes us to Ibra.

🏠🏠🏠 Appartment hotel

Standard Room




**DAY 5**

21/02/2024

Breakfast - Lunch - Dinner

## ✔ Visit of Ibra Souq (1 hour )

 Transfer to our campsite in the desert (1 hour - 70 Km)

## ✔ Sunset in the dunes (1 hour )

We start a walk across the dunes in late afternoon. The heat isn't too strong anymore and the sunlight is the more beautiful. The setting sun always gives changing colour to the sand and the shades. This a great unforgettable time.

**- Level 1\*****Camping in Wahiba Sands***Individual camping tent*



**DAY 6**

22/02/2024

Breakfast - Lunch - Dinner

✓ **Hiking in the Wahiba Sands (6 hours )**


We start walking early morning when the sun is not too strong. We walk some 3-4 hours in this wonderful landscape of sand dunes. Around twelve, when the sun reaches its highest point, we stop to have lunch and rest under the shade. At the end of the afternoon we start walking again around our camp to see sunset. In the desert, the walking time is only informative and we can adapt the length of the stages according to the group.

**- Level 3\*****- Walking time : 4 to 5 hours****- Height difference : +100m/-100m****Camping in Wahiba Sands***Individual camping tent*


## DAY 7

23/02/2024

Breakfast - Lunch - Dinner

 Transfer to a wadi (1 hour 30 - 80 Km)✓ **Aquatic hiking in a wadi of the Eastern Hajar (5 hours )**

An easy quatic hike in one of the most beautiful wadis of oman. We start from an oasis in the valley. We walk across its luxuriant palm garden to reach he entrance of the garden. We then walk between large boulders to arrive to 2 wonderful pools with waterfalls. In one of these we can jump from 10 meters. We keep on walking in the water and the swim several long pools (until 300 meters). The valley then widens and we discover another oasis.

**- Level 1\*****- Walking time : 3 to 5 hours** Transfer to Nizwa (3 hours - 250 Km)**Beautifull hotel with simple comfort**

A beautiful hotel located in an old quarter of Nizwa, just behind the souk. It's a complex of several old houses which have been renovated with a lot of taste.

**Standard Room***breakfast at the accomodation*



## DAY 8

24/02/2024

Breakfast - Lunch - Dinner

✓ **Souq of Nizwa (1 hour 30)**

Nizwa is a major city of Oman located at the foot of the mountains in the interior. In the past it was the capital of the country and remains the cultural center of the country for mountain people. The Souq was rehabilitated some 15 years ago. Friday is the market day, called 'Souq Al Jumaa', and brings visitors from the nearby mountains as well as Bedouins from the desert side. The livestock souq is particularly worth a visit. But you find also the fish souq, vegetable souq, meat souq, as well as some people selling mountain honey, dates, incense, and anything you might need.

🚌 Transfer to a wadi flowing down from Jebel Akhdar (1 hour - 70 Km)

✓ **Hike up to Jebel Akhdar (4 hours)**

A pleasant and gentle hike. We walk sometimes in the bottom of the wadi and sometimes on old paths a little up. There is a stream flowing and some pools are just big enough for a refreshing bath. After 2 hours walk we cross abandoned gardens. The rocks are wonderful : we walk on wide layers of purple and green clay. We finally arrive to a village surrounded by impressive huge cliffs and here is the car track.

- **Level 2\***

- **Walking time : 2 to 3 hours**

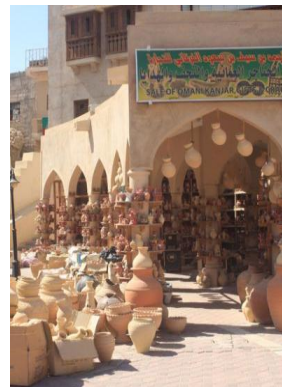
- **Height difference : +300m/-50m**

🚌 Transfer to a plateau covered with juniper trees (1 hour - 40 Km)

**Camping on a high plateau**

2400m high in the center of the Jebel Akhdar, surrounded by giant juniper and wild olive trees. A few steps away, you can enjoy great views over the valleys of the northern slope.

*Individual camping tent*






## DAY 9

25/02/2024

Breakfast - Lunch - Dinner

 Transfer to a high village (0 hour 30 - 15 Km)✓ **Hike to a remote palm garden in a canyon (6 hours )**

We start from a village located at an height of 2000 m and we walk the same way as the villagers who go work in the gardens, some 700 meters down. After 2 hours walk we finally discover the gardens where grow palm, lime, banana tree, garlic, and sweet potatoes. The place is really beautiful. We come back another way to another village located on the plateau.

**- Level 3\*****- Walking time : 4 to 5 hours****- Height difference : +500m/-650m** Transfer to a high troglodyte settlement (0 hour 45 - 20 Km)**Mountain guesthouse**

Overnight in a beautifully renovated guesthouse in an old troglodyte village. The village is built under a cliff.

**Standard Room**

*breakfast & dinner at the accomodation*





**DAY 10**

26/02/2024

Breakfast - Lunch - Dinner

**No access to the car and to the main luggages in the evening**✓ **Hike in the mountain (7 hours )**

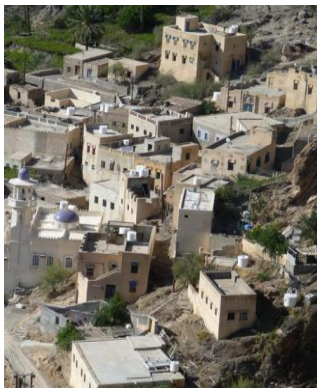
A nice hike, not too much difficult, except one very steep descent, which take us from the plateau to a valley forming a big amphitheater. We start at a village located at 2200m above sea level, where pomogranates and wallnuts do particularly well, and use a path on the flank of the mountain which offers spectacular views over several valleys of the northern slope. We finally reach a pass where we discover the big amphitheater-like valley in which lays our arrival point : a village located at an height of 1400m, where main grown trees are apricots and peaches.

**- Level 3\*****- Walking time : 5 to 6 hours****- Height difference : +450m/-800m****Guesthouse in a mountain village**

A nice Guesthouse, very well located at the entrance of the village, and with superb view over the valley

**Standard Room**

*breakfast & dinner at the accomodation*





## DAY 11

27/02/2024

Breakfast - Lunch - Dinner

We meet the car and find luggages after the hike

## ✓ Hike up to Jebel Akhdar (6 hours )

We start in a village located at 1400m. We start climbing across the terraces planted with apricots, onions, pomogranates, and lime trees. We then follow the falaj and climb steeply toward a small pass. All along the steep climb we have stunning views over the amphiteater-like vallley we come from. After the pass a gentle walk in a landscape typical of Jebel Akhdar leads us to a high village.

- **Level 3\***

- **Walking time : 4 to 6 hours**

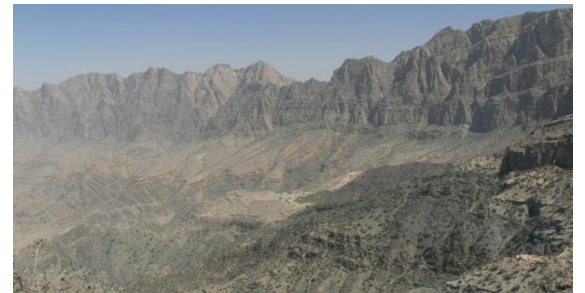
- **Height difference : +800m/-500m**



## Camping high in the mountain

We set up our camp not far from a village, at an height of 1900m.

***Under the stars***





DAY 12

28/02/2024

Breakfast - Lunch -

✔ Hike down from Jebel Akhdar (6 hours )

A very nice hike in a wild and little visited valley of jebel Akhdar. We walk down the plateau to the Samail Gap. Views are stunning durign the main descent and the last part in the wadi with wild palm trees, waterpools and the old falaj (water chanel) is delightfull

- Level 3\*
- Walking time : 4 to 6 hours
- Height difference : +100m/-1300m

🚌 Transfer to Muttrah (1 hour 15 - 120 Km)



### **① Difficulty level Hiking & Easy Walking**

<b>Level 1</b>	No difficulty. Easy and short walks. Appropriate for anyone walking occasionally
<b>Level 2</b>	Easy hikes with elevation gain of less than 300 meters with no big terrain difficulty
<b>Level 3</b>	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
<b>Level 4</b>	Hikes with an elevation gain from 800 to 1100 meters. For fit mountain hikers
<b>Level 5</b>	Long hikes with an elevation gain of more than 1000 meters and may require scrambling or easy climbing in some parts of the trail

### **① Difficulty level Canyoning & Aquatic hiking**

	For this activity, it is mandatory to be able to swim at least 100m
<b>Level 1</b>	Aquatic hiking not requiring any jump or abseiling
<b>Level 2</b>	Easy and short canyon descent with jumps of less than 3 meters which can be avoided abseiling
<b>Level 3</b>	Canyon descent with few meters high jumps and little technical abseiling
<b>Level 4</b>	Canyon descent lasting more than 5 hours with several meters high jumps and technical abseiling in waterfalls