# **MOUNTAINS AND CANYONS**

25/02/2024 - 07/03/2024

A beautiful 7-days trek on the northern side of the Western Hajar and along the ridge, a day rest in the layed back town of Nizwa, followed by aquatic hikes in some of the finest wadis of the Eastern Hajar.



WARNING : This trip has 2 consecutive hiking days (days 3 & 4) during which we do not have access to the car and to the main luggages.

The overnight inbetween (Day 3) is a bivouac and we sleep UNDER THE STARS.

A donkey brings us drinking water on the bivouac for the night and following day.

During those days, you'll have to carry your own personal belongings and water, as well as your sleeping pad and sleeping bag.

We can store your main luggages during that time ; there is no safety issue...

Level 4	Tours which can include demanding hikes (up to 1200m elevation gain), aquatic hikes and canyoning.
Length	12 Day
START	25/02/2024 @ 08:30 AM
	Rendez vous devant l'hotel Naseem (a Mutrah, Mascate)
ENDS	07/03/2024 @ 06:00 PM
	Nous pouvons vous deposer a votre hotel n'importe ou a Mascate
\$\$\$	7 Nights in accomodations (hotel, guesthouse, lodge, etc), of which 2 are in local houses with rustical comfort.
态态态	3 Nights wild camping (with tents, thick mattrass, mats, dishes, cooking dear), comfortable (but with no toilets) with the assistance of vehicules
***	1 Nights camping under the stars, with minimum equipment, without assistance of vehicules
Prices per person	950 OMR (2487 USD)
GROUP SIZE	3 To 7
Tour guided in	Francais
Guide	Antoine (Parle aussi Espanol, Deutsch, English, Arabi)

25/02/2024

#### Transfer to a mountain village (3 hours - 225 Km)

#### ✓ Hike across mountain villages (4 hours)

The main valley forms a hughe amphitheater overlooked by the noth face of Jebel Shams which offers huge cliffs of sometimes more than 2000m. We walk along centuries old paths (some of them are in a bad state and some spots can be a bit difficult) linking remote villages. We pass 3 villages before arriving to our camp.

- Level 3\*
- Walking time : 3 to 4 hours
- Height differrence : +200m/-400m

# **渝 渝 渝 Camping the valley**

DAY 1

A wonderful campsite with unbelievable views over the north face of Jebel Shams Individual camping tent



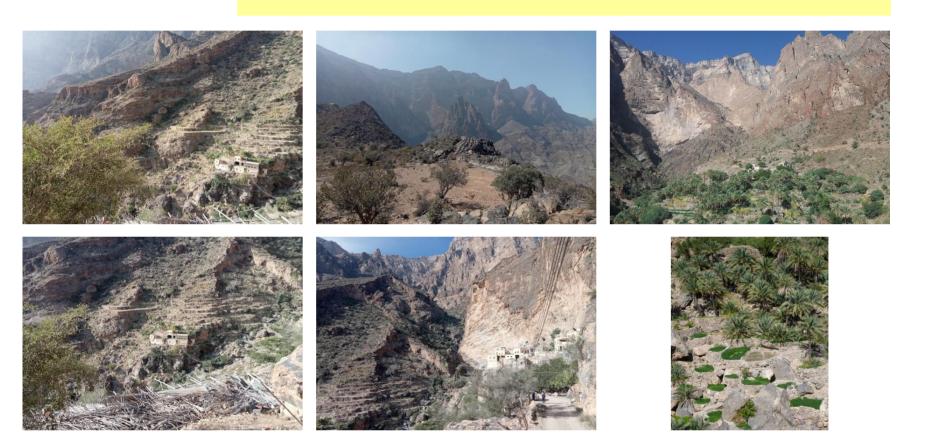
Some few passages might be a bit difficult. - Level 4\*

- Walking time : 4 to 5 hours
- Height differrence : +700m/-400m

## Representation of the second s

We sleep in a mountain village which is now inhabited by only one family. We rent a traditional house located little aside where we have several rooms to share and a bathroom. Comfort is basic. If the house is not available, we camp on the terraces near the village.

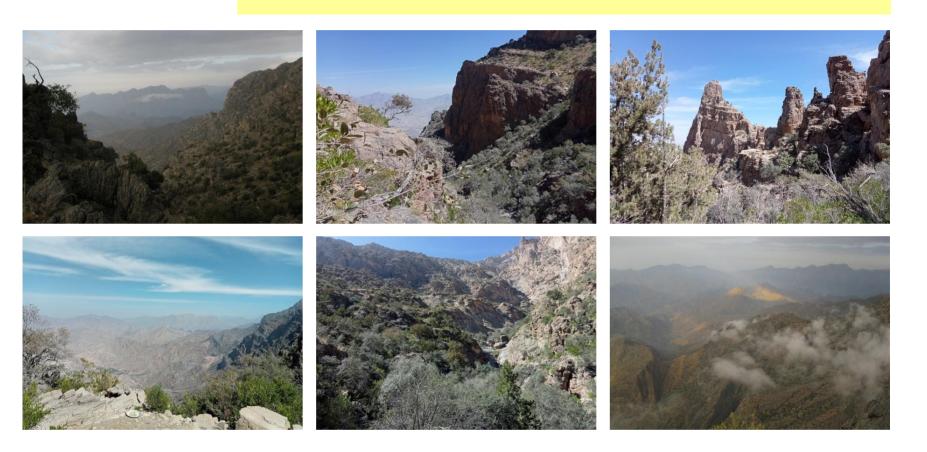
Dormitory room



DAY 3	27/02/2024	Breakfast - Lunch - Dinner
DATS		We do not have access to the car and to the main luggages in the evening
	Hike towa	rd the ridge (8 hours )
	be a bit n suprisingly	hike today : we start to hike up the cliffs of the rock amphitheater, mainly on a good path (but some parts can hore difficult, and on a few places the path does not exist anymore). We hike up a gully which hosts a r high number of trees for Oman, which attracts brids. We then follow a balcony path which over great views. or lunch near a spring and continue the balcony path before a last ascent to reach our bivouac spot on the s.
		- Level 4*
		- Walking time : 5 to 6 hours - Height differrence : +1100m/-100m

# Bivouac high in the mountain

We camp at a pass located at an height of 2200m. Food and water supply are brought by a donkey. *Under the stars* 

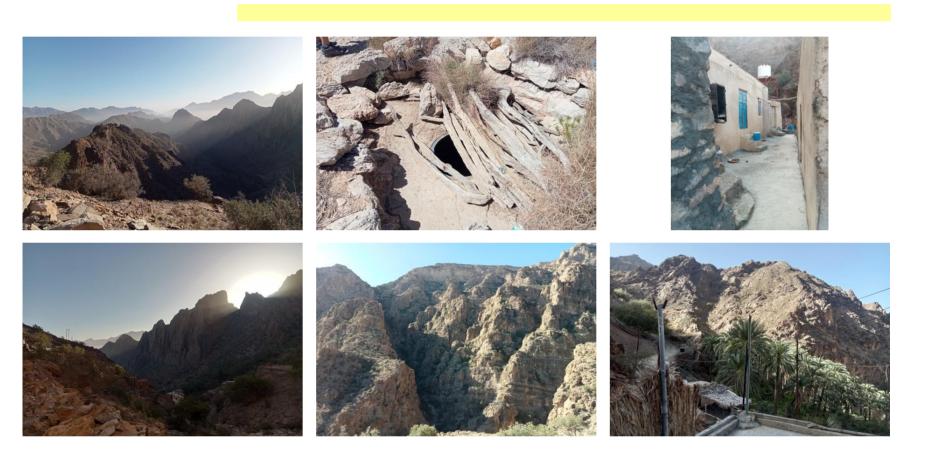


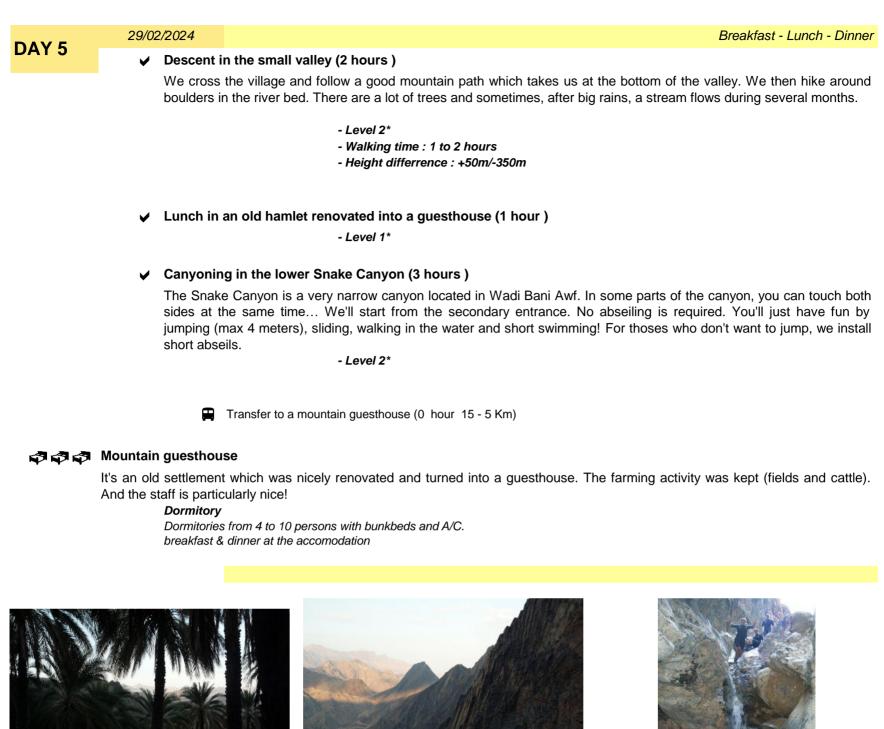
DAY 4	28/02/2024	Breakfast - Lunch - Dinner
		We find the car and the main luggages after the hike
	✓ Hike alng	the main ridge and down to another valley (6 hours )
	Shams to the hike o	bivouac, we start hiking following the main ridge up and down. On clear days, we have great views from Jebel Jebel Akhdar on the southern side and from Wadi Sahtan to Wadi Mistal on the northern side. We then start lown. Views are really great! The way is not always easy, sometimes on a good path, and sometimes with no finaly reach the village lying at an height of 1200m, of which we cross part of the gardens.
		- Level 4*
		Walking time 14 to 5 hours

- Walking time : 4 to 5 hours
- Height differrence : +300m/-1200m

## 🔊 🟟 🖓 🕐 Overnight in a private house

We sleep in the house of our friend in a mountain village which is now not inhabited full time. We have 3 rooms where we can sleep and a newly built bathroom. We can also sleep outside under the stars... *Dormitory Room* 







03/01/2024

#### Breakfast - Lunch - Dinner

# DAY 6

✓ Hike through mountains and villages (5 hours)

We walk in the river bed with many trees and birds (sometimes also a stream) and then find a good path which climbs in the mountain and takes us to a first small village. We then walk our way up through the palm gardens and reach a very narrow path. From there we see another bigger village. We walk down to the village and enjoy a tour in the gardens. We finaly find a very narrow gorge which we follow until we reach the main road of the valley.

- Level 3\*
- Walking time : 4 to 5 hours
- Height differrence : +600m/-500m

## n 🖓 🧬 🖓 Mountain guesthouse

Simple but pleasant guesthouse in a wonderful spot Shared Room Dormitory with maximum 4 beds per room. breakfast & dinner at the accomodation



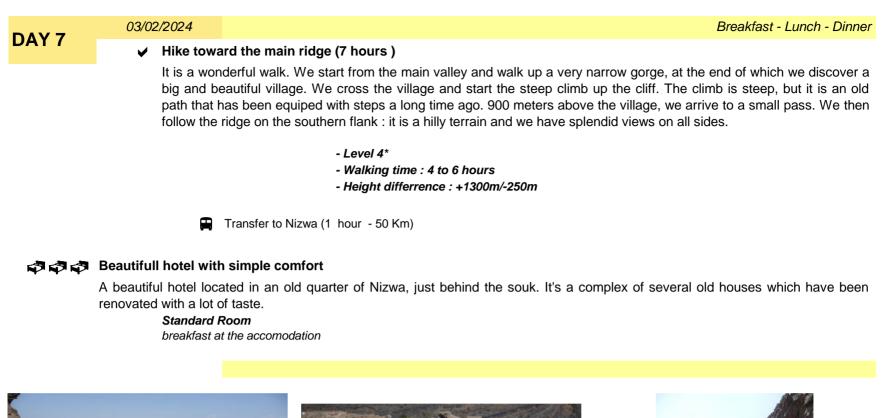




















DAY 8	03/03/2024	Breakfast -	-
	✓ Free day i	n Nizwa (8 hours )	
	the city on and famou	est in Nizwa. You stay 2 nights in the same hotel in the town center, which makes it very easy for yo your own. You'll go for sure in the souq : on Friday morning, the weekly market takes place and is v us (early morning, you can see the folkloric goat market) ; on other weekdays, shops are still of the forwer takes the source of the so	ery busy pen and

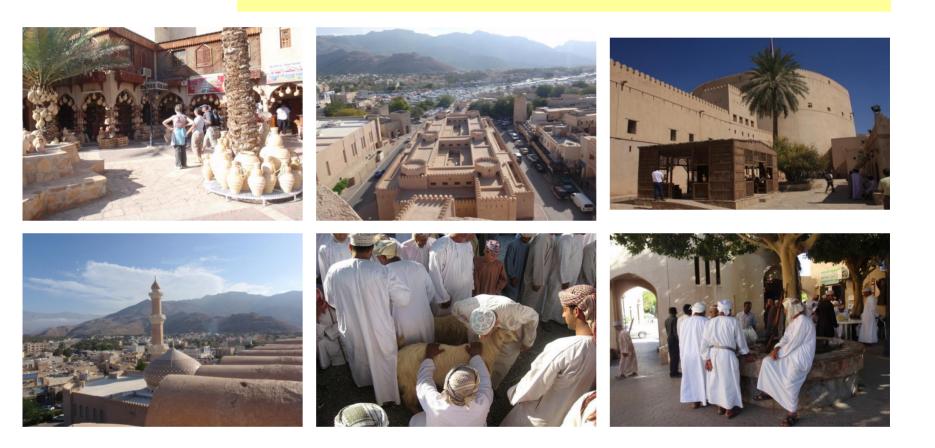
and famous (early morning, you can see the folkloric goat market) ; on other weekdays, shops are still open and sometimes a few other vendors come to sell their production, but it's much more calm and quiet. You can also visit the fort (fees) which hosts in the basements (the former jails) a small museum. Early afternoon (until about 4PM), shops are closed. They open again late afternoon and close rarely before 9 PM. Late afternoon, fish arrives from the coast and is sold in a corner of the souq. You can also opt for a guided city tour organised by your hotel (and with fees) : it is an historical city, several times capital of the country, always an important cultural center, and which hosts some Mosques dating back to the first years after Hegire.

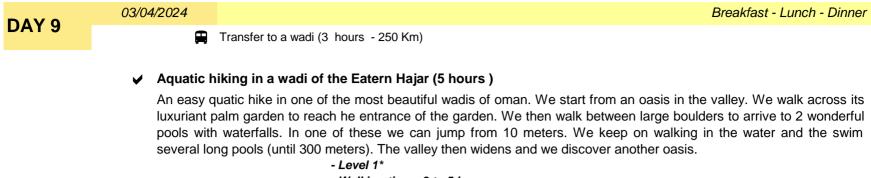
# 🖚 🟟 🕼 Beautifull hotel with simple comfort

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





- Walking time : 3 to 5 hours

# Camping at the foot of the mountains Individual camping tent



03/05/2024

**DAY 10** 

Transfer to Sur (1 hour - 100 Km)

#### ✓ Visit of the city of Sur (2 hours)

Sur is a big city living quietly. It is built on the seashore and extends along a wonderful lagune. It was famous in the past for the naval construction. This traditional industry is declining but there is still one factory which produces wondeful traditional arabic dhows. We stop to visit it. We then walk up to a watch tower from which we have the best view over the city.

Transfer to Tiwi (0 hour 45 - 60 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

# **渝渝渝** 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 toitlets soon... Individual camping tent



DAY 11	03/06/2024	Breakfast - Lunch - Dinner
	✓ Hike	n 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 boulder 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 differrence : +300m/-50m

## Hotel facing the sea

A nice small hotel very well located, just before the village of Tiwi, in front of the sea, and at the entrance of Wadi Tiwi. The hotel has a swimming pool and a garden.

Standard Room

Modern and comfortable room with private bathroom.

breakfast at the accomodation













03/07/2024

Breakfast - Lunch -



Transfer to a wadi (0 hour 30 - 60 Km)

### ✓ Aquatic hiking in a wadi of the Eastern Hajar (7 hours)

Transfer to Muttrah (1 hour 30 - 130 Km)

We start in the last village of the valley. Already at the end of the track is a wonderful pool and a small waterfall. From the cliff a 5 meters jump is possible. We then start the walk. Quickly we find flowing water and walk across large boulders. The canyon then narrows and we have to swim across several pools (it is possible to jump there also). The valley widens a little and narrows again. We swim again and arrive to the end of the canyon : a high waterfal, large pool, and huge boulders...We come back the same way.

- Level 1\* - Walking time : 4 to 6 hours













		Difficulty level Hiking & Easy Walking
Level 1		No difficulty. Easy and short walks. Apporpriate for anyone walking occasionaly
Level I		
Level 2		Easy hikes with elevation gain of less than 300 meters with no big terrain difficulty
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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
	1	Difficulty level Canyoning & Aquatic hiking
		For this path its it is manufatory to be able to envire at least 400m
		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