



TREKKING IN EASTERN HAJAR

14/01/2024 - 18/01/2024

A great 5-days trek in mountains, wadis, and palm groves. Great landscapes, beautiful villages, and a very local experience! Hiking every day from one place to another, but taking time to appreciate the places we cross.




Level 3	Tours which can include full-day hikes (up to 800 elevation gain) and not too difficult aquatic hikes.
Length	5 Day
START	14/01/2024 @ 08:00 AM Meet in front of Naseem Hotel (on Mutrah's Corniche, Muscat)
ENDS	18/01/2024 @ 06:00 PM We can drop you to your hotel, anywhere in Muscat
 	2 Nights wild camping (with tents, thick matrass, mats, dishes, cooking dear), comfortable (but with no toilets) with the assistance of vehicules. Usualy tarticipants pitch their tent by themselves while we set up the collective camp 2 Nights in homestays with sometimes very rustic comfort.
Prices per person	420 OMR (1099 USD)
GROUP SIZE	3 To 7
Tour guided in	English
Guide	Naser (Also speaks Arabi)

DAY 1

14/01/2024

- 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

15/01/2024

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 (decence and humility) with the local people.

Dormitory Room

breakfast & dinner at the accomodation



DAY 3

16/01/2024

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 excelletn 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 village**

According to the organisation of our hosts, we might camp in the majilis belonging to the mosque of the village. As the village is now very little populated, the inhabitants agreed to rent it to us. It's a beautiful place in the middle of the gardens and we have bathroom. If our hosts are in the village when we come, they will host us in their private house. It's a modern house, but with very rustic comofrt, which has a wonderful view over the valley. Decent clothing and behaaviour are required...

Camping

DAY 4

17/01/2024

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**✓ **Walk through the garden and in the wadi (3 hours)**

We walk through the garden to reach the spring of the falaj. We then walk up in the wadi and discover several water pools of clear water. Unfortunately, we cannot swim there because the water is used for drinking... but we drink a tea in this nice place...

- **Level 2***- **Walking time : 1 to 2 hours****Camping in the wadi, near the village***Individual camping tent*

DAY 5

18/01/2024

Breakfast - Lunch -

✓ Hike down to the sea (7 hours)

We start from the village which we leave quickly. We first walk in the wadi around big boulders for several kilometers. Finally, we hike up to reach the plateau and then follow a long path going up and down until we hike down to the wadi again. When we reach the wadi bed, we find again gardens and lots of water. We stop for a swim in a very beautiful (thus very touristic!) spot and we finally reach the sea.

- **Level 3***

- **Walking time : 5 to 6 hours**

- **Height difference : +200m/-800m**

🚌 Transfer to Muttrah (1 hour 45 - 160 Km)



① Difficulty level Hiking & 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