

WESTERN HAJAR & RUB AL KHALI

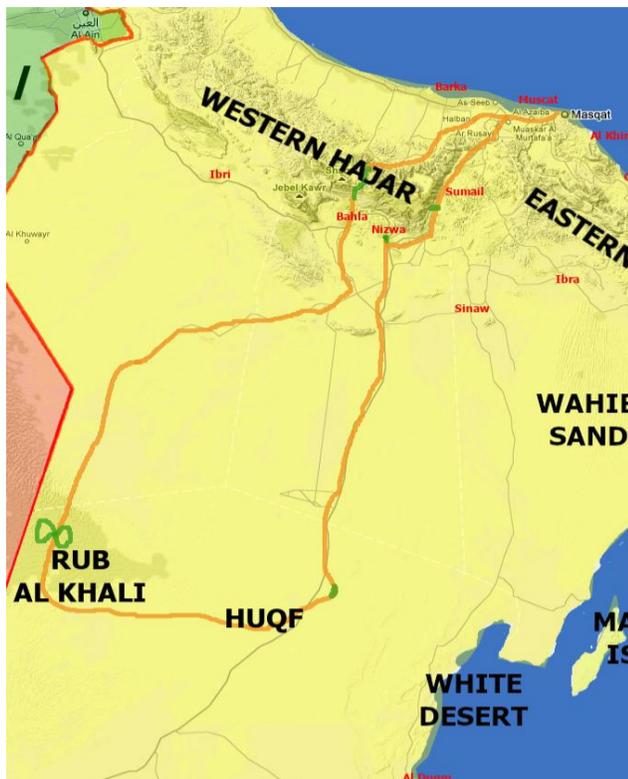
19/01/2025 - 26/01/2025

A beautiful trip for lovers of wild open spaces : a 3-days trek crossing the Western Hajar mountain range, and 2 days / 3 nights in the middle of the high red dunes of the Rub Al Khali desert.



Level 4	Tours which can include demanding hikes (up to 1200m elevation gain), aquatic hikes and canyoning.
Length	8 Day
START	19/01/2025 @ 08:00 AM Meeting in front of Naseem Hotel (Mutrah Corniche, Muscat) We might also be able to pick up you directly from your hotel... just ask when booking...
ENDS	26/01/2025 @ 06:00 PM We can drop you anywhere in Muscat (hotel, airport, bus station, private house...)
	4 Nights in accomodations (hotel, guesthouse, lodge, etc...)
	3 Nights wild camping (with tents, thick matrass, mats, dishes, cooking gear), comfortable (but with no toilets) with the assistance of vehicules. Usualy tarticipants pitch their tent by themselves while we set up the collective camp
Price per person	650 OMR (1702 USD)
GROUP OF	3 To 10
Tour guided in	English
Guide	

Itinerary Wadi Bani Awf - Misfat Al Abreyeen - Rub Al Khali Desert - Nizwa



Nota sobre la transportacion del equipaje We have vehicules ; so luggages are always transported by car. You only have to carry day-pack while hiking.

About Desert We usually go for a hike of 3 to 5 hours in the morning. Heat and soft sand can make it a bit difficult. Late afternoon, we go for another walk around the camp from 1 to 2 hours. It is always possible for someone not to do the walk and stay at the camp or go for a shorter walk. On the other hand, the ones who want to walk more can go erlier in the afternoon and do a longer tour alone. In the desert, we'll have one single camp site for 3 nights. On the camp, we set up a big tent (pictures below) to have shade at noon and to protect us in case of sandwind.



DAY 1

19/01/2025

- Lunch - Dinner

 Transfer to Al Awabi (2 hours - 200 Km)

✓ **Hike through mountains and villages of Wadi Bani Awf (5 hours)**

➤ *Wadi Bani Awf*

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 finally 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 difference : +600m/-500m**

 **Mountain guesthouse**

Simple but pleasant guesthouse in a wonderful spot

Standard Room

breakfast & dinner at the accomodation



DAY 2

20/01/2025

Breakfast - Lunch - Dinner

✓ **Hike toward the main ridge and Sharaf Al Alamain Pass (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 a big and beautiful 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. We then follow the ridge on the southern flank : it is a hilly terrain and we have splendid views on all sides.

🏠 *Wadi Bani Awf*

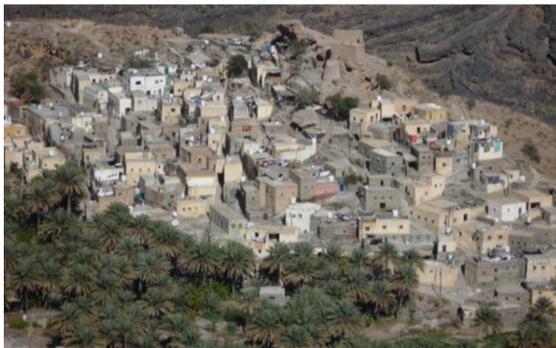
- Level 4*
- Walking time : 4 to 6 hours
- Height difference : +1300m/-250m

🏠🏠🏠 **Mountain hotel**

Hotel located at an height of 2000m, near a pass

Deluxe Room

breakfast & dinner at the accomodation



DAY 3

21/01/2025

Breakfast - Lunch - Dinner

✓ **Hike down on the southern slope to Misfat Al Abreyeen (7 hours)**➤ *Misfat Al Abreyeen*

We start from a pass at an height of 2000m. We first walk along the ridge on the southern flank, from where we have exceptional views on both sides. We then start the descent full of diversity : we cross small wadis, walk on slabs, see hamlets and finally arrive to a canyon from where we can see our arrival point : an old village with plenty of cultivated terraces hanging on the flank of the mountain. The last descent is steep but the arrival in the village and its palm grove reward us : after the mineral environment of the walk we arrive in a luxuriant vegetation and walk on the aflaj (irrigation chanel) in which clear water coming from the mountain is flowing...

- **Level 3***- **Walking time : 4 to 6 hours**- **Height difference : +150m/-1150m**🏠🏠🏠 **Guesthouse in a palm grove**

It's an old village in a splendid terraced palm grove. The old houses have been left from most of the inhabitants who built modern houses aside, and are now renovated mostly for touristic use. The guesthouse is located a few minutes walk away from the parking ; so, please plan a small bag with only the stuff you need for that night. Also, to respect the inhabitants of the village, it is forbidden to bring alcohol in the village and to smoke inside the house ; we thank you in advance for respecting these rules!

Standard Room*breakfast & dinner at the accomodation*

DAY 4

22/01/2025

Breakfast - Lunch - Dinner

 Transfer to a salt desert (Umm As Samim) (3 hours 30 - 300 Km)
We drive a boring road, but we see oil and gaz plants on the way.

✓ **Stop in the Salt Desert of 'Umm As Sammim' (0 hour 30)**

 *Rub Al Khali Desert* In arabic, 'Umm As Sammim' means 'the mother of poisons'. It is a very dry and plane stretch of salt. It is very unhostipable for life and there is no vegetation. We stop in this weird place to have a look at the salt crust.

 Transfer to Rub Al Khali (1 hour - 80 Km)

We enter the Rub al Khali. The further we drive, the higher are the dunes which form a wonderful landscape.

✓ **Climb of a sand dune (1 hour)**

 *Rub Al Khali Desert* We walk to the top of one of the high sand dunes of Rub al Khali. The higher we get the nicer is the view. While walking down we might have the dune sing.

- **Level 2***

- **Walking time : 0 to 1 hours**

- **Height difference : +100m/-100m**



Camping in the desert

We set our camp at the foot of the huge dunes of the Rub Al Khali

Individual camping tent



DAY 5-6

23/01/2025 to 24/01/2025

Breakfast - Lunch - Dinner

✓ **Hiking in Rub al Khali (8 hours)**➤ *Rub Al Khali Desert*

Morning, we start walking from our camp. We climb several high dunes which surround us : the ascent is sometimes exhausting, but the descent is quick and fun and gives us sometimes the opportunity to have the dune sing. Around noon, we walk back to our our camp and have lunch and rest under a shady place. Late afternoon, we climb another huge dune to get to its summit and enjoy a wonderful sunset at the top.

- **Level 2 & 3***- **Walking time : 4 to 6 hours**- **Height difference : +250m/-250m****Camping in the desert**

We set our camp at the foot of the huge dunes of the Rub Al Khali

Individual camping tent



DAY 7

25/01/2025

Breakfast - Lunch - Dinner

✓ **Morning walk in the dunes (2 hours)**🏜️ *Rub Al Khali Desert*

this morning, we climb one of the big dunes and enjoy a last view over this sea of sand...

- Level 2 & 3*
- Walking time : 1 to 2 hours
- Height difference : +150m/-150m

🚌 Transfer to Nizwa (6 hours - 490 Km)

🏠🏠🏠 **Beautiful 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

26/01/2025

Breakfast - Lunch -

Nizwa

✓ **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 canyon flowing down from Jebel Akhdar (1 hour - 70 Km)

✓ **Short hike in a wadi going from Jebel Akhdar (1 hour 30)**

We walk on the falaj (irrigation system) and enter a very narrow gorge. The surrounding are beautiful. We walk up the gorge until we arrive to a lovely little pool. It is tempting to have a swim, but the inhabitants of the village down drink the water of this spring and thus, we can just enjoy the place with our eyes...

- **Level 1***

- **Walking time : 0 to 1 hours**

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

🚌 Transfer to Muttrah (1 hour - 100 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