

## DISCOVER AND ADVENTURE IN THE HEART OF AL HAJAR MOUNTAINS

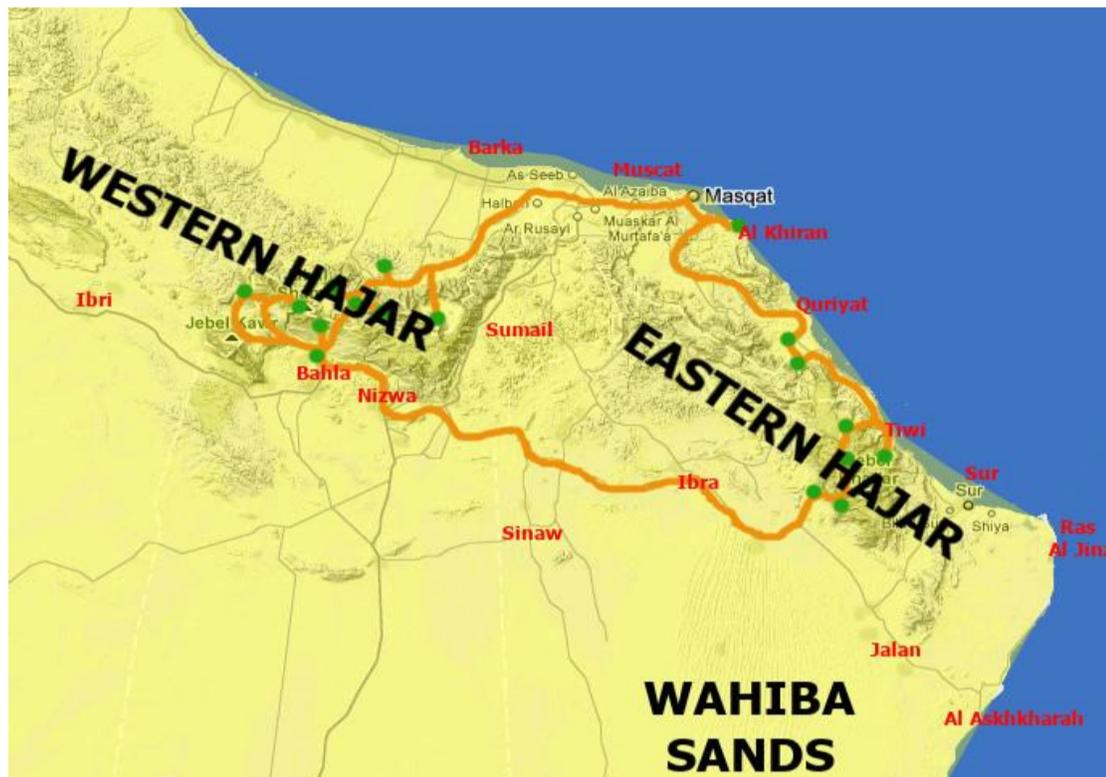
23/02/2025 - 06/03/2025

An itinerary largely off the beaten track to discover in depth the 2 main mountain ranges of Northern Oman : the Western and Eastern Hajar. In the heart of nature and traditions!



<b>Level 2</b>	Quite easy tours with easy hikes (no more than 4 hours walking and 300m height difference). These tours might include swimming but no aquatic hike nor canyoning. There is always the option, for the participants who wish it, not to do the walk ; when possible, an alternative program can be offered to them ; otherwise, they will wait in a beautiful spot.
<b>Length</b>	12 Day
<b>START</b>	23/02/2025 @ 08:00 AM Meeting in front of Naseem Hotel (Mutrah Corniche, Muscat) We might be able to pick up you directly from your hotel ; just ask when booking...
<b>ENDS</b>	06/03/2025 @ 06:00 PM We can drop you anywhere in Muscat (Hotel, Airport, Bus Station, Private House...)
	4 Nights in accomodations (hotel, guesthouse, lodge, etc...)
	7 Nights wild camping (with tents, thick matrass, mats, dishes, cooking gear), comfortable (but with no toilets) with the assistance of vehicles. Usually participants pitch their tent by themselves while we set up the collective camp
<b>Price per person</b>	<b>850 OMR (2225 USD)</b>
<b>GROUP OF</b>	<b>3 To 8</b>
<b>Tour guided in</b>	English
<b>Guide</b>	

<b>Itinerary</b>	Wadi Mistal - Lowhills - Wadi Sahtan - Wadi Bani Awf - Wadi Bani Kharus - Al Hamra - Misfat Al Abreyeen - Jebel Shams - Nizwa - Wadi Bani Khalid - Eastern Hajar's Plateau - Wadi Tiwi - Wadi Al Arbeyeen - Bandar Khayran
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<b>Nota sobre la transportacion del equipaje</b>	We have vehicules ; so luggages are always transported by car. You only have to carry day-pack while hiking.
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**DAY 1**

23/02/2025

- Lunch - Dinner

🚌 Transfer to a foothill wadi (2 hours - 180 Km)

🚌 Transfer to Wadi Mistal (0 hour 50 - 50 Km)

✓ **Short walk in the mountain oasis of Wakan (1 hour )**

➤ *Wadi Mistal*

We have a round in the village, located at 1400m, at the far end of a valley in shape of an amphitheater. The village and its garden are built on the cliff. We walk across the old village and the terraces where grow garlic, onions, apricots, lime trees, etc... Apricots are the main crop and it's especialy beautiful in spring when they flower.

- Level 1\*

- Walking time : 1 to 2 hours

- Height difference : +50m/-50m

🚌 Transfer to a foothill wadi (0 hour 40 - 50 Km)

✓ **Small walk in a valley of the foothills (2 hours )**

➤ *Lowhills*

This is a nice very typical valley of the foothills. On our way, we'll see magnesian springs which colour some of the pools in white. This valley runs in the middle of unusual rocks, called ophiolite and which originate from the oceanic floor : a journey up this valley is like a trip to the depth of the earth. The water is here flowing all year long, and we find some small pools to refresh..

- Level 1\*

- Walking time : 1 to 2 hours



**Camping in a wadi of the foothills**

Nice place with the river near and the massiv hills of ophiolite

**Individual camping tent**



**DAY 2**

24/02/2025

Breakfast - Lunch - Dinner

🚌 Transfer to Ar Rustaq (1 hour - 70 Km)

✓ **Short walk in Wadi Sahtan (2 hours )**

🏠 Wadi Sahtan

We have a walk in the heart of Wadi Sahtan, on a small plateau towards a beautiful oasis. The views over the cliffs of the cirque are great ; above all over the northern face of Jebel Shams. At then end of the small plateau is a beautiful small village surrounded by gardens.

- Level 2 & 3\*
- Walking time : 1 to 1 hours
- Height difference : +50m/-50m

🚌 Transfer to a mountain village in Wadi Bani Awf (1 hour - 35 Km)

✓ **Descent in the small valley (2 hours )**

🏠 Wadi Bani Awf

We cross the village and follow a good mountain path which takes us at the bottom of the valley. We then hike around boulders in the river bed. There are a lot of trees and sometimes, after big rains, a stream flows during several months.

- Level 2\*
- Walking time : 1 to 2 hours
- Height difference : +50m/-350m

🏠🏠🏠 **Mountain guesthouse**

It's an old settlement which was nicely renovated and turned into a guesthouse. The farming activity was kept (fields and cattle). And the staff is particularly nice!

**Dormitory**

*Dormitories from 4 to 10 persons with bunkbeds and A/C.  
breakfast & dinner at the accomodation*



**DAY 3**

25/02/2025

Breakfast - Lunch - Dinner

 Transfer to Wadi Bani Kharus (2 hours - 65 Km)

✓ **Hike in Wadi Bani Kharus through villages, palm gardens, and mountain (4 hours )**

➤ *Wadi Bani Kharus*

We walk in the wadi and on the luxuriant terraces of the palm gardens. The path then heads along the valley, goes up to a small pass and down to an isolated palm garden. The inhabitants of the village where we started the hike come there regularly to take care of the cultures and of the falaj (traditional irrigation system). The entrance in the gardens is now private, so we stop just before and have lunch near the stream and we come back using the same way...

- Level 2\*
- Walking time : 2 to 4 hours
- Height difference : +300m/-300m

 Transfer to Balad Sit (2 hours 30 - 70 Km)

✓ **Short walk in the mountain oasis of Balad Sit (2 hours )**

➤ *Wadi Bani Awf*

We start from the main valley and head to a narrow gorge. This part of the walk is just wonderful! At the end of the gorge, we discover the village. Built in a small hill and surrounded by cliffs, this village is one of the most beautiful of Oman. We walk through the village and the ardens and come back through an other branch of the small gorge.

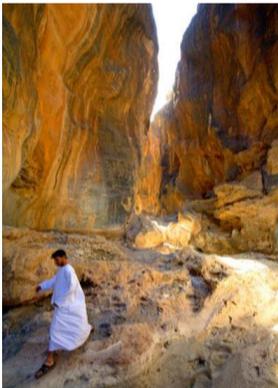
- Level 1\*
- Walking time : 1 to 2 hours
- Height difference : +50m/-50m

 **Mountain guesthouse**

Simple but pleasant guesthouse in a wonderful spot

**Standard Room**

*breakfast & dinner at the accomodation*



**DAY 4**

26/02/2025

Breakfast - Lunch - Dinner

🚌 Transfer to Sharaf Al Alamain (1 hour - 15 Km)

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

✓ **Short walk along the ridge (3 hours )**

👉 *Wadi Bani Awf*

We walk along the ridge enjoying wonderful views over Wadi Bani Awf. We also see Wadi Sahtan, the summit of Jebel Shams, Jebel Kawr, and the cities of Al Hamra and Bahla, and far away Nizwa.

- **Level 2\***

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

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

🚌 Transfer to Al Hamra (0 hour 45 - 30 Km)

✓ **Visit of a lively museum of traditional know-hows (1 hour 30)**

👉 *Al Hamra*

Bait As Safah is a traditional omani house located in the old city of Al Hamra. The women of the village welcome us in this house and show us how they make omani bread, omani coffee, carpets, and different creams and lotions made from mountain plants.

🚌 Transfer to Misfat Al Abreyeen (0 hour 12 - 10 Km)

✓ **Short walk in the mountain oasis of Misfat Al Abreyeen (2 hours )**

👉 *Misfat Al Abreyeen*

This is one of the most beautiful mountain village of Oman. It is located on the slope of a canyon. The gardens were built all around the old village on man-made terraces. Laying at an height of 800 meters, we find their a wide variety of tropical fruits : bananas, papayas, oranges, limes, dates, pomogranates, etc...

- **Level 1\***

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

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

🏠🏠🏠 **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 5**

27/02/2025

Breakfast - Lunch - Dinner

🚌 Transfer to Al Khitaym (Jebel Shams) (1 hour 12 - 50 Km)

✓ **Hike on top of Arabia's Grand Canyon (4 hours )**

👉 *Jebel Shams*

The path is very easy and offers all way long wonderful views on Arabia's Grand Canyon. On the way we can see the highest point of the country. Finally, we arrive to an old village built in the cliff. The village was abandoned in the 90's when the road was built. Some 5 to 10 families were living there, taking care of their gardens also built on the cliff and of their goats. We come back the same way. It is a very easy and rewarding walk!

- **Level 2\***

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

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

🚌 Transfer to Jebel Shams plateau (0 hour 20 - 12 Km)



**Camping in Jebel Shams Range**

1800m high

*Individual camping tent*



**DAY 6**

28/02/2025

Breakfast - Lunch - Dinner

🚌 Transfer to a wadi on the western side of Jebel Shams (2 hours - 100 Km)

✓ **Short Walk and swimming in a wadi (2 hours )**

📍 *Jebel Shams*

Located on the west flank of the Jebel Shams range and in front of the Jebel Misht, this valley has all year long flowing water. The first pools to swim in are reached after only 10 minutes walk. The further ones need half an hour walk. The water clear and swimming there is just wonderful!

- **Level 1\***

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

🚌 Transfer to Bat Tombs (0 hour 30 - 25 Km)

✓ **Visit of the tombs of Al Ayn (0 hour 30)**

📍 *Jebel Shams*

We stop to have a look at the tombs : these tumulus date from the 3rd Millennium B.C. They are located at the foot of the Jebel Misht, one of the most impressive mountains of Oman because of its 1000 meter high cliff.

🚌 Transfer to Nizwa (1 hour 30 - 100 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 accommodation*



**DAY 7**

01/03/2025

Breakfast - Lunch - Dinner

 Transfer to Nizwa (1 hour - 60 Km)

✓ **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.

 Nizwa

 Transfer to our campsite in a rocky valley with sand strips (3 hours - 250 Km)


**Camp surrounded by rocky hills**

*Individual camping tent*



**DAY 8**

02/03/2025

Breakfast - Lunch - Dinner

 Transfer to Wadi Bani Khalid (0 hour 30 - 30 Km)

✓ **Hike to waterfalls and swimming (3 hours )**

The lower part of this valley forms a narrow and wild canyon. We start from a lovely village in the valley and cross its palm garden to access the entrance of the canyon. We hike in the canyon between big boulders (the way is not very easy but doesn't last long) until we arrive to a splendid pool with waterfall. We have rest here and enjoy a swim. For those who like jumping, a very nice 10 meters jump is possible there... According to the rains and floods which change the river course, it can happen that we need to swim or hike in the water to reach the waterfalls

➤ *Wadi Bani Khalid*

- **Level 2\***

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

 Transfer to an oasis of the Estarn Hajar (2 hours 30 - 50 Km)



**Camping in the mountain**

We camp at an height of about 1000m

**Individual camping tent**



**DAY 9**

03/03/2025

Breakfast - Lunch - Dinner

🏠 Eastern Hajar's Plateau

✓ **Walk to a mountain oasis (3 hours )**

From the end of the dirt track, we walk down on a good path to a village, located in a very scenic place : down impressive cliffs, at the entrance of a wonderful canyon. The place is remote and really beautiful. We can also swim in one of the first pools of the canyon.

- Level 1\*
- Walking time : 1 to 2 hours
- Height difference : +100m/-100m

🚌 Transfer to a mountain oasis of the Eastern Hajar (2 hours - 70 Km)

🏠 Eastern Hajar's Plateau

✓ **Walk in a mountain oasis (3 hours )**

We discover this remote and secluded (the access dirt track was built only in 2013!) village set in a spectacular location. It's a lush green oasis in the middle of an arid mountain!

- Level 2\*
- Walking time : 1 to 2 hours
- Height difference : +100m/-100m

🚌 Transfer to the heights of the Eastern Hajar (1 hour - 20 Km)



**Camping on the plateau**

We camp on the plateau overlooking the sea of Oman at an elevation of 1000m above sea level

*Individual camping tent*



**DAY 10**

04/03/2025

Breakfast - Lunch - Dinner

 Transfer to Tiwi (1 hour - 30 Km)

✓ **Hiking and swimming in Wadi Tiwi (4 hours )**

A wonderful valley, with a river and water pools, a huge palm grove stretching along it on terraces, villages, and scenic mountain slopes. We drive through the valley and hike through gardens and in the wadi bed to go for a swim.

 Wadi Tiwi

- Level 2\*
- Walking time : 2 to 3 hours
- Height difference : +100m/-100m

 Transfer to Wadi Tiwi (0 hour 15 - 5 Km)

✓ **Walk to a waterfall (1 hour )**

Very beautiful place. We walk from the village down good but steep stairsthrough palm gardens to a waterfall in an impressive canyon. We can swim there (with decency).

 Wadi Tiwi

- Level 1\*
- Walking time : 0 to 1 hours
- Height difference : +100m/-100m



**Camping in the gardens**

We camp in a private garden in the wadi. The place is great and walking around late afternoon is great : wild, superb views and lots of birds! We have 2 flat terraces to set up the camp, a falaj (water chanel), and toilets.

*Individual camping tent*



**DAY 11**

05/03/2025

Breakfast - Lunch - Dinner

🚌 Transfer to Wadi Al Arbeyeen (1 hour - 80 Km)

✓ **Walk and swim in Wadi Al Hail (4 hours )**

📍 Wadi Al Arbeyeen

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 our campsite (0 hour 30 - 30 Km)



**Camping at the foot of the mountains**

We set up our camp on a flat area at the foot of beautiful mountains, with a panoramic view

**Individual camping tent**



**DAY 12**

06/03/2025

Breakfast - Lunch -

 Transfer to Bandar Khayran (2 hours - 120 Km)

✓ **Day at the beach : walking, swimming, and snorkeling (6 hours )**

 *Bandar Khayran*

The bay of Bandar Khiran is very rocky and hosts many small coves. We start from a high point, where the views over the bay are superb. We walk down on an easy path to reach a white sand beach, where we'll spend the day. We can go swimming and snorkeling (great marine life with many multicolor fishes, corals, and even sometimes turtles). We'll also have lunch there ; usually we try to grill fish or seafood. We can also have a longer walk to visit other beaches. Finally, we'll go back the same way.

- Level 2 & 3\*

- Walking time : 0 to 1 hours

- Height difference : +50m/-50m

 Transfer to Muttrah (0 hour 45 - 50 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