



WADIS OF THE EASTERN HAJAR AND JEBEL AKHDAR

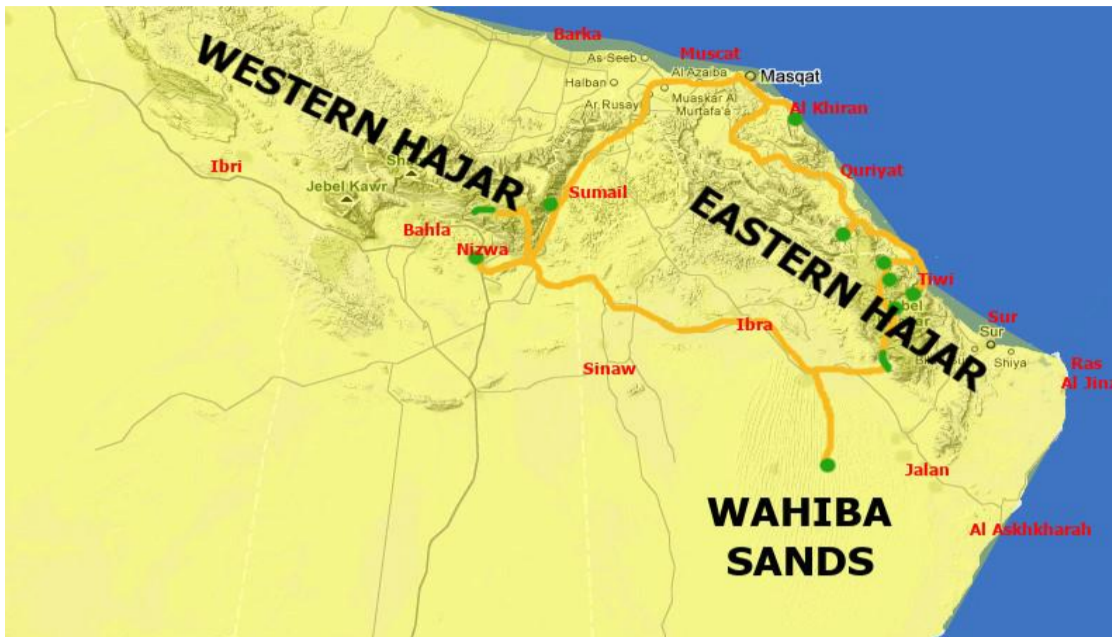
28/12/2024 - 05/01/2025

Sea, wadis, desert, mountains : a great insight of Oman on a route widely off the beaten track. To finish the tour : a 2-days hike and an overnight in a remote village only accessible by foot!



Level 2 & 3	Tours which can include full-day hikes (up to 800m elevation gain) and not too difficult aquatic hikes. We have cars with us during the whole tour ; if some persons do not want to do some hikes or some canyons, they can always go by car to the arrival point and enjoy free time in beautiful places, or even often be offered an alternative easier program.
Length	9 Day
START	28/12/2024 @ 08:00 AM Rendez-vous devant le Naseem Hotel (Corniche de Matrah, Mascate). Nous pouvons éventuellement vous récupérer directement a votre hotel ; demandez-nous au moment de la reservation.
ENDS	05/01/2025 @ 06:00 PM Nous pouvons vous déposer ou vous voulez a Mascate (hotel, terminal de bus, aeroport, maison privée...).
	1 Nights in accomodations (hotel, guesthouse, lodge, etc...)
	5 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
F B F	1 Nights camping under the stars, with minimum equipment, without assistance of vehicules
Price per person	590 OMR (1545 USD)
GROUP OF	3 To 8
Tour guided in	Francais
Guide	

Itinerary Bandar Khayran - Wadi Al Arbeyeen - Wadi Tiwi - Eastern Hajar's Plateau - Wadi Bani Khalid - Wahiba Desert - Nizwa - Jebel Akhdar



Nota sobre la transportacion del equipaje We have vehicules ; so luggages are transported by car. Most of the time you only have to carry day-pack while hiking.

EXCEPTION : This trip has several consecutive hiking days (days 8, 9) during which we do not have access to the cars (and thus to the main luggages) in the evening. During those days, you'll have to carry your own personal belongings which you need at night, water, and part of the lunch.

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

Overnight 8 we sleep **UNDER THE STARS** and you'll have to carry also own sleeping pad and sleeping bag.

About Desert We usualy 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 2 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

28/12/2024

- Lunch - Dinner

 Transfer to Bandar Khayran (0 hour 45 - 50 Km)

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

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.

➤ *Bandar Khayran*

- Level 2 & 3*

- Walking time : 0 to 1 hours

- Height difference : +50m/-50m

 Transfer to Wadi Al Arbeyeen (1 hour 30 - 100 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 2

29/12/2024

Breakfast - Lunch - Dinner

✓ **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 Tiwi (1 hour - 80 Km)

✓ **Short hike through palm gardens in Wadi Tiwi (2 hours)**➤ *Wadi Tiwi*

We hike in the wadi, through the palm garden (which also hosts bananas, papayas, mango trees, lime, etc...). 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 : 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 3

30/12/2024

Breakfast - Lunch - Dinner

🏠 Wadi Tiwi

✓ **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.

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

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

🏠 Wadi Tiwi

✓ **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).

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

🚌 Transfer to the heights of the Eastern Hajar (1 hour - 30 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 4

31/12/2024

Breakfast - Lunch - Dinner

🚌 Transfer to an oasis of the Estarn Hajar (0 hour 30 - 15 Km)

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

🏞️ *Eastern Hajar's Plateau*

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 an oasis of the Estarn Hajar (2 hours 30 - 60 Km)

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

🏞️ *Eastern Hajar's Plateau*

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**



Camping in the mountain

We camp at an height of about 1000m

Individual camping tent



DAY 5

01/01/2025

Breakfast - Lunch - Dinner

🚌 Transfer to Wadi Bani Khalid (2 hours 30 - 50 Km)

We drive down from the Plateau of the Eastern Hajar to reach Wadi Bani Khalid on a track which offers great views.

✓ **Aquatic hiking in wadi Al Hwir (5 hours)**

An easy aquatic 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 the 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.

➤ *Wadi Bani Khalid*

- **Level 1***

- **Walking time : 3 to 5 hours**



Camping in Wahiba Sands

Individual camping tent



DAY 6

02/01/2025

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.

➤ *Wahiba Desert*


- **Level 3***
- **Walking time : 4 to 5 hours**
- **Height difference : +100m/-100m**

**Camping in Wahiba Sands***Individual camping tent*

DAY 7

03/01/2025

Breakfast - Lunch - Dinner

 Transfer to Nizwa (3 hours - 230 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 bedous 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 saling moutain honey, dates, incense, and anything you might need.

📍 Nizwa

🏠🏠🏠 **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

04/01/2025

Breakfast - Lunch - Dinner

Day with no car assistance**We leave the vehicle(s) in the morning at the start of the hike****We do not have access to the luggages in the evening**
 Transfer to a high village in Jebel Akhdar (1 hour 30 - 90 Km)

✓ **Hike to an oasis in a canyon (4 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. When we get to the bottom of the valley, we first discover a village with many houses built under the cliff. A bit further down, we finally discover the gardens where grow palm, lime, banana tree, garlic, and sweet potatoes. The place is really beautiful.

➤ *Jebel Akhdar*

- **Level 2 & 3***

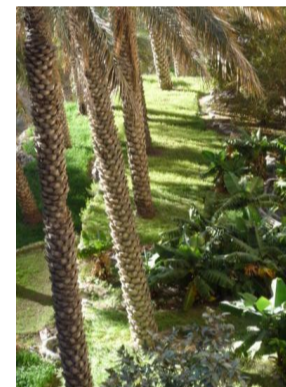
- **Walking time : 2 to 4 hours**

- **Height difference : +100m/-700m**

F B F Overnight in the old village

We sleep in the old village near the oasis. We are hosted by villagers. As the village has no road access and is not inhabited full-time anymore, comfort is rustic and we have to bring our sleeping pads and sleeping bags. According to western standards, this overnight is between bivouac and homestay. If needed, some donkeys can help us carry our things. A good evening, and a very local experience!

Under the stars



DAY 9

05/01/2025

Breakfast - Lunch -

Day with no car assistance

We find the vehicle(s) again after finishing the hike

➤ *Jebel Akhdar*✓ **Hike to leave the oasis (4 hours)**

We come back the same way as the day before : the path is well built and we walk slowly, so, the climb, despite the elevation, is not difficult!

- **Level 2 & 3***
- **Walking time : 3 to 4 hours**
- **Height difference : +700m/-100m**

🚌 Transfer to a canyon flowing down from Jebel Akhdar (2 hours 15 - 95 Km)

✓ **Short hike in a wadi coing 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

① Difficulty level Canyoning & Aquatic hiking

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