

TREKKING - FROM WADI BANI WAF TO JEBEL SHAMS SUMMIT

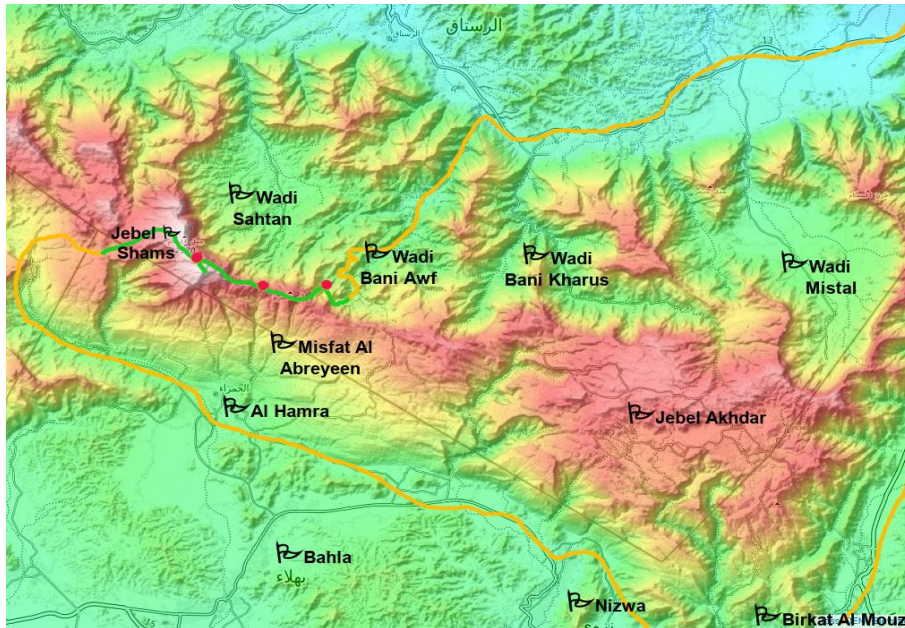
20/12/2025 - 23/12/2025

A great trek to ascend the summit of Jebel Shams, starting from Wadi Bani Awf, on the northern side, along the main ridge overlooking Wadi Sahtan, up the summit, and down on the southern side along the Grand Canyon. Demanding and minimalist comfort.



Level 5	Demanding tours which may feature very long hikes (more than 1200m elevation gain), canyoning, via-ferratas, or adventure trails.
Length	4 Day
START	20/12/2025 @ 08:00 AM We can pick up directly from your hotel between 7 and 8 AM
ENDS	23/12/2025 @ 06:00 PM We can drop you anywhere in Muscat (hotel, airport, private house...)
F B F 🔥🔥🔥	2 Nights camping under the stars, with minimum equipment, without assistance of vehicles Click here for more information about bivouacs 1 Nights in homestays with sometimes very rustic comfort.
Price per person	400 OMR (1047 USD)
GROUP OF	3 To 6
Tour guided in	English
Guide	

Itinerary	Wadi Bani Awf - Jebel Shams
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**Note about
luggage
transportation**

We have vehicles ; 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 2, 3, 4) 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.

Overnights 2, 3 we sleep **UNDER THE STARS** and you'll have to carry also own sleeping pad and sleeping bag.

DAY 1

20/12/2025

- Lunch - Dinner

🚌 Transfer to Bimah (Wadi Bani Awf) (3 hours - 235 Km)

We drive up the valley on a dirt track. We first cross villages and green palm gardens and then go through a rugged terrain. An impressive drive...

✓ **Canyoning in the lower Snake Canyon (3 hours)**

The Snake Canyon is a very narrow canyon located in Wadi Bani Awf. In some parts of the canyon, you can touch both sides at the same time... We'll start from the secondary entrance. No abseiling is required. You'll just have fun by jumping (max 4 meters), sliding, walking in the water and short swimming! For those who don't want to jump, we install short abseils.

- **Level 2***

- **Height difference : +0m/-150m | Distance covered ~3km**

🚌 Transfer to Bimah (Wadi Bani Awf) (0 hour 15 - 5 Km)

✓ **Short hike to a mountain village (2 hours)**

We first walk in the wadi bed and then find a good path that climbs to the village.

- **Level 2***

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

- **Height difference : +200m/-0m**

[Wadi Bani Awf](#)

[Wadi Bani Awf](#)

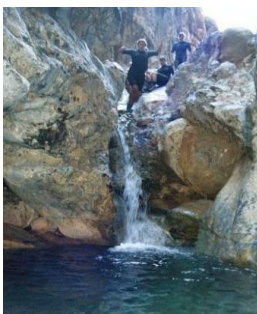


Overnight in a private house

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

breakfast & dinner at the accomodation



DAY 2

21/12/2025

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

✓ **Hike to the main ridge (8 hours)**

We start hiking in the village then a short part on the dirt track and quickly we find the old steep path. The way is not always easy, sometimes on a good path, and sometimes with no path. After the steep ascent, we reach the pass. By clear weather, we have great views from Jebel Shams to Jebel Akhdar on the southern side and from Wadi Sahtan to Wadi Mistal on the northern side. We then follow the ridge up and down to another pass. Finally, we drop down on the northern side to follow a ledge overlooking Wadi Sahtan at an height of 2000m.

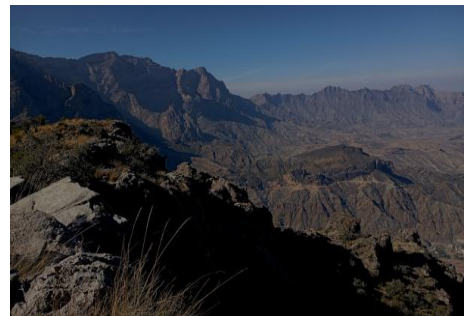
- Level 5*

- Walking time : 5 to 7 hours

- Height difference : +1200m/-400m | Distance covered ~7km

[Wadi Bani Awf](#)**F B F Bivouac on a ledge overlooking Wadi Sahtan**

We camp on a ledge overlooking the whole valley of Wadi Sahtan, at an height of 2000m. There are several springs on this ledge, so we'll find water not far from the camp (plan micropuor tablets)

Under the stars

DAY 3

22/12/2025

Breakfast - Lunch - Dinner

Day with no car assistance

We do not have access to the luggages in the evening

✓ **Hike towards the summit of Jebel Shams (9 hours)**

Jebel Shams

We continue our route toward the summit and leave the ledge to follow again the main ridge. We then go down a bit on the southern slope and again up to a spring. Quickly after the spring, we find the first vertical cliff equipped with chain ladders (12m). We continue our ascent. When we are just under the summit, we follow a ledge on the northern slope which leads us to the summital ridge. We are now 1km away and 150m down the summit. If we have time, we can go to the summit late afternoon ; otherwise we'll do it the next morning.

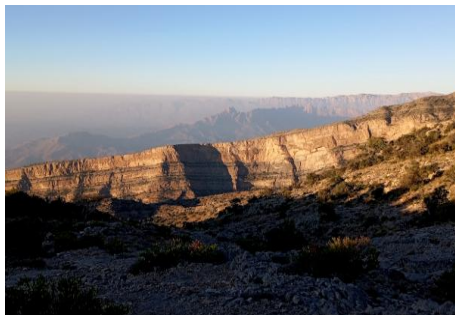
- Level 5*

- Walking time : 6 to 8 hours

- Height difference : +1200m/-300m | Distance covered ~10km

F B F Bivouac at a pass at 2800m

We spend the night in a beautiful spot with great view over Wadi sahtan and ion clear weather up to Jebel Akhdar.

Under the stars

DAY 4

23/12/2025

Breakfast - Lunch - Dinner

Day with no car assistance

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

✓ Hike down along the Grand Canyon (7 hours)

🏔️ *Jebel Shams*

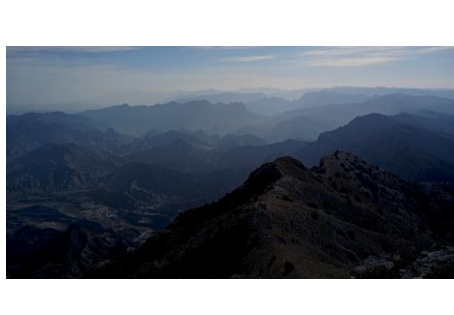
We leave our bivouac to reach first the summit. When coming back, we take our backpacks and start the last descent : we first follow the main ridge and then walk down on the southern slope with stunning view over the Grand canyon. By clear weather, we can also see Jebel Misht and Jebel Kawr : a splendid panorama...

- **Level 4***

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

- **Height difference : +300m/-1300m | Distance covered ~13km**

🚌 Transfer to Muttrah (3 hours 30 - 300 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