CROSSING THE EASTERN HAJAR

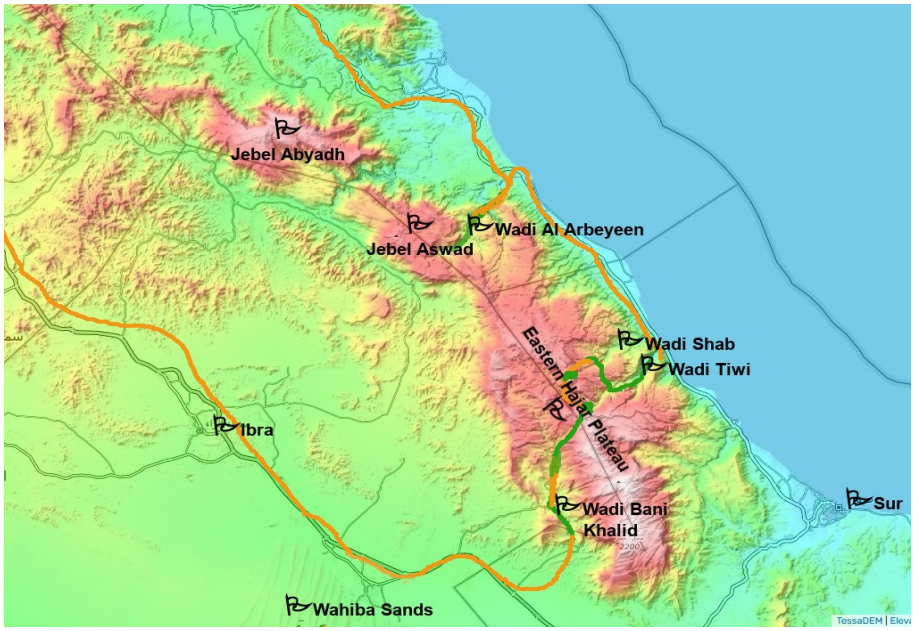
01/11/2027 - 06/11/2027

An original itinerary to cross the Eastern Hajar mountains hiking, from Wadi Tiwi to Wadi Bani Khalid. Once on the plateau, a day with the car to discover remote villages and oasis. On first and last days, superb aquatic hikes in wadis!

Level 4	Tours which can include demanding hikes (up to 1200m elevation gain), aquatic hikes and canyoning.
Length	6 Day
START	01/11/2027 @ 08:00 AM We can pick up you from your hotel anywhere in Muscat
ENDS	06/11/2027 @ 06:00 PM We can drop you to your hotel anywhere in Muscat or at the airport
🛏🛏🛏 ⛺⛺⛺ ♨♨♨	1 Nights in accomodations (hotel, guesthouse, lodge, etc...) 2 Nights wild camping (with tents, thick mattrass, 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 *Click here for more information about wild camping* 2 Nights in homestays with sometimes very rustic comfort.
Price per person	**550 OMR (1440 USD) ****
GROUP OF	**3 To 7 ****
**** SMALL GROUP EXTRA**	We can guarantee departure with less participants if you agree to pay an extra : - with 2 participants, 550 + 210 = 760 OMR (1990 USD) per person. If we finaly reach 3 participants, of course the extra does not apply and the price remains 550 OMR (211 USD) per person.
Tour guided in	English
Guide	

Itinerary	Wadi Al Arbeyeen - Wadi Tiwi - Eastern Hajar's Plateau - Wadi Bani Khalid

General route map



Note about luggage transportation	We have vehicules ; so luggages are always transported by car. You only have to carry day-pack while hiking.

DAY 1

01/11/2027 *- Lunch - Dinner*

Transfer to Wadi Al Arbeyeen (1 hour 30 - 120 Km)

Wadi Al Arbeyeen

Aquatic hiking in Wadi Al Hail (7 hours)

We start in the last village of the valley. Already at the end of the track is a wonderful pool and a small waterfall. From the cliff a 5 meters jump is possible. We then start the walk. Quickly we find flowing water and walk across large boulders. The canyon then narrows and we have to swim across several pools (it is possible to jump there also). The valley widens a little and narrows again. We swim again and arrive to the end of the canyon : a high waterfal, large pool, and huge boulders…We come back the same way.

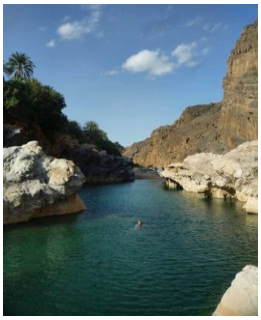
- Canyoning Level 1 *

- Walking time : 4 to 6 hours

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

02/11/2027 *Breakfast - Lunch - Dinner*

Transfer to Tiwi (0 hour 30 - 60 Km)

Wadi Tiwi

Hike in Wadi Tiwi (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.

- Hiking Level 3 *

- Walking time : 4 to 5 hours

- Height differrence : +300m/-50m | Distance covered ~6km

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

03/11/2027

Breakfast - Lunch - Dinner

Eastern Hajar's Plateau

✔ **Hike to an oasis of the Eastern Hajar (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.

- Hiking Level 4 *

- Walking time : 5 to 6 hours

- Height differrence : +1000m/-500m | Distance covered ~11km

♨♨♨ **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 behaoviour are required…

Camping

DAY 4

04/11/2027

Breakfast - Lunch - Dinner

Eastern Hajar's Plateau

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.

- Hiking Level 2 *
- Walking time : 1 to 2 hours
- Height differrence : +0m/-200m | Distance covered ~2km

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

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 wonderfull canyon. The place is remote and really beautiful. We can also swim in one of the first pools of the canyon.

- Easy Walking Level 1 *
- Walking time : 1 to 2 hours
- Height differrence : +100m/-100m

Camping in the mountain

We camp at an height of about 1000m

Individual camping tent

DAY 5

05/11/2027

Breakfast - Lunch - Dinner

Transfer to a shepperd settlement on the Eastern Hajar (0 hour 30 - 10 Km)

Eastern Hajar's Plateau

Hike from the Plateau to Wadi Bani Khalid (9 hours)

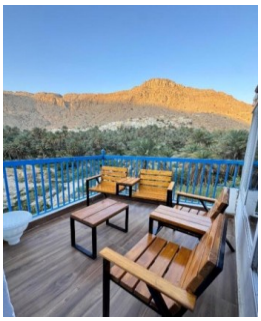
We hike from the dry plateau and start going down to Wadi Bani khalid. Views are ammazong but the descent is long. The arrival is bith beautiful and surprising : after the dry rocky mountains, we discover a green valley! Before we head to the car we enjoy a swim in the pools of cristal clear water.

- Hiking Level 5 *
- Walking time : 6 to 8 hours
- Height differrence : +300m/-1700m

Transfer to Wadi Bani Khalid (0 hour 20 - 20 Km)

Guesthouse in Wadi Bani Khalid

Standard Room
breakfast & dinner at the accomodation



DAY 6

06/11/2027 *Breakfast - Lunch -*

Wadi Bani Khalid

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

An easy quatic 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 he 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.

- Canyoning Level 1 *

- Walking time : 3 to 5 hours

- Height differrence : +0m/-200m | Distance covered ~5km

Transfer to Muttrah (3 hours - 280 Km)

	Difficulty level Hiking & Easy Walking
Level 1	No difficulty. Easy and short walks. Apporpriate for anyone walking occasionaly
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

	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