TREKKING - WADI BANI AWF TO JEBEL SHAMS SUMMIT

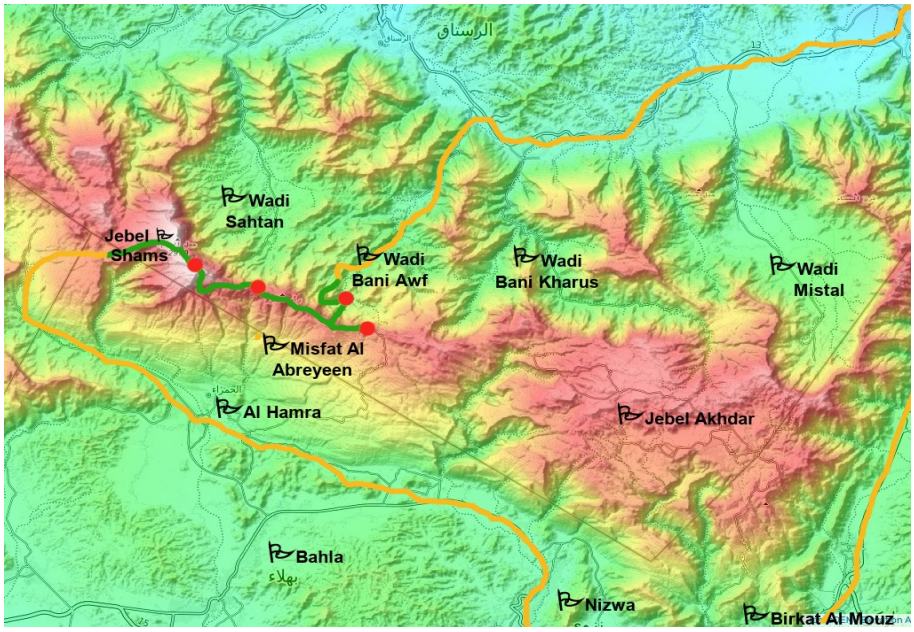
08/11/2027 - 12/11/2027

A crossing of the Western Hajar mountain range, from North to South, starting in the impressive valle of Wadi Bani Awf to climb Jebel Shams, highest point of the country, and go down on the southern slope along the Grand Canyon.

Level 5	Demanding tours which may feature very long hikes (more than 1200m elevation gain), canyoning, via-ferratas, or adventure trails.
Length	5 Day
START	08/11/2027 @ 08:00 AM We can pick up you from your hotel anywhere in Muscat
ENDS	12/11/2027 @ 06:00 PM We can drop you to your hotel anywhere in Muscat or at the airport
	2 Nights in accomodations (hotel, guesthouse, lodge, etc...) 2 Nights camping under the stars, with minimum equipment, without assistance of vehicules *Click here for more information about bivouacs*
Price per person	**520 OMR (1361 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, 520 + 210 = 730 OMR (1911 USD) per person. If we finaly reach 3 participants, of course the extra does not apply and the price remains 520 OMR (199 USD) per person.
Tour guided in	English
Guide	

Itinerary	Wadi Bani Awf - Jebel Shams

General route map



Note about luggage transportation	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 3, 4, 5) 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 3, 4 we sleep UNDER THE STARS and you'll have to carry also own sleeping pad and sleeping bag.**

DAY 1

08/11/2027 *- 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…

Wadi Bani Awf

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

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 finaly find a very narrow gorge which we follow until we reach the main road of the valley.

- Hiking Level 3 *

- Walking time : 4 to 5 hours

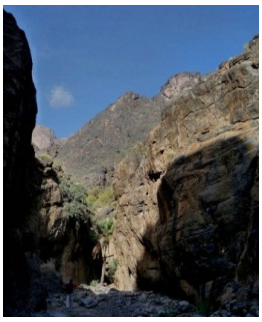
- Height differrence : +600m/-450m | Distance covered ~8km

Mountain guesthouse

Simple but pleasant guesthouse in a wonderful spot

Private Room

breakfast & dinner at the accomodation



DAY 2

09/11/2027 *Breakfast - Lunch - Dinner*

Wadi Bani Awf

✔ **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 : it is an old path that has been equiped with rudimentary steps a long time ago but which is not advisable to people having fear of heights. 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.

- Hiking Level 4 *

- Walking time : 4 to 6 hours

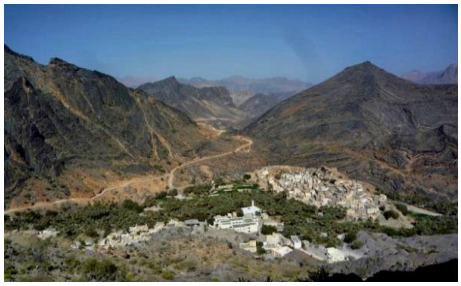
- Height differrence : +1200m/-200m | Distance covered ~8km

Mountain hotel

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

Deluxe Room

breakfast & dinner at the accomodation



DAY 3

10/11/2027

Breakfast - Lunch - Dinner

Day with no car assistance
We leave the vehicule(s) in the morning at the start of the hike
We do not have access to the luggages in the evening

Wadi Bani Awf

✔ **Hiking along the main ridge (8 hours)**

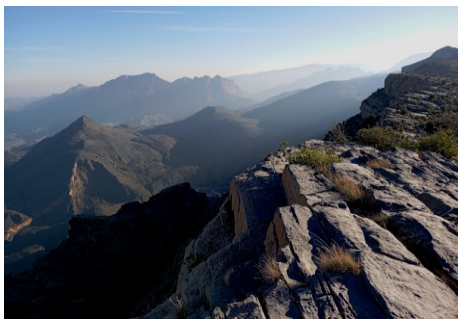
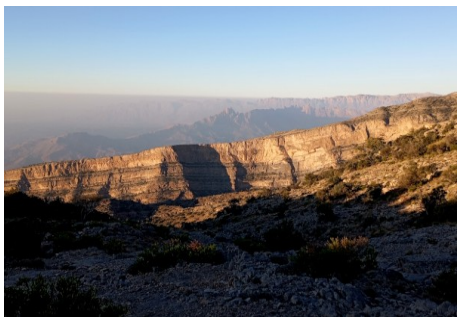
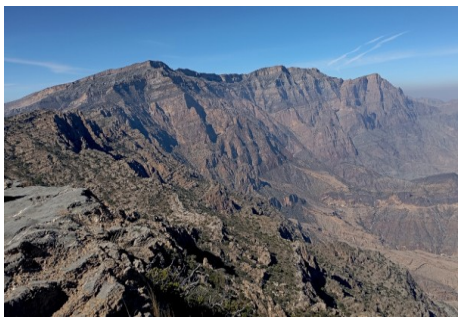
A very beautiful hike, above all by clear weather : we follow the main ridge (so, with a lot of ups and downs) towards Jebel Shams. On the southern side, the view embraces from Nizwa, far away, to Jebel Kawr. On the northern side, we can see Wadi Bani Kharus, but mainly Wadi Bani Awf and Wadi Sahtan. According to the group, we might make this stage longer to shorten the next one.

- Hiking Level 4 *
- Walking time : 4 to 6 hours
- Height differrence : +750m/-750m | Distance covered ~13km

Bivouac on a ledge overlooking Wadi Sahtsn

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

Under the stars

DAY 4

11/11/2027

Breakfast - Lunch - Dinner

Day with no car assistance
We do not have access to the luggages in the evening

Jebel Shams

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

We continue our route toward thhe 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. Quckly after the spring, we find the first vertical cliff equiped 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.

- Hiking Level 5 *
- Walking time : 6 to 8 hours
- Height differrence : +1200m/-300m | Distance covered ~10km

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 5

12/11/2027

Breakfast - Lunch -

Day with no car assistance
We find the vehicule(s) again after finishing the hike

Jebel Shams

✔ **Hike down along the Grand Canyon (7 hours)**

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 stuning view over the Grand canyon. By clear weather, we can also see Jebel Misht and Jebel Kawr : a splendid panorama…

- Hiking Level 4 *
- Walking time : 5 to 6 hours
- Height differrence : +300m/-1300m | Distance covered ~13km

Transfer to Muttrah (3 hours 30 - 300 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