

TREKKING IN AL HAJAR MOUNTAINS

12/11/2023 - 25/11/2023



A selection of some of the most beautiful mountain hikes and aquatic hikes in the wadis in the Western & Eastern Hajar range. Also a stay in Nizwa, 2 nights in the desert, and a last day on a lonely beach.

WARNING : This trip has several consecutive hiking days (days 6 & 7) during which we do not meet the car with the main luggages at night.

During those days, you'll have to carry your own personal belongings, water and part of the lunch.

We can store your main luggages during that time.

We stay overnight (day 6) in a comfortable accommodation and they provide everything : mattress, bedsheets, and towels. We can also fill water there for the next day.

Level 4 Tours which can include demanding hikes (up to 1200m elevation gain), aquatic hikes and canyoning.

Length 14 Day

START 12/11/2023 @ 08:30 AM
Rendez-vous a l'hotel Centara a Mascate (quartier 'South Al Atheibah')

ENDS 25/11/2023 @ 08:00 PM
Nous vous déposons a l'hotel Riyam a Mascate (quartier de Mattrah) ou vous passez la dernière nuit



8 Nights in accommodations (hotel, guesthouse, lodge, etc...)



6 Nights wild camping (with tents, thick mattress, mats, dishes, cooking gear), comfortable (but with no toilets) with the assistance of vehicles

Prices per person 1350 OMR (3534 USD)

GROUP SIZE 5 To 7

Tour guided in Français

Guide Rachel (Parle aussi English, Deutsch)

DAY 1

11/12/2023

- Lunch - Dinner

✓ **Visit of Sultan Qaboos Grand Mosque (1 hour)**

This mosque is the biggest one of the country. It s new and was finished only in 2002. From outside it looks very sober ; inside the prayer rooms is finely decorated. The most impressive pieces of the mosque are the huge cristal lightening and the persian carpet.

🚌 Transfer to a mountain village (2 hours 30 - 175 Km)

✓ **Short hike across mountain villages (4 hours)**

The main valley forms a hughe amphitheater overlooked by the noth face of Jebel Shams which offers huge cliffs of sometimes more than 2000m. We walk along centuries old paths (some of them are in a bad state and some spots can be a bit difficult) linking remote villages. We pass 2 villages before arriving to our camp.

- **Level 2***

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

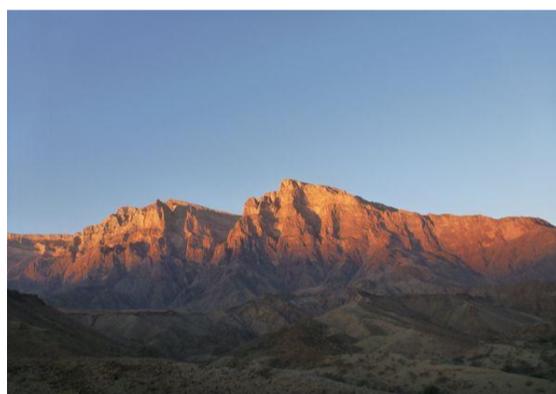
- **Height difference : +200m/-300m**



Camping the valley

A wonderful campsite with unbelievable views over the north face of Jebel Shams

Individual camping tent



DAY 2

13/11/2023

Breakfast - Lunch - Dinner

✓ **Hike across mountain villages (6 hours)**

We start hiking from our campsite and walk up and down several valleys. Almost each valley hosts a village which has its own charm. Palm gardens, aflaj, terraced fields, beehives... We hike in traditional Oman and the scenery is spectacular. Some few passages might be a bit difficult.

- **Level 3***
- **Walking time : 4 to 5 hours**
- **Height difference : +700m/-800m**

🚌 Transfer to a mountain guesthouse (1 hour - 30 Km)

🏠🏠🏠 **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

14/11/2023

Breakfast - Lunch - Dinner

 Transfer to a mountain village (0 hour 15 - 5 Km)

✓ **Hike toward the main ridge (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, but it is an old path that has been equipped with steps a long time ago. 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.

- Level 4*
- Walking time : 4 to 6 hours
- Height difference : +1300m/-250m

 **Mountain Hotel**

Located 1900m high.

Deluxe Room

breakfast & dinner at the accomodation



DAY 4

15/11/2023

Breakfast - Lunch - Dinner

 Transfer to a high settlement (1 hour - 40 Km)

✓ **Hike on the ridge (7 hours)**

We start from an high hamlet at about 2400 meters. We follow the ridge having stunning views over the valleys of the northern slope. We then cross several flat areas with giant juniper trees and wild olive trees. We finally walk up to a small pass from which we see a village still a bit far away and we have to get there.

- **Level 3***

- **Walking time : 5 to 7 hours**

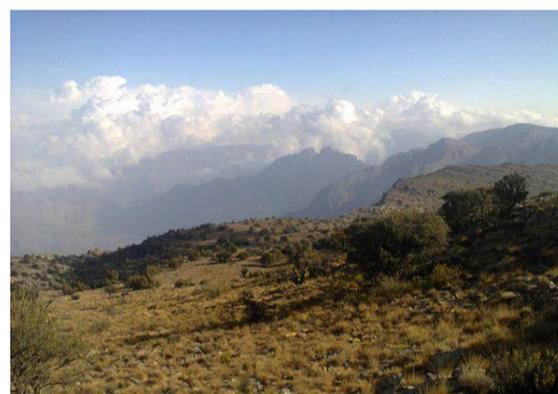
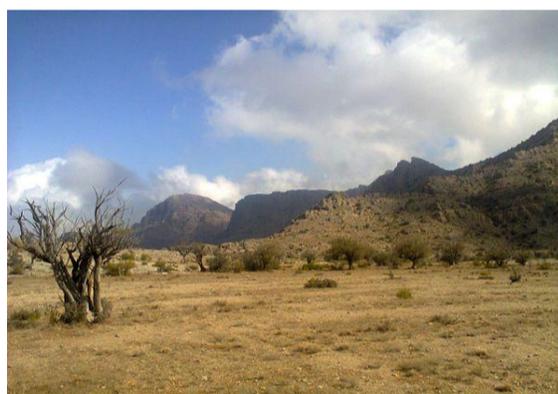
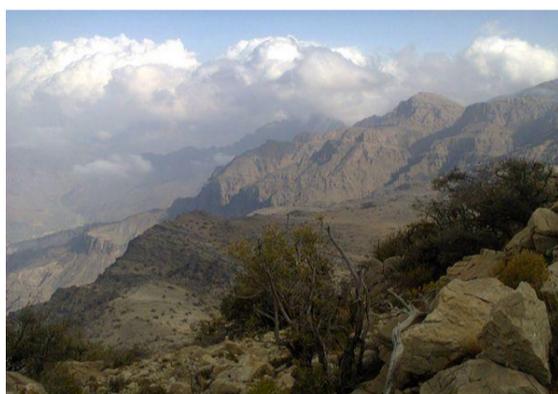
- **Height difference : +700m/-900m**



Camping in the mountain

We set up our camp near an abandoned hamlet at an height of about 2000m.

Individual camping tent



DAY 5

16/11/2023

Breakfast - Lunch - Dinner

 Transfer to a high village (0 hour 30 - 15 Km)

✓ **Hike to a remote palm garden in a canyon (6 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. After 2 hours walk we finally discover the gardens where grow palm, lime, banana tree, garlic, and sweet potatoes. The place is really beautiful. We come back another way to another village located on the plateau.

- **Level 3***

- **Walking time : 4 to 5 hours**

- **Height difference : +500m/-650m**

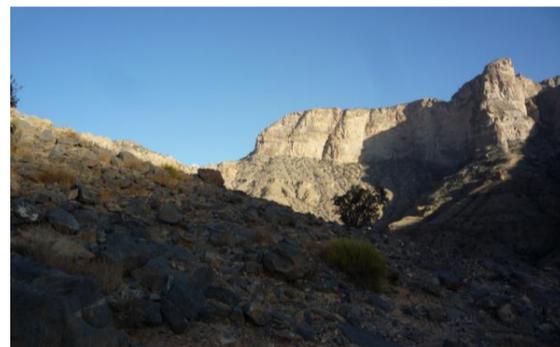
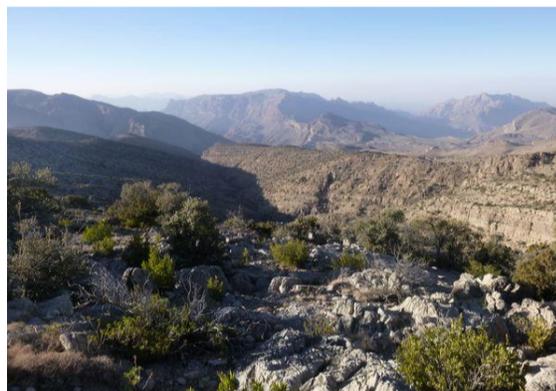
 Transfer to a plateau covered with juniper trees (0 hour 20 - 15 Km)



Camping on a high plateau

2400m high in the center of the Jebel Akhdhar, surrounded by giant juniper and wild olive trees. A few steps away, you can enjoy great views over the valleys of the northern slope.

Individual camping tent



DAY 6

17/11/2023

Breakfast - Lunch - Dinner

We leave the vehicle(s) in the morning at the start of the hike
We do not have access to the main luggages at night

 Transfer to a high troglodyte settlement (0 hour 30 - 15 Km)

✓ **Hike in the mountain (7 hours)**

A nice hike, not too much difficult, except one very steep descent, which take us from the plateau to a valley forming a big amphitheater. We start at a village located at 2200m above sea level, where pomogranates and wallnuts do particularly well, and use a path on the flank of the mountain which offers spectacular views over several valleys of the northern slope. We finally reach a pass where we discover the big amphitheater-like valley in which lays our arrival point : a village located at an height of 1400m, where main grown trees are apricots and peaches.

- **Level 3***

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

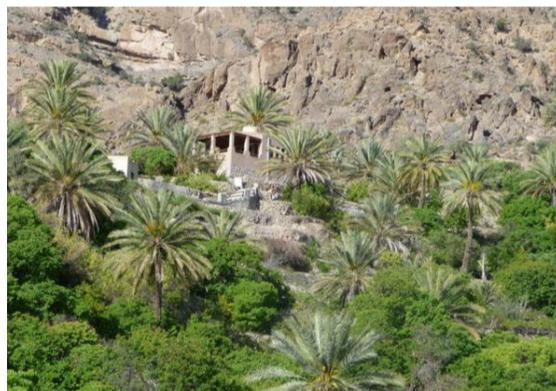
- **Height difference : +450m/-800m**

 **Guesthouse in a mountain village**

A nice Guesthouse, very well located at the entrance of the village, and with superb view over the valley

Standard Room

breakfast & dinner at the accomodation



DAY 7

18/11/2023

Breakfast - Lunch - Dinner

We find the vehicle(s) again after finishing the hike✓ **Hike up to Jebel Akhdar (6 hours)**

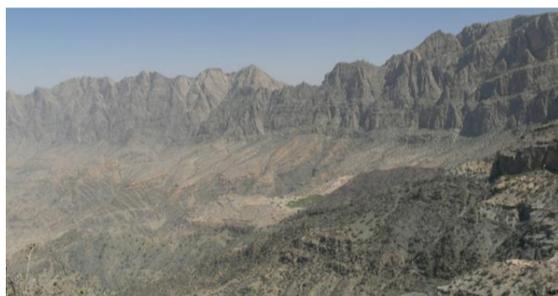
We start in a village located at 1400m. We start climbing across the terraces planted with apricots, onions, pomogranates, and lime trees. We then follow the falaj and climb steeply toward a small pass. All along the steep climb we have stunning views over the amphiteater-like vallley we come from. After the pass a gentle walk in a landscape typical of Jebel Akhdar leads us to a high village.

- **Level 3***- **Walking time : 4 to 6 hours**- **Height difference : +800m/-500m**

🚌 Transfer to Nizwa (1 hour 30 - 70 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 accomodation*

DAY 8

19/11/2023

Breakfast - Lunch - Dinner

✓ **Visit of the fort of Nizwa (1 hour)**

The fort of Nizwa was rehabilitated recently. He has a defensive part (the so called citadelle) and a housing part (which was designed or the Imam and the scholars). From the top of the citadelle e have stunning views over nizwa and its palm cove, the largest of the country. The underfloor of the fort was occupied by prison cells. These have been equipped to receive a museum about local culture. The museum is small but very well done. It is worth a visit!

✓ **Souq of Nizwa (1 hour 30)**

Nizwa is a major city of Oman located at the foot of the mointains 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.

🚌 Transfer to our campsite in the desert (3 hours - 220 Km)

✓ **Sunset in the dunes (1 hour)**

We start a walk across the dunes in late afternoon. The heat isn't too strong anymore and the sunlight is the more beautiful. The setting sun always gives changing colour to the sand and the shades. This a great unforgettable time.

- Level 1*

**Camping in Wahiba Sands**

Individual camping tent



DAY 9

20/11/2023

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.

- **Level 3***- **Walking time : 4 to 5 hours**- **Height difference : +100m/-100m****Camping in Wahiba Sands***Individual camping tent*

DAY 10

21/11/2023

Breakfast - Lunch - Dinner

 Transfer to a wadi (1 hour 30 - 80 Km)

✓ **Aquatic hiking in a wadi of the Eastern Hajar (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 swim several long pools (until 300 meters). The valley then widens and we discover another oasis.

- **Level 1***

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

 Transfer to Sur (1 hour - 100 Km)

 **Hotel in Sur**

A good hotel with modern and comfortable rooms, located just outside the city on the lagoon

Standard Room

breakfast at the accommodation



DAY 11

22/11/2023

Breakfast - Lunch - Dinner

🚌 Transfer to Tiwi (0 hour 45 - 60 Km)

✓ **Hike from a wadi to another through the mountain (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 excellen 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.

- Level 4*

- Walking time : 5 to 6 hours

- Height difference : +800m/-400m



Overnight in the majilis of the village

We camp in the majilis belonging to the mosque of the village : this is the place where men meet and sit to talk. As the village is now very little populated, the mosque agreed to rent it to us. It's a beautiful place in the middle of the gardens and we have bathroom. Decent clothing and behaaviour are required...

Camping

breakfast & dinner at the accomodation



DAY 12

23/11/2023

Breakfast - Lunch - Dinner

✓ **Hike down through the wadi to the sea (7 hours)**

We first walk down to the beautiful village located in the valley and then hike in the wadi bed through big boulders. There is then 2 ways and we take the one of the donkeys, since the other one is breathtakingly steep and exposed : we leave the wadi and hike up on the plateau for a few hours before going down again to the wadi : the descent offers great views over the valley and its impressive cliffs and palm gardens, as well as over the sea. When we reach the bottom of the wadi, we stop for a swim : the swim is very rewarding after the hike, but it's a touristic place which contrasts with the beginning of the day. From here we only have an hour more to reach the sea.

- **Level 4***

- **Walking time : 6 to 7 hours**

- **Height difference : +200m/-1000m**

🏠🏠🏠 **Hotel facing the sea**

A nice small hotel very well located, just before the village of Tiwi, in front of the sea, and at the entrance of Wadi Tiwi. The hotel has a swimming pool and a garden.

Standard Room

Modern and comfortable room with private bathroom.

breakfast at the accomodation



DAY 13

24/11/2023

Breakfast - Lunch - Dinner

 Transfer to a wadi (0 hour 30 - 60 Km)

✓ **Aquatic hiking in a wadi of the Eastern Hajar (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.

- **Level 1***

- **Walking time : 4 to 6 hours**

 Transfer to Muttrah (1 hour 30 - 130 Km)

 **Riyam Hotel**

A new hotel with comfortable rooms, well located, just 5 minutes walk from Muttrah Corniche

Standard Room

breakfast at the accomodation



DAY 14

25/11/2023

Breakfast - Lunch - Dinner

 Transfer to a fishing port (0 hour 45 - 50 Km)

✓ **Snorkeling and Boat Tour (4 hours)**

The bay is located only 30 km east from Muscat. There, the mountains fall down to the sea and form a lot of small tiny coves. We take a fisherman's boat and have a tour in the bay to see mangrove, seabirds, and the many sandy coves. Finally we stop in a wonderful beach, have lunch with grilled fish, and enjoy rest on the beach and snorkeling. Among other fishes you will probably see here : surgeon fish, tigerfish, butterfly fish, angelfish, and even sometime, if we are lucky, you'll be able to swim with turtles. ATTENTION : When the sea is rough, this cove is not reachable by boat ; we go to another one which is also nice and suitable for snorkeling, but the seabed is not so rich.

 Transfer to Muscat (0 hour 45 - 70 Km)

✓ **Stop in front of Sultan's Palace (0 hour 30)**

The palace is not the residence of the Sultan. It is only used for official meetings. We cannot visit it, but seeing it from outside is already impressive. It was built on the seashore between the 2 portuguese forts (Al Jalali and Al Mirani).

 Transfer to Muttrah (0 hour 10 - 5 Km)

✓ **Visit of Muttrah Souq (2 hours)**

The main building of the Souq is beautifully decorated : painted wooden roof and stained glass windows. Some smaller streets start on all sides and are full of small shops. You'll have a round in this labirynte in search of what you want to bring back home. The souq is organized by product type : there is a place for gold, one for silver, one for gifts, one for carpets, one clothes, etc...

 **Riyam Hotel**

A new hotel with comfortable rooms, well located, just 5 minutes walk from Muttrah Corniche
Standard Room



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