

## HIKING IN HAJAR MOUNTAINS

*A challenging tour with demanding hikes and easy canyoning almost every day and very few resting days : 6 days in the Western Hajar, 2 nights in the desert, and 4 days in the wadis of the Eastern Hajar.*



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

**Length** 12 Day

**Doable in** JANUARY - FEBRUARY - NOVEMBER - DECEMBER



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



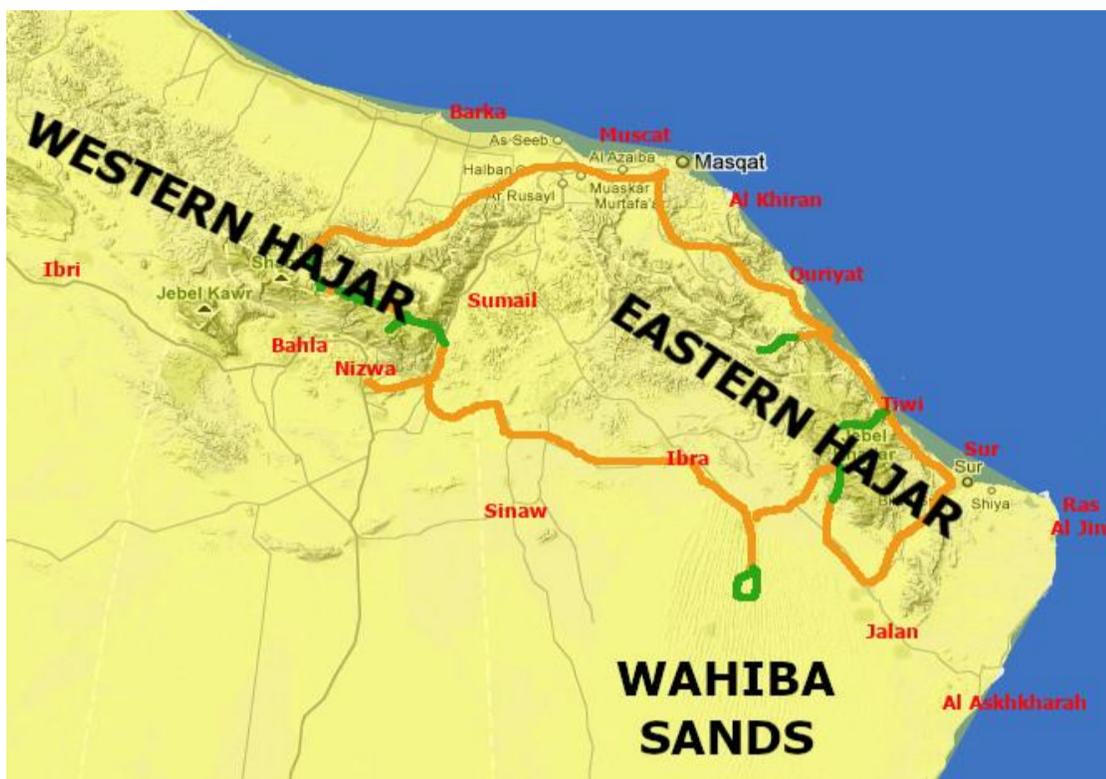
6 Nights wild camping (with tents, thick mattress, mats, dishes, cooking gear), comfortable (but with no toilets) with the assistance of vehicles. Usually participants pitch their tent by themselves while we set up the collective camp

**Start** Muttrah

**Ends** Muttrah

GUESTS	PRICE PER PERSON	
2	1350 OMR	3534 USD
3	1100 OMR	2879 USD
4	1100 OMR	2879 USD
5	950 OMR	2486 USD
6	900 OMR	2356 USD
7	850 OMR	2225 USD

**Itinerary** Wadi Bani Awf - Jebel Akhdar - Nizwa - Wahiba Desert - Wadi Bani Khalid - Sur - Wadi Tiwi - Wadi Al Arbeyeen



**Nota sobre la transportacion del equipaje** We have vehicules ; so luggages are always transported by car. You only have to carry day-pack while hiking.

**About Desert** We usually 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***- 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.

📍 *Wadi Bani Awf*

**- Level 2\***

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

*Private Room Ensuite  
breakfast & dinner at the accomodation*



**DAY 2***Breakfast - Lunch - Dinner*✓ **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 finally find a very narrow gorge which we follow until we reach the main road of the valley.

🏠 *Wadi Bani Awf*

- **Level 3\***

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

- **Height difference : +600m/-500m**

🏠🏠🏠 **Mountain guesthouse**

Simple but pleasant guesthouse in a wonderful spot

*Standard Room*

*breakfast & dinner at the accomodation*



**DAY 3***Breakfast - Lunch - Dinner*✓ **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, 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.

➤ *Wadi Bani Awf*

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

🚌 Transfer to a high settlement near the ridge (1 hour - 40 Km)

**Camping in the mountain**

We camp in the mountain around 2200 meter high not far from a small settlement

*Individual camping tent*



**DAY 4***Breakfast - Lunch - Dinner*✓ **Hike on the ridge to Jebel Akhdar (7 hours )**➤ *Jebel Akhdar*

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**

🚌 Transfer to a plateau covered with juniper trees (0 hour 30 - 20 Km)

**Camping on a high plateau**

2400m high in the center of the Jebel Akhdar, 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 5***Breakfast - Lunch - Dinner*

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

✓ **Hike to a remote palm garden in a canyon (6 hours )**

 *Jebel Akhdar*

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***Breakfast - Lunch - Dinner*

 Transfer to a high village in Jebel Akhdar (0 hour 45 - 35 Km)

✓ **Hike down from Jebel Akhdar (6 hours )**

 *Jebel Akhdar*

A very nice hike in a wild and little visited valley of jebel Akhdar. We walk down the plateau to the Samail Gap. Views are stunning during the main descent and the last part in the wadi with wild palm trees, waterpools and the old falaj (water channel) is delightful

- **Level 3\***
- **Walking time : 4 to 6 hours**
- **Height difference : +100m/-1300m**

 Transfer to Nizwa (0 hour 45 - 75 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 7**

*Breakfast - Lunch - Dinner*

➤ *Nizwa*

✓ **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 bedouins 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 selling mountain honey, dates, incense, and anything you might need.

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

➤ *Wahiba Desert*

✓ **Sunset in the dunes (1 hour )**

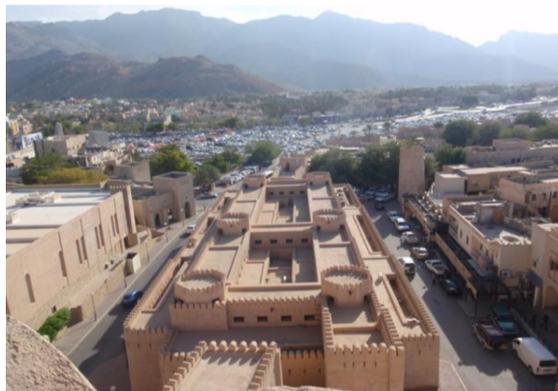
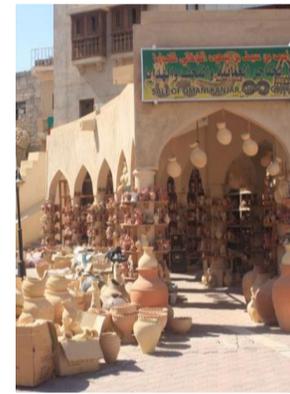
We start a walk across the dunes in late afternoon. The heat isn't too strong anymore and the sunlight is the more beautiful. The setting sun always gives changing colour to the sand and the shades. This a great unforgettable time.

- Level 1\*



**Camping in Wahiba Sands**

*Individual camping tent*



**DAY 8***Breakfast - Lunch - Dinner*✓ **Hiking in the Wahiba Sands (6 hours )**➤ *Wahiba Desert*

We start walking early morning when the sun is not too strong. We walk some 3-4 hours in this wonderful lanscape 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 9***Breakfast - Lunch - Dinner*

 Transfer to Wadi Bani Khalid (1 hour 30 - 80 Km)

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

 *Wadi Bani Khalid*

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 apartment facing the sea**

*Standard Room*



**DAY 10**

*Breakfast - Lunch - Dinner*

➤ *Sur*

✓ **Visit of the city of Sur (2 hours )**

Sur is a big city living quietly. It is built on the seashore and extends along a wonderful lagune. It was famous in the past for the naval construction. This traditional industry is declining but there is still one factory which produces wonderful traditional arabic dhows. We stop to visit it. We then walk up to a watch tower from which we have the best view over the city.

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

➤ *Wadi Tiwi*

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

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 11***Breakfast - Lunch - Dinner*✓ **Hike in Wadi Tiwi (6 hours )**🚩 *Wadi Tiwi*

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.

- **Level 3\***- **Walking time : 4 to 5 hours**- **Height difference : +300m/-50m**

🚌 Transfer to Tiwi (0 hour 30 - 25 Km)

🏠🏠🏠 **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 12***Breakfast - Lunch -*

 Transfer to Wadi Al Arbeyeen (0 hour 30 - 60 Km)

✓ **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.

➤ *Wadi Al Arbeyeen*

- **Level 1\***

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

 Transfer to Muttrah (1 hour 30 - 130 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