

TREKKING - FROM WADI SAHTAN TO WADI BANI AWF

A beautiful 6-days trek on the northern side of the Western Hajar (Wadi Sahtan & Wadi Bani Awf) and along the ridge. An original and little used route that will give you opportunity to discover traditional Omani mountain life.



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

Length 6 Day

Doable in JANUARY - FEBRUARY - MARCH - NOVEMBER - DECEMBER

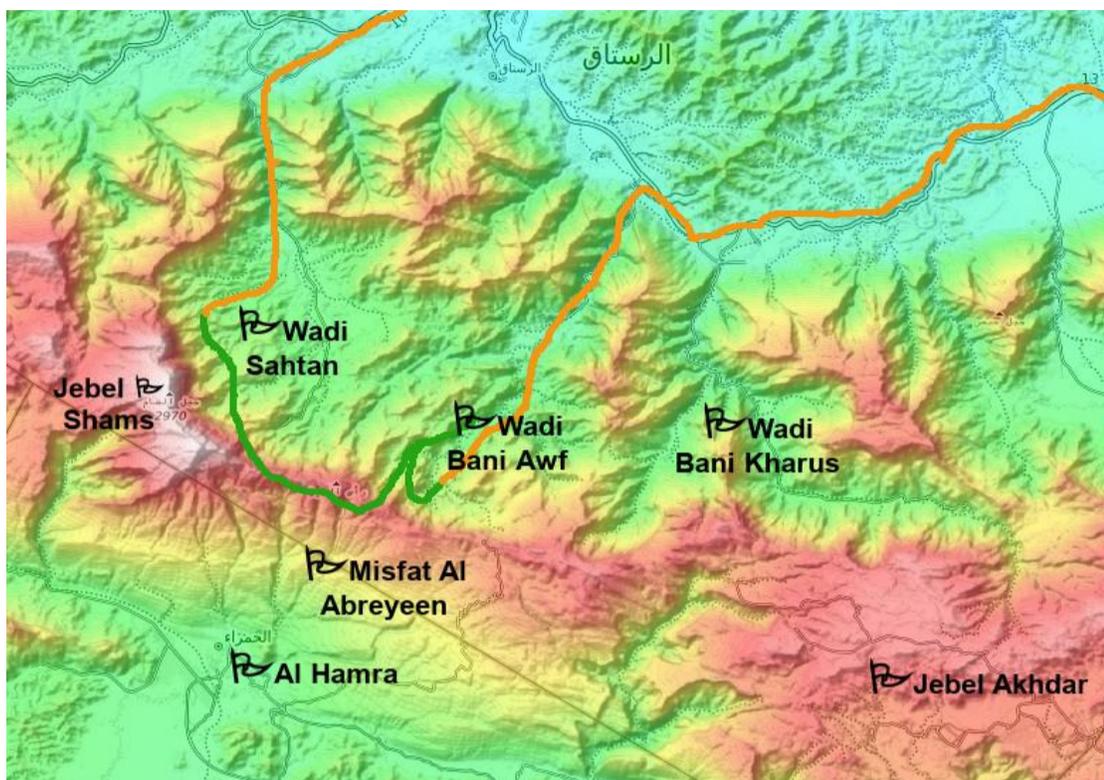
 1 Nights in accomodations (hotel, guesthouse, lodge, etc...)
 1 Nights wild camping (with tents, thick matrass, mats, dishes, cooking dear), comfortable (but with no toilets) with the assistance of vehicules. Usualy tarticipants pitch their tent by themselves while we set up the collective camp
F B F 1 Nights camping under the stars, with minimum equipment, without assistance of vehicules
 2 Nights in homestays with sometimes very rustic comfort.

Start Muttrah

Ends Muttrah

GUESTS	PRICE PER PERSON	
2	690 OMR	1806 USD
3	500 OMR	1308 USD
4	470 OMR	1230 USD
5	440 OMR	1151 USD
6	410 OMR	1073 USD
7	370 OMR	968 USD

Itinerary	Wadi Sahtan - Wadi Bani Awf
------------------	-----------------------------



**Nota sobre la
transportacion del
equipaje**

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 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.

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

DAY 1

- Lunch - Dinner

🚌 Transfer to a mountain village in Wadi Sahtan (3 hours - 225 Km)

✓ **Hike across mountain villages of Wadi Sahtan (4 hours)**

The main valley forms a huge amphitheater overlooked by the north 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 3 villages before arriving to our camp.

- **Level 3***

- **Walking time : 3 to 4 hours**

- **Height difference : +200m/-400m**

🏠 Wadi Sahtan



Camping the valley

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

Individual camping tent

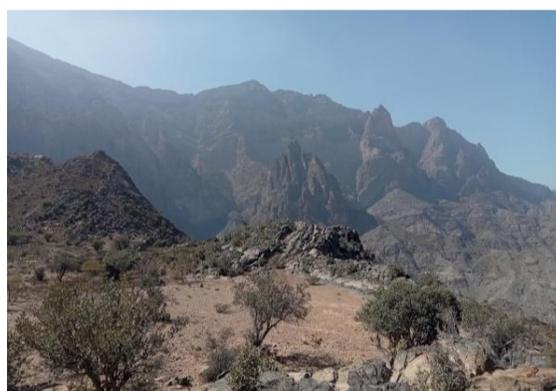
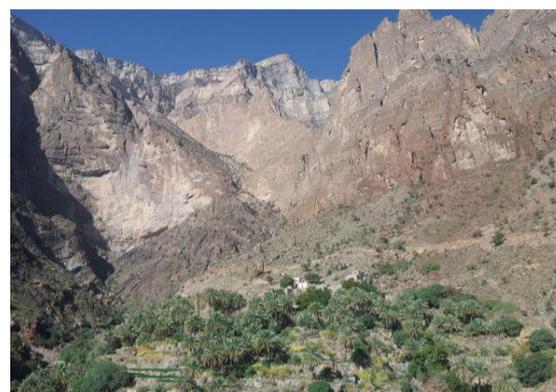


DAY 2*Breakfast - Lunch - Dinner*✓ **Hike across mountain villages of Wadi Sahtan (6 hours)**➤ *Wadi Sahtan*

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 4***- **Walking time : 4 to 5 hours**- **Height difference : +700m/-400m**🔥🔥🔥 **Overnight in a private house or camping**

We sleep in a mountain village which is now inhabited by only one family. We rent a traditional house located little aside where we have several rooms to share and a bathroom. Comfort is basic. If the house is not available, we camp on the terraces near the village.

Dormitory room

DAY 3*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 toward the ridge (8 hours)**

A superb hike today : we start to hike up the cliffs of the rock amphitheater, mainly on a good path (but some parts can be a bit more difficult, and on a few places the path does not exist anymore...). We hike up a gully which hosts a suprisingly high number of trees for Oman, which attracts birds. We then follow a balcony path which offers great views. We stop for lunch near a spring and continue the balcony path before a last ascent to reach our bivouac spot on the main ridge.

➤ *Wadi Sahtan***- Level 4*****- Walking time : 5 to 6 hours****- Height difference : +1100m/-100m****F B F Bivouac high in the mountain**

We camp at a pass located at an height of 2200m. Food and water supply are brought by a donkey.

Under the stars

DAY 4*Breakfast - Lunch - Dinner***Day with no car assistance****We find the vehicle(s) again after finishing the hike**✓ **Hike along the main ridge and down to Wadi Bani Awf (6 hours)**

From our bivouac, we start hiking following the main ridge up and down. On clear days, 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 start the hike down. Views are really great! The way is not always easy, sometimes on a good path, and sometimes with no path. We finally reach the village lying at an height of 1200m, of which we cross part of the gardens.

➤ *Wadi Bani Awf*

- **Level 4***
- **Walking time : 4 to 5 hours**
- **Height difference : +300m/-1200m**

🔥🔥🔥 **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

DAY 5*Breakfast - Lunch - Dinner*✓ **Descent in the small valley (2 hours)**☞ *Wadi Bani Awf*

We cross the village and follow a good mountain path which takes us at the bottom of the valley. We then hike around boulders in the river bed. There are a lot of trees and sometimes, after big rains, a stream flows during several months.

- Level 2*
- Walking time : 1 to 2 hours
- Height difference : +50m/-350m

✓ **Lunch in an old hamlet renovated into a guesthouse (1 hour)**

- Level 1*

✓ **Canyoning in the lower Snake Canyon (3 hours)**☞ *Wadi Bani Awf*

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*

☞ 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!

Dormitory

*Dormitories from 4 to 10 persons with bunkbeds and A/C.
breakfast & dinner at the accomodation*



DAY 6*Breakfast - Lunch -*✓ **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**

🚌 Transfer to Muttrah (3 hours - 245 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