

TREKKING - FROM SAMAIL TO WADI BANI KHARUS

A beautiful 4-days trek to discover the highlands of Jebels Akhdar, but also the northern valleys of Wadi Mistal and Wadi Bani Kharus. Great views, charming guesthouses, and the visit of very diverse villages and oasis.



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

Length 4 Day

Doable in JANUARY - FEBRUARY - MARCH - NOVEMBER - DECEMBER



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

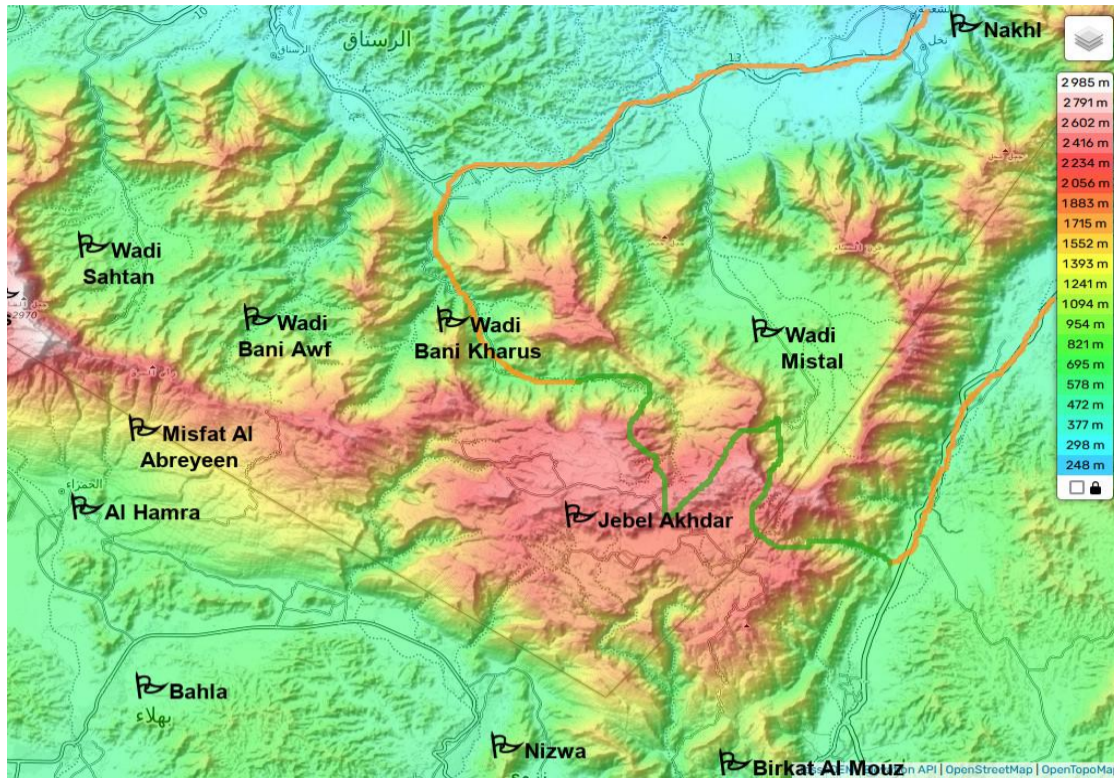


1 Nights wild camping (with tents, thick mattress, mats, dishes, cooking gear), comfortable (but with no toilets) with the assistance of vehicles. Usually participants pitch their tent by themselves while we set up the collective camp

Start Muttrah

Ends Muttrah

| GUESTS | PRICE PER PERSON | |
|--------|------------------|----------|
| 2 | 520 OMR | 1361 USD |
| 3 | 420 OMR | 1099 USD |
| 4 | 420 OMR | 1099 USD |
| 5 | 380 OMR | 994 USD |
| 6 | 340 OMR | 890 USD |
| 7 | 320 OMR | 837 USD |

Itinerary Jebel Akhdar - Wadi Mistal - Wadi Bani Kharus

**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 2, 3) 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 2 we are in comfortable accomodations : bedsheets, blankets, and bath towels are provided.

DAY 1

- Lunch - Dinner

🚌 Transfer to a village in the Samail Gap (1 hour 15 - 120 Km)

✓ **Hike up to Jebel Akhdar (8 hours)**

👉 *Jebel Akhdar*

A long but very beautiful hike which takes us from the Samail Gap to the high plateau of Jebel Akhdar. We first follow the wadi bed sometimes on the falaj, sometimes bouldering. We then have a long quite steep ascent on a good path with great views until we reach a high village. Scenery is great with impressive vertical cliffs.

- **Level 4***

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

- **Height difference : +1300m/-0m**



Camping high in the mountain

We set up our camp not far from a village, at an height of 1900m.

Individual camping tent



DAY 2*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 down to Wakan (Wadi Mistal) (6 hours)**➤ *Wadi Mistal*

We start from a beautiful high village where walnuts and pomogranate are grown. We walk up to a narrow Pass which gives access to the valley on the northern side. From there we hike down with panoramic views over the valley looking like an amphitheater. We finally reach the village, and we cross the green terraces mainly planted with apricots and peaches.

- **Level 3***- **Walking time : 4 to 5 hours**- **Height difference : +250m/-900m**🏠🏠🏠 **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 3*Breakfast - Lunch - Dinner***Day with no car assistance****We find the vehicle(s) again after finishing the hike**✓ **Hike up to Jebel Akhdar (7 hours)**🏞️ *Jebel Akhdar*

A nice hike, not too much difficult, except in one steep place, offering us great views over the north flank of the Western Hajar. We start at a village located at 1400m above sea level, where apricots and peaches do particularly well, and reach an upper village located at 2200m, where main grown trees are pomogranates and walnuts.

- **Level 3***- **Walking time : 5 to 6 hours**- **Height difference : +800m/-450m**🏠🏠🏠 **Mountain guesthouse**

Overnight in a beautifully renovated guesthouse in an old troglodyte village. The village is built under a cliff.

*Standard Room**breakfast & dinner at the accomodation*

DAY 4*Breakfast - Lunch -*✓ **Hike down to Wadi Bani Kharus (7 hours)**🏠 *Wadi Bani Kharus*

A long but nice hike! The descent offers stunning views and the arrival in the last villages of the wadi is delightful : flowing water and terraced gardens, which are some of the finest of Oman!

- **Level 4***

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

- **Height difference : +300m/-1500m**

🚌 Transfer to Muttrah (3 hours - 230 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 |