

TREKKING - FROM WADI BANI AWF TO MISFAT AL ABREYEEN

A classic route to cross the Western Hajar Mountains through Sharaf Al Alamain Pass : canyoning in the Snake Canyon, and then a 4-days mountain trek. Beautiful palm groves, and quality guesthouses!



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

Length 5 Day

Doable in JANUARY - FEBRUARY - NOVEMBER - DECEMBER

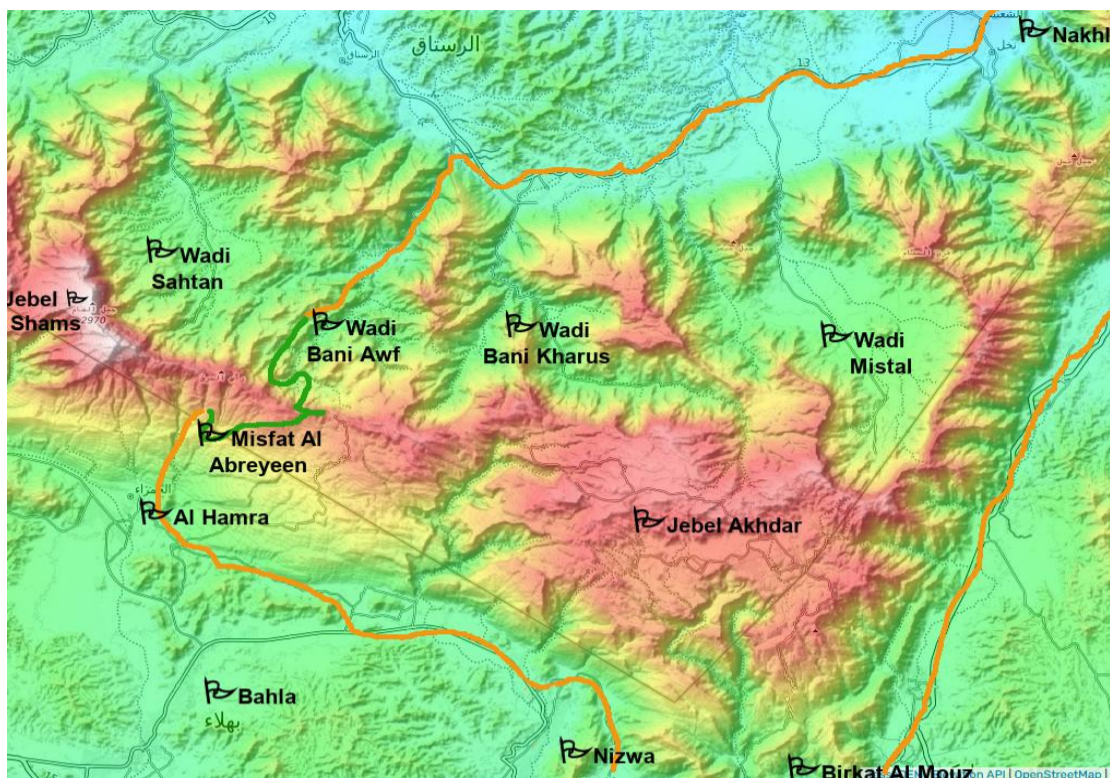


4 Nights in accommodations (hotel, guesthouse, lodge, etc...)

Start Muttrah

Ends Nizwa

GUESTS	PRICE PER PERSON	
2	650 OMR	1701 USD
3	500 OMR	1308 USD
4	450 OMR	1178 USD
5	420 OMR	1099 USD
6	380 OMR	994 USD
7	360 OMR	942 USD

Itinerary Wadi Bani Awf - Misfat Al Abreyeen**Nota sobre la
transportacion del
equipaje**

We have vehicles ; so luggages are always transported by car. You only have to carry day-pack while hiking.

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*

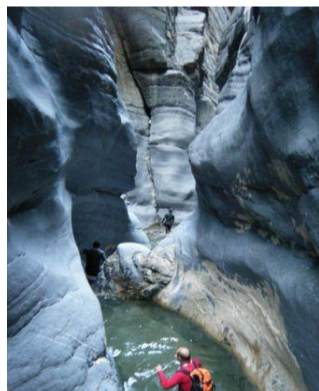
*- Level 2**

🏠🏠🏠 **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 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.

- **Level 3***

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

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

🏠 *Wadi Bani Awf*

🏠🏠🏠 **Mountain guesthouse**

Simple but pleasant guesthouse in a wonderful spot

Shared Room

Dormitory with maximum 4 beds per 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**

🏠🏠🏠 **Mountain hotel**

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

Deluxe Room

breakfast & dinner at the accomodation



DAY 4*Breakfast - Lunch - Dinner*✓ **Hike down on the southern slope to Misfat Al Abreyeen (7 hours)**➤ *Misfat Al Abreyeen*

We start from a pass at an height of 2000m. We first walk along the ridge on the southern flank, from where we have exceptional views on both sides. We then start the descent full of diversity : we cross small wadis, walk on slabs, see hamlets and finally arrive to a canyon from where we can see our arrival point : an old village with plenty of cultivated terraces hanging on the flank of the mountain. The last descent is steep but the arrival in the village and its palm grove reward us : after the mineral environment of the walk we arrive in a luxuriant vegetation and walk on the aflaj (irrigation chanel) in which clear water coming from the mountain is flowing...

- **Level 3***- **Walking time : 4 to 6 hours**- **Height difference : +150m/-1150m****Guesthouse in a palm grove**

It's an old village in a splendid terraced palm grove. The old houses have been left from most of the inhabitants who built modern houses aside, and are now renovated mostly for touristic use. The guesthouse is located a few minutes walk away from the parking ; so, please plan a small bag with only the stuff you need for that night. Also, to respect the inhabitants of the village, it is forbidden to bring alcohol in the village and to smoke inside the house ; we thank you in advance for respecting these rules!

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

DAY 5*Breakfast - Lunch - Dinner*✓ **Hike and swim in a canyon (5 hours)**➤ *Misfat Al Abreyeen*

Between hiking and canyoning. A very pleasant excursion starting at an height of 1500m. A good path with stunning views take us to the bottom of the canyon where we first find gardens. We then head in the canyon and quickly find lots of pools and lush vegetation and we can swim. A bit further, the canyon becomes more dry and we walk on the sides, sometimes right and sometimes left. Finally, the valley opens and a good path leads us to a major oasis which is particularly beautiful. We rate this hike "Level 4" not because it's demanding but because a few places are exposed.

- **Level 4***
- **Walking time : 3 to 4 hours**
- **Height difference : +0m/-500m**

🚌 Transfer to Nizwa (1 hour - 60 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