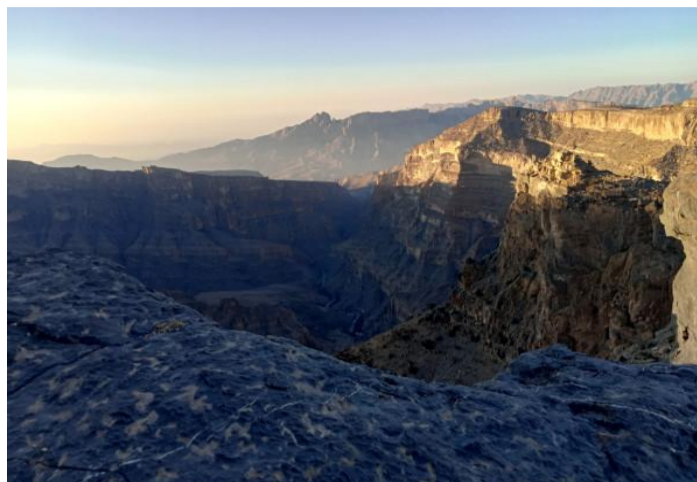


DISCOVER THE WAESTERN HAJAR



An easy tour to discover the Western Hajar mountain range with easy walks and short hikes : the steep northern valleys, Jebel Shams Grand Canyon, Jebel Akhdar's plateau, and everywhere oasis and streams...



Level 2 Quite easy tours with easy hikes (no more than 4 hours walking and 300m height difference). These tours might include swimming but no aquatic hike nor canyoning. There is always the option, for the participants who wish it, not to do the walk ; when possible, an alternative program can be offered to them ; otherwise, they will wait in a beautiful spot.

Length 8 Day

Doable in FEBRUARY - MARCH - NOVEMBER - DECEMBER

 4 Nights in accomodations (hotel, guesthouse, lodge, etc...)
 3 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

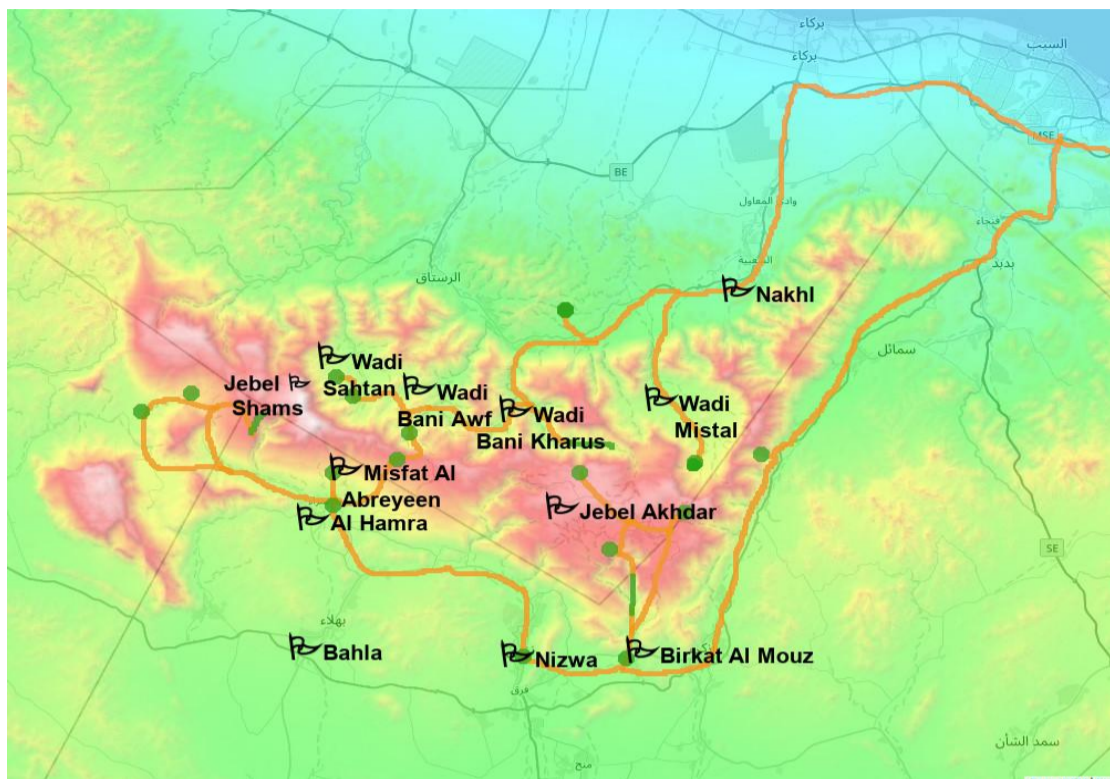
Start Muttrah

Ends Muttrah

GUESTS	PRICE PER PERSON	
2	800 OMR	2094 USD
3	640 OMR	1675 USD
4	560 OMR	1465 USD
5	620 OMR	1623 USD
6	560 OMR	1465 USD
7	530 OMR	1387 USD
8	500 OMR	1308 USD

Itinerary


Nakhl - Wadi Mistal - Lowhills - Wadi Bani Kharus - Wadi Bani Awf - Wadi Sahtan - Al Hamra - Misfat Al Abreyeen - Jebel Shams - Nizwa - Birkat Al Mouz - Jebel Akhdar

**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 Al Awabi (2 hours - 200 Km)

✓ **Vosit of Nakhl Fort (1 hour)**

 *Nakhl*

Nahl is an oasis located at the foot of the Western Hajar mountains. It used to be a important cultural center. The fort was the one of the Wali and the scholars. It had also military purposes since it defended the entrance of the valley and the access to Wadi Bani Kharus and Wadi Mistal.

 Transfer to Wadi Mistal (0 hour 50 - 50 Km)

✓ **Short walk in the mountain oasis of Wakan (1 hour)**


 *Wadi Mistal*

We have a round in the village, located at 1400m, at the far end of a valley in shape of an amphitheater. The village and its garden are built on the cliff. We walk across the old village and the terraces where grow garlic, onions, apricots, lime trees, etc... Apricots are the main crop and it's expecially beautiful in spring when they flower.


- Level 1*

- Walking time : 1 to 2 hours

- Height difference : +50m/-50m

 Transfer to a foothill wadi (1 hour 10 - 60 Km)

✓ **Small walk in a valley of the foothills (2 hours)**

 *Lowhills*

This is a nice very typical valley of the foothills. On our way, we'll see magnestic springs which colour some of the pools in white. This valley runs in the middle of unusual rocks, called ophiolite and which originate from the oceanic floor : a journey up this valley is like a trip to the depth of the earth. The water is here flowing all year long, and we find some small pools to refresh..

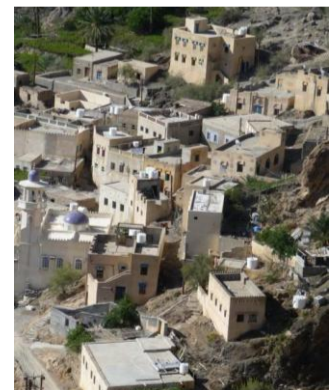
- Level 1*

- Walking time : 1 to 2 hours




Camping in a wadi of the foothills

Individual camping tent



DAY 2*Breakfast - Lunch - Dinner*


 Transfer to Wadi Bani Kharus (1 hour 30 - 70 Km)

✓ **Hike in Wadi Bani Kharus through villages, palm gardens, and mountain (4 hours)**

 *Wadi Bani Kharus*

We walk in the wadi and on the luxuriant terraces of the palm gardens. The path then heads along the valley, goes up to a small pass and down to an isolated palm garden. The inhabitants of the village where we started the hike come there regularly to take care of the cultures and of the falaj (traditional irrigation system). The entrance in the gardens is now private, so we stop just before and have lunch near the stream and we come back using the same way...

- Level 2*
- Walking time : 2 to 4 hours
- Height difference : +300m/-300m


 Transfer to Zamah (Wadi Bani Awf) (2 hours - 50 Km)

✓ **Short walk in the Snake Canyon (2 hours)**

 *Wadi Bani Awf*

We walk up this impressive canyon : we start in a narrow gap and then the valley widens up ; after some walking around boulders, we reach the first water pools. The site is great. The braver ones might go for a swim but the water is cold and often murky...

- Level 2*
- Walking time : 0 to 1 hours

 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 3

Breakfast - Lunch - Dinner

🚌 Transfer to a mountain village in Wadi Sahtan (1 hour - 30 Km)

✓ **Short walk in Wadi Sahtan (2 hours)**

➤ *Wadi Sahtan*

We have a walk in the heart of Wadi Sahtan, on a small plateau towards a beautiful oasis. The views over the cliffs of the cirque are great ; above all over the northern face of Jebel Shams. At then end of the small plateau is a beautiful small village surrounded by gardens.

- **Level 2 & 3***
- **Walking time : 1 to 1 hours**
- **Height difference : +50m/-50m**

🚌 Transfer to a mountain village in Wadi Sahtan (0 hour 30 - 15 Km)

✓ **Short walk in a village (1 hour)**

- **Level 2 & 3***
- **Walking time : 0 to 1 hours**
- **Height difference : +50m/-50m**

🚌 Transfer to Balad Sit (1 hour 30 - 50 Km)

✓ **Short walk in the mountain oasis of Balad Sit (2 hours)**

➤ *Wadi Bani Awf*

We start from the main valley and head to a narrow gorge. This part of the walk is just wonderful! At the end of the gorge, we discover the village. Built in a small hill and surrounded by cliffs, this village is one of the most beautiful of Oman. We walk through the village and the ardens and come back through an other branch of the small gorge.

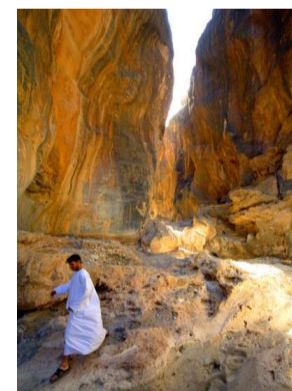
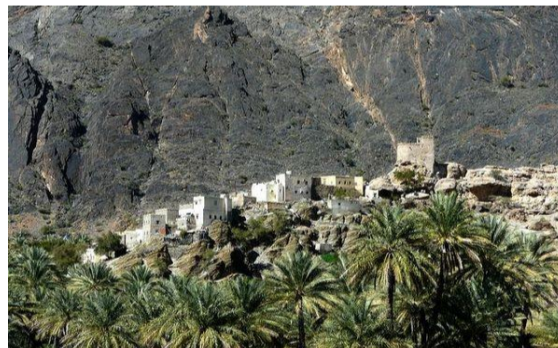
- **Level 1***
- **Walking time : 1 to 2 hours**
- **Height difference : +50m/-50m**

🏠🏠🏠 **Mountain guesthouse**

Simple but pleasant guesthouse in a wonderful spot

Standard Room

breakfast & dinner at the accomodation



DAY 4*Breakfast - Lunch - Dinner*

 Transfer to Sharaf Al Alamain (1 hour - 15 Km)

This drive off-road let us climb some 1000 meters in less than 10 km. It provides us with stunning views over the valley.

✓ **Short walk along the ridge (3 hours)**


 *Wadi Bani Awf*

We walk along the ridge enjoying wonderful views over Wadi Bani Awf. We also see Wadi Sahtan, the summit of Jebel Shams, Jebel Kawr, and the cities of Al Hamra and Bahla, and far away Nizwa.

- **Level 2***

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

- **Height difference : +100m/-100m**

 Transfer to Al Hamra (0 hour 45 - 30 Km)

✓ **Visit of a lively museum of traditional know-hows (1 hour 30)**

 *Al Hamra*

Bait As Safah is a traditional omani house located in the old city of Al Hamra. The women of the village welcome us in this house and show us how they make omani bread, omani coffee, carpets, and different creams and lotions made from mountain plants.

 Transfer to Misfat Al Abreyeen (0 hour 12 - 10 Km)

✓ **Short walk in the mountain oasis of Misfat Al Abreyeen (2 hours)**

 *Misfat Al Abreyeen*

This is one of the most beautiful mountain village of Oman. It is located on the slope of a canyon. The gardens were built all around the old village on man-made terraces. Laying at an height of 800 meters, we find their a wide variety of tropical fruits : bananas, papayas, oranges, limes, dates, pomogranates, etc...

- **Level 1***

- **Walking time : 1 to 2 hours**

- **Height difference : +100m/-100m**

 **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*

 Transfer to Al Khitaym (Jebel Shams) (1 hour 12 - 50 Km)

✓ **Hike on top of Arabia's Grand Canyon (4 hours)**


 *Jebel Shams*

The path is very easy and offers all way long wonderful views on Arabia's Grand Canyon. On the way we can see the highest point of the country. Finally, we arrive to an old village built in the cliff. The village was abandoned in the 90's when the road was built. Some 5 to 10 families were living there, taking care of their gardens also built on the cliff and of their goats. We come back the same way. It is a very easy and rewarding walk!

- **Level 2***

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

- **Height difference : +250m/-250m**

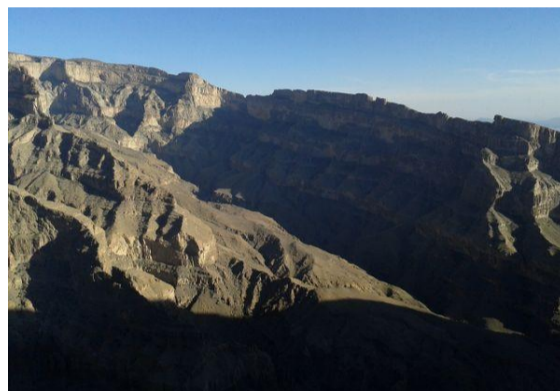
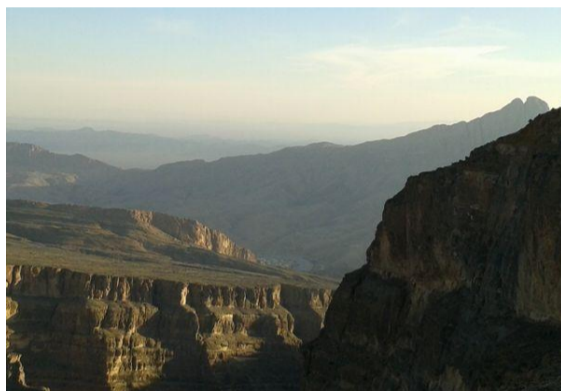
 Transfer to Jebel Shams plateau (0 hour 20 - 12 Km)




Camping in Jebel Shams Range

1800m high


Individual camping tent



DAY 6*Breakfast - Lunch - Dinner*

 Transfer to a wadi on the western side of Jebel Shams (2 hours - 100 Km)

✓ **Short Walk and swimming in a wadi (2 hours)**

 *Jebel Shams*


Located on the west flank of the Jebel Shams range and in front of the Jebel Misht, this valley has all year long flowing water. The first pools to swim in are reached after only 10 mintes walk. The further ones need half an hour walk. The water clear and swimming their is just wonderful!

- **Level 1***


- **Walking time : 1 to 2 hours**

 Transfer to Bat Tombs (0 hour 30 - 25 Km)

✓ **Visit of the tombs of Al Ayn (0 hour 30)**

 *Jebel Shams*

We stop to have a look at the tombs : these tumulus date from the 3rd Millenary B.C. They are located at the foot of the Jebel Misht, one of the most impressive mountain of Oman because of its 1000 meter high cliff.

 Transfer to Nizwa (1 hour 30 - 100 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*

 Transfer to Nizwa (1 hour - 60 Km)

✓ **Souq of Nizwa (1 hour 30)**

 Nizwa

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 Birkat al Mouz (0 hour 30 - 25 Km)

✓ **Visit of Birkat AL Mauz (0 hour 45)**

 Birkat Al Mouz

We first stop to have a view on Birkat Al Mauz (the banana basin, in arabic) : From there we discover a wide range of green and 2 old villages built on the slope of the mountain. It is a wonderful point of view. We then go down, cross the palm garden and visit one of the old villages which give a good idea of the traditional architecture.

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

✓ **Short walk in Jebel Akhdar (2 hours)**


 Jebel Akhdar

A nice walk, which let us discover the high village of Al Manakhr and its pomegranate and walnut fields. We continue further in the upper Wadi Al Halfayn valley, where we get stunning views over the Samail valley.

- Level 2 & 3*

- Walking time : 1 to 1 hours

- Height difference : +100m/-100m

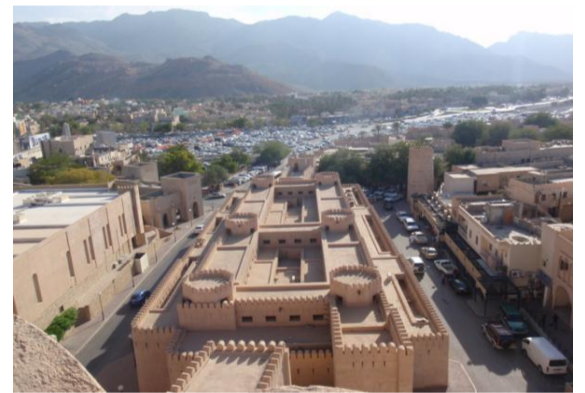
 Transfer to a plateau covered with juniper trees (1 hour - 40 Km)




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 8*Breakfast - Lunch -*

 Transfer to Al Ayn (0 hour 30 - 20 Km)

✓ **Walk along the 'Roses villages' (Al Aqoor, Al Ayn, Sharegah) (2 hours)**

 *Jebel Akhdar*

We walk between high villages on Jebel Akhdar. They grow among other plants roses and pomogranates. The roses flower in march and april ; walking in the gardens at this time is an enchantement for the eyes and the nose. The pomogranates are harvested in late august and september ; they are very tasty and famous for their enormous size.

- Level 1*
- Walking time : 1 to 2 hours
- Height difference : +100m/-100m

 Transfer to Masirat Al Ruwajah (0 hour 45 - 20 Km)

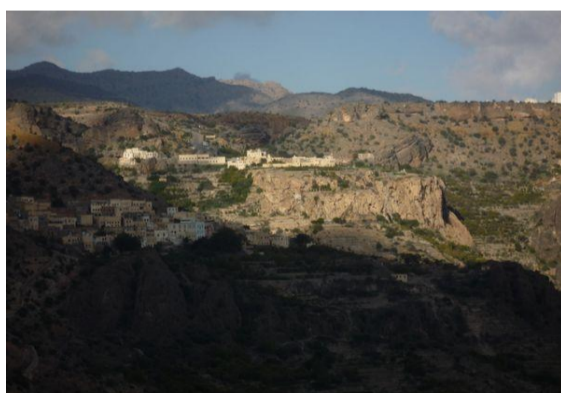
✓ **Descent in Wadi Al Muaydin (4 hours)**

 *Jebel Akhdar*

We start from a village located at the bottom of the valley. We quickly find a little water flowing on pink and green layers of clay. We then walk across a abandoned palm grove and keep on walking down the wadi, sometimes on an old donkey path, sometimes at the bottom of the wadi.

- Level 2*
- Walking time : 2 to 3 hours
- Height difference : +0m/-300m

 Transfer to Muttrah (1 hour 45 - 135 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