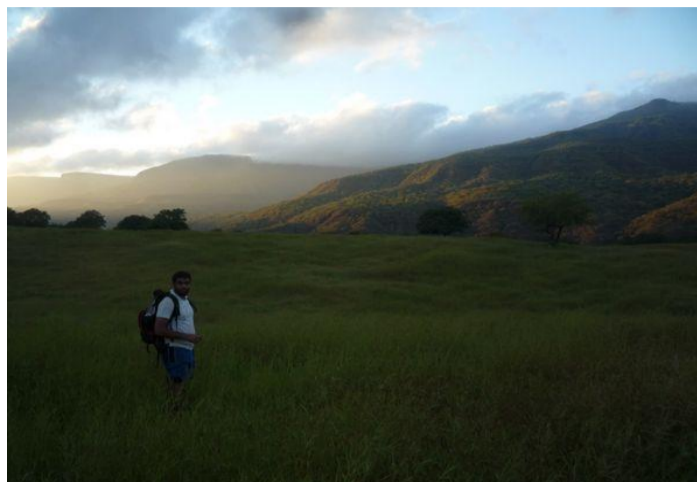


HIKING IN JEBEL AL QAMR

Beautiful and secret hikes in Dhofar mountains, which receive monsoon rains in summer and host original fauna and flora. This part of the coast is the most wooded of the country : a surprising environment!



Level 3 Tours which can include full-day hikes (up to 800 elevation gain) and not too difficult aquatic hikes.

Length 4 Day

Doable in JANUARY - FEBRUARY - NOVEMBER - DECEMBER



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

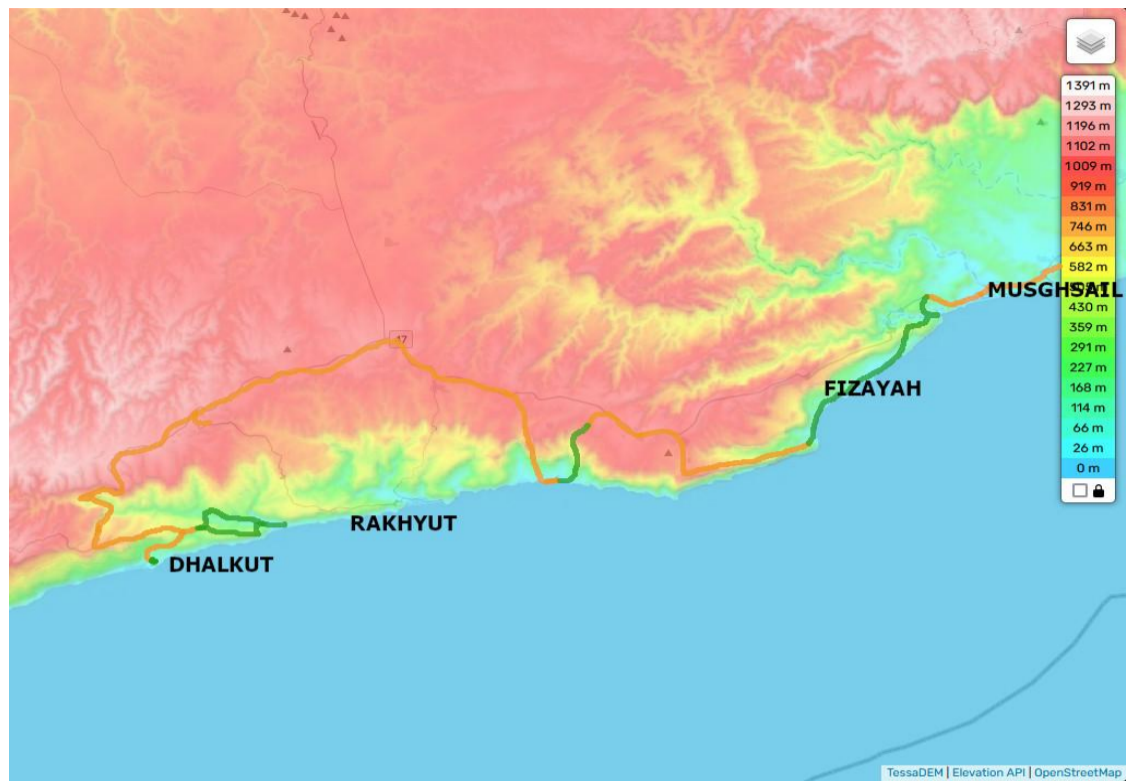


2 Nights wild camping (with tents, thick mattress, mats, dishes, cooking gear), comfortable (but with no toilets) with the assistance of vehicles. Usually participants pitch their tent by themselves while we set up the collective camp

Start Salalah

Ends Salalah

GUESTS	PRICE PER PERSON	
2	530 OMR	1387 USD
3	430 OMR	1125 USD
4	430 OMR	1125 USD
5	380 OMR	994 USD
6	350 OMR	916 USD
7	330 OMR	863 USD

Itinerary Jebel Al Qamr

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.

DAY 1*- Lunch - Dinner*
 Transfer to Mughsayl (0 hour 45 - 60 Km)

✓ Coastal hike at the foot of Jebel al Qamr (4 hours)
 *Jebel Al Qamr*

We walk down to a wild creek. We walk then up the valley where we find huge frankincense trees (Boswellia sacra). We start heading to a pass. The higher we get the bigger get the trees. Near the pass we find some dragon trees. Finally we discover a wonderful bay with numerous white sandy beaches.

- **Level 3***

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

- **Height difference : +400m/-250m**

✓ Swimming on a white sandy beach (2 hours)
 *Jebel Al Qamr*

We enjoy a swim in the indian ocean on one of the numerous beaches of the bay.


Camping on the beach

We camp on a splendid sandy white beach

Individual camping tent



DAY 2*Breakfast - Lunch - Dinner*📍 *Jebel Al Qamr*✓ **Coastal hike to the so-called 'Camel Head' (5 hours)**

A wonderful hike along the sea. We first cross a nice sandy beach where we stop for a swim. Then we walk along the sea on a good path and cross several valleys : some of them have frankincense trees growing in them, others have small springs. The views are superb, and if you watch the sea you might see dolphins or turtles...

- **Level 3***- **Walking time : 3 to 4 hours**- **Height difference : +400m/-400m**

🚌 Transfer to the viewpoint (1 hour - 40 Km)

📍 *Jebel Al Qamr*✓ **View Point (0 hour 15)**

We stop at a view point : we are 1000m high and down the cliffs is the sea. During moonson time the clouds hit the cliffs which get lush green.

🚌 Transfer to the heights of Jebel Al Qamr (0 hour 20 - 20 Km)

**Camping in the high grazing lands**

We camp about 1000m high in the middle of the grazinglands and with views over the sea

Individual camping tent

DAY 3*Breakfast - Lunch - Dinner*✓ **Hike down to the sea (6 hours)**📍 *Jebel Al Qamr*

We start at 1000m high. The trees are big and the birds plenty. We go down step by step through the woods with some nice views over the sea. This region receives monsoon rains in summer and a real forest grows on the mountain slopes ; in winter, most trees loose their leaves and a few kkeep them. When we arrive, the landscape is idylic : giant desert roses, tamrinds, palmtrees, and many birds...

- **Level 3***- **Walking time : 4 to 5 hours**- **Height difference : +0m/-900m**

🚌 Transfer to Dhalkut (1 hour - 80 Km)

🏠🏠🏠 **Simple hotel***Standard Room*

DAY 4*Breakfast - Lunch -*➤ *Jebel Al Qamr*✓ **Hike to a wild estuary (6 hours)**

We start from a hamlet of sheperds and walk across grazing lands. The path offers nice views over the sea. We then walk down to the estuary through the forest. The place is incredibly wild and beautiful : here are staying together cows and camels, the sea and the fresh water, palm trees, and a rich wildlife... There is also a cave which has ancient stone paintings. We walk back through the wadi and the woods to the car. On the way it is frequent to see hyrax.

- **Level 3***
- **Walking time : 4 to 5 hours**
- **Height difference : +400m/-400m**

🚌 Transfer to Salalah (3 hours - 170 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