

HIKING TO THE ROOTS OF THE WESTERN HAJAR



A nice trip to discover the valleys of the northern slope of the Western Hajar and its remote mountain oases. 2 bivouac overnights in exceptional places, 2 nights in pleasant guesthouses, and 1 night camping in the middle of Wadi Sahtan's cirque.



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

Length 6 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
F B F 2 Nights camping under the stars, with minimum equipment, without assistance of vehicles

Start Muttrah

Ends Muttrah

| GUESTS | PRICE PER PERSON | |
|--------|------------------|----------|
| 1 | 1290 OMR | 3376 USD |
| 2 | 680 OMR | 1780 USD |
| 3 | 475 OMR | 1243 USD |
| 4 | 475 OMR | 1243 USD |
| 5 | 390 OMR | 1020 USD |
| 6 | 360 OMR | 942 USD |
| 7 | 320 OMR | 837 USD |
| 8 | 300 OMR | 785 USD |

Itinerary Wadi Bani Kharus - Wadi Bani Awf - Wadi Sahtan

**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 1, 2, & 5, 6) 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.

Overnights 1, 5 we sleep **UNDER THE STARS** and you'll have to carry also own sleeping pad and sleeping bag.

DAY 1*- 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**
 Transfer to Wadi Bani Kharus (2 hours 45 - 225 Km)

✓ **Hike to a remote palm garden in the cliff (4 hours)**

➤ *Wadi Bani Kharus*

We use an old donkey path, which is sometime hard to distinguish whereas in some places it is remarkably built. After a 600 meters climb we discover an old village that has been abandoned but whose houses are still used by the vilagers who come to maintain the nearby gardens. After a small stop next to the spring we follow the old falaj (irrigation system) to reach the palm garden, surreal green flake hanging in the middle of the cliff...

- **Level 3***

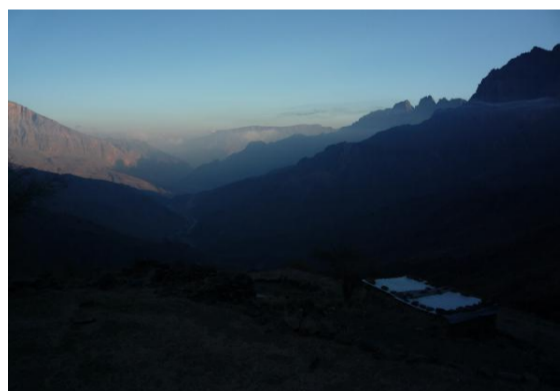
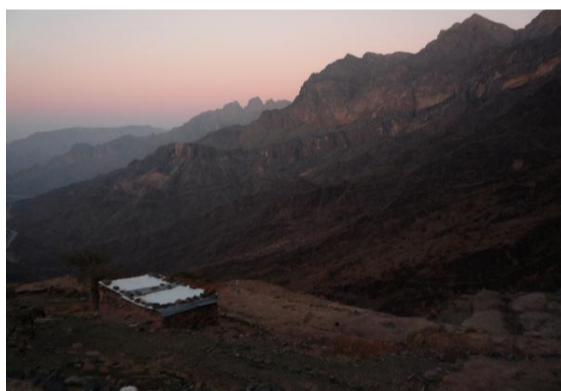
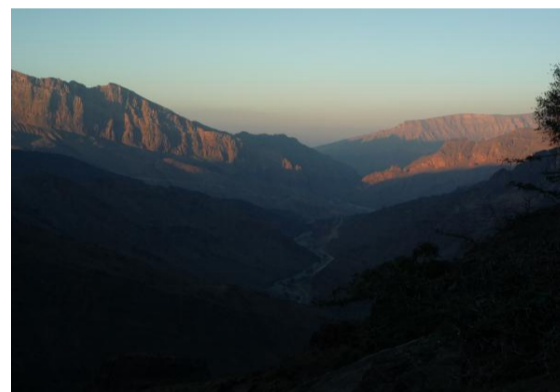
- **Walking time : 3 to 4 hours**

- **Height difference : +600m/-0m**

F B F Bivouac on abandoned terraces

We spend the night under the stars on old terraces which are for the moment not in use. We have splendid views over the valley.

Under the stars



DAY 2*Breakfast - Lunch - Dinner***Day with no car assistance****We find the vehicle(s) again after finishing the hike**✓ **Hike to come back (3 hours)**➤ *Wadi Bani Kharus*

We hike down the same way we climbed up the day before. By going down, some places might seem a bit exposed.

- **Level 4***
- **Walking time : 2 to 3 hours**
- **Height difference : +0m/-600m**

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

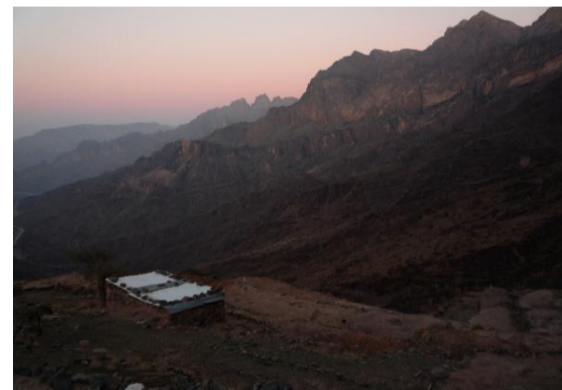
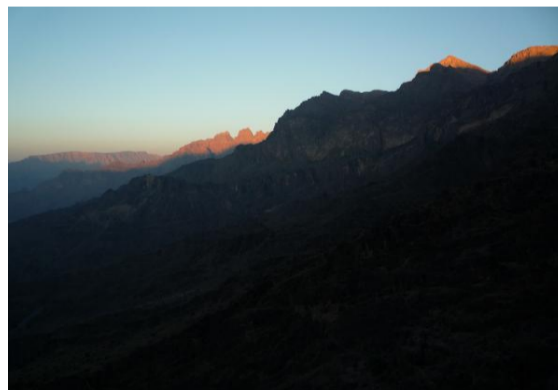
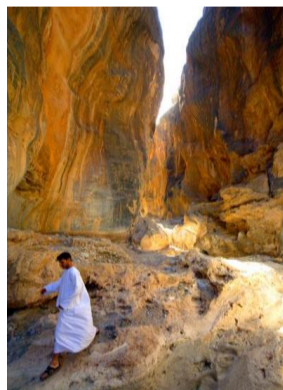
✓ **Short walk in the mountain oasis of Balad Sit (2 hours)**➤ *Wadi Bani Awf*

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

*Shared Room**Dormitory with maximum 4 beds per room.**breakfast & dinner at the accomodation*

DAY 3*Breakfast - Lunch - Dinner*✓ **Hike through mountains and villages of Wadi Bani Awf (5 hours)**🚩 *Wadi Bani Awf*

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**🏠🏠🏠 **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 4*Breakfast - Lunch - Dinner*✓ **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.

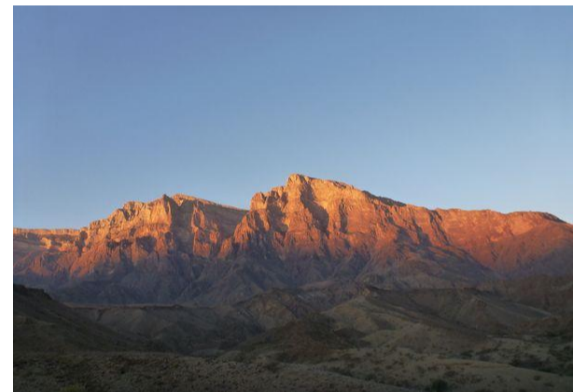
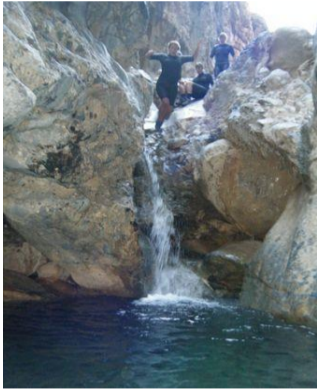
- Level 2*


🚌 Transfer to our campsite in the valley (1 hour - 30 Km)

**Camping the valley**

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

Individual camping tent



DAY 5*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**
 Transfer to a mountain village in Wadi Sahtan (1 hour - 20 Km)

✓ **Hike toward the ridge (5 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. Views are splendid. Finally, we reach our bivouac spot near a spring using a good flat path on a rocky ledge.

➤ *Wadi Sahtan*

- **Level 3***

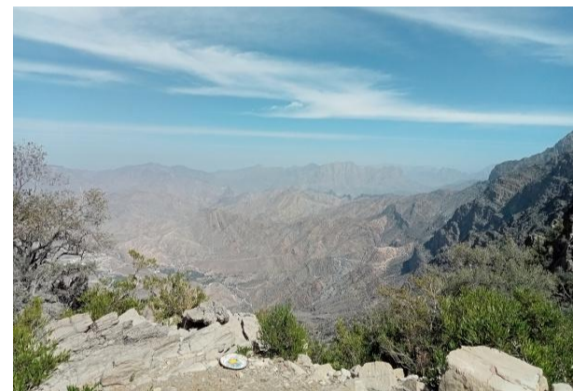
- **Walking time : 4 to 5 hours**

- **Height difference : +800m/-100m**

F B F Bivouac near a spring

We spend the night in a charming place, near a spring and with great views, located at an height of 1800m

Under the stars



DAY 6*Breakfast - Lunch - Dinner***Day with no car assistance****We find the vehicle(s) again after finishing the hike**✓ **Hike down to the valley (4 hours)**➤ *Wadi Sahtan*

We leave our bivouac spot and continue on the balcony trail. We start going down toward another village and then cross a small valley to get to the village from where we started the hike the day before.

- **Level 3***- **Walking time : 2 to 3 hours**- **Height difference : +0m/-800m**

🚌 Transfer to Muttrah (3 hours - 325 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