

TREKKING IN THE WESTERN HAJAR

A demanding tour for hikers which takes us through the valleys of the northern side of the range and across Jebel Akhdar with a selection of the nicest hikes.

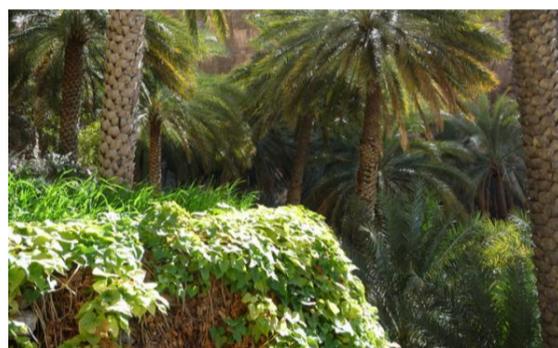
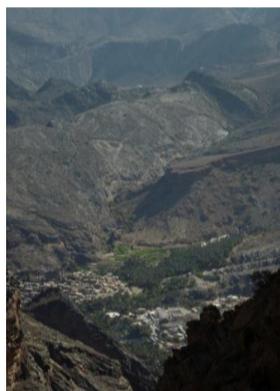
Level 4 Tours which can include demanding hikes (up to 1200m elevation gain), aquatic hikes and canyoning.

Length 6 Day

Doable in JANUARY - FEBRUARY - MARCH - NOVEMBER - DECEMBER

🏠🏠🏠 2 Nights in accomodations (hotel, guesthouse, lodge, etc...)
 🏕️🏕️🏕️ 3 Nights wild camping (with tents, thick mattress, mats, dishes, cooking gear), comfortable (but with no toilets) with the assistance of vehicules

GUESTS	PRICES PER PERSON	
3	600 OMR	1570 USD
4	600 OMR	1570 USD
5	550 OMR	1439 USD
6	500 OMR	1308 USD
7	480 OMR	1256 USD



DAY 1*- Lunch - Dinner*

 Transfer to a mountain guesthouse (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.

*- Level 2**

 Transfer to a mountain guesthouse (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!

Dormitory

*Dormitories from 4 to 10 persons with bunkbeds and A/C.
breakfast & dinner at the hotel*



DAY 2

Breakfast - Lunch - Dinner

✓ Hike through mountains and villages (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

**Mountain guesthouse**

Simple but pleasant guesthouse in a wonderful spot

Shared rooms

breakfast & dinner at the hotel



DAY 3*Breakfast - Lunch - Dinner*✓ **Hike toward the main ridge (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.

- **Level 4***
- **Walking time : 4 to 6 hours**
- **Height difference : +1300m/-250m**

🚌 Transfer to a high settlement (1 hour - 40 Km)

**Camping in the mountain**

We camp in the mountain around 2200 meter high not far from a small settlement

Individual camping tent



DAY 4

Breakfast - Lunch - Dinner

✓ **Hike on the ridge (7 hours)**

We start from an high hamlet at about 2400 meters. We follow the ridge having stunning views over the valleys of the northern slope. We then cross several flat areas with giant juniper trees and wild olive trees. We finally walk up to a small pass from which we see a village still a bit far away and we have to get there.

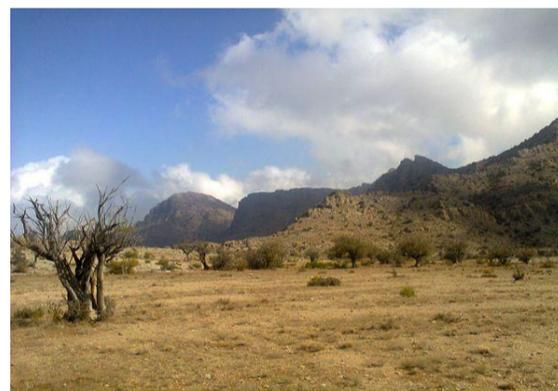
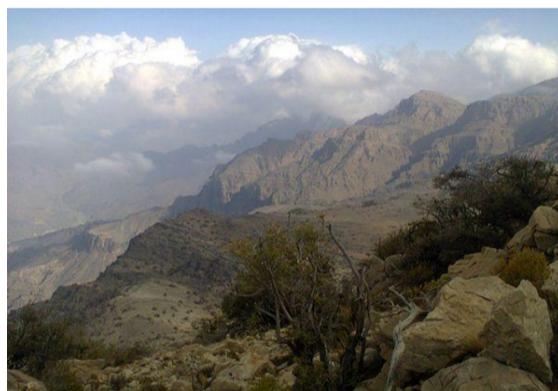
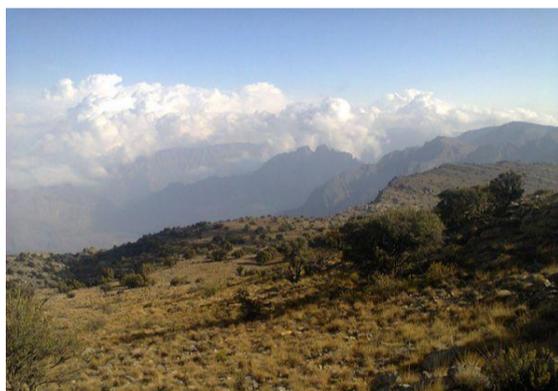
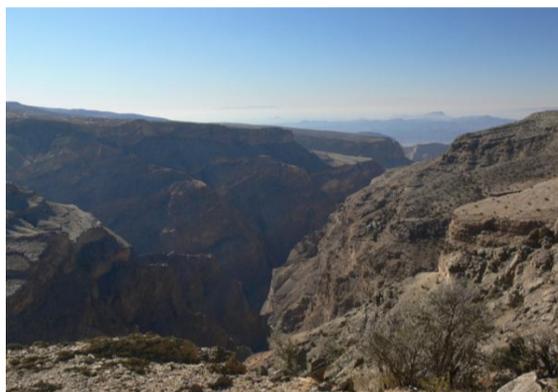
- **Level 3***
- **Walking time : 5 to 7 hours**
- **Height difference : +700m/-900m**

🚌 Transfer to a plateau covered with juniper trees (0 hour 30 - 20 Km)

**Camping on a high plateau**

2400m high in the center of the Jebel Akhdhar, 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 5*Breakfast - Lunch - Dinner*

 Transfer to a high village (0 hour 30 - 15 Km)

✓ **Hike to a remote palm garden in a canyon (6 hours)**

We start from a village located at an height of 2000 m and we walk the same way as the villagers who go work in the gardens, some 700 meters down. After 2 hours walk we finally discover the gardens where grow palm, lime, banana tree, garlic, and sweet potatoes. The place is really beautiful. We come back another way to another village located on the plateau.

- **Level 3***

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

- **Height difference : +500m/-650m**

 Transfer to a plateau covered with juniper trees (0 hour 20 - 15 Km)



Camping on a high plateau

2400m high in the center of the Jebel Akhdhar, 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 6

Breakfast - Lunch -

🚌 Transfer to a high village (0 hour 45 - 35 Km)

✓ **Hike down from Jebel Akhdar (6 hours)**

A very nice hike in a wild and little visited valley of jebel Akhdar. We walk down the plateau to the Samail Gap. Views are stunning durign the main descent and the last part in the wadi with wild palm trees, waterpools and the old falaj (water chanel) is delightfull

- **Level 3***

- **Walking time : 4 to 6 hours**

- **Height difference : +100m/-1300m**

🚌 Transfer to Muttrah (1 hour 15 - 120 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