TREKKING IN THE WESTERN HAJAR

A beautiful 6-days trek on the northern side of the Western Hajar (Wadi Sahtan & Wadi Bani Awf) and along the ridge. An original and little used route that will give you opportunity to discover traditional Omani mountain life.



WARNING: This trip has several consecutive hiking days (days 3, 4) 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.

Overnight 3 we sleep UNDER THE STARS and you'll have to carry also own sleeping pad and sleeping bag.

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
本本本 高高高 FBF	 Nights in accomodations (hotel, guesthouse, lodge, etc) Nights wild camping (with tents, thick mattrass, 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 Nights camping under the stars, with minimum equipment, without assistance of vehicules
M M M	2 Nights in homestays with sometimes very rustic comfort.
GUESTS 1 2 3 4 5	PRICES PER PERSON 1400 OMR

- Lunch - Dinner

Transfer to a mountain village (3 hours - 225 Km)

✓ Hike across mountain villages (4 hours)

The main valley forms a hughe amphitheater overlooked by the noth face of Jebel Shams which offers huge cliffs of sometimes more than 2000m. We walk along centuries old paths (some of them are in a bad state and some spots can be a bit difficult) linking remote villages. We pass 3 villages before arriving to our camp.

- Level 3*

- Walking time : 3 to 4 hours - Height differrence : +200m/-400m

Camping the valley

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













Breakfast - Lunch - Dinner

DAY 2

✓ Hike across mountain villages (6 hours)

We start hiking from our campsite and walk up and down several valleys. Almost each valley hosts a village which has its own charm. Palm gardens, aflaj, terraced fields, beehives... We hike in traditional Oman and the scenery is spectacular. Some few passages might be a bit difficult.

- Level 4*

- Walking time : 4 to 5 hours - Height differrence : +700m/-400m

MMM Overnight in a private house or camping

We sleep in a mountain village which is now inhabited by only one family. We rent a traditional house located little aside where we have several rooms to share and a bathroom. Comfort is basic. If the house is not available, we camp on the terraces near the village.

Dormitory room













Breakfast - Lunch - Dinner

We do not meet the vehicules (and main luggages) at night We leave the vehicules in the morning before the hike

✓ Hike toward the ridge (8 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 brids. We then follow a balcony path which over great views. We stop for lunch near a spring and continue the balcony path before a last ascent to reach our bivouac spot on the main ridge.

- Level 4*
- Walking time : 5 to 6 hours
- Height differrence : +1100m/-100m

FBF Bivouac high in the mountain

We camp at a pass located at an height of 2200m. Food and water supply are brought by a donkey. *Under the stars*













Breakfast - Lunch - Dinner

We find the vehicules (with main luggages) at the end of the hike

✓ Hike alng the main ridge and down to another valley (6 hours)

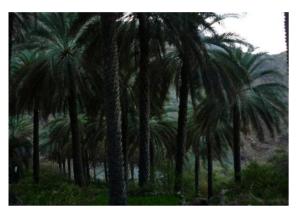
From our bivouac, we start hiking following the main ridge up and down. On clear days, we have great views from Jebel Shams to Jebel Akhdar on the southern side and from Wadi Sahtan to Wadi Mistal on the northern side. We then start the hike down. Views are really great! The way is not always easy, sometimes on a good path, and sometimes with no path. We finally reach the village lying at an height of 1200m, of which we cross part of the gardens.

- Level 4*
- Walking time : 4 to 5 hours
- Height differrence : +300m/-1200m

∭ ∭ ∭ M Overnight in a private house

We sleep in the house of our friend in a mountain village which is now not inhabited full time. We have 3 rooms where we can sleep and a newly built bathroom. We can also sleep outside under the stars...

Dormitory Room













Breakfast - Lunch - Dinner

DAY 5

✓ Descent in the small valley (2 hours)

We cross the village and follow a good mountain path which takes us at the bottom of the valley. We then hike around boulders in the river bed. There are a lot of trees and sometimes, after big rains, a stream flows during several months.

- Level 2*

- Walking time : 1 to 2 hours - Height differrence : +50m/-350m

✓ Lunch in an old hamlet renovated into a guesthouse (1 hour)

- Level 1*

✓ 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 thoses 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 accomodation













Breakfast - Lunch -

✓ 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 differrence : +600m/-500m

Transfer to Muttrah (3 hours - 245 Km)













	①	Difficulty level Hiking & Easy Walking
Level 1		No difficulty. Easy and short walks. Apporpriate for anyone walking occasionaly
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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 4		Tilkes with an elevation gain from 600 to 1100 meters. For itt mountain filkers
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
LEVEI Z		Lasy and short early on account with jumps of less than 5 meters which earl be avoided abselling
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