

# TREKKING IN THE WESTERN HAJAR

**TRIP AVAILABLE IN** JANUARY - FEBRUARY - MARCH - NOVEMBER - DECEMBER

**TRIP DURATION** 6 Day

**STARTING PLACE** Muttrah  
**FINISHING PLACE** Muttrah

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

PRICE PER PERSON					
Number of Guests	3	4	5	6	7
Price per person in OMR	600	600	550	500	480
Price per person in USD	1571	1571	1440	1309	1257

**STAFF FOR THE TRIP**

from 1 to 3 Guests  
 1 Driver from Day 1 to 6  
 1 Tourleader with the knowledge for guiding the activities of the trip from Day 1 to 6

from 4 to 7 Guests  
 2 Driver from Day 1 to 6  
 1 Tourleader with the knowledge for guiding the activities of the trip from Day 1 to 6

Cooking during bivouacs is performed by the whole team

**TRANSPORTATION**

*For transfers mentioned in the program*

from 1 to 3 Guests  
 1 4WD Car from Day 1 to 6

from 4 to 7 Guests  
 2 4WD Car from Day 1 to 6

**PRICES INCLUDE**

Transportations mentioned above  
 Petrol  
 Staff mentioned above  
 All excursions and entrance fees mentioned in the program  
 Breakfast on days..... 2, 3, 4, 5, 6  
 Lunch on days..... 1, 2, 3, 4, 5, 6  
 Dinner on days..... 1, 2, 3, 4, 5  
 Water  
 All overstays mentioned in the program on a double occupancy base, unless differently written in the trip program  
 Camping Equipment (dome tents for 2 people, comfortable mattress, matt, crockery, cooking equipment)

**PRICES DON'T INCLUDE**

Personal Expenses  
 Drinks between meals  
 Breakfast on days..... 7  
 Dinner on days..... 6  
 Transportation to starting place and from finishing place of the trip  
 Eventual additional nights before or after the trip  
 Tips for local team

**WHAT YOU HAVE TO BRING**

Personal first aid  
 Sun protection and insect repellent  
 Sandals  
 Sleeping Bag  
 Headlight  
 Toilet paper  
 Light clothes  
 Warmer clothes (jacket and trousers)  
 Hiking boots and socks  
 Walking sticks (optional : it can help you on some itineraries)  
 Hiking bag (20-30L)  
 Swimming suit (and maybe shoes to go to the water if you don't like walking on rocks)  
 For Canyoning and Aquatic Hiking  
 Sport shoes which you will use in the water  
*During winter months we provide you short wetsuits*

**ADVICE FOR TREKKERS**

Oman is a mountainous arid country. All the paths are rocky and some are steep. Unless you are a experimented mountainer, or you are specially at ease in rocky terrains, it would be a good idea in Oman that you choose a level of difficulty a little under what you usually manage to do. You will still be able to see wonderful places and to perform very nice trekkings, but this will just prevent you from suffering and thus not enjoying your trip.

**ADVICE ABOUT THE GOOD WAY OF CLOTHING**

Oman is a muslim country in which islam is strict but very open-minded and tolerant. You'll never see an Omani pointing out the way of clothing or behaving of a tourist. But all of them will appreciate to see that you try to adapt. **FOR WOMEN** : bring trousers or short trousers and t-shirts covering shoulders, as well as a t-shirt (and maybe a short) for swimming. Obviously, when we are alone in remote areas you can dress as you like. **FOR MEN** : bring trousers or long shorts. **FOR ALL** : bring a pareo or big towel to change your clothes, since nudity is not admitted... tatoos should also be covered.