



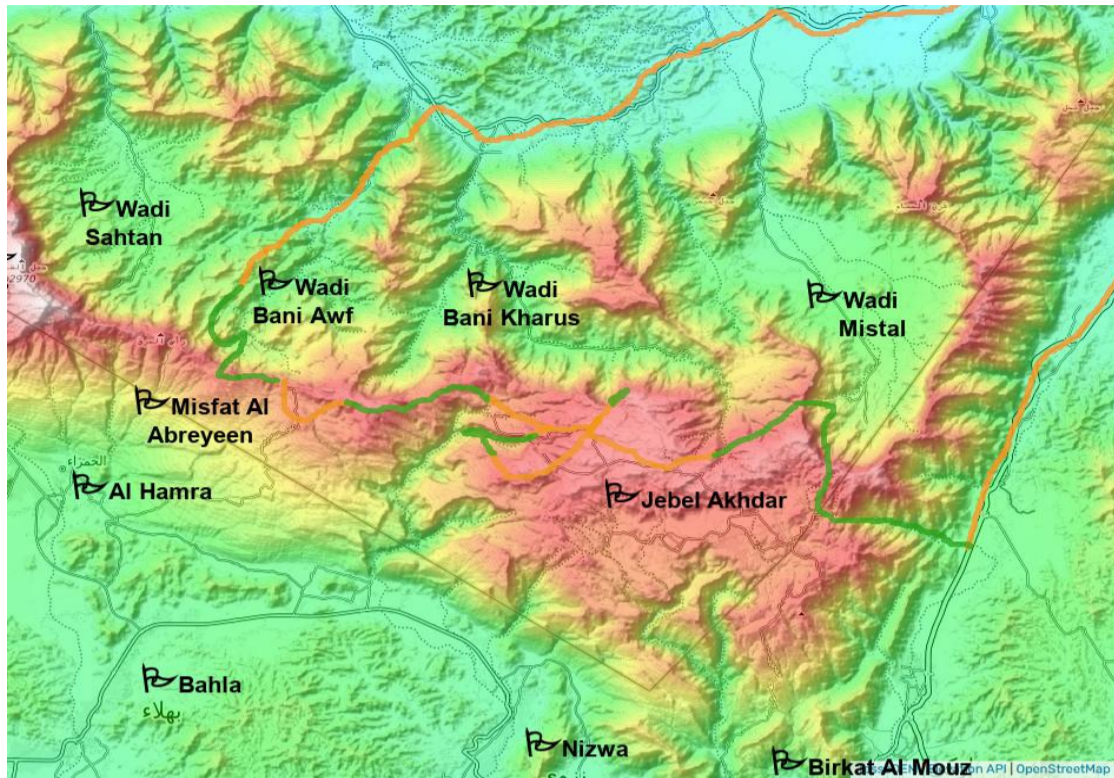
HIKING ACROSS WESTERN HAJAR

28/12/2024 - 03/01/2025

7 of the most beautiful hikes across the Western Hajar mountain range through sheperd hamlets, villages, oasis, rocky slopes, and vallleys. 4 hikes with short drives in between, and last 3 days trekking (no driving between the hikes).



Level 4	Tours which can include demanding hikes (up to 1200m elevation gain), aquatic hikes and canyoning.
Length	7 Day
START	28/12/2024 @ 08:00 AM Meet in front of Naseem Hotel (Mutrah Corniche, Muscat) We might also be able to pick up you from your hotel... just ask when booking...
ENDS	03/01/2025 @ 06:00 PM We can drop you anywhere in Muscat (hotel, airport, bus station, private house...)
	3 Nights in accomodations (hotel, guesthouse, lodge, etc...)
	3 Nights wild camping (with tents, thick matrass, 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
Price per person	650 OMR (1702 USD)
GROUP OF	3 To 7
Tour guided in	English
Guide	

Itinerary Wadi Bani Awf - Jebel Akhdar - Wadi Mistal

**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 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.

Overnight 5 we are in comfortable accomodations : bedsheets, blankets, and bath towels are provided.

DAY 1

28/12/2024

- Lunch - Dinner

🚌 Transfer to Bimah (Wadi Bani Awf) (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...

✓ **Hike through mountains and villages of Wadi Bani Awf (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.

📍 Wadi Bani Awf

- Level 3*

- Walking time : 4 to 5 hours

- Height difference : +600m/-500m

🏠🏠🏠 **Mountain guesthouse**

Simple but pleasant guesthouse in a wonderful spot

Standard Room

breakfast & dinner at the accomodation



DAY 2

29/12/2024

Breakfast - Lunch - Dinner

✓ **Hike toward the main ridge and Sharaf Al Alamain Pass (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.

➤ *Wadi Bani Awf*

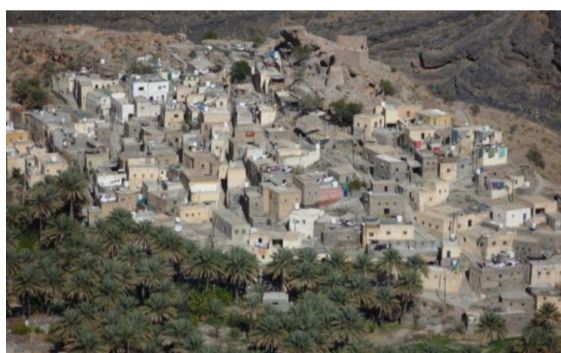
- Level 4*
- Walking time : 4 to 6 hours
- Height difference : +1300m/-250m

🚌 Transfer to a high settlement near the ridge (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 3

30/12/2024

Breakfast - Lunch - Dinner

✓ **Hike on the ridge to Jebel Akhdar (7 hours)**➤ *Jebel Akhdar*

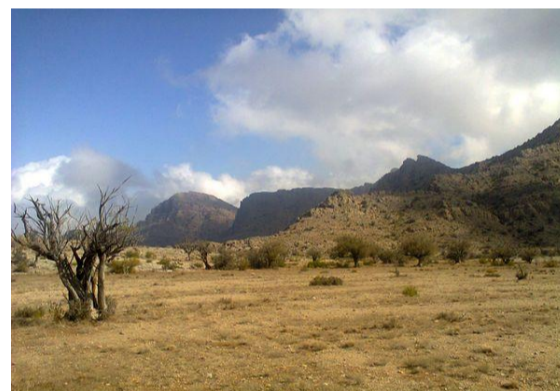
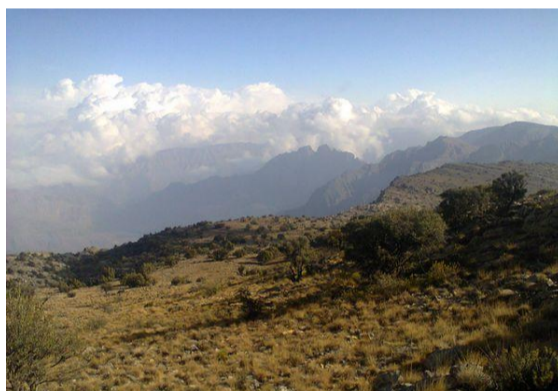
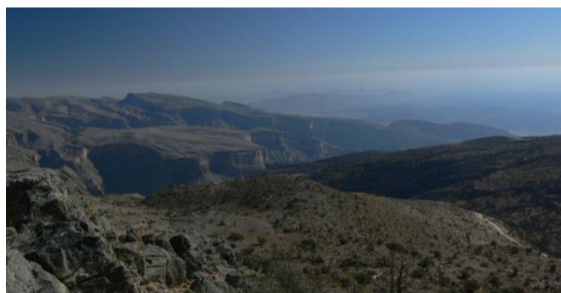
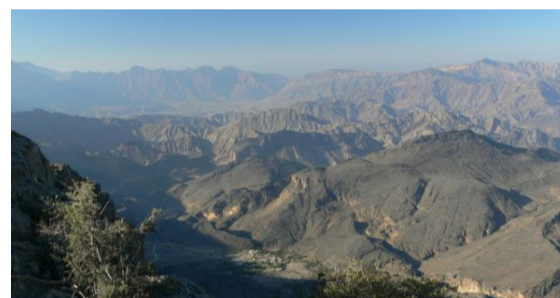
We start from an high hamlet at about 2400 meters. We follow the ridge having stunning views over the valleys of the northern slope. We then cross several flat areas with giant juniper trees and wild olive trees. We finally walk up to a small pass from which we see a village still a bit far away and 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 Akhdar, 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 4

31/12/2024

Breakfast - Lunch - Dinner

🚌 Transfer to a high village in Jebel Akhdar (0 hour 30 - 15 Km)

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

📍 *Jebel Akhdar*

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

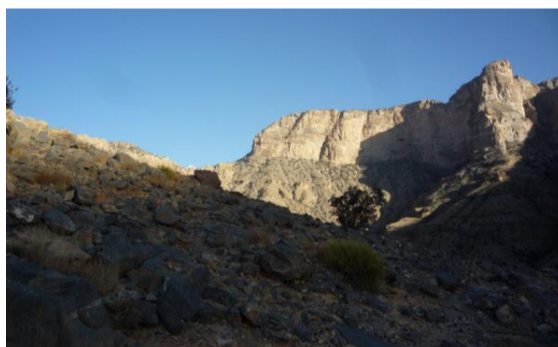
🚌 Transfer to a high troglodyte settlement in Jebel Akhdar (0 hour 45 - 20 Km)

🏠🏠🏠 **Mountain guesthouse**

Overnight in a beautifully renovated guesthouse in an old troglodyte village. The village is built under a cliff.

Standard Room

breakfast & dinner at the accomodation



DAY 5

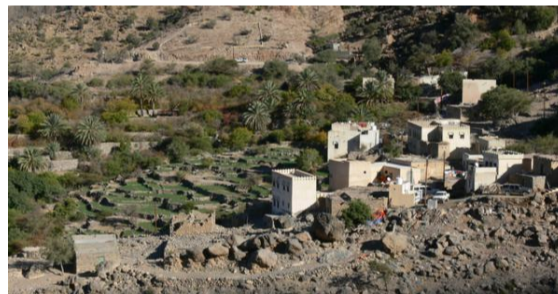
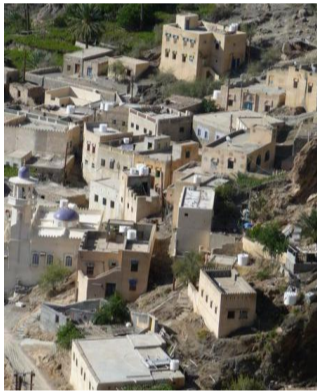
01/01/2025

*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**✓ **Hike to Wadi Mistal (7 hours)**➤ *Jebel Akhdar*

A nice hike, not too much difficult, except one very steep descent, which take us from the plateau to a valley forming a big amphitheater. We start at a village located at 2200m above sea level, where pomogranates and wallnuts do particularly well, and use a path on the flank of the mountain which offers spectacular views over several valleys of the northern slope. We finally reach a pass where we discover the big amphitheater-like valley in which lays our arrival point : a village located at an height of 1400m, where main grown trees are apricots and peaches.

- **Level 3***- **Walking time : 5 to 6 hours**- **Height difference : +450m/-800m**🏠🏠🏠 **Guesthouse in a mountain village**

A nice Guesthouse, very well located at the entrance of the village, and with superb view over the valley

Standard Room*breakfast & dinner at the accomodation*

DAY 6

02/01/2025

Breakfast - Lunch - Dinner

Day with no car assistance

We find the vehicle(s) again after finishing the hike

✓ **Hike up to Jebel Akhdar (6 hours)**➤ *Wadi Mistal*

We start in a village located at 1400m. We start climbing across the terraces planted with apricots, onions, pomogranates, and lime trees. We then follow the falaj and climb steeply toward a small pass. All along the steep climb we have stunning views over the amphiteater-like vallyey we come from. After the pass a gentle walk in a landscape typical of Jebel Akhdar leads us to a high village.

- **Level 3***- **Walking time : 4 to 6 hours**- **Height difference : +800m/-500m****Camping high in the mountain**

We set up our camp not far from a village, at an height of 1900m.

Individual camping tent



DAY 7

03/01/2025

Breakfast - Lunch -

🏠 *Jebel Akhdar*✓ **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 during the main descent and the last part in the wadi with wild palm trees, waterpools and the old falaj (water channel) is delightful

- 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