



## EASTERN HAJAR & WAHIBA

02/02/2025 - 08/02/2025

An original itinerary to discover and cross the Eastern Hajar mountains off-the-beaten track : 3 wadis, 2 mountain hikes, off-road drive and walk to remote oasis, and 2 nights in the desert at the end!



<b>Level 3</b>	Tours which can include full-day hikes (up to 800 elevation gain) and not too difficult aquatic hikes.
<b>Length</b>	7 Day
<b>START</b>	02/02/2025 @ 08:00 AM Meeting in front of Naseem Hotel (Mutrah Corniche, Muscat) We might also be able to pick up you directly from your hotel... just ask when booking...
<b>ENDS</b>	08/02/2025 @ 06:00 PM We can drop you anywhere in Muscat (hotel, airport, bus station, private house...)
	4 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
	2 Nights in homestays with sometimes very rustic comfort.
<b>Price per person</b>	<b>520 OMR (1361 USD)</b>
<b>GROUP OF</b>	<b>3 To 7</b>
<b>Tour guided in</b>	English
<b>Guide</b>	

<b>Itinerary</b>	Wadi Al Arbeyeen - Wadi Tiwi - Eastern Hajar's Plateau - Wadi Bani Khalid - Wahiba Desert - Lowhills
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<b>Nota sobre la transportacion del equipaje</b>	We have vehicules ; so luggages are always transported by car. You only have to carry day-pack while hiking.
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<b>About Desert</b>	<p>We usually go for a hike of 3 to 5 hours in the morning. Heat and soft sand can make it a bit difficult. Late afternoon, we go for another walk around the camp from 1 to 2 hours.</p> <p>It is always possible for someone not to do the walk and stay at the camp or go for a shorter walk.</p> <p>On the other hand, the ones who want to walk more can go erlier in the afternoon and do a longer tour alone.</p> <p>In the desert, we'll have one single camp site for 2 nights.</p> <p>On the camp, we set up a big tent (pictures below) to have shade at noon and to protect us in case of sandwind.</p>
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**DAY 1**

02/02/2025

- Lunch - Dinner

🚌 Transfer to Wadi Al Arbeyeen (1 hour 30 - 120 Km)

✓ **Walk and swim in Wadi Al Hail (4 hours )**

📍 Wadi Al Arbeyeen

We start with a refreshing swim in the vast pool down the village where we park. We then walk up the wadi around large boulders and across water pools until the canyons narrows to form very long pools. We swim there and go back the same way.

Warning : in some places, you might have to step in the water ; you shoes and pants might get wet...

- Level 2\*

- Walking time : 2 to 3 hours

🚌 Transfer to Tiwi (1 hour - 80 Km)

✓ **Short hike through palm gardens in Wadi Tiwi (2 hours )**

📍 Wadi Tiwi

We hike in the wadi, through the palm garden (which also hosts bananas, papayas, mango trees, lime, etc...). Water flows in the river bed, flanks are covered by lush green gardens, dominated by steep cliffs.

- Level 2\*

- Walking time : 1 to 2 hours



**Camping in the gardens**

We camp in a private garden in the wadi. The place is great and walking around late afternoon is great : wild, superb views and lots of birds! We have 2 flat terraces to set up the camp, a falaj (water chanel), and toilets.

*Individual camping tent*



**DAY 2**

03/02/2025

Breakfast - Lunch - Dinner

✓ **Hike in Wadi Tiwi (6 hours )**

🏞️ *Wadi Tiwi*

A beautiful hiking day : we walk all the wadi long, mostly on paths and falajs in the gardens, sometimes across boulders in the wadi bed, and few short parts on the track. On the way, we cross several villages. After arriving in the last village, we can go for a swim in the canyon just down the village in the middle of the canyon.

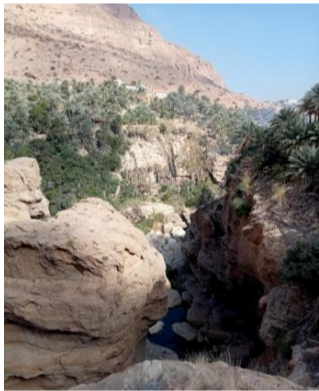
- **Level 3\***
- **Walking time : 4 to 5 hours**
- **Height difference : +300m/-50m**

🏠🏠🏠 **Overnight in a private house**

We spend the night in the majilis (guest room) of a private house in the village. We all sleep in the same room and we have own toilet and shower. Dinner and breakfast are prepared by people from the village. It's a chance to spend a night in a traditional village, but it's less comfortable and asks an effort on our behaviour (decence and humility) with the local people.

**Dormitory Room**

*breakfast & dinner at the accomodation*



**DAY 3**

04/02/2025

Breakfast - Lunch - Dinner

✓ **Hike to an oasis of the Eastern Hajar (7 hours )**

➤ *Eastern Hajar's Plateau*

We walk up to the plateau sirting around the cliffs above us. The views over the valley are superb. We reach the dry plateau and keep on walking up an down. We enjoy some excellen views towards the sea. Finally, we reach a main valley and we walk down to a suprising green oasis set on the flank foo the montain. From there, the views over this grand canyon are superb.

- Level 4\*
- Walking time : 5 to 6 hours
- Height difference : +800m/-400m

🔥🔥🔥 **Overnight in the village**

According to the organisation of our hosts, we might camp in the majilis belonging to the mosque of the village. As the village is now very little populated, the inhabitants agreed to rent it to us. It's a beautiful place in the middle of the gardens and we have bathroom. If our hosts are in the village when we come, they will host us in their private house. It's a modern house, but with very rustic comofrt, which has a wonderful view over the valley. Decent clothing and behaviour are required...

**Camping**



**DAY 4**

05/02/2025

Breakfast - Lunch - Dinner

🏠 Eastern Hajar's Plateau

✓ **Short hike to the village in the Wadi (2 hours )**

We hike from a village at the flank of the mountain to the oasis we see in the bottom of the valley. The path in the cliffs offers us great views. And the arrival in the oasis is just wonderful : it is one of the most beautiful village of Oman, although it is not much known.

- Level 2\*
- Walking time : 1 to 2 hours
- Height difference : +0m/-200m

🚌 Transfer to an oasis of the Estarn Hajar (2 hours 30 - 60 Km)

🏠 Eastern Hajar's Plateau

✓ **Walk to a mountain oasis (3 hours )**

From the end of the dirt track, we walk down on a good path to a village, located in a very scenic place : down impressive cliffs, at the entrance of a wonderful canyon. The place is remote and really beautiful. We can also swim in one of the first pools of the canyon.

- Level 1\*
- Walking time : 1 to 2 hours
- Height difference : +100m/-100m



**Camping in the mountain**

We camp at an height of about 1000m


*Individual camping tent*



**DAY 5**

06/02/2025

Breakfast - Lunch - Dinner

 Transfer to Wadi Bani Khalid (2 hours 30 - 50 Km)


✓ **Hike to waterfalls and swimming (3 hours )**

 *Wadi Bani Khalid*

The lower part of this valley forms a narrow and wild canyon. We start from a lovely village in the valley and cross its palm garden to access the entrance of the canyon. We hike in the canyon between big boulders (the way is not very easy but doesn't last long) until we arrive to a splendid pool with waterfall. We have rest here and enjoy a swim. For those who like jumping, a very nice 10 meters jump is possible there... According to the rains and floods which change the river course, it can happen that we need to swim or hike in the water to reach the waterfalls

- Level 2\*

- Walking time : 1 to 2 hours

 Transfer to our campsite in the Wahiba Desert (1 hour 30 - 70 Km)

✓ **Sunset in the dunes (1 hour )**

 *Wahiba Desert*

We start a walk across the dunes in late afternoon. The heat isn't too strong anymore and the sunlight is the more beautiful. The setting sun always gives changing colour to the sand and the shades. This a great unforgettable time.

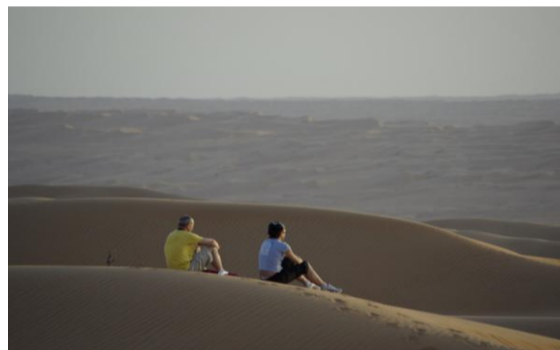
- Level 1\*



**Camping in desert**

Quiet and enchanting place...

*Individual camping tent*



**DAY 6**

07/02/2025

Breakfast - Lunch - Dinner

✓ **Hiking in the Wahiba Sands (6 hours )**

We start walking early morning when the sun is not too strong. We walk some 3-4 hours in this wonderful lanscape of sand dunes. Around twelve, when the sun reaches its highest point, we stop to have lunch and rest under the shade. At the end of the afternoon we start walking again around our camp to see sunset. In the desert, the walking time is only informative and we can adapt the length of the stages according to the group.

🏜️ *Wahiba Desert*

- **Level 3\***

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

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

**Camping in desert**

Quiet and enchanting place...

**Individual camping tent**





**DAY 7**

08/02/2025

Breakfast - Lunch -

☞ *Wahiba Desert*✓ **Hiking in the Wahiba Sands (3 hours )**

We start morning from our camp. We walk across the wonderful sand dunes and come back to the car around noon. In the desert, the walking time is only informative and we can adapt the length of the stages according to the group.

- Level 2\*
- Walking time : 2 to 3 hours

🚌 Transfer to a foothill wadi (1 hour 30 - 150 Km)

☞ *Lowhills*✓ **Walk in a wadi of the foothills (3 hours )**

We walk up along the river which flows across brownish rocks called ophiolites (in geology, this word is used to talk about all the rocks of the oceanic crust). Magnesium springs feed the river and give water pools a pure white color which offers us beautiful contrasts with the dark rocks around.

- Level 2\*
- Walking time : 2 to 3 hours
- Height difference : +100m/-100m

🚌 Transfer to Muttrah (2 hours - 170 Km)



**① Difficulty level Hiking & Easy Walking**

<b>Level 1</b>	No difficulty. Easy and short walks. Appropriate for anyone walking occasionally
<b>Level 2</b>	Easy hikes with elevation gain of less than 300 meters with no big terrain difficulty
<b>Level 3</b>	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
<b>Level 4</b>	Hikes with an elevation gain from 800 to 1100 meters. For fit mountain hikers
<b>Level 5</b>	Long hikes with an elevation gain of more than 1000 meters and may require scrambling or easy climbing in some parts of the trail