

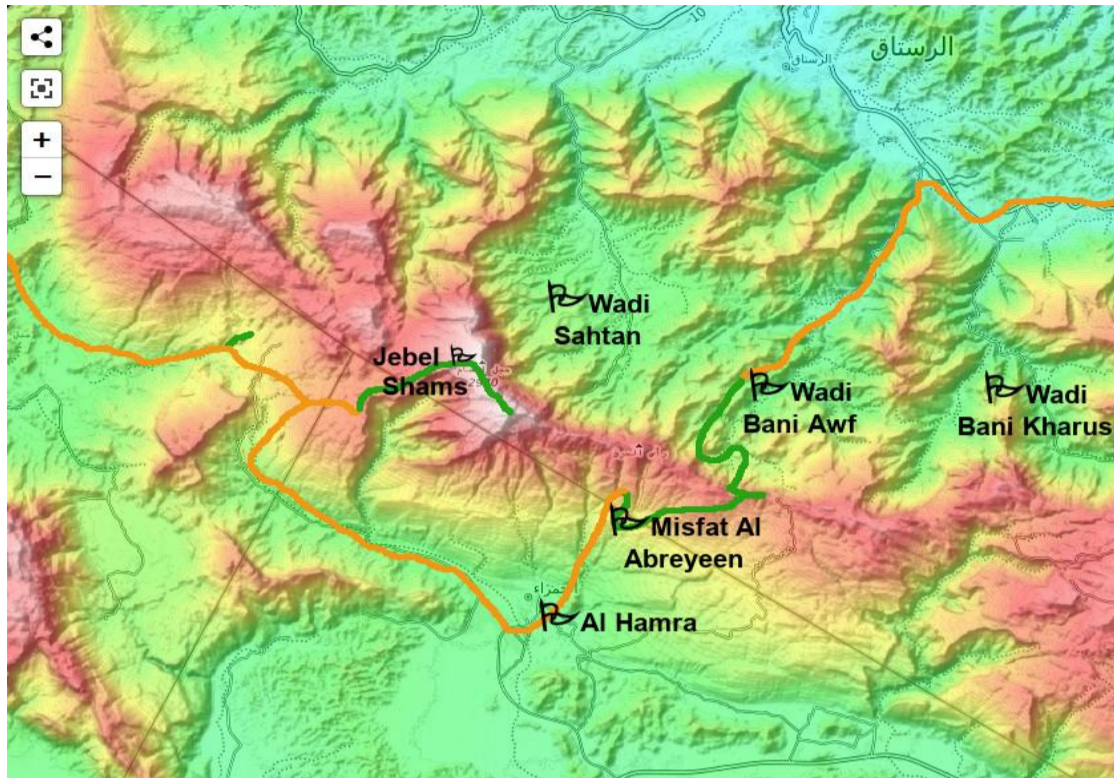


UNTIL THE TOP!**02/03/2025 - 08/03/2025**

A demanding hiking trip in the Western Hajar mountain range : some wadis, a 3-days trek from Wadi Bani Awf to Misfat Al Abreyeen, and the ascent of Jebel Shams (3000m), summit of the country.



Level 4	Tours which can include demanding hikes (up to 1200m elevation gain), aquatic hikes and canyoning.
Length	7 Day
START	02/03/2025 @ 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...
ENDS	08/03/2025 @ 06:00 PM We can drop you anywhere in Muscat (hotel, airport, bus station, private house...)
	4 Nights in accomodations (hotel, guesthouse, lodge, etc...)
	1 Nights wild camping (with tents, thick matrass, 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
Price per person	550 OMR (1440 USD)
GROUP OF	3 To 7
Tour guided in	English
Guide	

Itinerary Wadi Bani Awf - Misfat Al Abreyeen - Jebel Shams**Nota sobre la
transportacion del
equipaje**

We have vehicles ; so luggages are always transported by car. You only have to carry day-pack while hiking.

DAY 1

02/03/2025

- 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...

✓ **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.

📍 Wadi Bani Awf

- Level 2*

🏠🏠🏠 **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



DAY 2

03/03/2025

Breakfast - Lunch - Dinner

✓ **Hike through mountains and villages of Wadi Bani Awf (5 hours)**

🚩 *Wadi Bani Awf*

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.

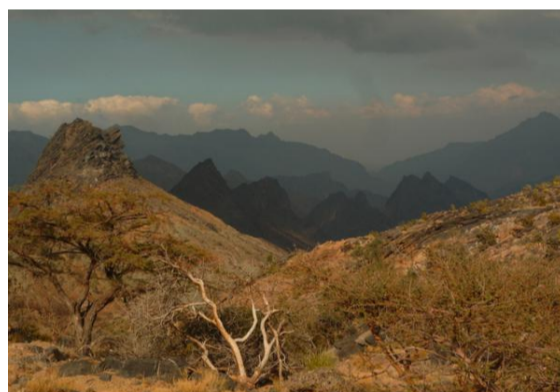
- **Level 3***
- **Walking time : 4 to 5 hours**
- **Height difference : +600m/-500m**

🏠🏠🏠 **Mountain guesthouse**

Simple but pleasant guesthouse in a wonderful spot

Shared Room

*Dormitory with maximum 4 beds per room.
breakfast & dinner at the accomodation*



DAY 3

04/03/2025

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

🏠🏠🏠 **Mountain hotel**

Hotel located at an height of 2000m, near a pass

Deluxe Room

breakfast & dinner at the accomodation



DAY 4

05/03/2025

Breakfast - Lunch - Dinner

✓ **Hike down on the southern slope to Misfat Al Abreyeen (7 hours)**

➤ *Misfat Al Abreyeen*

We start from a pass at an height of 2000m. We first walk along the ridge on the southern flank, from where we have exceptional views on both sides. We then start the descent full of diversity : we cross small wadis, walk on slabs, see hamlets and finally arrive to a canyon from where we can see our arrival point : an old village with plenty of cultivated terraces hanging on the flank of the mountain. The last descent is steep but the arrival in the village and its palm grove reward us : after the mineral environment of the walk we arrive in a luxuriant vegetation and walk on the aflaj (irrigation chanel) in which clear water coming from the mountain is flowing...

- **Level 3***
- **Walking time : 4 to 6 hours**
- **Height difference : +150m/-1150m**

🏠🏠🏠 **Guesthouse in a palm grove**

It's an old village in a splendid terraced palm grove. The old houses have been left from most of the inhabitants who built modern houses aside, and are now renovated mostly for touristic use. The guesthouse is located a few minutes walk away from the parking ; so, please plan a small bag with only the stuff you need for that night. Also, to respect the inhabitants of the village, it is forbidden to bring alcohol in the village and to smoke inside the house ; we thank you in advance for respecting these rules!

Standard Room

breakfast & dinner at the accomodation



DAY 5

06/03/2025

Breakfast - Lunch - Dinner

✓ **Hike and swim in a canyon (5 hours)**

Between hiking and canyoning. A very pleasant excursion starting at an height of 1500m. A good path with stunning views take us to the bottom of the canyon where we first find gardens. We then head in the canyon and quickly find lots of pools and lush vegetation and we can swim. A bit further, the canyon becomes more dry and we walk on the sides, sometimes right and sometimes left. Finaly, the valley opens and a good path leads us a to a major oasis which is particularly beautiful. We rate this hike "Level 4" not because it's demanding but because a few places are exposed.

➤ Misfat Al Abreyeen

- Level 4*
- Walking time : 3 to 4 hours
- Height difference : +0m/-500m

🚌 Transfer to Jebel Shams plateau (1 hour 20 - 50 Km)



Camping in Jebel Shams Range

1800m high

Individual camping tent



DAY 6

07/03/2025

Breakfast - Lunch - Dinner

✓ **Hike To Jebel Shams Summit (South flank) (12 hours)**

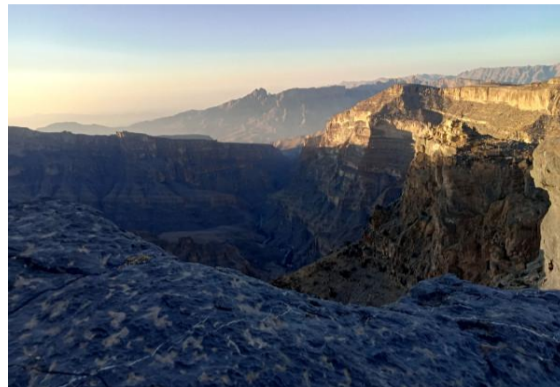
We start walking at the first light of the dawn from the plateau of Jebel Shams. We head to the edge of the Grand Canyon from where we have stunning views. We'll probably see vultures enjoying the first ascending winds of the day. We'll follow the Grand Canyon and cross several small plateau. The higher we climb the bigger are the trees. Finally we arrive to a pass from where we have stunning views over Wadi Sahtan, some 2000 meters below us. On our left side the other summit of Jebel Shams is occupied by a military radar. We go on the right and follow the ridge until we reach the summit. We come back the same way. It is a beautiful but very long hike (more than 26 km and more than 1000m height difference) that require to be fit and used to demanding hikes.

- **Level 5***

- **Walking time : 7 to 10 hours**

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

👉 *Jebel Shams*



DAY 7

08/03/2025

Breakfast - Lunch -

🚌 Transfer to a wadi on the western side of Jebel Shams (2 hours - 100 Km)

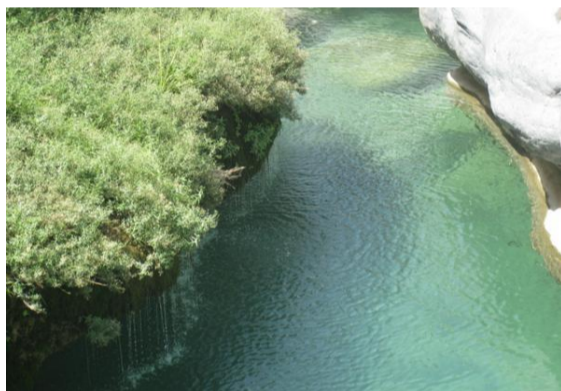
✓ **Short Walk and swimming in a wadi (2 hours)**

➤ *Jebel Shams*

Located on the west flank of the Jebel Shams range and in front of the Jebel Misht, this valley has all year long flowing water. The first pools to swim in are reached after only 10 mintes walk. The further ones need half an hour walk. The water clear and swimming their is just wonderful!

- **Level 1***
- **Walking time : 1 to 2 hours**

🚌 Transfer to Muscat (4 hours - 300 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