# WADIS AND OASIS OF THE EASTERN HAJAR

An original itinerary to discover the Eastern Hajar mountains off-the-beaten track : an aquatic hike on the northern slope to start, another one on the southern side to finish, and in between a crossing of the Plateau hiking and driving!

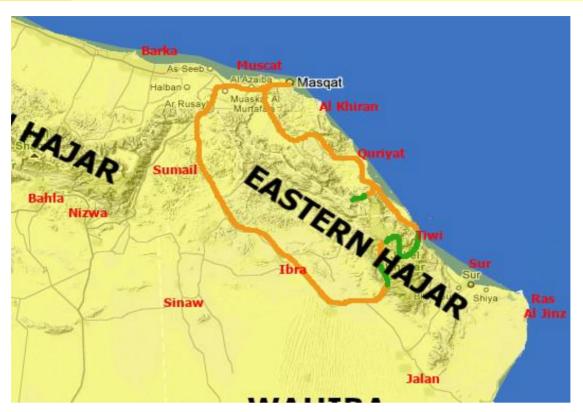


Level 3	Tours which can include full-day hikes (up to 800 elevation gain) and not too difficult aquatic hikes.		
Length	5 Day		
Doable in	FEBRUARY - MARCH - NOVEMBER - DECEMBER		
<mark>കകക</mark>	<ul> <li>2 Nights wild camping (with tents, thick mattrass, mats, dishes, cooking dear), comfortable (but with no toilets) with the assistance of vehicules. Usualy tarticipants pitch their tent by themselves while we set up the collective camp</li> <li>2 Nights in homestays with sometimes very rustic comfort.</li> </ul>		

Start	Muttrah		
Ends	Muttrah		
GUESTS			PRICE PER PERSON
2	600 OMR	1570 USD	
3	450 OMR	1178 USD	
4	450 OMR	1178 USD	
5	410 OMR	1073 USD	
6	380 OMR	994 USD	
7	350 OMR	916 USD	
5	410 OMR 380 OMR	1073 USD 994 USD	



Wadi Al Arbeyeen - Wadi Tiwi - Eastern Hajar's Plateau - Wadi Bani Khalid



Nota sobre la transportacion del equipaje We have vehicules ; so luggages are always transported by car. You only have to carry daypack while hiking.

# DAY 1

## ✓ Aquatic hiking in Wadi Al Hail (7 hours)

We start in the last village of the valley. Already at the end of the track is a wonderful pool and a small waterfall. From the cliff a 5 meters jump is possible. We then start the walk. Quickly we find flowing water and walk across large boulders. The canyon then narrows and we have to swim across several pools (it is possible to jump there also). The valley widens a little and narrows again. We swim again and arrive to the end of the canyon : a high waterfal, large pool, and huge boulders...We come back the same way.

- Level 1\*

- Walking time : 4 to 6 hours

## **微微微 Camping at the foot of the mountains**

We set up our camp on a flat area at the foot of beautiful mountains, with a panoramic view Individual camping tent













# DAY 2

🚍 Transfer to Tiwi (0 hour 30 - 60 Km)

#### ✓ 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 differrence : +300m/-50m

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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













#### Breakfast - Lunch - Dinner

## DAY 3

₽ Eastern Hajar's Plateau

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

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 excelletn 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 differrence : +800m/-400m

#### 過過 M 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...















## Breakfast - Lunch - Dinner

	Breaktast - Lunch - Dinne		
DAY 4	<ul> <li>Short hike to the village in the Wadi (2 hours)</li> </ul>		
ᆇ Eastern Hajar's Plateau	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 cliff offers us great views. And the arrival in the oasis is just wonderful : it is one of the most beautiful village of Omar although it is not much known. - Level 2* - Walking time : 1 to 2 hours - Height differrence : +0m/-200m		
	Transfer to an oasis of the Estarn Hajar (2 hours 30 - 60 Km)		
	✓ Walk to a mountain oasis (3 hours)		
& Eastern Hajar's Plateau	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 wonderfull 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 3 hours		
	- Walking time : 1 to 2 hours - Height differrence : +100m/-100m		
	nping in the mountain camp at an height of about 1000m Individual camping tent		



# DAY 5

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

#### ✓ Aquatic hiking in wadi Al Hwir (5 hours)

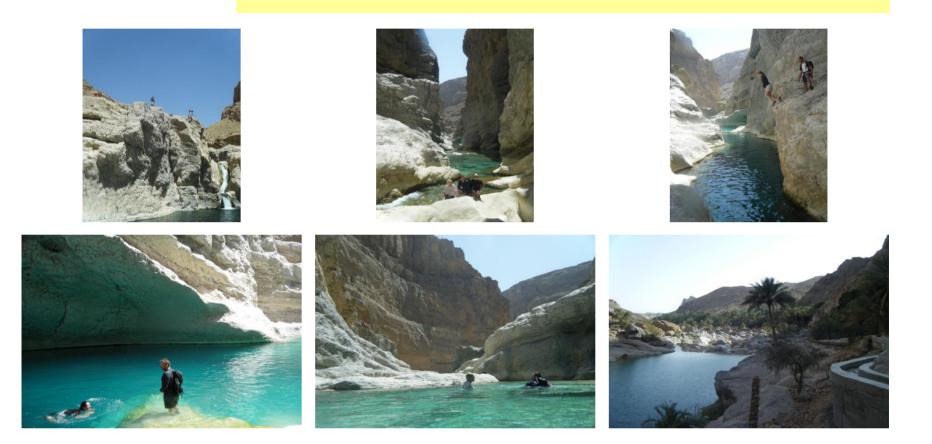
🔁 Wadi Bani Khalid

An easy quatic hike in one of the most beautiful wadis of oman. We start from an oasis in the valley. We walk across its luxuriant palm garden to reach he entrance of the garden. We then walk between large boulders to arrive to 2 wonderful pools with waterfalls. In one of these we can jump from 10 meters. We keep on walking in the water and the swim several long pools (until 300 meters). The valley then widens and we discover another oasis.

- Level 1\*

- Walking time : 3 to 5 hours

Transfer to Muttrah (3 hours - 280 Km)



Breakfast - Lunch -

		Difficulty level Hiking & Easy Walking
Level 1		No difficulty. Easy and short walks. Apporpriate for anyone walking occasionaly
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
	Û	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