



## DISCOVER AND ADVENTURE IN AL HAJAR MOUNTAINS

02/11/2025 - 09/11/2025

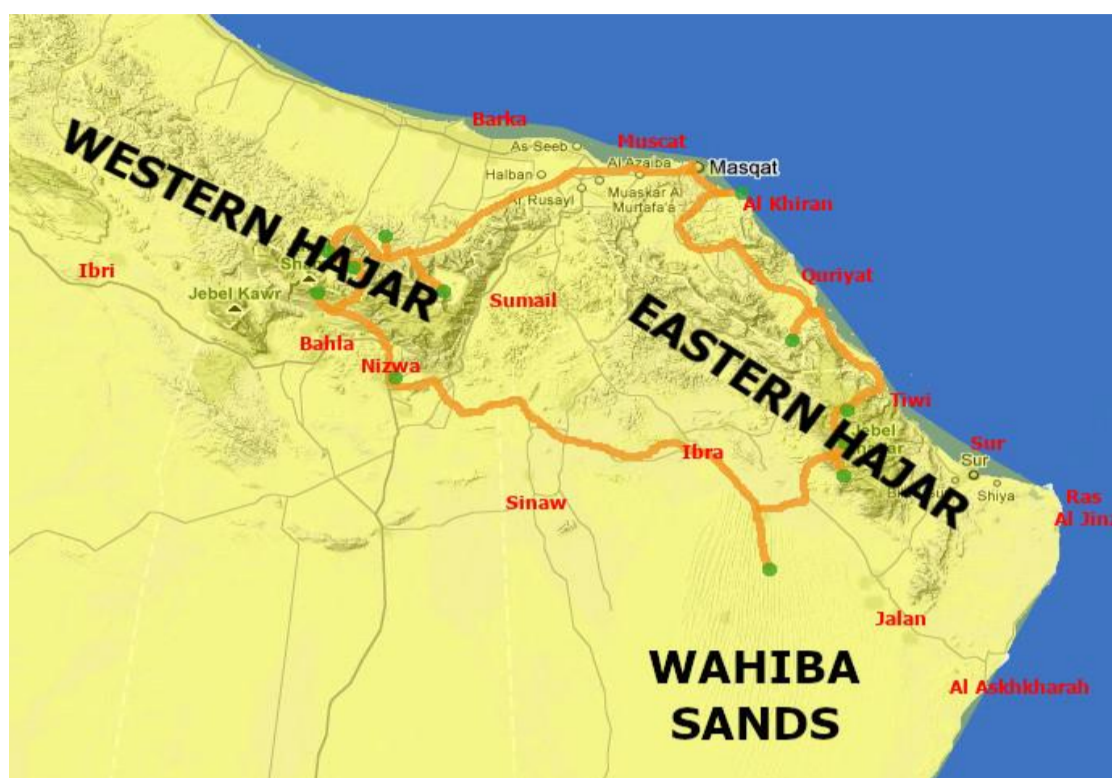
*A discovery tour largely off the beaten track in which we cross respectively the Western and Eastern Hajar ranges. Great mountain landscapes and secluded oases, but also desert, sea, and wadis!*



<b>Level 2</b>	Quite easy tours with easy hikes (no more than 4 hours walking and 300m height difference). These tours might include swimming but no aquatic hike nor canyoning. There is always the option, for the participants who wish it, not to do the walk ; when possible, an alternative program can be offered to them ; otherwise, they will wait in a beautiful spot.
<b>Length</b>	8 Day
<b>START</b>	02/11/2025 @ 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>	09/11/2025 @ 06:00 PM We can drop you anywhere in Muscat (hotel, airport, bus station, private house...)
	2 Nights in accomodations (hotel, guesthouse, lodge, etc...)
	5 Nights wild camping (with tents, thick matrass, mats, dishes, cooking gear), comfortable (but with no toilets) with the assistance of vehicles. Usualy tarticipants pitch their tent by themselves while we set up the collective camp
<b>Price per person</b>	<b>500 OMR (1309 USD)</b>
<b>GROUP OF</b>	<b>3 To 8</b>
<b>Tour guided in</b>	English
<b>Guide</b>	

**Itinerary**

Wadi Mistal - Lowhills - Wadi Sahtan - Wadi Bani Awf - Misfat Al Abreyeen - Nizwa - Wadi Bani Khalid - Eastern Hajar's Plateau - Wadi Al Arbeyeen - Bandar Khayran

**Note about luggage transportation**

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

**DAY 1**

02/11/2025

- Lunch - Dinner

 Transfer to Wadi Mistal (2 hours 20 - 170 Km)


✓ **Short walk in the mountain oasis of Wakan (1 hour )**

We have a round in the village, located at 1400m, at the far end of a valley in shape of an amphitheater. The village and its garden are built on the cliff. We walk across the old village and the terraces where grow garlic, onions, apricots, lime trees, etc... Apricots are the main crop and it's especially beautiful in spring when they flower.

- Level 1\*

- Walking time : 1 to 2 hours

- Height difference : +50m/-50m

 Transfer to a foothill wadi (0 hour 40 - 50 Km)

✓ **Small walk in a valley of the foothills (2 hours )**

This is a nice very typical valley of the foothills. On our way, we'll see magnesian springs which colour some of the pools in white. This valley runs in the middle of unusual rocks, called ophiolite and which originate from the oceanic floor : a journey up this valley is like a trip to the depth of the earth. The water is here flowing all year long, and we find some small pools to refresh..

- Level 1\*

- Walking time : 1 to 2 hours

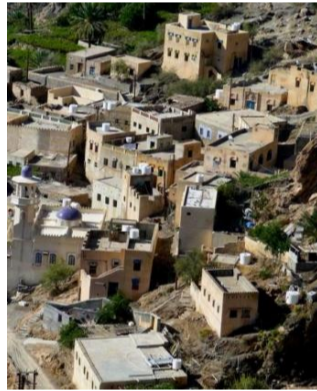
 Lowhills



**Camping in a wadi of the foothills**

Nice place with the river near and the massive hills of ophiolite

*Individual camping tent*



**DAY 2**

03/11/2025

Breakfast - Lunch - Dinner

🚌 Transfer to Ar Rustaq (1 hour - 70 Km)

✓ **Short walk in Wadi Sahtan (2 hours )**

[🏞️ Wadi Sahtan](#)

We have a walk in the heart of Wadi Sahtan, on a small plateau towards a beautiful oasis. The views over the cliffs of the cirque are great ; above all over the northern face of Jebel Shams. At then end of the small plateau is a beautiful small village surrounded by gardens.

- Level 2 & 3\*
- Walking time : 1 to 1 hours
- Height difference : +50m/-50m

🚌 Transfer to a mountain village in Wadi Bani Awf (1 hour - 35 Km)

✓ **Descent in the small valley (2 hours )**

[🏞️ Wadi Bani Awf](#)

We cross the village and follow a good mountain path which takes us at the bottom of the valley. We then hike around boulders in the river bed. There are a lot of trees and sometimes, after big rains, a stream flows during several months.

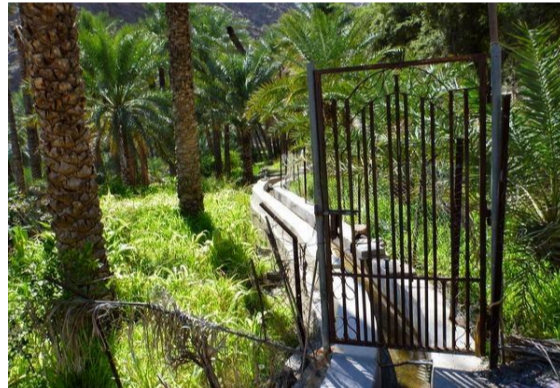
- Level 2\*
- Walking time : 1 to 2 hours
- Height difference : +50m/-350m

🏠🏠🏠 **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 3**

04/11/2025

Breakfast - Lunch - Dinner

 Transfer to Balad Sit (0 hour - 15 - 5 Km)

✓ **Short walk in the mountain oasis of Balad Sit (2 hours )**

We start from the main valley and head to a narrow gorge. This part of the walk is just wonderful! At the end of the gorge, we discover the village. Built in a small hill and surrounded by cliffs, this village is one of the most beautiful of Oman. We walk through the village and the ardens and come back through an other branch of the small gorge.

- **Level 1\***

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

- **Height difference : +50m/-50m**

 Transfer to Sharaf Al Alamain (1 hour - 15 Km)

This drive off-road let us climb some 1000 meters in less than 10 km. It provides us with stunning views over the valley.

✓ **Short walk along the ridge (3 hours )**

We walk along the ridge enjoying wonderful views over Wadi Bani Awf. We also see Wadi Sahtan, the summit of Jebel Shams, Jebel Kawr, and the cities of Al Hamra and Bahla, and far away Nizwa.

- **Level 2\***

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

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

 Transfer to Misfat Al Abreyeen (1 hour - 40 Km)

✓ **Short walk in the mountain oasis of Misfat Al Abreyeen (2 hours )**

This is one of the most beautiful mountain village of Oman. It is located on the slope of a canyon. The gardens were built all around the old village on man-made terraces. Laying at an height of 800 meters, we find their a wide variety of tropical fruits : bananas, papayas, oranges, limes, dates, pomogranates, etc...

- **Level 1\***

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

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

 Transfer to Nizwa (1 hour - 60 Km)

 **Beautiful hotel with simple comfort**

A beautiful hotel located in an old quarter of Nizwa, just behind the souk. It's a complex of several old houses which have been renovated with a lot of taste.

**Standard Room**

*breakfast at the accomodation*





**DAY 4**

05/11/2025

Breakfast - Lunch - Dinner

Nizwa

✓ **Souq of Nizwa (1 hour 30)**

Nizwa is a major city of Oman located at the foot of the mountains in the interior. In the past it was the capital of the country and remains the cultural center of the country for mountain people. The Souq was rehabilitated some 15 years ago. Friday is the market day, called 'Souq Al Jumaa', and brings visitors from the nearby mountains as well as bedouins from the desert side. The livestock souq is particularly worth a visit. But you find also the fish souq, vegetable souq, meat souq, as well as some people selling mountain honey, dates, incense, and anything you might need.

Transfer to our campsite in a rocky valley with sand strips (3 hours - 250 Km)



**Camp surrounded by rocky hills**

*Individual camping tent*



**DAY 5**

06/11/2025

Breakfast - Lunch - Dinner

🚌 Transfer to Wadi Bani Khalid (1 hour 30 - 80 Km)

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

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

📍 Wadi Bani Khalid

- Level 2\*

- Walking time : 1 to 2 hours

🚌 Transfer to an oasis of the Estarn Hajar (2 hours 30 - 50 Km)



**Camping in the mountain**

We camp at an height of about 1000m

**Individual camping tent**





**DAY 6**

07/11/2025

Breakfast - Lunch - Dinner

🏠 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

🚌 Transfer to a mountain oasis of the Eastern Hajar (2 hours - 70 Km)

We cross the plateau of the Eastern Hajar through a network of impressive tracks.

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

🏠 Eastern Hajar's Plateau

We discover this remote and secluded (the access dirt track was built only in 2013!) village set in a spectacular location. It's a lush green oasis in the middle of an arid mountain!

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

🚌 Transfer to the heights of the Eastern Hajar (1 hour - 20 Km)



**Camping on the plateau**

We camp on the plateau overlooking the sea of Oman at an elevation of 1000m above sea level

*Individual camping tent*



**DAY 7**

08/11/2025

Breakfast - Lunch - Dinner

🚌 Transfer to Wadi Al Arbeyeen (1 hour 30 - 50 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 our campsite (0 hour 30 - 30 Km)



**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 8**

09/11/2025

Breakfast - Lunch -

 Transfer to Bandar Khayran (2 hours - 120 Km)

✓ **Day at the beach : walking, swimming, and snorkeling (6 hours )**

 Bandar Khayran

The bay of Bandar Khiran is very rocky and hosts many small coves. We start from a high point, where the views over the bay are superb. We walk down on an easy path to reach a white sand beach, where we'll spend the day. We can go swimming and snorkeling (great marine life with many multicolor fishes, corals, and even sometimes turtles). We'll also have lunch there ; usually we try to grill fish or seafood. We can also have a longer walk to visit other beaches. Finally, we'll go back the same way.

- Level 2 & 3\*

- Walking time : 0 to 1 hours

- Height difference : +50m/-50m

 Transfer to Muttrah (0 hour 45 - 50 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