




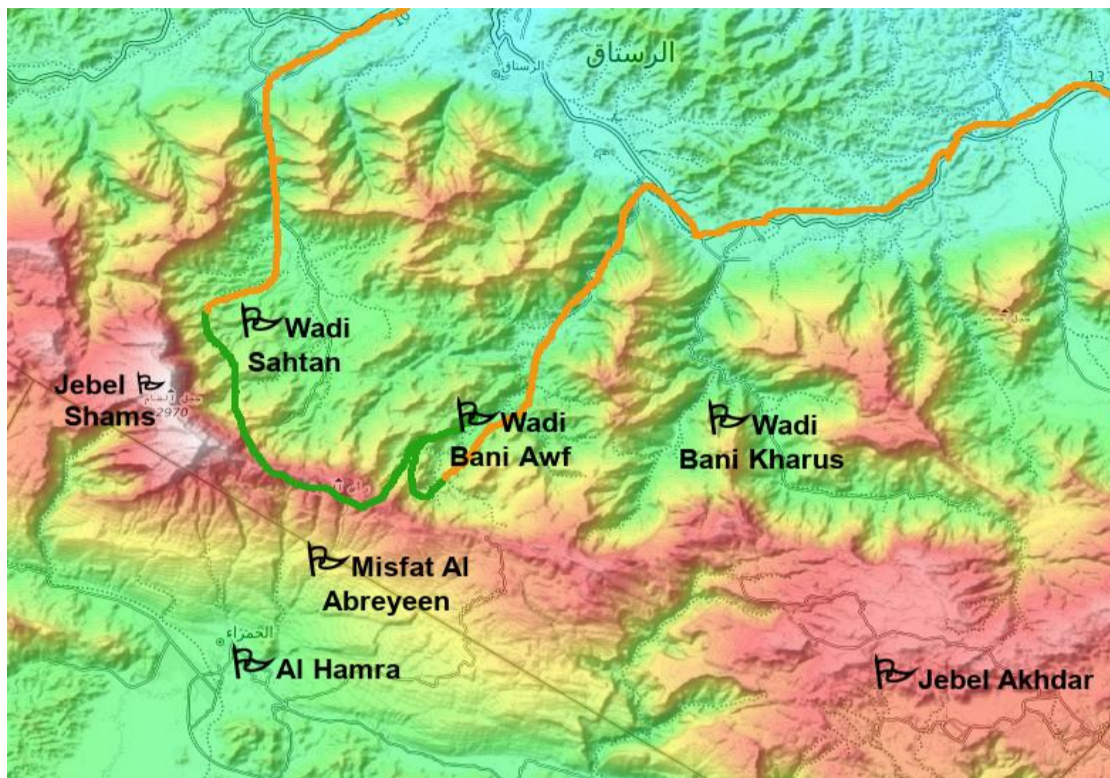
TREKKING FROM WADI SAHTAN TO WADI BANI AWF

23/11/2025 - 28/11/2025

A beautiful 6-days trek on the northern side of the Western Hajar (Wadi Sahtan & Wadi Bani Awf) and along the ridge. An original and little used route that will give you opportunity to discover traditional Omani mountain life.



Level 4	Tours which can include demanding hikes (up to 1200m elevation gain), aquatic hikes and canyoning.
Length	6 Day
START	23/11/2025 @ 08:00 AM Meet 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	28/11/2025 @ 08:00 PM We can drop you anywhere in Muscat (hotel, airport, bus station, private house,...) SPECIAL OFFER : - Book following trip 'Trekking - Crossing Jebel Akhdar' starting on 29/11/2025 and get 100 OMR discount + 2 nights (28/11 and 29/11) in Full-board in a guesthouse in Balad Sit for a resting day in-between - Book following trip 'White Desert' starting on 30/11/2025 and get 50 OMR discount + 2 nights (28/11 and 29/11) B&B in a nice hotel near Nizwa Souq
	1 Nights in accomodations (hotel, guesthouse, lodge, etc...)
	0 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
F B F	1 Nights camping under the stars, with minimum equipment, without assistance of vehicles
	2 Nights in homestays with sometimes very rustic comfort.
Price per person	500 OMR (1309 USD)
GROUP OF	3 To 7
Tour guided in	English
Guide	

Itinerary Wadi Sahtan - Wadi Bani Awf

Note about luggage transportation

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 3, 4) 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 3 we sleep **UNDER THE STARS** and you'll have to carry also own sleeping pad and sleeping bag.

DAY 1

23/11/2025

- Lunch - Dinner

🚌 Transfer to a mountain village in Wadi Sahtan (3 hours - 225 Km)

✓ **Hike across mountain villages of Wadi Sahtan (4 hours)**

The main valley forms a huge amphitheater overlooked by the north face of Jebel Shams which offers huge cliffs of sometimes more than 2000m. We walk along centuries old paths (some of them are in a bad state and some spots can be a bit difficult) linking remote villages. We pass 3 villages before arriving to our camp.

- Level 3*

- Walking time : 3 to 4 hours

- Height difference : +200m/-400m

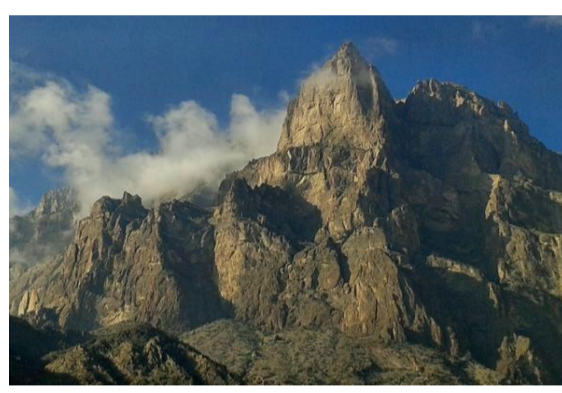
🏠 [Wadi Sahtan](#)



Camping the valley

A wonderful campsite with unbelievable views over the north face of Jebel Shams

Individual camping tent



DAY 2

24/11/2025

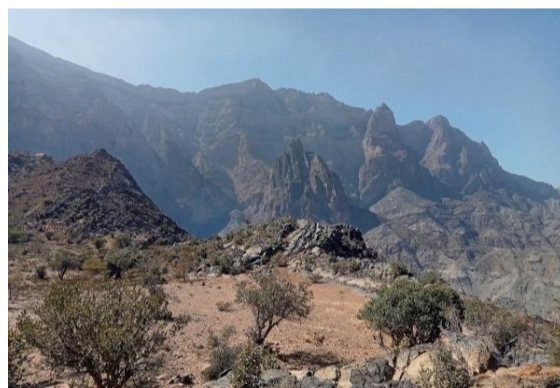
Breakfast - Lunch - Dinner

✓ **Hike across mountain villages of Wadi Sahtan (6 hours)**

We start hiking from our campsite and walk up and down several valleys. Almost each valley hosts a village which has its own charm. Palm gardens, aflaj, terraced fields, beehives... We hike in traditional Oman and the scenery is spectacular. Some few passages might be a bit difficult.

- **Level 4***- **Walking time : 4 to 5 hours**- **Height difference : +700m/-400m**[Wadi Sahtan](#)🔥🔥🔥 **Overnight in a private house or camping**

We sleep in a mountain village which is now inhabited by only one family. We rent a traditional house located little aside where we have several rooms to share and a bathroom. Comfort is basic. If the house is not available, we camp on the terraces near the village.

Dormitory room

DAY 3

25/11/2025

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 toward the ridge (8 hours)**

A superb hike today : we start to hike up the cliffs of the rock amphitheater, mainly on a good path (but some parts can be a bit more difficult, and on a few places the path does not exist anymore...). We hike up a gully which hosts a suprisingly high number of trees for Oman, which attracts birds. We then follow a balcony path which offers great views. We stop for lunch near a spring and continue the balcony path before a last ascent to reach our bivouac spot on the main ridge.

[Wadi Sahtan](#)

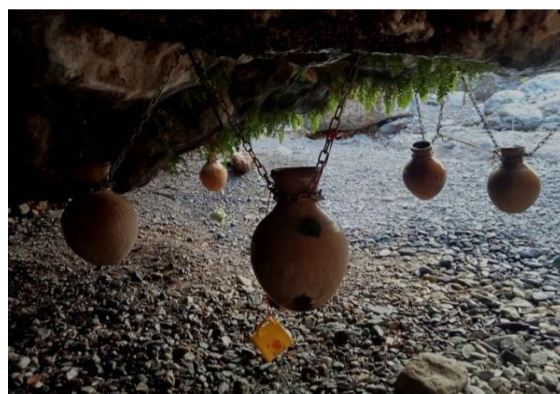
- Level 4*

- Walking time : 5 to 6 hours

- Height difference : +1100m/-100m

F B F Bivouac high in the mountain

We camp at a pass located at an height of 2200m. Food and water supply are brought by a donkey.

Under the stars

DAY 4

26/11/2025

Breakfast - Lunch - Dinner

Day with no car assistance

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

✓ **Hike along the main ridge and down to Wadi Bani Awf (6 hours)**

From our bivouac, we start hiking following the main ridge up and down. On clear days, we have great views from Jebel Shams to Jebel Akhdar on the southern side and from Wadi Sahtan to Wadi Mistal on the northern side. We then start the hike down. Views are really great! The way is not always easy, sometimes on a good path, and sometimes with no path. We finally reach the village lying at an height of 1200m, of which we cross part of the gardens.

[Wadi Bani Awf](#)

- Level 4*
- Walking time : 4 to 5 hours
- Height difference : +300m/-1200m

🔥🔥🔥 **Overnight in a private house**

We sleep in the house of our friend in a mountain village which is now not inhabited full time. We have 3 rooms where we can sleep and a newly built bathroom. We can also sleep outside under the stars...

Dormitory Room



DAY 5

27/11/2025

Breakfast - Lunch - Dinner

[Wadi Bani Awf](#)✓ **Descent in the small valley (2 hours)**

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

✓ **Lunch in an old hamlet renovated into a guesthouse (1 hour)**


- Level 1*

✓ **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*

 Transfer to Bimah (Wadi Bani Awf) (0 hour 15 - 5 Km)

 **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 6

28/11/2025

Breakfast - Lunch -

✓ **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.

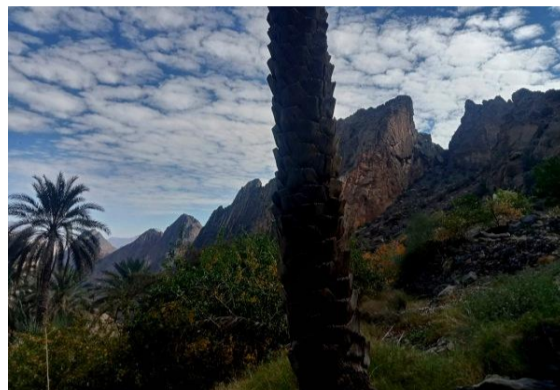
[Wadi Bani Awf](#)

- Level 3*

- Walking time : 4 to 5 hours

- Height difference : +600m/-500m

🚌 Transfer to Muttrah (3 hours - 245 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