



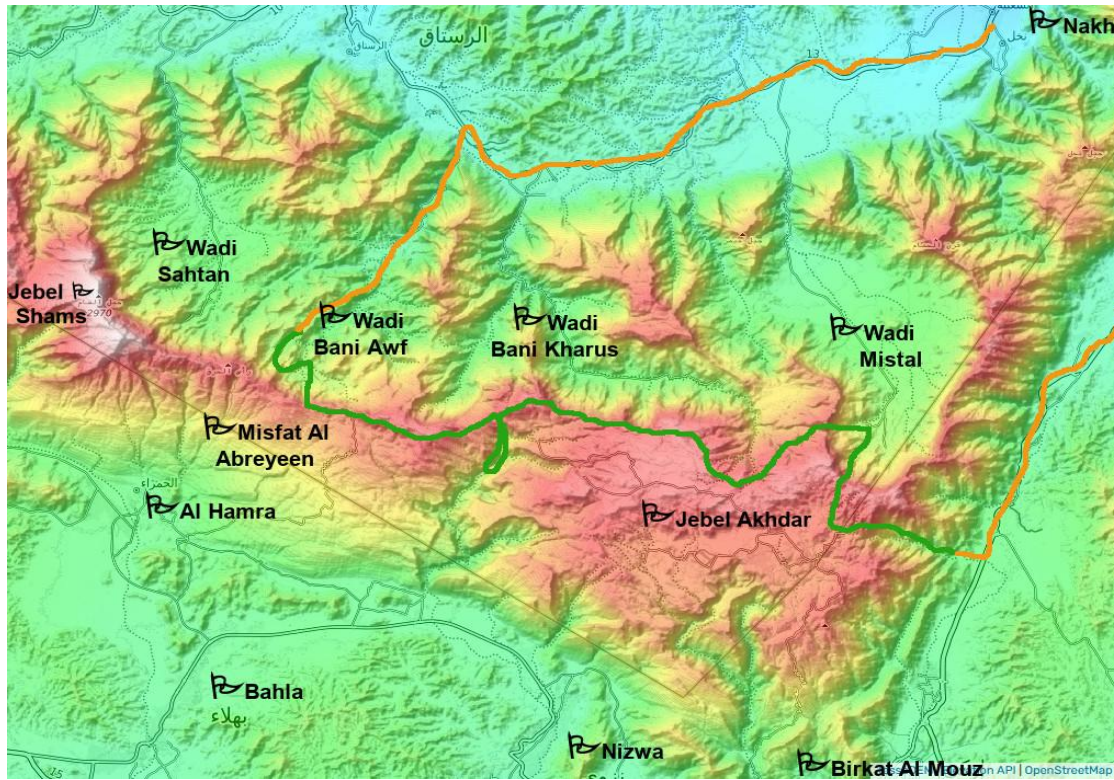
TREKKING ACROSS JEBEL AKHDAR

29/11/2025 - 06/12/2025

A beautiful 8-days trek to cross Jebel Akhdar range on an original route from Wadi Bani Awf to the Samail Gap. We hike mainly on the ridge, but also through the northern valleys (Wadis Sahtan, Bani Awf, Bani Kharus, Mistal).



Level 4	Tours which can include demanding hikes (up to 1200m elevation gain), aquatic hikes and canyoning.
Length	8 Day
START	29/11/2025 @ 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... SPECIAL OFFER : - Book previous trip 'Trekking - From Wadi Sahtan to Wadi Bani Awf' starting on 23/11/2025 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
ENDS	06/12/2025 @ 08:00 PM We can drop you anywhere in Muscat (hotel, airport, bus station, private house,...)
	4 Nights in accommodations (hotel, guesthouse, lodge, etc...)
	3 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
Price per person	700 OMR (1832 USD)
GROUP OF	3 To 7
Tour guided in	English
Guide	

Itinerary Wadi Bani Awf - Jebel Akhdar - Wadi Mistal

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 6, 7) 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 6 we are in comfortable accomodations : bedsheets, blankets, and bath towels are provided.

DAY 1

29/11/2025

- 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...

✓ **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.

- Level 3*

- Walking time : 4 to 5 hours

- Height difference : +600m/-500m

[🏠 Wadi Bani Awf](#)

🏠🏠🏠 **Mountain guesthouse**

Simple but pleasant guesthouse in a wonderful spot

Standard Room

breakfast & dinner at the accomodation



DAY 2

30/11/2025

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](#)

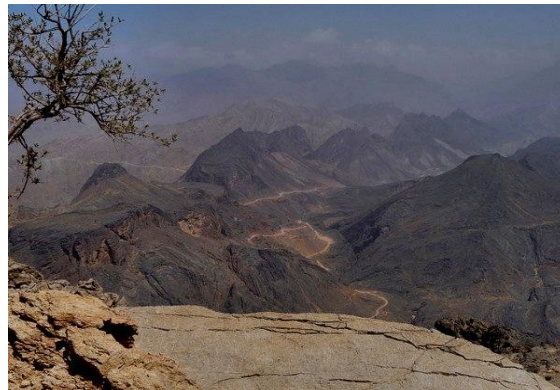
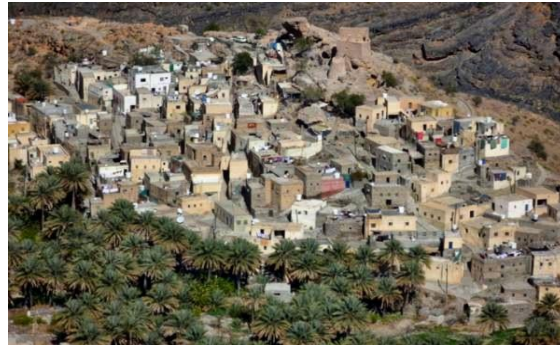
- Level 4*
- Walking time : 4 to 6 hours
- Height difference : +1300m/-250m

🏠🏠🏠 **Mountain hotel**

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

Deluxe Room

breakfast & dinner at the accomodation



DAY 3

01/12/2025

Breakfast - Lunch - Dinner

✓ **Hike along the main ridge to Jebel Akhdar (8 hours)**🏞️ *Jebel Akhdar*

We start from a pass located at 2000m. We follow the ridge having stunning views over the valleys of the northern slope. We then cross several flat areas with giant juniper trees and wild olive trees. We finally walk up to a small pass from which we see a village still a bit far away and we have to get there.

- **Level 4***- **Walking time : 6 to 8 hours**- **Height difference : +800m/-900m****Camping in the mountain**

We set up our camp near an abandoned hamlet at an height of about 2000m.

Individual camping tent



DAY 4

02/12/2025

Breakfast - Lunch - Dinner

✓ **Hike to a remote Palm grove in a canyon (6 hours)**

This walk take us from a high village on the plateau to wonderful gardens laying some 700 meters down in the canyon. The old village, next to the gardens was left by its inhabitants when the road on the plateau was built, but they still go down to the gardens regularly to maintain them. We will take the same path as the villagers : on the way to the gardens we walk up the canyon and have wonderful views on it ; to come back, we walk in the bottom of the wadi. It is a wonderful hike and the arrival to the remote but very well maintained gardens is just unbelievable!

➤ *Jebel Akhdar*

- Level 3*
- Walking time : 4 to 5 hours
- Height difference : +750m/-750m

**Camping in the mountain**

We set up our camp near an abandoned hamlet at an height of about 2000m.

Individual camping tent



DAY 5

03/12/2025

Breakfast - Lunch - Dinner

🏞️ *Jebel Akhdar*✓ **Hike on Jebel Akhdar (7 hours)**

We hike on the hilly plateau of jebel Akhdar. It is a typical landscape of Jebel Akhdar : nig olive and juniper trees, goats, and sometimes nice views over the northern slope

- **Level 3***
- **Walking time : 5 to 7 hours**
- **Height difference : +700m/-300m**

🏠🏠🏠 **Mountain guesthouse**

Overnight in a beautifully renovated guesthouse in an old troglodyte village. The village is built under a cliff.

Standard Room

breakfast & dinner at the accomodation



DAY 6

04/12/2025

*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 to Wadi Mistal (7 hours)**➤ *Jebel Akhdar*

A nice hike, not too much difficult, except one very steep descent, which take us from the plateau to a valley forming a big amphitheater. We start at a village located at 2200m above sea level, where pomogranates and wallnuts do particularly well, and use a path on the flank of the mountain which offers spectacular views over several valleys of the northern slope. We finally reach a pass where we discover the big amphitheater-like valley in which lays our arrival point : a village located at an height of 1400m, where main grown trees are apricots and peaches.

- **Level 3***- **Walking time : 5 to 6 hours**- **Height difference : +450m/-800m**🏠🏠🏠 **Guesthouse in a mountain village**

A nice Guesthouse, very well located at the entrance of the village, and with superb view over the valley

Standard Room*breakfast & dinner at the accomodation*

DAY 7

05/12/2025

Breakfast - Lunch - Dinner

Day with no car assistance

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

✓ **Hike up to Jebel Akhdar (6 hours)**

We start in a village located at 1400m. We start climbing across the terraces planted with apricots, onions, pomogranates, and lime trees. We then follow the falaj and climb steeply toward a small pass. All along the steep climb we have stunning views over the amphiteater-like vallley we come from. After the pass a gentle walk in a landscape typical of Jebel Akhdhar leads us to a high village.

[Wadi Mistal](#)

- Level 3*

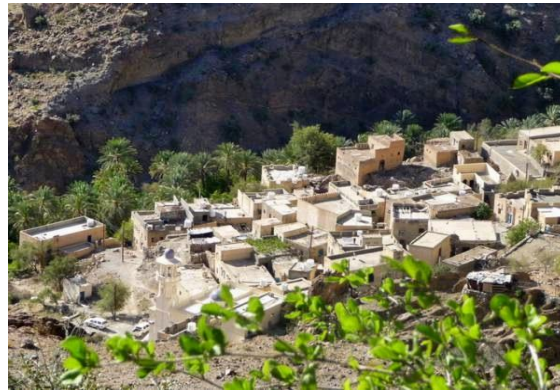
- Walking time : 4 to 6 hours

- Height difference : +800m/-500m

**Camping high in the mountain**

We set up our camp not far from a village, at an height of 1900m.

Individual camping tent



DAY 8

06/12/2025

Breakfast - Lunch -

🏠 *Jebel Akhdar*✓ **Hike down from Jebel Akhdar (6 hours)**

A very nice hike in a wild and little visited valley of jebel Akhdar. We walk down the plateau to the Samail Gap. Views are stunning during the main descent and the last part in the wadi with wild palm trees, waterpools and the old falaj (water channel) is delightful

- Level 3*
- Walking time : 4 to 6 hours
- Height difference : +100m/-1300m

🚌 Transfer to Muttrah (1 hour 15 - 120 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