




TREK TO JEBEL SHAMS SUMMIT AND WADIS OF THE EASTERN HAJAR

09/03/2025 - 15/03/2025

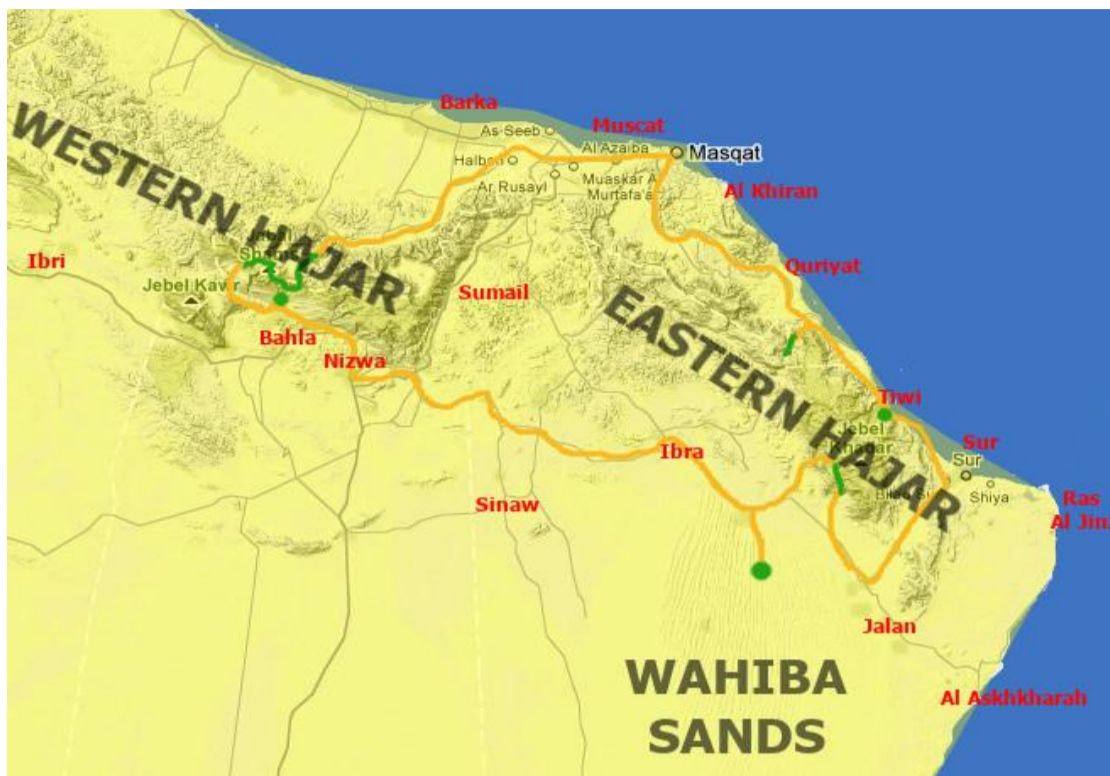
A demanding 3/4-days trek in the Western Hajar range, from Wadi Bani Awf to Jebel Shams, the summit of the country. A drive to the east and a night in the desert. Then 2 aquatic hikes in beautiful wadis flowing down from the Eastern Hajar mountains...



Level 4	Tours which can include demanding hikes (up to 1200m elevation gain), aquatic hikes and canyoning.
Length	7 Day
START	09/03/2025 @ 08:00 AM We can pick up you from your hotel anywhere in Muscat (pick-up time between 8 and 8:30 AM, depending the location)
ENDS	15/03/2025 @ 06:00 PM We can drop you to your hotel anywhere in Muscat
	2 Nights in accomodations (hotel, guesthouse, lodge, etc...)
	-1 Nights wild camping (with tents, thick matrass, 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
F B F	2 Nights camping under the stars, with minimum equipment, without assistance of vehicules
	1 Nights in homestays with sometimes very rustic comfort.
Price per person	720 OMR (1885 USD)
GROUP OF	3 To 5
Tour guided in	English
Guide	

Itinerary

Wadi Bani Awf - Jebel Shams - Misfat Al Abreyeen - Wahiba Desert - Wadi Bani Khalid - Wadi Al Arbeyeen

**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 2, 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.

Overnights 2, 3 we sleep UNDER THE STARS and you'll have to carry also own sleeping pad and sleeping bag.

DAY 1

09/03/2025

- 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)**

➤ Wadi Bani Awf

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.

- Level 2*

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

✓ **Short hike to a mountain village (2 hours)**

➤ Wadi Bani Awf

We first walk in the wadi bed and then find a good path that climbs to the village.

- Level 2*

- Walking time : 1 to 1 hours

- Height difference : +200m/-0m



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 2

10/03/2025

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 the main ridge (8 hours)**➤ *Wadi Bani Awf*

We start hiking in the village then a short part on the dirt track and quickly we find the old steep path. The way is not always easy, sometimes on a good path, and sometimes with no path. After the steep ascent, we reach the pass. By clear weather, 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 follow the ridge up and down to another pass.

- **Level 5***- **Walking time : 5 to 7 hours**- **Height difference : +1200m/-200m****F B F Bivouac high in the mountain**

We camp at a pass located at an height of 2200m.

Under the stars

DAY 3

11/03/2025

Breakfast - Lunch - Dinner

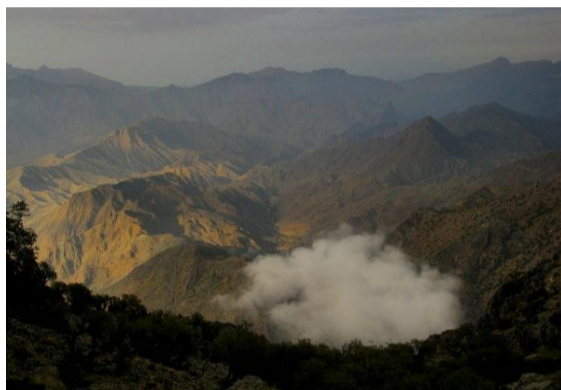
Day with no car assistance

We do not have access to the luggages in the evening✓ **Hike towards the summit of Jebel Shams (9 hours)**➤ *Jebel Shams*

We continue our route following the main ridge towards the summit. After a few kilometers, we find the first vertical cliff equipped with ladders (12m), and then 2 after 2 more km, the second one (3m). We then reach the summit quickly... After, we go down to a pass where we spend the night

- **Level 5***- **Walking time : 6 to 8 hours**- **Height difference : +1200m/-500m****F B F Bivouac at a pass at 2800m**

We spend the night in a beautiful spot with great view over Wadi sahtan and ion clear weather up to Jebel Akhdar.

Under the stars

DAY 4

12/03/2025

Breakfast - Lunch - Dinner

Day with no car assistance

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

✓ **Hike down along the Grand Canyon (5 hours)**➤ *Jebel Shams*

We leave the stunning view over the northern slope to hike toward the plateau of Jebel Shams. All along the hike, we follow the Grand canyon and views are splendid. By clear weather, we can also see Jebel Misht and Jebel Kawr.

- **Level 3***- **Walking time : 3 to 4 hours**- **Height difference : +0m/-1000m**

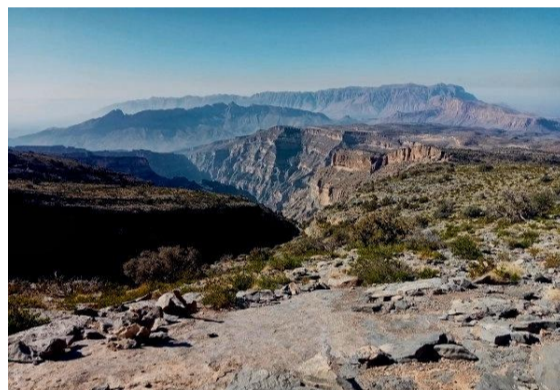
🚌 Transfer to Misfat Al Abreyeen (1 hour 20 - 60 Km)

🏠🏠🏠 **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 accommodation



DAY 5

13/03/2025

Breakfast - Lunch - Dinner

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

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 our campsite in the Wahiba Desert (3 hours 30 - 280 Km)

✓ **Sunset in the dunes (1 hour)**➤ *Wahiba Desert*

We start a walk across the dunes in late afternoon. The heat isn't too strong anymore and the sunlight is the more beautiful. The setting sun always gives changing colour to the sand and the shades. This a great unforgettable time.

- Level 1*

**Camping in Wahiba Sands***Individual camping tent*

DAY 6

14/03/2025

Breakfast - Lunch - Dinner

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

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

➤ *Wadi Bani Khalid*

An easy aquatic 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 the 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 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 Tiwi (1 hour 45 - 150 Km)

🏠🏠🏠 **Guesthouse on the beach in Tiwi**

Standard Room
breakfast at the accommodation



DAY 7

15/03/2025

Breakfast - Lunch -

🚌 Transfer to Wadi Al Arbeyeen (1 hour - 80 Km)

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

👉 *Wadi Al Arbeyeen*

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**

🚌 Transfer to Muttrah (2 hours - 180 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