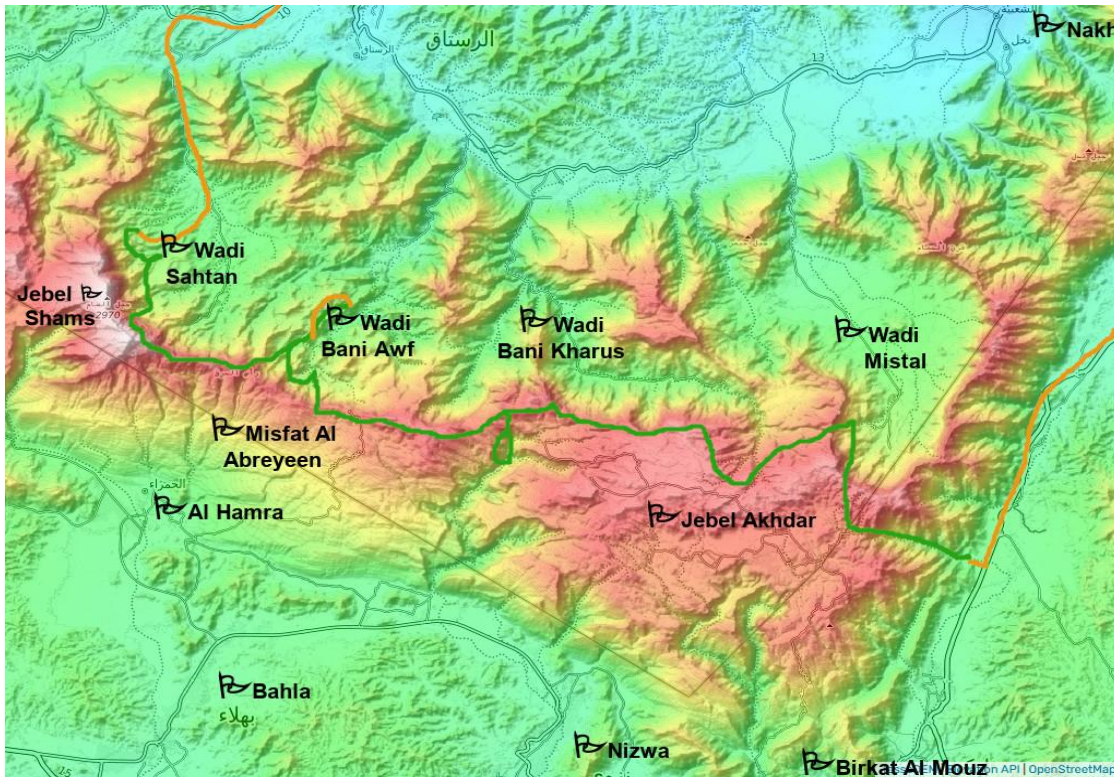


## GREAT TREKKING - CROSSING WESTERN HAJAR

*A beautiful 14-days trek to cross the Western Hajar range on an original route along the ridge, but also through the northern valleys (Wadis Sahtan, Wadi Bani Awf, Wadi Mistal) and across Jebel Akhdar.*



<b>Level 4</b>	Tours which can include demanding hikes (up to 1200m elevation gain), aquatic hikes and canyoning.
<b>Length</b>	14 Day
<b>Doable in</b>	JANUARY - FEBRUARY - MARCH - NOVEMBER - DECEMBER
	5 Nights in accommodations (hotel, guesthouse, lodge, etc...)
	2 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
<b>F B F</b>	4 Nights camping under the stars, with minimum equipment, without assistance of vehicles
	2 Nights in homestays with sometimes very rustic comfort.
<b>Start</b>	Muttrah
<b>Ends</b>	Muttrah

**Itinerary** Wadi Sahtan - Wadi Bani Awf - Misfat Al Abreyeen - Jebel Akhdar - Wadi Mistal**Nota sobre la transportacion del equipaje**

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, & 8, 9, 10, 11, & 12, 13) 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 12 we are in comfortable accomodations : bedsheets, blankets, and bath towels are provided.

Overnights 3, 8, 9, 10 we sleep UNDER THE STARS and you'll have to carry also own sleeping pad and sleeping bag.

On days 9 and 10 (possibly 11), we meet the vehicles during the day and can resupply.



## DAY 1

- Lunch - Dinner

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

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

🏠 Wadi Sahtan

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**

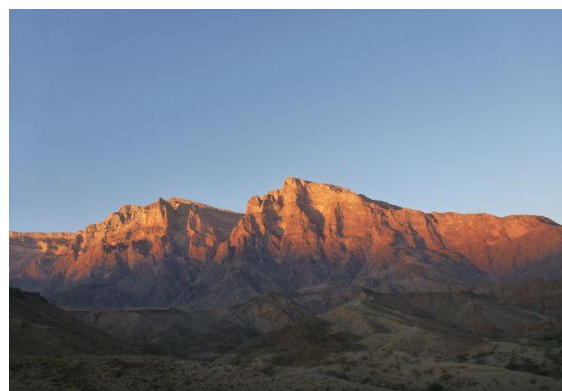
- **Height difference : +200m/-400m**



**Camping the valley**

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

*Individual camping tent*





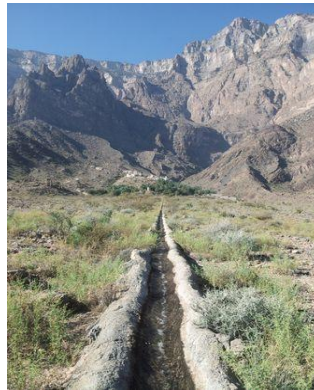
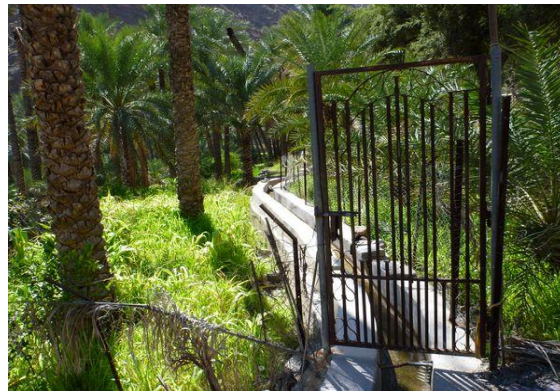
**DAY 2***Breakfast - Lunch - Dinner*✓ **Hike across mountain villages of Wadi Sahtan (6 hours )**🏠 *Wadi Sahtan*

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**

🏠🏠🏠 **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*

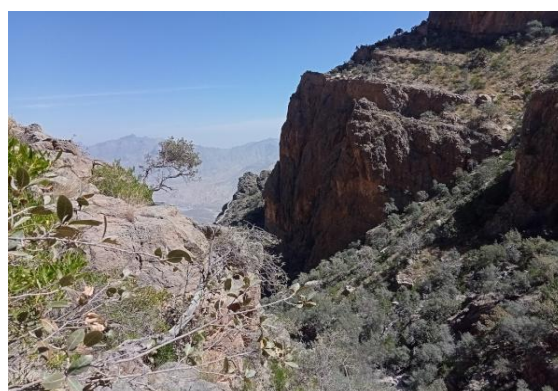


**DAY 3***Breakfast - Lunch - Dinner***Day with no car assistance****We leave the vehicle(s) in the morning at the start of the hike****We do not have access to the luggages in the evening**✓ **Hike toward the ridge (8 hours )**

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***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***Breakfast - Lunch - Dinner*✓ **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

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

- Level 1\*

✓ **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\*

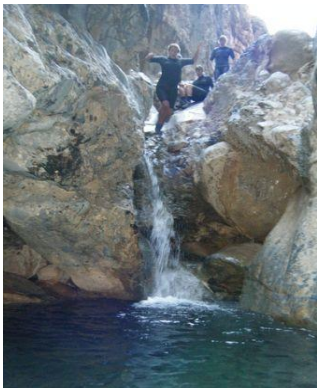
☞ Transfer to Bimah (Wadi Bani Awf) (0 hour 15 - 5 Km)

☞☞☞ **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***Breakfast - Lunch - Dinner*✓ **Hike through mountains and villages of Wadi Bani Awf (5 hours )**🏠 *Wadi Bani Awf*

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**🏠🏠🏠 **Mountain guesthouse**

Simple but pleasant guesthouse in a wonderful spot

*Shared Room**Dormitory with maximum 4 beds per room.**breakfast & dinner at the accomodation*



**DAY 7***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*

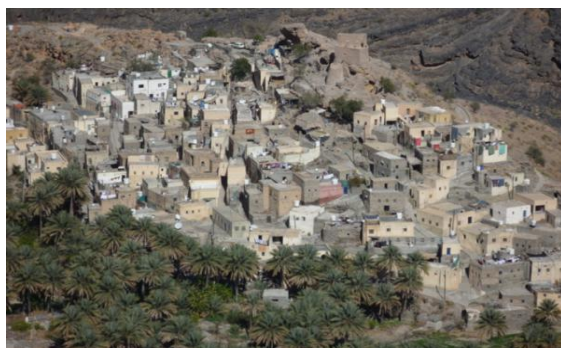
- **Level 4\***
- **Walking time : 4 to 6 hours**
- **Height difference : +1300m/-250m**

🏠🏠🏠 **Mountain hotel**

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

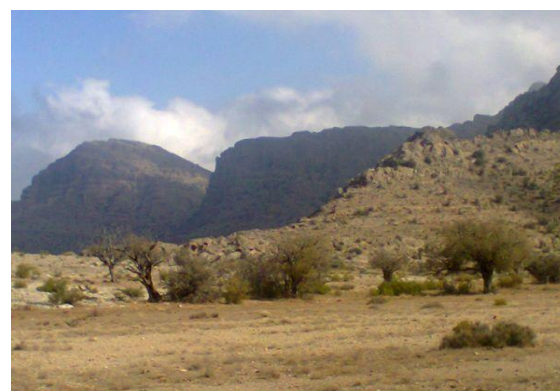
*Bambo Hat*

*breakfast & dinner at the accomodation*



**DAY 8***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 along the ridge towards Jebel Akhdar (6 hours )**➤ *Misfat Al Abreyeen*

A very nice hike. We walk sometimes on the southern side through a hilly landscape typical of the Western Hajar's highlands with wild olive trees and big juniper trees, and sometimes along the rocky ridge with stunning views over the steep northern valleys. After a detour to a mountain hamlet to refill water, we continue along the ridge until we reach our bivouac spot.

- **Level 3\***- **Walking time : 4 to 5 hours**- **Height difference : +500m/-500m****F B F Bivouac on a plateau near the ridge***Under the stars*



**DAY 9***Breakfast - Lunch - Dinner*

**We meet the car(s) during the day to resupply  
We do not have access to the luggages in the evening**

✓ **Hike to a remote Palm grove in a canyon (7 hours )**

We leave the ridge to go to a narrow pass. On the way we might find some remainings from the "Jebel War" which oposed in the 50's the Sutan and the Imam. After the pass, we are in the part of the range called "Jebel Akhdar". We hike down to a high village (where we can get water) and enjoy spectacular views over the canyon formed by Wadi Tanuf. We then follow a good path which leads us 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 reglularly to maintain them.

➤ *Jebel Akhdar*

- **Level 3\***
- **Walking time : 4 to 6 hours**
- **Height difference : +200m/-900m**

**F B F Bivouac in a remote oasis**

*Under the stars*

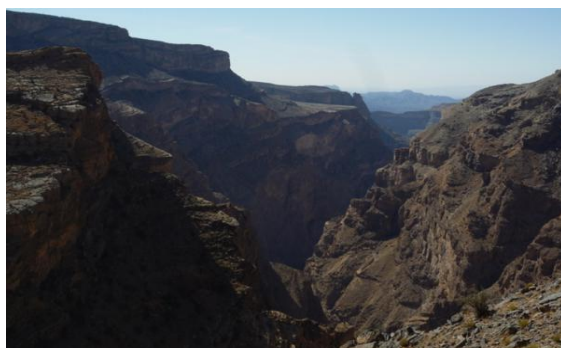




**DAY 10***Breakfast - Lunch - Dinner***We meet the car(s) during the day to resupply  
We do not have access to the luggages in the evening**✓ **Hike toward a mosque at a crossroad on the ridge (6 hours )**➤ *Jebel Akhdar*

Today, we take time to enjoy the small oases where we slept. Then, we hike back up to the high village we passed the day before and continue to reach the ridge again and find the views over the northern valleys.

- **Level 4\***
- **Walking time : 4 to 5 hours**
- **Height difference : +800m/-0m**

**F B F Bivouac on the ridge near an old mosque***Under the stars*

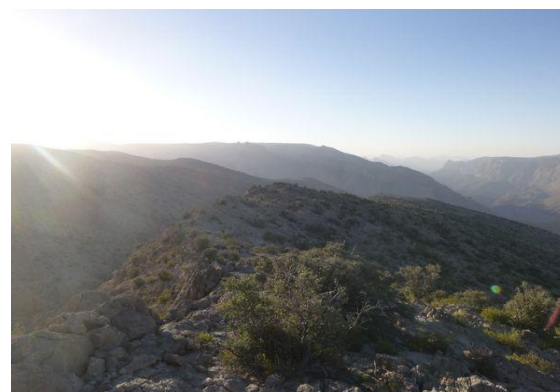
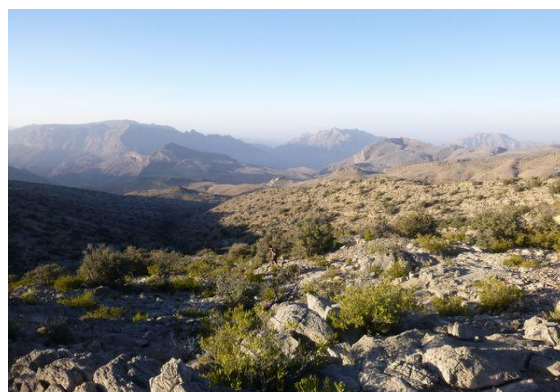


**DAY 11***Breakfast - Lunch - Dinner***Day with no car assistance****We find the vehicle(s) again after finishing the hike**✓ **Hike on Jebel Akhdar (7 hours )**➤ *Jebel Akhdar*

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. No big ascent nor big descent, but a long way and lots of ups and downs...

- **Level 3\***- **Walking time : 4 to 6 hours**- **Height difference : +500m/-700m**🏠🏠🏠 **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 12***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*



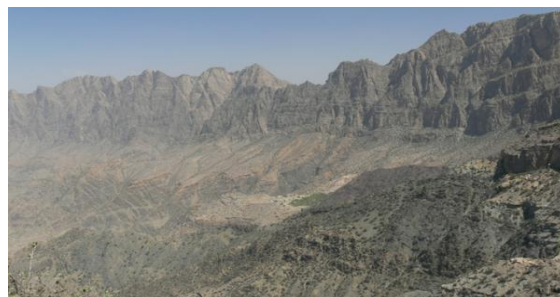
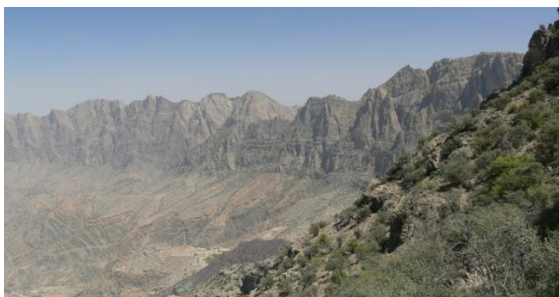
**DAY 13***Breakfast - Lunch - Dinner***Day with no car assistance****We find the vehicle(s) again after finishing the hike**✓ **Hike up to Jebel Akhdar (6 hours )**➤ *Wadi Mistal*

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 vallyey we come from. After the pass a gentle walk in a landscape typical of Jebel Akhdar leads us to a high village.

- **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 14***Breakfast - Lunch -*✓ **Hike down from Jebel Akhdar (6 hours )**🏞️ *Jebel Akhdar*

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

<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

### ① Difficulty level Canyoning & Aquatic hiking

For this activity, it is mandatory to be able to swim at least 100m

<b>Level 1</b>	Aquatic hiking not requiring any jump or abseiling
<b>Level 2</b>	Easy and short canyon descent with jumps of less than 3 meters which can be avoided abseiling
<b>Level 3</b>	Canyon descent with few meters high jumps and little technical abseiling
<b>Level 4</b>	Canyon descent lasting more than 5 hours with several meters high jumps and technical abseiling in waterfalls