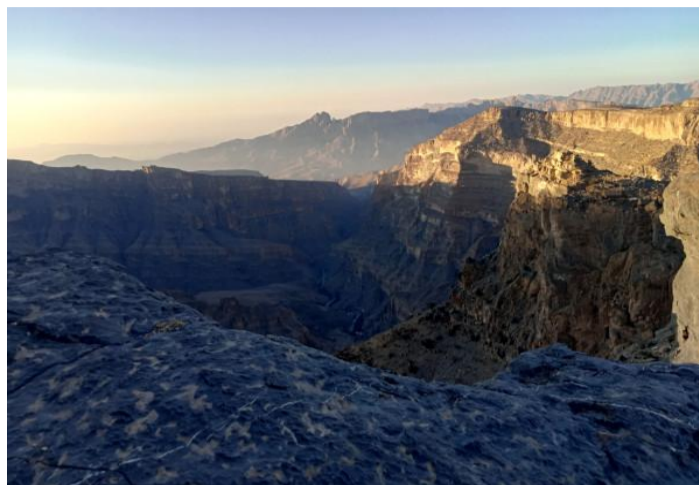


HIKING TO THE TOP!

5 of the most beautiful hikes in the Western Hajar mountain range across Wadi Bani Awf and Jebel Akhdar, through sheperd hamlets, villages, oasis, rocky slopes, and valleys. To finish, the ascent of the summit of the country, Jebel Shams.



Level 4 Tours which can include demanding hikes (up to 1200m elevation gain), aquatic hikes and canyoning.

Length 8 Day

Doable in JANUARY - FEBRUARY - MARCH - NOVEMBER - DECEMBER



2 Nights in accomodations (hotel, guesthouse, lodge, etc...)



5 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

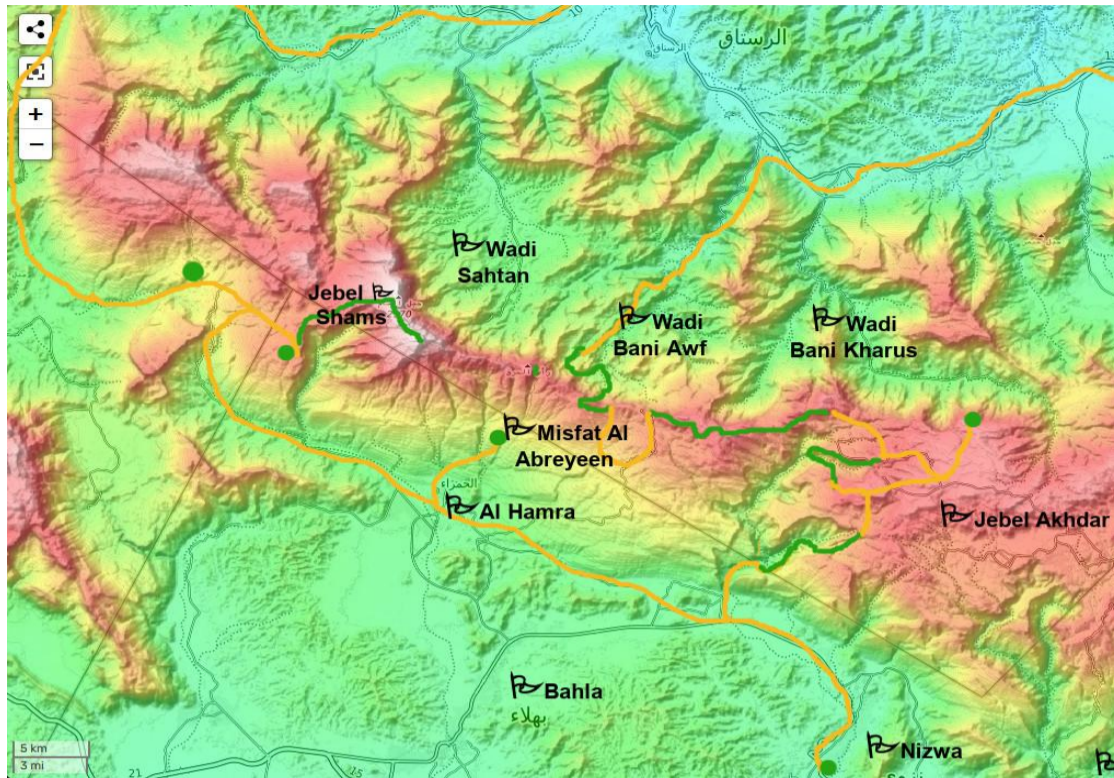
Start Muttrah

Ends Muscat

GUESTS	PRICE PER PERSON	
2	890 OMR	2329 USD
3	700 OMR	1832 USD
4	700 OMR	1832 USD
5	620 OMR	1623 USD
6	560 OMR	1465 USD
7	520 OMR	1361 USD

Itinerary

Wadi Bani Awf - Jebel Akhdar - Nizwa - Misfat Al Abreyeen - Jebel Shams

**Nota sobre la
transportacion del
equipaje**

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

DAY 1*- 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.

📍 *Wadi Bani Awf*

- Level 3*

- Walking time : 4 to 5 hours

- Height difference : +600m/-500m

🏠🏠🏠 **Mountain guesthouse**

Simple but pleasant guesthouse in a wonderful spot

Standard Room

breakfast & dinner at the accomodation



DAY 2*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**

🚌 Transfer to a high settlement near the ridge (1 hour - 40 Km)

**Camping in the mountain**

We camp in the mountain around 2200 meter high not far from a small settlement

Individual camping tent



DAY 3*Breakfast - Lunch - Dinner*✓ **Hike on the ridge to Jebel Akhdar (7 hours)**➤ *Jebel Akhdar*

We start from an high hamlet at about 2400 meters. 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 3***- **Walking time : 5 to 7 hours**- **Height difference : +700m/-900m**

🚌 Transfer to a plateau covered with juniper trees (0 hour 30 - 20 Km)

**Camping on a high plateau**

2400m high in the center of the Jebel Akhdar, surrounded by giant juniper and wild olive trees. A few steps away, you can enjoy great views over the valleys of the northern slope.

Individual camping tent

DAY 4*Breakfast - Lunch - Dinner*

 Transfer to a high village in Jebel Akhdar (0 hour 30 - 15 Km)

✓ **Hike to a remote palm garden in a canyon (6 hours)**

 *Jebel Akhdar*

We start from a village located at an height of 2000 m and we walk the same way as the villagers who go work in the gardens, some 700 meters down. After 2 hours walk we finally discover the gardens where grow palm, lime, banana tree, garlic, and sweet potatoes. The place is really beautiful. We come back another way to another village located on the plateau.

- **Level 3***
- **Walking time : 4 to 5 hours**
- **Height difference : +500m/-650m**

 Transfer to a high village in Jebel Akhdar (0 hour 20 - 8 Km)



Camping high on Jebel Akhdar

We camp in a nice spot with stunning views over Wadi Tanuf's canyon
Camping



DAY 5*Breakfast - Lunch - Dinner*🏔️ *Jebel Akhdar*✓ **Descent in Wadi Tanuf (7 hours)**

We go down from Jebel Akhdar through one of the main valley which forms a huge canyon. The path is sometime obvious but sometimes we walk without following a path. Some parts of the walk are a little difficult but the views on the canyon are wonderful. When we reach the bottom of the valley, if there is time left, we can also walk a bit more in the river bed to go swim.

- Level 4*

🚌 Transfer to Nizwa (0 hour 30 - 25 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 6

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 Misfat Al Abreyeen (0 hour 45 - 60 Km)

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

➤ *Misfat Al Abreyeen*

This is one of the most beautiful mountain villages of Oman. It is located on the slope of a canyon. The gardens were built all around the old village on man-made terraces. Lying at an height of 800 meters, we find there 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 Jebel Shams plateau (1 hour 20 - 50 Km)



Camping in Jebel Shams Range

1800m high

Individual camping tent



DAY 7

Breakfast - Lunch - Dinner

✓ **Hike To Jebel Shams Summit (South flank) (12 hours)**

We start walking at the first light of the dawn from the plateau of Jebel Shams. We head to the edge of the Grand Canyon from where we have stunning views. We'll probably see vultures enjoying the first ascending winds of the day. We'll follow the Grand Canyon and cross several small plateau. The higher we climb the bigger are the trees. Finally we arrive to a pass from where we have stunning views over Wadi Sahtan, some 2000 meters below us. On our left side the other summit of Jebel Shams is occupied by a military radar. We go on the right and follow the ridge until we reach the summit. We come back the same way. It is a beautiful but very long hike (more than 26 km and more than 1000m height difference) that require to be fit and used to demanding hikes.

- **Level 5***- **Walking time : 7 to 10 hours**- **Height difference : +1300m/-1300m**➤ *Jebel Shams***Camping in Jebel Shams Range**

1800m high

Individual camping tent

DAY 8*Breakfast - Lunch -*

🚌 Transfer to a wadi on the western side of Jebel Shams (2 hours - 100 Km)

✓ **Short Walk and swimming in a wadi (2 hours)**

Located on the west flank of the Jebel Shams range and in front of the Jebel Misht, this valley has all year long flowing water. The first pools to swim in are reached after only 10 minutes walk. The further ones need half an hour walk. The water clear and swimming there is just wonderful!

➤ *Jebel Shams*

- **Level 1***

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

🚌 Transfer to Muscat (4 hours - 300 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