

**Location**

220km from Muscat (80km from Nizwa)  
Closest town: Al Hamra

Follow the road from Al Hamra to Wadi Ghul, towards the Jabal Shams 'The Plateau'. Turn right at the road sign for Path W4 and carry on until you reach the village Al Khitaym (approximately 40km from Al Hamra). The last 20km of the road is graded and a 4 WD is recommended.

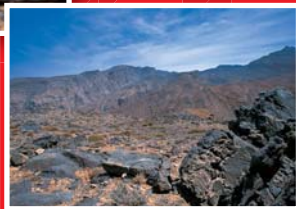
Western Hajar Overview Map Ref. C-4



Local salesman



Looking down almost 1,000m



Spectacular views

**Accommodation**

- Jabal Shams Motel
- Hotels in Nizwa and other local towns
- Camping

**Useful guidebooks**

- Adventure Trekking in Oman
- Oman Off-Road Explorer



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**Trekking path to the southern summit of Jabal Shams from 'The Plateau'**



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**Introduction**

**Type of trek**

Starting at the Jabal Shams plateau, the path follows the rim of the Saydran Gorge, a side wadi of the 'Grand Canyon', to a col at 2,700m. From there the path levels to reach the southern summit of Jabal Shams (Qarn al Ghamaydah) at an altitude of 2,997m. Mostly a natural, rocky trek to the highest point in Oman.

**Highlights**

The tour allows spectacular views into Wadi Nakhar, the 'Grand Canyon', Wadi as Sahtan and Wadi Bani Awf, as well as fantastic views of Jabal Khawr and Jabal Misht in the distance. On clear days you can even see the sea in the distance.

**S Starting point** (GPS UTM 520,697E 2,568,658N)

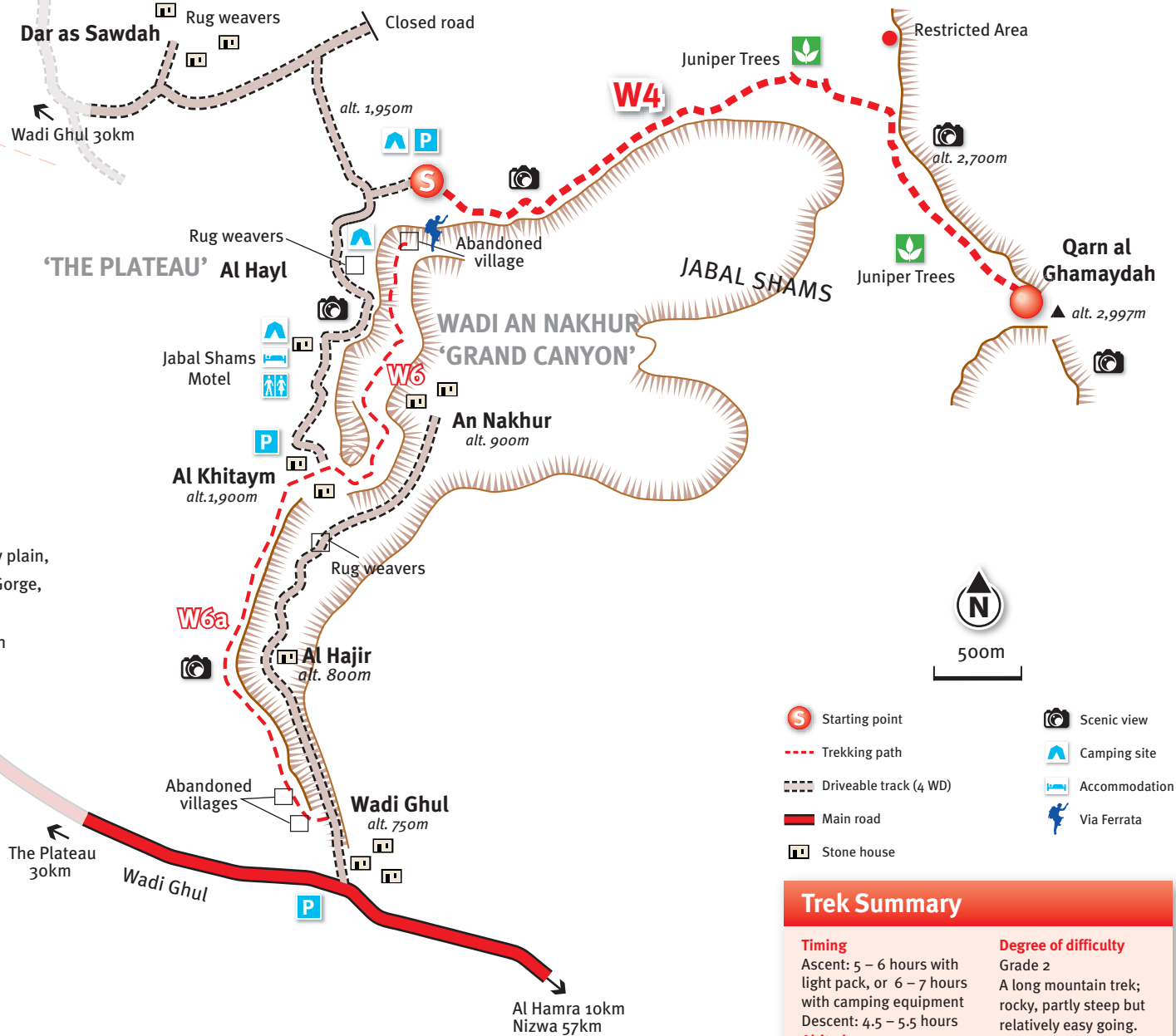
At the information sign W4, along the road to 'The Plateau'.

**Trek Directions**

From the parking area, follow the coloured markers across the stony plain, crossing a small wadi and continuing along the rim of the Saydran Gorge, until joining a wadi which leads to the first col at 2,700m. There are very good views east at this point. From the col, the path turns south and mainly follows the crest of the ridge, arriving at the summit after approximately four kilometres. To descend, you must return on the same route.

**Tip**

This is by far the best walk to the top of Jabal Shams (Qarn al Ghamaydah). The walk is relatively easy, and the views are simply spectacular.



- Starting point
- Trekking path
- Driveable track (4 WD)
- Main road
- Stone house
- Scenic view
- Camping site
- Accommodation
- Via Ferrata

**Trek Summary**

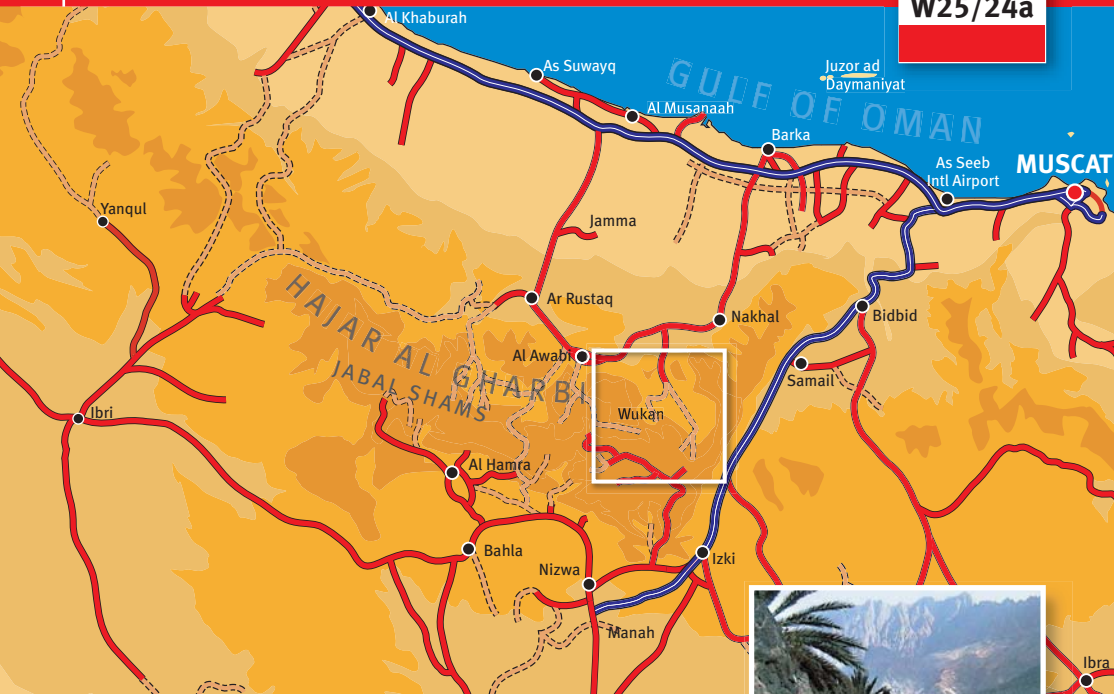
**Timing**  
 Ascent: 5 – 6 hours with light pack, or 6 – 7 hours with camping equipment  
 Descent: 4.5 – 5.5 hours  
**Altitude**  
 Highest point 2,997m  
 Difference 1,000m

**Degree of difficulty**  
 Grade 2  
 A long mountain trek; rocky, partly steep but relatively easy going.  
**Distance**  
 9. km



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**Location**

140km from Muscat (56km from Nakhal)  
A 4 WD vehicle is recommended, as 40km of the road is graded.

Western Hajar Overview Map Ref. N-6, P-6

**Accommodation**

You can do this trek as a daytrip, or use the following accommodation options:

- Sawadi Beach Resort (On the coast near Al Musanaah)
- Camping

**Useful guidebooks**

- Adventure Trekking in Oman
- Off-Road Explorer (Oman)



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Slightly difficult passage - W25



Falaj on W25



Sunrise



**Trekking path from Wukan to Hadash via the north flank of the Sayq Plateau**



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## Introduction

### Type of trek

A challenging mountain trek, partly along an old donkey path.

### Highlights

The tour allows spectacular views into Wadi Mistall and the Gubrah Bowl, as well as good views over the Sayq Plateau.

### S Starting point (GPS UTM 575,247E 2,559,593N)

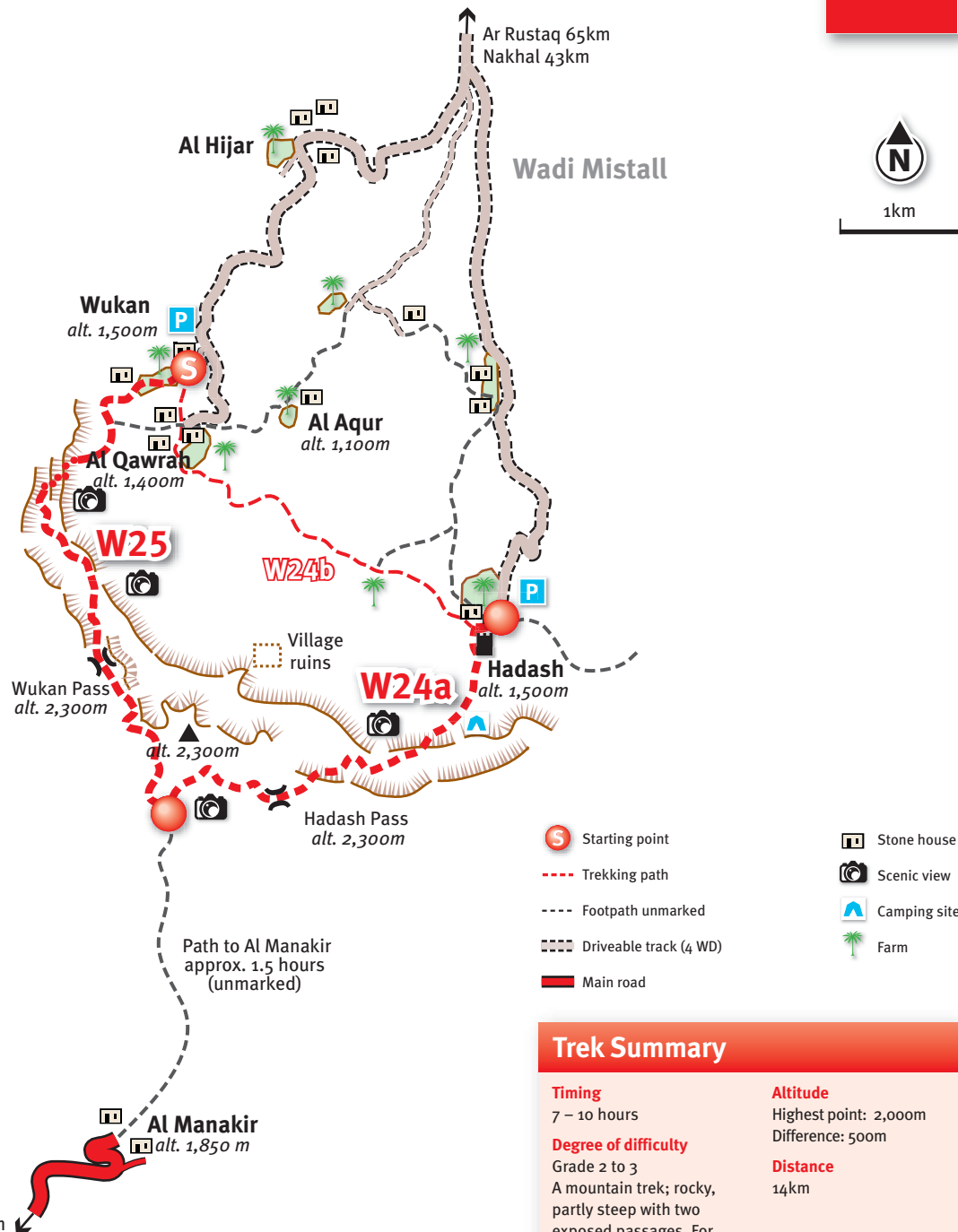
Parking area in Wukan marked with information sign W25.

### Trek directions

The marked path starts from the village of Wukan and winds through the gardens along the falaj irrigation system. In the village, approximately 100m from the parking area, there is a turn off to the left marked W24b, which leads to Al Qawrah (approximately 15 minutes of walking time) and further to Hadash (approximately three hours of walking time). This is the lower path connecting the villages. Follow W25 to the little mosque above the palm gardens (from here it is also possible to walk straight down to Al Qawrah along an unmarked trail). Continuing on W25 you have to pass two places where the path becomes exposed and you may want to take a rope (five to ten metres long) for inexperienced trekking companions. Once you reach the top of the Jabal Ahkdar (at an altitude of 2,000m) the trail levels, and after 2.5km you'll find the junction of Al Manakir/Hadash. The trail to Al Manakir is unmarked and turns to the south, the trail to Hadash (W24a) is marked and turns to the north. After a further 2km you will find a good spot for camping, just before the path drops steeply down to Hadash.

### Tip

This is a round trip if you include W24b from Hadash to Wukan via Al Qawrah. You can exchange car keys if a second party starts from Hadash and walks to Wukan. If you wish to return to the starting point of the trek, plan for an additional 2.5 – 3 hours walking time.



- S Starting point
- Trekking path
- Footpath unmarked
- Driveable track (4 WD)
- Main road
- Stone house
- 📷 Scenic view
- 🏕️ Camping site
- 🌴 Farm

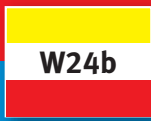
## Trek Summary

<b>Timing</b>	<b>Altitude</b>
7 – 10 hours	Highest point: 2,000m Difference: 500m
<b>Degree of difficulty</b>	<b>Distance</b>
Grade 2 to 3 A mountain trek; rocky, partly steep with two exposed passages. For experienced trekkers only.	14km

Sayq Plateau 10km  
Birkat Al Mawz 30km

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**Location**

140km from Muscat (56km from Nakhal)  
A 4 WD vehicle is recommended, as 40km of the road is graded.

Western Hajar Overview Map Ref. P-6

**Accommodation**

You can make this a daytrip from Muscat or use the following accommodation options:

- Sawadi Beach Resort (On the coast near Al Musanaah)
- Camping

**Useful guidebooks**

- Adventure Trekking in Oman
- Off-Road Explorer (Oman)



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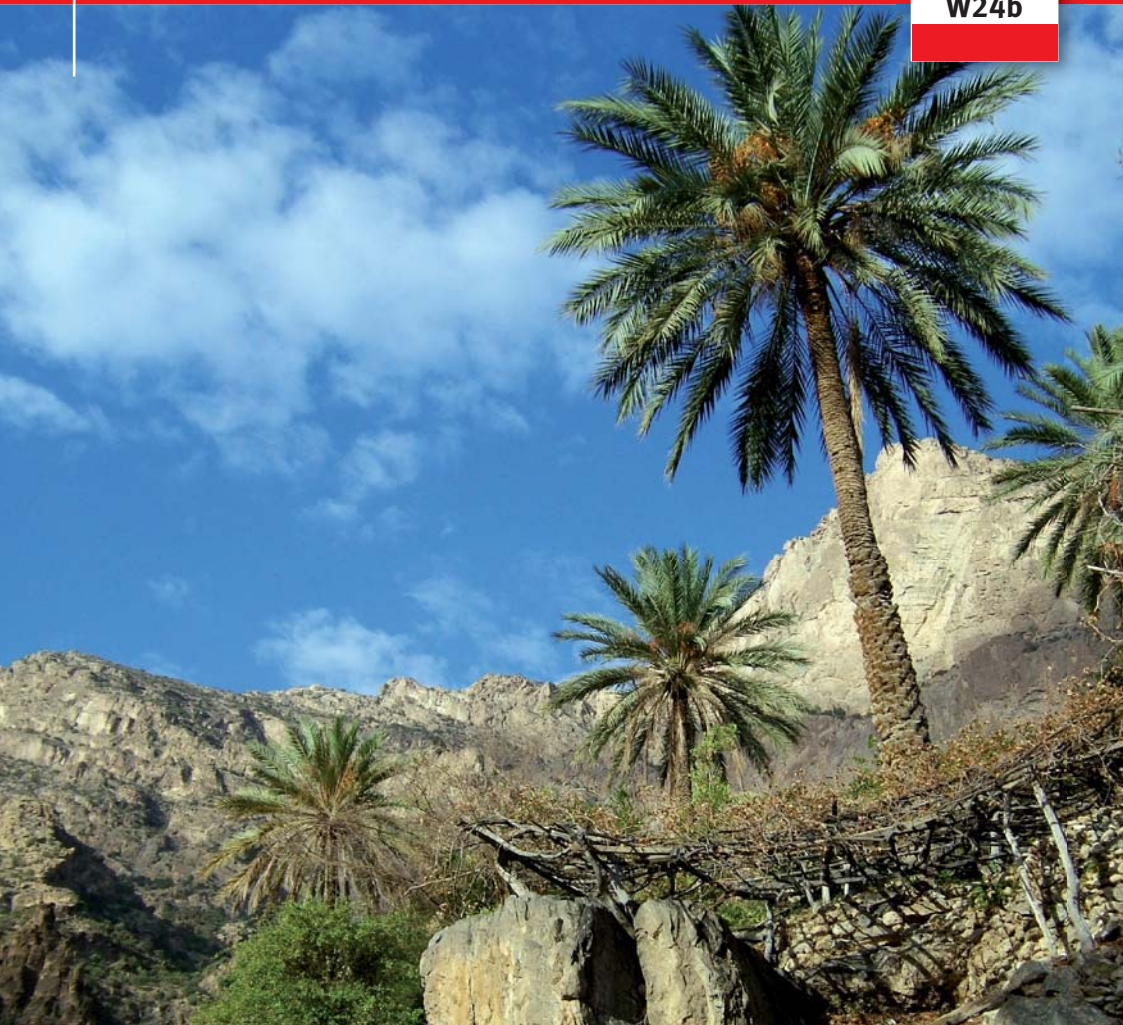
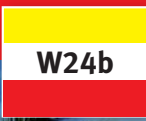
Wukan village



Falaj system



On the path



**Trekking path from Hadash to Wukan via Al Qawrah**



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### Introduction

#### Type of trek

An old path connecting three villages, which leads over several cols (steep high passes) and mountain passes.

#### Highlights

The tour allows good views into Wadi Mistall and the Gubrah Bowl, and leads through beautiful gardens.

### S Starting point (GPS UTM 577,383E 2,557,779N)

Parking area in Hadash, marked with information sign W24a/W24b; or alternatively in Wukan, marked with information sign W25/W24b.

### Trek directions

The yellow/white/red marked trek W24b starts from the parking area at the village of Hadash. It follows the road until it leaves the village, taking you through Al Qawrah and on to Wukan. In some places the path is exposed to heights, and you may want to take a rope (five to ten metres long) for inexperienced trekking companions. The return route follows the same path, or you can go in two groups, starting at opposite ends, and exchange car keys along the way.

### Tip

Al Qawrah has a delightful garden/farming area which you cross along the way. From there you can also walk down the wadi, arriving at the split in the main road after approximately 1.5 hours. If you are lucky enough to be trekking in February, you'll get to see the trees flowering with spring blossoms.

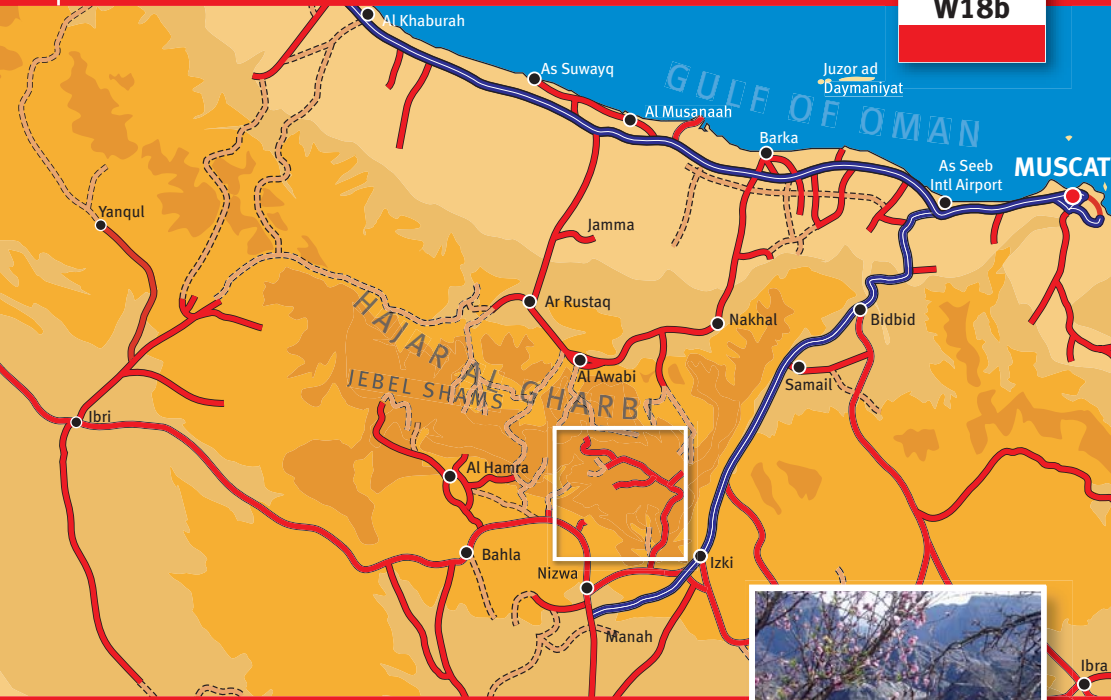


- Starting point
- Trekking path
- Footpath unmarked
- Driveable track (4 WD)
- Main Road
- Stone house
- Scenic view
- Camping site
- Farm

### Trek Summary

<b>Timing</b> 2.5 – 3 hours (one way)	<b>Altitude</b> Highest point: 1,500m Difference: 300m
<b>Degree of difficulty</b> Grade 2 – 3 A mountain trek; rock and gravel, partly steep with exposed passages.	<b>Distance</b> 4km





**Location**

150km from Muscat (55km from Nizwa)

Western Hajar Overview Map Ref: M-7

**Accommodation**

- Hotel Al Jabal al Akhdar and guesthouses (Map Ref. M-7)
- Hotels in Nizwa and other local towns

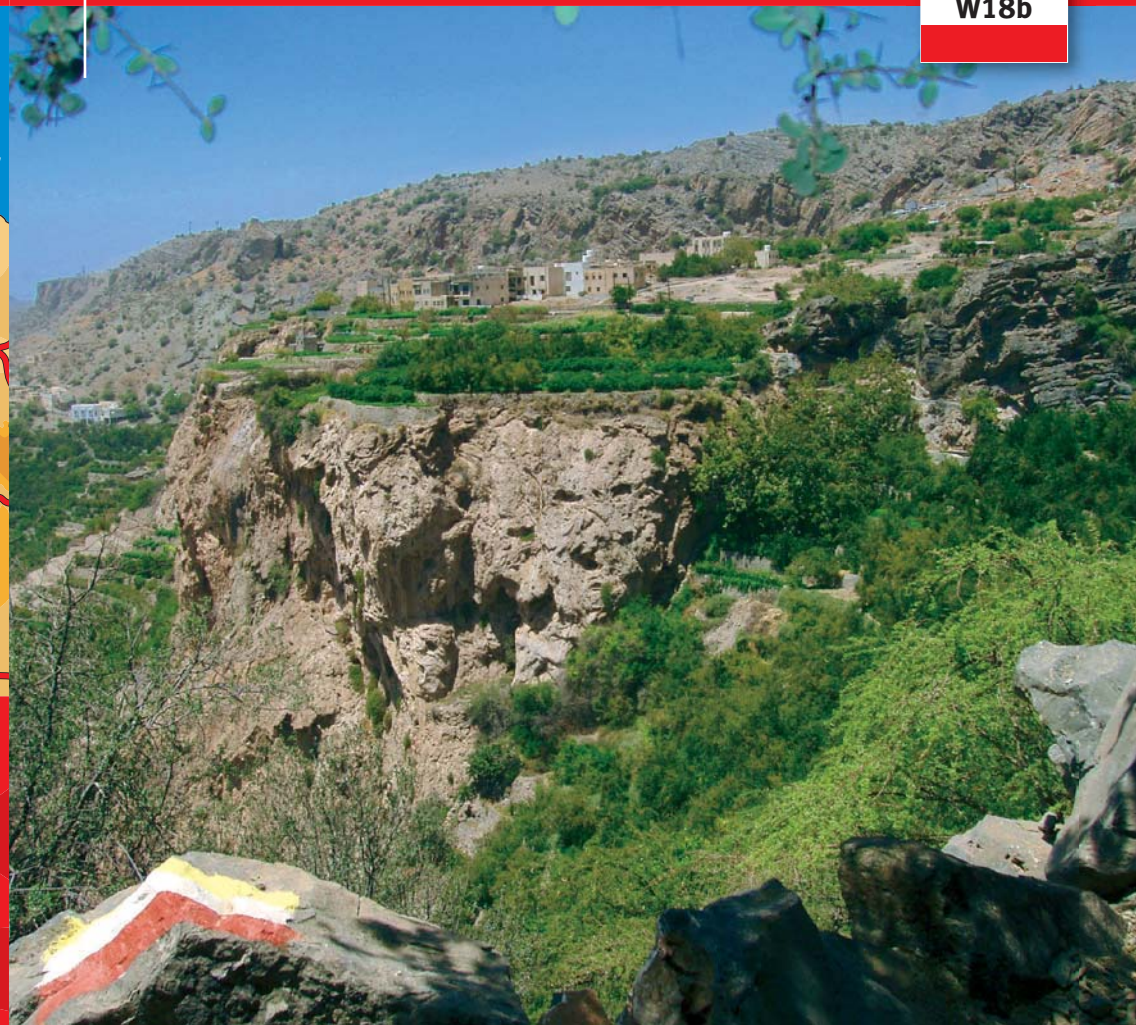
**Useful guidebooks**

- Adventure Trekking in Oman
- Off-Road Explorer (Oman)



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Spring blossoms



Terrace falaj



Winter terraces

**Trekking path through Al Jabal al Akhdar Villages**



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## Introduction

### Type of trek

An easy walk at high altitude from the village of Al Aqur to Sayq or vice versa, following old paths linking mountain villages.

### Highlights

An interesting walk through mountain villages with terraced farms and ancient falaj irrigation systems; with magnificent views over Wadi Muhaydin. Look out for fossilised coral, and the chance to see a rose water distillery in action.

### S Starting point (GPS UTM 568,703E 2,551,425N)

From the road 4km after the Hotel Al Jabal al Akhdar, marked with road signs and information signs W18b, either from Al Aqur or from Sayq.

### Trek directions

From the information sign follow the coloured markers. You may also shorten the trip if necessary, as all villages on the way have road access and it's possible to pick up the trail from all four villages. Be considerate, as there are many times when you will cross private property. Do not take any fruits as they are part of village livelihoods. You can also walk from 'The Plateau' down towards Birkat al Mawz using the ancient path through Wadi Muhaydin. For this route, plan for 7 – 8 hours walking time. Alternatively, shorten the route by taking a 4 WD to the village of Masirat ar Rawajih. The walk from there will take around 3 – 4 hours.

### Tip

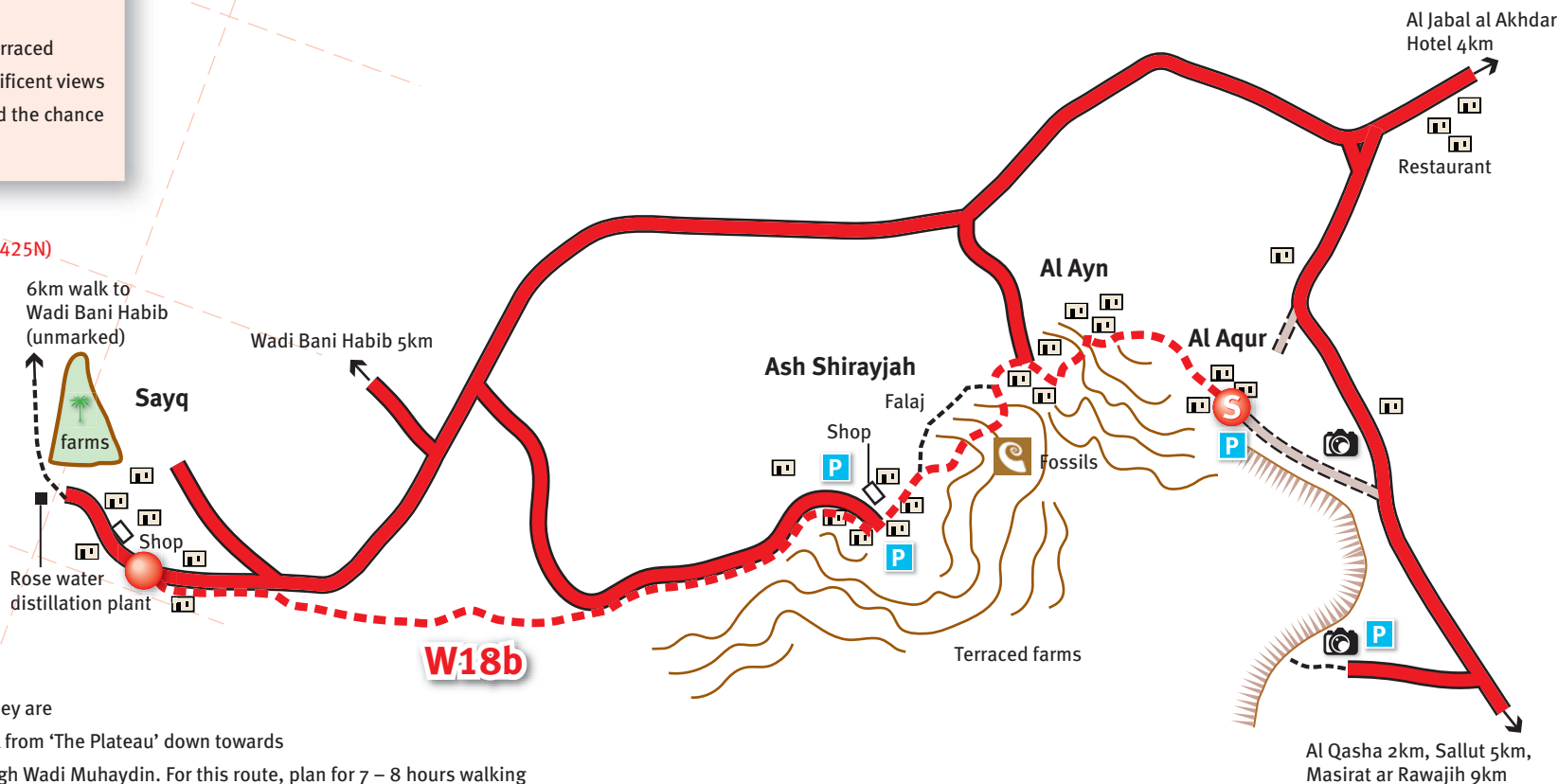
In mountain villages, changing seasons are accompanied by different crops and the ripening of various fruits. This is one of the best walks in the whole of Oman as it is easy going and every season brings a new surprise!



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500m

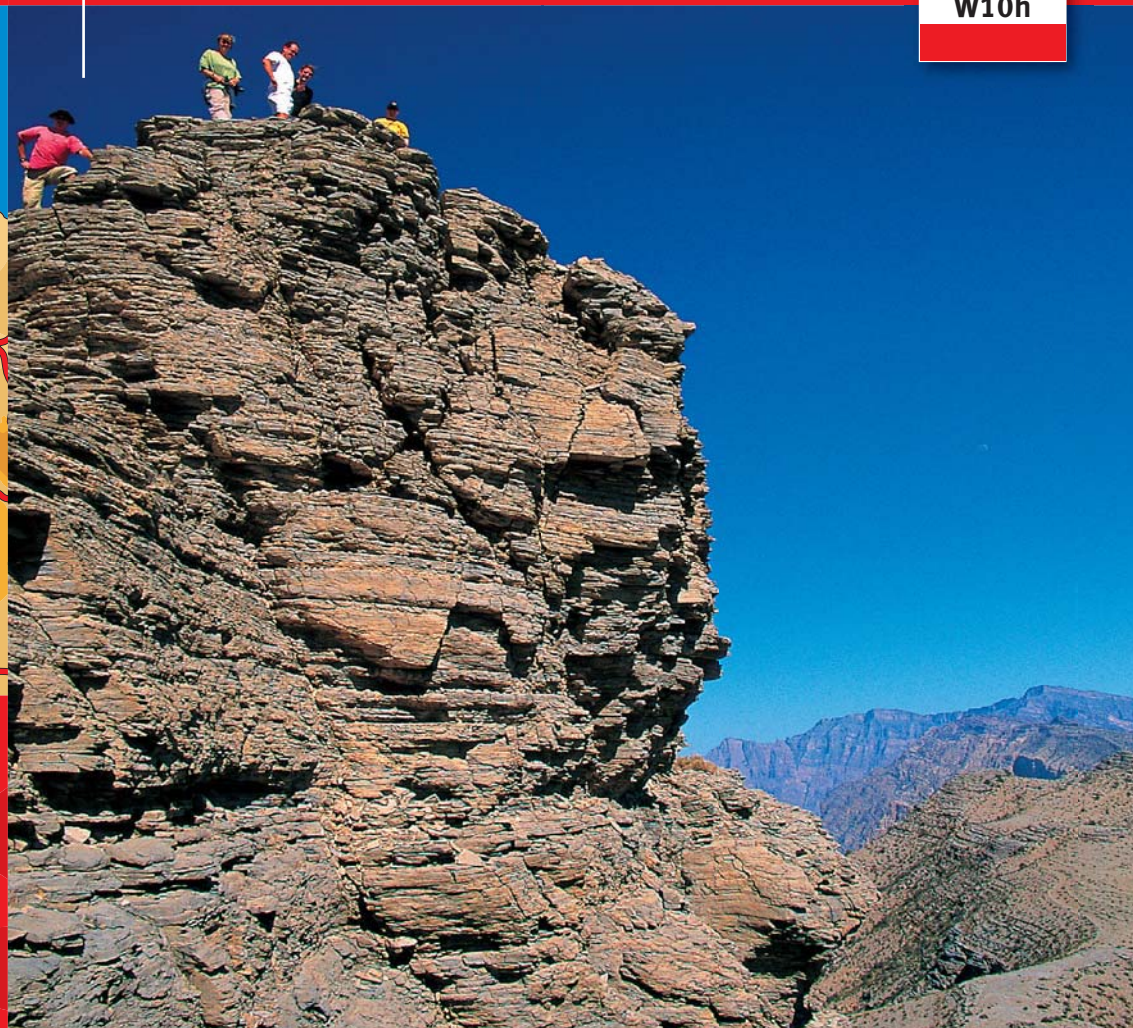


- Starting point
- Trekking path
- Main roads
- Driveable track (4 WD)
- Stone house
- Scenic view
- Parking
- Fossils

### Trek Summary

<b>Timing</b> 2 hours (one way only)	<b>Altitude</b> Highest point: 2,000m Difference: 100m
<b>Degree of difficulty</b> Grade 1 A footpath through villages and gardens; easy going.	<b>Distance</b> 4km





**Location**

210km from Muscat via Nizwa  
(70km from Nizwa)  
A 4 WD vehicle is necessary as 15km of the road is graded.  
170km from Muscat via Nakhal  
(97km from Nakhal)  
A 4 WD vehicle is necessary as 50km of the road is graded.  
Closest town: Al Hamra

Western Hajar Overview Map Ref. G-5

**Accommodation**

- Hotels in Nizwa, Bahla and other local towns
- Motel at the entrance of Wadi Bani Awf (Map Ref. H-1)
- Camping

**Useful guidebooks**

- Adventure Trekking in Oman
- Off-Road Explorer (Oman)



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On top of the world



On the path



Checking route details

**Trekking path from Sharaf al Alamayn to the junction with W9 and W8**

### Introduction

#### Type of trek

An airy, high altitude walk.

#### Highlights

The trek affords some of the best views into the wadis on the northern side of the Western Hajar mountains.

#### Starting point (GPS UTM 542,500E 2,562,078N)

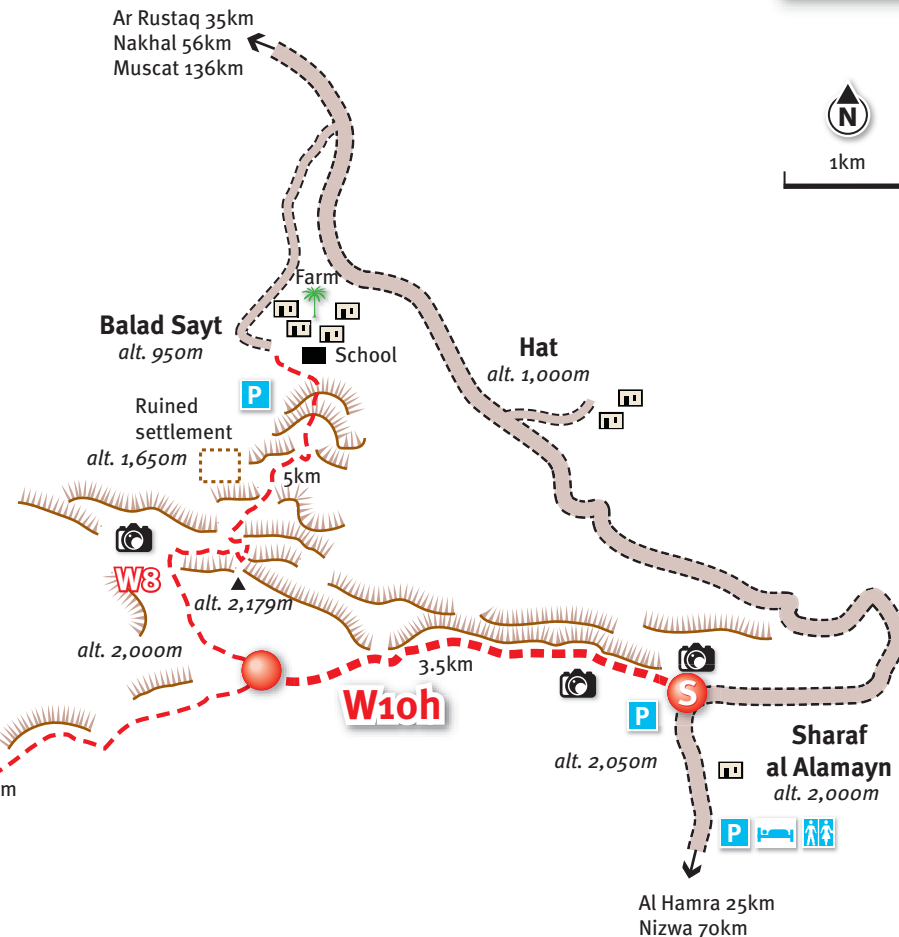
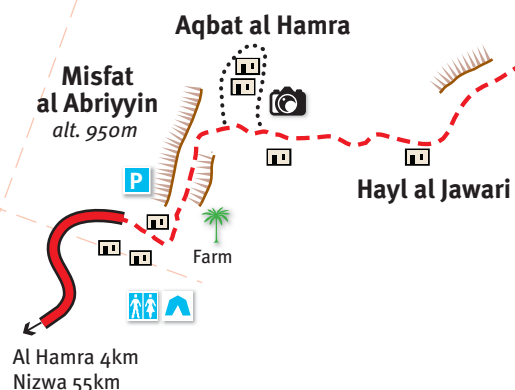
Take the road from Al Hamra to Hat, or alternatively from Wadi Bani Awf past Hat towards Al Hamra; this is a graded road and you need to travel to the highest point. Near Sharaf al Alamayn look for the information sign W10h.

#### Trek Directions

From the parking area, follow the coloured markers (W10h) along the crest of the hills towards the west. The return route follows the same path, or alternatively you can continue on treks W8 or W9.

#### Tip

Even in the hotter months it is possible to trek along this path as the temperature is rarely excessive. Note that after rainfall, the graded road leading up from Hat can be very difficult to drive, even with a 4 WD.



- Starting point
- Trekking path
- Footpath unmarked
- Driveable track (4 WD)
- Main road
- Stone house
- Scenic view
- Camping site
- Parking

### Trek Summary

**Timing**  
1.5 – 2 hours  
(one way only)

**Degree of difficulty**  
Grade 1  
Partly goat paths; rocky,  
but easy walking.

**Altitude**  
Highest point: 2,000m  
Difference: 100m

**Distance**  
3.5km



## Introduction

### Type of trek

A classic traverse of the Eastern Hajar mountains, from the green oasis of Wadi Bani Khalid to the coastal town of Tiwi, along an ancient donkey trail.

### Highlights

Beautiful sunrises and sunsets from the highest points (over 2,000m), breathtaking views into the green wadis and dramatic canyons, and lots of free-roaming donkeys.

### S Starting point (GPS UTM Wadi Tiwi 728,712E 2,521,498N, Wadi Bani Khalid 715,262E 2,502,304N)

From the Wadi Tiwi side, start from the village of Al Aqur or from Sooee.

From the Wadi Bani Khalid side, start after the village of Miqil by the pools.

From either side, there is a parking area off the road, marked with information sign E35.

### Trek directions

Follow the painted markers and cairns. The tour crosses barren landscape and it is therefore essential to take enough water for the whole trip. You are best advised to either organise your own donkey transport, from any of the nearby villages/settlements (be prepared to negotiate the price), or contact one of the tour operators offering trekking tours. You may decide to do just the beginning of the trek, and therefore walk for a few hours only, returning the same day. The walk from Al Aqur to Sooee is easy and particularly interesting, as is the first part of the trail from Wadi Bani Khalid, which overlooks the pools and the canyon.

### Tip

In order to get an early start for the trek, camp out under the palm trees by the pools of Wadi Bani Khalid, or on one of the many beaches or rocky outcrops and cliffs along the coast near Tiwi. Note that transport at the end of the trek will need to be arranged. You might consider trekking in two groups, starting at opposite ends of the trek and exchanging car keys (each group should carry a duplicate set of keys) at the midway point. Another possibility is to drive in a 4 WD from Qalhat towards the village Kibdiyah, but turn right after five or six kilometres. This driveable trek (one difficult passage) leads up the plateau, eventually meeting the trekking path E35 (after about 25km) at an altitude of 1,900m. You can either walk from there or pick up friends arriving there.



- Starting point
- Trekking path
- Footpath unmarked
- Driveable track (4 WD)
- Main Road
- Scenic view
- Camping site
- Accommodation
- Farm
- Stone house

## Trek Summary

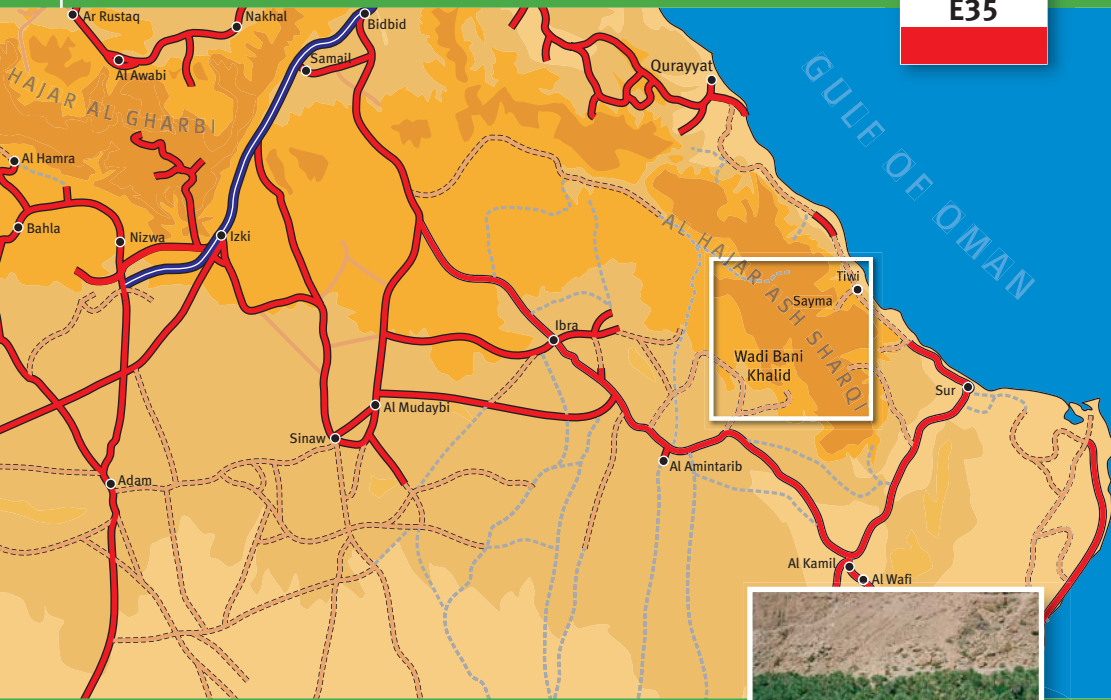
**Timing**  
14 hours with light pack, up to 18 hours with camping equipment.

**Altitude**  
Highest point: 2,100m  
Difference: 1,800m

**Degree of difficulty**  
Grade 2 – 3  
A very long mountain trek; rocky, partly steep but relatively easy going.

**Distance**  
28km

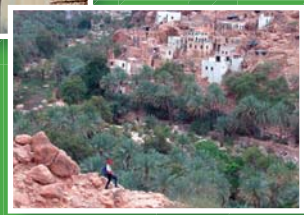




Looking down on Wadi Tiwi



Tiwi Village



View over the village

## Location

**Wadi Tiwi**  
165km from Muscat via Qurayyat (55km of which is graded road, so a 4 WD vehicle is recommended).

**Wadi Bani Khalid**  
245km from Muscat via Ibra

**Closest Towns**  
Tiwi, Sur, Wadi Bani Khalid

## Accommodation

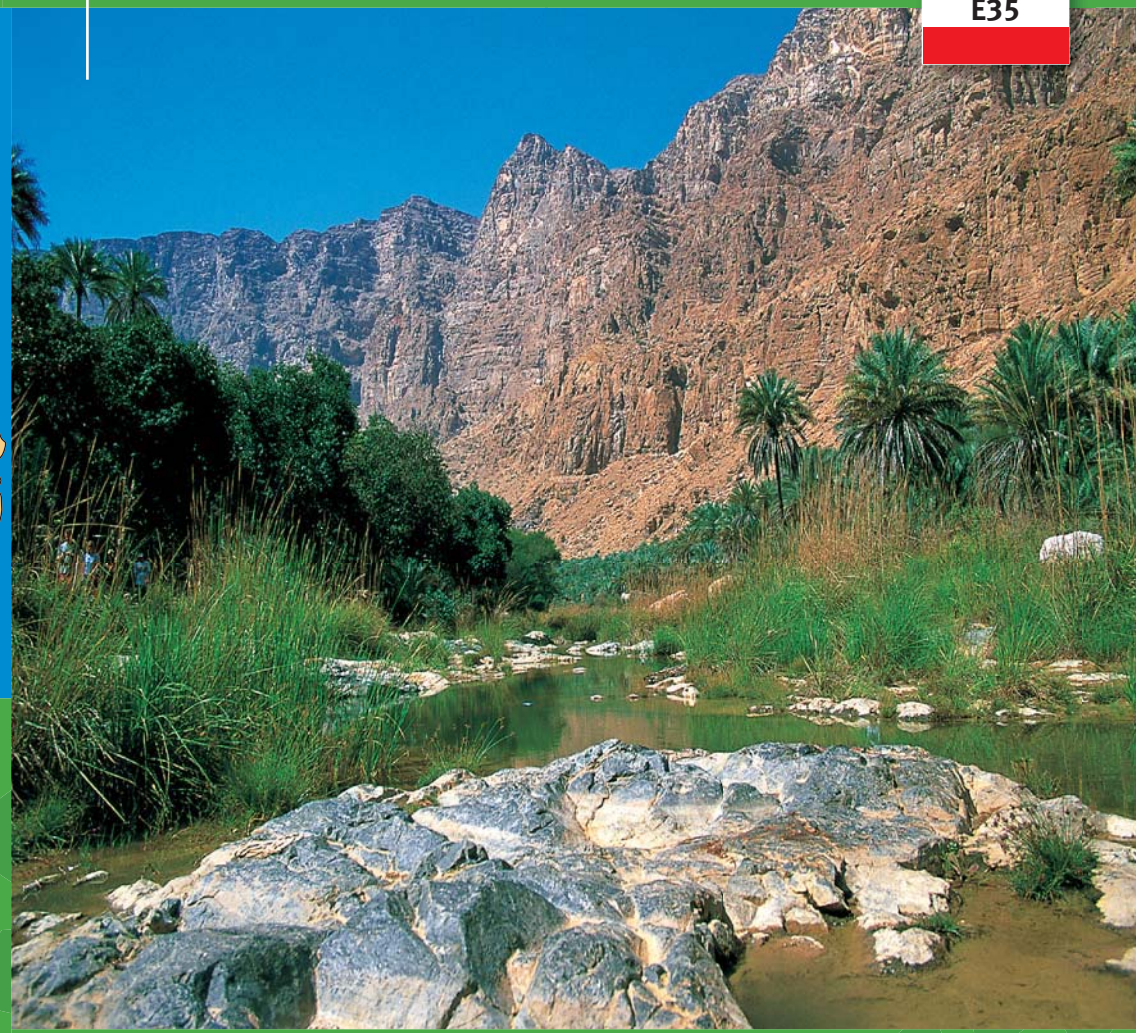
- Hotels in Sur
- Hotels along the inland road to Sur
- Camping

## Useful guidebooks

- Adventure Trekking in Oman
- Off-Road Explorer (Oman)



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# Trekking path from Wadi Tiwi to Wadi Bani Khalid



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