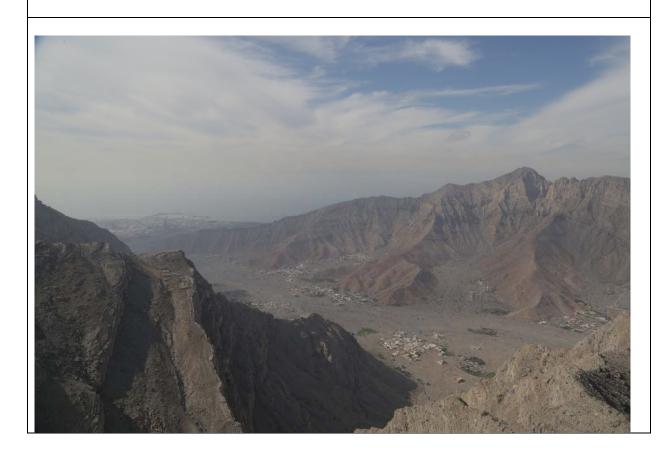
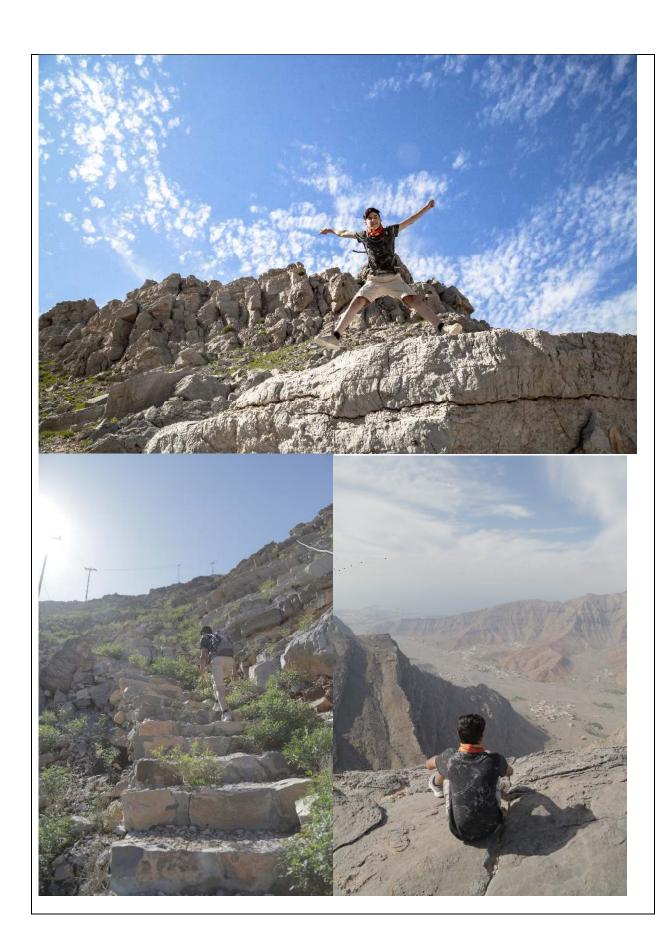
# Wadi Ghalila Hike/Camp





## **Destination**

Wadi Ghalila (Jabel Jais), RAK, UAE

Duration	Date
2 days	feb 12 <sup>th</sup> 2021

## **Overview**

Wadi ghalila is a fantastic and challenging hiking destination for moderate hiker. Great viewpoints, this all-rounder also offers an abundance of opportunities to get up to elevation for rewarding hiking. Ras Al Khaimah's impressive jais Mountains views the sea and the port, showing their many colors and formations at the hight of 600 meters and that's around half way to the top of jabel jais (the highest mountain in UAE).

The route takes us through Wadi ghalila to the hidden oasis half way to the top of jabel jais. The views from the top are stunning. Ascending will take place at some points on a man-made rocky stair. On the way to the top, we will pass by the heritage village and many other villages and farms on the way.

## **Activities**

## **Hiking**

**Track:** steep ascending and descending (perfect place to train for and learn to maneuver on uneven ground).

Type: Round trip of total 15 km

## **Physical Level**

- The difficulty level of these Hikes is "intermediate".
- No technical gear is required.
- No water involved.
- NO rope or technical skills required.
- A very good amount of fitness level is required.

Due to its steepness, it is an intermediate hiking route with some exciting challenges suitable for all levels if they meet the required fitness. We will come across some beautiful rock formations that will provide us with a good way to learn entry-climbing techniques.

## **Transportation**

- Own transportation
- Normal car can reach the hiking start point.

## **ITINERARY**

## Day 1:-

leaving Dubai at 4AM to Reach hiking starting point at 6AM,

handover your camping gear to our staff in order to be delivered to the campsite,

6:30 we start the hike from wadi ghalila upwards,

every 2km we will have a rest of 10 minutes for refreshments and food/energy bars,

After 5km the rout starts to be mostly flat until we hit 6km where the camping spot is,

we take a short break of 20 minutes to collect your launch and leave your bags at the camp,

then we take a short hike of 1km to hidden oasis to enjoy the view and take some pictures there and eat the launch, & go back to the campsite,

Meanwhile we will deliver your camping gear and stuff with our car to the camp site,

The camp setup starts at 4pm, we take a rest until the BBQ arrives at 7pm.

After the BBQ you're free to do whatever you wish,

It's recommended to sleep by 9pm

## Next 2:-

Wake up call at 5am to enjoy the view & take pictures of the sunrise,

Breaking down the campsite finishes by 6am, breakfast will be ready by 6am sharp.

7am we start moving down

9am we reach to our cars

Wrap up & take a group picture.

Moving home

FYI: The total experience will take 1 day and 5 hours.

Meeting point will be ( https://goo.gl/maps/bNeuRvKeBavBZ3Pp9 )

## **What to Carry**

#### **HIKING GEAR LIST**

#### Must

- Backpack (Recommended with good shoulder and waist straps).
- Camping gear (Tent, Sleeping Bag, mat)
- Head Torch
- Power bars at least 2 (Protein, Amino Acids).
- Hiking boots (recommended with ankle support).
- Hiking poles (if you have knee problems).
- Sunscreen, hat and sunglasses.
- Minimum 3liters of water.
- Basic Aid kit (Advil, Band-Aid, antiseptic, hand sanitizer, wet wipes, etc.)

#### Recommended

- Trekking poles (It is recommended to use to get aquatinted with it for future and more challenging hikes. It also helps takes off some of the pressure of your shoulders and knees).
- Hiking shorts and shirts (dry-fits work)
- Hydration drinks (ELECTROLYTE DRINK, SPORTS DRINKS, HYDRATION TABLETS)
- Water Bladder
- Snacks / Fruits
- Jacket or blanket for the camp (it gets really cold at night)
- Extra clothes, towel, flip-flops (for the camping)
- Power banks for your electronics to survive two days

#### NO on hike

- JEANS
- SANDALS & Flip-flop
- Cotton

## Includes

- Qualified / Experienced English-speaking guides.
- Snack (2 Sandwiches)
- Juice (4 small flavored juice packs)
- Fruits (Two Pieces of different fruits)
- Dates & nuts
- Water 5 Liters
- Launch
- BBQ (mix BBQ + Drinks + Salad)
- Breakfast
- First Aid.

## **Excludes**

- Travel Insurance
- Personal expenses
- Gear (Backpack, trekking pole etc.).
- Camping gear (optional rental provided by Ultimate Xplorers)
- Transportation

## Notes

- Full payment should be made before the trip.
- All services stipulated above are subject to availability at the time of booking/reservation.
- All prices are subject to change.
- If you are a vegetarian kindly notify us 3 days in advance.
- The itinerary and schedule are subject to change due to weather, road condition and operating conditions. In any case, the guide has the RIGHT to change the program for the safety and convenience of the travelers.

## Cost

• 299 AED Per person (Based on a group of 10 -20 People)

## Registration/Information/Payment

• Contact +971-52-88-44-346