

## **Wadi Ghalila Hike**





Destination	
Wadi Ghalila (Jabel Jais), RAK , UAE	
Duration	Date
1 day	feb 5 <sup>th</sup> 2021
Overview	
<p>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).</p> <p>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.</p>	
Activities	
<p><b>Hiking</b></p> <p><b>Track:</b> steep ascending and descending (perfect place to train for and learn to maneuver on uneven ground).</p> <p><b>Type:</b> Round trip of total 15 km</p>	
Physical Level	
<ul style="list-style-type: none"> <li>• The difficulty level of these Hikes is “intermediate”.</li> <li>• No technical gear is required.</li> <li>• No water involved.</li> <li>• NO rope or technical skills required.</li> <li>• A very good amount of fitness level is required.</li> </ul> <p>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.</p>	
Transportation	
<ul style="list-style-type: none"> <li>• Own transportation</li> <li>• Normal car can reach the hiking start point.</li> </ul>	

## ITINERARY

leaving Dubai at 4AM to Reach hiking starting point at 6AM,  
6am 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 7.5km where the hidden oasis,  
We take a long break of 1 hour maximum to take pictures, eat food and discover the place.  
After that we start moving down to our cars  
We reach our cars by 4 pm maximum  
Moving home

FYI: The total experience will take 10 hours maximum.

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

## What to Carry

### HIKING GEAR LIST

#### Must

- Backpack (Recommended with good shoulder and waist straps).
- 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
- Power banks for your electronics to survive the hike

#### NO on hike

- JEANS
- SANDALS & Flip-flop
- Cotton

## Includes

- Qualified / Experienced English-speaking guides.
- Snack (3 Sandwiches)
- Juice (3 small flavored juice packs)
- Fruits (Two Pieces of different fruits)

- Dates & nuts
- Water 3 Liters
- First Aid.

### **Excludes**

- Travel Insurance
- Personal expenses
- Gear (Backpack, trekking pole etc.).
- 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**

- **199 AED Per person (Based on a group of 10 -20 People) Exclusive of VAT**

### **Registration/Information/Payment**

- **Contact +971-52-88-44-346**