

31 October 2025

Your Journey Partner

A Guide to The Peaks

A Geological Journey in the Footsteps of Runners and Climbers



With you, we narrate the
mountains journey

Contents

- 1. Introduction**
- 2. Overview of the Sab Bani Khamis Trail**
- 3. Map and Trail Description**
- 4. Trip Timeline**
- 5. Hiking Preparations**
- 6. Guidelines for an Enjoyable Experience**
- 7. Conclusion**





Welcome to "Your Journey Partner: A Guide to the Peaks", where we take you on an inspiring journey through the embrace of nature and the magic of mountains. This guide is not just a collection of information but a compass directing you toward a unique challenge that reflects your courage and determination. Here, you'll find all the details you need to complete your adventure with confidence and joy.

Every step you take on the mountain paths is a step toward the summit and a new achievement worth celebrating.

Sab Bani Khamis: Where History Runs Along the Fault Line

In the heart of Jabal Shams, where rocks embrace clouds, Sab Bani Khamis stretches like a balcony suspended in time. Mountain hiking here is not just a sport—it's a ritual of life, as if the earth itself invites visitors to run across its memory.

For centuries, the people of Al Hamra walked this rugged path daily—carrying water, heading to pastures, or returning from distant markets. Their steps on the rocks were like a living pulse, telling the story of humans who challenged the mountain not to conquer it, but to live with it.

The History

Over time, this path became a destination for adventure lovers. Today, athletes run along the same edges their ancestors walked, climbing slopes, crossing faults, and standing before seasonal waterfalls as if facing time itself. In Sab Bani Khamis, one doesn't run to arrive, but to connect—with the earth, with history, and with oneself.



Trail Description



Distance: 10 km

Elevation Gain: 287 m



- **Starting Point:** Al Khitaym village in Jabal Shams
- **Route:** Begins along the mountain balcony on the edge of the Great Fault, offering panoramic views of one of the deepest canyons in the Arabian Gulf.
- **Descent:** Gradual descent for 5 km to the Hanging Pool, a natural lake surrounded by rocks and seasonal waterfalls.
- **Ascent:** Gradual climb for 5 km through rocky paths to reach the historic abandoned village of Sab Bani Khamis.
- **Estimated Duration:** 5–7 hours (depending on fitness level and pace)

✓ Trail Highlights

- **Stunning views from the mountain balcony overlooking the Great Fault**
- **Rest and reflection at the Hanging Pool**
- **Rich geological diversity:** sedimentary rocks, faults, seasonal waterfalls, agricultural terraces
- **Educational, cultural, and natural value**

Trail Stations

Distance: 10 km

Elevation Gain: 287 m



1-Sedimentary Formations Zone

Mountain running enhances focus and agility

It contains layers of clay and mudstone, which are fine-grained sedimentary rocks rich in fossils and exhibit stratified faulting, making them ideal for studying erosion and fossils

2. Old Village of Sab Bani Khamis

Cultural walk that enhances endurance and historical awareness

Located on sedimentary terraces, the village showcases human adaptation to mountainous environments. Local rocks were used in construction, and ancient agricultural traces are found near a seasonal lake.

3. Rock Layers

Reflective walk to contemplate geological time

The horizontal layers in Oman reveal stratigraphic sequences and relative dating. They are used to understand ancient environments and determine geological

4. Landslide Area

Mountain running for balance training

The unstable slopes in Omani mountains show signs of mass movement and are used to study geological hazards and landslides.

5. Hanging Lake (Fault Line)

Rock climbing to build mental resilience

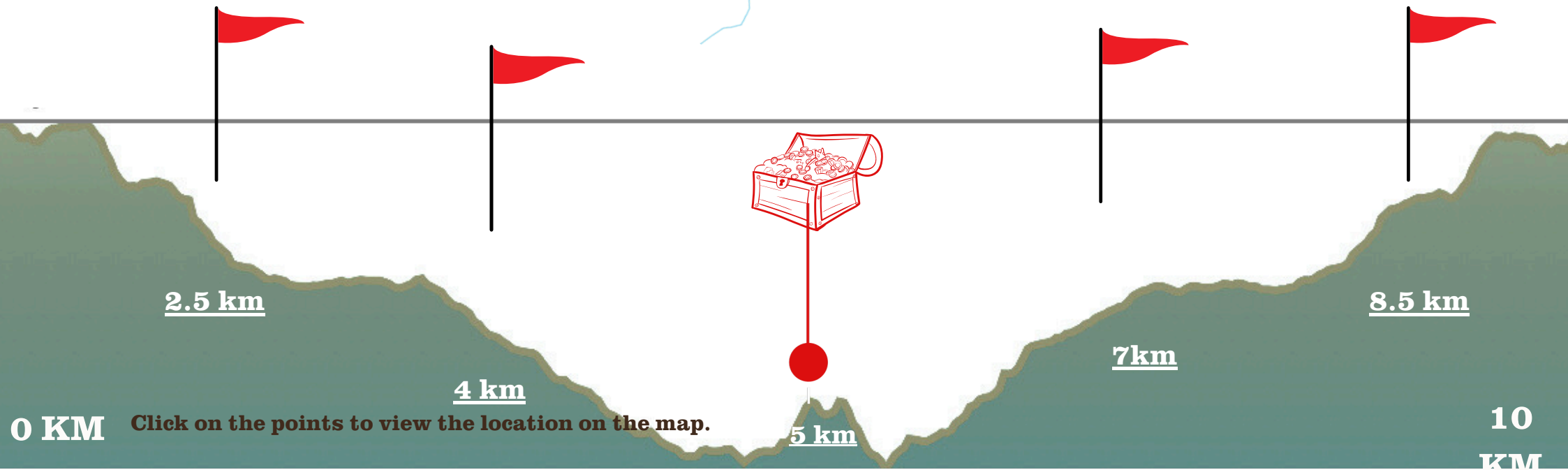
A seasonal lake located in a karst depression, showcasing a delicate ecosystem. It is one of the most prominent karst landforms in Oman. Tectonic faults in Oman result from plate pressure and show clear displacement in rocks. These geologically active zones are used to study seismic activity.

Stations



Main Stations

Main Rest Point



0 KM

Click on the points to view the location on the map.

10

KM

We will provide you with:

- **Transportation from Muscat to Jabal Shams**
- ***Lunch meal after the end of the trip***

Trip Timeline

Trip Date

31 October 2025

Friday

Return to Muscat

**4:30
PM**

Lunch

**2:30
PM**

Hiking

**9 AM
÷
2 PM**

5 AM

Departure from Muscat

Click on the points to view the location on the map.



Required Gear

- **Anti-slip hiking shoes**
- **Lightweight, breathable sportswear**
- **Wind-resistant jacket**
- **Hat + sunglasses**
- **Hiking socks**
- **Lightweight backpack**
- **2–3 liters of water + light snacks**
- **Optional: hiking pole**



Guidelines for an Enjoyable Experience

- ◆ 🥗 **Hydrate and eat well:** Have a balanced meal and drink enough water before starting.
- ◆ 🥾 **Prepare properly:** Bring extra water, snacks, and weather-appropriate clothing.
- ◆ 📋 **Follow instructions:** Adhere to organizers' and guide's directions.
- ◆ 🛑 **Safety first:** Move cautiously and ensure your safety and others'.
- ◆ 🏥 **Report health issues:** Inform the team in advance of any medical conditions.
- ◆ 🌿 **Respect nature:** Leave no trace.
- ◆ 🤝 **Team spirit:** Cooperate and share positive vibes.
- ◆ 🌅 **Enjoy the moment:** Embrace the experience and reflect on the beauty and history of the mountains.



Conclusion

This guide concludes the journey "Geology on the Trail of Climbers and Adventurers", prepared to be a practical and supportive companion for every participant. We hope it helps you prepare well, adhere to safety standards, and enjoy the experience to the fullest.

This trip is an opportunity for learning, reflection, and connection with nature. Its success depends on everyone's cooperation and commitment to guidance.

We wish you an inspiring and successful journey.

**Together, we tell the
story of a mountain**



N a w a a

Sponsors and Supporters



الجمعية الجيولوجية العمانية
Geological Society of Oman



Designed by: Meem Creativity

قصة جبل
Mountain Story