

**GET READY!**

**Uae Trekkers**

**OMAN JABAL SHAMS**

Thank you for joining UAE TREKKERS for this adventure!

Please read this PDF for important information on:  
what to bring, how to stay safe, and when and where to arrive.



# Shams Weekend

**Uae Trekkers**

The W4 Trail on Jabal Shams is a challenging trek! UAE Trekkers have a system for this climb to ensure everyone returns with an enjoyable experience at their fitness level, without getting heat exhaustion or extensive physical exhaustion.

We offer this trek specifically for people who are training for a big challenge like climbing Kilimanjaro or another high altitude summit for the first time because it sets them up for success to complete this mountain first before attempting something bigger.

**We set up the expectations clearly and then support you every step of the way.**

Our **benchmarks** are clear for a reason. This ensures that everyone will be back before dark and nobody will be too exhausted to get themselves down by themselves. Your climb will start at 1926 M and you'll reach a goal of either 2900 or 3009 m depending on which team you're on.



# The UAE Trekkers - Experience Matters

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This trail is not like other trails in the UAE or anywhere else in the world. Its rockier and requires intense concentration on your footing which is exhausting. Your water requirements are also intense as this trek can last up to 14 hours. Most people have no idea how they will feel after hiking intensely for 14 hours, but we are very experienced !!

We have been climbing this mountain with very large groups of varied hiking levels for 11 years.

We have learned through experience the best ways to support our hikers, the issues that cause the most problems and how to avoid them to promote a wonderful experience.

We do the mountain in ONE PUSH - up and down, by leaving very early in the morning and using a system of small hiking bubbles and water drops, checkpoints and benchmarks to adhere to our main goal; everyone off this mountain before sunset.



## After joining:

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- Complete your health and safety waiver!
- Visa not required for tourists OR residents!
- Check your CAR insurance for Oman coverage
- Prep for NO NETWORK (DU does NOT WORK)



# Drivers/ Passengers

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- Passengers pay petrol!
- Check your CAR insurance for Oman coverage
- PRINT your proof of insurance copies
- CHECK THE MAP CAREFULLY



# Complete your Health and Safety Waiver

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- We ask everyone to complete this waiver. You can complete it on your phone in less than 3 minutes. We need to know this information for this trip, and will share this information with the guides in Oman. Amy will contact you if there are any relevant concerns that need clarification.

This short form allows us to understand any special needs and health concerns (ex - high blood pressure, diabetes, asthma) in order for us to protect you in case of emergency.

- If you have indicated that you have any of these issues, please talk to the guide prior to your hike!
- We can take care of you best when we have accurate information!

**waiver**



# Oman Arrival Notes



- X USE THE MEZYAD BORDER IN AL AIN**
- X Guides will go to sleep at 9:00 PM**
- X You will need to get yourself to the resort on your own.**
- X We can't be responsible for helping you after 9:00 pm. We have to guide you the next day and we need our sleep! Please plan to arrive by 9:00 pm and read this PDF carefully with the notes on the map**

## ***UAE EXIT / OMAN BORDER NOTES:***

Please feel free to ask any questions about the border crossing it can be confusing, rules constantly changing, and sometimes different than what you will read online.

- ✘ You MUST have the passport (EMIRATES ID is not sufficient)**
- ✘ Show your residence visa in your passport at the Oman border**
- ✘ A car that has a loan MAY or MAY NOT be allowed to leave UAE. Car loan: Get a NOC from the bank which will take a few days - and make sure to have that with you, and then there will be no issue**
- ✘ INSIST UAE STAMP YOU 'EXITED' AND CHECK FOR THE STAMP BEFORE LEAVING.**
- ✘ The UAE seem to be under the idea that it is all electronic and you don't need a stamp. However, will insist to see the exit stamp. If you do not have it, they will send you back to UAE to get it.**
- ✘ They are inconsistent about stamping you EXIT. Again, I have no explanation for this.**
- ✘ Make sure that you get this stamp ENTRY CLEARLY in your passport as well. Sometimes the ink dries out and you cannot see the stamp. This will delay your return as they search through every page looking for your stamp. Make sure you can easily see it and to save time.**
- ✘ Bring your OMAN INSURANCE paper and registration and driving license with you to EXIT and ENTER Oman. They may or may not ask for it.**





# Oman Network Coverage

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- ✗ DU Roaming does not work.
- ✗ VIRGIN and Etisalat Roaming Network is great.
- ✗ Omani SIM Card is the other option. Make sure to top up your plan and data.
- ✗ WIFI coverage is only around the hotel's reception area, NOT in the rooms.



## Google Map Issue:

- ✘ As a consequence of limited / no network coverage GOOGLE maps is also not going to work if you don't figure out how to get coverage.
- ✘ Download the route map that we have included here from the border. **DO NOT TAKE ANY**

### **ALTERNATIVE OPTIONS**

#### **IMPORTANT TIP:**

If you Type in the 'link' Jabal Shams Resort' it will route you the wrong way.

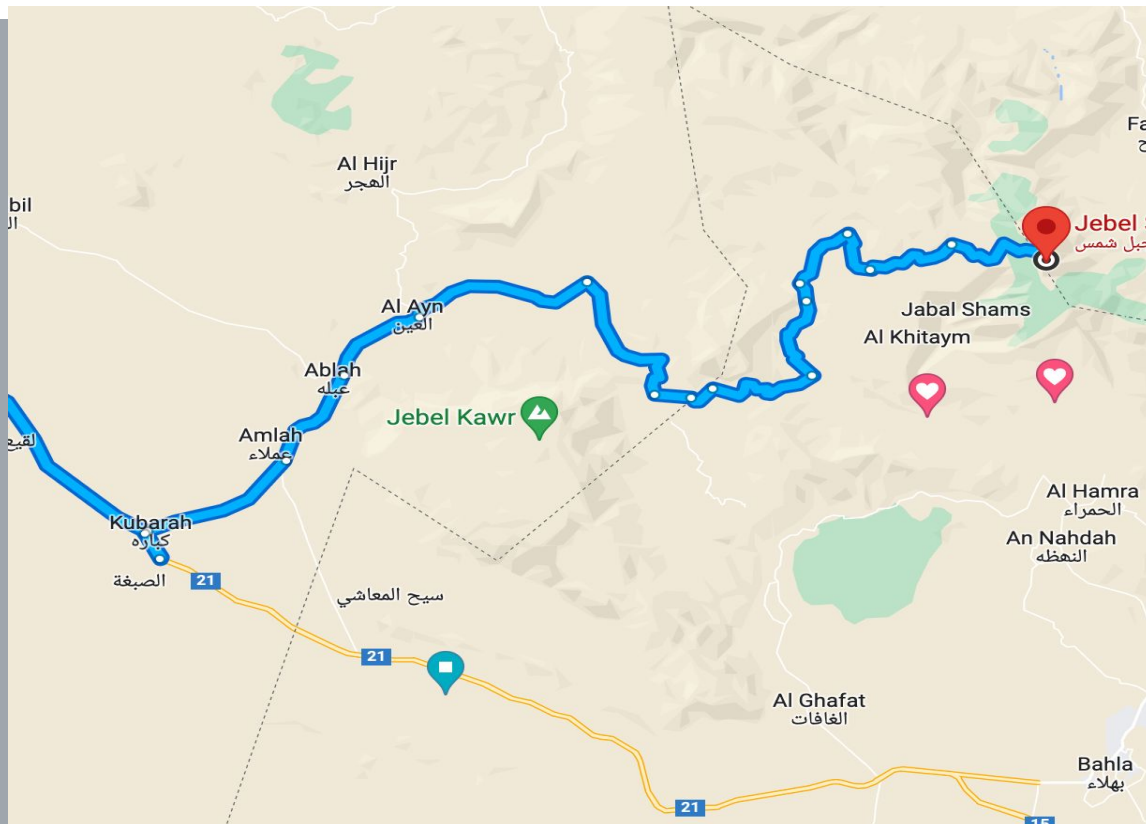
#### **Easy correction:**

Add a stop in "Bahla" and then Jabal Shams Resort. This will send you the correct way.  
See the following maps.

# IF YOU SIMPLY TYPE IN JABAL SHAMS RESORT, THIS IS WHAT GOOGLE MAPS WILL SHOW YOU AND THIS IS WRONG !!!

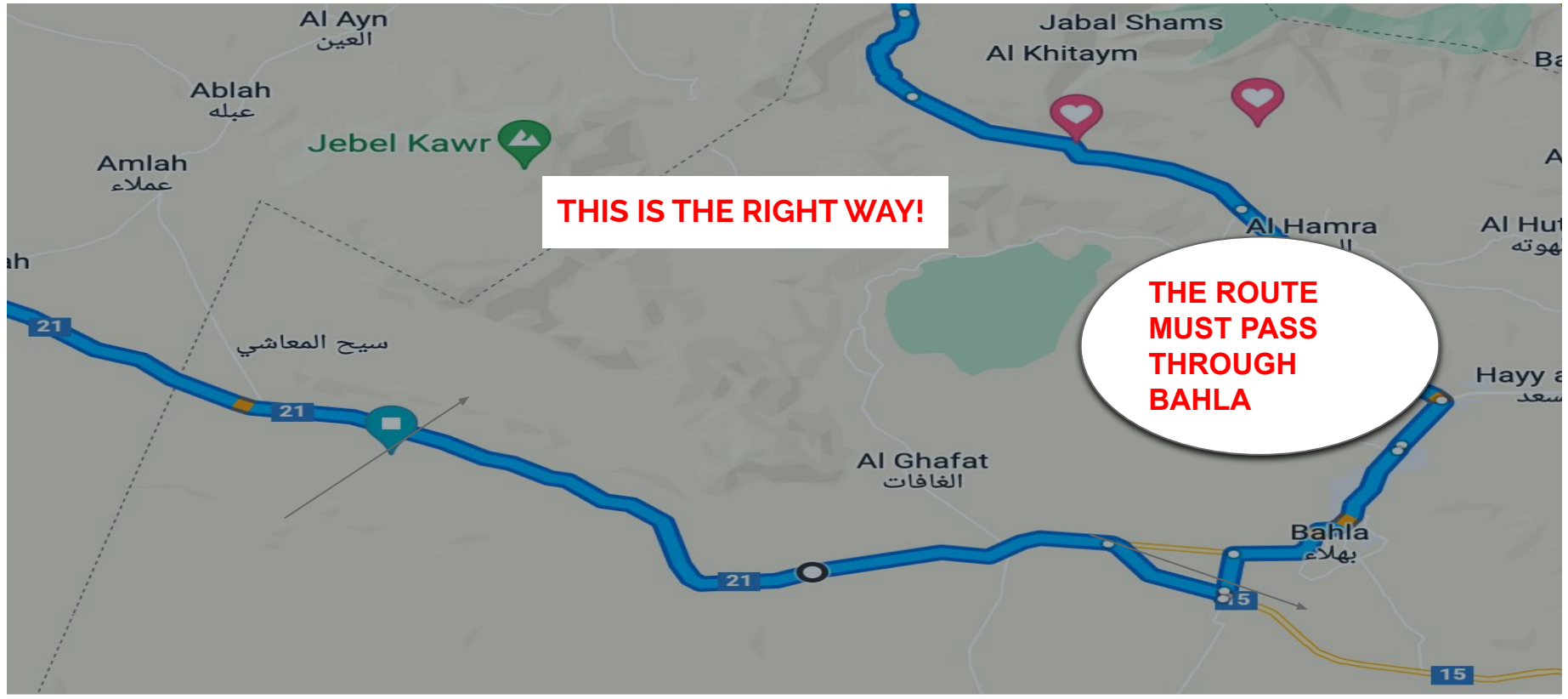


**THIS IS THE WRONG WAY**



IF YOU SIMPLY TYPE IN JABAL SHAMS RESORT THIS IS WHAT GOOGLE

MAP ADD A STOP TO YOUR GOOGLE MAPS: BAHLA + SHAMS RESORT IT THIS WILL ROUTE YOU CORRECTLY



**THIS IS THE RIGHT WAY!**

**THE ROUTE MUST PASS THROUGH BAHLA**

# Bahla Fort is a GREAT Stop

Its right off  
the highway  
you will see it  
coming!





# Day 1: Departure from Dubai

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- ✗ Leave by 9:00 am **MAXIMUM BY NOON IF YOU WANT TO DRIVE UP THE GRAVEL ROAD BEFORE DARK**
- ✗ Reach Mezyad Border **2 HOURS FROM DUBAI**
- ✗ Arrive to **JABAL SHAMS RESORT**
- ✗ Dinner **7:00**
- ✗ We will make our breakfast and lunch box at dinner! **Packed up by 8:30 pm**
- ✗ Breakfast and lunch items will be left in the restaurant until **10PM**. If you arrive after that, it will be **CLOSED** - you will have to bring your own food.
- ✗ Sleeping by **9:00 PM (IF YOU ARRIVE LATE, YOU MUST FIND IT ALL ON YOUR OWN!!!)**
- ✗ Wake up at **3:30 am, BREAKFAST IN YOUR ROOM -**

**AVOID DRIVING THE LAST 30 KM AFTER SUNSET - ROAD IS NOT LIT - ROUGH - HARD TO NAVIGATE !**



# Day 2: Hike

## Ascent Hike Plan Benchmarks

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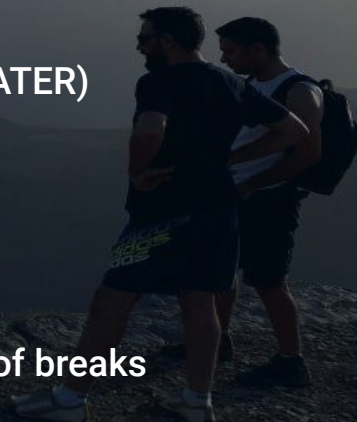
- X 3:15 AM: Wake up, BREAKFAST IN YOUR ROOM
- X 3:40: LINE UP IN CARS AT THE GATE
- X 3:45 AM: MEET GUIDES AT SAMA RESORT FRONT GATE
- X 4:00 AM START HIKE IN THE DARK (1.5 HOURS) WITH TORCHES
- X 5:00 AM: VIEWPOINT, WATER DROP 1 (45 MINUTES IS THE PACE FOR SUMMIT GROUP)
- X 7:00 AM: THE CLIFF DROP: WATER DROP 2
- X 9:00 AM: WATERFALL; WATERDROP 3
- X 10:00 AM: CAMPSITE: RESTING SPOT (SUMMIT + 3 HOURS RETURN + 5 HOURS)
- X 11:30 AM: SUMMIT - **TURNAROUND TIME: 12:00 PM**



## Day 2: Hike Plan: Descent Hike Plan Benchmarks

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- X 12:00 SUMMIT TURNAROUND
- X 1:30: REACH CAMPSITE BEFORE? YOU CAN REST 30 MIN
- X 2:15: LEAVE WATERFALL
- X 3:30: CLIFF DROP (WATER DROP, COLLECT WATER)
- X 5:00: VIEWPOINT
- X 7:00: SUNSET
- X This is a slow descent plan - allowing for a lot of breaks







## Day 3:

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- ✗ Wake up breakfast by 6:00 am
- ✗ Drive back, home by 9:00 AM



# Which Team is right for me?

The Summit can be 10 hours for the fast group, but up to 13 hours round trip for a slower group (using these benchmarks) Even the Campsite or Waterfall will be 10 hours round trip.. No matter how slow you go, exerting yourself for 12-14 hours will require hydration, fuel to your body. You'll have to be ready to carry this on your back. We do make it easier with the water drops, but if you have determined that you don't want to go to the summit, you don't need to start with the requisite amounts of water.

If you have the intention to try for summit, you will need to make sure you have enough for the whole journey. How can you know if you are ready for this, or if you would be happier just doing a 1000 m (10 hours) trek? Look at the following recommendations.

# Summit Team

## Definition, Requirements & Benchmarks

### ✘ Very Fit, Experienced Hiker:

- You've done Shams before
- You have done a high altitude climb recently
- You are doing HEAVY cardio workouts 4x per week 60 min (running, biking, swimming)
- You have done at least 8 hour hike in the last 6 months

### ✘ Water Requirements:

- **6 liters of water** (for the first 3 hours) never less than 3 with you.
- You understand how much water /electrolytes you will need to drink to avoid dehydration
- Minimal breaks

### ✘ Benchmarks:

- You can walk for 12 hours at steady pace in the heat
- Most importantly: *You are willing to listen to guides advice!*
- *The summit will be a full 14 hours with not more than 15 minutes break on the way up OR down.*

# 1100 m Training team: GOAL: CAMPSITE Definition, Requirements & Benchmarks

## ✗ Fit, Experienced Hiker:

- First time on Shams
- Getting ready for a High Altitude climb
- You are doing cardio workouts 3x per week 60 min (running, biking, swimming)
- You want the experience of a long trek to prepare for Kili but don't want to be too exhaust OR injure yourself
- YOU WANT TO ENJOY THE WHOLE EXPERIENCE

## ✗ Water:

- **5 liters of water** (for the first hour: you'll drop 2 liters along the way)

## ✗ Benchmarks:

- Goal: Slower pace for the ascent with the goal of 660 m 1750 - 2750 m (The Cliff)
- More breaks, slower pace. You will not be overexerted or risk injury. You will climb 1000 from 1850-2850.
- The hike will be maximum of 10 hours, but goal is to reach 2850 m and back down safely.

# First Experience ON SHAMS Team Definition, Requirements & Benchmarks

## ✘ Semi -Experienced Hiker

- First time on Shams
- Getting ready for a H/A climb
- You are doing cardio workouts 3x per week 60 min (running, biking, swimming)
- You want the experience of a long trek but don't want to be too exhausted and injure yourself

## ✘ Water:

- You will carry 5 liters of water

## Benchmarks:

- Goal: Slower pace for the ascent with the goal of 1000 m 1750 - 2410 m (waterfall)
- More breaks, slower pace. You will not be overexerted or risk injury. You will climb 1000 m, the maximum that you will do in one day on a H/A climb.
- The hike will be 10 hours, but goal is still 1850 m to the campsite.



# In Your Backpack

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- × HEAD TORCH
- × LOTS of small snacks - dates - peanuts, chocolate, Beef Jerky, dates, snickers, bananas
- × HIKING BOOTS MANDATORY - No trainers.
- × Sun Hat, Sunglasses, sunscreen, Buff
- × Rain Risk: Gear: **Fleece jacket, rain poncho**
- × Extra pair of SOCKS to avoid blisters -change them when you reach the top (your top)
- × Power bank to charge phone
- × Trekking poles VERY helpful
- × *Water requirements will vary by your Group Goal*





# PREPARE FOR THE WEATHER

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- ✗ Bring a Thin Rain Jacket or even a garbage bag - just in case
- ✗ Rain is always possible in the late afternoon
- ✗ TEMPS: 15-20C AT THE SUMMIT
- ✗ 25-30 c on the way down





# The Rules:

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- ✗ Clients stay with guides in small groups based on your pace. You will NEVER be out of sight from a guide!
- ✗ If you need to slow down, your guides will direct you, you will never be left alone.
- ✗ You should not push past your exertion level = you have to get yourself down!
- ✗ You don't leave your guide. **EVER. EVER. EVER**
- ✗ Storms on mountains are a **HARD STOP CLIMBING** and turnaround. It is **RARE** that we have storms on the way up, but the way down will force us to shelter and stop.





# VISA and Passport

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## PASSPORT

Anyone entering Oman through UAE, must carry a passport with minimum 6 months validity from the day of travel.





# Car Stuff

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## CAR REGISTRATION

You must carry valid car registration in order to enter Oman with your car. You can also drive a rented/borrowed car into Oman.

Tip: Although we have never been asked, but it may be best to carry an authorization letter from the owner of the car (in case driving friend's/rented car).

## CAR INSURANCE

You must carry valid car insurance covering Oman, in order to enter Oman with your car. If your car policy already covers Oman, then it is best to have "Orange card" issued by your insurance provider.

Most borders also have options to purchase Omani insurance.

# Process of Exit Oman Entering UAE

- x go into the small house - you cannot go through the car only lane.
- x Proceed to pay 35dh and exit to the Oman side

# Check into Shams Resort



- ✗ Room assignments will be listed in the Group Description
- ✗ We are sharing with 1 other person, maximum 2 if there is odd number but everyone will have their own bed.
- ✗ If you are **PLANNING** to arrive later, guides can prepare a **breakfast/lunch box** for you and give it to you in the morning.
- ✗ If you arrive **LATE** with no notice- nothing will be ready, you will have to bring your own food for breakfast and lunch.

# What to Wear : 20-25 C

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- ✗ Hiking pants and Long sleeves best - fleece jacket just in case.
- ✗ Hiking BOOTS
- ✗ Sun Hat
- ✗ Spare pair of socks in your backpack
- ✗ Rain Poncho and Backpack rain cover



# Where to buy gear

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## Hiking Boots and Hiking Poles

We always strongly recommend hiking boots for anything more than the easiest of a beginner hike.

Oman terrain is quite rocky and rough. Trainers won't give you support and increase your risk of rolling an ankle.

Here is an [example](#) of what they should look like. If you have doubts about your shoes, send a picture in the whats app.

## Water

A 3L camelback water bladder is a great addition to your hiking kit!

This is available at Surf Inn on JBR road as well. You will also be taking small bottles in addition to the camelback of 3 liters



# Cost and What's Included

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- ✗ Includes: 5 Guides (for 20 people)
- ✗ Dinners (SATURDAY/SUNDAY until 9:00 pm)
- ✗ 2 nights in shared room
- ✗ Breakfasts (box on saturday, buffet on Sunday)





# Cancellation Policy

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- ✘ There are no refunds and no credits for future treks for last minute cancellations or no shows- less than 24 hours before a hike.
- ✘ If we are forced to cancel the hike due to weather concerns you will be 50% refunded if the cancellation is before departure.
- ✘ If we are arrived at Shams and have to abandon the climb due to bad weather, there are no refunds offered but we can try to go the next day.