Haraz is one of the regions of the Republic of Yemen in the Sana'a Governorate. It is located in the southwest of the Sana'a Governorate . Its area is about 1,276 square kilometers .

The Haraz region is divided between the districts of Manakha and Saafan , and most of its area consists of mountainous highlands, plateaus, and valleys. There are a variety of crops and crops. So, khat belongs to the first category, and then coffee and some other agricultural crops