Hajar Mountains

# Information

Al-Hajar Mountains in northeastern Oman and also the eastern United Arab Emirates are the highest mountain range in the eastern Arabian peninsula. Also known as "Oman Mountains", they separate the low coastal plain of Oman from the high desert plateau, and lie 50–100 km (31–62 mi) inland from the Gulf of Oman. The Hajar Mountains are the largest in the Arabian Peninsula, bordering Oman and the UAE, and the rocky and rugged terrain provides a serious challenge for hiking enthusiasts.

Al (اَلْ) means "the", and Ḥajar (حَجَر) means "stone" or "rock". So al-Ḥajar (اَلْحَجَر) is named as "the stone" or "the rock".

# History

The late Cretaceous obduction event created the proto-Hajar Mountains. However, this topography subsided and shallow marine sedimentation covered the region, beginning in the Paleocene. Paleocene to Eocene sedimentary rocks are found at 2,200 m (7,200 ft) above sea level within the Hajar, and are folded.

# What to Do

### Trekking and Hiking

There are 11 marked trails/routes of varying intensity (between Grade 1 to 3) and duration (between 1.5 hours to 18 hours) published by Ministry of Tourism, Oman along the Hajar range. Some areas are inaccessible and requires special equipment.

### Road Trip

You can also make the trip on four wheels rather than on your feet, by booking a full-day safari from Dubai, so you can discover the dramatic canyons and valleys of the nation’s highest mountain range.

### Camping

Visitors are free to camp anywhere other than the cultivated areas, so this is the perfect trip to burst out the camping gear. It’s important to note that the mountain range gets extremely cold, with the temperature dropping to below 0 degrees Celsius during winter, and even getting chilly during the traditionally hot summers of the region. So it’s important to bring coats and blankets, as well as all other necessary camping gear for cooking and sleeping.

It must be noted that travelers should avoid camping in the various wadis of the region, looking for higher spots to set up camp. This is because the wadis quite often flood unexpectedly, and this may cause danger to unprepared campers.

### Historical Sighting

The Hajar Mountains are also full of historical spots, such as the archaeological sites of Bat, Al-Khutm and Al-Ayn. These ruins will thrill any history lovers and help people better understand the simplicity of a time long before skyscrapers and luxurious hotels.

# Timings

Open 24 hours a day