



# Himam Trail Run Race Runner's Guide

© 2022 HIMAM ADVENTURE



[www.himam.om](http://www.himam.om)



[@himam\\_adventure](https://www.instagram.com/himam_adventure)



[+968 72000061](https://wa.me/96872000061)

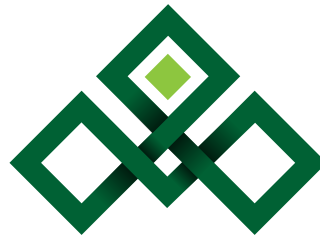


[events@himam.om](mailto:events@himam.om)



سباق همم للجري الجبلي  
HIMAM TRAIL RUN RACE

## ORGANIZERS



همم للمغامرات  
HIMAM ADVENTURE



الاتحاد العماني لألعاب القوى  
Oman Athletics Association



---

## MEMBER OF



# Table of Content

Foreword.....	04
Oman.....	05
Signing up.....	07
Event Program.....	09-10

## **100km Al Hajar Range Challenge.....12**

Technical Details.....	12
Map.....	13
Elevation Profile.....	14
Checkpoints.....	15
Mandatory Kit.....	16
Trail Description.....	17 - 21
Rules & Regulations.....	22
Prizes.....	23

## **55km The Adventure.....25**

Technical Details.....	25
Map.....	26
Elevation Profile.....	27
Checkpoints.....	28
Mandatory Kit.....	29
Trail Description.....	30
Rules & Regulations.....	31
Prizes.....	32

## **25km Start-up Challenge.....34**

Technical Details.....	34
Map.....	35
Elevation Profile.....	36
Checkpoints.....	37
Mandatory Kit.....	38
Trail Description.....	39
Prizes.....	40

## **Additional Information.....41**







On behalf of the Himam Adventure family, we would like to welcome you to yet another inspiring edition of the Himam Trail Run Race. This time, we are offering a bigger variety of distances that cater for both amateur and professional runners looking for a unique experience in the countryside. Oman's famed Al Hajar Mountains offer both technical terrains through which skills can be put to the test, as well as varied landscapes and breathtaking scenery. Runners can also earn points from the International Trail Running Association ITRA upon completing a distance, making the experience of taking part a rounded package for everyone aiming to advance his or her trail runner career.

We look forward to welcoming runners to Oman at a time where the weather is exceptional. We will together celebrate our deep passion for sport, health and the environment.

**President**

# OMAN

## A destination for adventure-seekers

**Al Hajar Mountain Range** is the highest in the Arabian peninsula, separating the low coastal plain of Oman from the high desert plateau. The range is about 100 km (62 mi) wide, with Jabal Shams being the highest peak at 3,009 m (9,872 ft) in the central region of the mountains.

This race takes runners into a spectacular journey through **Al Hamra, Jabal Akhdar** and **Birkat Al Mouz (Nizwa)**.







**Al Hamra**



**Jabal Akhdar**



**Birkat Al Mouz**

07

# If you haven't signed up, it's not too late!

Registration open until  
1 October 2022

**Al Hajar  
Range  
Challenge**

100km



**The  
Adventure**

55km



**Start-Up  
Challenge**

25km



سباق همم للجري الجبلي  
HIMAM TRAIL RUN RACE

Enter today:

[www.himam.om](http://www.himam.om)





**HIMAM.OM**



# Event

## Program (GMT 4+)

### 28 November Monday

11 AM

**Virtual Runner Briefing**

### 29 November Tuesday

11 AM – 4 PM

**Registration & kit check**

📍 Birkat Al Mouz

### 30 November Wednesday

11 AM – 9 PM

**Registration & kit check**

**Local Market Opens**

📍 Birkat Al Mouz

4 PM

**Runner Briefing with Q&A**

📍 Birkat Al Mouz Hall

### 1 December Thursday

1 PM

**Race Village Opens**

📍 Al Hamra

4 PM

🏃 **Start: Al Hajar Range  
Challenge 100KM**

📍 Al Hamra

11 AM – 9 PM

**Registration & kit check  
for 55km and 25km**

📍 Birkat Al Mouz

# Event

## Program (GMT 4+)

### 2 December Friday

Starting 4 AM

**Race Village Opens**

📍 Birkat Al Mouz

6:30 AM

🏃 **Start: The  
Adventure 55KM**

📍 Birkat Al Mouz

7:00 AM

🏃 **Start: Start-Up  
Challenge 25KM**

📍 Birkat Al Mouz

11 AM

**Local Market Opens**

📍 Birkat Al Mouz

4 PM

**Prize giving**

📍 Birkat Al Mouz

### 3 December

Saturday 4 AM - 4 PM

**Race Village Opens**

📍 Birkat Al Mouz

6:30 AM

🏃 **Start Family Runs**

📍 Birkat Al Mouz



# TRAIL ROUTES INFORMATION



# 100km Al Hajar Range Challenge

## Technical Details

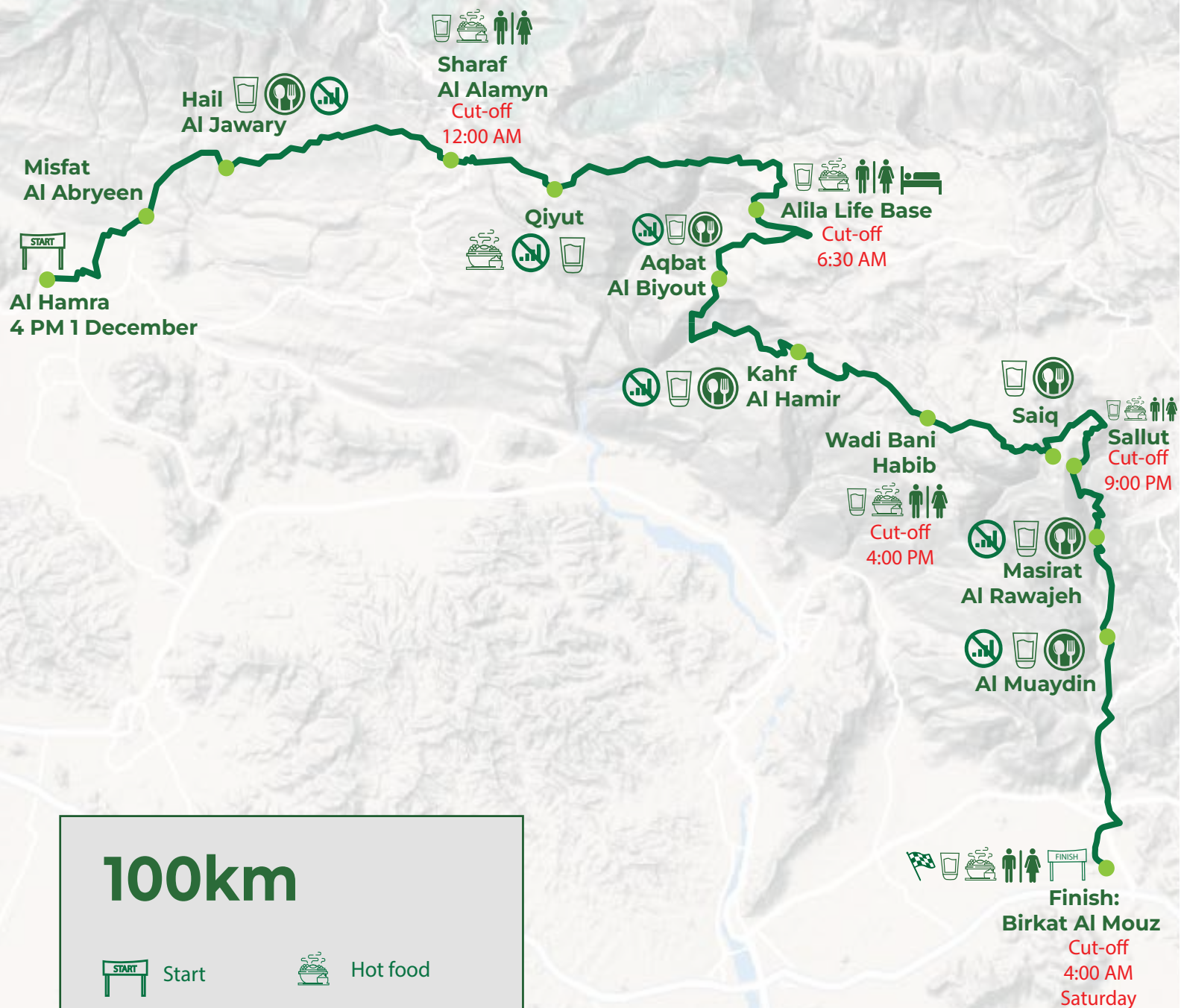
12

<b>Race Date</b>	Thursday 1 December 2022
<b>Age</b>	18+
<b>Entry Fee</b>	80 OMR
<b>Distance &amp; elevation</b>	108km with 5060m elevation gain
<b>Start Time</b>	4:00 PM
<b>Start Line Location</b>	Al Hamra
<b>Finish Line Location</b>	Birkat Al Mouz
<b>Time limit</b>	36 hours
<b>Minimum average pace required</b>	20:00 Min/km
<b>Cut off time of the checkpoints</b>	
<b>Sharaf Al Alamyn</b>	8 hours (12:00 am) Friday
<b>Alila</b>	14:30 Hours (6:30 AM)
<b>Wadi Bani Habib</b>	24 hours (4:00 PM)
<b>Sallut</b>	29 hours (9:00 PM)
<b>Expected time first finisher</b>	13 hours
<b>ITRA points</b>	Every finisher receives 4 points

\* The GPX file will be made available on the website soon, with ease to load into a fitness watch for training.



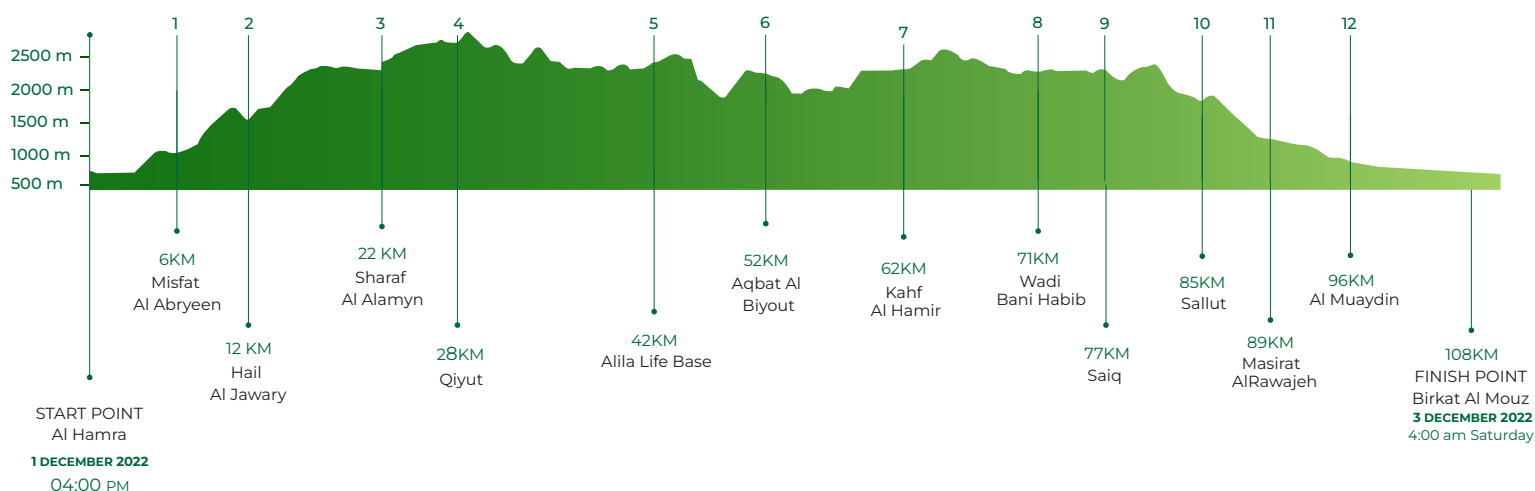
Jabal Shams  
Highest Peak in Arabia



# Elevation Profile

## 100km Trail

A graphical representation of the elevation gain



### Start

Al Hamra

1 December 2022, 4:00 PM



### 2350m

Highest Point



### Finish

Birkat Al Mouz

# 14



# Checkpoints

Checkpoint	Aid Station	Inter-Distance	Distance	Total elevation gain (m)	Elevation (m)	Cut Off Time
<b>Start</b> <b>Al Hamra</b>		-	-	-	650	
Misfat Al Abryeen		6	6	300	930	
Hail Al Jawary		6	12	910	1350	
Sharaf Al Alamyn		10	22	1690	1980	8 hours 12 AM Friday
Qiyut		6	28	2010	2230	
Alila Life Base		14	42	2590	1820	14:30 hours 6:30 AM
Aqbat Al Biyout		10	52	3130	1920	
Kahf Al Hamir		10	62	3750	1900	
Wadi Bani Habib		9	71	4270	1860	24 hours 4:00 PM
Saiq		8	77	4550	1890	
Sallut		8	85	4770	1490	29 hours 9:00 PM
Masirat AlRawajeh		4	89	4840	1130	
Al Muaydin		7	96	4990	820	
<b>Finish</b> <b>Birkat</b> <b>Al Mouz</b>		12	108	5060	550	36 hours 4:00 AM Saturday

# Mandatory Kit

The availability of personal kit will be checked in the same day of the Race Pack Collection and receiving the bib numbers. Runners must be responsible for keeping the mandatory kits with them from the start to the end of the race.



Running backpack



Passport / residence card



Trail running shoes



Mobile phone



Supply of water of 2 Liters



Saharan cap to protect from sun



Food reserve



First aid



Head torch with spare batteries



Wind breaker and water-proof jacket



Survival blanket



Gloves



Warm clothes



Beanie hat



Whistle



Portable cup

# Optional Kit



Sunglasses



GPS watch



Trekking poles



Sun cream

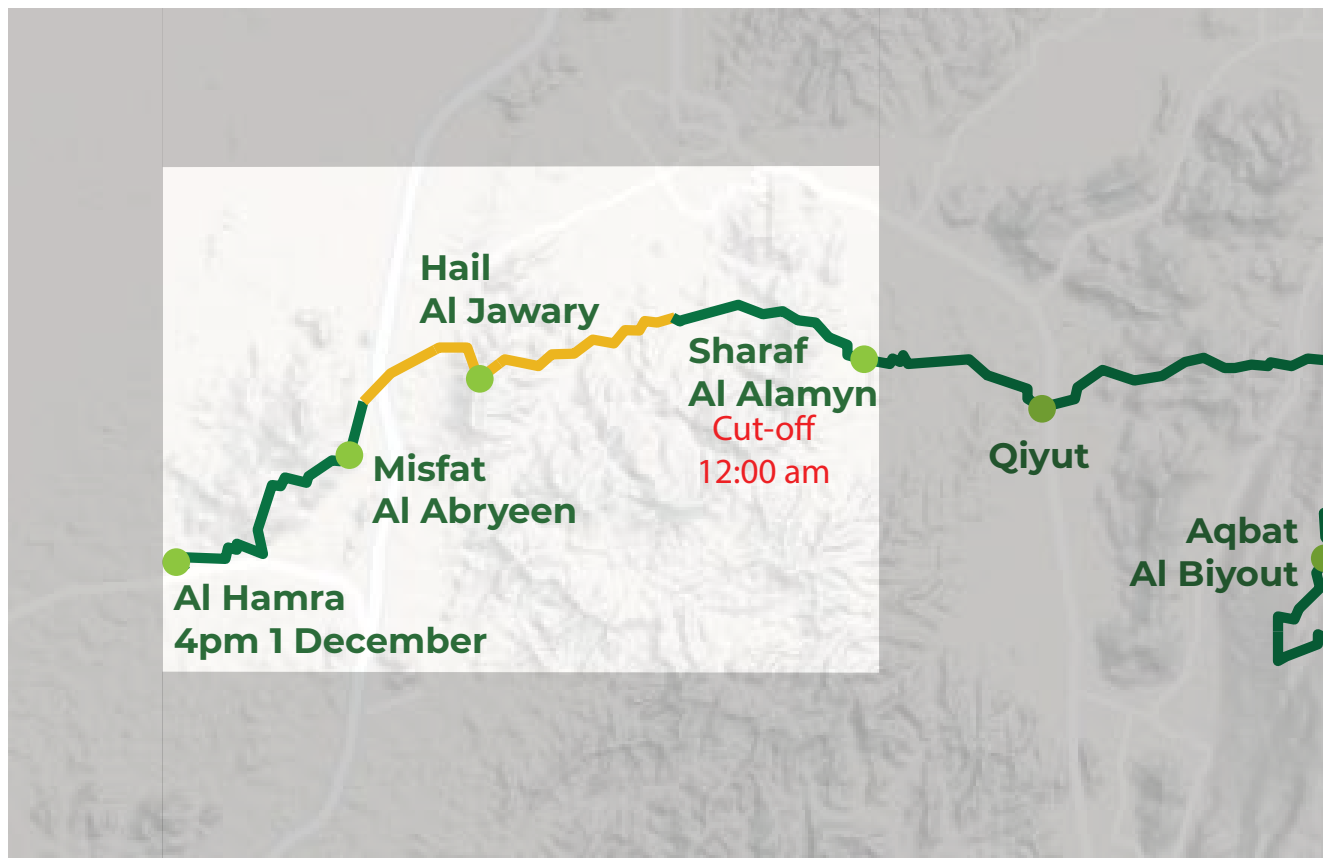


Contingency cash money

# Trail Description

## 100 km

This challenge is the longest course of the Himam Trail Run. Starting in Al Hamra, the route is flat but blessed with a unique spectacle of lush plantations and ancient houses for about 2km. The terrain starts to ascend as you get close to Misfat Al Abriyyin penetrating breathtaking terraced farms, and at the 7km point, a steep climb of about 5kms will be demanding for runners through until the first feed station checkpoint in Hail Al Jawary on 12km. The steepness then continues for 5kms towards a flat plateau at 2000m altitude on 17km. This will be followed by climbs and descents for around 5km towards the next checkpoint, Sharaf Al Alamain at 22km.



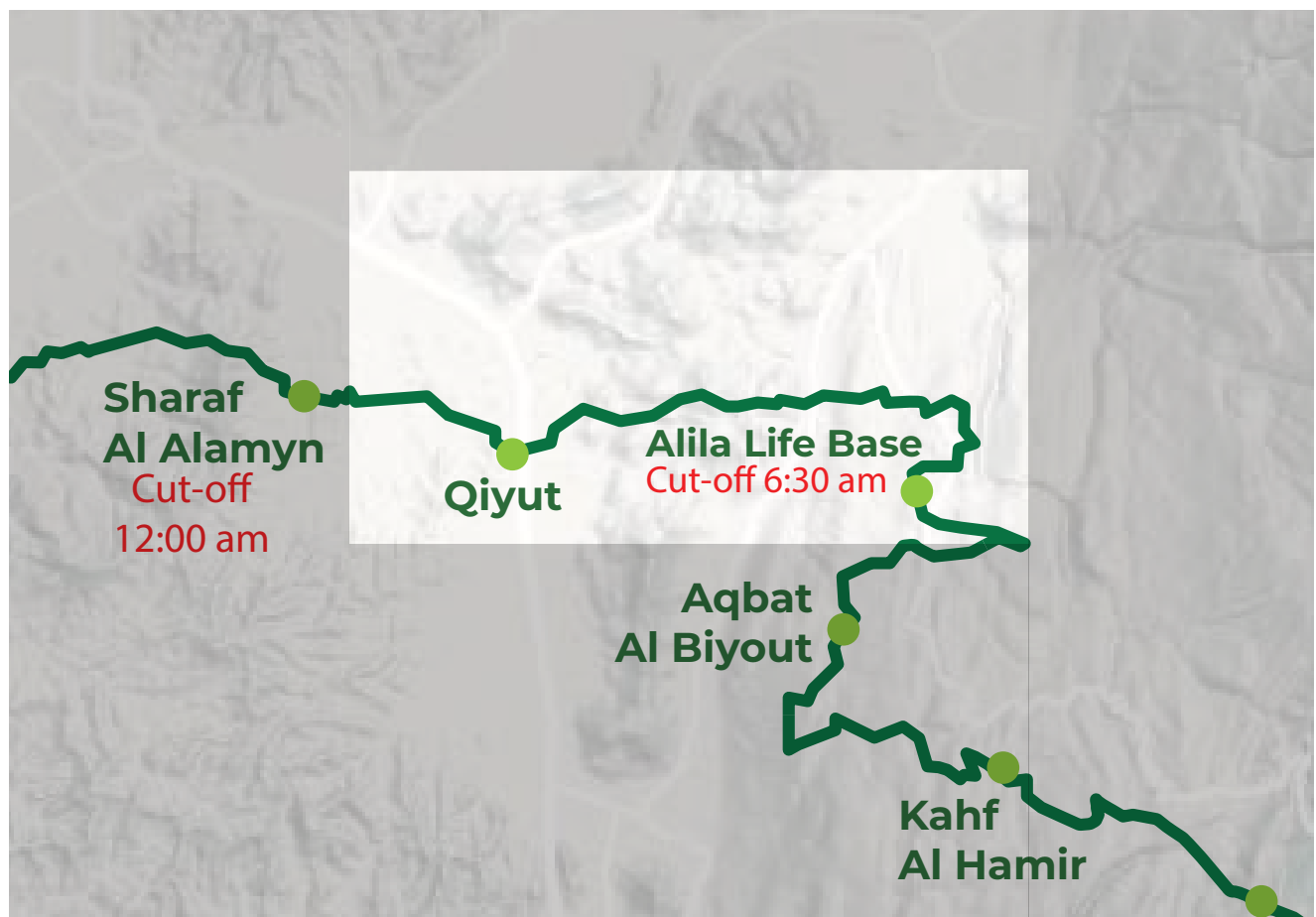


# Trail Description

## 100 km

Passing through Sharaf Al Alamain, runners will witness another climb for 6km until reaching the third checkpoint Qiyot at 28km followed by highest peak of the trail at an elevation of 2350m.

A varied terrain of climbs and descents will then follow with the spectacular scenery and cold conditions, towards Al Roos after 10km (38km). From this point, the running is on a tarmac road towards the main supply point, which is Alila Life Base checkpoint at 42kms.



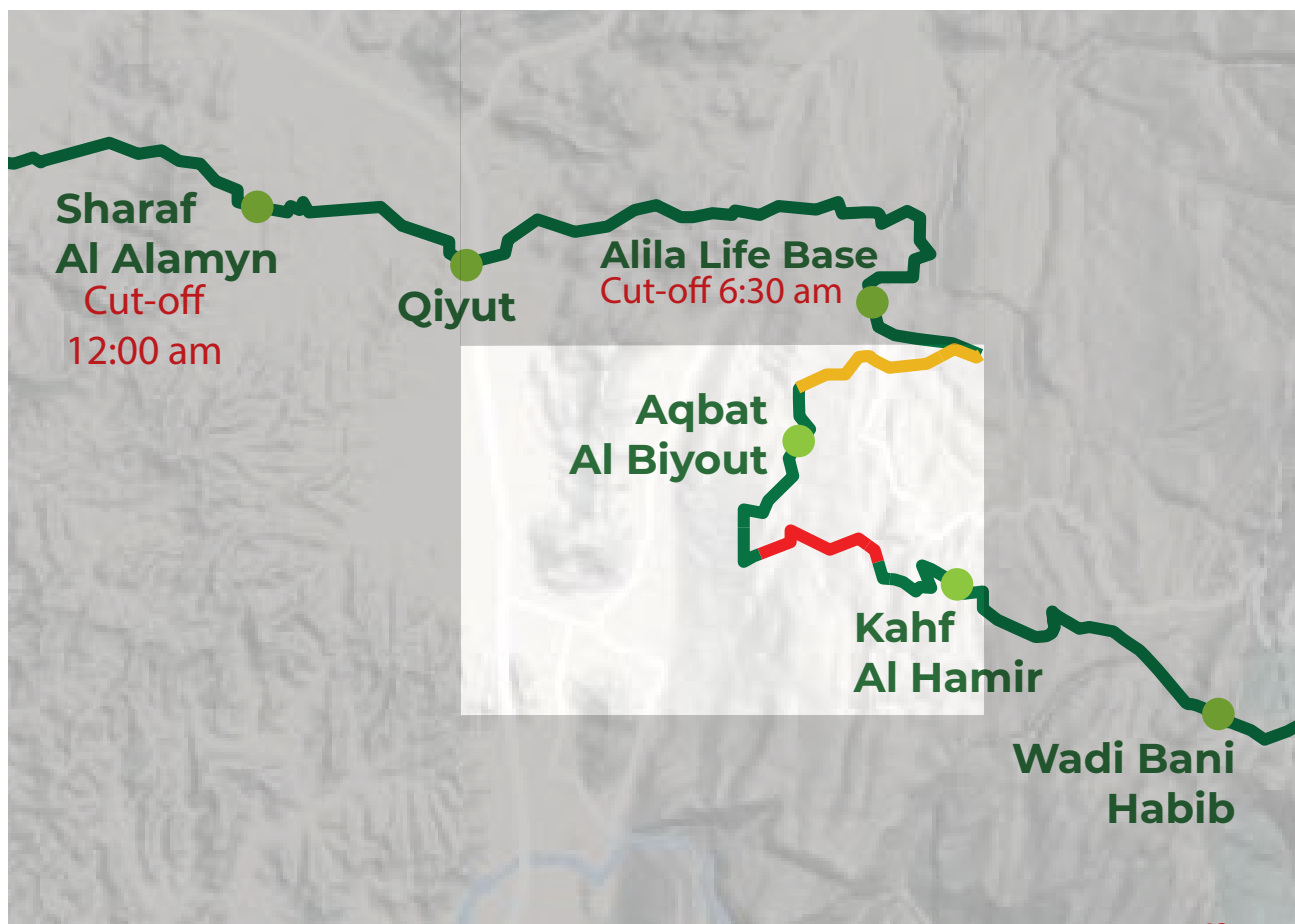
# Trail Description

## 100 km

19

Following Alila is a 3km asphalt road to Al Hulaylat followed by a sharply steep descension that requires both focus and caution. After reaching the bottom of the wadi, there is a trail with a 2km climb, then a relatively flat area until runners reach aid station 5 in Aqbat Al Biyout at 52km.

The following stage is incredibly demanding with tricky ground along the cliff edges. Extra caution, awareness of physical and technical preparedness is required. The route heads to a graded road for 2km then again goes to the cliffs for 1km to Kahf Al Hamir at 62km.



# Trail Description

## 100 km

20

A relatively steep climb for 2km will be followed by a descending route for 4km towards to a beautiful, abandoned village, Wadi Bani Habib at 71 km. Following a few stairs, a checkpoint will be awaiting the runners with refreshments and hot food.

The route then a 6km distance to checkpoint 8 in Saiq at 77kms.





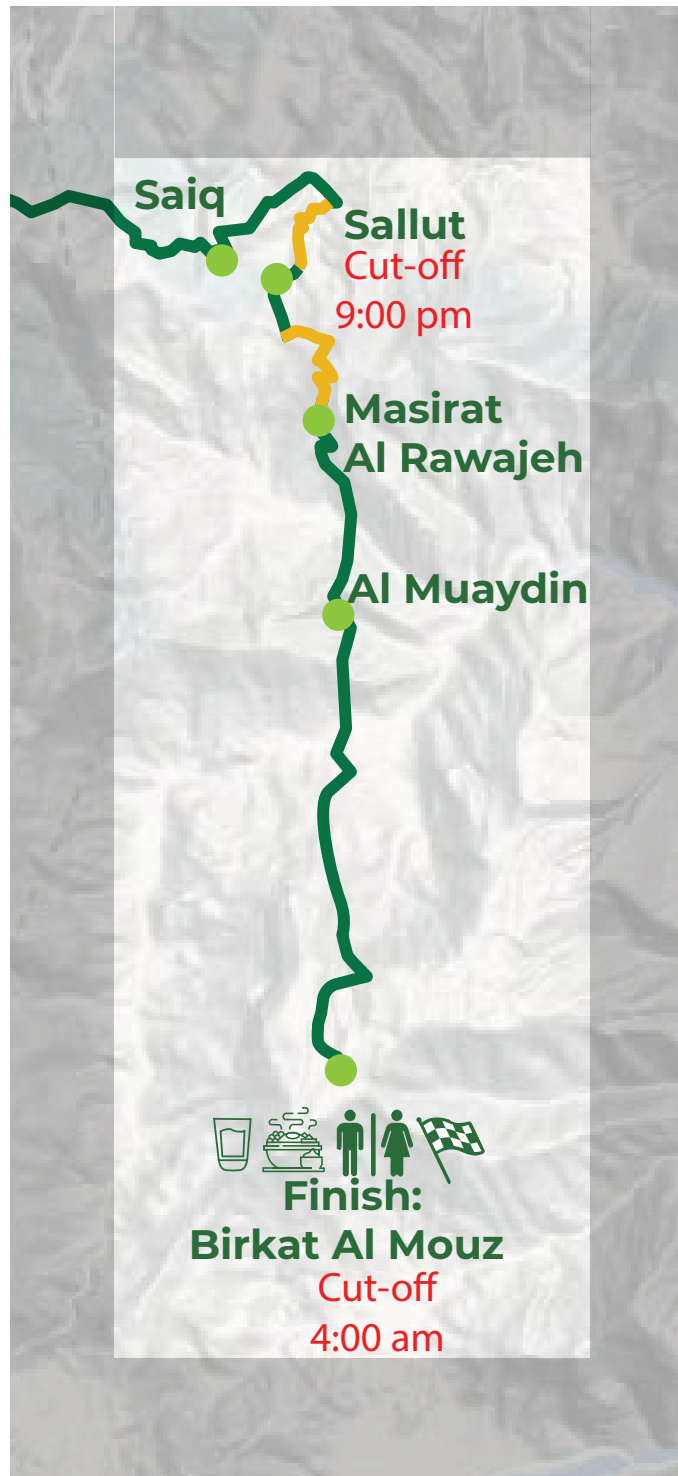
# Trail Description

## 100 km

21

After Saiq, a series of descensions passing through old houses, villages and plantations for 2km towards Al Aqr. A steep graded road will follow for 3km that will require caution and perseverance towards the next checkpoint in Sallut at 85km.

A climb followed by steep descents continue for 4km to the next checkpoint Masirat Al Rawajih at 89km. The route then goes to a deep-gorge open wadi with large boulder rocks for 4km towards the last checkpoint in Wadi Al Muaydin at 96km. The last leg is a 5km journey through flat, even terrain before reaching to the final destination in Birkat Al Mouz.



# Rules & Regulations



**Short-cutting the route:** Subject to organizers decision



**Missing item(s) off the mandatory equipment list:** 1 hour penalty



**Refusal to have mandatory equipment checked:**  
Disqualification



**Not assisting a person in difficulty:**  
1 hour penalty



**Discarding waste:**  
30 minute penalty



**Cheating:**  
Disqualification



**Assistance outside of authorized zones:**  
1 hour penalty



**Lack of respect for others:** Subject to organizers decision



**Lack of visible race-bib:** 15 minute penalty



**Departure from a checkpoint after time limit:** Disqualification



**Use of poles not carried from the race start:** 1 hour penalty



**No passage through a check point:** 30 minute penalty

# Prizes



## Female Runners

**800 oMR** Champion

**700 oMR** 2nd Place

**600 oMR** 3rd Place



## Male Runners

**800 oMR** Champion

**700 oMR** 2nd Place

**600 oMR** 3rd Place

**4th – 10th** runner ups will be rewarded with prizes.

All runners crossing the finish line will receive a finisher medal.

The prize giving will take place at the race village in Birkat Al Mouz at 4 PM.

2nd December. Winning runners will be awarded for their efforts.

Attendance is open for all. The ceremony will be attended by some of Oman's VIP delegates and promises to be the perfect way to celebrate the athletes.





**“It’s not where you take the trail,  
it’s where the trail takes you”**

DECEMBER 2022

+968 72000061    @ events@himam.om

www.himam.om    @himam\_adventure

# 55km The Adventure

## Technical Details

Race Date	Friday 2 December 2022
Age	18+
Distance & elevation	57 km with 2000 m elevation gain.
Start Time	6:30 AM
Start line	Birkat Al Mouz
Finish Line	Birkat Al Mouz
Time limit	14 hours
Minimum average pace required	15:00 Min/Km
Cut off time of the check points	
Sallut	6 Hours (12:30 PM)
Sallut ( Return)	9 hours (3:30 PM)
Expected time first finisher	5:30 hours
ITRA points	Every finisher receives 3 points

\* The GPX file will be made available on the website soon, with ease to load into a fitness watch for training.





Saiq



Sallut



Cut-off time:

1st check-in 12:30 PM

2nd check-in 3:30 PM



Masirat  
Al Rawajeh



Al Muaydin



Tawi Saddah



Birkat Al Mouz

# 55km



Start



Checkpoint



Drinks



Food



Hot food



Rest room



Weak signal



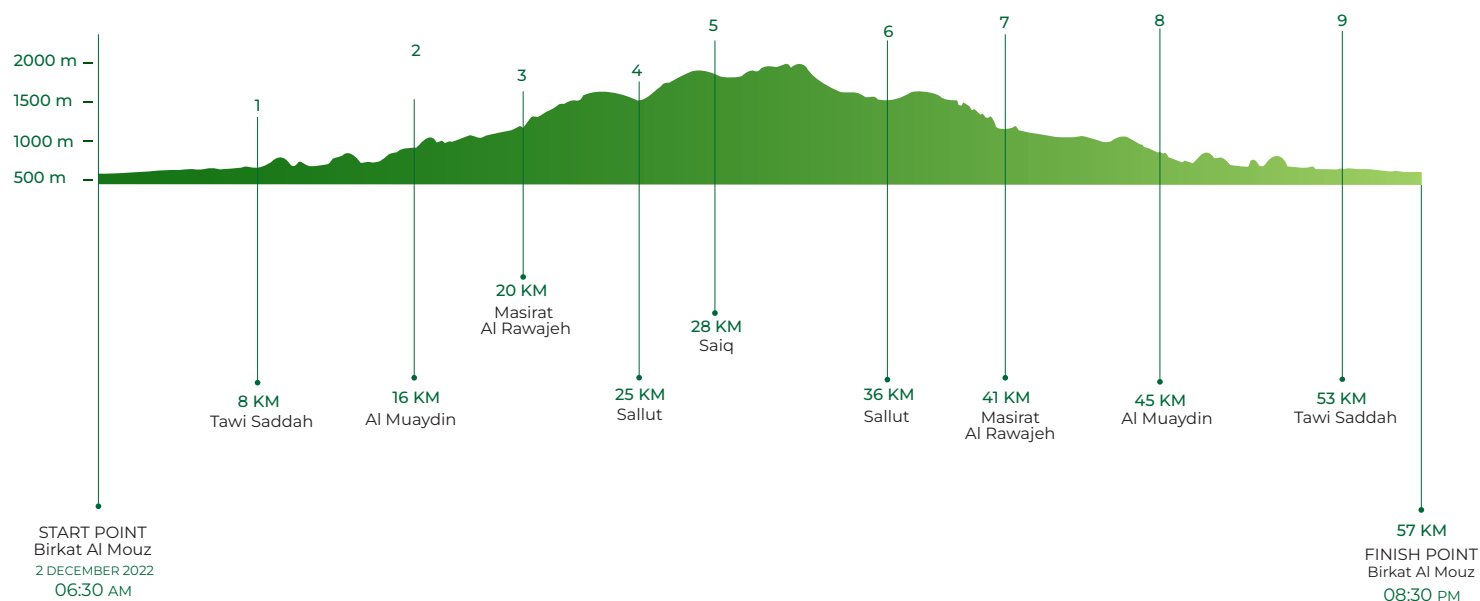
Finish



# Elevation Profile

## 55km Trail

A graphical representation of the elevation gain



### Start

Birkat Al Mouz

2 December 2022, 6:30 AM



### 2000m

Highest Point














### Finish

Birkat Al Mouz

# 27

# Checkpoints

28

Checkpoint	Aid station	Inter Distance	Distance	Total Elevation Gain	Elevation (m)	Cut Off Time
<b>Start Birkat Al Mouz</b>					550	
Tawi Saddah		8	8	60	610	
Al Muaydin		8	16	270	820	
Masirat AlRawajeh		4	20	760	1130	
Sallut		5	25	1080	1490	6 hours
Saiq		3	28	1520	1890	
Sallut		8	36	1740	1490	9 hours
Masirat Al Rawajeh		5	41	1810	1130	
Al Muaydin		4	45	1960	820	
Tawi Saddah		8	53	2010	610	
<b>Finish Birkat Al Mouz</b>		4	57	2030	550	8:30 PM

# Mandatory Kit

The availability of personal kit will be checked in the same day of the Race Pack Collection and receiving the bib numbers. Runners must be responsible for keeping the mandatory kits with them from the start to the end of the race.



Running backpack



Passport / residence card



Trail running shoes



Mobile phone



Supply of water of 2 Liters



Saharan cap to protect from sun



Food reserve



First aid



Head torch with spare batteries



Wind breaker and water-proof jacket



Survival blanket



Whistle



Portable cup

# Optional Kit



Sunglasses



GPS watch



Trekking poles



Sun cream



Contingency cash money



# Trail Description

30

## 55 km

The route starts in Birkat Al Mouz, then takes a short journey through the old town and lush date plantations for 4km, before following a wide wadi towards the mountains passing through the village of Tawi Saddah at 8km. The wadi narrows just past the village of Al Muaydin and from here the route follows a path amongst large boulders at 16km, up the deep gorge to Masirat Al Rawajih where the second checkpoint is located. From here the course follows a dirt road as it zigzags up the steep slope for 4km towards Sallut. Departing Sallut, the course passes through few atmospheric old villages, towards the village of Saiq. From there the course circles Saiq towards Al Aqr for 2km, then the trail descends directly to Sallut and follows the same route as the 100km run back to Birkat Al Mouz.



# Rules & Regulations



**Short-cutting the route:** Subject to organizers decision



**Missing item(s) off the mandatory equipment list:** 30 minute penalty



**Refusal to have mandatory equipment checked:**  
Disqualification



**Not assisting a person in difficulty:**  
30 minute penalty



**Discarding waste:** 15 minute penalty



**Cheating:**  
Disqualification



**Assistance outside of authorized zones:**  
30 minute penalty



**Lack of respect for others:** Subject to organizers decision



**Lack of visible race-bib:** 10 minute penalty



**Departure from a checkpoint after time limit:** Disqualification



**Use of poles not carried from the race start:** 15 minute penalty



**No passage through a check point:** 30 minute penalty

# Prizes

# 32



## Female Runners

**500 oMR** Champion

**400 oMR** 2nd Place

**300 oMR** 3rd Place



## Male Runners

**500 oMR** Champion

**400 oMR** 2nd Place

**300 oMR** 3rd Place

**4th – 6th** runner ups will be rewarded with prizes.

All runners crossing the finish line will receive a finisher medal.







**“Don’t think of them as hills,  
think of them as mounds of  
opportunities”**

WhatsApp +968 72000061

Email @ events@himam.om

Website www.himam.om

Instagram @himam\_adventure



# 25km Start-up Challenge

## Technical Details

Race Date	Friday 2 December 2022
Age	15+
Distance & elevation	28km with 200 m elevation gain.
Start Time	7:00 AM
Start line	Birkat Al Mouz
Finish Line	Birkat Al Mouz
Time limit	5 hours
Minimum average pace required	10:45 Min/Km
Expected time first finisher	1:45 hours
ITRA points	Finisher will receive 1 point

\* The GPX file will be made available on the website soon, with ease to load into a fitness watch for training.





Al Muaydin



Tawi Saddah



Birkat Al Mouz

# 25km



Start



Hot food



Checkpoint



Rest room



Drinks



Weak or no signal



Food

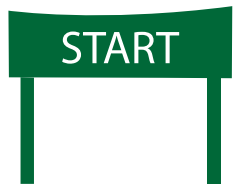
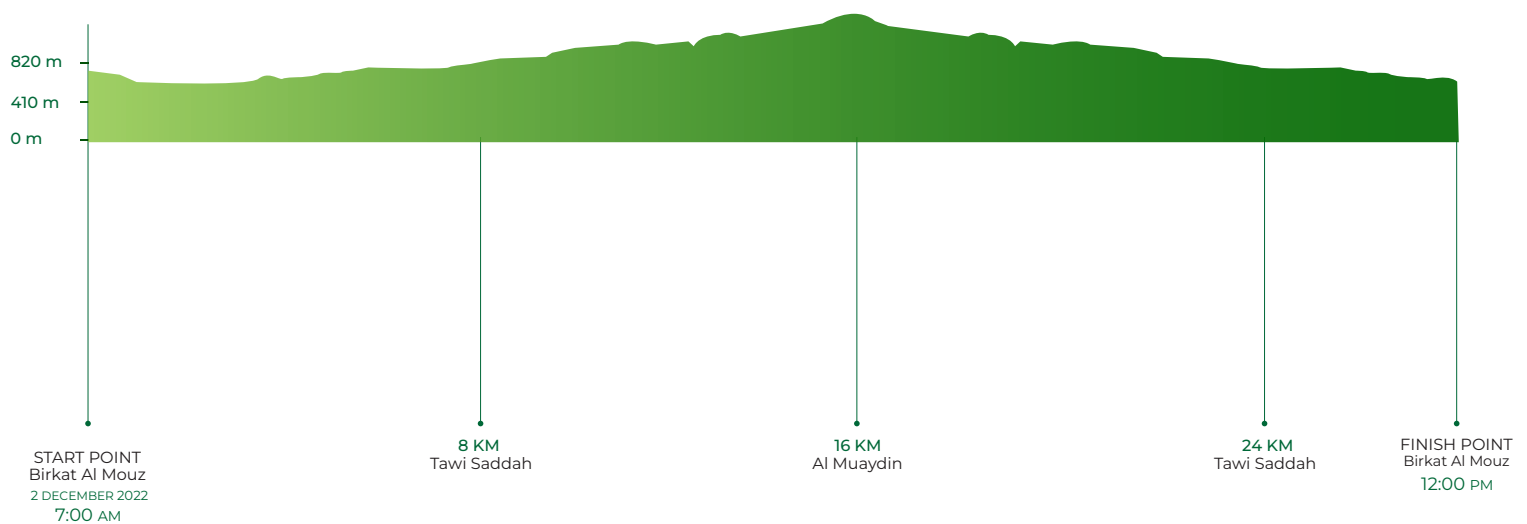


Finish

# Elevation Profile

## 25km Trail

A graphical representation of the elevation gain



### Start

Birkat Al Mouz

2nd December 2022, 07:00 AM



### 820m

Highest Point



### Finish

Birkat Al Mouz

# 36

# Checkpoints

37

Checkpoint	Aid Station	Inter-Distance	Distance	Elevation (m)
<b>Start Birkat Al Mouz</b>		-	-	550
Tawi Saddah		8	8	610
Al Muaydin		8	16	820
Tawi Saddah		8	24	610
<b>Finish Birkat Al Mouz</b>		4	28	550



# Mandatory Kit

The availability of personal kit will be checked in the same day of the Race Pack Collection and receiving the bib numbers. Runners must be responsible for keeping the mandatory kits with them from the start to the end of the race.

1



Passport /  
residence card

2



Trail  
running shoes

3



Mobile phone

4



Supply of water  
of 1 Liter

5



Saharan cap to  
protect from sun

# Optional Kit

1



Sunglasses

2



GPS watch

3



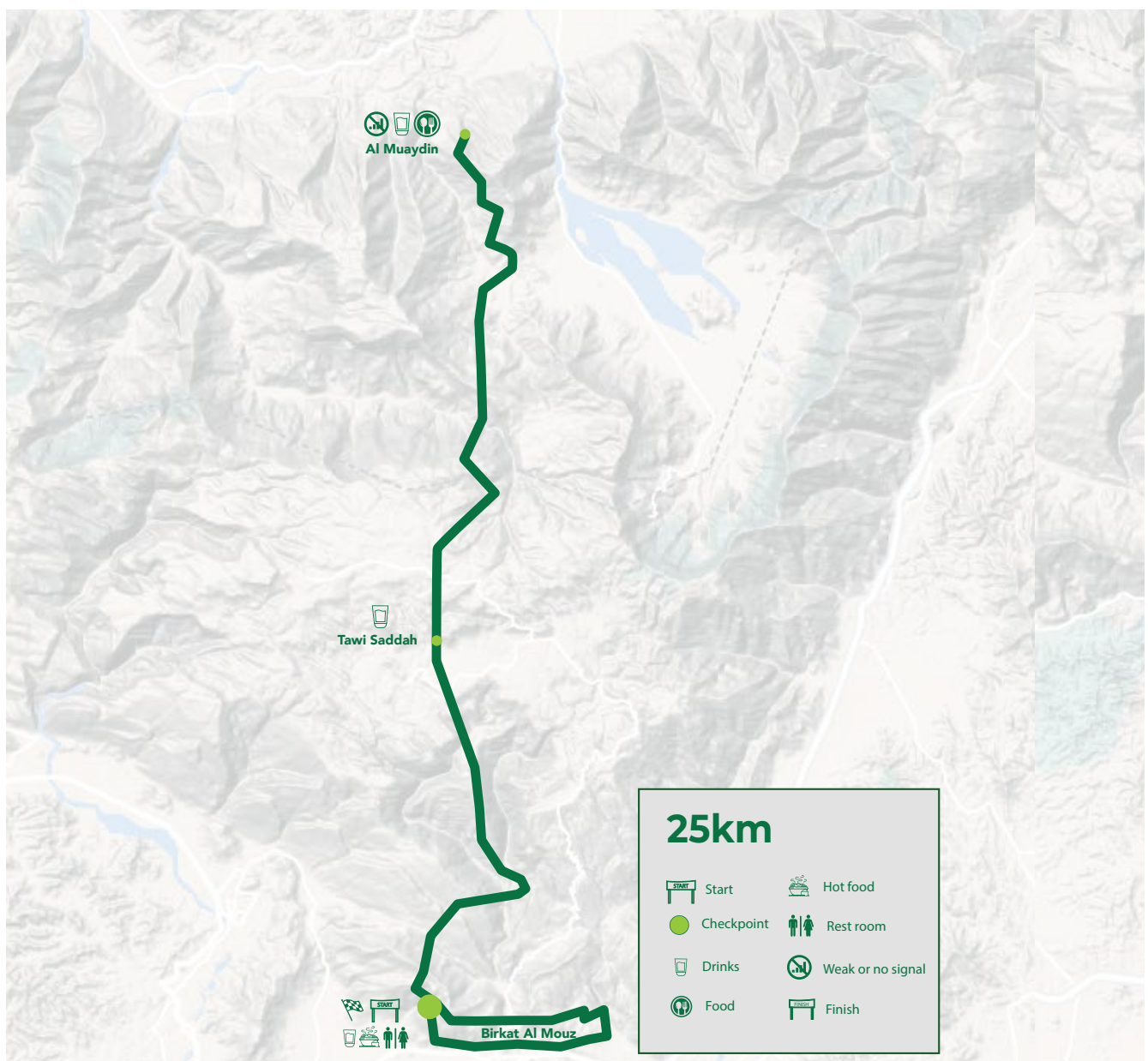
Sun cream

# Route Description

## 25 km

39

Kicking off in Birkat Al Mouz, the route takes a short journey through the old town and lush date plantations for 4km, before following a wide wadi towards the mountains passing through Tawi Saddah. The wadi narrows just past the village of Al Muaydin and from here the route follows a path amongst large boulders, up the deep gorges. From here the course turns back at 16km and heads for home back at Birkat Al Mouz.



# Prizes



## Female Runners

**250 oMR** Champion  
**150 oMR** 2nd Place  
**100 oMR** 3rd Place



## Male Runners

**250 oMR** Champion  
**150 oMR** 2nd Place  
**100 oMR** 3rd Place

**4th – 6th** runner ups will be rewarded with prizes.

All runners crossing the finish line will receive a finisher medal.

# Additional information

## Hotels



**Golden Tulip Nizwa**  
(Nizwa)

☎ 25431616



**Nizwa Hotel Apartments**  
(Nizwa)

☎ 25431558



**Intercity Hotel Nizwa**  
(Nizwa)

☎ 25431616



**dusitD2 Naseem Resort**  
(Jabal Akhdar)

☎ 25229000



**Sahab Resort And Spa**  
(Jabal Akhdar)

☎ 25429288



**Alila Hotel**  
(Jabal Akhdar)

☎ 25344200



**The View**  
(Al Hamra)

☎ 97233189



**Jibreen Hotel**  
(Al Hamra)

☎ 25363340



**Sama Heights Resort**  
(Al Hamra)

☎ 92721999



# Additional information

## Restaurants and Cafes



**Kawa Kava**  
(Birkat Al Mouz)



**Antalya Shack**  
(Birkat Al Mouz)



**Al Sufra Al Bahrainia**  
(Birkat Al Mouz)



**The Peak**  
(Jabal Akhdar)



**J.A Cafe**  
(Jabal Akhdar)



**Layali Al Jabal**  
(Jabal Akhdar)



**Alstromeria Cafe**  
(Al Hamra)



**Halwa Coffee**  
(Al Hamra)



**Rogan Cafe**  
(Al Hamra)



**“Life begins at the end  
of your comfort zone”**

+968 72000061

@ events@himam.om

www.himam.om

@himam\_adventure



سباق همم للجري الجبلي  
HIMAM TRAIL RUN RACE

HIMAM.OM