





Technical Guide The Skyward Canyon

55 Km

سباق همم للجري الجبلي
HIMAM TRAIL RUN RACE
DECEMBER 2024



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HIMAM ADVENTURE 2024 ®

55 Km Route Description

The Skyward Canyon Race 55km starts from the village of Imti in Izki. It passes through farms, orchards and archaeological villages on an undulating terrain for the first 4.5km. Then the route turns on asphalt road for approx. 3km until reaching the first checkpoint the Wadi entrance at (7.4km). After which the path goes towards the valley with large rocks for less than 1km before taking on a steep climb. Runners will tackle a steep and long climb for approx. 4.5km to reach the Al-Rufaisa Mosque checkpoint at (12.7km). The trail then continues its ascent for another 3.5km, to reach the third checkpoint point (16.1km) at the top of Jabal Akhdar.

After leaving the checkpoint, the runners cross the street and then follow the route until passing through various terrains; covered with green trees, gorges, and technical rocks. From

the village, the competitors follow an asphalt road for 2.5km until reaching Al-Aqar checkpoint at (24.7km).

After that, the route goes through farms, orchards, water channels, and beautiful historical villages until the next checkpoint Saiq at (29.5 km). Followed by a steep descent for approx. 3km reaching a paved dirt road, where the 55km & 110km runners cross path, before reaching Salut checkpoint at (33.2km). The route continues on a dirt road, steep descent until reaching the next checkpoint Masirah Al-Rawajeh at (37.1km). The trail then goes up and down through narrow paths and large rocks in the valley, reaching Al-Muaydin checkpoint at (45.2km). It then continues on a paved dirt road for 5km, reaching Tawi Saadah checkpoint at (50km). Finally, the last 4km is in the wadi to get to the finish line, in Bait Al-Rudaida, Birkat Al-Mouz at (54km).



Elevation Profile

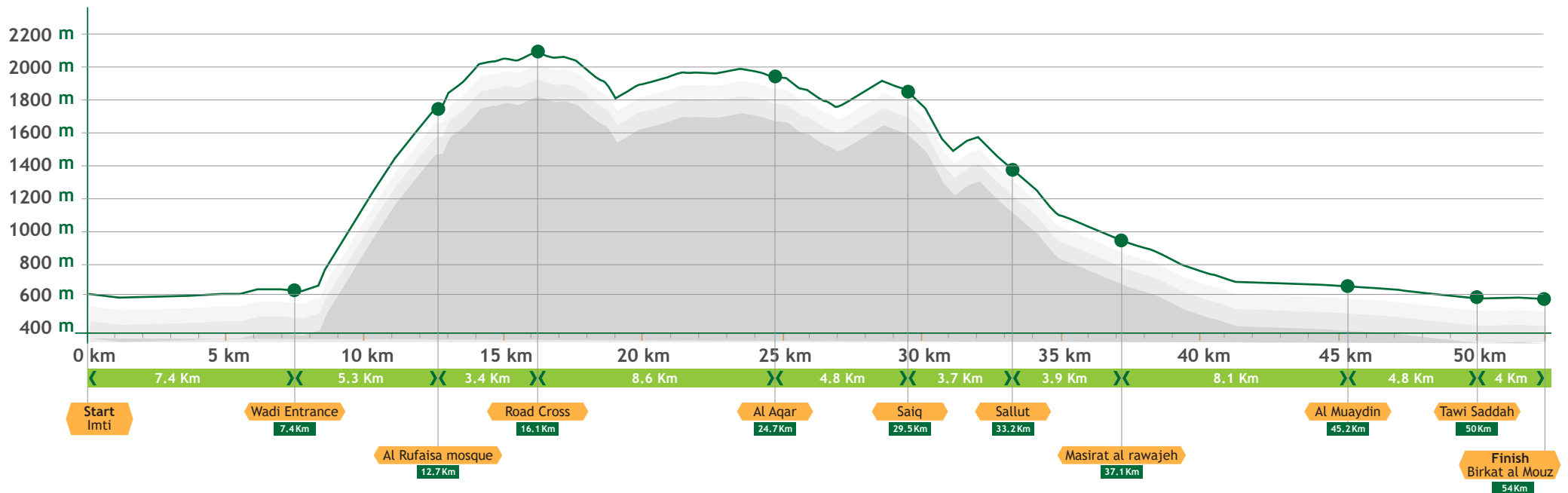
Race 55 km

Start Date
6/12/2024

Start Time
7:00 AM

Finish Date
6/12/2024

Finish Time
9:00 PM



Checkpoints Table 55 Km



CHECKPOINT	ALTITUDE (M)	INTERDISTANCE (KM)	DISTANCE (KM)	ACCUMULATIVE ELEVATION GAIN	ACCUMULATIVE ELEVATION LOSS	CUT OFF TIME	CREW SUPPORT	SERVICES	Location
1 Start: Imti	620 M	- -	- -	- -	- -		-		»»»
2 Wadi Entrance	670 M	7.4 Km	7.4 Km	60 M	10 M		NO		»»»
3 Al Rufaisa Mosque	1750 M	5.3 Km	12.7 Km	1150 M	20 M		NO	 	»»»
4 Road Cross	2080 M	3.4 Km	16.1 Km	1500 M	40 M	5:30 h 12:30 Pm	YES	 	»»»
5 Al Aqar	1960 M	8.6 Km	24.7 Km	1710 M	370 M		NO	 	»»»
6 Saiq	1890 M	4.8 Km	29.5 Km	1900 M	630 M	8:30 h 3:30 Pm	YES	 	»»»
7 Sallut	1570 M	3.7 Km	33.2 Km	1910 M	1040 M		NO	 	»»»
8 Masirat Al Rawajeh	1130 M	3.9 Km	37.1 Km	2060 M	1550 M		YES	 	»»»
9 Al Muaydin	730 M	8.1 Km	45.2 Km	2310 M	2200 M		NO	 	»»»
10 Tawi Saddah	620 M	4.8 Km	50 Km	2330 M	2330 M		YES	 	»»»
11 Finish: Birkat Al Mouz	580 M	4 Km	54 Km	2340 M	2380 M	14 h 9:00 Pm	NO		»»»



Toilet



Hot Food



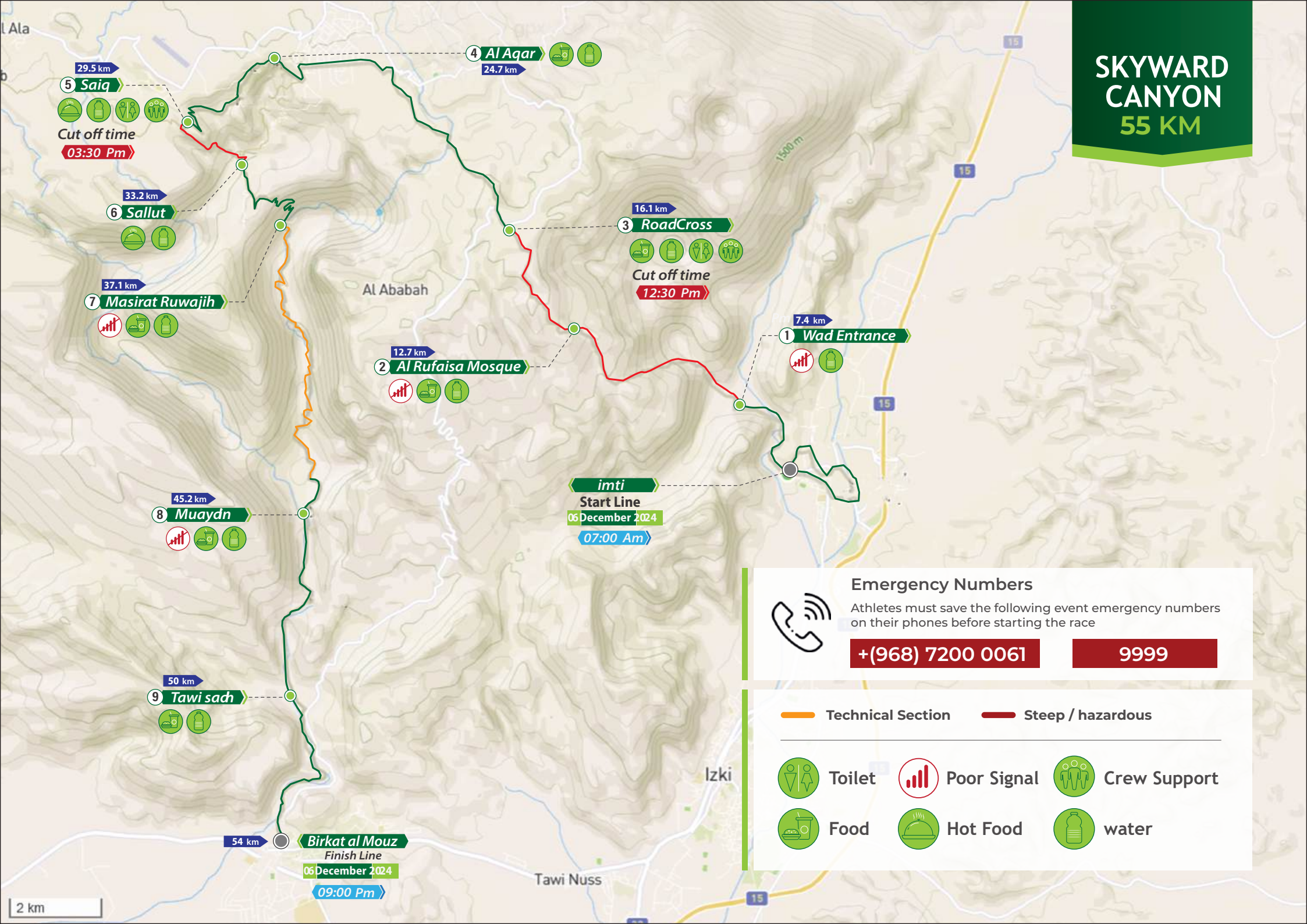
Water



Food

SKYWARD CANYON

55 KM



Emergency Numbers



Athletes must save the following event emergency numbers on their phones before starting the race

+(968) 7200 0061

9999

 Technical Section  Steep / hazardous



Toilet



Poor Signal



Crew Support



Food



Hot Food



water

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
- 

Trail running shoes
- 

Mobile phone
- 

First aid
- 

Wind breaker and waterproof jacket
- 

Saharan cap to protect from sun
- 

Head torch with spare batteries
- 

Supply of water of 1.5 Liters
- 

Food reserve
- 

Whistle
- 

Survival blanket

Optional Kit

- 

Sunglasses
- 

GPS watch
- 

Trekking poles
- 

Sun cream
- 

Contingency cash money

Rules & Regulations



Short-cutting the route:

Subject to organizers decision



Refusal to have mandatory equipment checked: Disqualification



Discarding waste:

15 minute penalty



Assistance outside of authorized zones:

30 minute penalty



Lack of visible race-bib:

10 minute penalty



Use of poles not carried from the race start: 30 minute penalty



Using other runner's bib number to participate in the race
Disqualification



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



Not assisting a person in difficulty: 30 minute penalty



Cheating: Disqualification - subject to organizer decision



Lack of respect for others:

Subject to organizers decision



Departure from a checkpoint after time limit: Disqualification



No passage through a check point: 30 minute penalty

Travel Guide



Flights and Visa:

The easiest way to travel to Oman is by air. You can fly to Muscat International Airport, which is the largest airport in Oman. There are direct flights to Muscat from major cities around the world.

- You may check Oman Air's official website to see the direct flights on offer and to enjoy hospitable services.
- A tourist visa is required to enter Oman. Check the local customs website here to see which tourist visa is suitable for your country of origin. Some visas can be obtained upon arrival.



Taxi and Mobility:

Driving cars is the dominant mode of transportation in Oman while public bus transport is most efficient in the capital city of Muscat. In the airport, you may choose to rent a car to drive at ease, hire a car with a tour guide, or utilize local taxi services for short distance commute. You may opt for pre-booking before arrival for a smoother experience.

- OTAXI: Use OTAXI, a mobile app for short journeys.



Connectivity:

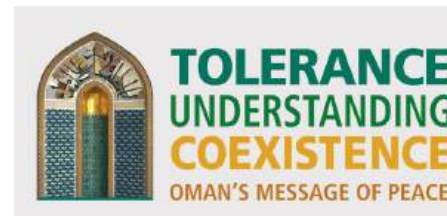
Oman has a reliable and affordable mobile network, and it's easy to purchase a SIM card on arrival at the airport. Most hotels and restaurants offer free Wi-Fi. Local SIM providers: Omantel - Ooredoo - Vodafone



Culture and Customs:

Oman is a conservative Muslim country, and it is important to be mindful of local customs and traditions. It is important to dress modestly when in public places.

As a general guideline, attire should be loose-fitting, long-sleeved tops and pants that cover the arms and legs. While running, you may opt for breathable options to avoid excessively revealing clothing. If you are attending the prizegiving ceremony, is scheduled on Friday 06 December 2024 at 7:45 PM, the dress code is smart casual as among the attendees are local representatives and officials.





Currency:

The official currency in Oman is Omani Rial (OMR). ATM machines are within reach but it's best to carry some cash, especially when you're traveling outside main cities. Many shops and restaurants accept credit cards, but it's always a good idea to have cash on hand. ATMs can be located through Google Map easily.

Accommodation:

You will receive preferred hotel options by the race organization. However, if you prefer to look for accommodation options that are close to the race location, you may search for a hotel or serviced apartments. The locations of the race are multiple, with Al Hamra being the start of the 110KM distance, Imti in Izki being the start of the 55KM distance and Birkat Al Mouz being the start for 20KM and the finish for all distances

Weather:

December in Oman is the perfect time for trail running with comfortable temperatures and cooler weather at higher elevations, such as the Al Hajar mountain range, where the event will take place. Ensure that you are prepared with appropriate clothing and gear.

AWARDS & PRIZES

Female Runners



2nd Place
400 OMR



Champion
500 OMR



3rd Place
300 OMR

Male Runners



2nd Place
400 OMR



Champion
500 OMR































































3rd Place
300 OMR

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 on Friday 06 December 2024 at 7:45 PM. 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.

Hotel & Accommodation

1		Golden Tulip Nizwa	NIZWA		16		Durat Nizwa hotel	NIZWA	
2		Bait AlSabah Heritage Inn & Cafe	NIZWA		17		Old Town Hotel	NIZWA	
3		ALSMOU apartments	NIZWA		18		Omani Guest House	NIZWA	
4		Nizwa Hotel Apartments	NIZWA		19		Nizwa Heritage Inn	NIZWA	
5		Antika Hotel Apartments	NIZWA		20		Alaqur View Inn	NIZWA	
6		Al Karam Hotel Apartment	NIZWA		21		Al Bustan Inn HOTEL	NIZWA	
7		EWANN HOTEL APARTMENTS	NIZWA		22		Salam Inn	Alhamra	
8		Intercity Hotel Nizwa	NIZWA		23		The Wadi Inn	Alhamra	
9		Nizwa Inn Hotel	NIZWA		24		Bait Al Aali	Alhamra	
10		Aryaf Nizwa Hotel apartments	NIZWA		25		Al hamra Heritage Inn	Alhamra	
11		Tanuf Residency Hotel	NIZWA		26		The View	Alhamra	
12		Falaj Daris Hotel	NIZWA		27		Basmat almifah guest house	Alhamra	
13		Al Diyar Hotel	NIZWA		28		Al Misfah Hospitality inn	Alhamra	
14		Aldar Inn	NIZWA		29		Bait Baityn	Alhamra	
15		Antique Inn	NIZWA		30		Hissen Al-Misfah	Alhamra	

Click the location icon for easy transfer

Race Pack Collection



Location / Birkat Al Mouz

The race village

Tue 3rd Dec 2024
04:00 PM – 10:00 Pm

Wed 4th Dec 2024
02:00 PM – 10:00 Pm

Thu 5th Dec 2024
10:00 AM – 10:00 Pm

Fri 6th Dec 2024
10:00 AM – 12:00 Pm



Location / Muscat

(Exact location will be announced)

Date: 30-Nov & 01-Dec 2024

Time: will be announced



Remarks:

- Participants must collect their race pack in person; no proxies are allowed to pick up on their behalf.
- When collecting the race pack, participants must present all mandatory gear specified in this guide for inspection.
- A valid ID (passport, national ID, or driver's license) must be shown when collecting the race pack.
- Participants are required to sign a waiver or disclaimer form upon collecting their race pack, acknowledging the risks and agreeing to the event's terms and conditions

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