

## Wadi Al Abadilah Hike





**Destination**

Wadi Al Abadilah Hike, Fujairah, UAE

**Duration**

1 day

**Date**

Mar 12<sup>th</sup> 2021

**Overview**

Wadi Abadilah is a valley or ravine, bounded by relatively steep banks, which in the rainy season becomes a watercourse.

This is a beginners level hike and suitable for all ages and fitness levels. This is an easy hike with trekking over mostly flat terrain, natural pools and mountains. Anyone with a basic fitness level should be able to do it. The pools are small and you can either walk through or pass by and continue the hike.

**Activities**

**Hiking**

**Type:** Fork round trip of total 13 km going into two different directions to view two different destinations

## Physical Level

- The difficulty level of these Hikes is “intermediate”.
- No technical gear is required.
- No water involved.
- NO rope or technical skills required.
- A very good amount of fitness level is required.

Due to its steepness, it is an intermediate hiking route with some exciting challenges suitable for all levels if they meet the required fitness. We will come across some beautiful rock formations that will provide us with a good way to learn entry-climbing techniques.

## Transportation

- Own transportation
- A normal sedan car can reach the hiking start point.

## ITINERARY

### Time Table:

07:00 AM be at the meeting point

07:30 AM is the briefing time on the starting point

11:00 take a break for snacks and pictures next to the farm

1:30 we reach our cars

Take a group pictures change and hit the road back home.

FYI: The total experience will take 6 hours maximum

The meeting point will be at <https://goo.gl/maps/DddRcE7FcaZgX87a9>

## What to Carry

### HIKING GEAR LIST

#### Must

- Backpack (Recommended with good shoulder and waist straps).
- Power bars at least 2 (Protein, Amino Acids).
- Hiking boots (recommended with ankle support).
- Hiking poles (if you have knee problems).
- Sunscreen, hat and sunglasses.
- Minimum 3liters of water.
- Basic Aid kit (Advil, Band-Aid, antiseptic, hand sanitizer, wet wipes, etc.)

#### Recommended

- Trekking poles (It is recommended to use to get aquatinted with it for future and more challenging hikes. It also helps takes off some of the pressure of your shoulders and knees).
- Hiking shorts and shirts (dry-fits work)
- Hydration drinks (ELECTROLYTE DRINK, SPORTS DRINKS, HYDRATION TABLETS)

- Water Bladder (keeping your hands free as it will be some area will be required to use your both hands)
- Snacks / Fruits
- Power banks for your electronics to survive the hike

**NO on hike**

- JEANS
- SANDALS & Flip-flop
- Cotton

**Includes**

- Qualified / Experienced English-speaking guides.
- Snack (One Sandwich)
- Juice (One small flavored juice packs)
- Fruits (Two Pieces of different fruits)
- Water 2 Liters
- First Aid.

**Excludes**

- Travel Insurance
- Personal expenses
- Gear (Backpack, trekking pole etc.).
- Transportation

**Notes**

- Full payment should be made before the trip.
- All services stipulated above are subject to availability at the time of booking/reservation.
- If you are a vegetarian kindly notify us 3 days in advance.
- The itinerary and schedule are subject to change due to weather, road condition and operating conditions. In any case, the guide has the RIGHT to change the program for the safety and convenience of the travelers.

**Cost**

- **89 AED Per person (Based on a group of 10 -20 People)**

**Registration/Information/Payment**

- **Contact +971-52-88-44-346**