



# DISCOVERY GUIDE





## WELCOME

Admire the vast canyon from the infinity pool's edge, or the viewpoint where Diana, Princess of Wales once stood. Learn to cook Omani specialties with an expert local chef. Heat up your yoga practice in our hammam. Venture out to find a treasure trove of cultural gems. The country's rich history can be relived with trips to ancient forts and historic attractions in Oman.

## ABOUT THE MOUNTAIN

The spectacular peaks of Al Jabal Al Akhdar were up-folded following a tumultuous collision of the Arabian and Eurasian tectonic plates in the late Cretaceous Period perhaps eighty million years ago. As a result of that cataclysmic upheaval, massive sections of ocean mantle and continental crust were thrust high above the land, creating what is known today as the Al Hajar Mountain range.

As the long Al Hajar Mountain chain winds its way along the spine of Oman, ancient sedimentary layers of many colours contrast with dark igneous rock in a magnificent array of colour and form. One mountain stands out because of its distinctive colour – and this is Al Jabal Al Akhdar, the 'Green Mountain'.







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Spectacularly secluded in the Al Hajar mountain range, Anantara Al Jabal Akhdar Resort beckons the inquisitive traveller with an array of inspirational mountain experiences on the resort, immersing you into the unique mountainside culture.

## DINING BY DESIGN

At one of the world's highest resorts, Anantara's signature Dining by Design journey peaks on an incomparable canyon stage.

Let us tailor the ultimate experience from a choice of connoisseur menus, or craft an entirely new one with your personal chef. Indulge in your dream location, with flawless service.

Relish a decadent breakfast. Savour the finest local and world flavours for lunch or dinner. Relish privacy in your room, villa or a special location overlooking the canyon. Dine in our magnificent Royal Mountain Villa, or the canyon-edge platform 'Diana's Point' - once graced by Diana, Princess of Wales and HRH Prince Charles, at sunset or under the stars.

DINING BY

*Design*







## SPICE SPOONS

Step behind the scenes of local gastronomy culture, or discover Anantara's flavourful roots in Thailand. Richly interactive, the experience begins with a private tour of our chef's garden – introducing you to indigenous ingredients, their health properties and significance in local life. Don your apron for a step by step cooking class - picking up secret tips from an expert chef as you learn how to balance and craft authentic recipes from Thai or Omani cuisine. Savour your labours of love for lunch. Take home new skills to impress friends and family back home.

**spicespoons**  
A CULINARY JOURNEY

## CINEMA UNDER THE STARS

Experience an epic evening under the stars. Watch a film on a giant screen, right beside the canyon. Enjoy refreshments, gourmet popcorn and a specialty dining menu.

## THE ULTIMATE CINEMA UNDER THE STARS

Make it the ultimate night out, choosing flame grilled dishes from a sumptuous BBQ menu, as the stars play out all around you.





## STARGAZING

Perched 2,000 metres above sea level and with no light pollution, Anantara Al Jabal Al Akhdar Resort is a stargazing paradise. Learn about constellations with advanced galaxy information. Fun discovery and education offers a playful quest for youngers.

**Level of Difficulty:** Beginner

**Duration:** 30 minutes

## ARCHERY

Try your hand at one of the world's oldest and most noble sports. Train your eye, fine tune your aim and strengthen your upper body as you master the ancient art of archery. Static targets are set at different shooting ranges, to cater for all abilities and provide an increasing challenge.

**Level of Difficulty:** Beginner

**Duration:** 60-minutes

Archery sessions are limited to six guests per range. Suitable for adults and children aged 8 years and above.



## BICYCLE

Map out exciting mountain adventures. Rent bicycles, with the option of a Bike Buddy to accompany you.

## TENNIS

Improve your backhand at high altitude. Stay on top of your game. Enjoy the convenience of all equipment provided, and floodlights for night time play.



## JABAL ACTIVITY WALL

Tackle the Hajar mountain range with a variety of gradual and intermediate climbing routes. Choose your ascent - by foot, using ropes and harnesses, or trying the Via Ferrata steel cable which runs along the mountainside. Under the guidance of qualified mountain instructors, the Via Ferrata provides 20-metre-long steep and exciting climbs, and also allows the more adventurous to abseil down sheer drop-offs for an eagle's eye view.

**Level of Difficulty:** Beginner to intermediate

**Duration:** Approximately 2 hours



## THE ULTIMATE JABAL ACTIVITY WALL

We bring you an activity that is not for the fainthearted as the new climbing route is one of the highest in the Middle East, providing intrepid travellers with a brand new way to experience Oman's Green Mountain and its expanse of craggy cliffs and limestone rock formations.

The adventure begins, use your hands and a series of strategically placed metal steps to trace your way along the vertical rock face, before navigating jagged rock formations, ladders and vertical stairs. Below, a vast canyon plunges to 1,000 metres at its deepest point, providing you with a front row seat to as you soak in the peaceful silence. Towards the end of the hour-long climb, two zip lines suspended high above the canyon allow you to fly through the air for the ultimate adrenaline rush.

**Level of Difficulty:** Intermediate to advanced  
**Duration:** Approximately 90 minutes





## SUNRISE YOGA

Welcome the day and awaken your senses, feel the solitude of the canyon at your feet, mountain fresh air and morning views of the horizon on the rim of the canyon. Keep your mind at peace and energize your body with our mountain yoga by Diana's Point to keep your chakra's in line. Enjoy the soothing sound of running water and views of the rising sun upon the grand canyon.



## BIKRAM YOGA

Head to the Spa and enjoy 'Bikram Yoga' in the hammam where you can let your body detox naturally with 40% humidity and traditional hatha yoga techniques.

**Level of Difficulty:** All levels  
**Duration:** Approximately 1 hour

## LUXURY MOUNTAIN PICNICS

Head out into the mountains for a sumptuous, scenic retreat. Relax on traditional Arabic seating laid out on a plateau that is surrounded by Juniper trees and indigenous plants. Listen to the chirping bird chorus. Admire breathtaking cliff-side serenity. Savour the moment with a delicious picnic hamper.

**Level of Difficulty:** Beginner to intermediate  
**Duration:** Approximately 2 hours





## LANDSCAPE AND OUTDOOR PHOTOGRAPHY FOR BEGINNERS

Landscape photography shows spaces within the world, sometimes vast and unending, but other times microscopic. Landscape photographs typically capture the presence of nature but can also focus on man-made features or disturbances of landscapes. A qualified photography guide will teach you the basics on how a digital single-lens reflex camera (also called a digital SLR or DSLR) works. Receive a “cheat sheet” on the rough settings for popular outdoor subjects to use as a starting point.

**Level of Difficulty:** Beginner  
**Duration:** Approximately 1 - 2 hours  
 Available Thursdays and Fridays

## ASTRO PHOTOGRAPHY LESSONS

Our resort’s remote wilderness setting, far from any city lights, is ideal for astro photography. Marvel at wondrous nights that are studded with countless stars and clear constellations. Enjoy learning how to frame and capture the galaxy above with our qualified photography guide.

**Level of Difficulty:** Beginner  
**Duration:** Approximately 1 - 2 hours  
 Available Thursdays and Fridays

## PAINTING LESSON

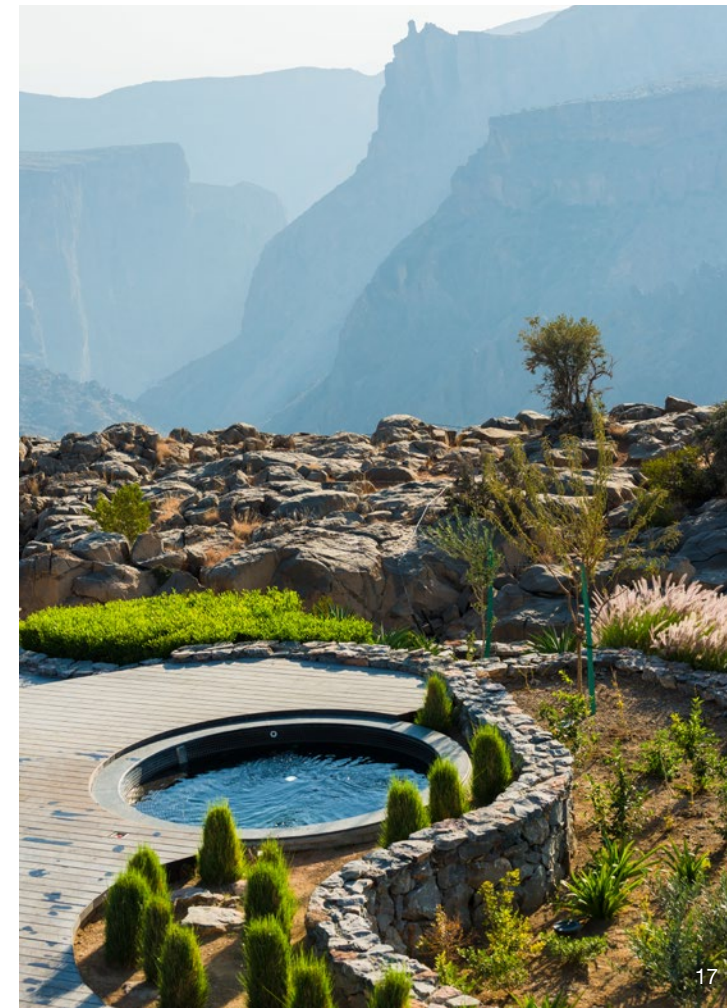
Use the awe-inspiring Hajar Mountains as your dramatic muse. Brush up your acrylic painting skills in a lesson with our painting guide. Pick up technical tips. Learn creative colour combinations, how to dilute with water for special effects, and how to use different brush types to create a memorable masterpiece.

**Level of Difficulty:** Beginner  
**Duration:** Approximately 1 - 2 hours  
 Available Thursdays and Fridays

## NIGHT LANDSCAPE PAINTING

Recreate Al Jabal Al Akhdar’s mesmerising night topography in brush strokes. Learn how to use a variety of acrylic paint techniques to create a dramatic water colour. Follow the professional tips of a qualified painting guide in a step-by step progression to a masterpiece.

**Level of Difficulty:** Beginner  
**Duration:** Approximately 2 hours  
 Available Thursdays and Fridays







Having grown up in the nearby villages, our Mountain Gurus have an unsurpassed knowledge of the area, giving guests an authentic taste of local life and putting travellers in touch with the surrounding culture, history and landscape.



Spectacularly secluded in the Al Hajar mountain range, Anantara Al Jabal Akhdar Resort beckons the inquisitive traveller with an array of inspirational mountain journeys, immersing you into the unique mountainside culture, history and adventure. Join us as we invite you to climb to cooler climes.



## SIGNATURE HIKES

### WADI OF WATERFALLS

This guided hiking trail begins with a view of Hail Yemen village, a 10-minute drive from the resort. The trail passes military bunkers dating back to 1956 during the war between Oman and Britain. As you make your way to the waterfall you will find fossils, wild donkeys, goats and a variety of indigenous plants. This wadi has flowing water most of the year, with several waterfalls leading you to a natural pool. Enjoy a refreshing swim and the rejuvenating sound of birds and flowing water. The perfect location for a picnic. Your guide will prepare cardamom Omani coffee with delicious local dates. As you hike up the mountain you will pass by “nature’s window”, a spectacular natural rock formation, and a 360-degree boulder terrace, a perfect spot for photo memories.

**Level of Difficulty:** Advanced

**Duration:** Approximately 3 - 4 hours

Please note that this hike is seasonal and depends on the yearly rain levels.



### WADI AL BAWAARID

Wadi Al Bawaarid means ‘cold water’ in Arabic. A 20-minute drive from the resort to Saiq village. Hike along a natural fossil staircase as you descend into a spectacular valley of natural caves, steep mountain slopes and rock formations. Hike along the wadi river bed to discover seasonal natural pools with frogs, small fish, dragonflies and swallows playfully gliding in the breeze. Your guide will bring you to abandoned houses which are 100 years old and post-war soldier grave sites. A majestic cave offers cool shade next to seasonal natural pools. Picturesque mountain views are the ideal location for a day picnic.

**Level of Difficulty:** Intermediate to advanced

**Duration:** Approximately 2 - 3 hours



## CULTURAL WALKS

### ROSE WATER OF AL JABAL AL AKHDAR

Time your visit to Al Jabal Al Akhdar to experience an exquisite seasonal wonder. Travel by private chauffeur driven 4x4 to farmland in tiered valleys, in ccompany of an expert Mountain Guru. Meet the village elder, Abdullah, who has the oldest hand in traditional rose water making. Admire the extraordinary sight of his endless rose garden - where Damask roses bloom from March until mid-May. Follow Abdullah into his distillery to see the tarnished silver bowls and fire clay oven that are used to make rose water, the age-old traditional way. As this legendary elder explains the ancestral techniques in Arabic, your Mountain Guru translates the story for you, and invites you to ask him everything you wish to know about this famous Al Jabal Al Akhdar tradition. Discover how Abdullah's family rose water recipe is recognised by the Oman Heritage foundation. Learn about its many healing properties for the skin, hair and digestion. Anantara guests can also take home a fragrant reminder, with the famous 'Rose Potion' available for sale.

**Level of Difficulty:** Beginner  
**Duration:** Approximately 2 hours  
Seasonal - March to May



### THREE VILLAGE TOUR

Guided by an Omani Mountain Guru, discover the history and culture of 3 iconic villages: Al Aqr, Al Ayn and Ash Shirayjah. These villages still use an ancient irrigation system called 'falaj' to maintain the cliff hanging terrace farms. Harvesting Damask roses, pomegranates, walnuts, pears, grapes, garlic and onions. Pass a medicinal distillery, majlas, mosques, abandoned and inhabited homes, narrow alleys and old wooden doors. Your guide will enrich you with historical information for each village with interesting details of the local people and culture.

**Level of Difficulty:** Beginner to intermediate  
**Duration:** Approximately 2 hours

### HISTORY OF OLD AND NEW WADI BANI HABIB VILLAGE

Starting from the new modern village, walk down to the old abandoned homes via a short meandering stone staircase leading to the base of the wadi. The old village was abandoned over 40 years ago due to challenges in bringing supplies, however this wadi has seasonal water allowing the local people to continue using and maintaining the hidden crops via the 'falaj' irrigation system.

**Level of Difficulty:** Beginner to intermediate  
**Duration:** Approximately 90 minutes - 2 hours





## DRIVING TOURS AND EXCURSIONS

### SUNDOWN JOURNEY

As dusk settles at Al Baha courtyard, enjoy the enchanting sounds of Omani drums and song, as we light the fire bowls. Set out on a 30-minute drive up steep roads, passing the gardens of His Majesty Sultan Qaboos. Travel off-road to see a 1,000-year-old tree and wild donkeys to reach Jabal Al Sharaf. Rising 3,300 metres above sea level, sunset over the Al Hajar Mountains is unforgettable, and a night drive back to the resort is a twinkling sight.

**Level of Difficulty:** Beginner  
**Duration:** Approximately 2 hours

### SUNRISE SKYBUCKS

Rise at dawn for an energising high. Drive up to a towering mountaintop in time to watch the first sun rays kiss the peaks. Wake up with freshly brewed Omani coffee. Gaze over a 360° panorama of Izki and Al Jabal Al Akhdar villages in the valley deep below.

**Level of Difficulty:** Beginner  
**Duration:** Approximately 2 hours

### JABAL DRIVE

Tailor make your own driving experience and pick up three destinations of your choosing within Al Jabal Al Akhdar.

**Level of Difficulty:** Beginner  
**Duration:** Approximately 2 hours  
Recommended activity for families with young children.

### CANYON DRIVE

Drive down the grand canyon in this thrilling offroad experience and enjoy some of the most captivating vistas in the mountain.

**Level of Difficulty:** Intermediate  
**Duration:** Approximately 2 hours

### NIZWA TOUR

Weave through the stories of Oman's ancient treasures. Explore one of the most famous forts in Nizwa, and a souq that surprises at every turn. Marvel at Jabreen castle's ceiling paintings, wood carvings and secret chambers. Stepping further back in time, the UNESCO Heritage Bahla Fort is the oldest in Oman. While an escape into age-old village culture, with its lush oasis and date plantations, reveals the ancestry of remote mountain life.

**Level of Difficulty:** Beginner to intermediate  
**Duration:** Approximately 6 hours

#### Nizwa tour

- Nizwa Souq
- Nizwa Fort
- Al Hoota Cave (The cave is closed on Mondays)

#### Nizwa and Bahla forts

- Nizwa Souq
- Nizwa Fort
- Jabreen Castle
- Bahla





## OMAN'S GRAND CANYON

A scenic hour's ascending drive, Jabal Shams is the highest point in the Hajar Mountain range, peaking at 3,900 metres above sea level. Here, the spectacular 90 degree canyon drop is a staggering one kilometre long. Browse handicrafts en route to the terrace farming village Wadi Ghul. Drive off-road through the canyon to visit traditional carpet weaver workshops at Wadi Nakher. Relive 1,600 years of history at the pretty mountain village Misfah.

**Level of Difficulty:** Beginner to intermediate  
**Duration:** Approximately 7 hours



## WAHIBA WILDERNESS

Escape on a three and a half hour 4x4 trip to the Wahiba desert, where a vast sea of red and white sand stretches endlessly. 200 metre high towers tempt thrill seekers to go dune bashing. The ever-changing patterns are a photographer's delight, and the arid beauty surprisingly flourishes with flora and fauna.

Encounter tribal heritage in a Bedouin house, where cardamom coffee and dates are served. Then from wilderness to the lush village of Wadi Bani Khalid, travellers are greeted by date palms embedded in the wadi, and deep natural pools for swimming and a picnic afterwards. Swimming permitted at Wadi Bani Khalid, ladies to remain covered while swimming.

**Level of Difficulty:** Beginner to intermediate  
**Duration:** Approximately 8 hours





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