

**DNHG Field trip to Wadi Bih**  
**Friday, April 10, 2015**

Before the weather gets too hot we will go for a day walk in one of the many RAK wadis. This will be a full day trip. We will meet in RAK at 10 am and will return after 7 pm.

The wadi that we will visit is a flat, wide-sidde wadi on the way to Jebel Jais and just before the Wadi Bih border post. We will park by an old cemetery and then walk along the wadi towards its upper part. On the way we will see an old cemetery and some individual graves, ruins of a couple of old villages and terrace fields that are slowly disappearing through erosion. This wadi gets amazingly green with plants blossoming after the winter rains and we might be lucky to see this.

The wadi is mostly flat and, except few dry streams that we will cross on the way, the walk should be relatively easy. Please consider, however, that there is no established path in the wadi and that we will scramble over the usual rocks and shrubs; good footwear is therefore essential. No flip flops!

Please note that the walk is NOT shaded and it already gets hot during the day. Please bring hats and plenty of water and drinks, at least 3 litres per person.

**Please apply only if you are able to cope with the daytime heat, uneven terrain and walk for 4-5 hrs (with breaks).**

What to bring:

- Comfortable walking shoes with good grip (no flip flops or sandals!)
- Hat, sunglasses and sun cream
- **Plenty of water – at least 3 litres of water/isotonic drinks per person**
- Snacks and packed lunch for a picnic in the wadi
- Reference books for plant identification

**The group is limited to a maximum of 20 people or 5 cars.**

**\*\*Last person to arrive gets to write trip notes for the Gazelle\*\***

**If interested, please contact Sonja:** [lavson@gmail.com](mailto:lavson@gmail.com)

**Please note that I will be out of the country and I will only be able to reply to your emails after April 5.**