

DNHG HIKE, Friday 9th March 2018

Jebel Jais – the HARD way

[Please READ the following. It will answer most questions.]

Angela Manthorpe will lead a full-day and **very strenuous** hike up a marked trail above the Wadi Ghalilah dam in Ras Al Khaimah. Should we make the top we will be rewarded with magnificent views on the one side and on the other, a view of the Jebel Jais road.

The joy of such a walk is the personal challenge and an opportunity to discover interesting plants, insects and other life along the way. There is a village with extensive fields and cistern after about 1.5 – 2 hours and, at the top, another village undergoing new development. We will take lunch at the top (approx 4-4.5 hours ascent), before beginning our descent.

An account of this walk appeared in Gazelle in March 2017. Here is an extract from that article:

“...be warned that this is an extremely challenging hike. The trail is very steep right from the start, the ascent fairly unrelenting and the signage a bit thin in the mid-section which makes it easy to take the wrong route. In only 8.5km we ascended 1300m and although we came back the same way (2.5hrs) a slightly less strenuous option would be to park a car at the very top of the Jebel Jais road, where the trail ends, and descend that way”.

Note that we will not be parking cars at the top.

From the description it should be clear that this hike is not suitable for beginners nor for children. If you haven't hiked with me before, please provide a short description of your experience and in particular, the last time you tackled a 6 – 8 hour uphill hike in the UAE.

- When/Where to meet?

Depart independently from Dubai at approx **5.30am** (drive will take c. 2 – 2.5 hours) depending on your familiarity with the route.

Meet in the car park at Ghalilah dam at 7.45 – 8.00am. We will depart at **8.00am.**

Exact location details will be forwarded on sign-up.

- What to bring:

Hiking boots, preferably with ankle support

Walking poles – this is steeply up, steeply down

Water/isotonic drinks (4-5 litres recommended for the day)

Lunch

Hat or other sun protection (inc. sun tan lotion)

Windbreaker & woolly hat (in case of cool weather or breeze on top)

Equipment: camera, binoculars

Rucksac to carry the above

- 4WD required? No. Saloon cars can make it to the car park.

- I will probably camp in the wadi on Friday evening. Otherwise, estimated time of return to Dubai: c.6:00-6:30pm

- Limit: **10 people maximum**

If interested, please contact Angela at manthorpe2005@yahoo.co.uk