

The Heart Spring Trek



Description

The Heart Spring trek takes place just south of Jebel Yibir in the emirate of Fujairah, close to the town of Tawyeen. The hike starts and finishes from Ain Al Sheria Parking (google maps) where there is a small car park and UAE flag next to a farm in the wadi.

This hike is medium / hard in difficulty. There are some steep uphill sections which are exposed to the sun for the majority of the day. Many stops will be needed on the ascent to the top ridgeline but the view is worth it. Called the Heart Spring trek due to the springs that feed the farms at the bottom of the wadis being shaped like a heart. As you ascend to the above ridgeline you pass through some geological marvels where the exposed rock layers are various colours of green and purple. After a snack from your bag at the top, the walk down passes above small ruins and then next to a rock displaying several Petroglyphs. The final descent now awaits, leading you back to one of the main farms in the area and the shade of the shelter in the car park.

Duration

4-5 hours depending on the individual fitness levels of the group. Participants can reasonably expect their adventure completed and back to the cars within 5 hours.

Expectations

This is a relatively challenging trek, with loose rocks under foot and some steep and hot sections, only competent walkers looking to push themselves should attempt this. Both the up and - downhill sections are tough on your legs, and nice rest stops are few and far between.

Our guides all hold a minimum of Level 3 Outdoor First aid Certificate, and will have full communication with our base camp should any additional assistance be required.

The minimum age for this adventure is 8, but all participants should be able to hike confidently over steep and rough terrain unaided for at least 4 hours.

Equipment

Provided by Absolute Adventure

Guide, group first aid kit

Personal; required from each participant

Closed toe footwear, sunglasses, sunscreen, hat, comfortable hiking apparel (shorts and t-shirt are best, backpack, water bottles with a minimum of 2L water and any snacks wanted.

Route

