

DAY 1

Arrival · Settling into the Mountain

Thursday, 11 June

12:15 pm	• Arrival at Abha Regional Airport · Transfer to hotel
1:00 – 2:00 pm	• Hotel check-in and rest
2:00 – 3:00 pm	• Haneedh lunch — slow-cooked mountain tradition
3:00 – 5:00 pm	• Tamniya village — mud homes, ragaf stone architecture, local crafts and bread
5:00 – 6:30 pm	• Cave of Alya — striking rock art of the ancient Arabian goddess
6:30 – 8:30 pm	• Fatima Gallery — Asiri Women's Arts & Crafts · Introduction to Al Qatt Art
8:30 – 9:30 pm	• Light dinner
9:30 pm	• Return to hotel



DAY 2**The Wheat Harvest · Mountain Soul**

Friday, 12 June

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| 8:00 am | • Breakfast at hotel |
| 9:00 am – 12:00 pm | • Drive toward Al Soudah & Participate in Wheat Harvest — 3,000 meters above sea level · Scenic stops |
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Wheat Harvest & The Art of Sawiga

You step into the wheat fields when the ears are heavy and the mountain air is cool. You learn to pull and gather the stalks the way Asir's mountain communities have done for generations — with bare hands, on terraced stone fields carved into the hillside.

Then comes Sawiga — a traditional southern Arabian preparation made from roasted barley and grains, sometimes blended with ghee or date molasses. The traveler's sustenance. Tasting it here, surrounded by the terraces where it was born, is something no restaurant can replicate.

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| 12:00 – 2:00 pm | • Visit the highest village in the Arabian Peninsula: Watan Emsoudah |
| 2:00 – 4:00 pm | • Home-cooked lunch at a local family in Al Souda. Drive down to lower altitudes (see baboons, see the vegetation and weather change) |
| 4:00 – 5:00 pm | • Head to Rojal village in Rijal Alma — old stone homes, Qatt tools and traditional artefacts |
| 5:00 – 6:00 pm | • Meet Shepherds who play the flute in traditional flower crowns and enjoy stunning views of the village. <i>An unforgettable human encounter</i> |
| 8:00 – 9:30 pm | • Dinner with Tamashee friends — local Asir connections |
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DAY 3

The Flower Men · The Living Market

Saturday, 13 June · Option 2 Only

8:30 am	• Drive to east to Jahama village · Bilad Qahtan
10:00 am – 12:00 pm	• Oldest mud homes in the region · Abandoned village · Acacia and Thorny Talh trees
12:30 – 2:00 pm	• Traditional local lunch
2:30 – 5:00 pm	• Meet the Flower Men — folklore performance <i>An encounter you will find nowhere else on earth</i>
6:00 – 8:30 pm	• Abha Heritage Souq · Al Meftaha district · Meet local artists
8:30 – 10:00 pm	• Dinner with a view

