

Alila | JABAL AKHDAR
OMAN
ألبلا الجبل الأخضر عمان

Seasons of Jabal Akhdar

HARVEST, HERITAGE & HIGH-ALTITUDE LIVING



Living by the Seasons of Jabal Akhdar

A REFLECTION FROM OUR GENERAL MANAGER

There is a different sense of time in Jabal Akhdar. At 2,000 metres above sea level, seasons arrive as quiet transitions — the mountain does not hurry; it simply unfolds.

When we first imagined Alila Jabal Akhdar, sustainability was never a program, but a responsibility. With patience, we planted roses, olives, figs, and pomegranates, built a hydroponic farm at altitude, and cultivated gardens alongside local farmers whose knowledge has shaped this land for generations. Today, we are beginning to see the fruits of those early intentions.

What you experience here — rose at dawn, honey in July, pomegranate in September — is not staged, but seasonal life at altitude. It reflects years of tending, learning, and listening.

At Alila, luxury is defined by presence — understanding where you are, tasting what grows here, and slowing down long enough to notice. This is our mountain, and we are proud to share its seasons with you.

SCAN & DISCOVER
MORE



Puneet Singh
General Manager





The Mountain Keeps Time

At 2,000 metres above sea level, the seasons do not rush — they unfold.

Spring arrives softly, terraces blooming in rose and green. By early summer, figs warm on the branch and honey thickens in quiet hives. September deepens into pomegranate red.

At sunrise, the garden is cool beneath bare feet. A farmer tends his vine — unhurried, unperformed, simply continuing a way of life that endures. In the hydroponic farm, lettuce grows in clear, nutrient-rich water; strawberries and tomatoes ripen beneath mountain light. Everything here is deliberate, shaped by sun and silence.

Guests are invited to take part — to gather mulberries, press rose petals between their fingers, learn the rhythm of the hive. What is harvested in the morning appears by evening in the kitchen, refined yet rooted. In the spa, rose and honey return to the body in rituals as old as the terraces themselves.

And for a moment, you are invited to keep time with the mountain — to pause, and rediscover simplicity as the truest form of luxury.

DAMASK ROSE

ROSA DAMASCENA

📅 *First Two Weeks of April
Harvesting Days: *3, 10, and 17 April 2026

Before the sun warms the terraces, the roses are already awake. At dawn, the Damask rose is gathered by hand, each petal still holding the night's dew. The harvest window is brief, lasting only a few weeks each spring, which is precisely what makes it precious. The best roses are picked early, when moisture preserves their fragrance and the oil within is at its most potent. Petals are carried to distillation units, where clay pots from Bahla are used in a slow steam process — vapor rising, condensing, separating oil from water. It is said that nearly 10,000 roses are needed to produce just five milliliters of pure essence.

Guests are invited to walk among the blush-pink blooms at first light, witness traditional distillation, and experience rose-infused breakfasts, handcrafted rose water, and spa rituals enriched with its essence.

💡 **Did you know?** Damask rose oil is prized in perfumery, skincare, and aromatherapy — celebrated not only for its fragrance, but for its mood-enhancing and stress-relieving properties.

For a fleeting moment each April, the mountain exhales in rose. And those who rise early enough are part of something timeless.



*Harvest is subject to weather conditions and will be confirmed closer to the season.
The curated Harvest Experience is complimentary for in-house guests.
Dining, spa and leisure experiences are subject to additional charge.





MULBERRY

MORUS ALBA L.

 March
Single harvest

Mulberry season in March brings a quiet abundance to the mountain, as branches grow heavy with sun-ripened berries — deep in colour, delicate in sweetness, and fleeting in their arrival. Gathered fresh from the trees at peak ripeness, these small jewels of the highlands are woven into simple, seasonal expressions that celebrate the land's generosity and the rhythm of the changing season.

During mulberry season, guests can enjoy gentle berry-picking walks through the orchards alongside a variety of mulberry-inspired culinary delights. From freshly baked pastries and house-made jams to seasonal desserts, afternoon tea infusions, and refreshing mountain beverages, each offering celebrates the flavour of the harvest.



Did you know mulberries come in different colors like red, white, and black? Each type has its own unique flavor and health perks. Mulberry trees have been around for centuries, playing a crucial role in the silk industry. Silkworms feast on mulberry leaves, making these trees essential for silk production.



In this season, the mountain reveals its sweetness in the most effortless way — a reminder that some of nature's finest offerings are found not in grandeur, but in the simple act of gathering and sharing.

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PLUM

PRUNUS DOMESTICA

📅 End of May
Single harvest

Plum season arrives at the end of May with a gentle sweetness, as orchard trees begin to yield sun-kissed fruit that captures the freshness and quiet abundance of the mountain. Shades of deep violet and soft amber appear among the leaves, each plum ripening slowly in the highland air before being gathered at its peak.

During plum season, guests may enjoy leisurely orchard walks and seasonal fruit tastings while discovering a variety of plum-inspired creations. From breakfast compotes and house-made preserves to delicate desserts and savoury dishes, each offering celebrates the mountain's late-spring harvest.

💡 **Did you know?** The plum is part of the rose, or rosaceae, family, like the peach and the apricot.

As May draws to a close, the mountain's character deepens — offering a flavour that is both vibrant and quietly refined, shaped by altitude, sunlight, and time.



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HONEY

APIS MELLIFERA JEMENITICA

 July
Single harvest

By July, the mountain hums. Omani mountain bees move deliberately across the highlands. Slightly smaller than their European counterparts and uniquely adapted to arid, mountainous terrain, these indigenous bees travel up to seven kilometers in search of nectar. From wild juniper blossoms and mountain herbs to olive groves warmed by altitude and sun, each flight gathers the character of Jabal Akhdar itself.

Within the resort's hives, nectar transforms slowly into amber liquid — layered, complex, faintly herbal. The result reflects the landscape: floral yet robust, delicate yet enduring.

Guests visiting during honey season are invited into this rhythm of quiet industry. Guided hive visits reveal the inner architecture of the colony. Freshly harvested honey is tasted alongside artisanal breads and local cheeses. Breakfast becomes brighter with honey-drizzled fruits and pastries, while seasonal desserts and signature beverages carry the mountain's sweetness. In the spa, raw honey enriches rituals known for their antibacterial, hydrating, and restorative properties.



Did you know? A single bee produces roughly one-twelfth of a teaspoon of honey in her lifetime. And yet, within each jar lies the labor of thousands — a collective devotion to bloom, altitude, and sun.

In July, the mountain offers something elemental: a sweetness born not of excess, but of harmony.



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FIG

FICUS CARICA L.

 July to October
Multiple harvest

As summer deepens, fig trees bend under the weight of soft, honeyed fruit. In Jabal Akhdar, figs ripen slowly, developing a sweetness that is both earthy and luminous. Their skin gives way easily, revealing flesh the colour of dusk.

Figs have long been cultivated across Oman's mountain villages, valued not only for their nourishment but for their resilience. The tree thrives in rocky soil, requiring little yet offering abundance in return.



Did you know? Figs are among the oldest cultivated fruits in human history, and in traditional Middle Eastern diets they are prized for their natural sugars, fibre, and mineral content — providing sustained energy in warm climates.

At Alila Jabal Akhdar, fig season invites orchard walks, fresh tastings straight from the branch, artisanal preserves prepared in small batches, and savoury pairings with local cheeses and mountain honey. The fruit also appears in salads, desserts, and seasonal infusions that reflect the richness of late summer.

Through July into early autumn, the mountain softens. The air carries warmth, the evenings stretch longer, and the figs offer a sweetness that feels both ancient and fleeting — a reminder that nature rewards patience.



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OLIVE

OLEA EUROPAEA L.

 July - August
Multiple harvest

By mid-summer, the silvery groves of Jabal Akhdar shimmer under the sun. Olive trees have taken root in Oman's mountain terraces for generations, thriving in the dry climate and cool elevation. Their leaves flicker in the wind, revealing fruit that ripens slowly, patiently, absorbing the character of stone, altitude, and time.

Unlike Mediterranean coastal oils, mountain olives develop a distinct personality — grassy, lightly peppered, sometimes faintly almond-like.



Did you know? Olive trees can live for hundreds of years — some producing fruit for centuries — making them quiet witnesses to history. In Oman, olive cultivation has expanded significantly in recent decades, particularly in Jabal Akhdar, where the climate mirrors Mediterranean growing conditions.

At Alila Jabal Akhdar, olive season unfolds through grove walks, fresh oil tastings, bread-dipping rituals with mountain herbs, and culinary demonstrations honoring traditional pressing methods. The oil appears in seasonal dishes, wellness blends, and simple plates where purity matters most.

In these weeks of harvest, the mountain offers something elemental — a flavour shaped by endurance.

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POMEGRANATE

PUNICA GRANATUM L.

 September
Multiple harvest

By September, the mountain turns crimson; the pomegranates swell beneath the late-summer sun — jewel-like, heavy in the hand, their skins blushed deep red. Long regarded as a symbol of abundance in Oman, the pomegranate is more than fruit here; it is heritage, hospitality, and quiet vitality.

This “miracle fruit” has nourished Omani households for generations. Its ruby seeds — bright, delicately tart, and intensely juicy — carry a complex sweetness.

 **Did you know?** Pomegranates are exceptionally rich in antioxidants, with an antioxidant capacity said to surpass that of red wine or green tea. Just one serving provides nearly 40% of the daily requirement of vitamin C. In Omani tradition, the fruit, juice, and even peel have long been used in remedies believed to support digestion, immunity, and skin health. The trees can live for over 200 years, producing fruit for many decades!

At Alila Jabal Akhdar, pomegranate season unfolds through orchard walks, hand-pressed juices, homemade jams, vibrant seasonal dishes, and wellness rituals inspired by its restorative qualities.

As summer softens into autumn, the mountain offers its most vivid expression: bold in colour, generous in spirit, and deeply rooted in time.



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MOUNTAIN TO TABLE

 All Year

Step into the hydroponic farm and you will find rows of emerald lettuce, strawberries blushing in mountain air, tomatoes ripening slowly under filtered light. Spanning 646 square meters, this soil-free system nourishes bell peppers, zucchini, cucumbers, leafy greens, and herbs through nutrient-rich water — conserving resources while amplifying flavor.

Beyond it, in the open soil of the mountain, our organic garden grows with a different pulse. Mint releases its fragrance at a touch. Basil and coriander thrive in mineral-rich earth. Garlic, pumpkin, beetroot, and fennel emerge quietly from the ground. At Alila, the mountain feeds the table — and the table honors the mountain.

Guests can book a hydroponics farm harvest experience for breakfast, lunch, or dinner, with the chef curating a personalized menu using freshly harvested ingredients. Perfect for group activities.



Harvest is subject to weather conditions and will be confirmed closer to the season. Available upon request, with dining charges applied—please reach out to our team to make a reservation.



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