



## CROSSING OMAN FROM NORTH TO SOUTH

An easy but adventurous tour to cross Oman from north to south : from the lush green Wadis to Empty Quarter's giant dunes, from Eastern Hajar's arid mountains to the ones of Dhofar blessed with monsoon rains, and more than 1000km wild coast!

**Level 2** Quite easy tours with easy hikes (no more than 4 hours walking and 300m height difference). These tours might include swimming but no aquatic hike nor canyoning.

**Length** 17 Day


**Doable in** JANUARY - FEBRUARY - MARCH - NOVEMBER - DECEMBER

 7 Nights in accomodations (hotel, guesthouse, lodge, etc...)  
 10 Nights wild camping (with tents, thick mattress, mats, dishes, cooking gear), comfortable (but with no toilets) with the assistance of vehicules

GUESTS	PRICES PER PERSON	
3	1550 OMR	4057 USD
4	1320 OMR	3455 USD
5	1350 OMR	3534 USD
6	1200 OMR	3141 USD
7	1180 OMR	3089 USD
8	1150 OMR	3010 USD



**DAY 1***- Lunch - Dinner*

 Transfer to a wadi (1 hour 30 - 120 Km)

✓ **Walk and swim in a wadi (4 hours )**

We start with a refreshing swim in the vast pool down the village where we park. We then walk up the wadi around large boulders and across water pools until the canyons narrows to form very long pools. We swim there and go back the same way.

Warning : in some places, you might have to step in the water ; you shoes and pants might get wet...

- **Level 2\***

- **Walking time : 2 to 3 hours**




**Camping at the foot of the mountains**

We set up our camp on a flat area at the foot of beautiful mountains, with a panoramic view

**Individual camping tent**



**DAY 2***Breakfast - Lunch - Dinner*

 Transfer to Tiwi (0 hour 30 - 60 Km)

✓ **Hike through gardens and water pools (6 hours )**

A wonderful valley, with a river and water pools, a huge palm grove stretching along it on terraces, villages, and scenic mountain slopes. We spend there the whole day alternating walking and swim stop(s) : several itineraries are possible for a nice full day walking not too difficult

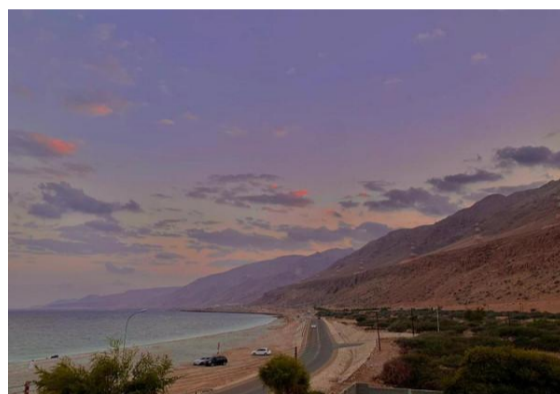
- **Level 2\***
- **Walking time : 2 to 4 hours**
- **Height difference : +100m/-100m**

 **Hotel facing the sea**

A nice small hotel very well located, just before the village of Tiwi, in front of the sea, and at the entrance of Wadi Tiwi. The hotel has a swimming pool and a garden.

**Standard Room**

*Modern and comfortable room with private bathroom.  
breakfast at the hotel*



**DAY 3***Breakfast - Lunch - Dinner*✓ **Walk and swim in Wadi Shab (3 hours )**

We start from the sea and start hiking in the wadi. After 45 minutes or 1 hour walk in this beautiful wadi we'll go to the water : we swim from pool to pool to reach a waterfall flowing in a cave. We come back the same way. The valley, the walk, and the swim are very beautiful, but the place is now very touristic and often crowded.

- **Level 1\***

- **Walking time : 1 to 2 hours**

🚌 Transfer to Sur (0 hour 45 - 80 Km)

✓ **Visit of the city of Sur (2 hours )**

Sur is a big city living quietly. It is built on the seashore and extends along a wonderful lagune. It was famous in the past for the naval construction. This traditional industry is declining but there is still one factory which produces wonderful traditional arabic dhows. We stop to visit it. We then walk up to a watch tower from which we have the best view over the city.

🏨 **Hotel in Sur**

A good hotel with modern and comfortable rooms, located just outside the city on the lagoon

**Standard Room**

*breakfast at the hotel*



**DAY 4***Breakfast - Lunch - Dinner*


 Transfer to a wadi (2 hours - 150 Km)

✓ **Hike to waterfalls and swimming (3 hours )**

The lower part of this valley forms a narrow and wild canyon. We start from a lovely village in the valley and cross its palm garden to access the entrance of the canyon. We hike in the canyon between big boulders (the way is not very easy but doesn't last long) until we arrive to a splendid pool with waterfall. We have rest here and enjoy a swim. For those who like jumping, a very nice 10 meters jump is possible there... According to the rains and floods which change the river course, it can happen that we need to swim or hike in the water to reach the waterfalls

- Level 2\*

- Walking time : 1 to 2 hours

 Transfer to our campsite in the desert (1 hour 30 - 70 Km)

✓ **Sunset in the dunes (1 hour )**

We start a walk across the dunes in late afternoon. The heat isn't too strong anymore and the sunlight is the more beautiful. The setting sun always gives changing colour to the sand and the shades. This a great unforgettable time.

- Level 1\*



**Equiped camp in the desert**

A very nice camp which lays in the middle of the sand dunes, in a quiet and wild area.

**Arabic Tent with private bathroom**

Arabic tent nicely equiped as an hotel room : bed, carpets, table, chairs. Private bathroom..  
breakfast & dinner at the hotel



**DAY 5***Breakfast - Lunch - Dinner*

🚌 Transfer to the white desert, among rocks and sand (7 hours - 420 Km)

It's a wonderful crossing of the Wahiba sands. The track is often easy to follow but the wind brings sometimes sand that covers it. We head first to the south and then south-east. The northern part of this desert is made of almost parallel high dunes. The

✓ **Sunset between White desert and rocky hills (2 hours )**

We walk up a small plateau next to our camp. On the one side we perceive the white desert which we will cross the day after. On the other side, the sun sets on rocky hills.

- *Level 1\**

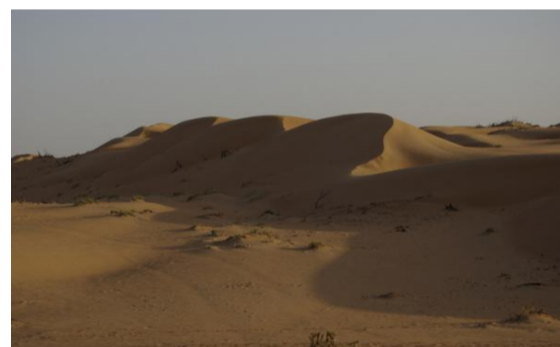
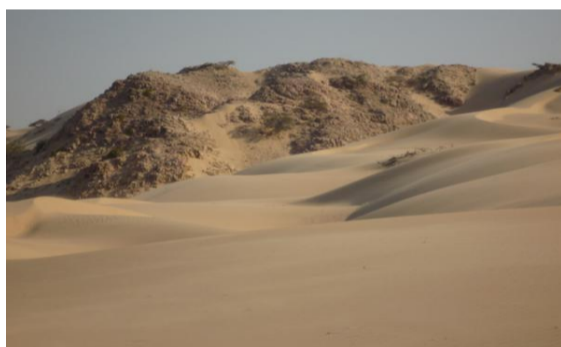
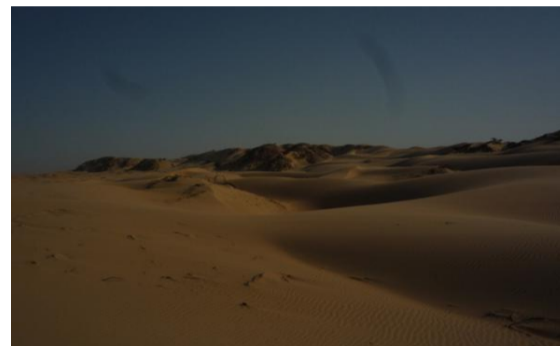
- *Walking time : 1 to 2 hours*




**Camping in the desert**

Varied landscape : sand dunes, rocky hills, and an accacia "forest"

***Individual camping tent***




**DAY 6***Breakfast - Lunch - Dinner*

 Transfer to a fishing village (1 hour - 60 Km)

✓ **Stop in a beduin coastal village (1 hour )**

This is a very picturesc fishing beduin village : feelings to be t the far end of the world where old 4WD cover with algae and shells tow small boats coming back from fishing.

 Transfer to the white desert, on the seaside (0 hour 20 - 20 Km)

At low tide, all the way can be done on the beach and we see thousands of birds.

✓ **Swimming in the Indian Ocean (2 hours )**

Hard to say if we are on the bech or in the desert, since the dunes arrive in the sea... Here endless beaches stretch along the Indian Ocean. The bath is just great!

✓ **Walk to see sunset in the white desert (2 hours )**

We walk a little to enjoy the sunset light on this surrealistic landscape.

- *Level 1\**

- *Walking time : 1 to 2 hours*



**Camping in the White desert, next to the sea**

Unusual landscape : on one side we have pure white dunes, whereas on the other side we have the Indian Ocean...

*Individual camping tent*



**DAY 7***Breakfast - Lunch - Dinner*

🚌 Transfer to a fishing village (3 hours 36 - 271 Km)

On low tide we drive all the way on the beach and we see hundreds of seabirds

✓ **Hike on a wild coast (4 hours )**

. We first walk down a wonderful bowl along white limestone cliffs. We then walk on the beach (we can here have a nice swim in the Indian Ocean).

- **Level 2\***

- **Walking time : 2 to 3 hours**

- **Height difference : +0m/-200m**



**Camping on the beach**

We set up our camp on this wild coast, on a sandy white beach, surrounded by black rocks et bordered by the Indian Ocean...

**Individual camping tent**





**DAY 8***Breakfast - Lunch - Dinner*✓ **Walk to the cape (2 hours )**

We start our walk on the beach. The rocks change quickly : we leave the white limestone and enter the ophiolites, the rocks of the oceanic crust that are only visible in such quantity in Oman. They take a black polish and are sharply eroded. Between these back hills, the white sandy beaches bring a wonderful contrast...

- **Level 2\***

- **Walking time : 1 to 2 hours**

- **Height difference : +50m/-50m**

🚌 Transfer to Shuwaymiyah (4 hours - 370 Km)

✓ **Short walk above Shuwaymiyah (1 hour )**

We have a walk on the cliffs overlooking the wide bay of Shuwaymiyah

- **Level 1\***

- **Walking time : 1 to 1 hours**



**Camping on the beach**

*Individual camping tent*



**DAY 9**

*Breakfast - Lunch - Dinner*

🚌 Transfer to Mirbat (4 hours - 200 Km)

This part of the coast is very wild. We stop several times en route to swim, explore some wadis, or have a look at strange rock formations. It also happens that we see dolphins from the road.

🏠🏠🏠 **Hotel Appartments**

A standard hotel in a great location, facing the sea and near to the port  
**Standard Apartment**



**DAY 10***Breakfast - Lunch - Dinner*✓ **Visit of Mirbat and Bin Ali Tomb (1 hour )**

As we arrive in Mirbat, we stop to have a look at the tomb of Muhamed Bin Ali Al Alawi, descendant of Ali, son-in-law of the prophet Muhamed. He came from Yemen and opened a madrasa in Mirbat in the 12th century. We'll then have a round in the nice village of Mirbat

🚌 Transfer to the heights of Jebel Samhan (0 hour 45 - 60 Km)

✓ **Walk Along the ridge of Jebel Samhan (4 hours )**

We have a pleasant walk along the ridge of Jebel Samhan overlooking Mirbat's plain and the ocean. The cliffs down us catch and block clouds during the monsoon : the coastal slopes are wooded while the plateau on the top is dry ; the contrast is syartling... This easy walk offers continuously stunning views and gives us the opportunity to discover a particular ecosystem, at the limit of the clouds...

- **Level 2\***

- **Walking time : 3 to 4 hours**

- **Height difference : +500m/-150m**

**Camping in the mountain**

We camp at an height of 1500m

**Individual camping tent**



**DAY 11***Breakfast - Lunch - Dinner*

 Transfer to Wadi Darbat (0 hour 30 - 30 Km)

✓ **Short hike in Wadi Darbat (3 hours )**

Wadi Darbat is one of the most famous wadis in Oman. During Khareef (between July and September, the monsoon time) it is one of the favourite places of Omani tourists who come here to enjoy the greenery and nice river. We'll hike up the valley.

- *Level 1\**

- *Walking time : 1 to 2 hours*

 Transfer to the archeological site of Khor Ruri / Sumhuram (0 hour 15 - 15 Km)

✓ **Visit of Khor Rori and Sumhuram ruins (1 hour 30)**

Khor Ruri Wadi Darbat's estuary. Seabirds are numerous there. Above the estuary are the ruins of Sumhuram, that was an important port during antiquity. It was located at the far east of the kingdom of Hadramaut, zone of production of frankincense, resin taken from a tree that was once more valued than gold.

 Transfer to Salalah (0 hour 30 - 45 Km)

 **Hotel at the beach**

We spend the night in this nice hotel. The hotel is located in Al Dhariz, facing the sea, and has a swimming pool.

**Sea View Room**

*Comfortable room with A/C, fridge, and private bathroom.  
breakfast at the hotel*



**DAY 12***Breakfast - Lunch - Dinner*✓ **salalah Food Souq (1 hour )**

Salalah food souq is worth a visit : it is very lively! We find there wonderful fishes, meat, vegetable, fruits, dates, and traditional medicines...

✓ **Discover the fruits stalls of Salalah (1 hour )**

Salalah is a modern city but still having many agricultural fields in the middle of the city. On the streets there are numerous stalls selling the fruits produced here : coconuts, banana, papayas, sugar cane, etc...

✓ **Visit of Al Baleed Archeological Site (1 hour )**

This archeological site lies in the city of salalah, facing the sea. This city was previously known as Dhofar (which is now the name of the region). The area was inhabited since since 4000 years BC, but the remainings date from the 10th century AD. Its position made it an important port in the region. Next to the site is a museum with a hall about history and another about boats.

✓ **Visit of Souq Al Husn (2 hours )**

Al Husn Souq is Salalah popular market. It is above all famous for the sale of frankincense, perfumes, and omani shawls. It is for the moment under renovation and therefore limited in size.

🏨 **Hotel at the beach**

We spend the night in this nice hotel. The hotel is located in Al Dhariz, facing the sea, and has a swimming pool.

**Sea View Room**

*Comfortable room with A/C, fridge, and private bathroom.  
breakfast at the hotel*



**DAY 13***Breakfast - Lunch - Dinner*

 Transfer to the archeological site of Shisr Ubar (2 hours - 190 Km)

✓ **Visit of Ubar ruins in Shisr (1 hour )**

We stop on the way to visit the ruins of what is believed to be Ubar, this mythical city located 'between Hadramaut and the trees of Oman'. This city was partly destroyed when a subterranean cavity coallapsed to form a sinkhole. The main tower and traces of fortifications remain visible. We'll visit them as well as a smal museum about how the site was discovered.

 Transfer to our campsite in Rub al Khali (2 hours - 110 Km)

✓ **Short walk in the sands to sea the sunset (1 hour )**

We go have a walk across the high dune of the Rub Al Khali (Empty quarter in arabic), the huge and arid desert of Saudi Arabia that crosses Oman's border. We'll walk up a dune to see sunset in this unbelievable landscpe...

- **Level 2\***

- **Walking time : 1 to 2 hours**

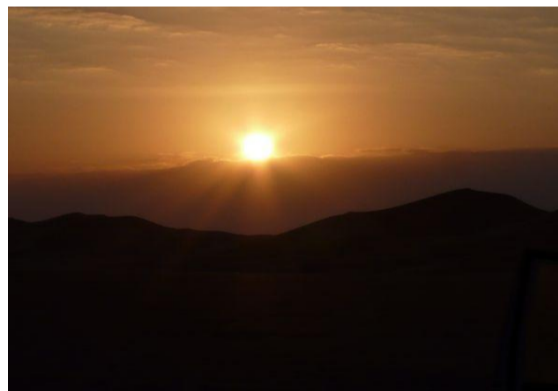
- **Height difference : +150m/-150m**



**Camping in the desert**

We set our camp at the foot of the huge dunes of the Rub Al Khali

***Individual camping tent***



**DAY 14-15***Breakfast - Lunch - Dinner*✓ **Hiking in Rub al Khali (8 hours )**

Morning, we start walking from our camp. We climb several high dunes which surround us : the ascent is sometimes exhausting, but the descent is quick and fun and gives us sometimes the opportunity to have the dune sing. Around noon, we walk back to our our camp and have lunch and rest under a shady place. Late afternoon, we climb another huge dune to get to its summit and enjoy a wonderful sunset at the top.

- **Level 3\***

- **Walking time : 4 to 6 hours**

- **Height difference : +250m/-250m**

**Camping in the desert**


We set our camp at the foot of the huge dunes of the Rub Al Khali

*Individual camping tent*



**DAY 16**

*Breakfast - Lunch - Dinner*

 Transfer to wild beaches (4 hours 30 - 345 Km)

✓ **Swimming on a white sandy beach (2 hours )**

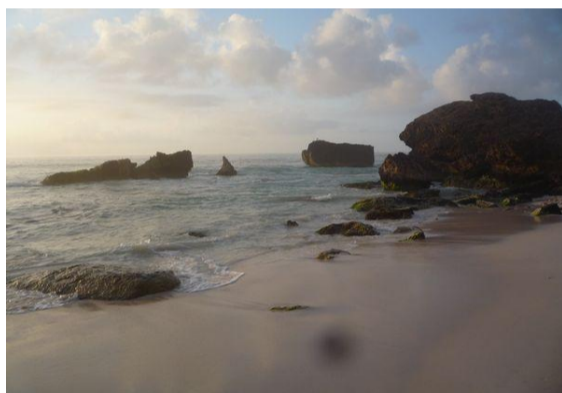
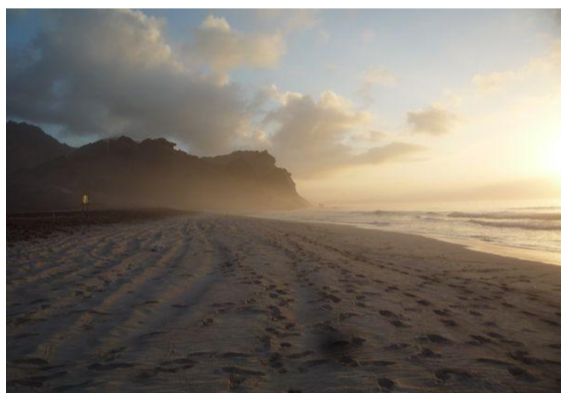
We enjoy a swim in the indian ocean on one of the numerous beaches of the bay.



**Camping on the beach**

We camp on a splendid sandy white beach

*Individual camping tent*





**DAY 17***Breakfast - Lunch - Dinner*✓ **Short hike along the coast (3 hours )**

We start walking where the track ends and head to a wonderful beach. On a good path we follow the coast until a small valley where frankincense trees grow next to the sea. We come back the same way and enjoy a swim before getting to the cars.

- **Level 2\***

- **Walking time : 1 to 2 hours**

🚌 Transfer to the viewpoint (1 hour - 40 Km)

✓ **View Point (0 hour 15)**

We stop at a view point : we are 1000m high and down the cliffs is the sea. During moonson time the clouds hit the cliffs which get lush green.

🚌 Transfer to the heights of Jebel Al Qamr (0 hour 20 - 20 Km)

✓ **Short walk on the top (2 hours )**

We walk on a nice trail used mainly by cows and camels going grazing. We are around 1000m high and overlook the sea. The landscape is bucolic with grazing lands, high trees, and numerous birds...

- **Level 1\***

- **Walking time : 1 to 2 hours**

🚌 Transfer to Salalah (2 hours - 120 Km)

🏠🏠🏠 **Hotel at the beach**

We spend the night in this nice hotel. The hotel is located in Al Dhariz, facing the sea, and has a swimming pool.

**Sea View Room**

*Comfortable room with A/C, fridge, and private bathroom.  
breakfast at the hotel*



### **① Difficulty level Hiking & Easy Walking**

<b>Level 1</b>	No difficulty. Easy and short walks. Appropriate for anyone walking occasionally
<b>Level 2</b>	Easy hikes with elevation gain of less than 300 meters with no big terrain difficulty
<b>Level 3</b>	Hikes with an elevation gain from 300 to 800 meters. Appropriate for those who are used to walk in the mountain. The hikes mentioned Level 3 with a lesser elevation gain present terrain difficulties
<b>Level 4</b>	Hikes with an elevation gain from 800 to 1100 meters. For fit mountain hikers
<b>Level 5</b>	Long hikes with an elevation gain of more than 1000 meters and may require scrambling or easy climbing in some parts of the trail

### **① Difficulty level Canyoning & Aquatic hiking**

For this activity, it is mandatory to be able to swim at least 100m

<b>Level 1</b>	Aquatic hiking not requiring any jump or abseiling
<b>Level 2</b>	Easy and short canyon descent with jumps of less than 3 meters which can be avoided abseiling
<b>Level 3</b>	Canyon descent with few meters high jumps and little technical abseiling
<b>Level 4</b>	Canyon descent lasting more than 5 hours with several meters high jumps and technical abseiling in waterfalls