

DISCOVER OMAN

A complete discovery of the highlights of Northern Oman : Wadi Bani Awf, Jebel Shams, Nizwa, Wahiba Sands, Sur, the Turtle Reserve at Ras Al Had, the Wadis, and the Sea Of Oman.

DAY 1 *(- Lunch - Dinner)*

 **Transfer Muttrah - Al Awabi (2 hours - 200 Km)**

 **Transfer Al Awabi - Al Alya (Wadi Bani Kharus) (1 hour - 30 Km)**

✓ **Hike from Al Alya to the Palm Garden of Ad Dar (4 hours)**

We Start from Al Alya at the end of Wadi Bani Kharus. We walk in the wadi and on the luxuriant terraces of the palm garden. The path then heads along the valley, goes up to a small pass and down to Ad Dar. Ad Dar is a palm garden only accessible by foot : the inhabitants of A Alya come there every day to take care of the cultures and of the falaj (traditional irrigation system). It is a lovely place and the palm garden is so luxuriant that we have the impression to be in a tropical wet country! We come back using the same way...

- **Level 2***

- **Walking time : 2 to 4 hours**

- **Height difference : +300m/-300m**

 **Transfer Al Alya (Wadi Bani Kharus) - Bimah (2 hours 15 - 65 Km)**

Mountain hut Bimah

A very nice and pleasant place to stay, located in the heart of Wadi Bani Awf, only a few steps from the Snake Canyon and 5 minutes drive (or 5 hours hike) from Balad Sit. It's a rustic but beautiful mountain hut with 4 dormitory (4 to 10 persons on bunkbeds), 2 private rooms, and 3 bathrooms with hot shower. Located in a natural and peaceful environment, you'll find in the garden many places to chill and relax after hiking...

Dormitory

Dormitories from 4 to 10 persons with bunkbeds and A/C. breakfast et dinner at the hotel

DAY 2 *(Breakfast - Lunch - Dinner)*

 **Transfer Bimah - Balad Sit (0 hour 15 - 5 Km)**

✓ **Walk in Balad Sit (2 hours)**

We start from the main valley and head to a narrow gorge. This part of the walk is just wonderful! At the end of the gorge, we discover the village of Balad Sit ('the hidden village'). Built in a small hill and surrounded by cliffs, this village is one of the most beautiful of Oman. We walk through the village and the ardens and come back through an other branch of the small gorge.

- **Level 1***

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

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

 **Transfer Balad Sit - Sharaf Al Alamain (1 hour - 15 Km)**

This drive off-road let us climb some 1000 meters in less than 10 km. It provides us with stunning views over Wadi Bani Awf.

 **Transfer Sharaf Al Alamain - Misfat Al Abreyeen (1 hour - 40 Km)**

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✓ **Short walk along the gardens of Misfat Al Abreyeen (2 hours)**

Misfat Al Abreyen is one of the most beautiful mountain village of Oman. It is located on the southern side of the mountain, on the slope of a canyon. The gardens were build all around the old village on man-made terraces. Laying at an altitude of 800 meters, we find their a wide variety of tropical fruits : bananas, papayas, oranges, limes, dates, pomogranates, etc... The old village is here still inhabited.

- **Level 1***
- **Walking time : 1 to 2 hours**
- **Height difference : +100m/-100m**

 **Transfer Misfat Al Abreyeen - Jebel Shams Plateau (1 hour 20 - 50 Km)**

 **Bivouac in Jebel Shams Range**

Wonderful place for a bivouac! We'll set up our camp at 1800m in a nice and quiet place. From the surroundings e have nice views over Jebel Misht and its impressive cliffs.

Individual camping tent

DAY 3

(Breakfast - Lunch - Dinner)

 **Transfer Jebel Shams Plateau - Al Khitaym (0 hour 20 - 10 Km)**

✓ **Hike on top of Arabia's Grand Canyon to Sab Bani Khamis (4 hours)**

We start the walk at Al Khitaym. The path is very easy and offers all way long wonderful views on Arabia's Grand Canyon. On the way we can see the highest point of the country. Finally, we arrive to an old village built in the cliff : Sab Bani Khamis. The village was abandonned some 15 years ago when the road was build. Some 5 to 10 families were living there, taking care of their gardens also built on the cliff and of their goats. We come back the same way. It is a very easy wonderful walk!

- **Level 2***
- **Walking time : 2 to 3 hours**
- **Height difference : +250m/-250m**

 **Transfer Jebel Shams Plateau - Al Hamra (1 hour - 50 Km)**

✓ **Visit of Bait As Safah (1 hour 30)**

Bait As Safah is a traditional omani house located in the old city of Al Hamra. The women of the vllage welcome us in this house and show us how they make omani bread, omani coffee, carpets, and different creams and lotions made from mountain plants.

 **Transfer Al Hamra - Nizwa (0 hour 45 - 60 Km)**

 **Al Diyar Hotel**

Medium category hotel **. Located at 5 km from Nizwa Souq, it has a swimming pool and clean rooms of international standards.

Standard Room

Each room is equipped with bath or shower, toilet, fridge and TV.. breakfast at the hotel

DAY 4

(Breakfast - Lunch - Dinner)

✓ **Visit of the fort of Nizwa (1 hour)**

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The fort of Nizwa was rehabilitated recently. It has a defensive part (the so called citadelle) and a housing part (which was designed for the Imam and the scholars). From the top of the citadelle we have stunning views over Nizwa and its palm cove, the largest of the country. The underfloor of the fort was occupied by prison cells. These have been equipped to receive a museum about local culture. The museum is small but very well done. It is worth a visit!

✓ **Souq of Nizwa (1 hour 30)**

Nizwa is a major city of Oman located at the foot of the mountains in the interior. In the past it was the capital of the country and remains the cultural center of the country for mountain people. The Souq was rehabilitated some 15 years ago. Friday is the market day, called 'Souq Al Jumaa', and brings visitors from the nearby mountains as well as Bedouins from the desert side. The livestock souq is particularly worth a visit. But you find also the fish souq, vegetable souq, meat souq, as well as some people selling mountain honey, dates, incense, and anything you might need.

 **Transfer Nizwa - Bidyah (2 hours 30 - 200 Km)**

 **Transfer Bidyah - Our Camp in Wahiba sands (0 hour 30 - 20 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 is a great unforgettable time.

- *Level 1**

 **Bivouac in Wahiba Sands**

We set up our camp in the middle of the dunes.

Individual camping tent

DAY 5

(Breakfast - Lunch - Dinner)

 **Transfer Our Camp in Wahiba sands - Bidyah (0 hour 30 - 30 Km)**

 **Transfer Bidyah - Bidah (1 hour - 50 Km)**

✓ **Hiking and swimming in the lower part of Wadi Bani Khalid (3 hours)**

The lower part of this valley forms a narrow and wild canyon. We start from the lovely village of Bidah 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 the swimming in this secluded place. For those who like jumping, a very nice 10 meters jump is possible there...

- *Level 2**

- *Walking time : 1 to 2 hours*

 **Transfer Bidah - Ras Al Had (2 hours 30 - 190 Km)**

✓ **Nighttime turtle watching (2 hours)**

The coast is here declared Natural Reserve to protect the numerous green turtles which lay eggs there. The visits are well organized and gathered on only 2 beaches ; the other ones are forbidden in order not to disturb too much the turtles. The high season for turtles is in summer : in that time we can find up to 50 turtles laying eggs at the same time on the same beach. But they come all year long and you are almost sure that you will see some. You'll see turtles digging hole, laying eggs, covering eggs, and going back to the sea. You'll also see baby turtles getting out of the sand and heading to the sea...

Overnight in the Turtle Beach Resort

This resort is pleasant. There is a small beach with deckchairs. The bar and the restaurant are located in an old arabic dhow. You can also play snooker. The small bungalows are in a traditional style : covered with palm stems.

Hamoor Room

Superior room with TV, fridge, and private bathroom. Moreover you have a sitting area with chairs in front of the room to relax outside.. breakfast et dinner at the hotel

DAY 6 (Breakfast - Lunch - Dinner)

 **Transfer Ras Al Had - Sur (1 hour - 50 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.

 **Transfer Sur - Tiwi (0 hour 45 - 60 Km)**

✓ **Walk and unforgettable 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 discover a incredible place. But we don't tell you more about this, since it has to be a surprise!

- **Level 1***

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

 **Transfer Tiwi - Fins (0 hour 20 - 20 Km)**

Bivouac on the beach

We set up our camp in one of the numerous beaches around Fins and Tiwi. We sleep hearing the sound of the waves...

Individual camping tent

DAY 7 (Breakfast - Lunch - Dinner)

 **Transfer Fins - Tiwi (0 hour 12 - 25 Km)**

 **Transfer Tiwi - Saymah (Wadi Tiwi) (0 hour 45 - 25 Km)**

✓ **Full Day in Wadi Tiwi (6 hours)**

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We start from a village called Saymah. We walk on an old donkey path a little up the wadi. The views are splendid. The palm trees are so dense in this wadi that they look like a green river. As we arrive to another village, we go down and walk at the bottom of the wadi, on the falaj channel, along the river or between the boulders, We finally arrive to a nice pool surrounded by cliffs and palm trees. We enjoy a swim there and have rest. We make a barbecue for lunch, and enjoy relaxing and swimming in this lovely place. We come back the same way and stop en route to have a last bath...

- **Level 2***

- **Walking time : 2 to 4 hours**

- **Height difference : +100m/-100m**

 **Transfer Saymah (Wadi Tiwi) - Tiwi (0 hour 45 - 15 Km)**

 **Transfer Tiwi - Muttrah (1 hour 45 - 160 Km)**

Muttrah Hotel

Muttrah Hotel is the first hotel built in Oman. It is only 20 minutes walking from the Souk and Corniche. This hotel offers comfortable rooms each with its own decoration and character. The hotel has Wifi, Laundry service, minibar in the room, 4 bars, and a restaurant.

Standard room

Comfortable and well decorated room. In room facilities : minibar, 24 hours room service, Satellite TV, iron, hair dryer, coffee and tea making facilities.. breakfast at the hotel

DAY 8 (Breakfast - Lunch -)

✓ **Muttrah fish and vegetables souq (1 hour)**

It is a very lively and typical place that is worth a visit. We only rarely see such a choice of fishes : many species of breams and groupers, tuna, swordfishes, kingfishes, sharks, squids, crabs, shrimps, and even parrot fishes and other multicolor fishes. Next to the fish market is the vegetable market where you'll find fruits, vegetables, dates, honey, thyme, etc...

 **Transfer Muttrah - Al Khiran (0 hour 45 - 50 Km)**

✓ **Snorkeling and Boat Tour in Khiran (4 hours)**

The bay of bandar Khiran is located only 30 km east from Muscat. There, the mountains fall down to the sea and form a lot of small tiny coves. We take a fisherman's boat in the village of Al Khiran and have a tour in the bay to see mangrove, seabirds, and the many sandy coves. Finally we stop in a wonderful beach, have lunch with grilled fish, and enjoy rest on the beach and snorkeling. Among other fishes you will probably see here : surgeon fish, tigerfish, butterfly fish, angelfish, and even sometime, if we are lucky, you'll be able to swim with turtles. **ATTENTION** : When the sea is rough, this cove is not reachable by boat ; we go to another one which is also nice and suitable for snorkeling, but the seabed is not so rich.

 **Transfer Al Khiran - Muttrah (0 hour 45 - 50 Km)**

✓ **Visit of Muttrah Souq (2 hours)**

The main building of the Souq is beautifully decorated : painted wooden roof and stained glass windows. Some smaller streets start on all sides and are full of small shops. You'll have a round in this labyrinth in search of what you want to bring back home. The souq is organized by product type : there is a place for gold, one for silver, one for gifts, one for carpets, one clothes, etc...

Muttrah Hotel

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Mutrah Hotel is the first hotel built in Oman. It is only 20 minutes walking from the Souk and Corniche. This hotel offers comfortable rooms each with its own decoration and character. The hotel has Wifi, Laundry service, minibar in the room, 4 bars, and a restaurant.

Standard room

Comfortable and well decorated room. In room facilities : minibar, 24 hours room service, Satellite TV, iron, hair dryer, coffe and tea making facilities.. breakfast at the hotel

① Difficulty level Trekking & Easy Walking

- Level 1** No difficulty. Easy and short walks. Appropriate for anyone walking occasionally
- Level 2** Easy hikes with elevation gain of less than 300 meters with no big terrain difficulty
- Level 3** 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
- Level 4** Hikes with an elevation gain from 800 to 1100 meters. For fit mountain hikers
- Level 5** Long hikes with an elevation gain of more than 1000 meters and may require scrambling or easy climbing in some parts of the trail