

## GREAT TREK OF OMAN

*A challenging trekking tour for experienced hikers. Demanding hikes and easy canyoning come one after another with very few days resting in between to go across Eastern and Western Hajar Mountains.*

### DAY 1 *( - Lunch - Dinner)*

#### ✓ **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...

#### ✓ **Boat tour to see dolphins and snorkeling (3 hours )**

We start at 10 AM from the marina. It's the best trip to have an insight of the rich marine life of the Sea of Oman : with a motor boat we first go offshore to try to see dolphins : the captain knows well the places these animals like, so we are likely to see them, but it is not guaranteed (it's nature!) Then we head to the rocky part of the coast where we stop for snorkeling : corals, multicolor tropical fishes and even sometimes turtles are numerous!

*- Level 1\**

 **Transfer Muttrah - Nakhl (1 hour 30 - 120 Km)**

 **Transfer Nakhl - Wakan (0 hour 50 - 50 Km)**

#### **Camping in Wadi Mistal**

*Individual camping tent*

### DAY 2 *(Breakfast - Lunch - Dinner)*

#### ✓ **Hike from Wakan in Wadi Mistal to Manakhr on Jebel Akhdhar (6 hours )**

We start in Wakan, a wonderful village located at 1400m. We start climbing across the terraces planted with apricots, onions, pomegranates, and lime trees. We then follow the falaj and climb steeply toward a small pass. All along the steep climb we have stunning views on Gubrah Bowl. After the pass a gentle walk in a landscape typical of Jebel Akhdhar leads us to the village of Al Manakhr.

*- Level 4\**

*- Walking time : 4 to 6 hours*

*- Height difference : +800m/-500m*

 **Transfer Al Manakhr - Juniper Plateau (1 hour - 40 Km)**

#### **Bivouac on Juniper Plateau**

Great place for a bivouac! We are 2400m high in the center of the Jebel Akhdhar. On a hilly plateau, we camp surrounded by giant juniper and wild olive trees.

*Individual camping tent*

### DAY 3 *(Breakfast - Lunch - Dinner)*

#### ✓ **Hike from Jebel Akhdhar to Wadi Bani Kharus (7 hours )**

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A long but nice hike! The descent offers stunning views and the arrival in the last villages of Wadi Bani Kharus is delightful : flowing water and terraced gardens, which are some of the finest of Oman!

- **Level 4\***
- **Walking time : 5 to 6 hours**
- **Height difference : +300m/-1500m**

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

 **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 4** (Breakfast - Lunch - Dinner)

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

#### ✓ **Canyoning in the upper Snake Canyon (5 hours )**

The Snake Canyon is a very narrow canyon located in Wadi Bani Awf. In some parts of the canyon, you can touch both sides at the same time... not far from the beginning of the canyon it is required to abseil 2 times 20 meters. Then a nice descent alternating jumps, walk, and swim. Obviously, the ones who don't want to jump can always go down abseiling.

- **Level 3\***

 **Transfer Zamah - Bimah (0 hour 15 - 5 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 5** (Breakfast - Lunch - Dinner)

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

#### ✓ **Hike Balad Sit - Birkat Al Shraf (7 hours )**

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It is a wonderful walk. We start from the main valley and walk up a very narrow gorge, at the end of which we discover the wonderful village of Balad Sit (which means the hidden village). We cross the village and start the steep climb up the cliff. The climb is steep, but it is an old path that has been equipped with steps a long time ago. 900 meters above the village, we arrive to a small pass where we have lunch. We then follow the ridge on the southern flank : it is a hilly terrain and we have splendid views on both sides. We finally arrive to Sharaf Al Alamain.

- **Level 4\***

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

- **Height difference : +1300m/-250m**

#### **Bivouac in Sharaf Al Alamain**

We set up our camp on the ridge. We have stunning views over Wadi Bani Awf.

**Individual camping tent**

### DAY 6

*(Breakfast - Lunch - Dinner)*

#### ✓ **Hike Sharaf Al Alamain - Misfat Al Abreyeen (7 hours )**

We start from the pass of Sharaf Al Alamain. We first walk along the ridge on the southern flank, from where we have exceptional views on both sides. We then start the descent full of diversity : we cross small wadis, walk on slabs, see hamlets and finally arrive to a canyon from where we can see Misfat Al Abreyeen. The last descent is steep but the arrival in the village and its palm grove reward us : after the mineral environment of the walk we arrive in a luxuriant vegetation and walk on the aflaj (irrigation chanel) in which clear water coming from the mountain is flowing...

- **Level 4\***

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

- **Height difference : +150m/-1150m**

#### **Guesthouse in Misfat Al Abreyeen**

We spend the night in a traditional omani house that was rehabilitated recently : we find here the ancient architecture and modern comfort. Located inside the palm garden, it is an enchanting place... The guesthouse is located a few minutes walk away from the parking ; so, please plan a small bag with only the stuff you need for that night. Also, to respect the inhabitants of the village, it is forbidden to bring alcohol in the village and to smoke inside the house ; we thank you in advance for respecting these rules!

##### **Standard Room**

*rooms with A/C and a simple and rustic decoration typical of mountain houses. Shared bathroom.. breakfast et dinner at the hotel*

### DAY 7

*(Breakfast - Lunch - Dinner)*

#### ✓ **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 - Al Hamra (0 hour 12 - 10 Km)**

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

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Bait As Safah is a traditional omani house located in the old city of Al Hamra. The women of the village 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 - Ghul (0 hour 20 - 15 Km)**

 **Transfer Ghul - An Nakhr (0 hour 30 - 10 Km)**

✓ **An Nakhr, at the far end of Arabia's Grand Canyon (1 hour )**

After some 8 km driving down in Arabia's Grand Canyon, we arrive in An Nakhr. The villagers take care of some palm gardens, but are above all famous for weaving carpets. We'll have a look at how they weave and we'll then have a short walk in the canyon, surrounded by huge cliffs

 **Transfer An Nakhr - Ghul (0 hour 30 - 10 Km)**

 **Transfer Ghul - Jebel Shams Plateau (0 hour 30 - 40 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 we have nice views over Jebel Misht and its impressive cliffs.

**Individual camping tent**

## DAY 8

*(Breakfast - Lunch - Dinner)*

✓ **Hike To Jebel Shams Summit (South flank) (12 hours )**

We start walking at the first light of the dawn from the plateau of Jebel Shams. We head to the edge of the Grand Canyon from where we have stunning views. We'll probably see vultures enjoying the first ascending winds of the day. We'll follow the Grand Canyon and cross several small plateau. The higher we climb the bigger are the trees. Finally we arrive to a pass from where we have stunning views over Wadi Sahtan, some 2000 meters below us. On our left side the other summit of Jebel Shams is occupied by a military radar. We go on the right and follow the ridge until we reach the summit. We come back the same way. It is a beautiful but very long hike (more than 26 km and more than 1000m height difference) that require to be fit and used to demanding hikes.

- **Level 5\***

- **Walking time : 7 to 10 hours**

- **Height difference : +1300m/-1300m**

 **Transfer Jebel Shams Plateau - Nizwa (1 hour 30 - 100 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 9

*(Breakfast - Lunch - Dinner)*

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

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\*

 **Safari Desert Camp**

A very nice camp which lies in the middle of the sand dunes, in a quiet and wild area. There is no electricity, which makes this camp more authentic. Tea, coffee, water and soft drinks are complimentary. There are also some nice lounges where you can relax and smoke sheesha.

**Arabic Tent with private bathroom**

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

**DAY 10**

*(Breakfast - Lunch - Dinner)*

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

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

✓ **Aquatic hiking in Wadi Bani Khalid (5 hours )**

An easy aquatic hike in one of the most beautiful wadis of Oman. We start from the village of Bidah. We walk across its luxuriant palm garden to reach the entrance of the garden. We then walk between large boulders to arrive to 2 wonderful pools with waterfalls. In one of these we can jump from 10 meters. We keep on walking in the water and swim several long pools (until 300 meters). The valley then widens and we discover Seeq's garden which we cross to arrive in the village.

- Level 1\*

- Walking time : 3 to 5 hours

 **Transfer Seeq (Wadi Bani Khalid) - Sur (1 hour - 100 Km)**

 **Sur Plaza Hotel**

Comfortable 3 stars hotel with an outdoor swimming pool, a fitness center, and a laundry service.

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**Standard Room**

Room with TV, internet access, private bathroom (bathtub and shower separated), minibar, and hair-dryer. breakfast at the hotel

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**DAY 11** (Breakfast - Lunch - Dinner)

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

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

✓ **Hiking and swimming in Wadi Tiwi (6 hours )**

We start from the village of Saymah. We follow an old donkey path above palm trees until we arrive to another village. We then walk at the bottom of the wadi, on the falaj, along the river or between boulders. We stop for a delightfull swim surrounded by cliffs and palm trees. Then we start to climb across terraces until we reach the village of Mibam. We then use another way down to the second village. We finally come back using the same way and make a last stop before we arrive for another refreshing bath in a lovely turquoise pool.

- **Level 3\***

- **Walking time : 4 to 5 hours**

- **Height difference : +450m/-450m**

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

 **Wadi Shab Resort**

The Wadi Shab resort was build on the hill overlooking the blue sea near Tiwi. It is a comfortable 3-stars hotel with swimming pool facing the sea. The hotel's main restaurant overlooks the sea and serves Omani breakfast and dinner as well as international specialties

**Standard Room**

This air-conditioned room offers a small seating area with a flat-screen TV. Facilities include an electric kettle and a fridge. The bathroom is fitted with a shower, toiletries and hairdye.. breakfast et dinner at the hotel

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**DAY 12** (Breakfast - Lunch - Dinner)

✓ **Hike from Wadi Tiwi to Al Ghomb (7 hours )**

We start in a beautiful village far inside Wadi tiwi. Even the access road is worth a drive... We walk up to the plateau sirting around the cliffs above us. The views over the valley are superb. We reach the dry plateau and keep on walking to reach the upper Wadi Shab in the villge of Al Ghomb, a wonderful green oasis in the middle of this stony plateau.

- **Level 4\***

- **Walking time : 5 to 6 hours**

- **Height difference : +800m/-400m**

 **Camping on the Plateau**

We set up our camp on the plateau, and spend a fresh night under the stars...

**Individual camping tent**

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**DAY 13** (Breakfast - Lunch - Dinner)

✓ **Hike from Al Ghomb to Wadi Shab (7 hours )**

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Today we hike to the sea through Wadi Shab. There is 2 ways and we take the one of the donkeys, since the other one is breathtakingly steep and exposed. We walk down to Wadi Shab with great views over the valle and its impressive cliffs and palm gardens, as well as over the sea. When we reach the bottom of the wadi, we stop for a swim : the swim is very rewarding after the hike, and another surprise is waiting ofr us here... but we can reach it only swimming... From here we only have half an hour more to reach the sea.

- **Level 4\***
- **Walking time : 5 to 6 hours**
- **Height difference : +200m/-1000m**

#### **Wadi Shab Resort**

The Wadi Shab resort was build on the hill overlooking the blue sea near Tiwi. It is a comfortable 3-stars hotel with swimming pool facing the sea. The hotel's main restaurant overlooks the sea and serves Omani breakfast and dinner as well as international specialties

##### **Standard Room**

*This air-conditioned room offers a small seating area with a flat-screen TV. Facilities include an electric kettle and a fridge. The bathroom is fitted with a shower, toiletries and hairdye.. breakfast et dinner at the hotel*

**DAY 14** (Breakfast - Lunch - Dinner)

 **Transfer Tiwi - Dibab (0 hour 30 - 60 Km)**

 **Transfer Dibab - As Suwaih (Wadi Al Arbeyeen) (0 hour 45 - 30 Km)**

#### **Aquatic hiking in Wadi A Hail (7 hours )**

We start in the village of As Suwaih. Aready at the end of the track is a wonderful pool and a small waterfall. From the cliff a 5 meters jump is possible. We then start the walk. Quickly we find flowing water and walk across large boulders. The canyon then narrows and we have to swim across several pools (it is possible to jump there also). The valley widens a little and narrows again. We swim again and arrive to the end of the canyon : a high waterfal, large pool, and huge boulders... We come back the same way.

- **Level 1\***
- **Walking time : 4 to 6 hours**

 **Transfer As Suwaih (Wadi Al Arbeyeen) - Dibab (0 hour 45 - 30 Km)**

 **Transfer Dibab - Muttrah (1 hour 30 - 130 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 decoraction 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*

#### **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

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- 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

**① Difficulty level Canyoning & Aquatic hiking**

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

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