

## HIKING IN OMAN

*A complete tour with medium-level hikes (not easy, but not too challenging) which will let you discover very different aspects of Oman : steep valleys of the Western Hajar mountains, dunes of the White Desert, and lush green wadis of the Eastern Hajar*

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

 **Transfer Muttrah - Ar Rustaq (2 hours - 190 Km)**

 **Transfer Ar Rustaq - A hamlet in Wadi Sahtan (1 hour - 35 Km)**

✓ **Hike across villages in Wadi Sahtan, under the northern face of Jebel Shams (4 hours )**

Wadi Sahtan is an impressive valley with Jebel Shams towering over it. Its north face is a 2000m cliff which gives himalayan feelings. We walk along centuries old paths linking remote villages built over the mountain. We pass 3 villages before arriving to our camp. The path sometimes goes through scree which might be a bit difficult.

- **Level 3\***

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

- **Height difference : +200m/-400m**

 **Bivouac in Wadi Sahtan**

A wonderful campsite with unbelievable views over the north face of Jebel Shams  
**Individual camping tent**

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

✓ **Hike across villages in Wadi Sahtan, in the heart of the bowl (6 hours )**

We start hiking from our campsite and walk up and down several valleys. Almost each valley hosts a village which has its own charm. Palm gardens, aflaj, terraced fields, beehives... We hike in traditional Oman. Some few passages might be a bit difficult.

- **Level 4\***

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

- **Height difference : +700m/-800m**

 **Transfer A hamlet in Wadi Sahtan - Bimah (1 hour - 30 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*

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

✓ **Hike From Bimah to Balad Sit (5 hours )**

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We start in Bimah and walk up the wadi until the village of Selmah where only 3 families (3 brothers) are living. We then walk our way up through the palm gardens and go on until a very narrow path. From there we see Balad Sit, another bigger village. We walk down to the village and enjoy a tour in the gardens. We finally find a very narrow gorge which we follow until we find the car.

- **Level 3\***

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

- **Height difference : +600m/-500m**

 **Transfer Balad Sit - 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 4**

*(Breakfast - Lunch - Dinner)*

### ✓ **Canyoning in the lower Snake Canyon (3 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... We'll start from the secondary entrance. No abseiling is required. You'll just have fun by jumping (max 4 meters), sliding, walking in the water and short swimming! For those who don't want to jump, we install short abseils.

- **Level 2\***

 **Transfer Zamah - Sharaf Al Alamain (1 hour - 30 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)**

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

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

- **Level 1\***

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

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

### **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**

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

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#### DAY 5 (Breakfast - Lunch - Dinner)

 **Transfer Misfat Al Abreyeen - Nizwa (1 hour - 60 Km)**

✓ **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 - Al Ghaba (2 hours - 200 Km)**

 **Transfer Al Ghaba - Jebel Kobra (0 hour 30 - 25 Km)**

✓ **Short walk in the rocky chaos of Jebel Kobra (2 hours )**

We stop at the foot of the cliffs made of white lime stone. We then walk across the many small gorges which. It is a very exclusive place with unbelievable landscapes. Rocks are having very particular shapes...

- Level 3\*

- Walking time : 1 to 2 hours

 **Transfer Jebel Kobra - Jebel Srj (0 hour 45 - 55 Km)**

 **Camping down the sandstone range**

One of the nicer camping sites : just down Jebel Srj with its sandstone rocks sculpted by the wind and taking wonderful colours at sunset, with open views over the sabkha, the rocky scraps and the sand dunes....

**Individual camping tent**

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#### DAY 6 (Breakfast - Lunch - Dinner)

✓ **Hike across sand dunes, sabkha, and rocky outcrops (5 hours )**

We start walking in Jebel Srj. After taking time to discover this beautiful sandstone range, we walk across the flat Sabkha and head to the yellow sand dunes. The very varied landscape (sand dunes, rocks, trees) is typical of the Huqf region

- Level 3\*

- Walking time : 3 to 4 hours

 **Transfer End of the walk - Khaluf's Desert, between rocks and sand (2 hours - 120 Km)**

 **Bivouac in the desert**

We set up our camp at the start of the sand dunes.

**Individual camping tent**

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#### DAY 7 (Breakfast - Lunch - Dinner)

✓ **Hike across sand dunes and rocky outcrops (6 hours )**

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A very beautiful day : we walk across sand dunes and meet on the way many rocky outcrops. The sand is sometimes red, and sometimes white. We arrive at our camp around noon and enjoy some rest under the shade. Late afternoon, we walk to the top of the sand dunes to see sunset over this spectacular landscape with trees, rocks, and sand...

- **Level 2\***

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

### **Bivouac Desert**

We set up our camp in the sand, in an 'acacia forest'. Around us are some rocky hills and Sanddunes

**Individual camping tent**

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## DAY 8

*(Breakfast - Lunch - Dinner)*

### ✓ **Hike across White desert (6 hours )**

We have a long hike in a wonderful and unexpected landscape. We start from our campsite where the sand is red. We cross several small plateau. Between them we find sand ; the more we walk the whiter is getting the sand. Finally we discover wonderful wholly white sand dunes. Irreal landscape... We walk across the dunes and arrive to the sea around noon... We set up our camp, have lunch, and enjoy swimming in the indian ocean. Late afternoon, we start walking again across white sand dunes to enjoy sunset.

- **Level 2\***

- **Walking time : 3 to 5 hours**

### **Bivouac in the White desert, next to the sea**

We set up our camp in the first dunes of the white desert, just 50 meters from the sea. This place is magical and unusual : on one side we have pure white dunes, whereas on the other side we have the Indian Ocean...

**Individual camping tent**

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## DAY 9

*(Breakfast - Lunch - Dinner)*

### **Transfer White Desert on the sea - Khaluf (0 hour 36 - 21 Km)**

We go to the fishermen's vilage of Khaluf. On low tide we drive all the way on the beach and we see hundreds of seabirds

### ✓ **Stop in Khaluf (1 hour )**

Khaluf is a very picturesc fishing beduin vilage : 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.

- **Level 1\***

### **Transfer Khaluf - Qihayd (vilage at the foot of the dunes and on seashore) (3 hours - 300 Km)**

### **Transfer Qihayd (vilage at the foot of the dunes and on seashore) - Our Camp in Wahiba sands (4 hours - 180 Km)**

A spectacular crossing of the Wahiba desert by 4WD. The track is usually well marked, but sometimes sand blown by the wind covers it. We start at the sea and cross the desert towards the North. The more we drive, the higher are the longitudinal dunes.

### ✓ **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\***

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### **Safari Desert Camp**

A very nice camp which lays 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 equiped as an hotel room : bed, carpets, tabe, chairs. Private bathroom.. breakfast et dinner at the hotel*

**DAY 10** (Breakfast - Lunch - Dinner)

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


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

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

An easy quatic 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 he 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 the 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) - Ras Al Had (1 hour 45 - 150 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 bungaows 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 11** (Breakfast - Lunch - Dinner)

 **Transfer Ras Al Had - Sur (1 hour - 50 Km)**

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

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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*

 **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 12**

*(Breakfast - Lunch - Dinner)*

 **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)**

 **Transfer Tiwi - Dibab (0 hour 30 - 60 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 13**

*(Breakfast - Lunch - Dinner)*

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

✓ **Short Aquatic Walk in Wadi Al Arbeyeen (4 hours )**

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We start with a refreshing swim in the vast pool down the village of as Suwayh. 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.

Attention : in some places, you might have to cross some pools! Your bags, shoes, and clothes will get wet! So, do not take any belongings with you which are not waterproof...

- **Walking time : 2 to 3 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 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*

**DAY 14** (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 spieces 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)**

### ✓ **Short walk between the coves in Bandar Khiran` (2 hours )**

We walk along the coast from cove to cove. We sometimes walk on the ridge, pass low passes. All the coves are lovely. From the top we have the best possible view on them.

- **Level 2\***

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

### ✓ **Swimming and Snorkeling in Bandar Khiran (2 hours )**

The water is clear, the sand is white, and the surroundings rocky. What else do we need for a wonderful swim together with tropical multicolor fishes? Among other fishes, you'll see here : surgeon, tiger, parrot, trunk, anemone, butterfly, horn fishes, groupers, and even sometimes green turtles or squds...

ATTENTION : When the sea is rough, this cove is not suitable for snorkeling ; we go to another one which is also nice and suitable for snorkeling, but the seabed is not so rich.

### ✓ **Boat Trip back to Khiran (0 hour 30)**

We come back to Khiran by boat. We have a round in the lovely bay of Bandar Khiran and enjoy the wonderful landscapes of this place. We see many small coves, mangrove, seabirds, and sometimes also turtles...

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

### ✓ **Visit of Muttrah Souq (2 hours )**

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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...

### **Mutrah Hotel**

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, coffee and tea making facilities.. breakfast at the hotel*

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### **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

### **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