

## 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!*

### DAY 1 ( - - )

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

 **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 2 (Breakfast - Lunch - Dinner)

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

✓ **Short hike and swimming in Wadi Tiwi (3 hours )**

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 chanel, along the river or between the boulders, We finally arrive to a nice pool surrounded by cliffs and palm trees. We enjoy a swim and a break and go back the same way...

- **Level 2\***

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

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

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

 **Transfer Tiwi - 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 Sur**

Small and very simple hotel located in the city center of Sur. It is near the souq and not far from the beach which is a lively place at evening.

**Standard Room**

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

 **Transfer Sur - Bidah (2 hours - 150 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 ump is possible there...

- **Level 2\***

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

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

 **Transfer Bidiyah - 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 a great unforgettable time.

- **Level 1\***

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

 **Transfer Our Camp in Wahiba sands - Qihayd (village at the foot of the dunes and on seashore) (4 hours - 170 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 paralell high dunes. The

 **Transfer Qihayd (village at the foot of the dunes and on seashore) - Khaluf's Desert, between rocks and sand (3 hours - 250 Km)**

✓ **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**

 **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**

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

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 **Transfer Khaluf's Desert, between rocks and sand - Khaluf (1 hour - 60 Km)**

✓ **Day to Discover the White Desert (7 hours )**

We spend a nice relaxing day on the beach between the Indian Ocean and the white sand dunes : swimming in the Indian Ocean, walk along the beach to see birds, and unbelievable walk across the white sand dunes...

- **Level 3\***

- **Walking time : 2 to 4 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**

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

 **Transfer Khaluf - Madrasah (3 hours - 250 Km)**

 **Transfer Khaluf - Madrasah (3 hours - 250 Km)**

✓ **Short hike toward Ras Madrasah (4 hours )**

We start walking along the coast to reach the wild cape of Ras Madrasah. 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) until we reach small plateaux where we can camp.

- **Level 2\***

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

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

 **Bivouac on the beach near Ras Madrasah**

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

**Individual camping tent**

**DAY 7** (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 Madrasah - 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 2\***

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

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 **Bivouac on the beach**

We set up our camp on the wonderful beach of Shuwimiyah  
*Individual camping tent*

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**DAY 8** (Breakfast - Lunch - Dinner)

 **Transfer Shuwaymiah - Mirbat (4 hours - 200 Km)**

 **Bivouac on the beach between Hasi and Mirbat**  
*Individual camping tent*

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**DAY 9** (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 opened a cornic school in Mirbat in the 12th century. We'll then have a round in the nice village of Mirbat

 **Transfer Mirbat - Jebel Samhan (0 hour 45 - 60 Km)**

✓ **Stop on the top of Jebel Samhan (0 hour 30)**

We stop on the top of Jebel Samhan from where we have wonderful point of view over Mirbat and the Indian Ocean. We also have a look at the dragon's blood trees, these very special trees which are plenty on Socotra Island. Jebel Samhan is also believed to be the only place in Oman where the Arabian Leopard still lives...

 **Transfer Jebel Samhan - 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 Wadi Darbat - Khor Ruri (0 hour 15 - 15 Km)**

✓ **Visit of Khor Ruri and Sumhuran ruins (1 hour 30)**

Khor Ruri Wadi Darbat's estuary. Seabirds are numerous there. Above the estuary are the ruins of Sumhuran, that was an important port during the 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 Khor Ruri - Salalah (0 hour 30 - 45 Km)**

 **Salalah Beach Villas**

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*

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**DAY 10** (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

✓ **salalah Food Souq (1 hour )**

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

- *Level 1\**

✓ **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 salls 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 silver, gold, frankincense, and perfumes.

 **Salalah Beach Villas**

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 11** (Breakfast - Lunch - Dinner) **Transfer Salalah - Thumrayt (1 hour - 90 Km)** **Transfer Thumrayt - Shisr (Ubar) (1 hour - 100 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 mytical city located 'between Hadramaut and the trees of Oman'. This city was partly detroyed 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 Shisr (Ubar) - Our Camp 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 landascpe...

- *Level 2\**

- *Walking time : 1 to 2 hours*

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

**🏠 bivouac in the Empty Quarter**

We set our camp at the foot of the huge dunes of the Rub Al Khali  
**Individual camping tent**

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

✓ **Hiking in Rub al Khali (6 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 5 hours**

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

**🏠 bivouac in the Empty Quarter**

We set our camp at the foot of the huge dunes of the Rub Al Khali  
**Individual camping tent**

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

✓ **Hiking in Rub al Khali (6 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 5 hours**

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

**🏠 bivouac in the Empty Quarter**

We set our camp at the foot of the huge dunes of the Rub Al Khali  
**Individual camping tent**

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

**🚌 Transfer Our Camp in Rub Al khali - Thumrayt (2 hours 30 - 175 Km)**

**🚌 Transfer Thumrayt - Salalah (1 hour - 100 Km)**

**🚌 Transfer Salalah - Fizayah (1 hour - 70 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.

**🏠 Bivouac on the beach**

We camp on a splendid sandy white beach  
**Individual camping tent**

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DAY 15 (Breakfast - Lunch - )

✓ **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 Fizayah - View Point (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 View Point - Above Al Hautah Bowl (0 hour 20 - 20 Km)**

✓ **Short walk on the top of the corrie of Al Hautah (2 hours )**

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

- **Level 1\***

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

🚗 **Transfer Above Al Hautah Bowl - Salalah (2 hours - 120 Km)**

🏠 **Salalah Beach Villas**

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*

📌 **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

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