

## FROM WADI TIWI TO WADI SHAB

*A 2-days hike to discover 2 of the most famous valleys of Oman along an unusual itinerary far from the crowd and (almost) unaffected by the passing of time*

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

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

✓ **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 vilgde 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**

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

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

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**

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

 **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