

## CANYONING WADI TIWI

*One of the more spectacular Canyon in Oman. It is only for persons with good canyoning experience and very fit. It is included in a 3-days tour, so that we can check the ability of the participants before...*

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

 **Transfer Muttrah - Dibab (1 hour 30 - 120 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. Already 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 waterfall, 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 - Tiwi (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 2 *(Breakfast - Lunch - Dinner)*

#### ✓ **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 - Halut (2 hours - 70 Km)**

#### **Camping on the Plateau**

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

*Individual camping tent*

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

#### ✓ **Canyoning in Wadi Tiwi (8 hours )**

A splendid canyon! It's probably the most beautiful canyoning descent in Oman, but also the most difficult one... There are several technical abseiling in waterfalls and inside caves, and very long pools to swim through. But you are rewarded with spectacular features : hot water streams springing out of stalagmites, caves, waterfalls, ....

- **Level 4\***

 **Transfer Mibam - Tiwi (0 hour 30 - 25 Km)**

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

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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