

SAND DUNES OF THE EMPTY QUARTER

A great way to experience one of the bigger and dryer desert in the world! Huge sand dunes as far as eyes can see...

DAY 1 (- Lunch - Dinner)

 **Transfer Nizwa - Fahud (2 hours - 150 Km)**

 **Transfer Fahud - Umm As Samim (1 hour 30 - 150 Km)**

✓ **Stop in the Salt Desert of 'Umm As Sammim' (0 hour 30)**

In arabic, 'Umm As Sammim' means 'the mother of poisons'. It is a very dry and plane stretch of salt. It is very un hospitable for life and there is no vegetation. We stop in this weird place to have a look at the salt crust.

- **Level 1***

 **Transfer Umm As Samim - Rub Al Khali (1 hour - 80 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 landscape...

- **Level 2***

- **Walking time : 1 to 2 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

DAY 2 (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

DAY 3 (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 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

DAY 4 (Breakfast - Lunch -)

✓ **Morning walk in the dunes (2 hours)**

this morning, we climb one of the big dunes and enjoy a last view over this sea of sand...

- **Level 2***

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

 **Transfer Rub Al Khali - Al Ghaba (3 hours - 270 Km)**

 **Transfer Al Ghaba - Nizwa (2 hours - 220 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