

DISCOVER OMAN (4-STAR COMFORT)

A complete discovery of the highlights of Northern Oman in luxury hotels : mountain oasis, the Grand Canyon, Wahiba sands, the turtles, the Wadis, and some days relaxing in a beach hotel.

DAY 1 *(- Lunch - Dinner)*

 **Transfer Muttrah - Al Awabi (2 hours - 200 Km)**

 **Transfer Al Awabi - Balad Sit (1 hour - 40 Km)**

We drive in Wadi Bani Awf. We first cross villages and green palm gardens. We then drive over Wadi Zamah, also known as the Snake Canyon : it is a very narrow and deep canyon. An unforgettable drive...

✓ **Walk in Balad Sit (2 hours)**

We start from the main valley and head to a narrow gorge. This part of the walk is just wonderful! At the end of the gorge, we discover the village of Balad Sit ('the hidden village'). Built in a small hill and surrounded by cliffs, this village is one of the most beautiful of Oman. We walk through the village and the ardens and come back through an other branch of the small gorge.

- *Level 1**

- *Walking time : 1 to 2 hours*

- *Height difference : +50m/-50m*

 **Transfer Balad Sit - Misfat Al Abreyeen (1 hour 45 - 60 Km)**

We Cross the mountain through Sharaf Al Alamain Pass. That's th only pass which allows to cross the Westrn Hajar by car. There is tarmac road on the southern slop, but on the northern side, a steep track goes down to Wadi Bani Awf offering stunning views...


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

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

- *Level 1**

- *Walking time : 1 to 2 hours*

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

 **Transfer Misfat Al Abreyeen - Al Hamra (0 hour 12 - 10 Km)**

 **The View**

A nice ecolodge located in a calm and isolated place in the mountain. The views all around are just superb.

Superior Room

breakfast et dinner at the hotel

DAY 2 *(Breakfast - Lunch - Dinner)*

 **Transfer Al Hamra - Al Khitaym (1 hour 30 - 50 Km)**

✓ **Hike on top of Arabia's Grand Canyon to Sab Bani Khamis (4 hours)**

We start the walk at Al Khitaym. The path is very easy and offers all way long wonderful views on Arabia's Grand Canyon. On the way we can see the highest point of the country. Finally, we arrive to an old village built in the cliff : Sab Bani Khamis. The village was abandoned some 15 years ago when the road was build. Some 5 to 10 families were living there, taking care of their gardens also built on the cliff and of their goats. We come back the same way. It is a very easy wonderful walk!

- **Level 2***

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

- **Height difference : +250m/-250m**

 **Transfer Al Khitaym - Nizwa (1 hour 30 - 100 Km)**

Falaj Daris Hotel

Pleasant 4-star hotel. Architecture is of arabic style. All rooms are on the ground-floor around the two swimming pools. This hotel has a souvenir shop, fitness room, steam room, 2 big swimming pools located in a nice flowered garden. You'll also find a bar and a restaurant, as well as a money changer.

Standard Room

Chambre confortable climatisee avec salle de bain privree, mini-bar, television.. breakfast et dinner at the hotel

DAY 3

(Breakfast - Lunch - Dinner)

✓ **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.

✓ **Visit of the fort of Nizwa (1 hour)**

The fort of Nizwa was rehabilitated recently. He has a defensive part (the so called citadelle) and a housing part (which was designed for the Imam and the scholars). From the top of the citadelle we have stunning views over Nizwa and its palm cove, the largest of the country. The underfloor of the fort was occupied by prison cells. These have been equipped to receive a museum about local culture. The museum is small but very well done. It is worth a visit!

 **Transfer Nizwa - Al Ayn (1 hour 15 - 70 Km)**

✓ **Walk along the 'Roses villages' (2 hours)**

On the slope of the Jebel Akhdhar, on top of Wadi Al Muaydeen lay the villages of Al Ayn Al Aqoor and Sharegah. They grow among other plants roses and pomegranates. The roses flower in March and April ; walking in the gardens at this time is an enchantment for the eyes and the nose. The pomegranates are harvested in late August and September ; they are very tasty and famous for their enormous size.

- **Level 1***

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

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

 **Transfer Al Ayn - Seeh Qtnah (0 hour 15 - 5 Km)**

Sahab Hotel


Nice boutique hotel located in Jebel Akhdar on the top of a cliff overlooking the villages of Al Ayn and Sharegah and their terraces. In the hotel, you'll enjoy a nice lounge, restaurant, cafe, and a swimming pool.

Deluxe room

Comfortable 20 sqm room with TV, A/C, and min-bar. WiFi Access. You also enjoy a private terrace.. breakfast et dinner at the hotel

DAY 4 (Breakfast - Lunch - Dinner)

 **Transfer Seeh Qtnah - Birkat al Mouz (0 hour 45 - 40 Km)**

 **Transfer Birkat al Mouz - Bidah (2 hours 30 - 220 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***

 **Desert Nights Camp**

Discover the adventure of the desert in one of the most luxurious desert camps in the world. Nestled on the golden sands of Al Wasil, this oasis of luxury is a memorable way to experience the magic of the desert. What awaits you is a variety of activities from dune bashing to camel rides, a delectable choice of cuisine, plush comfort in the Arabian style tents, refreshing drinks in the "Oasis Bar", and unforgettable memories. It's where every moment can last a lifetime.

Deluxe Suit

The Deluxe Tented Units have separate bedroom and living room. There is a canopied queen sized bed with suffused light, a mini-bar, a fully-stocked luxurious ensuite with robes and slippers, individually controlled air conditioning, electrical outlets and complimentary mineral water. You'll find here the luxury in the middle of the sands.. breakfast et dinner at the hotel

DAY 5 (Breakfast - Lunch - Dinner)

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

 **Transfer Bidiyah - Sur (1 hour 20 - 120 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.

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

✓ **Hiking along the coast around Ras Al Had (1 hour)**

We discover the wild beaches of Ras al Had. These beaches have been declared Natural Reserve because the green turtles come there to lay eggs every night ; they are forbidden at night. There, we can see the holes left by the turtles, tracks of foxes, some eggs that have been eaten by these foxes, and the tracks of the turtles that have come back to the sea the previous morning. It is possible to swim.

✓ **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 bungalows are in a traditional style : covered with palm stems.

Hamoor Sea View 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. Sea View.. breakfast et dinner at the hotel

DAY 6 (Breakfast - Lunch - Dinner)

 **Transfer Ras Al Had - Tiwi (1 hour 30 - 100 Km)**

 **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)**

 **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

Deluxe Room

This large, 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 hairdryer.. breakfast et dinner at the hotel

DAY 7 (Breakfast - Lunch -)

 **Transfer Tiwi - Dibab (0 hour 30 - 60 Km)**

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

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

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 - As Sifah (2 hours - 160 Km)**

 **Sifawy Boutique Hotel**

A nice boutique beach hotel located 45 minutes drive east of Muscat in a Marina Town and part of Jebel Sifah Resort. With only 55 guest rooms, including 30 suites, each room has a private balcony, and is equipped with all the essential amenities and services, catering to even the most discerning traveller. The resort hosts 2 restaurants and 2 bars. It has an outdoor swimming pool, billard and table-tennis tables, and offers a wide range of day-trips (snorkeling, boat-trip, fishig trip, ...) to discover the most beautiful coast near Muscat.

Sifawy Room

breakfast at the hotel

DAY 8 (Breakfast - -)

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Sifawy Room

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

📍 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