

FROM WADI TIWI TO WADI SHAB

TRIP AVAILABLE IN	JANUARY - FEBRUARY - MARCH - NOVEMBER - DECEMBER
TRIP DURATION	2 Day
STARTING PLACE	Muttrah
FINISHING PLACE	Muttrah
DIFFICULTY LEVEL	Level 4 <i>Hiking tours with demanding hikes (up to 1200m elevation gain) alternating with easier days to discover the country, or even aquatic hikes or easy canyoning.</i>
PRICE PER PERSON	
<i>Number of Guests</i>	1 2 3 4 5 6 7 8 9 10 11 12
<i>Price per person in OMR</i>	500 260 180 140 140 120 110 100 115 110 105 100
<i>Price per person in USD</i>	1309 681 471 366 366 314 288 262 301 288 275 262
STAFF FOR THE TRIP	from 1 to 3 Guests 1 Tourleader with the knowledge for guiding the activities of the trip from Day 1 to 2 1 Driver from Day 1 to 2 from 4 to 4 Guests 1 Tourleader with the knowledge for guiding the activities of the trip from Day 1 to 2 1 Driver from Day 1 to 2 from 5 to 8 Guests 1 Tourleader with the knowledge for guiding the activities of the trip from Day 1 to 2 1 Driver from Day 1 to 2 from 9 to 12 Guests 1 Tourleader with the knowledge for guiding the activities of the trip from Day 1 to 2 2 Driver from Day 1 to 2 Cooking during bivouacs is performed by the whole team
TRANSPORTATION <i>For transfers mentioned in the program</i>	from 1 to 3 Guests 1 4WD Car from Day 1 to 2 from 4 to 4 Guests 1 4WD Car from Day 1 to 2 from 5 to 8 Guests 2 4WD Car from Day 1 to 2 from 9 to 12 Guests 3 4WD Car from Day 1 to 2
PRICES INCLUDE	Transportations mentioned above Petrol Staff mentioned above All excursions and entrance fees mentioned in the program Breakfast on days..... 2 Lunch on days..... 1, 2 Dinner on days..... 1 Water All overstays mentioned in the program on a double occupancy base, unless differently written in the trip program Camping Equipment (dome tents for 2 people, comfortable mattress, matt, crockery, cooking equipment)
PRICES DON'T INCLUDE	Personal Expenses Drinks between meals Breakfast on days..... 3 Dinner on days..... 2 Transportation to starting place and from finishing place of the trip Eventual additional nights before or after the trip Tips for local team
WHAT YOU HAVE TO BRING	Personal first aid Sun protection and insect repellent Sleeping Bag Headlight Toilet paper Light clothes Warmer clothes (jacket and trousers) Hiking boots and socks Walking sticks (optional : it can help you on some itineraries) Hiking bag (30-40L)
ADVICE FOR TREKKERS	Oman is a mountainous arid country. All the paths are rocky and some are steep. Unless you are a experimented mountainer, or you are specialy at ease in rocky terrains, it would be a good idea in Oman that you choose a level of difficulty a little under what you usually manage to do. You will still be able to see wonderful places and to perform very nice trekkings, but this will just prevent you from suffering and thus not enjoying your trip.
ADVICE ABOUT THE GOOD WAY OF CLOTHING	Oman is a muslim country in which islam is strong but very open-minded and tolerant. You'll never see an Omani pointing out the way of clothing or behaving of a tourist. But all of them will appreciate to see that you try to adapt. FOR WOMEN : bring trousers or short trousers and t-shirts covering shoulders, as well as a t-shirt (and maybe a short) for swimming. Obviously, when we are alone in remote areas you can dress as you like. FOR MEN : bring trousers or long shorts. FOR ALL : bring a pareo or big towel to change your clothes, since nudity is not admitted... tatoos should also be covered.
WEBSITE	www.omantrekkinguides.com