

TREKKING AND CANYONING IN WESTERN HAJAR

TRIP AVAILABLE IN JANUARY - FEBRUARY - MARCH - NOVEMBER - DECEMBER

TRIP DURATION 4 Day

STARTING PLACE Muttrah
FINISHING PLACE Muttrah

DIFFICULTY LEVEL **Level 4** *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.*

PRICE PER PERSON	1	2	3	4	5	6	7	8	9	10	11
<i>Number of Guests</i>											
<i>Price per person in OMR</i>	1040	550	400	430	360	310	300	310	300	290	280
<i>Price per person in USD</i>	2723	1440	1047	1126	942	812	785	812	785	759	733

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 4
1 Driver from Day 1 to 4

from 4 to 7 Guests
1 Tourleader with the knowledge for guiding the activities of the trip from Day 1 to 4
2 Driver from Day 1 to 4

from 8 to 11 Guests
1 Tourleader with the knowledge for guiding the activities of the trip from Day 1 to 4
3 Driver from Day 1 to 4

Cooking during bivouacs is performed by the whole team

TRANSPORTATION
For transfers mentioned in the program

from 1 to 3 Guests
1 4WD Car from Day 1 to 4

from 4 to 7 Guests
2 4WD Car from Day 1 to 4

from 8 to 11 Guests
3 4WD Car from Day 1 to 4

PRICES INCLUDE

Transportations mentioned above
Petrol
Staff mentioned above
All excursions and entrance fees mentioned in the program
Breakfast on days..... 2, 3, 4
Lunch on days..... 1, 2, 3, 4
Dinner on days..... 1, 2, 3
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..... 5
Dinner on days..... 4
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)
Swimming suit (and maybe shoes to go to the water if you don't like walking on rocks)
For Canyoning and Aquatic Hiking
Sport shoes which you will use in the water
During winter months we provide you short wetsuits

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 specially 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.omantrekkingguides.com