

# MOUNTAINS AND DESERT

<b>TRIP AVAILABLE IN</b>	<b>JANUARY - FEBRUARY - MARCH - NOVEMBER - DECEMBER</b>
<b>TRIP DURATION</b>	<b>8 Day</b>
<b>STARTING PLACE</b>	Muttrah
<b>FINISHING PLACE</b>	Muttrah
<b>DIFFICULTY LEVEL</b>	<b>Level 3</b> <i>Tours mixing day hikes (from 500 to 800 elevation gain) with easier walks and cultural visits. These tours might include occasionally a hike with a slightly greater height difference, or an easy aquatic hike.</i>
<b>PRICE PER PERSON</b>	
<i>Number of Guests</i>	<b>1      2      3      4      5      6      7      8      9      10      11      12</b>
<i>Price per person in OMR</i>	1990   1050   770   755   645   555   505   480   515   480   460   440
<i>Price per person in USD</i>	5209   2749   2016   1976   1688   1453   1322   1257   1348   1257   1204   1152
<b>STAFF FOR THE TRIP</b>	<p>from 1 to 3 Guests            1 Tourleader with the knowledge for guiding the activities of the trip from Day 1 to 8            1 Driver from Day 1 to 8</p> <p>from 4 to 8 Guests            1 Tourleader with the knowledge for guiding the activities of the trip from Day 1 to 8            1 Driver from Day 1 to 8            1 Driver from Day 8 to 8            1 Driver from Day 1 to 1            1 Driver from Day 2 to 2            1 Driver from Day 3 to 3</p> <p>from 9 to 12 Guests            1 Tourleader with the knowledge for guiding the activities of the trip from Day 1 to 8            2 Driver from Day 1 to 8</p> <p>Cooking during bivouacs is performed by the whole team</p>
<b>TRANSPORTATION</b>	<p>from 1 to 3 Guests            1 4WD Car from Day 1 to 8</p> <p>from 4 to 8 Guests            2 4WD Car from Day 1 to 8</p> <p>from 9 to 12 Guests            3 4WD Car from Day 1 to 8</p>
<b>For transfers mentioned in the program</b>	
<b>PRICES INCLUDE</b>	<p>Transportations mentioned above            Petrol            Staff mentioned above            All excursions and entrance fees mentioned in the program            Breakfast on days..... 2, 3, 4, 5, 6, 7, 8, 9            Lunch on days..... 1, 2, 3, 4, 5, 6, 7, 8            Dinner on days..... 1, 2, 3, 4, 5, 6, 7            Water            All overstays mentioned in the program on a double occupancy base, unless differently written in the program            Single extra :                    47 OMR (122 USD)                    Concerns following nights 3, 7, 8            Triple Room Discount :       -35 OMR (-92 USD)                    Concerns following nights 3, 7, 8            Camping Equipment (dome tents for 2 people, comfortable mattress, matt, crockery, cooking equipment)</p>
<b>PRICES DON'T INCLUDE</b>	<p>Personal Expenses            Drinks between meals            Dinner on days..... 8            Transportation to starting place and from finishing place of the trip            Eventual additional nights before or after the trip            Tips for local team</p>
<b>WHAT YOU HAVE TO BRING</b>	<p>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                <i>During winter months we provide you short wetsuits</i></p>
<b>ADVICE FOR TREKKERS</b>	<p>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.</p>
<b>ADVICE ABOUT THE GOOD WAY OF CLOTHING</b>	<p>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. <b>FOR WOMEN</b> : 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. <b>FOR MEN</b> : bring trousers or long shorts. <b>FOR ALL</b> : bring a pareo or big towell to change your clothes, since nudity is not admitted... tatoos should also be covered.</p>
<b>WEBSITE</b>	<b>www.omantrekkingguides.com</b>