MOUNTAIN, DESERT, AND WADIS

12/11/2023 - 23/11/2023

A medium-level hiking tour, which will let you discover very different aspects of Oman: steep valleys in the Western Hajar mountains, sand dunes in the White Desert and Wahiba Sands, and lush green wadis in the Eastern Hajar



Level 3	Tours which can include full-day hikes (up to 800 elevation gain) and not too difficult aquatic hikes.
Length	12 Day
START	12/11/2023 @ 08:30 AM Meet in front of Naseem Hotel (on Mutrah Corniche)
ENDS	23/11/2023 @ 06:00 PM We drop you to your hotel anywhere in Muscat
**************************************	 4 Nights in accomodations (hotel, guesthouse, lodge, etc) 7 Nights wild camping (with tents, thick mattrass, mats, dishes, cooking dear), comfortable (but with no toilets) with the assistance of vehicules
Prices per person	960 OMR (2513 USD)
GROUP SIZE	3 To 7
Tour guided in	English
Guide	Deep (Also speaks Bengali, Hindi, Nepali, Francais)

11/12/2023 - Lunch - Dinner

Transfer to a mountain village (3 hours - 225 Km)

✓ Hike across mountain villages (4 hours)

The main valley forms a hughe amphitheater overlooked by the noth face of Jebel Shams which offers huge cliffs of sometimes more than 2000m. We walk along centuries old paths (some of them are in a bad state and some spots can be a bit difficult) linking remote villages. We pass 3 villages before arriving to our camp.

- Level 3*

- Walking time : 3 to 4 hours - Height differrence : +200m/-400m

Camping the valley

A wonderful campsite with unbelievable views over the north face of Jebel Shams Individual camping tent













13/11/2023 Breakfast - Lunch - Dinner

✓ Hike across mountain villages (6 hours)

We start hiking from our campsite and walk up and down several valleys. Almost each valley hosts a village which has its own charm. Palm gardens, aflaj, terraced fields, beehives... We hike in traditional Oman and the scenery is spectacular. Some few passages might be a bit difficult.

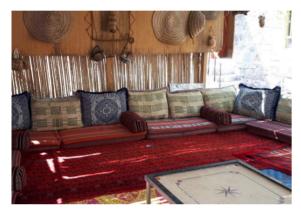
- Level 3*
- Walking time : 4 to 5 hours - Height differrence : +700m/-800m
- Transfer to a mountain guesthouse (1 hour 30 Km)

Mountain guesthouse

It's an old settlement which was nicely renovated and turned into a guesthouse. The farming activity was kept (fields and cattle). And the staff is particularly nice!

Dormitory

Dormitories from 4 to 10 persons with bunkbeds and A/C. breakfast & dinner at the accomodation













14/11/2023 Breakfast - Lunch - Dinner

✓ Canyoning in the lower Snake Canyon (3 hours)

The Snake Canyon is a very narrow canyon located in Wadi Bani Awf. In some parts of the canyon, you can touch both sides at the same time... We'll start from the secondary entrance. No abseiling is required. You'll just have fun by jumping (max 4 meters), sliding, walking in the water and short swimming! For thoses who don't want to jump, we install short abseils.

- Level 2*

Transfer to a mountain guesthouse (0 hour 15 - 5 Km)

✓ Short hike to a mountain village (2 hours)

We first walk in the wadi bed and then find a good path that climbs to the village.

- Level 2*

- Walking time : 1 to 2 hours- Height differrence : +300m/-0m

Overnight in a private house

We sleep in the house of our friend in a mountain village which is now not inhabited full time. We have 3 rooms where we can sleep and a newly built bathroom. We can also sleep outside under the stars...

Dormitory Room













15/11/2023 Breakfast - Lunch - Dinner

✓ Hike through mountains and villages (4 hours)

We start from the village village and walk our way up through the palm gardens toward a very narrow path. From there, we see another bigger village. We walk down to the village and enjoy a tour in the gardens. We finally find a very narrow gorge which we follow until we reach the main road of the valley.

- Level 3*

- Walking time : 3 to 4 hours - Height differrence : +300m/-500m

Transfer to Nizwa (2 hours - 80 Km)

✓ Souq of Nizwa (1 hour 30)

Nizwa is a major city of Oman located at the foot of the mointains 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 bedous 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 saling moutain honey, dates, incense, and anything you might need.

Beautifull hotel with simple comfort

A beautiful hotel located in an old quarter of Nizwa, just behind the souk. It's a complex of several old houses which have been renovated with a lot of taste.

Standard Room

breakfast at the accomodation













16/11/2023 Breakfast - Lunch - Dinner

Transfer to Sinaw (1 hour 20 - 125 Km)

✓ Visit of a bedouin souk (2 hours)

It's the weekly market day

- Level 1*

Transfer to the white desert, among rocks and sand (4 hours - 270 Km)

✓ Sunset between White desert and rocky hills (2 hours)

We walk up a small plateau next to our camp. On the one side we perceive the white desert which we will cross the day after. On the other side, the sun sets on rocky hills.

- Level 1*

- Walking time : 1 to 2 hours

Camping in the desert between sand and rocks

We set up our camp in a beautiful place where sand meets rocks *Individual camping tent*









17/11/2023 Breakfast - Lunch - Dinner

✓ Hike across sand dunes and rocky outcrops (6 hours)

A very beautifull day: we walk across sand dunes and meet on the way many rocky outcrops. The sand is sometimes red, and sometimes white. We arrive at our camp around noon and enjoy some rest under the shade. Late afternoon, we walk to the top of the sand dunes to see sunset over this spectacular landscape with trees, rocks, and sand...

- Level 2 & 3*

- Walking time : 4 to 5 hours

Camping in the desert

Varied landscape : sand dunes, rocky hills, and an accacia "forest" Individual camping tent













18/11/2023 Breakfast - Lunch - Dinner

✓ Hike across White desert (6 hours)

We have a long hike in a wonderful and unexpected landscape. We start from our campsite where the sand is rather beige and we walk across small rocky plateau, sandy valleys, and dune areas. The more we walk the whiter is getting the sand. Finaly we discover wonderful pure white sand dunes. Irreal landscape... We walk across the dunes and arrive to the sea around noon... We set up our camp, have lunch, and enjoy swimming in the indian ocean. Late afternoon, we start walking again across white sand dunes to enjoy sunset.

- Level 2 & 3*

- Walking time: 3 to 5 hours

Camping in the White desert, next to the sea

Unusual landscape : on one side we have pure white dunes, whereas on the other side we have the Indian Ocean... Individual camping tent













19/11/2023 Breakfast - Lunch - Dinner

Transfer to a fishing village (0 hour 36 - 21 Km)

On low tide we drive all the way on the beach and we see hundreds of seabirds

✓ Stop in a beduin coastal village (1 hour)

This is a very picturesc fishing beduin village: feelings to be t the far end of the world where old 4WD cover with algaes and shells tow small boats coming back from fishing.

Transfer to our campsite in the desert (7 hours - 480 Km)

A spectacular crossing of the Wahiba desert by 4WD. The track is usually well marked, but sometimes sand blown by the wind covers it. We start at the sea and cross the desert towards the North. The more we drive, the higher are the longitudinal dunes.

✓ 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 unforgetable time.

- Level 1*

மில் இதி Camping in Wahiba Sands Individual camping tent













20/11/2023 Breakfast - Lunch - Dinner

Transfer to a wadi (1 hour 30 - 80 Km)

✓ Aquatic hiking in a wadi of the Eatern Hajar (5 hours)

An easy quatic hike in one of the most beautiful wadis of oman. We start from an oasis in the valley. We walk across its luxuriant palm garden to reach he entrance of the garden. We then walk between large boulders to arrive to 2 wonderful pools with waterfalls. In one of these we can jump from 10 meters. We keep on walking in the water and the swim several long pools (until 300 meters). The valley then widens and we discover another oasis.

- Level 1*

- Walking time: 3 to 5 hours

Transfer to Sur (2 hours - 150 Km)

Hotel appartment facing the sea Standard Room













21/11/2023 Breakfast - Lunch - Dinner

✓ 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 wondeful 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 to Tiwi (0 hour 45 - 60 Km)

✓ Short hike in the wadi through palm gardens (2 hours)

We hike in the wadi, through the palm garden (which also hosts bananas, papayas, mango trees, lime, etc...) along the falaj to reach our camp site. Water flows in the river bed, flanks are covered by lush green gardens, dominated by steep cliffs.

- Level 2*

- Walking time: 1 to 2 hours

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We camp in a private garden in the wadi. The place is great and walking around late afternoon is great: superb views and lots of birds! For the moment, the place is very simple, but the owner plans to build toitlets soon...

Individual camping tent













22/11/2023 Breakfast - Lunch - Dinner

✓ Hike in the wadi and swim in the canyon (6 hours)

A beautiful hiking day: we walk all the wadi long, mostly on paths and falajs in the gardens, sometimes across boulders in the wadi bed, and few short parts on the track. On the way, we cross several villages. After arriving in the last village, we can go for a swim in the canyon just down the village in the middle of the canyon.

- Level 3*
- Walking time : 4 to 5 hours
- Height differrence: +300m/-50m

Transfer to our campsite (1 hour - 70 Km)

Camping at the foot of the mountains

We set up our camp on a flat area at the foot of beautiful mountains, with a panoramic view *Individual camping tent*













23/11/2023 Breakfast - Lunch -

Transfer to a wadi (0 hour 30 - 30 Km)

✓ Walk and swim in a wadi (4 hours)

We start with a refreshing swim in the vast pool down the village where we park. 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.

Warning : in some places, you might have to step in the water ; you shoes and pants might get wet...

- Level 2*
- Walking time : 2 to 3 hours
- Transfer to Muttrah (2 hours 180 Km)













	①	Difficulty level Hiking & Easy Walking
Level 1		No difficulty. Easy and short walks. Apporpriate for anyone walking occasionaly
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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 4		Tilkes with an elevation gain from 600 to 1100 meters. For itt mountain filkers
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
	①	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
LEVEI Z		Lasy and short early on account with jumps of less than 5 meters which earl be avoided abselling
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