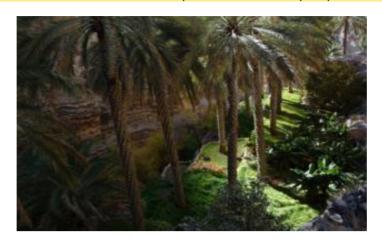
FAMILY ADVENTURE IN OMAN

24/03/2024 - 04/04/2024

A varied tour through the mountains, desert, and wadis of Oman. A mix of hotels, camping, bivouacs, and homestays. A trip with lots of activities and authentical experiences, but at a quiet pace, ideal for families!



WARNING: This trip has several 2 hikes consecutive hiking half-days (days 3 & 4, and then 5 & 6) in which we do not have access to the vehicules (and to our main luggages) at night.

Overnight on day 3 is a bivouac and we sleep UNDER THE STARS

Overnight on day 5 is in an old rustical house

On both places, we have drinking water available (spring) at night.

During these hikes you'll have to carry your own personal belongings and water, as well your sleeping bag and sleeping pad.

We can store your main luggages during that time. ; there is no security issue.

Level 2	Quite easy tours with easy hikes (no more than 4 hours walking and 300m height difference). These tours might include swimming but no aquatic hike nor canyoning. There is always the option, for the participants who wish it, not to do the walk; when possible, an alternative program can be offered to them; otherwise, they will wait in a beautiful spot.
Length	12 Day
START	24/03/2024 @ 08:30 AM
	Meet in fron of Naseem Hotel (on Mutrah's corniche)
ENDS	04/04/2024 @ 06:00 PM
	We can drop you to your hotel anywhere in Muscat
ಥಾಥಾಥ	7 Nights in accomodations (hotel, guesthouse, lodge, etc), of which 2 are in old local house with rustic comfort
浴浴浴	3 Nights wild camping (with tents, thick mattrass, mats, dishes, cooking dear), comfortable (but with no toilets) with the assistance of vehicules
始始始	1 Night camping under the stars, with minimum equipment, without assistance of vehicules
Prices per person	930 OMR (2435 USD)
GROUP SIZE	3 To 10
Tour guided in	English
Guide	Antoine (speaks also Deutsch, Francais, Espano, Arabi)

FAMILY ADVENTURE IN OMAN 2 / 14

DAY 1

24/03/2024

- Lunch - Dinner

Transfer to a foothill wadi (2 hours - 180 Km)

✓ Small walk in a valley of the foothills (2 hours)

This is a nice very typical valley of the foothills. On our way, we'll see magnesic springs which colour some of the pools in white. This valley runs in the middle of unsual rocks, called ophiolite and which originate from the oceanic floor: a journey up this valley is like a trip to the depth of the earth. The water is here flowing all year long, and we find some small pools to refresh..

- Level 1*
- Walking time : 1 to 2 hours
- Transfer to a mountain village (2 hours 90 Km)

🔿 🤿 🦪 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











FAMILY ADVENTURE IN OMAN 3 / 14

DAY 2

25/03/2024 Breakfast - Lunch - Dinner

Descent in the small valley (2 hours)

We cross the village and follow a good mountain path which takes us at the bottom of the valley. We then hike around boulders in the river bed. There are a lot of trees and sometimes, after big rains, a stream flows during several months.

- Level 2*

- Walking time : 1 to 2 hours - Height differrence : +50m/-350m

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

✓ Local lunch in the village (1 hour)

We have lunch either in the majilis of our friend's house, or on the terrace of their guethouse with views over the village.

✓ Walk in a mountain oasis (2 hours)

We start from the main valley and head to a narrow gorge. This part of the walk is just wonderfull! At the end of the gorge, we discover the 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 differrence : +50m/-50m

Transfer to a mountain oasis (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 it's a steep track which offer spectacular views.

😝 😝 🤣 Guesthouse in a palm grove

It's an old village in a splendid terraced palm grove. The old houses have been left from most of the inhabitants who built modern houses aside, and are now renovated mostly for touristic use. The guesthouse is located a few minutes walk away from the parking; so, please plan a small bag with only the stuff you need for that night. Also, to respect the inhabitants of the village, it is forbidden to bring alcool in the village and to smoke inside the house; we thank you in advance for respecting these rules!

Standard Room

breakfast & dinner at the accomodation













FAMILY ADVENTURE IN OMAN 4 / 14

DAY 3

Breakfast - Lunch - Dinner

We leave the vehicules early afternoon before the hike and we do not have access to them (and to our main luggages) at night

✓ Short walk in a mountain oasis (2 hours)

This is one of the most beautiful mountain village of Oman. It is located on the slope of a canyon. The gardens were built all around the old village on man-made terraces. Laying at an height of 800 meters, we find their a wide variety of tropical fruits: bananas, papayas, oranges, limes, dates, pomogranates, etc...

- Level 1*

- Walking time : 1 to 2 hours - Height differrence : +100m/-100m

Transfer to a high settlement (1 hour 12 - 50 Km)

✓ Hike on top of Arabia's Grand Canyon (3 hours)

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. The village was abandonned in the 90's when the road was built. Some 5 to 10 families used to live there, taking care of their gardens also built on the cliff and of their goats. It is a very easy and rewarding walk! After reaching the village, we can also explore a small cave and a lake located a little above.

- Level 2*

- Walking time : 2 to 3 hours - Height differrence : +0m/-250m

Bivouac on the dry terraces of the abandonned village

A great bivouac spot : we have spectacular views over the canyon, water nearby, wood to make a fire, and even caves to shelter in case of bad weather.

Camping













FAMILY ADVENTURE IN OMAN 5 / 14

DAY 4 27/03/2024

Breakfast - Lunch - Dinner We find the vehicule(s) again late morning after finishing the hike

✓ Hike back from Arabia's Grand Canyon (3 hours)

We hike the same way as the day before, but it is not boring, since the views and the light are different...

- Level 2*

- Walking time : 2 to 3 hours - Height differrence : +250m/-0m

Transfer to Al Hamra (1 hour - 70 Km)

✓ Visit of a lively museum of traditional know-hows (1 hour 30)

Bait As Safah is a traditional omani house located in the old city of Al Hamra. The women of the vllage welcome us in this house and show us how they make omani bread, omani coffee, carpets, and different creams and lotions made from mountain plants.

Transfer to Nizwa (0 hour 45 - 60 Km)

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













FAMILY ADVENTURE IN OMAN 6 / 14

DAY 5

Breakfast - Lunch - Dinner

We leave the vehicules early afternoon before the hike and we do not have access to them (and to our main luggages) at night

✓ 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.

Transfer to a high village (1 hour 30 - 90 Km)

✓ Hike to an oasis in a canyon (4 hours)

We start from a village located at an height of 2000 m and we walk the same way as the villagers who go work in the gardens, some 700 meters down. When we get to the bottom of the valley, we first discover a village with many houses built under the cliff. A bit further down, we finally discover the gardens where grow palm, lime, banana tree, garlic, and sweet potatoes. The place is really beautiful.

- Level 2 & 3*

- Walking time : 2 to 4 hours - Height differrence : +100m/-700m

ស្ត្រី ស្ត្រី Overnight in the old village

We sleep in the old village near the oasis. We are hosted by villagers. As the village has no road access and is not inhabited full-time anymore, comfort is rustic and we have to bring our sleeping pads and sleeping bags. According to western standards, this overnight is between bivouac and homestay. If needed, some donkeys can help us carry our things. A good evening, and a very local experience!

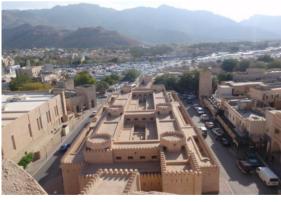
Dormitory room

breakfast & dinner at the accomodation

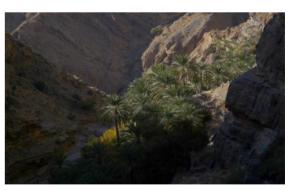












FAMILY ADVENTURE IN OMAN 7 / 14

DAY 6

29/03/2024 Breakfast - Lunch - Dinner

We find the vehicule(s) again late morning or early afternoon, after finishing the hike

✓ Hike to leave the oasis (4 hours)

We come back the same way as the day before: the path is well built and we walk slowly, so, the climb, despite the elevation, is not difficult!

- Level 2 & 3*

- Walking time : 3 to 4 hours - Height differrence : +700m/-100m

Transfer to a plateau covered with juniper trees (0 hour 20 - 15 Km)

ំ ំ ំ Camping on a high plateau

2400m high in the center of the Jebel Akhdhar, surrounded by giant juniper and wild olive trees. A few steps away, you can enjoy great views over the valleys of the northern slope.

Individual camping tent



FAMILY ADVENTURE IN OMAN 8 / 14

DAY 7

30/03/2024

Breakfast - Lunch - Dinner

Transfer to a high village (0 hour 30 - 20 Km)

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

We walk between high villages on Jebel Akhdar. They grow among other plants roses and pomogranates. The roses flower in march and april; walking in the gardens at this time is an enchantement for the eyes and the nose. The pomogranates 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 differrence : +100m/-100m
- Transfer to our campsite in the desert (4 hours 320 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 unforgetable time.

- Level 1*

ស្ត្រី ស្ត្រី Camping in Wahiba Sands Individual camping tent













FAMILY ADVENTURE IN OMAN 9 / 14

DAY 8

31/03/2024

Breakfast - Lunch - Dinner

✓ Hike to waterfalls and swimming (3 hours)

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

The lower part of this valley forms a narrow and wild canyon. We start from a lovely village in the valley 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 a swim. For those who like jumping, a very nice 10 meters jump is possible there... According to the rains and floods which change the river course, it can happen that we need to swim or hike in the water to reach the waterfalls

- Level 2*

- Walking time : 1 to 2 hours

Transfer to Sur (2 hours - 150 Km)

Hotel appartment facing the sea

Standard Room













FAMILY ADVENTURE IN OMAN 10 / 14

DAY 9

04/01/2024

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

🏠 🏠 Camping in the gardens

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













FAMILY ADVENTURE IN OMAN 11 / 14

DAY 10

04/02/2024 Breakfast - Lunch - Dinner

Hike through gardens and water pools (6 hours)

A wonderfull valley, with a river and water pools, a huge palm grove streching along it on terraces, villages, and scenic mountain slopes. We spend there the whole day alterning walking and swim stop(s): several itineraries are possible for a nice full day walking not too difficult

- Level 2*
- Walking time : 2 to 4 hours
- Height differrence : +100m/-100m

Hotel facing the sea

A nice small hotel very well located, just before the village of Tiwi, in front of the sea, and at the entrance of Wadi Tiwi. The hotel has a swimming pool and a garden.

Standard Room

Modern and comfortable room with private bathroom. breakfast at the accomodation













FAMILY ADVENTURE IN OMAN 12 / 14

DAY 11

04/03/2024

Breakfast - Lunch - Dinner

Transfer to a wadi (0 hour 30 - 60 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

Countryside hotel

A very nice place to stay, located in the wadi, next to palm groves and water, with comfortable rooms.

Standard Room

breakfast & dinner at the accomodation













FAMILY ADVENTURE IN OMAN 13 / 14

DAY 12

04/04/2024 Breakfast - Lunch -

Transfer to a fishing port (2 hours - 120 Km)

✓ Snorkeling and Boat Tour (4 hours)

The bay is located only 30 km east from Muscat. There, the mountains fall down to the sea and form a lot of small tiny coves. We take a fisherman's boat and have a tour in the bay to see mangrove, seabirds, and the many sandy coves. Finally we stop in a wonderful beach, have lunch with grilled fish, and enjoy rest on the beach and snorkeling. Among other fishes you will probably see here: surgeon fish, tigerfish, butterfly fish, angelfish, and even sometime, if we are lucky, you'll be able to swim with turtles. ATTENTION: When the sea is rough, this cove is not reachable by boat; we go to another one which is also nice and suitable for snorkeling, but the seabed is not so rich.

Transfer to Muttrah (0 hour 45 - 50 Km)













FAMILY ADVENTURE IN OMAN 14 / 14

	1	Difficulty level Hiking & Easy Walking
Level 1		No difficulty. Easy and short walks. Apporpriate for anyone walking occasionaly
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
	①	Difficulty level Canyoning & Aquatic hiking
		For this activity, it is mandatory to be able to swim at least 100m
1		A supplied billing that the subject of the subject
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		Convers descent leating mare than 5 hours with soveral maters high jumps and tachnical shadiling in waterfalls
Level 4		Canyon descent lasting more than 5 hours with several meters high jumps and technical abseiling in waterfalls