ADVENTURE IN OMAN

26/11/2023 - 07/12/2023

An easy but adventurous tour through remote and little visited places : remote villages of the Western Hajar, several deserts (Rub Al Khali, Huqf, White desert, Wahiba), some wadis, and a crossing of the Eastern Hajar…

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	26/11/2023 @ 08:30 AM Meet in front of Naseem Hotel (Mutrah, Muscat)
ENDS	07/12/2023 @ 06:00 PM We can 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	**920 OMR (2408 USD)**
GROUP SIZE	**4 To 8**
Tour guided in	English
Guide	Naser (Also speaks Arabi)

DAY 1

26/11/2023 *- 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 guesthouse (1 hour 30 - 35 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

DAY 2

27/11/2023 *Breakfast - Lunch - Dinner*

Transfer to a mountain village (0 hour 45 - 20 Km)

✔ **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 (2 hours - 55 Km)

This drive off-road let us climb some 1000 meters in less than 10 km. It provides us with stunning views over the valley.

✔ **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

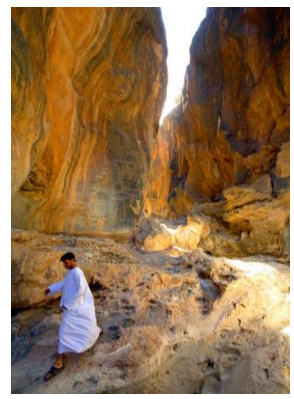
- Height differrence : +100m/-100m

Transfer to Jebel Shams plateau (1 hour 20 - 50 Km)

Camping in Jebel Shams Range

1800m high

Individual camping tent



DAY 3

28/11/2023

Breakfast - Lunch - Dinner

Transfer to a wadi flowing down from Jebel Shams (1 hour 30 - 70 Km)

✔ **Short Walk and swimming in a wadi (2 hours)**

Located on the west flank of the Jebel Shams range and in front of the Jebel Misht, this valley has all year long flowing water. The first pools to swim in are reached after only 10 mintes walk. The further ones need half an hour walk. The water clear and swimming their is just wonderful!

- Level 1*

- Walking time : 1 to 2 hours

Transfer to an archeological site (0 hour 30 - 25 Km)

✔ **Visit of the tombs of Al Ayn (0 hour 30)**

We stop to have a look at the tombs : these tumulus date from the 3rd Millenary B.C. They are located at the foot of the Jebel Misht, one of the most impressive mountain of Oman because of its 1000 meter high cliff.

Transfer to Nizwa (1 hour 30 - 100 Km)

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

DAY 4

29/11/2023 *Breakfast - Lunch - Dinner*

✔ **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 salt desert (3 hours 30 - 300 Km)

We drive a boring road, but we see oil and gaz plants on the way.

✔ **Stop in the Salt Desert of 'Umm As Sammim' (0 hour 30)**

In arabic, 'Umm As Sammim' means 'the mother of poisons'. It is a very dry and plane stretch of salt. It is very unhospitable for life and there is no vegetation. We stop in this weird place to have a look at the salt crust.

Transfer to Rub Al Khali (1 hour - 80 Km)

We enter the Rub al Khali. The further we drive, the higher are the dunes which form a wonderful landscape.

✔ **Short walk in the sands to sea the sunset (1 hour)**

We go have a walk across the high dune of the Rub Al Khali (Empty quarter in arabic), the huge and arid desert of Saudi Arabia that crosses Oman's border. We'll walk up a dune to see sunset in this unbelievable landascpe…

- Level 2*

- Walking time : 1 to 2 hours

- Height differrence : +150m/-150m

Camping in the desert

We set our camp at the foot of the huge dunes of the Rub Al Khali

Individual camping tent

DAY 5

30/11/2023 *Breakfast - Lunch - Dinner*

✔ **Hiking in Rub al Khali (8 hours)**

Morning, we start walking from our camp. We climb several high dunes which surround us : the ascent is sometimes exhausting, but the descent is quick and fun and gives us sometimes the opportunity to have the dune sing. Around noon, we walk back to our our camp and have lunch and rest under a shady place. Late afternoon, we climb another huge dune to get to its summit and enjoy a wonderful sunset at the top.

- Level 2 & 3*

- Walking time : 4 to 6 hours

- Height differrence : +250m/-250m

Camping in the desert

We set our camp at the foot of the huge dunes of the Rub Al Khali

Individual camping tent

DAY 6

12/01/2023 *Breakfast - Lunch - Dinner*

Transfer to a limestone escarpment (3 hours 30 - 225 Km)

✔ **Short walk in a rocky chaos at an escarpment (2 hours)**

We stop at the foot of the cliffs made of white lime stone. We then walk across the many small gorges which. It is a very exclusive place with unbelievable landscapes. Rocks are having very particular shapes...

- Level 1*

- Walking time : 1 to 2 hours

Transfer to Mahut (2 hours 30 - 200 Km)

Al Jazeera Guest House

Simple but comfotable hotel in Mahut

Standard Room

Spacious room with TV, A/C, table and chairs, as well as tea and coffee facilities

DAY 7

12/02/2023

Breakfast - Lunch - Dinner

Transfer to a fishing village (1 hour 30 - 70 Km)

✔ **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 the white desert, on the seaside (0 hour 20 - 20 Km)

At low tide, all the way can be done on the beach and we see thousands of birds.

✔ **Swimming in the Indian Ocean (2 hours)**

Hard to say if we are on the bech or in the desert, since the dunes arrive in the sea… Here endless beaches strech along the Indian Ocean. The bath is just great!

✔ **Walk to see sunset in the white desert (2 hours)**

We walk a little to enjoy the sunset light on this surrealistic landscape.

- Level 1*

- Walking time : 1 to 2 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

DAY 8

12/03/2023 *Breakfast - Lunch - Dinner*

Transfer to the white desert, among rocks and sand (1 hour 30 - 75 Km)

✔ **Day in a rocky and sandy desert (7 hours)**

We spend the full day in this so beautiful and unsual place where rocky hills of various colours are covered with red or cream sand. We go for a walk early morning and come back to our camp late morning when it starts to get hot to have lunch and take rest under the shade. Late afternoon, when the light becomes beautiful and the heat decreases, we go for another walk until sunset.

- Level 2 & 3*

- Walking time : 2 to 5 hours

Camping in the desert

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

Individual camping tent

DAY 9

12/04/2023

Breakfast - Lunch - Dinner

Transfer to our campsite in the desert (5 hours - 280 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*

Equiped camp in the desert

A very nice camp which lays in the middle of the sand dunes, in a quiet and wild area.

Arabic Tent with private bathroom

Arabic tent nicely equiped as an hotel room : bed, carpets, tabe, chairs. Private bathroom..
breakfast & dinner at the accomodation

DAY 10

12/05/2023

Breakfast - Lunch - Dinner

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

✔ **Hike to waterfalls and swimming (3 hours)**

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

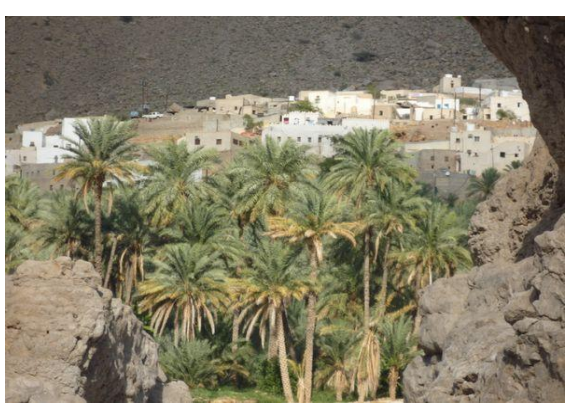
- Level 2*

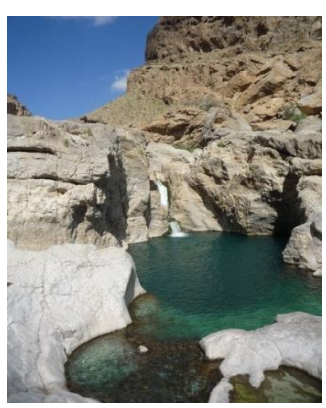
- Walking time : 1 to 2 hours

Transfer to a foothill village (1 hour 30 - 80 Km)

Camping surounded by red hills

Individual camping tent





DAY 11

12/06/2023

Breakfast - Lunch - Dinner

Transfer to a mountain village (4 hours - 120 Km)

We drive off-road for a wonderful crossing of the eastern Hajar. We first drive across the low colourful hills and then start climb up the plateau. Once we arive up drive through amazing behive tombs built 2000 B.C and several shepperd's hamlets.

✔ **Walk in a mountain oasis (3 hours)**

We discover this remote and secluded (the access dirt track was built only in 2013!) village set in a spectacular location. It's a lush green oasis in the middle of on arid mountain!

- Level 2*

- Walking time : 1 to 2 hours

- Height differrence : +100m/-100m

Camping in the wadi, near the village

Individual camping tent

DAY 12

12/07/2023 *Breakfast - Lunch -*

Transfer to a wadi (2 hours 30 - 110 Km)

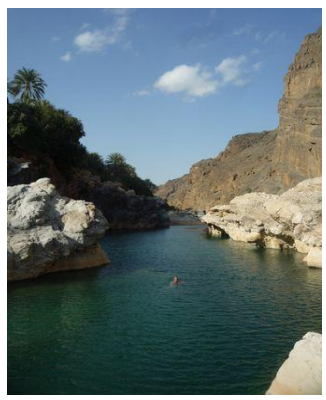
✔ **Walk and swim in a wadi (4 hours)**

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 (1 hour 30 - 130 Km)



	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

	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
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