

HIKE AND DISCOVER NORTHERN OMAN

09/11/2024 - 16/11/2024

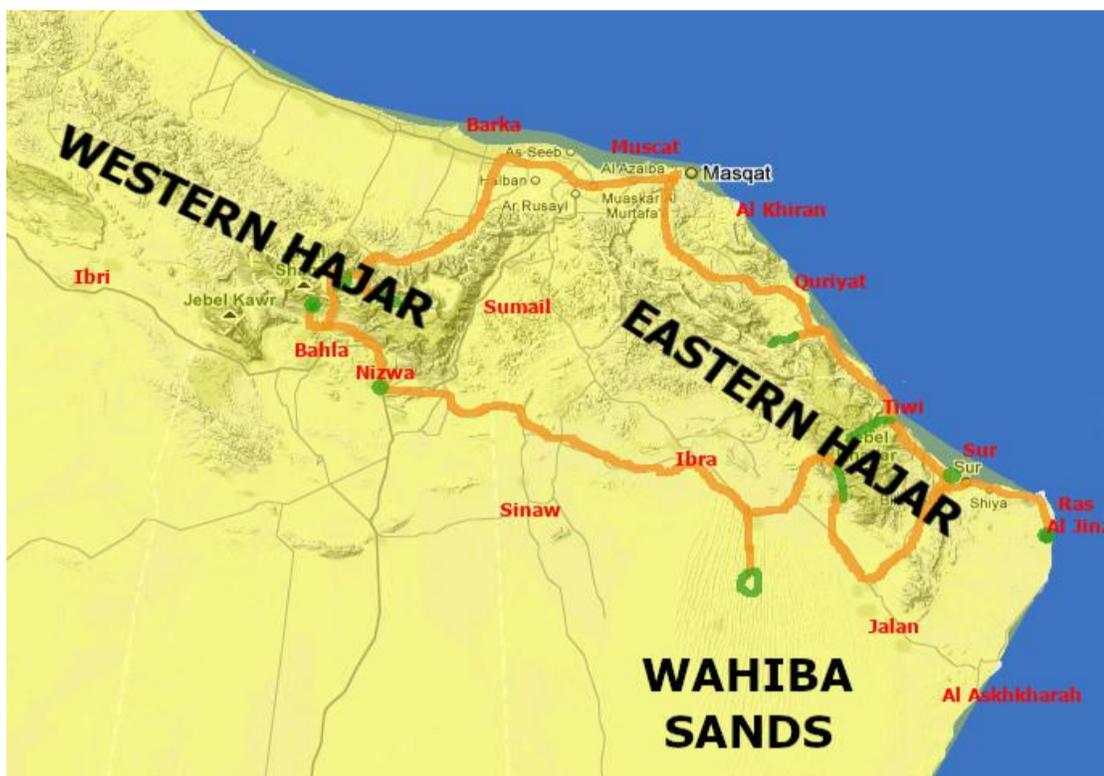
A good glimpse to Oman's various landscapes with hikes in the mountain and in the wadis, and 1 day/2 nights in the desert. Also the visit of Nizwa and Sur, and the observation of green turtles!



| | |
|---|---|
| Level 3 | Tours which can include full-day hikes (up to 800 elevation gain) and not too difficult aquatic hikes. |
| Length | 8 Day |
| START | 09/11/2024 @ 08:00 AM Rendez-vous devant l'hotel Naseem (corniche de Matrah, Mascate) |
| ENDS | 16/11/2024 @ 08:00 AM Nous pouvons vous déposer ou vous le souhaitez dans Mascate |
|  | 4 Nights in accomodations (hotel, guesthouse, lodge, etc...) |
|  | 3 Nights wild camping (with tents, thick matrass, mats, dishes, cooking dear), comfortable (but with no toilets) with the assistance of vehicules. Usualy tarticipants pitch their tent by themselves while we set up the collective camp |
| Price per person | 600 OMR (1571 USD) |
| GROUP OF | 4 To 8 |
| Tour guided in | Francais |
| Guide | |

Itinerary

Wadi Bani Kharus - Wadi Bani Awf - Misfat Al Abreyeen - Nizwa - Wahiba Desert - Wadi Bani Khalid - Ras Al Had - Sur - Wadi Tiwi - Wadi Al Arbeyeen

**Nota sobre la transportacion del equipaje**

We have vehicles ; so luggages are always transported by car. You only have to carry day-pack while hiking.

About Desert

We usually go for a hike of 3 to 5 hours in the morning. Heat and soft sand can make it a bit difficult. Late afternoon, we go for another walk around the camp from 1 to 2 hours. It is always possible for someone not to do the walk and stay at the camp or go for a shorter walk. On the other hand, the ones who want to walk more can go earlier in the afternoon and do a longer tour alone. In the desert, we'll have one single camp site for 2 nights. On the camp, we set up a big tent (pictures below) to have shade at noon and to protect us in case of sandwind.



DAY 1

09/11/2024

- Lunch - Dinner

🚌 Transfer to Al Awabi (2 hours - 200 Km)

✓ **Hike in Wadi Bani Kharus through villages, palm gardens, and mountain (4 hours)**

👉 *Wadi Bani Kharus*

We walk in the wadi and on the luxuriant terraces of the palm gardens. The path then heads along the valley, goes up to a small pass and down to an isolated palm garden. The inhabitants of the village where we started the hike come there regularly to take care of the cultures and of the falaj (traditional irrigation system). The entrance in the gardens is now private, so we stop just before and have lunch near the stream and we come back using the same way...

- Level 2*
- Walking time : 2 to 4 hours
- Height difference : +300m/-300m

🚌 Transfer to Bimah (Wadi Bani Awf) (2 hours 15 - 65 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*



DAY 2

10/11/2024

Breakfast - Lunch - Dinner

🏠 *Wadi Bani Awf*✓ **Hike through mountains and villages of Wadi Bani Awf (5 hours)**

We walk in the river bed with many trees and birds (sometimes also a stream) and then find a good path which climbs in the mountain and takes us to a first small village. We then walk our way up through the palm gardens and reach 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 : 4 to 5 hours**- **Height difference : +600m/-500m**

🚌 Transfer to Misfat Al Abreyeen (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



DAY 3

11/11/2024

Breakfast - Lunch - Dinner

✓ **Short walk in the mountain oasis of Misfat Al Abreyeen (2 hours)**

➤ Misfat Al Abreyeen

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 difference : +100m/-100m

🚌 Transfer to Nizwa (1 hour - 60 Km)

✓ **Souq of Nizwa (1 hour 30)**

➤ Nizwa

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 our campsite in the Wahiba Desert (3 hours - 220 Km)

✓ **Sunset in the dunes (1 hour)**

➤ Wahiba Desert

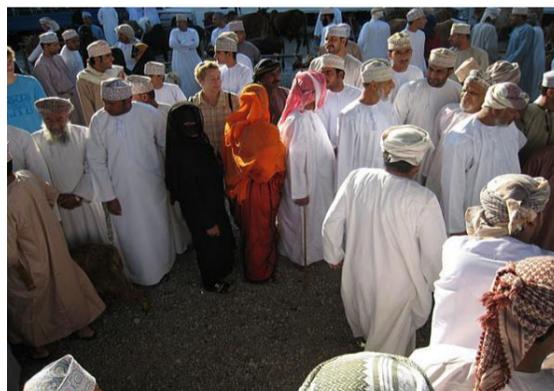
We start a walk across the dunes in late afternoon. The heat isn't too strong anymore and the sunlight is the more beautiful. The setting sun always gives changing colour to the sand and the shades. This a great unforgetable time.

- Level 1*



Camping in Wahiba Sands

Individual camping tent



DAY 4

12/11/2024

Breakfast - Lunch - Dinner

✓ **Hiking in the Wahiba Sands (6 hours)**

We start walking early morning when the sun is not too strong. We walk some 3-4 hours in this wonderful lanscape of sand dunes. Around twelve, when the sun reaches its highest point, we stop to have lunch and rest under the shade. At the end of the afternoon we start walking again around our camp to see sunset. In the desert, the walking time is only informative and we can adapt the length of the stages according to the group.

➤ *Wahiba Desert*- **Level 3***- **Walking time : 4 to 5 hours**- **Height difference : +100m/-100m****Camping in Wahiba Sands***Individual camping tent*

DAY 5

13/11/2024

Breakfast - Lunch - Dinner

 Transfer to Wadi Bani Khalid (1 hour 30 - 80 Km)

✓ **Aquatic hiking in wadi Al Hwir (5 hours)**

➤ *Wadi Bani Khalid*

An easy aquatic 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 the 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 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 Ras Al Had (1 hour 45 - 150 Km)

✓ **Nighttime turtle watching (2 hours)**

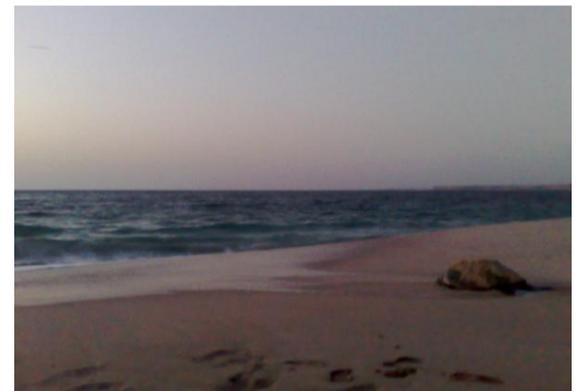
➤ *Ras Al Had*

The coast is here declared Natural Reserve to protect the numerous green turtles which lay eggs there. The visits are well organized and gathered on only 2 beaches ; the other ones are forbidden in order not to disturb too much the turtles. The high season for turtles is in summer : in that time we can find up to 50 turtles laying eggs at the same time on the same beach. But they come all year long and you are almost sure that you will see some. You'll see turtles digging holes, laying eggs, covering eggs, and going back to the sea. You'll also see baby turtles getting out of the sand and heading to the sea...

   **Guesthouse or Hotel Apartment in Ras Al Had**

Standard Room

breakfast at the accommodation



DAY 6

14/11/2024

Breakfast - Lunch - Dinner

 Transfer to Sur (1 hour - 50 Km)

✓ **Visit of the city of Sur (2 hours)**

 Sur

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 wonderful 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 through palm gardens in Wadi Tiwi (2 hours)**

 Wadi Tiwi

We hike in the wadi, through the palm garden (which also hosts bananas, papayas, mango trees, lime, etc...). 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 : wild, superb views and lots of birds! We have 2 flat terraces to set up the camp, a falaj (water chanel), and toilets.

Individual camping tent



DAY 7

15/11/2024

Breakfast - Lunch - Dinner

✓ **Hiking and swimming in Wadi Tiwi (6 hours)**

A nice loop hike in a beautiful valley with a stream flowing all-year-long, a huge palm grove on terraces all along it, villages, and impressive cliffs. There several possible itineraries and one of them is to go through a short but very beautiful canyon ; it implies to swim, so we have to adapt equipment in advance (take nothing that doesn't support water or put it in a waterproof bag).

- **Level 3***- **Walking time : 4 to 5 hours**- **Height difference : +450m/-450m**🏠 *Wadi Tiwi*🏠🏠🏠 **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*



DAY 8

16/11/2024

Breakfast - Lunch -

🚌 Transfer to Wadi Al Arbeyeen (1 hour - 80 Km)

✓ **Walk and swim in Wadi Al Hail (4 hours)**

➤ Wadi Al Arbeyeen

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. Appropriate for anyone walking occasionally |
| 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

| | |
|----------------|---|
| 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 |