



SEA, DESERT, AND WADIS

16/03/2025 - 22/03/2025

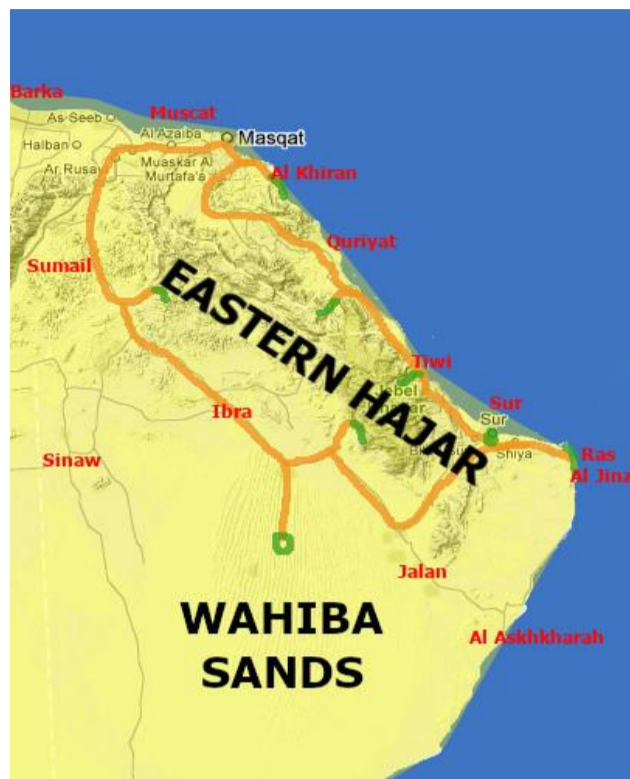
An easy tour all around the Eastern Hajar mountains to discover many wadis (each one having its own charm), spend a night in the desert of Wahiba Sands, and enjoy the clear water and white beaches of the Sea of Oman! Particularly suitable for families!!!



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	7 Day
START	16/03/2025 @ 08:00 AM Meeting in front of Naseem Hotel (Mutrah Corniche, Muscat) We might also be able to pick up you directly from your hotel... just ask when booking...
ENDS	22/03/2025 @ We can drop you anywhere in Muscat (hotel, airport, bus station, private house...)
	2 Nights in accomodations (hotel, guesthouse, lodge, etc...)
	4 Nights wild camping (with tents, thick matrass, mats, dishes, cooking gear), comfortable (but with no toilets) with the assistance of vehicles. Usually participants pitch their tent by themselves while we set up the collective camp
Price per person	450 OMR (1178 USD)
GROUP OF	3 To 8
Tour guided in	English
Guide	

Itinerary

Lowhills - Wahiba Desert - Wadi Bani Khalid - Ras Al Had - Sur - Wadi Tiwi - Wadi Al Arbeyeen - Bandar Khayran

**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.

DAY 1

16/03/2025

- Lunch - Dinner

🚌 Transfer to a foothill wadi (2 hours - 150 Km)

✓ **Walk in a wadi of the foothills (3 hours)**

➤ *Lowhills*

We walk up along the river which flows across brownish rocks called ophiolites (in geology, this word is used to talk about all the rocks of the oceanic crust). Magnesium springs feed the river and give water pools a pure white color which offers us beautiful contrasts with the dark rocks around.

- **Level 2***

- **Walking time : 2 to 3 hours**

- **Height difference : +100m/-100m**

🚌 Transfer to our campsite in the Wahiba Desert (1 hour 30 - 140 Km)

✓ **Sunset in the dunes (1 hour)**

➤ *Wahiba Desert*

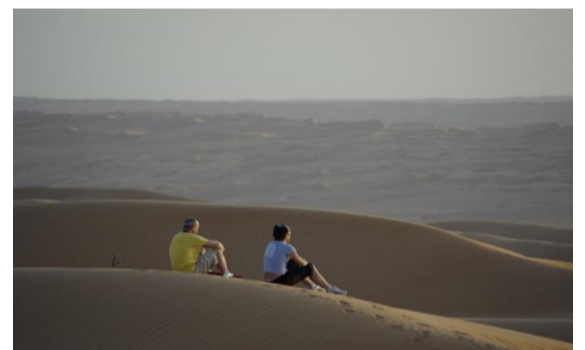
We start a walk across the dunes in late afternoon. The heat isn't too strong anymore and the sunlight is the more beautiful. The setting sun always gives changing colour to the sand and the shades. This a great unforgettable time.

- **Level 1***



Camping in Wahiba Sands

Individual camping tent



DAY 2

17/03/2025

Breakfast - Lunch - Dinner

🚌 Transfer to Wadi Bani Khalid (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

📍 Wadi Bani Khalid

- Level 2*

- Walking time : 1 to 2 hours

🚌 Transfer to our campsite in a rocky valley with sand strips (0 hour 30 - 30 Km)



Camp surrounded by rocky hills

Individual camping tent



DAY 3

18/03/2025

Breakfast - Lunch - Dinner

 Transfer to Ras Al Had (2 hours 30 - 190 Km)

 Ras Al Had

✓ **Walk on the coast of the turtle reserve (3 hours)**

These beaches have been declared Natural Reserve because the green turtles come there to lay eggs every night ; they are forbidden at night. There, we can see the holes left by the turtles, tracks of foxes, some eggs that have been eaten by these foxes, and the tracks of the turtles that have come back to the sea the previous morning. It is possible to swim.

- Walking time : 0 to 1 hours

 Ras Al Had

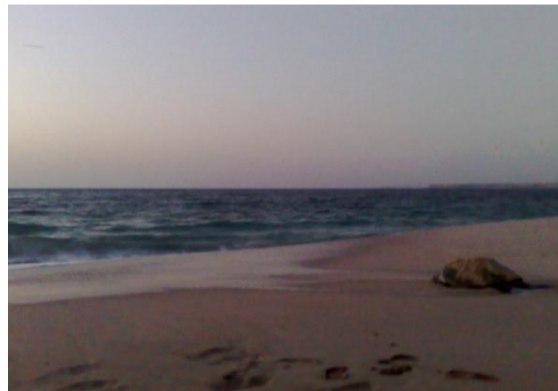
✓ **Nighttime turtle watching (2 hours)**

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 hole, 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 accomodation



DAY 4

19/03/2025


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 5

20/03/2025

Breakfast - Lunch - Dinner

✓ **Hiking and swimming in Wadi Tiwi (4 hours)**

A wonderful valley, with a river and water pools, a huge palm grove stretching along it on terraces, villages, and scenic mountain slopes. We drive through the valley and hike through gardens and in the wadi bed to go for a swim.

🏠 Wadi Tiwi

- Level 2*
- Walking time : 2 to 3 hours
- Height difference : +100m/-100m

🚌 Transfer to Wadi Tiwi (0 hour 15 - 5 Km)

✓ **Walk to a waterfall (1 hour)**

Very beautiful place. We walk from the village down good but steep stairsthrough palm gardens to a waterfall in an impressive canyon. We can swim there (with decency).

🏠 Wadi Tiwi

- Level 1*
- Walking time : 0 to 1 hours
- Height difference : +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



DAY 6

21/03/2025

Breakfast - Lunch - Dinner

 Transfer to Wadi Al Arbeyeen (0 hour 30 - 60 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**



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



DAY 7

22/03/2025

Breakfast - Lunch -

 Transfer to Bandar Khayran (2 hours - 120 Km)

✓ **Day at the beach : walking, swimming, and snorkeling (6 hours)**

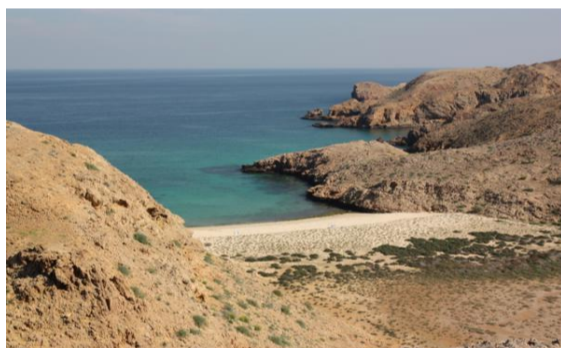
 Bandar Khayran

The bay of Bandar Khiran is very rocky and hosts many small coves. We start from a high point, where the views over the bay are superb. We walk down on an easy path to reach a white sand beach, where we'll spend the day. We can go swimming and snorkeling (great marine life with many multicolor fishes, corals, and even sometimes turtles). We'll also have lunch there ; usually we try to grill fish or seafood. We can also have a longer walk to visit other beaches. Finally, we'll go back the same way.

- Level 2 & 3*

- Walking time : 0 to 1 hours

- Height difference : +50m/-50m

 Transfer to Muttrah (0 hour 45 - 50 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