

GREAT DISCOVER OF OMAN - COMFORT

02/02/2025 - 16/02/2025

A rather easy tour, sleeping every night in accomodation, to take the time to discover various aspects of Oman : 6 days in the mountain, 5 days on the coast of the Indian Ocean and its nearby deserts, and 4 days in the wadis and the Sea of Oman.



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	15 Day
START	02/02/2025 @ 08:00 AM Meeting in front of Naseem Hotel (Mutrah Corniche, Muscat) We might be able to pick up you directly from your hotel ; just ask when booking...
ENDS	16/02/2025 @ 06:00 PM We can drop you anywhere in Muscat (Hotel, airport, private house, bus station)
	14 Nights in accomodations (hotel, guesthouse, lodge, etc...)
Price per person	1300 OMR (3403 USD)
GROUP OF	3 To 8
Tour guided in	English
Guide	

Itinerary	Wadi Mistal - Lowhills - Wadi Bani Kharus - Wadi Bani Awf - Wadi Sahtan - Al Hamra - Misfat Al Abreyeen - Jebel Shams - Nizwa - White Desert - Masirah Island - Wahiba Desert - Wadi Bani Khalid - 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

02/02/2025

- Lunch - Dinner

🚌 Transfer to Wadi Mistal (2 hours 20 - 170 Km)

✓ **Short walk in the mountain oasis of Wakan (1 hour)**

🚩 *Wadi Mistal*

We have a round in the village, located at 1400m, at the far end of a valley in shape of an amphitheater. The village and its garden are built on the cliff. We walk across the old village and the terraces where grow garlic, onions, apricots, lime trees, etc... Apricots are the main crop and it's expecially beautiful in spring when they flower.

- Level 1*

- Walking time : 1 to 2 hours

- Height difference : +50m/-50m

🚌 Transfer to a foothill wadi (0 hour 40 - 50 Km)

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

🚩 *Lowhills*

This is a nice very typical valley of the foothills. On our way, we'll see magnesian springs which colour some of the pools in white. This valley runs in the middle of unusual 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

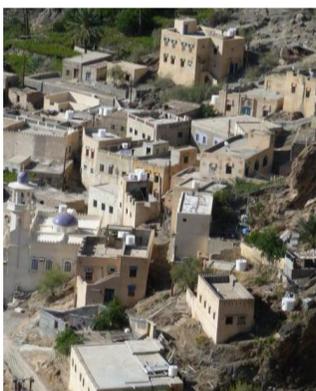
🚌 Transfer to Balad Sit (1 hour 30 - 75 Km)

🏠🏠🏠 **Mountain guesthouse**

Simple but pleasant guesthouse in a wonderful spot

Standard Room

breakfast & dinner at the accomodation



DAY 2

03/02/2025

Breakfast - Lunch - Dinner

🚌 Transfer to Wadi Bani Kharus (2 hours 30 - 70 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 Balad Sit (2 hours 30 - 70 Km)

✓ **Short walk in the mountain oasis of Balad Sit (2 hours)**

👉 Wadi Bani Awf

We start from the main valley and head to a narrow gorge. This part of the walk is just wonderful! 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 difference : +50m/-50m

🏠🏠🏠 **Mountain guesthouse**

Simple but pleasant guesthouse in a wonderful spot

Standard Room

breakfast & dinner at the accomodation



DAY 3

04/02/2025

Breakfast - Lunch - Dinner

🚌 Transfer to a mountain village in Wadi Sahtan (1 hour - 35 Km)

✓ **Short walk in Wadi Sahtan (2 hours)**

➤ Wadi Sahtan

We have a walk in the heart of Wadi Sahtan, on a small plateau towards a beautiful oasis. The views over the cliffs of the cirque are great ; above all over the northern face of Jebel Shams. At then end of the small plateau is a beautiful small village surrounded by gardens.

- Level 2 & 3*
- Walking time : 1 to 1 hours
- Height difference : +50m/-50m

🚌 Transfer to a mountain village in Wadi Sahtan (0 hour 30 - 15 Km)

✓ **Short walk in a village (1 hour)**

- Level 2 & 3*
- Walking time : 0 to 1 hours
- Height difference : +50m/-50m

🚌 Transfer to Balad Sit (1 hour 30 - 50 Km)

✓ **Short walk in the mountain oasis of Balad Sit (2 hours)**

➤ Wadi Bani Awf

We start from the main valley and head to a narrow gorge. This part of the walk is just wonderful! 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.

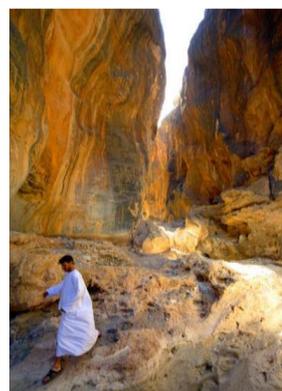
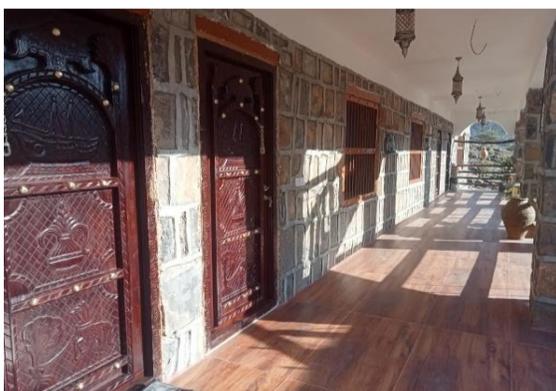
- Level 1*
- Walking time : 1 to 2 hours
- Height difference : +50m/-50m

🏠🏠🏠 **Mountain guesthouse**

Simple but pleasant guesthouse in a wonderful spot

Standard Room

breakfast & dinner at the accomodation



DAY 4

05/02/2025

Breakfast - Lunch - Dinner

 Transfer to Sharaf Al Alamain (1 hour - 15 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 along the ridge (3 hours)**

 *Wadi Bani Awf*

We walk along the ridge enjoying wonderful views over Wadi Bani Awf. We also see Wadi Sahtan, the summit of Jebel Shams, Jebel Kawr, and the cities of Al Hamra and Bahla, and far away Nizwa.

- **Level 2***

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

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

 Transfer to Al Hamra (0 hour 45 - 30 Km)

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

 *Al Hamra*

Bait As Safah is a traditional omani house located in the old city of Al Hamra. The women of the village 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 Misfat Al Abreyeen (0 hour 12 - 10 Km)

✓ **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**

 **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 alcohol 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 5

06/02/2025

Breakfast - Lunch - Dinner

🚌 Transfer to Al Khitaym (Jebel Shams) (1 hour 12 - 50 Km)

✓ **Hike on top of Arabia's Grand Canyon (4 hours)**

🏞️ *Jebel Shams*

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 abandoned in the 90's when the road was built. Some 5 to 10 families were living there, taking care of their gardens also built on the cliff and of their goats. We come back the same way. It is a very easy and rewarding walk!

- **Level 2***

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

- **Height difference : +250m/-250m**

🚌 Transfer to Jebel Shams plateau (0 hour 20 - 12 Km)

🏠🏠🏠 **Mountain hotel**

A quiet hotel located in a remote area on Jebel shams Plateau. Wild surroundings and nice view. The hotel is made of individual bungalows and arabic tents offering a good comfort.

Chalet

Featuring an outside seating area with a fireplace, this air-conditioned and heated chalet has a private bathroom with a shower. It also has satellite TV, desk with a chair and a fridge..

breakfast & dinner at the accomodation



DAY 6

07/02/2025

Breakfast - Lunch - Dinner

🚌 Transfer to a wadi on the western side of Jebel Shams (2 hours - 100 Km)

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

👉 *Jebel Shams*

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 minutes walk. The further ones need half an hour walk. The water clear and swimming there is just wonderful!

- **Level 1***

- **Walking time : 1 to 2 hours**

🚌 Transfer to Bat Tombs (0 hour 30 - 25 Km)

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

👉 *Jebel Shams*

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

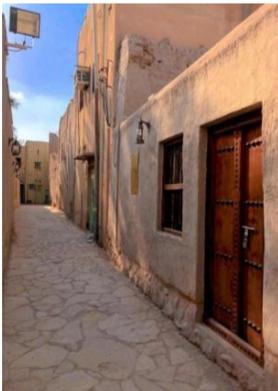
🚌 Transfer to Nizwa (1 hour 30 - 100 Km)

🏠🏠🏠 **Beautiful 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 accommodation



DAY 7

08/02/2025

Breakfast - Lunch - Dinner

➤ Nizwa

✓ **Souq of Nizwa (1 hour 30)**

Nizwa is a major city of Oman located at the foot of the mountains 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 Bedouins 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 selling mountain honey, dates, incense, and anything you might need.

➤ Nizwa

✓ **Visit of the fort of Nizwa (1 hour)**

The fort of Nizwa was rehabilitated recently. It has a defensive part (the so called citadelle) and a housing part (which was designed for the Imam and the scholars). From the top of the citadelle you have stunning views over Nizwa and its palm cove, the largest of the country. The underfloor of the fort was occupied by prison cells. These have been equipped to receive a museum about local culture. The museum is small but very well done. It is worth a visit!

🚌 Transfer to Mahut (3 hours 30 - 300 Km)

🏠🏠🏠 **Al Jazeera Guest House**

Simple but comfortable hotel in Mahut

Standard Room

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



DAY 8

09/02/2025

Breakfast - Lunch - Dinner

🚌 Transfer to Khaluf's fishing village (1 hour 30 - 70 Km)

✓ **Stop in a beduin coastal village (1 hour)**

🏠 White Desert

This is a very picturesc fishing beduin village : feelings to be t the far end of the world where old 4WD cover with algae 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.

✓ **Day to Discover the White Desert (7 hours)**

🏠 White Desert

We spend a nice relaxing day on the beach bewteen the indian ocean and the white sand dunes : swimming in the indian Ocean, walk along the beach to see birds, and unbelievable walk across the white sand dunes...

- Walking time : 2 to 4 hours

🏠🏠🏠 **Beach hotel at the foot of the white sand dunes**

we sleep in a brand new hotel located in an amazing place : on the beach, facing the indian ocean, and at the foot of the white sand dunes! The opening is planned for fall 2023 ; if it happened that the hotel is not open yet at the time of the tour, we would inform you and find another solution.

Standard Room

breakfast & dinner at the accomodation



DAY 9

10/02/2025

Breakfast - Lunch - Dinner

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

✓ **Walk across sand and rocks (3 hours)**

 *White Desert*

We walk across rocky outcrops covered by sand in the surroundings of the White Desert. It is a wonderful place. The sand has different colours : sometimes cream, and sometimes red. And there is a small accacia forest which gives a touch of green to the landscape

- **Level 2***

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

 Transfer to the port to Masirah (2 hours - 145 Km)

 Transfer to Masirah Island's port (1 hour 30 - 25 Km)

Ferry crossing to Masirah Island

 **Masirah Hotel**

Standard Room

breakfast at the accomodation



DAY 10

11/02/2025

Breakfast - Lunch - Dinner✓ **Discover Masirah Island (7 hours)**🚩 *Masirah Island*

We spend the whole day on the island to discover by car and by foot the coast and the interior of the island.

🏠🏠🏠 **Masirah Hotel****Standard Room***breakfast at the accomodation*

DAY 11

12/02/2025

Breakfast - Lunch - Dinner



Transfer to the port to Masirah (1 hour 30 - 25 Km)

Ferry crossing back to the mainland



Transfer to our campsite in the Wahiba 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)**

➤ *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*



Equiped camp in the desert

Comfortable with private bathroom

Standard Room

breakfast & dinner at the accomodation



DAY 12

13/02/2025

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 Sur (2 hours - 150 Km)

🏠🏠🏠 **Hotel in Sur**

A good hotel with modern and comfortable rooms, located just outside the city on the lagoon

Standard Room

breakfast at the accomodation



DAY 13

14/02/2025

Breakfast - Lunch - Dinner

☞ Sur

✓ **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 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)

☞ Wadi Tiwi

✓ **Short hike through palm gardens in Wadi Tiwi (2 hours)**

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**

🏠🏠🏠 **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 14

15/02/2025

Breakfast - Lunch - Dinner

 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**

 **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



DAY 15

16/02/2025

Breakfast - Lunch - Dinner

 Transfer to Wadi Al Arbeyeen (0 hour 30 - 60 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