

WADIS OF THE EASTERN HAJAR

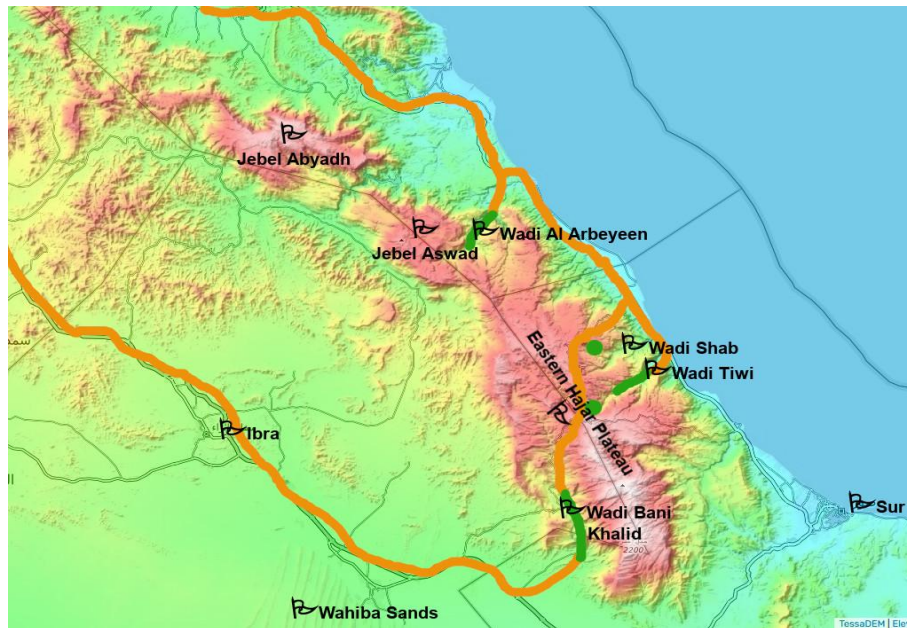
30/03/2026 - 02/04/2026

An active trip, perfect if you visit Oman in April when it is already hot :wonderful wadis with abundant water, and remote mountain oasis. Accommodation in hotel at the sea, and camping high in the mountain for fresh air!



Level 3	Tours which can include full-day hikes (up to 800 elevation gain) and not too difficult aquatic hikes.
Length	4 Day
START	30/03/2026 @ 08:00 AM We can pick up you directly from your hotel anywhere in Muscat
ENDS	02/04/2026 @ 06:00 PM We can drop you to your hotel anywhere in Muscat, or at the airport
 	1 Nights in accommodations (hotel, guesthouse, lodge, etc...) 2 Nights wild camping (with tents, thick mattress, 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 Click here for more information about wild camping
Price per person	290 OMR (759 USD) **
GROUP OF	3 To 7 **
** SMALL GROUP EXTRA	We can guarantee departure with 2 participants if you agree to pay an extra of 90 OMR (236USD) per person. If we finally reach 3 participants, of course the extra does not apply and the price remains 290 OMR (111 USD) per person.
Tour guided in	English
Guide	

Itinerary Wadi Al Arbeyeen - Wadi Tiwi - Eastern Hajar's Plateau - Wadi Bani Khalid



**Note about
luggage
transportation**

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

DAY 1

30/03/2026

- Lunch - Dinner

 Transfer to Wadi Al Arbeyeen (1 hour 30 - 120 Km)

✓ **Aquatic hiking in Wadi Al Hail (7 hours)**

🏠 *Wadi Al Arbeyeen*

We start in the last village of the valley. Already at the end of the track is a wonderful pool and a small waterfall. From the cliff a 5 meters jump is possible. We then start the walk. Quickly we find flowing water and walk across large boulders. The canyon then narrows and we have to swim across several pools (it is possible to jump there also). The valley widens a little and narrows again. We swim again and arrive to the end of the canyon : a high waterfal, large pool, and huge boulders...We come back the same way.

- **Level 1***

- **Walking time : 4 to 6 hours**

 Transfer to Tiwi (1 hour - 80 Km)



Guesthouse on the beach in Tiwi

Standard Room

breakfast at the accomodation



DAY 2

31/03/2026

Breakfast - Lunch - Dinner

 Transfer to Wadi Tiwi (0 hour 45 - 25 Km)

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

 Wadi Tiwi

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**

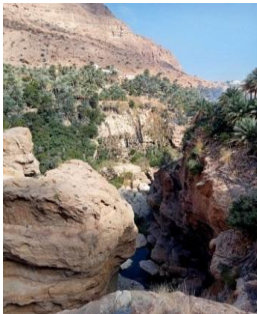
- **Height difference : +350m/-350m | Distance covered ~7km**

 Transfer to the heights of the Eastern Hajar (1 hour - 30 Km)


Camping on the plateau

We camp on the plateau overlooking the sea of Oman at an elevation of 1000m above sea level

Individual camping tent



DAY 3

01/04/2026

Breakfast - Lunch - Dinner

➤ Eastern Hajar's Plateau

✓ **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 an arid mountain!

- **Level 2***
- **Walking time : 1 to 2 hours**
- **Height difference : +100m/-100m**

🚌 Transfer to an oasis of the Eastern Hajar (2 hours 30 - 60 Km)

➤ Eastern Hajar's Plateau

✓ **Walk to a mountain oasis (3 hours)**

From the end of the dirt track, we walk down on a good path to a village, located in a very scenic place : down impressive cliffs, at the entrance of a wonderful canyon. The place is remote and really beautiful. We can also swim in one of the first pools of the canyon.

- **Level 1***
- **Walking time : 1 to 2 hours**
- **Height difference : +100m/-100m**



Camping in the mountain

We camp at an height of about 1000m
Individual camping tent



DAY 4

02/04/2026

Breakfast - Lunch -

🚌 Transfer to Wadi Bani Khalid (2 hours 30 - 50 Km)

We drive down from the Plateau of the Eastern Hajar to reach Wadi Bani Khalid on a track which offers great views.

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

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.

📍 Wadi Bani Khalid

- **Level 1***

- **Walking time : 3 to 5 hours**

- **Height difference : +0m/-200m | Distance covered ~5km**

🚌 Transfer to Muttrah (3 hours - 280 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