CANYONS OF OMAN

17/10/2027 - 23/10/2027

A great tour to discover Oman's Hajar mountains during the warm season, when it's too hot for classic hiking : easy canyoning and aquatic hiking almost every day, but also Nizwa, Sur, and a night in the desert!

Level 3	Tours which can include full-day hikes (up to 800 elevation gain) and not too difficult aquatic hikes.
Length	7 Day
START	17/10/2027 @ 08:00 AM We can pick up you directly from your hotel anywhere in Muscat
ENDS	23/10/2027 @ 06:00 PM We can drop you to your hotel anywhere in Muscat or at the airport
	5 Nights in accomodations (hotel, guesthouse, lodge, etc...) 1 Nights wild camping (with tents, thick mattrass, 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 *Click here for more information about wild camping*
Price per person	**570 OMR (1492 USD) ****
GROUP OF	**3 To 8 ****
**** SMALL GROUP EXTRA**	We can guarantee departure with less participants if you agree to pay an extra : - with 2 participants, 570 + 180 = 750 OMR (1964 USD) per person. If we finaly reach 3 participants, of course the extra does not apply and the price remains 570 OMR (218 USD) per person.
Tour guided in	English
Guide	

Itinerary	Wadi Bani Awf - Misfat Al Abreyeen - Nizwa - Wahiba Desert - Wadi Bani Khalid - Sur - Wadi Shab - Wadi Tiwi - Wadi Al Arbeyeen

General route map

Note about luggage transportation	We have vehicules ; so luggages are always transported by car. You only have to carry day-pack while hiking.

DAY 1

17/10/2027

- Lunch - Dinner

Transfer to Bimah (Wadi Bani Awf) (3 hours - 235 Km)

We drive up the valley on a dirt track. We first cross villages and green palm gardens and then go through a rugged terrain. An impressive drive…

Wadi Bani Awf

Canyoning in the lower Snake Canyon (3 hours)

The Snake Canyon is a very narrow canyon located in Wadi Bani Awf. In some parts of the canyon, you can touch both sides at the same time… We'll start from the secondary entrance. No abseiling is required. You'll just have fun by jumping (max 4 meters), sliding, walking in the water and short swimming! For thoses who don't want to jump, we install short abseils.

- Canyoning Level 2 *

- Height differrence : +0m/-150m | Distance covered ~3km

Transfer to Balad Sit (0 hour 20 - 10 Km)

Wadi Bani Awf

Short walk in the mountain oasis of Balad Sit (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.

- Easy Walking Level 1 *

- Walking time : 1 to 2 hours

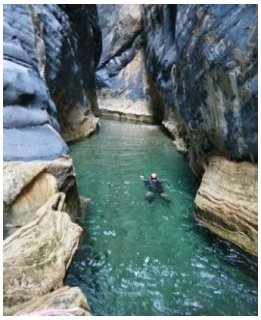
- Height differrence : +50m/-50m | Distance covered ~3km

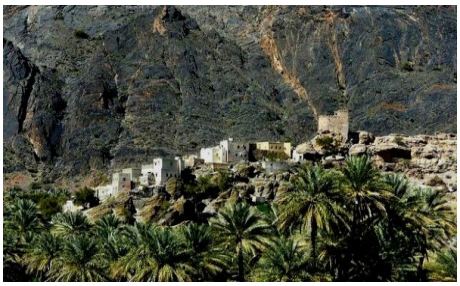
Mountain guesthouse

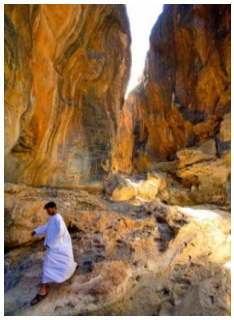
Simple but pleasant guesthouse in a wonderful spot

sharing Room

breakfast & dinner at the accomodation







DAY 2

18/10/2027 *Breakfast - Lunch - Dinner*

Transfer to A mountain hamlet (2 hours - 70 Km)

Misfat Al Abreyeen

Hike and swim in a canyon (5 hours)

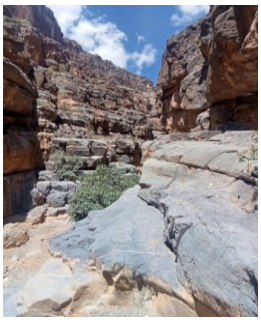
Between hiking and canyoning. A very pleasant excursion starting at an height of 1500m. A good path with stunning views take us to the bottom of the canyon where we first find gardens. We then head in the canyon and quickly find lots of pools and lush vegetation and we can swim. A bit further, the canyon becomes more dry and we walk on the sides, sometimes right and sometimes left. Finaly, the valley opens and a good path leads us a to a major oasis which is particularly beautiful. We rate this hike "Level 4" not because it's demanding but because a few places are exposed.

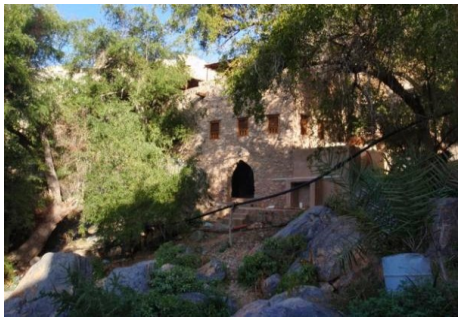
- Hiking Level 4 *
- Walking time : 3 to 4 hours
- Height differrence : +0m/-500m

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

19/10/2027 *Breakfast - Lunch - Dinner*

Nizwa

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

Wahiba Desert

✔ **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.

- Walking time : 0 to 1 hours

Camping in Wahiba Sands

Individual camping tent

DAY 4

20/10/2027 *Breakfast - Lunch - Dinner*

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

Wadi Bani Khalid

Aquatic hiking in wadi Al Hwir (5 hours)

An easy quatic 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 he 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 the swim several long pools (until 300 meters). The valley then widens and we discover another oasis.

- Canyoning Level 1 *
- Walking time : 3 to 5 hours
- Height differrence : +0m/-200m | Distance covered ~5km

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 5

21/10/2027 *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 wondeful 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 Shab

✔ **Walk and swim in Wadi Shab (3 hours)**

We start from the sea and start hiking in the wadi. After 45 minutes or 1 hour walk in this beautiful wadi we'll go to the water : we swim from pool to pool to reach a waterfall flowing in a cave. We come back the same way. The valley, the walk, and the swim are very beautiful, but the place iis now very touristic and often crowded.

- Easy Walking Level 1 *

- Walking time : 1 to 2 hours

Guesthouse on the beach in Tiwi

Standard Room

breakfast at the accomodation

DAY 6

22/10/2027

Breakfast - Lunch - Dinner

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

Wadi Tiwi

Hiking and swimming in Wadi Tiwi (6 hours)

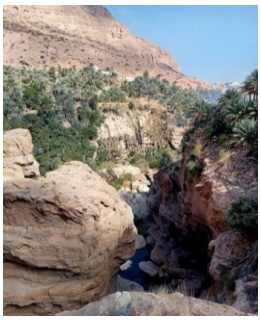
A nice loop hike in a beautiful valley with a stream flowing all-year-long, a huge palm grove on terraces all along it, villages, and impressive cliffs. There several possible itineraries and one of them is to go through a short but very beautiful canyon ; it implies to swim, so we have to adapt equipment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

- Hiking Level 3 *
- Walking time : 4 to 5 hours
- Height differrence : +350m/-350m | Distance covered ~7km

Transfer to Tiwi (0 hour 45 - 15 Km)

Guesthouse on the beach in Tiwi

Standard Room
breakfast at the accomodation



DAY 7

23/10/2027 *Breakfast - Lunch -*

Transfer to Wadi Al Arbeyeen (0 hour 30 - 60 Km)

Wadi Al Arbeyeen

Aquatic hiking in Wadi Al Hail (7 hours)

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.

- Canyoning Level 1 *

- Walking time : 4 to 6 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