OMAN HIKING EXPRESS

28/11/2027 - 04/12/2027

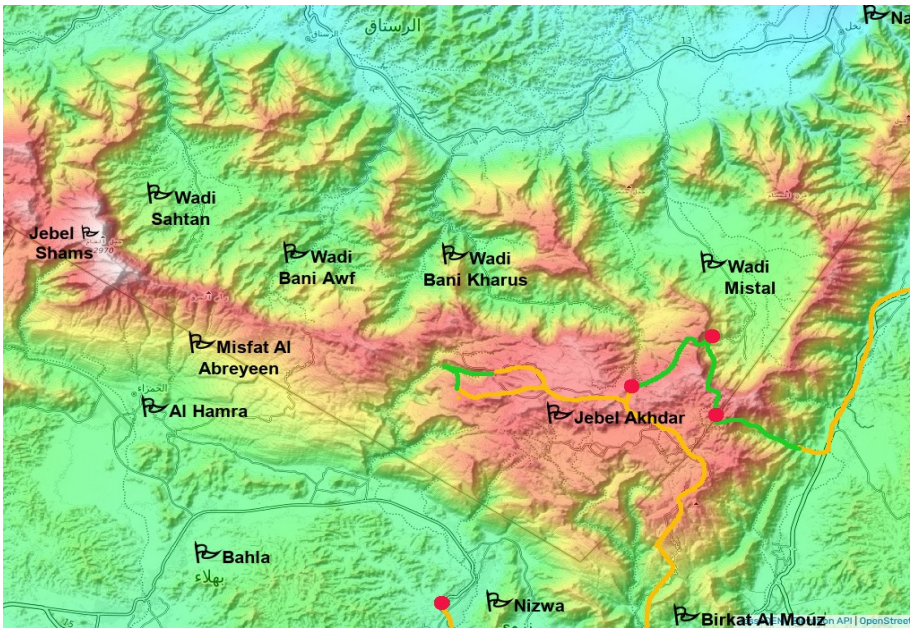
A concentrated tour to discover different aspects of Oman, hiking much and driving little : a 4-days mountain trek in Jebel Akhdar, a stop in Nizwa, 2 nights and one day in the desert, a splendid aquatic hike in Wadi Bani Khalid!

Level 4	Tours which can include demanding hikes (up to 1200m elevation gain), aquatic hikes and canyoning.
Length	7 Day
START	28/11/2027 @ 08:00 AM We canpick up you directly from your hotel anywhere in Muscat
ENDS	04/12/2027 @ 06:00 PM We can drop you to your hotel anywhere in Muscat or at the airport
	3 Nights in accomodations (hotel, guesthouse, lodge, etc...) 3 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	**680 OMR (1780 USD) ****
GROUP OF	**3 To 7 ****
**** SMALL GROUP EXTRA**	We can guarantee departure with less participants if you agree to pay an extra : - with 2 participants, 680 + 220 = 900 OMR (2357 USD) per person. If we finaly reach 3 participants, of course the extra does not apply and the price remains 680 OMR (260 USD) per person.
Tour guided in	English
Guide	

Itinerary	Jebel Akhdar - Wadi Mistal - Nizwa - Wahiba Desert - Wadi Bani Khalid

General route map

More detailled map of the first 4 days in the Western Hajar



Note about luggage transportation	We have vehicules ; so luggages are transported by car. Most of the time you only have to carry day-pack while hiking. **EXCEPTION : This trip has several consecutive hiking days (days 2, 3) during which we do not have access to the cars (and thus to the main luggages) in the evening.** **During those days, you'll have to carry your own personal belongings which you need at night,water, and part of the lunch.** **We can store your main luggages during that time. There is no safety issue.** **Overnight 2 we are in comfortable accomodations : bedsheets, blankets, and bath towels are provided.**

About Desert	We usualy 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 erlier 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. *Click here to get more information about the running of a desert trip*

DAY 1

28/11/2027 *- Lunch - Dinner*

Transfer to a village in the Samail Gap (1 hour 15 - 120 Km)

Jebel Akhdar

Hike up to Jebel Akhdar (8 hours)

A long but very beautiful hike which takes us from the Samail Gap to the high plateau of Jebel Akhdar. We first follow the wadi bed sometimes on the falaj, sometimes bouldering. We then have a long quite steep ascent on a good path with great views until we reach a high village. Scenery is great with impressive vertical cliffs.

- Hiking Level 4 *

- Walking time : 6 to 7 hours

- Height differrence : +1200m/-50m | Distance covered ~9km

Camping high in the mountain

We set up our camp not far from a village, at an height of 1900m.

Individual camping tent

DAY 2

29/11/2027

Breakfast - Lunch - Dinner

Day with no car assistance
We leave the vehicule(s) in the morning at the start of the hike
We do not have access to the luggages in the evening

Wadi Mistal

✔ **Hike down to Wakan (Wadi Mistal) (6 hours)**

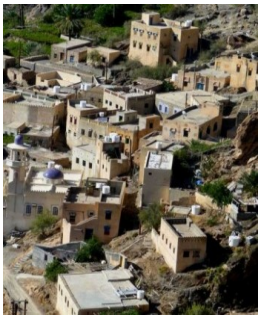
We start from a beautiful high village where walnuts and pomogranate are grown. We walk up to a narrow Pass which gives access to the valley on the northern side. From there we hike down with panoramic views over the valley looking like an amphitheater. We finally reach the village, and we cross the green terraces mainly planted with apricots and peaches.

- Hiking Level 4 *
- Walking time : 4 to 5 hours
- Height differrence : +450m/-850m | Distance covered ~8km

Guesthouse in a mountain village

A nice Guesthouse, very well located at the entrance of the village, and with superb view over the valley

Standard Room
breakfast & dinner at the accomodation



DAY 3

30/11/2027

Breakfast - Lunch - Dinner

Day with no car assistance
We find the vehicule(s) again after finishing the hike

Jebel Akhdar

✔ **Hike up to Jebel Akhdar (7 hours)**

A nice hike, not too much difficult, except in one steep place, offering us great views over the north flank of the Western Hajar. We start at a village located at 1400m above sea level, where apricots and peaches do particularly well, and reach an upper village located at 2200m, where main grown trees are pomogranates and wallnuts.

- Hiking Level 4 *
- Walking time : 5 to 6 hours
- Height differrence : +900m/-500m | Distance covered ~10km

Mountain guesthouse

Overnight in a beautifully renovated guesthouse in an old troglodyte village. The village is built under a cliff.

Standard Room
breakfast & dinner at the accomodation

DAY 4

01/12/2027 *Breakfast - Lunch - Dinner*

Transfer to a high village in Jebel Akhdar (0 hour 30 - 15 Km)

Jebel Akhdar

Hike to a remote palm garden in a canyon (6 hours)

We start from a village located at an height of 2000 m and we walk the same way as the villagers who go work in the gardens, some 700 meters down. After 2 hours walk we finally discover the gardens where grow palm, lime, banana tree, garlic, and sweet potatoes. The place is really beautiful. We come back another way to another village located on the plateau.

- Hiking Level 3 *
- Walking time : 4 to 5 hours
- Height differrence : +550m/-800m | Distance covered ~9km

Transfer to Nizwa (1 hour 30 - 90 Km)

Hotel in Nizwa

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 accomodation

DAY 5

02/12/2027 *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)**

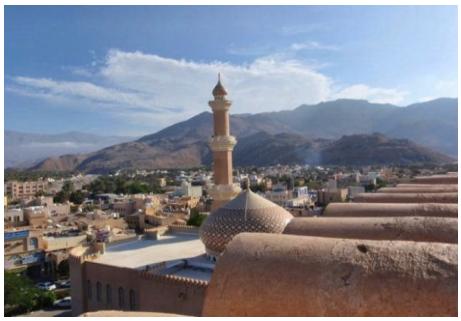
We start a walk across the dunes in late afternoon. The heat isn't too strong anymore and the sunlight is the more beautiful. The setting sun always gives changing colour to the sand and the shades. This a great unforgetable time.

- Walking time : 0 to 1 hours

Camping in desert

Quiet and enchanting place…

Individual camping tent



DAY 6

03/12/2027 *Breakfast - Lunch - Dinner*

Wahiba Desert

✔ **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.

- Hiking Level 3 *
- Walking time : 4 to 5 hours
- Height differrence : +100m/-100m

Camping in desert

Quiet and enchanting place…

Individual camping tent

DAY 7

04/12/2027 *Breakfast - Lunch -*

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 Muttrah (3 hours - 280 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