

## FAMILY ADVENTURE IN OMAN

23/10/2023 - 01/11/2023

A varied tour through the mountains, desert, and wadis of Oman. A mix of hotels, camping, and homestays. A trip with lots of activities and authentic experiences, but at a quiet pace, ideal for families!



**WARNING :** This trip has one overnight in bivouac **UNDER THE STARS** (day 3) with no car assistance. During the short hike before the bivouac (Day 3 afternoon) and after the bivouac (Day 4 morning), you'll have to carry your own personal belongings and drinking water, as well as your sleeping pad and your sleeping bag.

Your main luggages remain in the car during the night and there is no safety issue.

**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.

**Length** 10 Day

**START** 23/10/2023 @ 08:30 AM  
Meet in front of Naseem Hotel (in Mutrah)

**ENDS** 01/11/2023 @ 06:00 PM  
We drop you to your hotel anywhere in Muscat

🏠🏠🏠 4 Nights in accommodations (hotel, guesthouse, lodge, etc...)  
 🏕️🏕️🏕️ 5 Nights wild camping (with tents, thick mattress, mats, dishes, cooking gear), comfortable (but with no toilets) with the assistance of vehicles  
 🔥🔥🔥 1 Nights camping under the stars, with minimum equipment, without assistance of vehicles

**Prices per person** 710 OMR (1859 USD)

**GROUP SIZE** 3 To 12

**Tour guided in** English

**Guide** Ibrahim (Also speaks Arabi)

**DAY 1**

23/10/2023

- Lunch - Dinner

 Transfer to a mountain village (3 hours 30 - 250 Km)

✓ **Discover of a mountain hamlet (2 hours )**

We walk in a remote mountain village and its gardens located at an height of 1500m, and through the palme grove which covers the flanks of the mountain.

- *Level 2\**

- *Walking time : 1 to 1 hours*

- *Height difference : +50m/-50m*

   **Overnight in a private house**

We sleep in the house of our friend in a mountain village which is now not inhabited full time. We have 3 rooms where we can sleep and a newly built bathroom. We can also sleep outside under the stars...

***Dormitory Room***



**DAY 2**

24/10/2023

Breakfast - Lunch - Dinner

✓ **Descent in the small valley (2 hours )**

We cross the village and follow a good mountain path which takes us at the bottom of the valley. We then hike around boulders in the river bed. There are a lot of trees and sometimes, after big rains, a stream flows during several months.

- Level 2\*
- Walking time : 1 to 2 hours
- Height difference : +50m/-350m

🚌 Transfer to a mountain village (0 hour 15 - 5 Km)

✓ **Local lunch in the village (1 hour )**

We have lunch either in the majilis of our friend's house, or on the terrace of their guethouse with views over the village.

✓ **Walk in a mountain oasis (2 hours )**

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

🚌 Transfer to a mountain oasis (1 hour 45 - 60 Km)

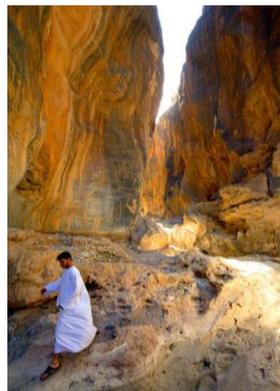
We Cross the mountain through Sharaf Al Alamain Pass. That's th only pass which allows to cross the Westrn Hajar by car. There is tarmac road on the southern slop, but on the northern side it's a steep track which offer spectacular views.

🏠🏠🏠 **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 hotel*



**DAY 3**

25/10/2023

Breakfast - Lunch - Dinner

**Overnight in bivouac with no car assistance**  
**We find the vehicle(s) the next day**

✓ **Short walk in a mountain oasis (2 hours )**

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**

🚌 Transfer to a high settlement (1 hour 12 - 50 Km)

✓ **Hike on top of Arabia's Grand Canyon (3 hours )**

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 used to live there, taking care of their gardens also built on the cliff and of their goats. It is a very easy and rewarding walk! After reaching the village, we can also explore a small cave and a lake located a little above.

- **Level 2\***

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

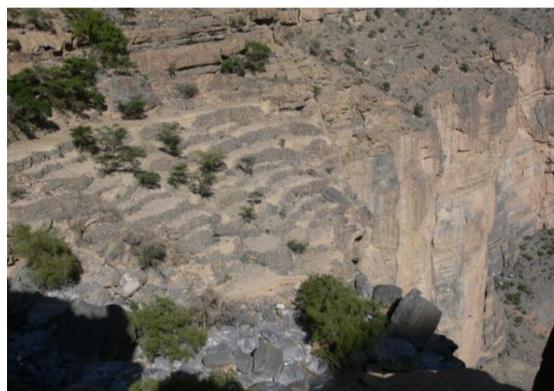
- **Height difference : +0m/-250m**



**Bivouac on the dry terraces of the abandoned village**

A great bivouac spot : we have spectacular views over the canyon, water nearby, wood to make a fire, and even caves to shelter in case of bad weather.

**Camping**



**DAY 4**

26/10/2023

Breakfast - Lunch - Dinner

**We find the vehicle(s) again after finishing the morning hike**✓ **Hike back from Arabia's Grand Canyon (3 hours )**

We hike the same way as the day before, but it is not boring, since the views and the light are different...

- Level 2\*
- Walking time : 2 to 3 hours
- Height difference : +250m/-0m

🚌 Transfer to Al Hamra (1 hour - 70 Km)

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

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.

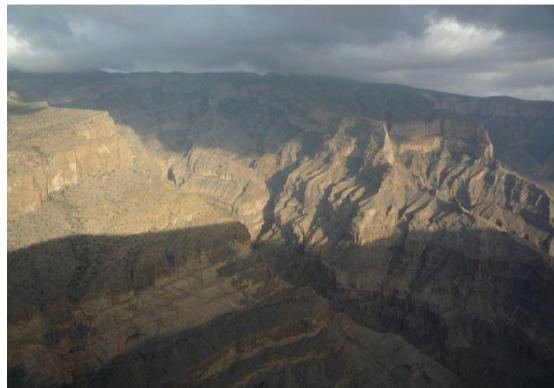
🚌 Transfer to Nizwa (0 hour 45 - 60 Km)

🏠🏠🏠 **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. Rooms, bathrooms, majilis, and terraces are spread in a labyrinth of corridors, stairs, and bridges.

**Standard Room**

Rooms are charmfull. They are furnished in a traditional style and are all equiped with A/C. Mattress are on the floor. Bathrooms are private but may be located outside the room..  
breakfast & dinner at the hotel



**DAY 5**

27/10/2023

Breakfast - Lunch - Dinner

✓ **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 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 desert (3 hours - 220 Km)

✓ **Sunset in the dunes (1 hour )**

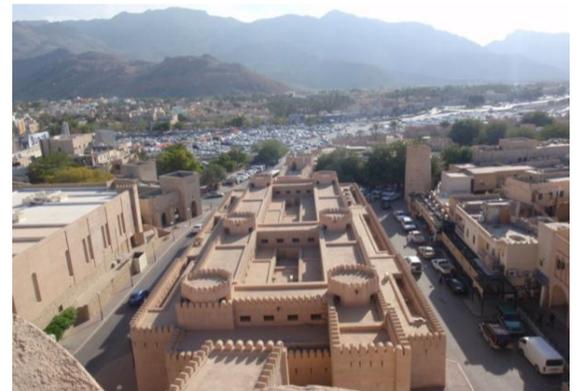
We start a walk across the dunes in late afternoon. The heat isn't too strong anymore and the sunlight is the more beautiful. The setting sun always gives changing colour to the sand and the shades. This a great unforgettable time.

- Level 1\*



**Camping in Wahiba Sands**

*Individual camping tent*



**DAY 6**

28/10/2023

Breakfast - Lunch - Dinner

✓ **Hiking in the Wahiba Sands (3 hours )**

We start morning from our camp. We walk across the wonderful sand dunes and come back to the car around noon. In the desert, the walking time is only informative and we can adapt the length of the stages according to the group.

- Level 2\*

- Walking time : 2 to 3 hours

🚌 Transfer to a wadi (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

- 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 in the sand at the foot of the hills**

*Individual camping tent*



**DAY 7**

29/10/2023

Breakfast - Lunch - Dinner

 Transfer to Sur (1 hour 30 - 120 Km)

✓ **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)

✓ **Short hike in the wadi through palm gardens (2 hours )**

We hike in the wadi, through the palm garden (which also hosts bananas, papayas, mango trees, lime, etc...) along the falaj to reach our camp site. 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 : superb views and lots of birds! For the moment, the place is very simple, but the owner plans to build toilets soon...

*Individual camping tent*



## DAY 8

30/10/2023

Breakfast - Lunch - Dinner

✓ **Hike through gardens and water pools (6 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 spend there the whole day alternating walking and swim stop(s) : several itineraries are possible for a nice full day walking not too difficult

- **Level 2\***
- **Walking time : 2 to 4 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 hotel*



**DAY 9**

31/10/2023

Breakfast - Lunch - Dinner

✓ **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 is now very touristic and often crowded.

- Level 1\*

- Walking time : 1 to 2 hours

🚌 Transfer to a fishing port (2 hours 30 - 150 Km)

✓ **Boat tour and Snorkeling (4 hours )**

We start from a tiny port. We go on a fisherboat and have a round in this wonderful bay that looks like a 'little Musndam'. We then stop on a wonderful cove and have rest. We can swim, and if you bring snorkel equipment, you'll see unbelievable marine life : surgeon, tiger, angel, butterfly fishes, and even sometime green turtles... It is one of the best place for snorkeling near Muscat! ATTENTION : When the sea is rough, this cove is not reachable by boat ; we go to another one which is also nice and suitable for snorkeling, but the seabed is not so rich.



**Camping on a white sandy beach**

Nice camp on a lovely secluded cove, that one can only reach by boat or by foot. A fisherman brings us all the equipment and luggages by boat.

*Individual camping tent*



**DAY 10**

01/11/2023

Breakfast - Lunch -

✓ **Swimming and Snorkeling (2 hours )**

The water is clear, the sand is white, and the surroundings rocky. What else do we need for a wonderful swim together with tropical multicolor fishes? Among other fishes, you'll see here : surgeon, tiger, parrot, trunk, anemone, butterfly, horn fishes, groupers, and even sometimes green turtles or squids... ATTENTION : When the sea is rough, this cove is not suitable for snorkeling ; we go to another one which is also nice and suitable for snorkeling, but the seabed is not so rich.

✓ **Return to the small port by boat (0 hour 30)**

We come back by boat. We navigate across the bay and discover its mangrove nice sea birds, and many secluded coves.

🚌 Transfer to Muscat (0 hour 45 - 70 Km)

✓ **Stop in front of Sultan's Palace (0 hour 30)**

The palace is not the residence of the Sultan. It is only used for official meetings. We cannot visit it, but seeing it from outside is already impressive. It was built on the seashore between the 2 portuguese forts (Al Jalali and Al Mirani).

🚌 Transfer to Muttrah (0 hour 10 - 5 Km)



**① Difficulty level Hiking & Easy Walking**

<b>Level 1</b>	No difficulty. Easy and short walks. Appropriate for anyone walking occasionally
<b>Level 2</b>	Easy hikes with elevation gain of less than 300 meters with no big terrain difficulty
<b>Level 3</b>	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
<b>Level 4</b>	Hikes with an elevation gain from 800 to 1100 meters. For fit mountain hikers
<b>Level 5</b>	Long hikes with an elevation gain of more than 1000 meters and may require scrambling or easy climbing in some parts of the trail