



## CANYONS OF OMAN

22/10/2023 - 28/10/2023

*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!*



|   |   |
|---|---|
| <b>Level 3</b>  | Tours which can include full-day hikes (up to 800 elevation gain) and not too difficult aquatic hikes.  |
| <b>Length</b>   | 7 Day   |
| <b>START</b>  | 22/10/2023 @ 08:00 AM<br>Meet in Naseem Hotel (in Mutrah)   |
| <b>ENDS</b>   | 28/10/2023 @ 08:00 PM<br>We drop you to your hotel anywhere in Muscat   |
|   | 4 Nights in accomodations (hotel, guesthouse, lodge, etc...)<br>2 Nights wild camping (with tents, thick matrass, mats, dishes, cooking dear), comfortable (but with no toilets) with the assistance of vehicules |
| <b>Prices per person</b>  | <b>550 OMR (1440 USD)</b>   |
| <b>GROUP SIZE</b>   | <b>3 To 8</b>   |
| <b>Tour guided in</b>   | English   |
| <b>Guide</b>  | Deep (Also speaks Bengali, Hindi, Nepali, Francais)   |



## DAY 1

22/10/2023

- Lunch - Dinner

🚌 Transfer to a mountain guesthouse (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...

✓ **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 those who don't want to jump, we install short abseils.

- Level 2\*

🚌 Transfer to a mountain village (0 hour 20 - 10 Km)

✓ **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

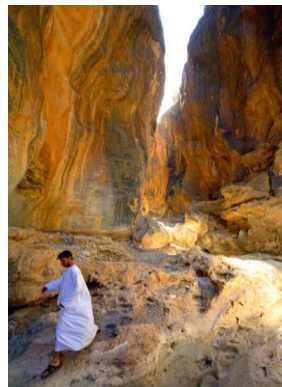
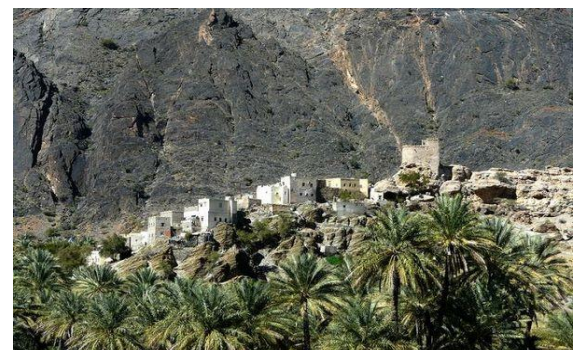
🏠🏠🏠 **Mountain guesthouse**

Simple but pleasant guesthouse in a wonderful spot

**Shared Room**

*Dormitory with maximum 4 beds per room.*

*breakfast & dinner at the accomodation*






## DAY 2

23/10/2023

Breakfast - Lunch - Dinner

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

✓ **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. Finally, the valley opens and a good path leads us 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.

- **Level 4\***

- **Walking time : 3 to 4 hours**

- **Height difference : +0m/-500m**

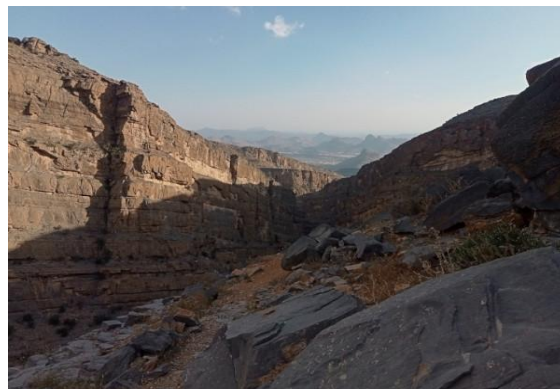


**Guesthouse in a palm grove**

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 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 3**

24/10/2023

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 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.

🚌 Transfer to our campsite in the desert (3 hours - 220 Km)

✓ **Sunset in the dunes (1 hour )**

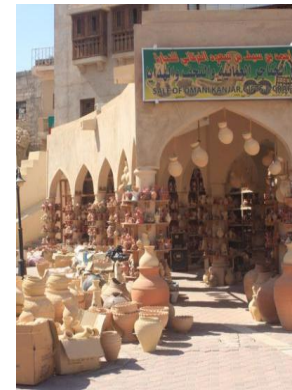
We start a walk across the dunes in late afternoon. The heat isn't too strong anymore and the sunlight is the more beautiful. The setting sun always gives changing colour to the sand and the shades. This a great unforgettable time.

- Level 1\*



**Camping in Wahiba Sands**

*Individual camping tent*





DAY 4

25/10/2023

Breakfast - Lunch - Dinner

🚌 Transfer to a wadi (1 hour 30 - 80 Km)

✓ Aquatic hiking in a wadi of the Eatern Hajar (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.

- Level 1\*
- Walking time : 3 to 5 hours

🚌 Transfer to Sur (2 hours - 150 Km)

🏠🏠🏠 Hotel apartment facing the sea  
Standard Room






## DAY 5


26/10/2023

Breakfast - Lunch - Dinner

 Transfer to a wadi (0 hour 45 - 25 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)

✓ **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**

✓ **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\***

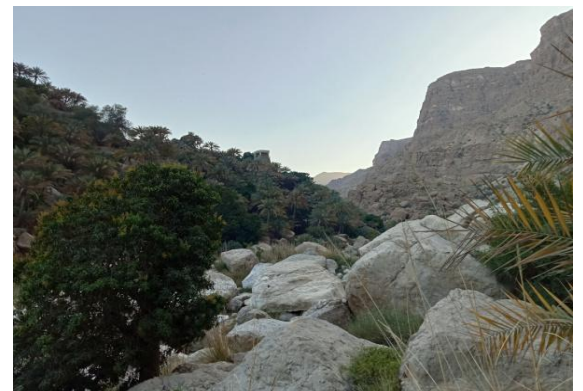
- **Walking time : 1 to 2 hours**



**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 6

27/10/2023

Breakfast - Lunch - Dinner

## ✓ Hike in the wadi and swim in the canyon (6 hours )

A beautiful hiking day : we walk all the wadi long, mostly on paths and falajs in the gardens, sometimes across boulders in the wadi bed, and few short parts on the track. On the way, we cross several villages. After arriving in the last village, we can go for a swim in the canyon just down the village in the middle of the canyon.

- Level 3\*

- Walking time : 4 to 5 hours

- Height difference : +300m/-50m

🚌 Transfer to Tiwi (0 hour 45 - 15 Km)

## 🏠🏠🏠 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 7

28/10/2023

Breakfast - Lunch -

 Transfer to a wadi (0 hour 30 - 60 Km)✓ **Aquatic hiking in a wadi of the Eastern Hajar (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 waterfall, large pool, and huge boulders...We come back the same way.

**- Level 1\*****- Walking time : 4 to 6 hours** Transfer to Muttrah (1 hour 30 - 130 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  |

### **① Difficulty level Canyoning & Aquatic hiking**

|                |   |
|----------------|---|
|                | For this activity, it is mandatory to be able to swim at least 100m   |
| <b>Level 1</b> | Aquatic hiking not requiring any jump or abseiling  |
| <b>Level 2</b> | Easy and short canyon descent with jumps of less than 3 meters which can be avoided abseiling                 |
| <b>Level 3</b> | Canyon descent with few meters high jumps and little technical abseiling                                      |
| <b>Level 4</b> | Canyon descent lasting more than 5 hours with several meters high jumps and technical abseiling in waterfalls |