

FAMILY ADVENTURE IN OMAN

24/12/2023 - 04/01/2024

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 several consecutive hiking days (days 3 & 4) and we do not have access to the vehicles during the night.

During those days, you'll have to carry your own personal belongings and water, but also your sleeping mat and your sleeping bag. But if needed, we can get help of donkeys to carry.

Your main luggages stay in the car during the night and it is completely safe.

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. There is always the option, for the participants who wish it, not to do the walk ; when possible, an alternative program can be offered to them ; otherwise, they will wait in a beautiful spot.

Length 12 Day

START 24/12/2023 @ 09:00 AM
Rendez-vous devant l'hotel Naseem (quartier de Matrah, Mascate)

ENDS 04/01/2024 @ 06:00 PM
Nous pouvons vous déposer a votre hotel, n'importe ou dans Mascate

 4 Nights in accomodations (hotel, guesthouse, lodge, etc...)
 7 Nights wild camping (with tents, thick matrass, 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 870 OMR (2277 USD)

GROUP SIZE 3 To 10

Tour guided in Francais

Guide Bruno (parle aussi English, Espanol)

DAY 1

24/12/2023

- Lunch - Dinner

🚌 Transfer to a foothill wadi (2 hours - 180 Km)

✓ **Small walk in a valley of the foothills (2 hours)**

This is a nice very typical valley of the foothills. On our way, we'll see magnesian springs which colour some of the pools in white. This valley runs in the middle of unusual rocks, called ophiolite and which originate from the oceanic floor : a journey up this valley is like a trip to the depth of the earth. The water is here flowing all year long, and we find some small pools to refresh..

- Level 1*

- Walking time : 1 to 2 hours

🚌 Transfer to a mountain village (2 hours - 90 Km)

🏠🏠🏠 **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

25/12/2023

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)

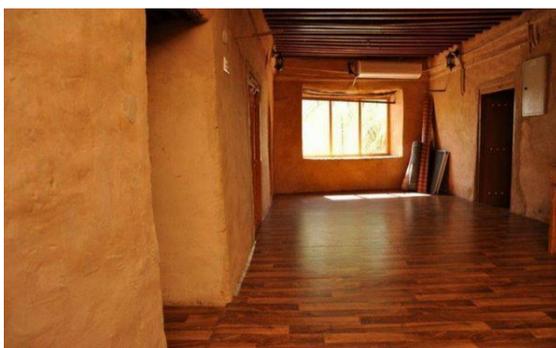
We Cross the mountain through Sharaf Al Alamain Pass. That's th only pass which allows to cross the Westrn Hajar by car. There is tarmac road on the southern slop, but on the northern side it's a steep track which offer spectacular views.

🏠🏠🏠 **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 accomodation



DAY 3

26/12/2023

Breakfast - Lunch - Dinner

No access to the vehicles at night
We find the vehicle(s) again after finishing the hike 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 village (2 hours 30 - 155 Km)

✓ **Hike to an oasis in a canyon (4 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. When we get to the bottom of the valley, we first discover a village with many houses built under the cliff. A bit further down, we finally discover the gardens where grow palm, lime, banana tree, garlic, and sweet potatoes. The place is really beautiful.

- Level 2 & 3*
- Walking time : 2 to 4 hours
- Height difference : +100m/-700m



Overnight in the old village

We sleep in the old village near the oasis. We are hosted by villagers. As the village has no road access and is not inhabited full-time anymore, comfort is rustic and we have to bring our sleeping pads and sleeping bags. According to western standards, this overnight is between bivouac and homestay. If needed, some donkeys can help us carry our things. A good evening, and a very local experience!

Dormitory room

breakfast & dinner at the accomodation



DAY 4

27/12/2023

Breakfast - Lunch - Dinner

We find the vehicle(s) again after finishing the hike✓ **Hike to leave the oasis (4 hours)**

We come back the same way as the day before : the path is well built and we walk slowly, so, the climb, despite the elevation, is not difficult!

- **Level 2 & 3***
- **Walking time : 3 to 4 hours**
- **Height difference : +700m/-100m**

🚌 Transfer to Nizwa (1 hour 30 - 90 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.

Standard Room

breakfast at the accomodation



DAY 5

28/12/2023

Breakfast - Lunch - Dinner

✓ **Visit of a bedouin souk (2 hours)**

It's the weekly market day

- Level 1*
 Transfer to the white desert, among rocks and sand (4 hours - 270 Km)
✓ **Sunset between White desert and rocky hills (2 hours)**

We walk up a small plateau next to our camp. On the one side we perceive the white desert which we will cross the day after. On the other side, the sun sets on rocky hills.

- Level 1***- Walking time : 1 to 2 hours****Camping in the desert**

Varied landscape : sand dunes, rocky hills, and an accacia "forest"

Individual camping tent

DAY 6

29/12/2023

Breakfast - Lunch - Dinner

✓ **Day in a rocky and sandy desert (7 hours)**

We spend the full day in this so beautiful and unusual place where rocky hills of various colours are covered with red or cream sand. We go for a walk early morning and come back to our camp late morning when it starts to get hot to have lunch and take rest under the shade. Late afternoon, when the light becomes beautiful and the heat decreases, we go for another walk until sunset.

- Level 2 & 3*

- Walking time : 2 to 5 hours

**Camping in the desert**

Varied landscape : sand dunes, rocky hills, and an accacia "forest"

Individual camping tent



DAY 7

30/12/2023

Breakfast - Lunch - Dinner

🚌 Transfer to a fishing village (1 hour - 60 Km)

✓ **Stop in a beduin coastal village (1 hour)**

This is a very picturesc fishing beduin village : feelings to be t the far end of the world where old 4WD cover with algae and shells tow small boats coming back from fishing.

🚌 Transfer to the white desert, on the seaside (0 hour 20 - 20 Km)

At low tide, all the way can be done on the beach and we see thousands of birds.

✓ **Swimming in the Indian Ocean (2 hours)**

Hard to say if we are on the bech or in the desert, since the dunes arrive in the sea... Here endless beaches stretch along the Indian Ocean. The bath is just great!

✓ **Walk to see sunset in the white desert (2 hours)**

We walk a little to enjoy the sunset light on this surrealistic landscape.

- Level 1*

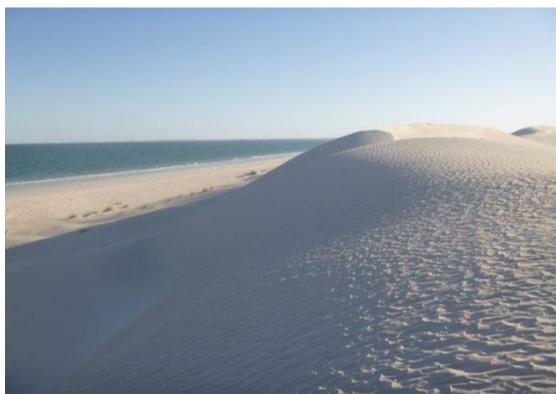
- Walking time : 1 to 2 hours



Camping in the White desert, next to the sea

Unusual landscape : on one side we have pure white dunes, whereas on the other side we have the Indian Ocean...

Individual camping tent



DAY 8

31/12/2023

Breakfast - Lunch - Dinner

 Transfer to our campsite in the desert (6 hours - 350 Km)

A spectacular crossing of the Wahiba desert by 4WD. The track is usually well marked, but sometimes sand blown by the wind covers it. We start at the sea and cross the desert towards the North. The more we drive, the higher are the longitudinal dunes.

✓ **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 9

01/01/2024

Breakfast - Lunch - Dinner

🚌 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 Sur (2 hours - 150 Km)

🏠🏠🏠 **Hotel apartment facing the sea**

Standard Room



DAY 10

01/02/2024

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*

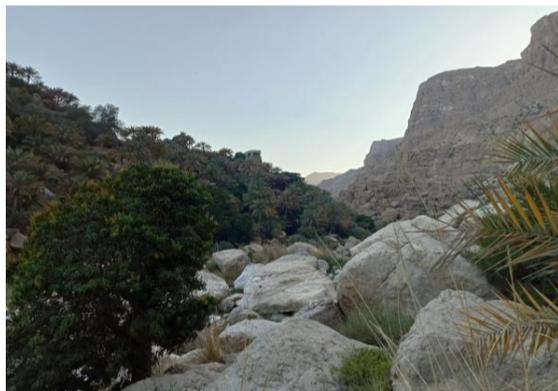
- Walking time : 1 to 2 hours



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 toiletlets soon...

Individual camping tent



DAY 11

01/03/2024

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**

🚌 Transfer to a wadi (0 hour 30 - 60 Km)



Camping at the foot of the mountains

We set up our camp on a flat area at the foot of beautiful mountains, with a panoramic view

Individual camping tent



DAY 12

01/04/2024

Breakfast - Lunch -

✓ **Walk and swim in a wadi (4 hours)**

We start with a refreshing swim in the vast pool down the village where we park. We then walk up the wadi around large boulders and across water pools until the canyons narrows to form very long pools. We swim there and go back the same way.

Warning : in some places, you might have to step in the water ; you shoes and pants might get wet...

- **Level 2***

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

🚌 Transfer to Muttrah (1 hour 30 - 130 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