

DISCOVER OMAN

21/01/2024 - 01/02/2024

A tour of accessible level for those who are not sportsmen but reasonably fit and want to discover Oman's diverse landscapes and local life, off the tourist trail, and with a simple comfort overnight.



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	21/01/2024 @ 08:30 AM Rendez-vous devant l'hotel Naseem (quartier de Matrah, Mascate)
ENDS	01/02/2024 @ Nous pouvons vous déposer n'importe où dans Mascate
🏠🏠🏠	11 Nights in accommodations (hotel, guesthouse, lodge, etc...)
Prices per person	1050 OMR (2749 USD)
GROUP SIZE	3 To 8
Tour guided in	Français
Guide	Not yet set

DAY 1

21/01/2024

- Lunch - Dinner

 Transfer to a wadi (1 hour 30 - 120 Km)

✓ **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 Tiwi (0 hour 30 - 60 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 2

22/01/2024

Breakfast - Lunch - Dinner

✓ **Hiking and swimming in the wadi (4 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 drive through the valley and hike through gardens and in the wadi bed to go for a swim.

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

🚗 Transfer to Sur (0 hour 45 - 80 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.

🏠🏠🏠 **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 3

23/01/2024

Breakfast - Lunch - Dinner

 Transfer to a wadi (2 hours - 150 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 the desert (1 hour 30 - 80 Km)

   **Equiped camp in the desert**

A very nice camp which lays in the middle of the sand dunes, in a quiet and wild area.

Arabic Tent with private bathroom

*Arabic tent nicely equiped as an hotel room : bed, carpets, tabe, chairs. Private bathroom..
breakfast & dinner at the accomodation*



DAY 4

24/01/2024

Breakfast - Lunch - Dinner

 Transfer to the port to Masirah (5 hours - 250 Km)

It's a wonderful crossing of the Wahiba sands. The track is often easy to follow but the wind brings sometimes sand that covers it. We head first to the south and then south-east. The northern part of this desert is made of almost parallel high dunes. The

 Transfer to Masirah Island's port (1 hour 30 - 25 Km)

Ferry crossing to Masirah Island

   **Masirah Hotel**

Standard Room

breakfast at the accomodation



DAY 5

25/01/2024

*Breakfast - Lunch - Dinner***✓ Discover Masirah Island (7 hours)**

We spend the whole day on the island to discover by car and by foot the coast and the interior of the island.

**Masirah Hotel****Standard Room**

breakfast at the accomodation

DAY 6

26/01/2024

Breakfast - Lunch - Dinner

 Transfer to the port to Masirah (1 hour 30 - 25 Km)
Ferry crossing back to the mainland

 Transfer to a fishing village (2 hours - 140 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.

✓ **Short walk in the white sand dunes (2 hours)**

We have a walk in the white sand dunes. It's a very surprising and beautiful place.

- Level 2*

 **Beach hotel at the foot of the white sand dunes**

we sleep in a brand new hotel located in an amazing place : on the beach, facing the indian ocean, and at the foot of the white sand dunes! The opening is planned for fall 2023 ; if it happened that the hotel is not open yet at the time of the tour, we would inform you and find another solution.

Standard Room

breakfast & dinner at the accomodation



DAY 7

27/01/2024

Breakfast - Lunch - Dinner

 Transfer to the white desert, among rocks and sand (1 hour 30 - 75 Km)

✓ **Walk across sand and rocks (3 hours)**

We walk across rocky outcrops covered by sand in the surroundings of the White Desert. It is a wonderful place. The sand has different colours : sometimes cream, and sometimes red. And there is a small accacia forest which gives a touch of green to the landscape

- **Level 2***

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

 Transfer to Nizwa (3 hours 30 - 350 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 8

28/01/2024

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 Al Hamra (0 hour 45 - 40 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 a mountain oasis (0 hour 12 - 10 Km)

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

This is one of the most beautiful mountain villages 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 there 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

🏠🏠🏠 **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 9

29/01/2024

Breakfast - Lunch - Dinner

 Transfer to an archeological site (1 hour 30 - 70 Km)

✓ **Visit of the tombs of Al Ayn (0 hour 30)**

We stop to have a look at the tombs : these tumulus date from the 3rd Millenary B.C. They are located at the foot of the Jebel Misht, one of the most impressive mountain of Oman because of its 1000 meter high cliff.

 Transfer to a wadi flowing down from Jebel Shams (0 hour 30 - 25 Km)

✓ **Short Walk and swimming in a wadi (2 hours)**

Located on the west flank of the Jebel Shams range and in front of the Jebel Misht, this valley has all year long flowing water. The first pools to swim in are reached after only 10 mintes walk. The further ones need half an hour walk. The water clear and swimming their is just wonderful!

- Level 1*

- Walking time : 1 to 2 hours

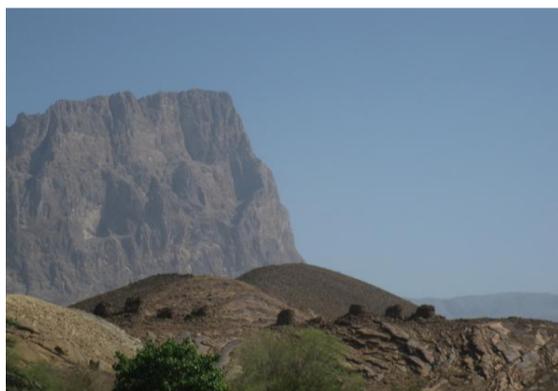
 Transfer to Jebel Shams plateau (2 hours - 70 Km)

 **Mountain hotel**

A quiet hotel located in a remote area on Jebel shams Plateau. Wild surroundings and nice view. The hotel is made of individual bungalows and arabic tents offering a good comfort.

Chalet

*Featuring an outside seating area with a fireplace, this air-conditioned and heated chalet has a private bathroom with a shower. It also has satellite TV, desk with a chair and a fridge..
breakfast & dinner at the accomodation*



DAY 10

30/01/2024

Breakfast - Lunch - Dinner

 Transfer to a high settlement (0 hour 20 - 10 Km)

✓ **Hike on top of Arabia's Grand Canyon (4 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 were living there, taking care of their gardens also built on the cliff and of their goats. We come back the same way. It is a very easy and rewarding walk!

- **Level 2***

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

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

 Transfer to a mountain village (3 hours - 130 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.



Mountain guesthouse

Simple but pleasant guesthouse in a wonderful spot

Standard Room

breakfast & dinner at the accomodation



DAY 11

31/01/2024

Breakfast - Lunch - Dinner

✓ **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 village (1 hour - 20 Km)

✓ **Lunch in a mountain village (1 hour)**

Our hosts prepare us a local meal and we eat in the majilis of the village : a covered terrace with superb views over the valley

✓ **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

🏠🏠🏠 **Mountain guesthouse**

It's an old settlement which was nicely renovated and turned into a guesthouse. The farming activity was kept (fields and cattle). And the staff is particularly nice!

Private Room Ensuite
breakfast & dinner at the accomodation



DAY 12

02/01/2024

Breakfast - Lunch -

 Transfer to a foothill wadi (1 hour 30 - 35 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 (0 hour 40 - 50 Km)

✓ **Visit of a mountain village (1 hour)**

We have a round in the village, located at 1400m, at the far end of a valley in shape of an amphitheater. The village and its garden are built on the cliff. We walk across the old village and the terraces where grow garlic, onions, apricots, lime trees, etc... Apricots are the main crop and it's especially beautiful in spring when they flower.

- Level 1*

- Walking time : 1 to 2 hours

- Height difference : +50m/-50m

 Transfer to Muttrah (2 hours 20 - 170 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