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# **DISCOVER OMAN**

17/03/2024 - 28/03/2024

A tour of an easy and accessible level for those who want to discover Oman's diverse landscapes and local life, off the tourist trail, and need 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	17/03/2024 @ 08:30 AM
	Meet in front of Naseem Hotel (on Mutrah's Corniche)
ENDS	28/03/2024 @ 06:00 PM
	We can drop you to your hotel anywhere in Muscat
中中中	11 Nights in accomodations (hotel, guesthouse, lodge, etc)
Prices per person	1100 OMR (2880 USD)
GROUP SIZE	3 To 8
Taxon modula di in	
Tour guided in	English
Cuido	Coid (also anadia arabia)
Guide	Said (also speaks arabic)

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DAY 1

17/03/2024

- Lunch - Dinner

Transfer to a fishing port (0 hour 45 - 50 Km)

#### ✓ Snorkeling and Boat Tour (4 hours)

The bay is located only 30 km east from Muscat. There, the mountains fall down to the sea and form a lot of small tiny coves. We take a fisherman's boat and have a tour in the bay to see mangrove, seabirds, and the many sandy coves. Finally we stop in a wonderful beach, have lunch with grilled fish, and enjoy rest on the beach and snorkeling. Among other fishes you will probably see here: surgeon fish, tigerfish, butterfly fish, angelfish, and even sometime, if we are lucky, you'll be able to swim with turtles. 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.

Transfer to a wadi (1 hour 30 - 100 Km)

# Countryside hotel

A very nice place to stay, located in the wadi, next to palm groves and water, with comfortable rooms.

Standard Room













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DAY 2

18/03/2024 Breakfast - Lunch - Dinner

### ✓ 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













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DAY 3

19/03/2024 Breakfast - Lunch - Dinner

### ✓ Hiking and swimming in the wadi (4 hours)

A wonderfull valley, with a river and water pools, a huge palm grove streching 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 differrence : +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 wondeful 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













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DAY 4

20/03/2024

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













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DAY 5

21/03/2024 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 paralell high dunes. The

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

Ferry crossing to Masirah Island



#### Standard Room







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DAY 6

22/03/2024

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

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DAY 7

23/03/2024 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 algaes 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 planed 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













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DAY 8

24/03/2024 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)

# Beautifull 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













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DAY 9

25/03/2024 Breakfast - Lunch - Dinner

#### ✓ 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.

#### ✓ Visit of the fort of Nizwa (1 hour)

The fort of Nizwa was rehabilitated recently. He has a defensive part (the so called citadelle) and a housing part (which was designed or the Imam and the scholars). From the top of the citadelle e have stunning views over nizwa and its palm cove, the largest of the country. The underfloor of the fort was occupied by prison cells. These have been equiped to receive a museum about local culture. The museum is small but very well done. It is worth a visit!

Transfer to a high village (1 hour 15 - 70 Km)

# ✓ Walk along the 'Roses villages' (2 hours )

We walk between high villages on Jebel Akhdar. They grow among other plants roses and pomogranates. The roses flower in march and april; walking in the gardens at this time is an enchantement for the eyes and the nose. The pomogranates are harvested in late august and september; they are very tasty and famous for their enormous size.

- Level 1\*

- Walking time : 1 to 2 hours- Height differrence : +100m/-100m

Transfer to a high troglodyte settlement (0 hour 30 - 15 Km)

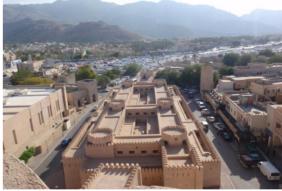
### Mountain guesthouse

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

Standard Room













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**DAY 10** 

26/03/2024

Breakfast - Lunch - Dinner

Transfer to Birkat al Mouz (1 hour - 60 Km)

#### ✓ Visit of Birkat AL Mauz (0 hour 45)

We first stop to have a view on Birkat Al Mauz (the banana basin, in arabc): From there we discover a wide range of green and 2 old villages build on the slope of the mountian. It is a wonderful point of view. We then go down, cross the palm garden and visit one of the old village which give a good idea of the traditional architecture.

Transfer to Al Hamra (1 hour - 80 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 vllage 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 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 differrence : +100m/-100m

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

## Mountain guesthouse

Simple but pleasant guesthouse in a wonderful spot Standard Room breakfast & dinner at the accomodation













**DISCOVER OMAN** 12 / 14

**DAY 11** 

27/03/2024

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 wonderfull! 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 differrence: +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

## 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 differrence : +50m/-350m

# Mountain guesthouse

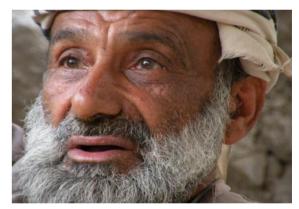
It's an old settlement which was nicely renovated and turned into a guesthouse. The farming activity was kept (fields and cattle). And the staff is particularly nice!

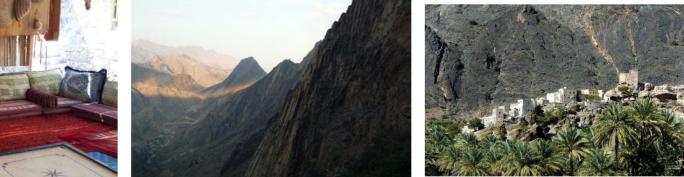
Private Room Ensuite











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**DAY 12** 

28/03/2024 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 magnesic springs which colour some of the pools in white. This valley runs in the middle of unsual 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)

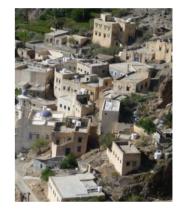
### ✓ Visit of a mountain village (1 hour )

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 expecially beautiful in spring when they flower.

- Level 1\*
- Walking time : 1 to 2 hours - Height differrence : +50m/-50m
- Transfer to Muttrah (2 hours 20 170 Km)













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	<b>①</b>	Difficulty level Hiking & Easy Walking
Level 1		No difficulty. Easy and short walks. Apporpriate for anyone walking occasionaly
Lovel 2		Focus hillog with algustion gain of logg than 200 maters with no hig tarrain difficulty.
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
		Life on the order of the color form 000 to 4400 motors. For fit we satisfied these
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
	<b>①</b>	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 2		Lasy and short carryon descent with jumps of less than 5 meters which can be avoided absenting
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