

WADIS AND OASIS OF THE EASTERN HAJAR

03/03/2024 - 07/03/2024

An original itinerary to discover the Eastern Hajar mountains off-the-beaten track with walks, classic hikes, and many aquatic hikes. A good option when you travel in October and April when weather is still hot.



Level 3	Tours which can include full-day hikes (up to 800 elevation gain) and not too difficult aquatic hikes.
Length	5 Day
START	03/03/2024 @ 08:00 AM Meet in front of Naseem Hotel (Mutrah's Corniche, Muscat)
ENDS	07/03/2024 @ 06:00 PM We can drop you to your hotel, anywhere in Muscat
	2 Nights in accomodations (hotel, guesthouse, lodge, etc...)
	2 Nights wild camping (with tents, thick matrass, mats, dishes, cooking dear), comfortable (but with no toilets) with the assistance of vehicules. Usualy tarticipants pitch their tent by themselves while we set up the collective camp
Prices per person	400 OMR (1047 USD)
GROUP SIZE	3 To 8
Tour guided in	English
Guide	Ibrahim (Also speaks Arabi)

DAY 1

03/03/2024

- Lunch - Dinner

🚌 Transfer to a wadi (1 hour 30 - 120 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 waterfal, large pool, and huge boulders...We come back the same way.

- Level 1*

- Walking time : 4 to 6 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

04/03/2024

Breakfast - Lunch - Dinner

✓ **Hiking and swimming in the wadi (6 hours)**

A nice loop hike in a beautiful valley with a stream flowing all-year-long, a huge palm grove on terraces all along it, villages, and impressive cliffs. There several possible itineraries and one of them is to go through a short but very beautiful canyon ; it implies to swim, so we have to adapt equipment in advance (take nothing that doesn't support water or put it in a waterproof bag).

- **Level 3***

- **Walking time : 4 to 5 hours**

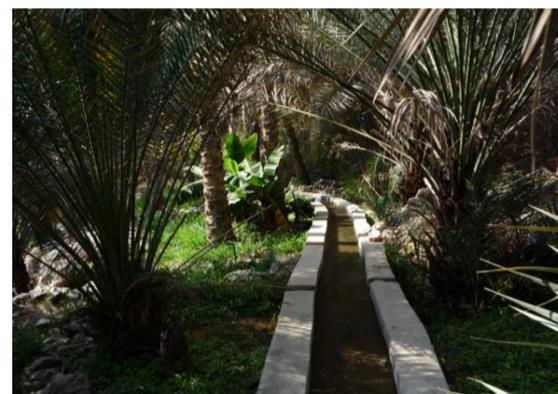
- **Height difference : +450m/-450m**

🏠🏠🏠 **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 3

05/03/2024

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 mountain village (2 hours - 50 Km)

✓ **Walk through the garden and in the wadi (3 hours)**

We walk through the garden to reach the spring of the falaj. We then walk up in the wadi and discover several water pools of clear water. Unfortunately, we cannot swim there because the water is used for drinking... but we drink a tea in this nice place...

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

Camping in the wadi, near the village

Individual camping tent



DAY 4

06/03/2024

Breakfast - Lunch - Dinner

 Transfer to a mountain oasis (2 hours - 60 Km)

✓ **Walk to a mountain oasis (3 hours)**

From the end of the dirt track, we walk down on a good path to a village, located in a very scenic place : down impressive cliffs, at the entrance of a wonderful canyon. The place is remote and really beautiful. We can also swim in one of the first pools of the canyon.

- Level 1*

- Walking time : 1 to 2 hours

- Height difference : +100m/-100m

 Transfer to our campsite in the desert (4 hours 30 - 170 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 5

07/03/2024

Breakfast - Lunch -

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

✓ **Aquatic hiking in a wadi of the Eastern Hajar (5 hours)**

An easy aquatic 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 the 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 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 Muttrah (3 hours - 280 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