

OMAN ALONG THE COAST



An easy tour, but a true adventure to cross Oman from north to south along the coast : from Muscat to Salalah and beyond. Wild places, different landscapes and atmospheres throughout the itinerary, with a constant : the sea and the ocean...



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.
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Length	18 Day
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Doable in	JANUARY - FEBRUARY - MARCH - NOVEMBER - DECEMBER
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	11 Nights in accomodations (hotel, guesthouse, lodge, etc...)
	7 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

Start	Muttrah
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Ends	Salalah
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GUESTS	PRICE PER PERSON	
2	1850 OMR	4842 USD
3	1450 OMR	3795 USD
4	1350 OMR	3534 USD
5	1350 OMR	3534 USD
6	1250 OMR	3272 USD
7	1200 OMR	3141 USD
8	1150 OMR	3010 USD

Itinerary Wadi Al Arbeyeen - Wadi Tiwi - Sur - Ras Al Had - Wahiba Desert - Masirah Island - White Desert - Ras Madrasah - Shuwaymiyah - Jebel Samhan - Salalah - Jebel Al Qamr



Nota sobre la transportacion del equipaje We have vehicules ; so luggages are always transported by car. You only have to carry day-pack while hiking.

About Desert We usually go for a hike of 3 to 5 hours in the morning. Heat and soft sand can make it a bit difficult. Late afternoon, we go for another walk around the camp from 1 to 2 hours. When we move camp, a few participants can also do the stage by car. On the other hand, the ones who want to walk more can go erlier in the afternoon and do a longer tour alone. In the desert, we'll have 2 different camp sites for respectively 1, 1 nights. On the camp, we set up a big tent (pictures below) to have shade at noon and to protect us in case of sandwind.



DAY 1

- Lunch - Dinner

🚌 Transfer to Wadi Al Arbeyeen (1 hour 30 - 120 Km)

✓ **Walk and swim in Wadi Al Hail (4 hours)**

➤ Wadi Al Arbeyeen

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

Breakfast - Lunch - Dinner

🚌 Transfer to Wadi Tiwi (0 hour 45 - 25 Km)

✓ **Hike in Wadi Tiwi through gardens and water pools (6 hours)**

👉 Wadi Tiwi

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 Sur (0 hour 45 - 80 Km)

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

Standard Room



DAY 3*Breakfast - Lunch - Dinner*☞ *Sur*✓ **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.

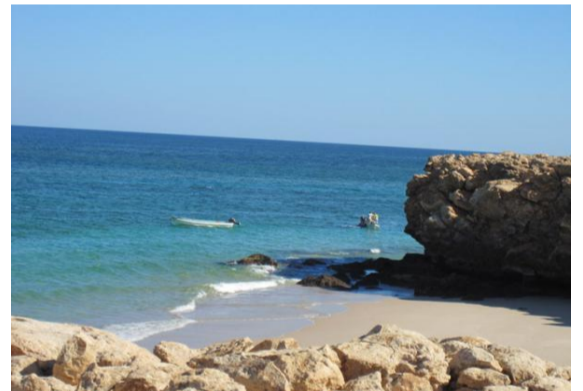
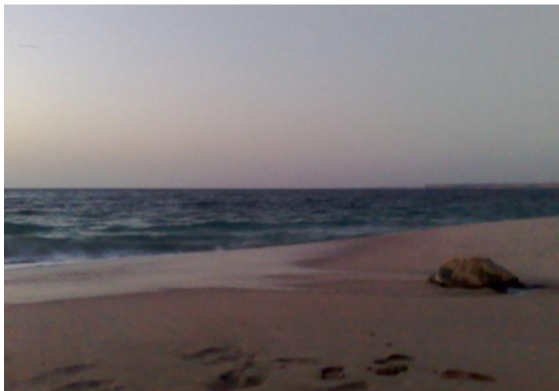
🚌 Transfer to Ras Al Jinz (1 hour - 50 Km)

☞ *Ras Al Had*✓ **Swimming in Ras Al Jinz (2 hours)**


On the coast around Ras Al Jinz the beaches are declared Natural Reserve to protect the green turtles which come there to lay eggs. They are forbidden at night, but we can enjoy them during the day. We can see there the holes lefts by the turtles, eaten eggs, and tracks of the turtles that have gne back to the sea at early morning. The beaches are there wonderful : long streches of white sand between cliffs. E enjoy a swim in the Indian Ocean and if we are lucky we might swim with the turtles....

☞ *Ras Al Had*✓ **Nighttime turtle watching (2 hours)**

The coast is here declared Natural Reserve to protect the numerous green turtles which lay eggs there. The visits are well organized and gathered on only 2 beaches ; the other ones are forbidden in order not to disturb too much the turtles. The high season for turtles is in summer : in that time we can find up to 50 turtles laying eggs at the same time on the same beach. But they come all year long and you are almost sure that you will see some. You'll see turtles digging hole, laying eggs, covering eggs, and going back to the sea. You'll also see baby turtles getting out of the sand and heading to the sea...

🏠🏠🏠 **Guesthouse or Hotel Apartment in Ras Al Had***Standard Room**breakfast at the accomodation*

DAY 4*Breakfast - Lunch - Dinner*

 Transfer to Al Ashkharah (1 hour 30 - 100 Km)

✓ **Stop in beduin coastal town (0 hour 30)**

 *Wahiba Desert*

We stop to see the picturesque port.


 Transfer to Ras Ar Ruays (1 hour 30 - 130 Km)

✓ **Short walk on sanddunes on the coast (1 hour)**

 *Wahiba Desert*

We stop for a walk in Ras Al Ruwais. Here sand dunes litteraly overlook the sea, set on a sandstone basement (petrified sand) eroded by the sea and the wind to form original cliffs.

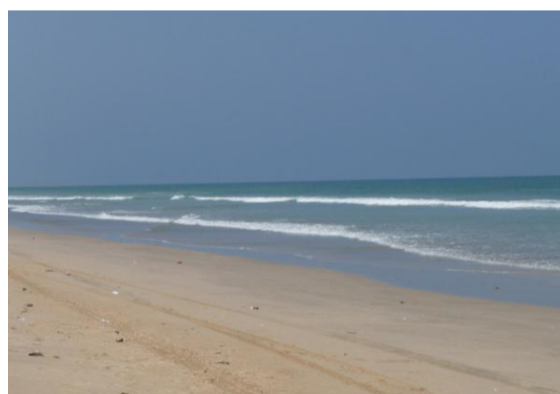
 Transfer to the port to Masirah (0 hour 45 - 50 Km)

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

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*Breakfast - Lunch - Dinner*

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

 Transfer to the white desert, among rocks and sand (2 hours - 143 Km)

✓ **Sunset between White desert and rocky hills (2 hours)**

 *White Desert*

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 7*Breakfast - Lunch - Dinner*☞ *White Desert*✓ **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 Khaluf's fishing village (1 hour - 60 Km)

☞ *White Desert*✓ **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.

☞ *White Desert*✓ **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!

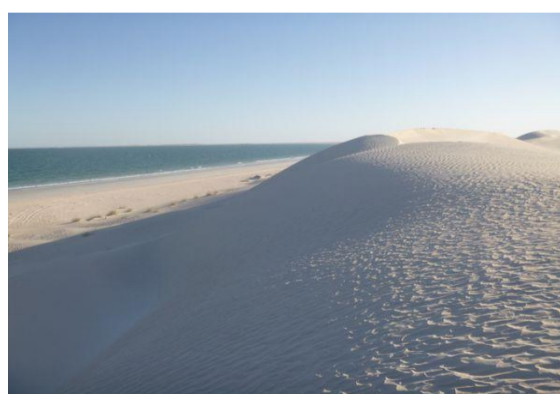
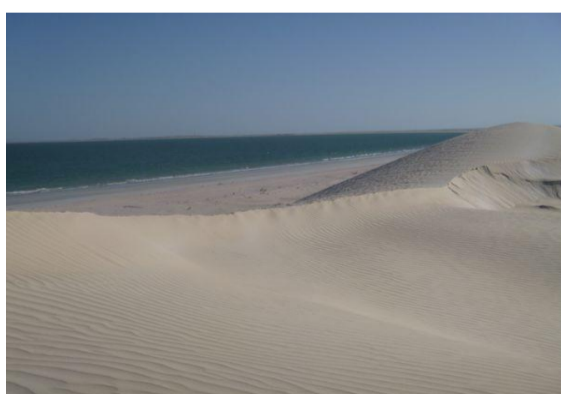
☞ *White Desert*✓ **Short walk in the white sand dunes (2 hours)**


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

- **Level 2*****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*Breakfast - Lunch - Dinner*
 Transfer to Ras Masdraka (1 hour - 100 Km)

✓ Hike on a wild coast towards Ras Madrasah (4 hours)
 *Ras Madrasah*

. We first walk down a wonderful bowl along white limestone cliffs. We then walk on the beach (we can here have a nice swim in the Indian Ocean).

- **Level 2***

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

- **Height difference : +0m/-200m**


Camping on the beach

We set up our camp on this wild coast, on a sandy white beach, surrounded by black rocks et bordered by the Indian Ocean...

Individual camping tent



DAY 9

Breakfast - Lunch - Dinner

🚌 Transfer to the wild coast near Shuwaymiyah (3 hours 30 - 280 Km)

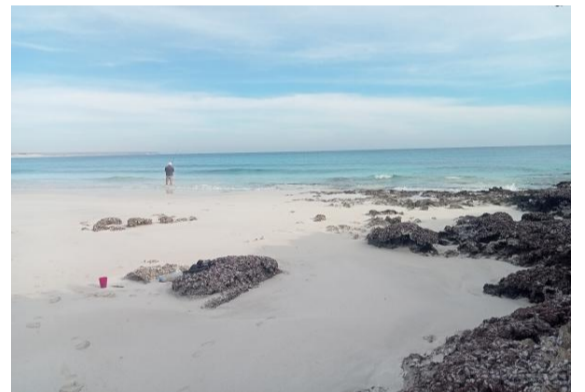
✓ **Discover a very wild part of the coast (4 hours)**

Small limestone plateau dominate a wide bay with a serie of white sand beaches separated by rocky outcrops. A nice estuary is also there : it's a good place for spotting sea birds like flamingos, spoonbirds, or even ibis. After lunch under the shade, we spend the rest of the afternoon on the beach, in the ocean, or we can try to fish on the rocks.

➤ *Shuwaymiyah*

- **Level 2***
- **Walking time : 0 to 1 hours**

🏕️🏕️🏕️ **Camping on the beach**
Camping



DAY 10

Breakfast - Lunch - Dinner

🚌 Transfer to Shuwaymiyah (1 hour 30 - 100 Km)

✓ **Short walk above Shuwaymiyah (1 hour)**

➤ *Shuwaymiyah*

We have a walk on the cliffs overlooking the wide bay of Shuwaymiyah

- **Level 1***

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

🚌 Transfer to Wadi Before Hasik (1 hour 30 - 80 Km)

A superb scenic route on limestone plateau deeply cut by numerous wadis flowing to the ocean at the horizon. We stop several times to enjoy the landscape. We also cross the first valleys populated by frankincense trees (Boswelia Scra).

✓ **Stop and short walk in the estuary of a wadi (2 hours)**

➤ *Shuwaymiyah*

The road goes down from the plateau and crosses a deep wadi. We stop at the bottom of the wadi and go explore this wild estuary with wild palm trees and birds. Beyond the water, we can see a white sandy beach, which is appealing. Unfortunately, there is no path to reach it... however, the place remains wonderful.

- **Level 2***

- **Walking time : 0 to 1 hours**

🚌 Transfer to a beach at the foot of rocky hills and sand dunes (1 hour 30 - 80 Km)

We continue driving along the wide bay of Hasik. We stop at a touristic spot where springs come out of a cliff in front of the ocean. After Hasif, the coast is completely different : no more limestone but a wide variety of ophiolitic rocks (rocks of the oceanic crust) with a huge variety of colors (from green to rose). The coast is very rocky but tiny white sand beaches are in many coves. We stop in several of them. It also happens to see dolphins near the coast.

✓ **Short walk on the sand dune at sunset (1 hour)**

➤ *Jebel Samhan*

We can walk from our camp to enjoy sunset on the sand dune which covers the mountain and faces the ocean.

- **Level 2***

- **Walking time : 0 to 1 hours**



Camping on the beach

Camping



DAY 11*Breakfast - Lunch - Dinner*📍 *Jebel Samhan*✓ **Quiet morning on the beach (2 hours)**

In the morning, we take time to enjoy the beautiful place where we've spent the night : swimming in the ocean, and short walk on the beach, on the sand dune and to the little summit which overlooks us.

- **Level 2***- **Walking time : 0 to 1 hours**

🚌 Transfer to a wadi on the slopes of Jebel Samhan (1 hour - 40 Km)

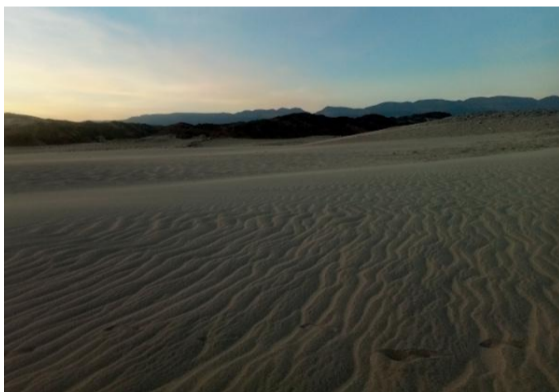
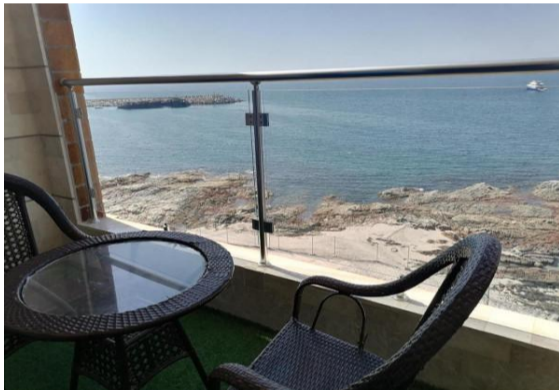
📍 *Jebel Samhan*✓ **Discover of a wadi at the foot of Jebvel Samhan (3 hours)**

A nice short walk at the foot of the cliffs of Jebel Samhan along a wadi which flows all year long (also during dry season), at an height of 500m. It's also the opportunity to discover the territory of the breeders of coows, goats, and camels.

- **Level 2 & 3***- **Walking time : 1 to 2 hours**- **Height difference : +200m/-200m**🏠🏠🏠 **Hotel Apartments**

A standard hotel in a great location, facing the sea and near to the port

Standard Apartment



DAY 12*Breakfast - Lunch - Dinner*✓ **Visit of Mirbat and Bin Ali Tomb (1 hour)**↪ *Jebel Samhan*

As we arrive in Mibat, we stop to have a look at the tom of Muhamed Bin Ali Al Alawi, descendant of Ali, son-in-law of the prophet Muhamed. He came from Yemen opened a cornic school in Mirbat in the 12th century. We'll then have a round in the nice village of Mirbat

🚌 Transfer to the heights of Jebel Samhan (0 hour 45 - 60 Km)

✓ **Walk Along the ridge of Jebel Samhan (4 hours)**↪ *Jebel Samhan*

We have a pleasant walk along the ridge of Jebel Samhan overlooking Mirbat's plain and the ocean. The cliffs down us catch and block clouds during the monsoon : the coastal slopes are wooded while the plateau on the top is dry ; the contrast is syartling... This easy walk offers countinuously stunning views and gives us the opportunity to discover a particular ecosystem, at the limit of the clouds...

- **Level 2***

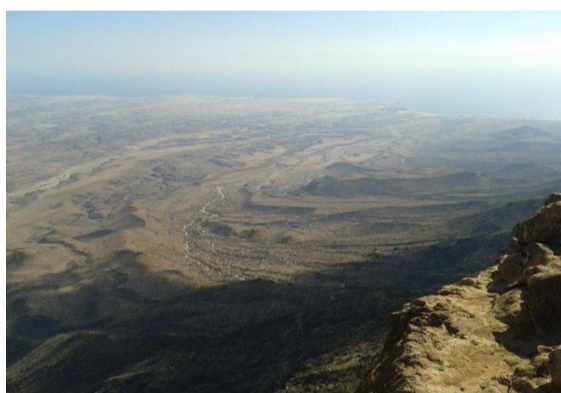
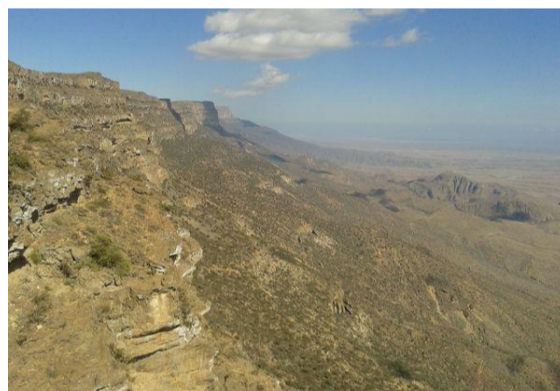
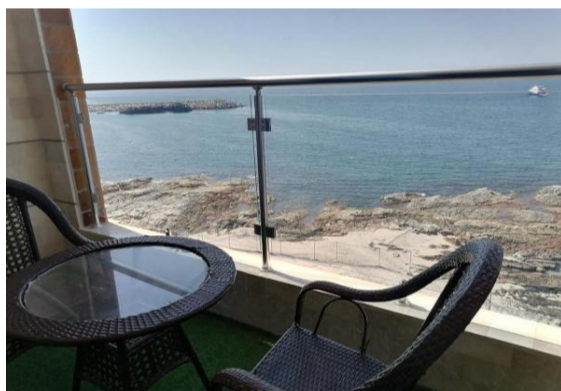
- **Walking time : 3 to 4 hours**

- **Height difference : +500m/-150m**

🚌 Transfer to Mirbat (0 hour 45 - 50 Km)

🏠🏠🏠 **Hotel Appartments**

A standard hotel in a great location, facing the sea and near to the port
Standard Apartment



DAY 13*Breakfast - Lunch - Dinner*

 Transfer to Wadi Darbat (0 hour 30 - 30 Km)

✓ **Short hike in Wadi Darbat (3 hours)**

 *Jebel Samhan*

Wadi Darbat is one of the most famous wadis in Oman. During Khareef (between July and September, the monsoon time) it is a of the favourite place of omani tourists who come here to enjoy the greenry and nice river. We'll hike up the valley.

- Level 1*


- Walking time : 1 to 2 hours

 Transfer to the archeological site of Khor Ruri / Sumhuran (0 hour 15 - 15 Km)

✓ **Visit of Khor Rori and Sumhuran ruins (1 hour 30)**

 *Salalah*

Khor Ruri Wadi Darbat's estuary. Seabirds are numerous there. Above the estuary are the ruins of Sumhuran, that was an important port during the Antiquity. It was located at the far east of the kingdom of Hadramaut, zone of production of frankincense, resin taken from a tree that was once more valued than gold.

 Transfer to Salalah (0 hour 30 - 45 Km)

 **Hotel at the beach**

We spend the night in this nice hotel. The hotel is located in Al Dhariz, facing the sea, and has a swimming pool.

*Standard Non Sea-view room
breakfast at the accomodation*



DAY 14*Breakfast - Lunch - Dinner*☞ *Salalah*✓ **Salalah Food Souq (1 hour)**

Salalah food souq is worth a visit : it is very lively! We find there wonderful fishes, meat, vegetable, fruits, dates, and traditional medicines...

☞ *Salalah*✓ **Discover the fruits stalls of Salalah (1 hour)**

Salalah is a modern city but still having many agricultural fields in the middle of the city. On the streets there are numerous stalls selling the fruits produced here : coconuts, banana, papayas, sugar cane, etc...

☞ *Salalah*✓ **Visit of Al Baleed Archeological Site (1 hour)**

This archeological site lies in the city of salalah, facing the sea. This city was previously known as Dhofar (which is now the name of the region). The area was inhabited since since 4000 years BC, but the remainings date from the 10th century AD. Its position made it an important port in the region. Next to the site is a museum with a hall about history and another about boats.

☞ *Salalah*✓ **Visit of Souq Al Husn (2 hours)**

Al Husn Souq is Salalah popular market. It is above all famous for the sale of frankincense, perfumes, and omani shawls. It is for the moment under renovation and therefore limited in size.


☞☞☞ **Hotel at the beach**

We spend the night in this nice hotel. The hotel is located in Al Dhariz, facing the sea, and has a swimming pool.

*Standard Non Sea-view room
breakfast at the accomodation*



DAY 15*Breakfast - Lunch - Dinner*

 Transfer to wild beaches in Jebel Al Qamr (1 hour - 70 Km)

✓ **Short walk on the coast (3 hours)**

 *Jebel Al Qamr*

We have a short walk in a rocky blockfield facing the sea. Some rocks have very strange forms and some of them even have trees growing on them... The sea is beautiful. Here, we are below the clouds during the moonson, which make the best climate for frankincense trees (Boswelia Sacra) and Desert Roses (adenium obesum). Finally we reach a nice sandy beach.

- Level 1*

- Walking time : 1 to 2 hours

✓ **Swimming on a white sandy beach (2 hours)**

 *Jebel Al Qamr*

We enjoy a swim in the indian ocean on one of the numerous beaches of the bay.



Camping on the beach

We camp on a splendid sandy white beach
Individual camping tent



DAY 16*Breakfast - Lunch - Dinner*📍 *Jebel Al Qamr*✓ **Short hike along the coast (3 hours)**

We start walking where the track ends and head to a wonderful beach. On a good path we follow the coast until a small valley where frankincense trees grow next to the sea. We come back the same way and enjoy a swim before getting to the cars.

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

🚌 Transfer to the viewpoint (1 hour - 40 Km)

📍 *Jebel Al Qamr*✓ **View Point (0 hour 15)**

We stop at a view point : we are 1000m high and down the cliffs is the sea. During moonson time the clouds hit the cliffs which get lush green.

🚌 Transfer to the heights of Jebel Al Qamr (0 hour 20 - 20 Km)

📍 *Jebel Al Qamr*✓ **Short walk on the top (2 hours)**

We walk on a nice trail used mainly by cows and camels going grazing. We are around 1000m high and overlook the sea. The landscape is bucolic with grazing lands, high trees, and numerous birds...

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

**Camping in the high grazing lands**


We camp about 1000m high in the middle of the grazinglands and with views over the sea

Individual camping tent



DAY 17

Breakfast - Lunch - Dinner

 Transfer to Dhalkut (1 hour - 60 Km)

✓ **Discover the westernmost coast of Oman (3 hours)**

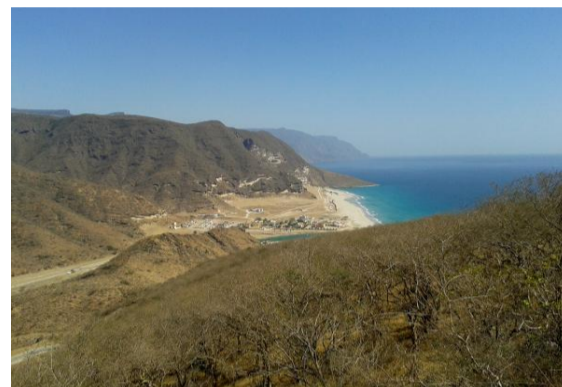
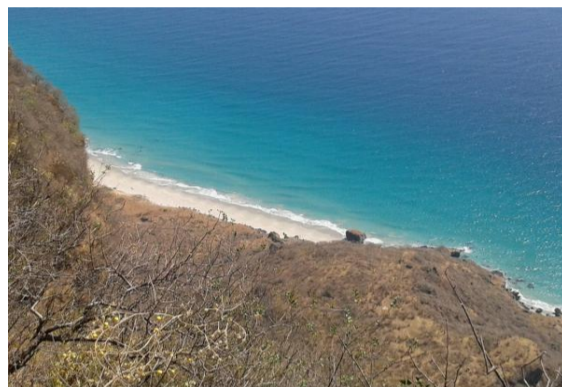
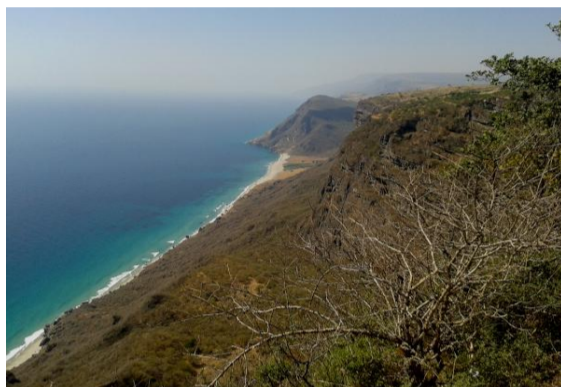
🏞️ *Jebel Al Qamr*

On our way to Dhalkut, last big village before the Yemeni border, we use tracks to go down from the mountain and reach a beautiful coast and small villages like Rakhyut and Al Hautah. Here, the mountain slopes are the more wooded in Oman. It's a little visited region but of big interest.

- **Level 2***
- **Walking time : 1 to 2 hours**
- **Height difference : +100m/-100m**

 **Simple hotel**

Standard Room



DAY 18*Breakfast - Lunch - Dinner*✓ **Boat trip to a wild estuary (3 hours)**🏞️ *Jebel Al Qamr*

We leave from the port on a fisherman's boat. The coast seen from the boat is very nice and wild : wooded mountain slopes, cliffs, and several tiny coves... We land on a long beach and walk in the estuary to discover fresh water pools, giant trees, wild palm trees, many birds, sometimes also camels and cows grazing, archeological ruins, and even stone paintings! We enjoy this idyllic place and come back by boat

🚌 Transfer to Salalah (3 hours - 170 Km)

🏠🏠🏠 **Hotel at the beach**

We spend the night in this nice hotel. The hotel is located in Al Dhariz, facing the sea, and has a swimming pool.

*Standard Direct Sea-view room
breakfast at the accomodation*



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