



## GREAT DISCOVER OF OMAN

*A tour to discover Oman differently : mountain oasis, salt desert, Empty Quarter's huge dunes, Huqf region, Khaluf's white desert, and luxuriant wadis... An easy tour but a true adventure in very diverse places...*

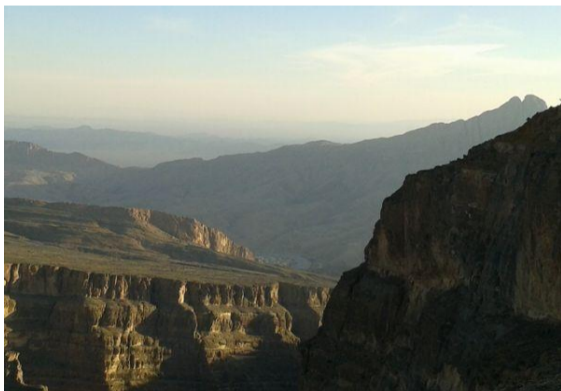
**Level 2** Quite easy tours with easy hikes (no more than 4 hours walking and 300m height difference). These tours might include swimming but no aquatic hike nor canyoning.

**Length** 13 Day

**Doable in** JANUARY - FEBRUARY - NOVEMBER - DECEMBER

 5 Nights in accomodations (hotel, guesthouse, lodge, etc...)  
 7 Nights wild camping (with tents, thick mattress, mats, dishes, cooking gear), comfortable (but with no toilets) with the assistance of vehicules

GUESTS	PRICES PER PERSON	
3	1300 OMR	3403 USD
4	1100 OMR	2879 USD
5	1100 OMR	2879 USD
6	1000 OMR	2617 USD
7	950 OMR	2486 USD
8	920 OMR	2408 USD



## DAY 1

- Lunch - Dinner

🚌 Transfer to a mountain village (3 hours - 230 Km)

✓ **Hike through villages, palm gardens, and mountain (4 hours )**

We walk in the wadi and on the luxuriant terraces of the palm gardens. The path then heads along the valley, goes up to a small pass and down to an isolated palm garden. The inhabitants of the village where we started the hike come there regularly to take care of the cultures and of the falaj (traditional irrigation system). The entrance in the gardens is now private, so we stop just before and have lunch near the stream and we come back using the same way...

- Level 2\*
- Walking time : 2 to 4 hours
- Height difference : +300m/-300m

🚌 Transfer to a mountain guesthouse (2 hours 15 - 65 Km)

🏠🏠🏠 **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!


**Dormitory**

*Dormitories from 4 to 10 persons with bunkbeds and A/C.  
breakfast & dinner at the hotel*



## DAY 2


Breakfast - Lunch - Dinner

 Transfer to a mountain village (0 hour 15 - 5 Km)

✓ **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 Al Hamra (1 hour 30 - 50 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.

✓ **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 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 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 hotel*





**DAY 3***Breakfast - Lunch - Dinner*

 Transfer to a high settlement (1 hour 12 - 50 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 Nizwa (1 hour 30 - 100 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. Rooms, bathrooms, majilis, and teraces are spread in a labyrinth of corridors, stairs, and bridges.

**Standard Room**

*Rooms are charmfull. They are furnished in a traditional style and are all equiped with A/C. Mattress are on the floor. Bathrooms are private but may be located outside the room..*

*breakfast at the hotel*



**DAY 4***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 a salt desert (3 hours 30 - 300 Km)

We drive a boring road, but we see oil and gas plants on the way.

✓ **Stop in the Salt Desert of 'Umm As Sammim' (0 hour 30)**

In arabic, 'Umm As Sammim' means 'the mother of poisons'. It is a very dry and plane stretch of salt. It is very inhospitable for life and there is no vegetation. We stop in this weird place to have a look at the salt crust.

🚌 Transfer to Rub Al Khali (1 hour - 80 Km)

We enter the Rub al Khali. The further we drive, the higher are the dunes which form a wonderful landscape.

✓ **Short walk in the sands to see the sunset (1 hour )**

We go have a walk across the high dune of the Rub Al Khali (Empty quarter in arabic), the huge and arid desert of Saudi Arabia that crosses Oman's border. We'll walk up a dune to see sunset in this unbelievable landscape...

- **Level 2\***

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

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

**Camping in the desert**

We set our camp at the foot of the huge dunes of the Rub Al Khali

**Individual camping tent**



**DAY 5***Breakfast - Lunch - Dinner*✓ **Hiking in Rub al Khali (8 hours )**

Morning, we start walking from our camp. We climb several high dunes which surround us : the ascent is sometimes exhausting, but the descent is quick and fun and gives us sometimes the opportunity to have the dune sing. Around noon, we walk back to our our camp and have lunch and rest under a shady place. Late afternoon, we climb another huge dune to get to its summit and enjoy a wonderful sunset at the top.

- **Level 3\***

- **Walking time : 4 to 6 hours**

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


**Camping in the desert**

We set our camp at the foot of the huge dunes of the Rub Al Khali

*Individual camping tent*



**DAY 6***Breakfast - Lunch - Dinner*

 Transfer to a limestone escarpment (3 hours 30 - 225 Km)

✓ **Short walk in a rocky chaos at an escarpment (2 hours )**

We stop at the foot of the cliffs made of white lime stone. We then walk across the many small gorges which. It is a very exclusive place with unbelievable landscapes. Rocks are having very particular shapes...

- *Level 1\**

- *Walking time : 1 to 2 hours*



**Camping at the bottom of the cliffs**


We set up our camp at the bottom of the cliffs, just at the beginning of a small gorge.

*Individual camping tent*





**DAY 7***Breakfast - Lunch - Dinner*

 Transfer to the white desert, among rocks and sand (2 hours - 200 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**




**Camping in the desert**

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

**Individual camping tent**




**DAY 8***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.

✓ **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\**

✓ **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!




**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 9***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\*

   **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 hotel*



**DAY 10***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**

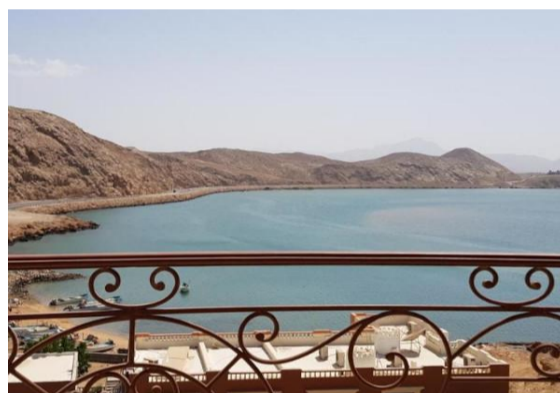
 Transfer to Sur (2 hours - 150 Km)

 **Hotel in Sur**

A good hotel with modern and comfortable rooms, located just outside the city on the lagoon

**Standard Room**

*breakfast at the hotel*



## DAY 11

Breakfast - Lunch - Dinner

✓ **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\*

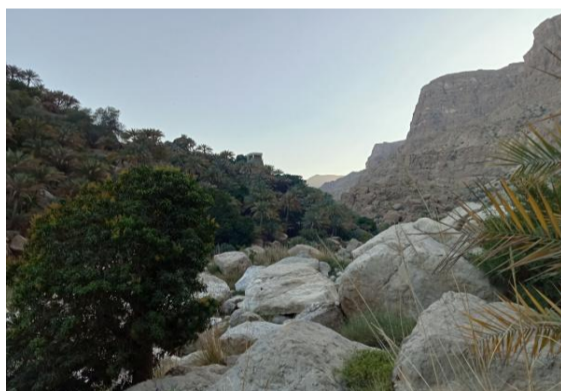
- Walking time : 1 to 2 hours



**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 toilets soon...

**Camping**



**DAY 12***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 our campsite (1 hour - 70 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 13***Breakfast - Lunch - Dinner*

🚌 Transfer to a wadi (0 hour 30 - 30 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 Muttrah (2 hours - 180 Km)



### **① Difficulty level Hiking & Easy Walking**

<b>Level 1</b>	No difficulty. Easy and short walks. Appropriate for anyone walking occasionally
<b>Level 2</b>	Easy hikes with elevation gain of less than 300 meters with no big terrain difficulty
<b>Level 3</b>	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
<b>Level 4</b>	Hikes with an elevation gain from 800 to 1100 meters. For fit mountain hikers
<b>Level 5</b>	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

<b>Level 1</b>	Aquatic hiking not requiring any jump or abseiling
<b>Level 2</b>	Easy and short canyon descent with jumps of less than 3 meters which can be avoided abseiling
<b>Level 3</b>	Canyon descent with few meters high jumps and little technical abseiling
<b>Level 4</b>	Canyon descent lasting more than 5 hours with several meters high jumps and technical abseiling in waterfalls