

HIKING IN OMAN

A tour in 3 well balanced parts : 4 days in the steep valleys of the Western Hajar mountains, 4 days in the sand dunes of the White Desert and the Wahiba, and 4 days in the lush green aquatic wadis of the Eastern Hajar.



Level 3 Tours which can include full-day hikes (up to 800 elevation gain) and not too difficult aquatic hikes.

Length 12 Day

Doable in JANUARY - FEBRUARY - NOVEMBER - DECEMBER



3 Nights in accommodations (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 vehicles. Usually participants pitch their tent by themselves while we set up the collective camp



1 Nights in homestays with sometimes very rustic comfort.

Start Muttrah

Ends Muttrah

GUESTS	PRICE PER PERSON	
2	1300 OMR	3403 USD
3	1000 OMR	2617 USD
4	960 OMR	2513 USD
5	900 OMR	2356 USD
6	850 OMR	2225 USD
7	800 OMR	2094 USD
8	760 OMR	1989 USD

Itinerary Wadi Sahtan - Wadi Bani Awf - Nizwa - White Desert - Wahiba Desert - Wadi Bani Khalid - Sur - Wadi Tiwi - Wadi Al Arbeyeen



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. It is always possible for someone not to do the walk and stay at the camp or go for a shorter walk. 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 3 different camp sites for respectively 1, 2, 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 a mountain village in Wadi Sahtan (3 hours - 225 Km)

✓ **Hike across mountain villages of Wadi Sahtan (4 hours)**

🏠 Wadi Sahtan

The main valley forms a huge amphitheater overlooked by the north face of Jebel Shams which offers huge cliffs of sometimes more than 2000m. We walk along centuries old paths (some of them are in a bad state and some spots can be a bit difficult) linking remote villages. We pass 3 villages before arriving to our camp.

- Level 3*

- Walking time : 3 to 4 hours

- Height difference : +200m/-400m



Camping the valley

A wonderful campsite with unbelievable views over the north face of Jebel Shams

Individual camping tent



DAY 2*Breakfast - Lunch - Dinner*✓ **Hike across mountain villages of Wadi Sahtan (6 hours)**🏠 *Wadi Sahtan*

We start hiking from our campsite and walk up and down several valleys. Almost each valley hosts a village which has its own charm. Palm gardens, aflaj, terraced fields, beehives... We hike in traditional Oman and the scenery is spectacular. Some few passages might be a bit difficult.

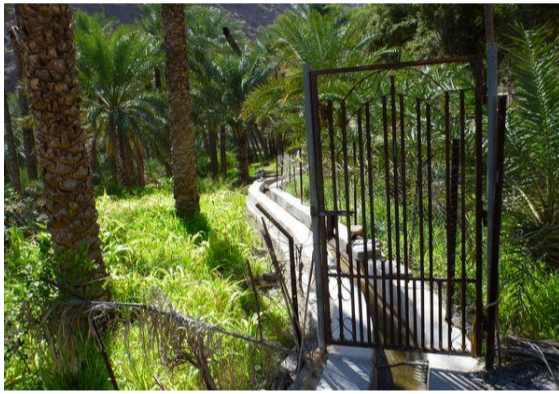
- **Level 3***
- **Walking time : 4 to 5 hours**
- **Height difference : +700m/-800m**

🚌 Transfer to Bimah (Wadi Bani Awf) (1 hour - 30 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!

*Private Room Ensuite
breakfast & dinner at the accomodation*



DAY 3*Breakfast - Lunch - Dinner*✓ **Hike through mountains and villages of Wadi Bani Awf (5 hours)**

We walk in the river bed with many trees and birds (sometimes also a stream) and then find a good path which climbs in the mountain and takes us to a first small village. We then walk our way up through the palm gardens and reach a very narrow path. From there we see another bigger village. We walk down to the village and enjoy a tour in the gardens. We finally find a very narrow gorge which we follow until we reach the main road of the valley.

- **Level 3***

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

- **Height difference : +600m/-500m**

🏠 *Wadi Bani Awf*

🚌 Transfer to Nizwa (2 hours - 80 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 4*Breakfast - Lunch - Dinner*📍 *Nizwa*✓ **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 the white desert, among rocks and sand (3 hours 30 - 350 Km)

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

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 between sand and rocks**

We set up our camp in a beautiful place where sand meets rocks

Individual camping tent



DAY 5*Breakfast - Lunch - Dinner*✓ **Hike across sand dunes and rocky outcrops (6 hours)**

A very beautiful day : we walk across sand dunes and meet on the way many rocky outcrops. The sand is sometimes red, and sometimes white. We arrive at our camp around noon and enjoy some rest under the shade. Late afternoon, we walk to the top of the sand dunes to see sunset over this spectacular landscape with trees, rocks, and sand...

🏜️ *White Desert*

- Level 2 & 3*

- Walking time : 4 to 5 hours

**Camping in the desert**

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

Individual camping tent



DAY 6*Breakfast - Lunch - Dinner*✓ **Day in a rocky and sandy desert (7 hours)**

We spend the full day in this so beautiful and unusual place where rocky hills of various colours are covered with red or cream sand. We go for a walk early morning and come back to our camp late morning when it starts to get hot to have lunch and take rest under the shade. Late afternoon, when the light becomes beautiful and the heat decreases, we go for another walk until sunset.

☞ *White Desert*

- **Level 2 & 3***

- **Walking time : 2 to 5 hours**

**Camping in the desert**

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

Individual camping tent



DAY 7*Breakfast - Lunch - Dinner*✓ **Hike across White desert (6 hours)**

We have a long hike in a wonderful and unexpected landscape. We start from our campsite where the sand is rather beige and we walk across small rocky plateau, sandy valleys, and dune areas. The more we walk the whiter is getting the sand. Finally we discover wonderful pure white sand dunes. Irreal landscape... We walk across the dunes and arrive to the sea around noon... We set up our camp, have lunch, and enjoy swimming in the indian ocean. Late afternoon, we start walking again across white sand dunes to enjoy sunset.

- **Level 2 & 3***

- **Walking time : 3 to 5 hours**

☞ *White Desert*


**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 Khaluf's fishing village (0 hour 36 - 21 Km)


On low tide we drive all the way on the beach and we see hundreds of seabirds

✓ **Stop in a beduin coastal village (1 hour)**

 *White Desert*

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 our campsite in the Wahiba Desert (7 hours - 480 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)**

 *Wahiba Desert*

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*

 **Night in a beduin camp**

It is not a touristic comfortable camp. It's a typical beduin camp in the middle of the sands, with an areesh (shelter made with palms and other vegetals) and a bedouin tent. Our hosts welcome us there, and prepare for us dinner and breakfast. We sleep all together under the tent, under the stars, or we can also set up our individual camping tents. Our hosts bring us water for showering. There are no toilets.

Dormitory tent

breakfast & dinner at the accomodation



DAY 9*Breakfast - Lunch - Dinner*

🚌 Transfer to Wadi Bani Khalid (1 hour 30 - 80 Km)

✓ **Aquatic hiking in wadi Al Hwir (5 hours)**

👉 *Wadi Bani Khalid*

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 Sur (2 hours - 150 Km)

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

Standard Room



DAY 10*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 Tiwi (0 hour 45 - 60 Km)

➤ *Wadi Tiwi*✓ **Short hike through palm gardens in Wadi Tiwi (2 hours)**

We hike in the wadi, through the palm garden (which also hosts bananas, papayas, mango trees, lime, etc...). 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 : wild, superb views and lots of birds! We have 2 flat terraces to set up the camp, a falaj (water chanel), and toilets.

Individual camping tent



DAY 11*Breakfast - Lunch - Dinner*✓ **Hike in Wadi Tiwi (6 hours)**🏠 *Wadi Tiwi*

A beautiful hiking day : we walk all the wadi long, mostly on paths and falajs in the gardens, sometimes across boulders in the wadi bed, and few short parts on the track. On the way, we cross several villages. After arriving in the last village, we can go for a swim in the canyon just down the village in the middle of the canyon.

- **Level 3***
- **Walking time : 4 to 5 hours**
- **Height difference : +300m/-50m**

🚌 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 12*Breakfast - Lunch -*

 Transfer to Wadi Al Arbeyeen (0 hour 30 - 30 Km)

✓ **Walk and swim in Wadi Al Hail (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)

➤ *Wadi Al Arbeyeen*



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