

## WADIS OF THE EASTERN HAJAR

*A great tour when the weather is hot : we hike and swim in a different wadi every day, and sleep every night in hotel too recover better...*

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

**Length** 6 Day

**Doable in** APRIL - OCTOBER

**🏠🏠🏠** 5 Nights in accomodations (hotel, guesthouse, lodge, etc...)

GUESTS	PRICES PER PERSON	
3	600 OMR	1570 USD
4	550 OMR	1439 USD
5	580 OMR	1518 USD
6	520 OMR	1361 USD
7	500 OMR	1308 USD
8	480 OMR	1256 USD



## DAY 1

- Lunch - Dinner

✓ **Muttrah fish and vegetables souq (1 hour )**

It is a very lively and typical place that is worth a visit. We only rarely see such a choice of fishes : many species of breams and groupers, tuna, swordfishes, kingfishes, sharks, squids, crabs, shrimps, and even parrot fishes and other multicolor fishes. Next to the fish market is the vegetable market where you'll find fruits,vegetables, dates, honey, thyme, etc...

🚌 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 (2 hours - 140 Km)

🏠🏠🏠 **Countryside hotel**

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



**DAY 2***Breakfast - Lunch - Dinner*✓ **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 waterfall, large pool, and huge boulders...We come back the same way.

- **Level 1\***

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

🚌 Transfer to Tiwi (1 hour - 80 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 hotel*



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

 Transfer to Tiwi (0 hour 30 - 60 Km)

✓ **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*

✓ **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\**

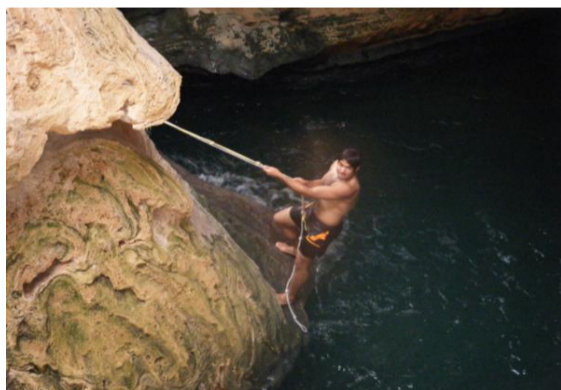
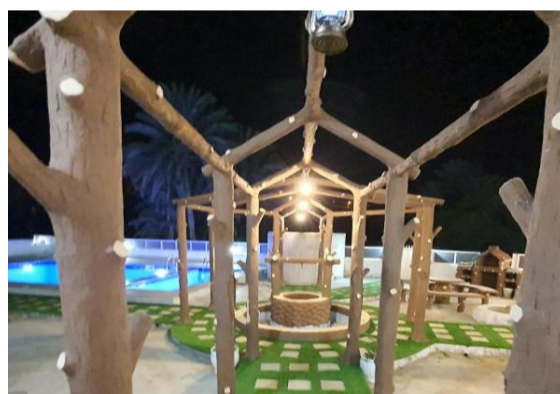
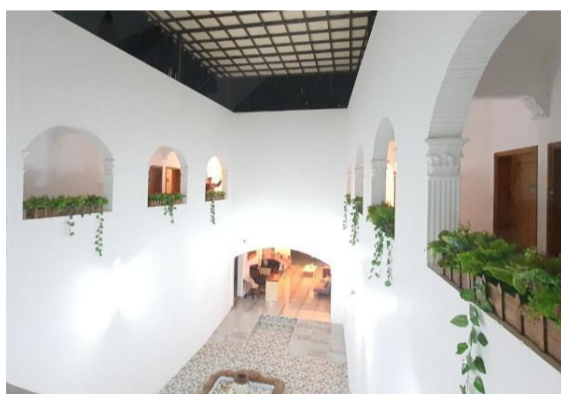
- *Walking time : 1 to 2 hours*

 **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 hotel*



**DAY 4***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**

🚌 Transfer to Sur (0 hour 45 - 80 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 5

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 our campsite in the desert (1 hour 50 - 140 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.

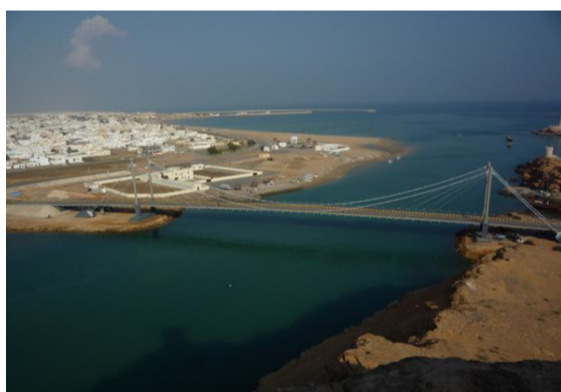
- Level 1\*

## 🏠🏠🏠 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 6***Breakfast - Lunch -*

 Transfer to a wadi (1 hour 30 - 80 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

<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