

CANYONS OF OMAN

A great tour to discover Oman's Hajar mountains during the warm season, when it's too hot for classic hiking : easy canyoning and aquatic hiking almost every day, but also Nizwa, Sur, and a night in the desert!



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

Length 7 Day

Doable in MARCH - APRIL - OCTOBER - NOVEMBER



5 Nights in accommodations (hotel, guesthouse, lodge, etc...)



1 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

Start Muttrah

Ends Muttrah

GUESTS	PRICE PER PERSON	
2	750 OMR	1963 USD
3	580 OMR	1518 USD
4	540 OMR	1413 USD
5	540 OMR	1413 USD
6	500 OMR	1308 USD
7	480 OMR	1256 USD
8	460 OMR	1204 USD

Itinerary

Wadi Bani Awf - Misfat Al Abreyeen - Nizwa - Wahiba Desert - Wadi Bani Khalid - Sur - Wadi Tiwi - Wadi Al Arbeyeen

**Nota sobre la transportacion del equipaje**

We have vehicles ; so luggages are always transported by car. You only have to carry day-pack while hiking.

DAY 1

- Lunch - Dinner

🚌 Transfer to Bimah (Wadi Bani Awf) (3 hours - 235 Km)

We drive up the valley on a dirt track. We first cross villages and green palm gardens and then go through a rugged terrain. An impressive drive...

✓ **Canyoning in the lower Snake Canyon (3 hours)**

➤ Wadi Bani Awf

The Snake Canyon is a very narrow canyon located in Wadi Bani Awf. In some parts of the canyon, you can touch both sides at the same time... We'll start from the secondary entrance. No abseiling is required. You'll just have fun by jumping (max 4 meters), sliding, walking in the water and short swimming! For those who don't want to jump, we install short abseils.

- Level 2*

🚌 Transfer to Balad Sit (0 hour 20 - 10 Km)

✓ **Short walk in the mountain oasis of Balad Sit (2 hours)**

➤ Wadi Bani Awf

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

🏠🏠🏠 **Mountain guesthouse**

Simple but pleasant guesthouse in a wonderful spot

Shared Room

Dormitory with maximum 4 beds per room.

breakfast & dinner at the accomodation



DAY 2

Breakfast - Lunch - Dinner

🚌 Transfer to A mountain hamlet (2 hours - 70 Km)

✓ **Hike and swim in a canyon (5 hours)**

➤ *Misfat Al Abreyeen*

Between hiking and canyoning. A very pleasant excursion starting at an height of 1500m. A good path with stunning views take us to the bottom of the canyon where we first find gardens. We then head in the canyon and quickly find lots of pools and lush vegetation and we can swim. A bit further, the canyon becomes more dry and we walk on the sides, sometimes right and sometimes left. Finally, the valley opens and a good path leads us to a major oasis which is particularly beautiful. We rate this hike "Level 4" not because it's demanding but because a few places are exposed.

- Level 4*
- Walking time : 3 to 4 hours
- Height difference : +0m/-500m

🏠🏠🏠 **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 alcohol in the village and to smoke inside the house ; we thank you in advance for respecting these rules!

*Standard Room
breakfast & dinner at the accomodation*



DAY 3

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 our campsite in the Wahiba Desert (3 hours - 220 Km)

➤ *Wahiba Desert*

✓ **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 4*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 5

Breakfast - Lunch - Dinner

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

✓ **Visit of the city of Sur (2 hours)**

➤ Sur

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 through palm gardens in Wadi Tiwi (2 hours)**

➤ Wadi Tiwi

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**

🏠🏠🏠 **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 6*Breakfast - Lunch - Dinner*🚩 *Wadi Tiwi*✓ **Hiking and swimming in Wadi Tiwi (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 Tiwi (0 hour 45 - 15 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 7

Breakfast - Lunch -

🚌 Transfer to Wadi Al Arbeyeen (0 hour 30 - 60 Km)

✓ **Aquatic hiking in Wadi Al Hail (7 hours)**

🏠 *Wadi Al Arbeyeen*

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 Muttrah (1 hour 30 - 130 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