

## HIKING IN DHOFAR

Beautiful and secret hikes in Dhofar mountains, which receive monsoon rains in summer and host original fauna and flora, a day rest at the beach, and a stay of 3 days / 4 nights in the Rub Al Khali desert.



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

**Length** 10 Day

**Doable in** JANUARY - FEBRUARY - DECEMBER



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

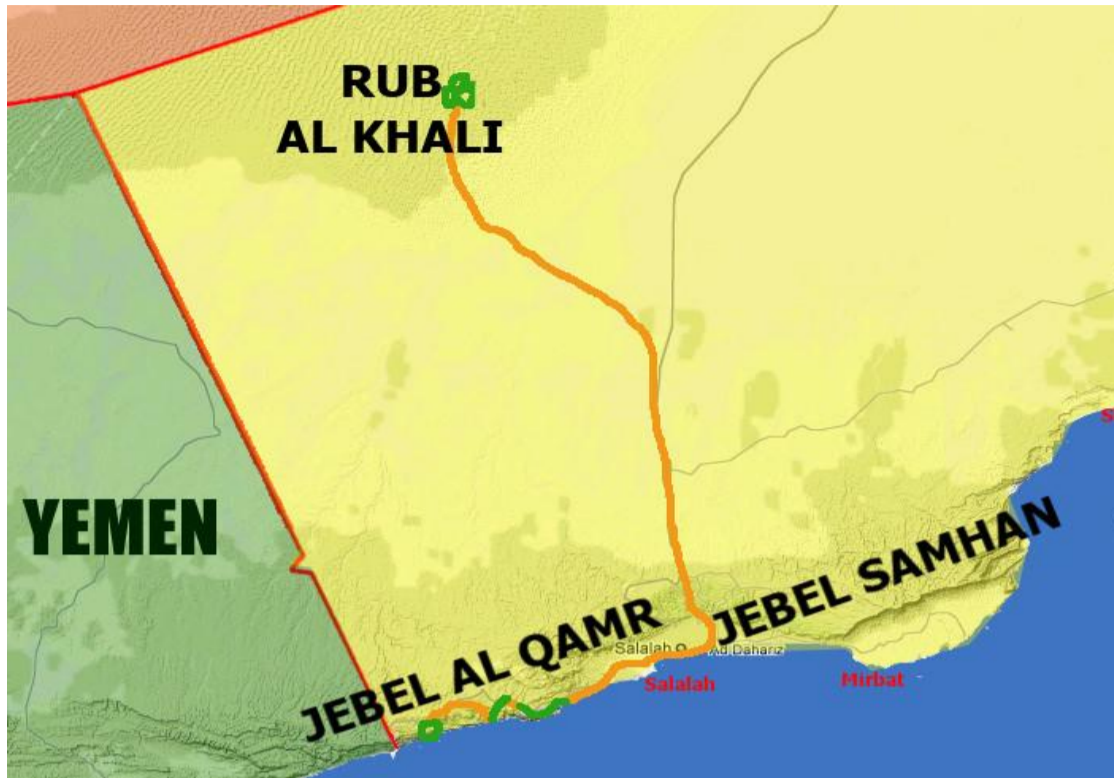


6 Nights wild camping (with tents, thick mattress, mats, dishes, cooking gear), comfortable (but with no toilets) with the assistance of vehicles. Usually participants pitch their tent by themselves while we set up the collective camp

**Start** Salalah

**Ends** Salalah

GUESTS	PRICE PER PERSON	
2	1370 OMR	3586 USD
3	1000 OMR	2617 USD
4	1000 OMR	2617 USD
5	870 OMR	2277 USD
6	820 OMR	2146 USD
7	780 OMR	2041 USD

**Itinerary**      Jebel Al Qamr - Salalah - Rub Al Khali Desert


**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. 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 one single camp site for 4 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 Mughsayl (0 hour 45 - 60 Km)

**✓ Coastal hike at the foot of Jebel al Qamr (4 hours )**
 *Jebel Al Qamr*

We walk down to a wild creek. We walk then up the valley where we find huge frankincense trees (*Boswellia sacra*). We start heading to a pass. The higher we get the bigger get the trees. Near the pass we find some dragon trees. Finally we discover a wonderful bay with numerous white sandy beaches.

- **Level 3\***

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

- **Height difference : +400m/-250m**

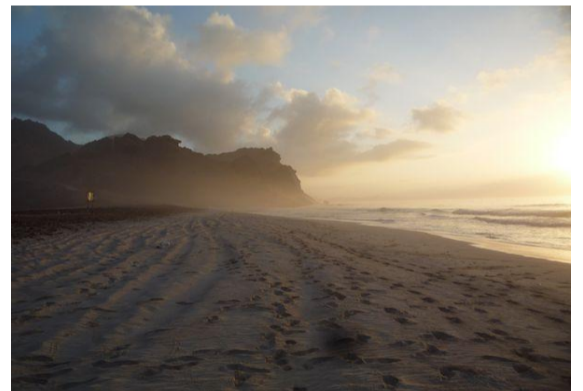
**✓ Swimming on a white sandy beach (2 hours )**
 *Jebel Al Qamr*

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 2***Breakfast - Lunch - Dinner*✓ **Coastal hike to the so-called 'Camel Head' (5 hours )**📍 *Jebel Al Qamr*

A wonderful hike along the sea. We first cross a nice sandy beach where we stop for a swim. Then we walk along the sea on a good path and cross several valleys : some of them have frankincense trees growing in them, others have small springs. The views are superb, and if you watch the sea you might see dolphins or turtles...

- **Level 3\***- **Walking time : 3 to 4 hours**- **Height difference : +400m/-400m**

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

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

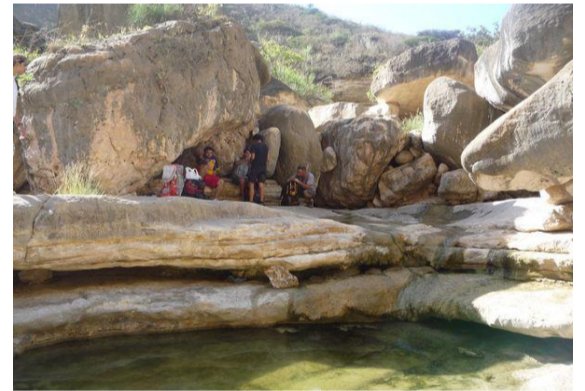
We stop at a view point : we are 1000m high and down the cliffs is the sea. During moonson time the clouds hit the cliffs which get lush green.

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

**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 3***Breakfast - Lunch - Dinner*✓ **Hike down to the sea (6 hours )**🏞️ *Jebel Al Qamr*

We start at 1000m high. The trees are big and the birds plenty. We go down step by step through the woods with some nice views over the sea. This region receives monsoon rains in summer and a real forest grows on the mountain slopes ; in winter, most trees loose their leaves and a few kkeep them. When we arrive, the landscape is idylic : giant desert roses, tamrinds, palmtrees, and many birds...

- **Level 3\***- **Walking time : 4 to 5 hours**- **Height difference : +0m/-900m**

🚌 Transfer to Dhalkut (1 hour - 80 Km)

🏠🏠🏠 **Simple hotel***Standard Room*

**DAY 4***Breakfast - Lunch - Dinner*✓ **Hike to a wild estuary (6 hours )**📍 *Jebel Al Qamr*

We start from a hamlet of sheperds and walk across grazing lands. The path offers nice views over the sea. We then walk down to the estuary through the forest. The place is incredibly wild and beautiful : here are staying together cows and camels, the sea and the fresh water, palm trees, and a rich wildlife... There is also a cave which has ancient stone paintings. We walk back through the wadi and the woods to the car. On the way it is frequent to see hyrax.

- **Level 3\***
- **Walking time : 4 to 5 hours**
- **Height difference : +400m/-400m**

🚌 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*



**DAY 5**

*Breakfast - Lunch - Dinner*

➤ *Salalah*

✓ **Freetime at the hotel (4 hours )**

We enjoy some rest at the hotel which is just in front of the sea with direct access to a white sand beach and has a swimming pool.

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



**DAY 6***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...

🚌 Transfer to our campsite in Rub al Khali (4 hours 15 - 310 Km)

✓ **Short walk in the sands to sea the sunset (1 hour )**☞ *Rub Al Khali Desert*

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 landascope...

- **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 7-9

Breakfast - Lunch - Dinner

## ✓ Hiking in Rub al Khali (8 hours )

## ➤ Rub Al Khali Desert

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 2 & 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 10***Breakfast - Lunch - Dinner*✓ **Morning walk in the dunes (2 hours )**☞ *Rub Al Khali Desert*

this morning, we climb one of the big dunes and enjoy a last view over this sea of sand...

- **Level 2 & 3\***
- **Walking time : 1 to 2 hours**
- **Height difference : +150m/-150m**

 Transfer to Salalah (3 hours 30 - 275 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**

<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