

## RUB AL KHALI (CENTRAL OMAN)

A trip to stay in the Rub Al Khali, in the middle of huge red sand dunes (some of them are 'singing dunes'), starting from Nizwa : 3 full days and 4 nights in full autonomy in this mythical desert...



**Level 2 & 3** Tours which can include full-day hikes (up to 800m elevation gain) and not too difficult aquatic hikes.  
We have cars with us during the whole tour ; if some persons do not want to do some hikes or some canyons, they can always go by car to the arrival point and enjoy free time in beautiful places, or even often be offered an alternative easier program.

**Length** 5 Day

**Doable in** JANUARY - DECEMBER



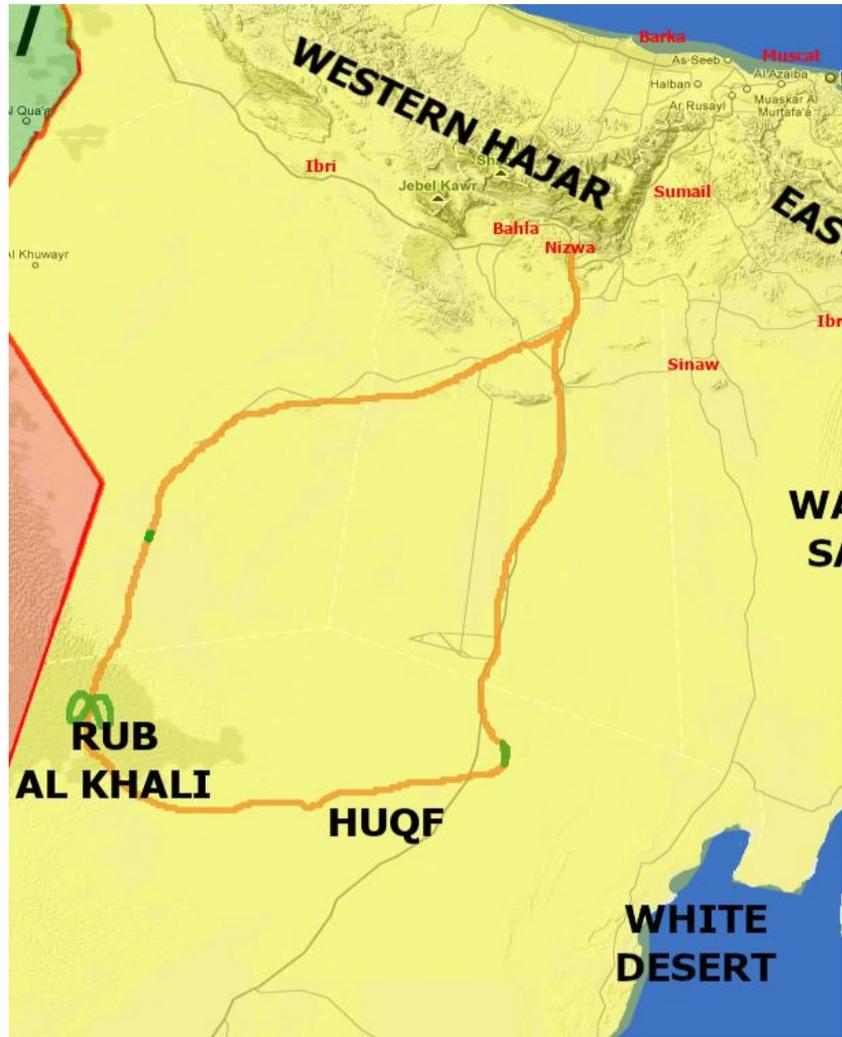
4 Nights wild camping (with tents, thick mattress, mats, dishes, cooking gear), comfortable (but with no toilets) with the assistance of vehicles. Usually participants pitch their tent by themselves while we set up the collective camp

**Start** Nizwa

**Ends** Nizwa

GUESTS	PRICE PER PERSON	
2	700 OMR	1832 USD
3	540 OMR	1413 USD
4	420 OMR	1099 USD
5	360 OMR	942 USD
6	330 OMR	863 USD
7	300 OMR	785 USD
8	280 OMR	732 USD

**Itinerary** 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 Fahud (2 hours - 150 Km)

 Transfer to a salt desert (Umm As Samim) (3 hours 30 - 300 Km)

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

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

 *Rub Al Khali Desert*

In arabic, 'Umm As Sammim' means 'the mother of poisons'. It is a very dry and plane stretch of salt. It is very unhospitable 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 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 landasce...

- **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 2-4

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 5***Breakfast - Lunch -*✓ **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 Nizwa (6 hours - 490 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