

DISCOVER NORTHERN OMAN

An easy tour, which takes us to the emblematic spots of Oman and offers a good insight of the diversity of the country : the Western Hajar Mountains, the Grand Canyon, wadis, desert, wild beach, and the cities of Nizwa inland and Sur on the coast.



Level 2 Quite easy tours with easy hikes (no more than 4 hours walking and 300m height difference). These tours might include swimming but no aquatic hike nor canyoning. There is always the option, for the participants who wish it, not to do the walk ; when possible, an alternative program can be offered to them ; otherwise, they will wait in a beautiful spot.

Length 8 Day

Doable in JANUARY - FEBRUARY - MARCH - NOVEMBER - DECEMBER

 4 Nights in accomodations (hotel, guesthouse, lodge, etc...)
 3 Nights wild camping (with tents, thick matrass, mats, dishes, cooking dear), comfortable (but with no toilets) with the assistance of vehicules. Usualy tarticipants pitch their tent by themselves while we set up the collective camp

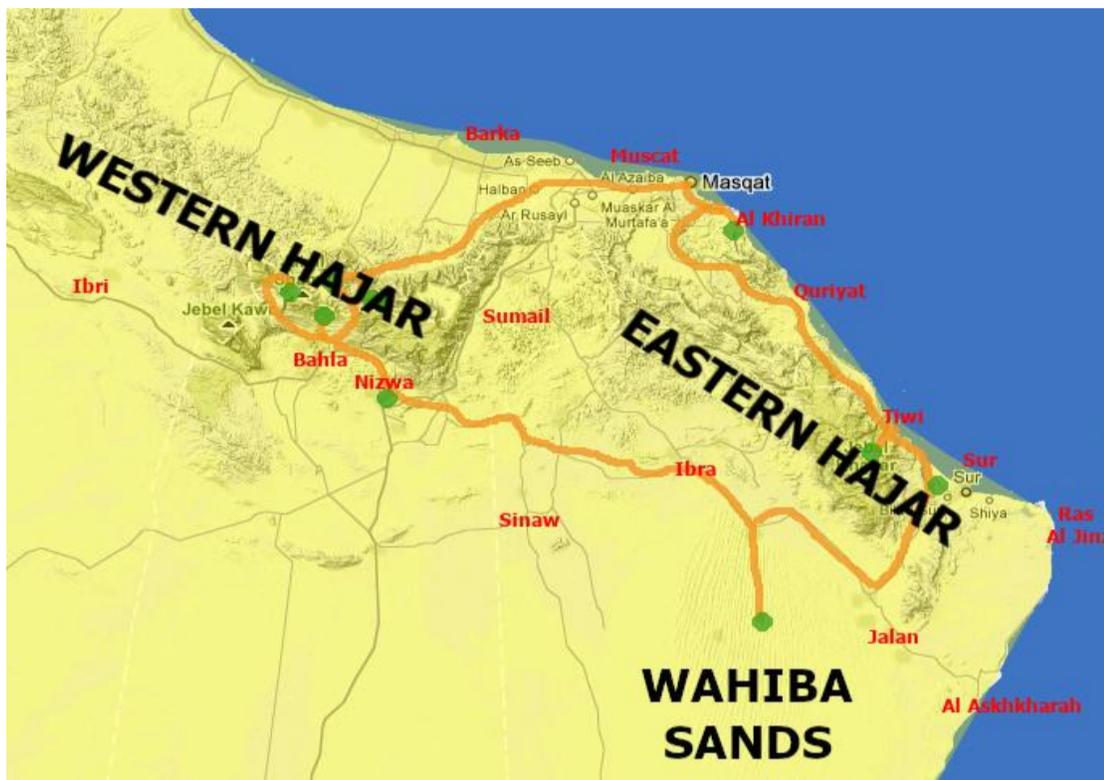
Start Muttrah

Ends Muttrah

GUESTS	PRICE PER PERSON	
2	780 OMR	2041 USD
3	600 OMR	1570 USD
4	550 OMR	1439 USD
5	580 OMR	1518 USD
6	540 OMR	1413 USD
7	520 OMR	1361 USD
8	490 OMR	1282 USD

Itinerary

Wadi Bani Kharus - Wadi Bani Awf - Jebel Shams - Nizwa - Wahiba Desert - Sur - Wadi Tiwi - Bandar Khayran

**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 Wadi Bani Kharus (3 hours - 230 Km)

✓ **Hike in Wadi Bani Kharus through villages, palm gardens, and mountain (4 hours)**

 *Wadi Bani Kharus*

We walk in the wadi and on the luxuriant terraces of the palm gardens. The path then heads along the valley, goes up to a small pass and down to an isolated palm garden. The inhabitants of the village where we started the hike come there regularly to take care of the cultures and of the falaj (traditional irrigation system). The entrance in the gardens is now private, so we stop just before and have lunch near the stream and we come back using the same way...

- **Level 2***
- **Walking time : 2 to 4 hours**
- **Height difference : +300m/-300m**

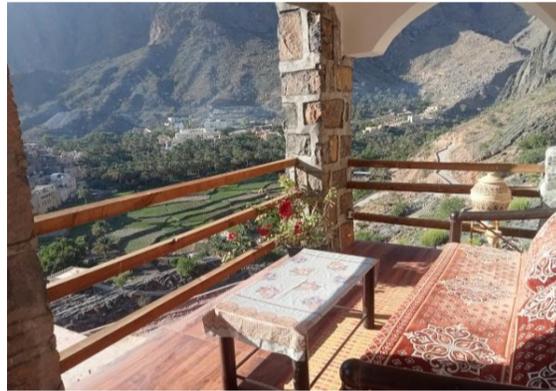
 Transfer to Balad Sit (2 hours 30 - 70 Km)

 **Mountain guesthouse**

Simple but pleasant guesthouse in a wonderful spot

Standard Room

breakfast & dinner at the accomodation



DAY 2

Breakfast - Lunch - Dinner

🚌 Transfer to Balad Sit (0 hour - 5 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**

🚌 Transfer to Sharaf Al Alamain (1 hour - 15 Km)

This drive off-road let us climb some 1000 meters in less than 10 km. It provides us with stunning views over the valley.

✓ **Short walk along the ridge (3 hours)**

➤ Wadi Bani Awf

We walk along the ridge enjoying wonderful views over Wadi Bani Awf. We also see Wadi Sahtan, the summit of Jebel Shams, Jebel Kawr, and the cities of Al Hamra and Bahla, and far away Nizwa.

- **Level 2***

- **Walking time : 2 to 3 hours**

- **Height difference : +100m/-100m**

🚌 Transfer to Misfat Al Abreyeen (1 hour - 40 Km)

🏠🏠🏠 **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*

 Transfer to Al Khitaym (Jebel Shams) (1 hour 12 - 50 Km)

✓ **Hike on top of Arabia's Grand Canyon (4 hours)**

 *Jebel Shams*

The path is very easy and offers all way long wonderful views on Arabia's Grand Canyon. On the way we can see the highest point of the country. Finally, we arrive to an old village built in the cliff. The village was abandoned in the 90's when the road was built. Some 5 to 10 families were living there, taking care of their gardens also built on the cliff and of their goats. We come back the same way. It is a very easy and rewarding walk!

- **Level 2***

- **Walking time : 2 to 3 hours**

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

 Transfer to Jebel Shams plateau (0 hour 20 - 12 Km)



Camping in Jebel Shams Range

1800m high

Individual camping tent



DAY 4*Breakfast - Lunch - Dinner*

 Transfer to a wadi on the western side of Jebel Shams (2 hours - 100 Km)

✓ **Short Walk and swimming in a wadi (2 hours)**

 *Jebel Shams*

Located on the west flank of the Jebel Shams range and in front of the Jebel Misht, this valley has all year long flowing water. The first pools to swim in are reached after only 10 minutes walk. The further ones need half an hour walk. The water clear and swimming there is just wonderful!

- **Level 1***

- **Walking time : 1 to 2 hours**

 Transfer to Bat Tombs (0 hour 30 - 25 Km)

✓ **Visit of the tombs of Al Ayn (0 hour 30)**

 *Jebel Shams*

We stop to have a look at the tombs : these tumulus date from the 3rd Millennium B.C. They are located at the foot of the Jebel Misht, one of the most impressive mountains of Oman because of its 1000 meter high cliff.

 Transfer to Nizwa (1 hour 15 - 70 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 accommodation



DAY 5*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 6

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 7*Breakfast - Lunch - Dinner*🏠 *Wadi Tiwi*✓ **Hiking and swimming in Wadi Tiwi (4 hours)**

A wonderful valley, with a river and water pools, a huge palm grove stretching along it on terraces, villages, and scenic mountain slopes. We drive through the valley and hike through gardens and in the wadi bed to go for a swim.

- Level 2*
- Walking time : 2 to 3 hours
- Height difference : +100m/-100m

🚌 Transfer to Wadi Tiwi (0 hour 15 - 5 Km)

🏠 *Wadi Tiwi*✓ **Walk to a waterfall (1 hour)**

Very beautiful place. We walk from the village down good but steep stairsthrough palm gardens to a waterfall in an impressive canyon. We can swim there (with decency).

- Level 1*
- Walking time : 0 to 1 hours
- Height difference : +100m/-100m

🚌 Transfer to Tiwi (0 hour 30 - 25 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 8

Breakfast - Lunch -

 Transfer to Bandar Khayran (2 hours 30 - 150 Km)

✓ **Day at the beach : walking, swimming, and snorkeling (6 hours)**

 *Bandar Khayran*

The bay of Bandar Khiran is very rocky and hosts many small coves. We start from a high point, where the views over the bay are superb. We walk down on an easy path to reach a white sand beach, where we'll spend the day. We can go swimming and snorkeling (great marine life with many multicolor fishes, corals, and even sometimes turtles). We'll also have lunch there ; usually we try to grill fish or seafood. We can also have a longer walk to visit other beaches. Finally, we'll go back the same way.

- Level 2 & 3*

- Walking time : 0 to 1 hours

- Height difference : +50m/-50m

 Transfer to Muttrah (0 hour 45 - 50 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