

FAMILY ADVENTURE IN OMAN



A tour specially designed for families : an overnight in an abandoned mountain village accessible only by foot nested in the cliffs of the Grand Canyon, 2 nights and 1 day in the sand dunes, swim in several wadis, and wild sand beaches!



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 10 Day

Doable in FEBRUARY - MARCH - NOVEMBER - DECEMBER

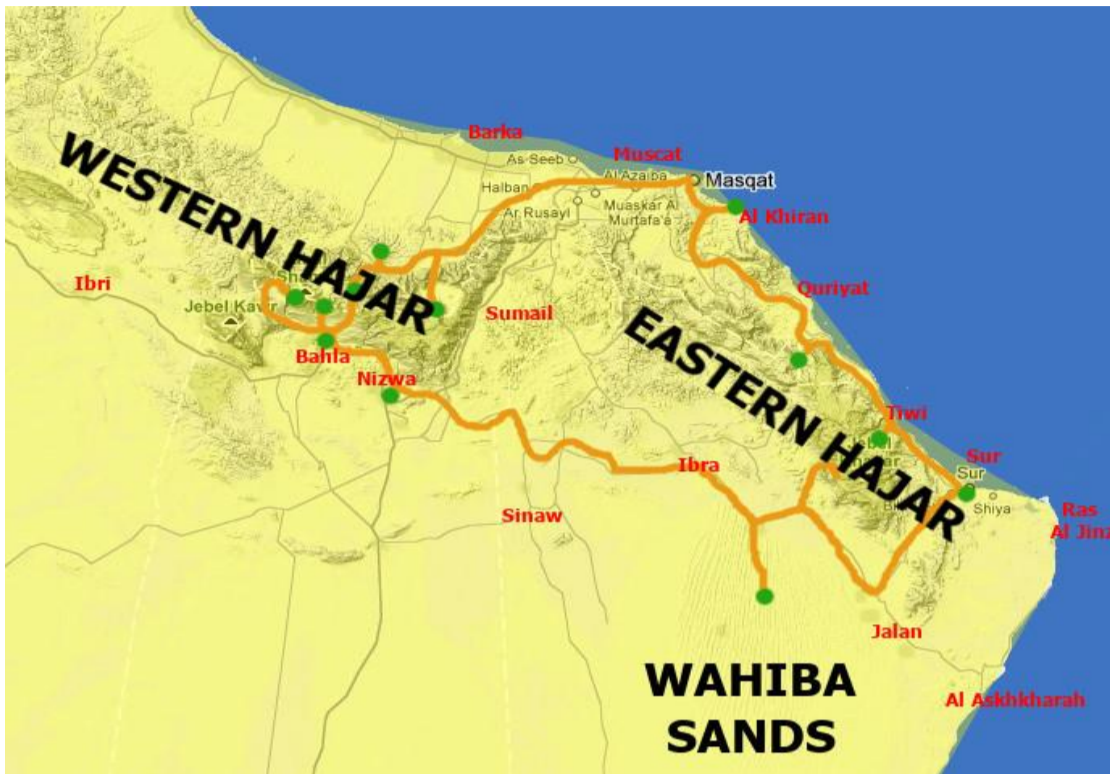
 4 Nights in accomodations (hotel, guesthouse, lodge, etc...)
 4 Nights wild camping (with tents, thick matrass, mats, dishes, cooking dear), comfortable (but with no toilets) with the assistance of vehicules. Usualy tarticipants pitch their tent by themselves while we set up the collective camp
F B F 1 Nights camping under the stars, with minimum equipment, without assistance of vehicules

Start Muttrah

Ends Muttrah

| GUESTS | PRICE PER PERSON | |
|--------|------------------|----------|
| 2 | 1000 OMR | 2617 USD |
| 3 | 750 OMR | 1963 USD |
| 4 | 710 OMR | 1858 USD |
| 5 | 690 OMR | 1806 USD |
| 6 | 640 OMR | 1675 USD |
| 7 | 600 OMR | 1570 USD |
| 8 | 560 OMR | 1465 USD |

Itinerary Wadi Mistal - Lowhills - Wadi Bani Awf - Misfat Al Abreyeen - Jebel Shams - Al Hamra - Nizwa - Wahiba Desert - Wadi Bani Khalid - Sur - Wadi Tiwi - Wadi Al Arbeyeen - Bandar Khayran



Nota sobre la transportacion del equipaje We have vehicules ; so luggages are transported by car. Most of the time you only have to carry day-pack while hiking.

EXCEPTION : This trip has several consecutive hiking days (days 3, 4) during which we do not have access to the cars (and thus to the main luggages) in the evening. During those days, you'll have to carry your own personal belongings which you need at night,water, and part of the lunch.

We can store your main luggages during that time. There is no safety issue.

Overnight 3 we sleep **UNDER THE STARS** and you'll have to carry also own sleeping pad and sleeping bag.

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 2 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 Wadi Mistal (2 hours 20 - 170 Km)

✓ **Short walk in the mountain oasis of Wakan (1 hour)**

🏠 Wadi Mistal

We have a round in the village, located at 1400m, at the far end of a valley in shape of an amphitheater. The village and its garden are built on the cliff. We walk across the old village and the terraces where grow garlic, onions, apricots, lime trees, etc... Apricots are the main crop and it's especially beautiful in spring when they flower.

- Level 1*

- Walking time : 1 to 2 hours

- Height difference : +50m/-50m

🚌 Transfer to a foothill wadi (0 hour 40 - 50 Km)

✓ **Small walk in a valley of the foothills (2 hours)**

🏠 Lowhills

This is a nice very typical valley of the foothills. On our way, we'll see magnesian springs which colour some of the pools in white. This valley runs in the middle of unusual rocks, called ophiolite and which originate from the oceanic floor : a journey up this valley is like a trip to the depth of the earth. The water is here flowing all year long, and we find some small pools to refresh..

- Level 1*

- Walking time : 1 to 2 hours

🚌 Transfer to Bimah (Wadi Bani Awf) (1 hour 30 - 35 Km)

🏠 Mountain guesthouse

It's an old settlement which was nicely renovated and turned into a guesthouse. The farming activity was kept (fields and cattle). And the staff is particularly nice!

Dormitory

*Dormitories from 4 to 10 persons with bunkbeds and A/C.
breakfast & dinner at the accommodation*



DAY 2*Breakfast - Lunch - Dinner*➤ *Wadi Bani Awf*✓ **Short hike to a mountain village (2 hours)**

We first walk in the wadi bed and then find a good path that climbs to the village.

- Level 2*
- Walking time : 1 to 2 hours
- Height difference : +300m/-0m

✓ **Lunch in a mountain village (1 hour)**

Our hosts prepare us a local meal and we eat in the majilis of the village : a covered terrace with superb views over the valley

🚌 Transfer to Balad Sit (0 hour 45 - 20 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 Misfat Al Abreyeen (1 hour 45 - 60 Km)

We Cross the mountain through Sharaf Al Alamain Pass. That's th only pass which allows to cross the Westrn Hajar by car. There is tarmac road on the southern slop, but on the northern side it's a steep track which offer spectacular views.

🏠🏠🏠 **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 alcool 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***Day with no car assistance****We leave the vehicle(s) in the morning at the start of the hike****We do not have access to the luggages in the evening**✓ **Short walk in the mountain oasis of Misfat Al Abreyeen (2 hours)**➤ *Misfat Al Abreyeen*

This is one of the most beautiful mountain village of Oman. It is located on the slope of a canyon. The gardens were built all around the old village on man-made terraces. Laying at an height of 800 meters, we find their a wide variety of tropical fruits : bananas, papayas, oranges, limes, dates, pomogranates, etc...

- **Level 1***- **Walking time : 1 to 2 hours**- **Height difference : +100m/-100m**

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

✓ **Hike on top of Arabia's Grand Canyon (3 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 used to live there, taking care of their gardens also built on the cliff and of their goats. It is a very easy and rewarding walk! After reaching the village, we can also explore a small cave and a lake located a little above.

- **Level 2***- **Walking time : 2 to 3 hours**- **Height difference : +0m/-250m****F B F Bivouac on the dry terraces of the abandoned village**

A great bivouac spot : we have spectacular views over the canyon, water nearby, wood to make a fire, and even caves to shelter in case of bad weather.

Under the stars

DAY 4

Breakfast - Lunch - Dinner

Day with no car assistance

We find the vehicle(s) again after finishing the hike

✓ **Hike back from Arabia's Grand Canyon (3 hours)**

➤ *Jebel Shams*

We hike the same way as the day before, but it is not boring, since the views and the light are different...

- **Level 2***
- **Walking time : 2 to 3 hours**
- **Height difference : +250m/-0m**

🚌 Transfer to Al Hamra (1 hour - 70 Km)

✓ **Visit of a lively museum of traditional know-hows (1 hour 30)**

➤ *Al Hamra*

Bait As Safah is a traditional omani house located in the old city of Al Hamra. The women of the village welcome us in this house and show us how they make omani bread, omani coffee, carpets, and different creams and lotions made from mountain plants.

🚌 Transfer to Nizwa (0 hour 45 - 60 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 accomodation*



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 bedous 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 saling moutain 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*✓ **Hiking in the Wahiba Sands (6 hours)**➤ *Wahiba Desert*

We start walking early morning when the sun is not too strong. We walk some 3-4 hours in this wonderful landscape of sand dunes. Around twelve, when the sun reaches its highest point, we stop to have lunch and rest under the shade. At the end of the afternoon we start walking again around our camp to see sunset. In the desert, the walking time is only informative and we can adapt the length of the stages according to the group.

- **Level 3***
- **Walking time : 4 to 5 hours**
- **Height difference : +100m/-100m**

**Camping in Wahiba Sands***Individual camping tent*

DAY 7*Breakfast - Lunch - Dinner*

 Transfer to Wadi Bani Khalid (1 hour 30 - 80 Km)


✓ **Hike to waterfalls and swimming (3 hours)**

The lower part of this valley forms a narrow and wild canyon. We start from a lovely village in the valley and cross its palm garden to access the entrance of the canyon. We hike in the canyon between big boulders (the way is not very easy but doesn't last long) until we arrive to a splendid pool with waterfall. We have rest here and enjoy a swim. For those who like jumping, a very nice 10 meters jump is possible there... According to the rains and floods which change the river course, it can happen that we need to swim or hike in the water to reach the waterfalls

🏠 *Wadi Bani Khalid*

- **Level 2***

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

 Transfer to Sur (2 hours - 150 Km)

 **Hotel apartment facing the sea**

Standard Room



DAY 8

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 9*Breakfast - Lunch - Dinner*

🚌 Transfer to Wadi Al Arbeyeen (1 hour - 80 Km)

✓ **Walk and swim in Wadi Al Hail (4 hours)**

➤ *Wadi Al Arbeyeen*

We start with a refreshing swim in the vast pool down the village where we park. We then walk up the wadi around large boulders and across water pools until the canyons narrows to form very long pools. We swim there and go back the same way.

Warning : in some places, you might have to step in the water ; you shoes and pants might get wet...

- **Level 2***

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

🚌 Transfer to our campsite (0 hour 30 - 30 Km)



Camping at the foot of the mountains

We set up our camp on a flat area at the foot of beautiful mountains, with a panoramic view

Individual camping tent



DAY 10*Breakfast - Lunch -*

 Transfer to Bandar Khayran (2 hours - 120 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 |