

DISCOVER AND ADVENTURE IN OMAN

An adventurous itinerary through remote and little visited places. But at a slow pace and with easy walks and hikes. Mountains, desert, sea, wadis, a lot of nature, and many camping nights in remote wild beautiful places!



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 15 Day

Doable in JANUARY - FEBRUARY - NOVEMBER - DECEMBER

 4 Nights in accomodations (hotel, guesthouse, lodge, etc...)
 9 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
 1 Nights in homestays with sometimes very rustic comfort.

Start Muttrah

Ends Muttrah

GUESTS	PRICE PER PERSON	
2	1600 OMR	4188 USD
3	1200 OMR	3141 USD
4	1170 OMR	3062 USD
5	1100 OMR	2879 USD
6	960 OMR	2513 USD
7	900 OMR	2356 USD
8	840 OMR	2198 USD

Itinerary Wadi Mistal - Lowhills - Wadi Sahtan - Wadi Bani Awf - Wadi Bani Kharus - Jebel Shams - Nizwa - White Desert - Wahiba Desert - Wadi Bani Khalid - Eastern Hajar's Plateau - Wadi Tiwi - Wadi Al Arbeyeen - Bandar Khayran



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 2 different camp sites for respectively 2, 1 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 a foothill wadi (2 hours - 180 Km)

 Transfer to Wadi Mistal (0 hour 50 - 50 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



Camping in a wadi of the foothills

Nice place with the river near and the massive hills of ophiolite

Individual camping tent



DAY 2*Breakfast - Lunch - Dinner*

 Transfer to Ar Rustaq (1 hour - 70 Km)

✓ **Short walk in Wadi Sahtan (2 hours)**

 *Wadi Sahtan*

We have a walk in the heart of Wadi Sahtan, on a small plateau towards a beautiful oasis. The views over the cliffs of the cirque are great ; above all over the northern face of Jebel Shams. At then end of the small plateau is a beautiful small village surrounded by gardens.

- **Level 2 & 3***
- **Walking time : 1 to 1 hours**
- **Height difference : +50m/-50m**

 Transfer to a mountain village in Wadi Bani Awf (1 hour - 35 Km)

✓ **Descent in the small valley (2 hours)**

 *Wadi Bani Awf*

We cross the village and follow a good mountain path which takes us at the bottom of the valley. We then hike around boulders in the river bed. There are a lot of trees and sometimes, after big rains, a stream flows during several months.

- **Level 2***
- **Walking time : 1 to 2 hours**
- **Height difference : +50m/-350m**

   **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 accomodation*



DAY 3*Breakfast - Lunch - Dinner*

 Transfer to Wadi Bani Kharus (2 hours - 65 Km)

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

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...

 *Wadi Bani Kharus*

- **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 4*Breakfast - Lunch - Dinner*🏠 *Wadi Bani Awf*✓ **Short walk in the mountain oasis of Balad Sit (2 hours)**

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.

🏠 *Wadi Bani Awf*✓ **Short walk along the ridge (3 hours)**

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 5*Breakfast - Lunch - Dinner*

 Transfer to Bat Tombs (1 hour 30 - 70 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 Millenary B.C. They are located at the foot of the Jebel Misht, one of the most impressive mountain of Oman because of its 1000 meter high cliff.

 Transfer to a wadi on the western side of Jebel Shams (0 hour 30 - 25 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 mintes walk. The further ones need half an hour walk. The water clear and swimming their is just wonderful!

- **Level 1***

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

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



Camping in Jebel Shams Range

1800m high

Individual camping tent



DAY 6*Breakfast - Lunch - Dinner*

 Transfer to Al Khitaym (Jebel Shams) (0 hour 20 - 10 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**

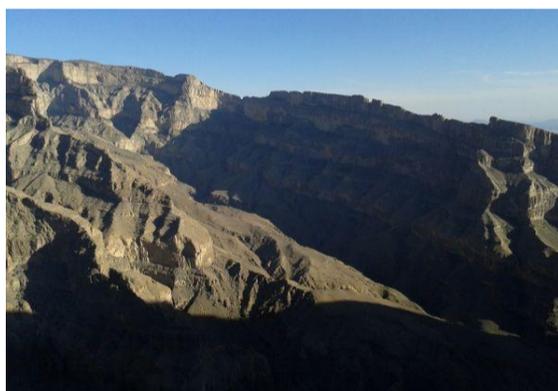
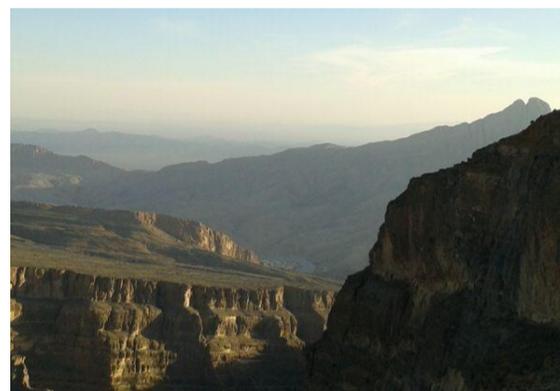
 Transfer to Nizwa (1 hour 30 - 100 Km)

 **Beautifull 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 7*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 the white desert, among rocks and sand (3 hours 30 - 350 Km)

📍 *White Desert*✓ **Sunset between White desert and rocky hills (2 hours)**

We walk up a small plateau next to our camp. On the one side we perceive the white desert which we will cross the day after. On the other side, the sun sets on rocky hills.

- **Level 1***

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

**Camping in the desert**

Varied landscape : sand dunes, rocky hills, and an acacia "forest"

Individual camping tent



DAY 8*Breakfast - Lunch - Dinner*

 Transfer to the white desert, among rocks and sand (1 hour 30 - 75 Km)

✓ **Day in a rocky and sandy desert (7 hours)**

We spend the full day in this so beautiful and unusual place where rocky hills of various colours are covered with red or cream sand. We go for a walk early morning and come back to our camp late morning when it starts to get hot to have lunch and take rest under the shade. Late afternoon, when the light becomes beautiful and the heat decreases, we go for another walk until sunset.

 *White Desert*

- **Level 2 & 3***

- **Walking time : 2 to 5 hours**



Camping in the desert

Varied landscape : sand dunes, rocky hills, and an accacia "forest"

Individual camping tent



DAY 9

Breakfast - Lunch - Dinner

 Transfer to Khaluf's fishing village (1 hour 30 - 70 Km)

✓ **Stop in a beduin coastal village (1 hour)**

 White Desert

This is a very picturesc fishing beduin village : feelings to be t the far end of the world where old 4WD cover with algae and shells tow small boats coming back from fishing.

 Transfer to the white desert, on the seaside (0 hour 20 - 20 Km)

At low tide, all the way can be done on the beach and we see thousands of birds.

✓ **Swimming in the Indian Ocean (2 hours)**

 White Desert

Hard to say if we are on the bech or in the desert, since the dunes arrive in the sea... Here endless beaches stretch along the Indian Ocean. The bath is just great!

✓ **Walk to see sunset in the white desert (2 hours)**

 White Desert

We walk a little to enjoy the sunset light on this surrealistic landscape.

- Level 1*

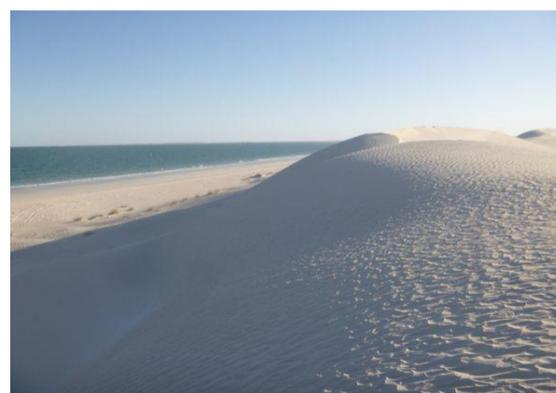
- Walking time : 1 to 2 hours



Camping in the White desert, next to the sea

Unusual landscape : on one side we have pure white dunes, whereas on the other side we have the Indian Ocean...

Individual camping tent



DAY 10*Breakfast - Lunch - Dinner*

 Transfer to our campsite in the Wahiba Desert (5 hours - 280 Km)

A spectacular crossing of the Wahiba desert by 4WD. The track is usually well marked, but sometimes sand blown by the wind covers it. We start at the sea and cross the desert towards the North. The more we drive, the higher are the longitudinal dunes.

✓ **Sunset in the dunes (1 hour)**

➤ *Wahiba Desert*

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*

 **Night in a bedouin camp**

It is not a touristic comfortable camp. It's a typical bedouin camp in the middle of the sands, with an areesh (shelter made with palms and other vegetals) and a bedouin tent. Our hosts welcome us there, and prepare for us dinner and breakfast. We sleep all together under the tent, under the stars, or we can also set up our individual camping tents. Our hosts bring us water for showering. There are no toilets.

*Dormitory tent
breakfast & dinner at the accomodation*



DAY 11*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 an oasis of the Estarn Hajar (2 hours 30 - 50 Km)



Camping in the mountain

We camp at an height of about 1000m

Individual camping tent



DAY 12*Breakfast - Lunch - Dinner*

🏠 *Eastern Hajar's Plateau*

✓ **Walk to a mountain oasis (3 hours)**

From the end of the dirt track, we walk down on a good path to a village, located in a very scenic place : down impressive cliffs, at the entrance of a wonderful canyon. The place is remote and really beautiful. We can also swim in one of the first pools of the canyon.

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

🚌 Transfer to a mountain oasis of the Eastern Hajar (2 hours - 70 Km)

🏠 *Eastern Hajar's Plateau*

✓ **Walk in a mountain oasis (3 hours)**

We discover this remote and secluded (the access dirt track was built only in 2013!) village set in a spectacular location. It's a lush green oasis in the middle of an arid mountain!

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

🚌 Transfer to the heights of the Eastern Hajar (1 hour - 20 Km)



Camping on the plateau

We camp on the plateau overlooking the sea of Oman at an elevation of 1000m above sea level
Individual camping tent



DAY 13*Breakfast - Lunch - Dinner*
 Transfer to Tiwi (1 hour - 30 Km)

✓ **Hike in Wadi Tiwi through gardens and water pools (6 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 spend there the whole day alternating walking and swim stop(s) : several itineraries are possible for a nice full day walking not too difficult

- **Level 2***
- **Walking time : 2 to 4 hours**
- **Height difference : +100m/-100m**

🏠 *Wadi Tiwi*



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 14*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 15*Breakfast - Lunch -*

 Transfer to Bandar Khayran (2 hours - 120 Km)

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

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.

 *Bandar Khayran*

- 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