JEBEL AND WADIS OF OMAN

One of our favourite! A wonderful challenging hiking trip, widely off the beaten track, which takes us through remote montain oasis and the refreshing water of the wadis. For experienced and fit hikers only...

DAY 1  
(- Lunch - Dinner)

Transfer Muttrah - Al Awabi (2 hours - 200 Km)

Transfer Al Awabi - Bimah (1 hour - 35 Km)
We drive in Wadi Bani Awf. We first cross villages and green palm gardens. We then drive over Wadi Zamah, also known as the Snake Canyon: it is a very narrow and deep canyon. An unforgettable drive...

Canyoning in the lower Snake Canyon (3 hours)
The Snake Canyon is a very narrow canyon located in Wadi Bani Awf. In some parts of the canyon, you can touch both sides at the same time... We'll start from the secondary entrance. No abseiling is required. You'll just have fun by jumping (max 4 meters), sliding, walking in the water and short swimming! For those who don't want to jump, we install short abseils.
- Level 2*

Mountain hut Bimah
A very nice and pleasant place to stay, located in the heart of Wadi Bani Awf, only a few steps from the Snake Canyon and 5 minutes drive (or 5 hours hike) from Balad Sit. It's a rustic but beautiful mountain hut with 4 dormitory (4 to 10 persons on bunkbeds), 2 private rooms, and 3 bathrooms with hot shower. Located in a natural and peaceful environment, you'll find in the garden many places to chill and relax after hiking...
Dormitory
Dormitories from 4 to 10 persons with bunkbeds and A/C. breakfast et dinner at the hotel

DAY 2  
(Breakfast - Lunch - Dinner)

Transfer Bimah - Balad Sit (0 hour 15 - 5 Km)

Hike Balad Sit - Birkat Al Shraf (7 hours)
It is a wonderful walk. We start from the main valley and walk up a very narrow gorge, at the end of which we discover the wonderful village of Balad Sit (which means the hidden village). We cross the village and start the steep climb up the cliff. The climb is steep, but it is an old path that has been equipped with steps a long time ago. 900 meters above the village, we arrive to a small pass where we have lunch. We then follow the ridge on the southern flank: it is a hilly terrain and we have splendid views on both sides. We finally arrive to Sharaf Al Alamain.
- Level 4*
- Walking time : 4 to 6 hours
- Height difference : +1300m/-250m

Transfer Sharaf Al Alamain - Qiyut (1 hour - 40 Km)

Camping near Qiyut
We camp in the mountain around 2200 meter high. This is a nice quiet place with great views over the valley of Nizwa and Tanuf.
Individual camping tent

This document was edited by Al Maalam Tours for the season 2015-2016. The company is now closed. All the data might not be accurate anymore... 
We take no responsibility and advise you to contact a guide.
www.omantrekkingguides.com
DAY 3
(Breakfast - Lunch - Dinner)

✓ Hike from Qiyut to Ar Rus (7 hours)

We start from Qiyut at about 2400 meters. We follow the ridge having stunning views over Wadi a Hijir and Wadi Bani Awf. We then cross several flat areas planted with giant juniper trees and wild olive trees. We finally walk up to a small pass from which we perceive Ar Rus, our arrival point.
- Level 3*
- Walking time: 5 to 7 hours
- Height difference: +700m/-900m

Transfer Ar Rus - Juniper Plateau (0 hour 30 - 20 Km)

Bivouac on Juniper Plateau
Great place for a bivouac! We are 2400m high in the center of the Jebel Akhdhar. On a hilly plateau, we camp surrounded by giant juniper and wild olive trees.
Individual camping tent

DAY 4
(Breakfast - Lunch - Dinner)

Transfer Juniper Plateau - Al Manakhr (0 hour 45 - 35 Km)

✓ Hike down Wadi Al Halfayn (6 hours)

A very nice hike in a wild and little visited valley of jebel Akhdar. We walk down the plateau to the Samail Gap. Views are stunning during the main descent and the last part in the wadi with wild palm trees, waterpools and the old falaj (water channel) is delightful.
- Level 3*
- Walking time: 4 to 6 hours
- Height difference: +100m/-1300m

Transfer Al Afiah - Our camp between rocky hills and sand dunes (2 hours 30 - 250 Km)

Camp in the sand at the foot of the hills
Individual camping tent

DAY 5
(Breakfast - Lunch - Dinner)

Transfer Our camp between rocky hills and sand dunes - Bidah (0 hour 30 - 30 Km)

✓ Aquatic hiking in Wadi Bani Khalid (5 hours)

An easy quatic hike in one of the most beautiful wadis of oman. We start from the village of Bidah. We walk across its luxuriant palm garden to reach the entrance of the garden. We then walk between large boulders to arrive to 2 wonderful pools with waterfalls. In one of these we can jump from 10 meters. We keep on walking in the water and the swim several long pools (until 300 meters). The valley then widens and we discover Seeq's garden which we cross to arrive in the village.
- Level 1*
- Walking time: 3 to 5 hours

Transfer Seeq (Wadi Bani Khalid) - Sur (1 hour - 100 Km)

Sur Plaza Hotel

This document was edited by Al Maalam Tours for the season 2015-2016. The company is now closed.
All the data might not be accurate anymore...
We take no responsibility and advise you to contact a guide.
www.omantrekkingguides.com
Comfortable 3 stars hotel with an outdoor swimming pool, a fitness center, and a laundry service.

**Standard Room**
Room with TV, internet access, private bathroom (bathtub and shower separated), minibar, and hair-dryer. Breakfast at the hotel.

---

### DAY 6

**(Breakfast - Lunch - Dinner)**

- **Transfer Sur - Tiwi** (0 hour 45 - 60 Km)
- **Hike from Wadi Tiwi to Al Ghomb (7 hours)**
  
  We start in a beautiful village far inside Wadi tiwi. Even the access road is worth a drive... We walk up to the plateau sitting around the cliffs above us. The views over the valley are superb. We reach the dry plateau and keep on walking to reach the upper Wadi Shab in the village of Al Ghomb, a wonderful green oasis in the middle of this stony plateau.

  - **Level 4**
  - **Walking time:** 5 to 6 hours
  - **Height difference:** +800m/-400m

- **Camping on the Plateau**
  
  We set up our camp on the plateau, and spend a fresh night under the stars...

  - **Individual camping tent**

---

### DAY 7

**(Breakfast - Lunch - Dinner)**

- **Hike from Al Ghomb to Wadi Shab (7 hours)**
  
  Today we hike to the sea through Wadi Shab. There is 2 ways and we take the one of the donkeys, since the other one is breathtakingly steep and exposed. We walk down to Wadi Shab with great views over the valley and its impressive cliffs and palm gardens, as well as over the sea. When we reach the bottom of the wadi, we stop for a swim : the swim is very rewarding after the hike, and another surprise is waiting off us here... but we can reach it only swimming... From here we only have half an hour more to reach the sea.

  - **Level 4**
  - **Walking time:** 5 to 6 hours
  - **Height difference:** +200m/-1000m

- **Wadi Shab Resort**
  
  The Wadi Shab resort was build on the hill overlooking the blue sea near Tiwi. It is a comfortable 3-stars hotel with swimming pool facing the sea. The hotel’s main restaurant overlooks the sea and serves Omani breakfast and dinner as well as international specialties.

  **Standard Room**
  This air-conditioned room offers a small seating area with a flat-screen TV. Facilities include an electric kettle and a fridge. The bathroom is fitted with a shower, toiletries and hairdryer. Breakfast et dinner at the hotel.

---

### DAY 8

**(Breakfast - Lunch - )**

- **Transfer Tiwi - Dibab** (0 hour 30 - 60 Km)
- **Transfer Dibab - As Suwaih (Wadi Al Arbeyeen)** (0 hour 45 - 30 Km)
- **Aquatic hiking in Wadi A Hail (7 hours)**

This document was edited by Al Maalam Tours for the season 2015-2016. The company is now closed. All the data might not be accurate anymore...

We take no responsibility and advise you to contact a guide.

[www.omantrekkingguides.com](http://www.omantrekkingguides.com)
We start in the village of As Suwaih. Already at the end of the track is a wonderful pool and a small waterfall. From the cliff a 5 meters jump is possible. We then start the walk. Quickly we find flowing water and walk across large boulders. The canyon then narrows and we have to swim across several pools (it is possible to jump there also). The valley widens a little and narrows again. We swim again and arrive to the end of the canyon: a high waterfall, large pool, and huge boulders... We come back the same way.

- Level 1*
- Walking time: 4 to 6 hours

Transfer As Suwaih (Wadi Al Arbeyeen) - Dibab (0 hour 45 - 30 Km)

Transfer Dibab - Muttrah (1 hour 30 - 130 Km)

Mutrah Hotel
Mutrah Hotel is the first hotel built in Oman. It is only 20 minutes walking from the Souk and Corniche. This hotel offers comfortable rooms each with its own decoration and character. The hotel has Wifi, Laundry service, minibar in the room, 4 bars, and a restaurant.

Standard room
Comfortable and well decorated room. In room facilities: minibar, 24 hours room service, Satellite TV, iron, hair dryer, coffee and tea making facilities. Breakfast at the hotel

Difficulty level: Trekking & 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

Difficulty level: Canyoning & Aquatic hiking

For this activity, it is mandatory to be able to swim at least 100m

Level 1
Aquatic hiking not requiring any jump or abseiling

Level 2
Easy and short canyon descent with jumps of less than 3 meters which can be avoided abseiling

Level 3
Canyon descent with few meters high jumps and little technical abseiling

Level 4
Canyon descent lasting more than 5 hours with several meters high jumps and technical abseiling in waterfalls

This document was edited by Al Maalam Tours for the season 2015-2016. The company is now closed. All the data might not be accurate anymore...
We take no responsibility and advise you to contact a guide.
www.omantrekkingguides.com