



FAMILY ADVENTURE IN OMAN

20/10/2024 - 31/10/2024

A varied tour through the mountains, desert, and wadis of Oman. A mix of hotels, guesthouses, camping, bivouacs. A trip with lots of activities and authentic experiences, but at a quiet pace, ideal for families!



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	12 Day
START	20/10/2024 @ 08:00 AM Rendez-vous devant l'Hotel Naseem (Corniche de Matrah, Mascate) Nous pouvons aussi peut-etre vous recuperer directement a votre hotel... demandez au moment de reserver...
ENDS	31/10/2024 @ 08:00 PM Nous pouvons vous déposer n'importe ou a Mascate (hotel, aeroport, station de bus, etc...)
	6 Nights in accomodations (hotel, guesthouse, lodge, etc...)
	1 Nights wild camping (with tents, thick mattress, mats, dishes, cooking gear), 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	2 Nights camping under the stars, with minimum equipment, without assistance of vehicules
Price per person	850 OMR (2225 USD)
GROUP OF	3 To 10
Tour guided in	Francais
Guide	

Itinerary	Wadi Mistal - Lowhills - Wadi Bani Awf - Misfat Al Abreyeen - Jebel Shams - Nizwa - Jebel Akhdar - Birkat Al Mouz - Wahiba Desert - Wadi Bani Khalid - Sur - Wadi Tiwi - Wadi Al Arbeyeen - Bandar Khayran
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Nota sobre la transportacion del equipaje	<p>We have vehicules ; so luggages are transported by car. Most of the time you only have to carry day-pack while hiking.</p> <p>EXCEPTION : This trip has several consecutive hiking days (days 3, 4, 5, 6) during which we do not have access to the cars (and thus to the main luggages) in the evening.</p> <p>During those days, you'll have to carry your own personal belongings which you need at night,water, and part of the lunch.</p> <p>We can store your main luggages during that time. There is no safety issue.</p> <p>Overnight 4 we are in comfortable accomodations : bedsheets, blankets, and bath towels are provided.</p> <p>Overnights 3, 5 we sleep UNDER THE STARS and you'll have to carry also own sleeping pad and sleeping bag</p>
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DAY 1

20/10/2024

- 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

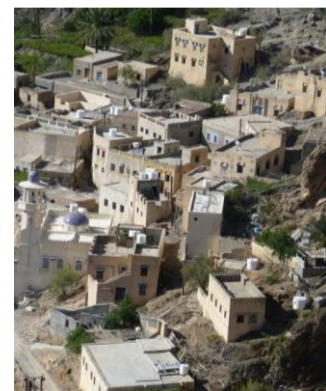
🚌 Transfer to Bimah (Wadi Bani Awf) (1 hour 30 - 35 Km)

🏠🏠🏠 **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

21/10/2024

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)

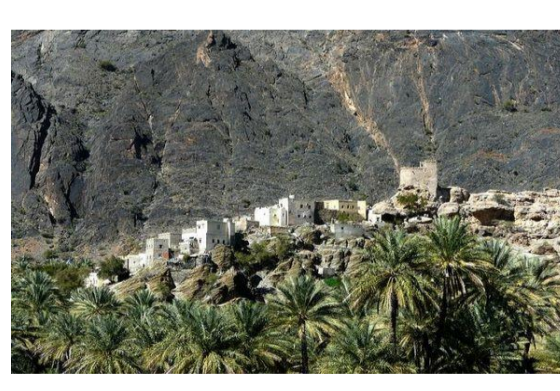
We Cross the mountain through Sharaf Al Alamain Pass. That's th only pass which allows to cross the Westrn Hajar by car. There is tarmac road on the southern slop, but on the northern side it's a steep track which offer spectacular views.

☞☞☞ **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

22/10/2024

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

23/10/2024

Breakfast - Lunch - Dinner

Day with no car assistance

We do not have access to the luggages in the evening

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

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 a wadi on the western side of Jebel Shams (1 hour - 60 Km)

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

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**

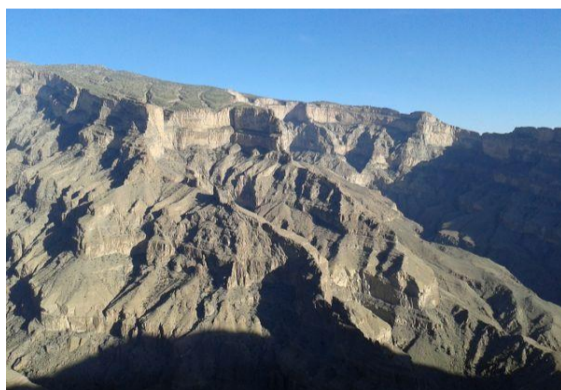
🚌 Transfer to Nizwa (2 hours - 100 Km)

🏠🏠🏠 **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

24/10/2024

Breakfast - Lunch - Dinner

Day with no car assistance

We do not have access to the luggages in the evening

✓ **Souq of Nizwa (1 hour 30)**

Nizwa

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 a high village in Jebel Akhdar (1 hour 30 - 90 Km)

✓ **Hike to an oasis in a canyon (4 hours)**

Jebel Akhdar

We start from a village located at an height of 2000 m and we walk the same way as the villagers who go work in the gardens, some 700 meters down. When we get to the bottom of the valley, we first discover a village with many houses built under the cliff. A bit further down, we finally discover the gardens where grow palm, lime, banana tree, garlic, and sweet potatoes. The place is really beautiful.

- Level 2 & 3*

- Walking time : 2 to 4 hours

- Height difference : +100m/-700m

F B F Overnight in the old village

We sleep in the old village near the oasis. We are hosted by villagers. As the village has no road access and is not inhabited full-time anymore, comfort is rustic and we have to bring our sleeping pads and sleeping bags. According to western standards, this overnight is between bivouac and homestay. If needed, some donkeys can help us carry our things. A good evening, and a very local experience!

Under the stars



DAY 6

25/10/2024

Breakfast - Lunch - Dinner

Day with no car assistance

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

✓ **Hike to leave the oasis (4 hours)**➤ *Jebel Akhdar*

We come back the same way as the day before : the path is well built and we walk slowly, so, the climb, despite the elevation, is not difficult!

- **Level 2 & 3***
- **Walking time : 3 to 4 hours**
- **Height difference : +700m/-100m**

🚌 Transfer to a plateau covered with juniper trees (0 hour 20 - 15 Km)

**Camping on a high plateau**

2400m high in the center of the Jebel Akhdhar, surrounded by giant juniper and wild olive trees. A few steps away, you can enjoy great views over the valleys of the northern slope.


Individual camping tent



DAY 7

26/10/2024


Breakfast - Lunch - Dinner

 Transfer to Birkat al Mouz (1 hour - 60 Km)

✓ **Visit of Birkat AL Mauz (0 hour 45)**

 *Birkat Al Mouz*

We first stop to have a view on Birkat Al Mauz (the banana basin, in arabic) : From there we discover a wide range of green and 2 old villages build on the slope of the mountain. It is a wonderful point of view. We then go down, cross the palm garden and visit one of the old village which give a good idea of the traditional architecture.

 Transfer to a foothill wadi (0 hour 45 - 40 Km)

✓ **Stop in a wadi of the lowhills for lunch (1 hour)**

 *Lowhills*

We make a short outskirt on our way to have lunch in a wadi of the foothills, near the water. Not really enough water to swim, but enough to bath and refresh!

- Level 1*

 Transfer to our campsite in the Wahiba Desert (2 hours 15 - 170 Km)

✓ **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*



Camping in Wahiba Sands

Individual camping tent



DAY 8

27/10/2024

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 9

28/10/2024

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 10

29/10/2024

Breakfast - Lunch - Dinner

🏠 Wadi Tiwi

✓ **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**

🏠🏠🏠 **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 11

30/10/2024

Breakfast - Lunch - Dinner

🚌 Transfer to Wadi Al Arbeyeen (0 hour 30 - 60 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

🏠🏠🏠 **Countryside hotel**

A very nice place to stay, located in the wadi, next to palm groves and water, with comfortable rooms.

Standard Room

breakfast & dinner at the accomodation



DAY 12


31/10/2024

Breakfast - Lunch -

 Transfer to Bandar Khayran (2 hours - 120 Km)

✓ Snorkeling and Boat Tour (4 hours)

The bay is located only 30 km east from Muscat. There, the mountains fall down to the sea and form a lot of small tiny coves. We take a fisherman's boat and have a tour in the bay to see mangrove, seabirds, and the many sandy coves. Finally we stop in a wonderful beach, have lunch with grilled fish, and enjoy rest on the beach and snorkeling. Among other fishes you will probably see here : surgeon fish, tigerfish, butterfly fish, angelfish, and even sometime, if we are lucky, you'll be able to swim with turtles. ATTENTION : When the sea is rough, this cove is not reachable by boat ; we go to another one which is also nice and suitable for snorkeling, but the seabed is not so rich.

 Bandar Khayran

 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