



MOUNTAINS AND WADIS

23/03/2025 - 29/03/2025

A great trip early spring, when the heat arrives : mountain hikes early morning, at high elevation, or along the water, and aquatic hikes. Camping high in the mountain or in the desert (where it cools quickly after sunset), and hotels in lowlands.



Level 3	Tours which can include full-day hikes (up to 800 elevation gain) and not too difficult aquatic hikes.
Length	7 Day
START	23/03/2025 @ 08:00 AM Meeting in front of Naseem Hotel (Mutrah Corniche, Muscat) We might also be able to pick up you directly from your hotel... just ask when booking...
ENDS	29/03/2025 @ 06:00 PM We can drop you anywhere in Muscat (hotel, airport, bus station, private house...)
	3 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
Price per person	520 OMR (1361 USD)
GROUP OF	3 To 7
Tour guided in	English
Guide	

Itinerary Wadi Bani Awf - Jebel Akhdar - Nizwa - Wahiba Desert - Wadi Bani Khalid - Wadi Al Arbeyeen




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.

DAY 1

23/03/2025

- Lunch - Dinner

 Transfer to Al Awabi (2 hours - 200 Km)

✓ **Canyoning in the lower Snake Canyon (3 hours)**

➤ *Wadi Bani Awf*

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.

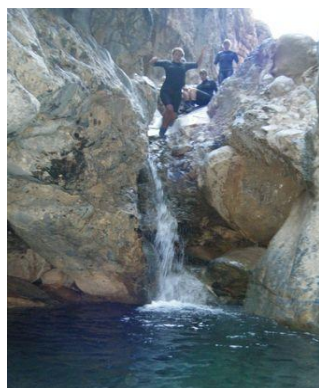
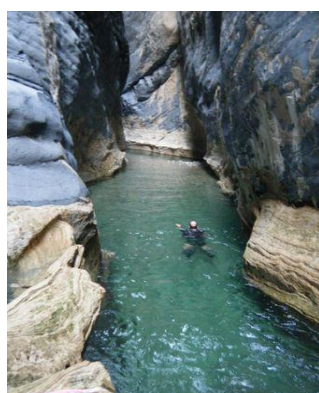
- Level 2*

 **Mountain 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 2

24/03/2025

Breakfast - Lunch - Dinner

✓ **Hike through mountains and villages of Wadi Bani Awf (5 hours)**

🏠 Wadi Bani Awf

We walk in the river bed with many trees and birds (sometimes also a stream) and then find a good path which climbs in the mountain and takes us to a first small village. We then walk our way up through the palm gardens and reach a very narrow path. From there we see another bigger village. We walk down to the village and enjoy a tour in the gardens. We finally find a very narrow gorge which we follow until we reach the main road of the valley.

- Level 3*

- Walking time : 4 to 5 hours

- Height difference : +600m/-500m

🚌 Transfer to a high settlement near the ridge (2 hours - 60 Km)

**Camping in the mountain**

We camp in the mountain around 2200 meter high not far from a small settlement

Individual camping tent



DAY 3

25/03/2025

Breakfast - Lunch - Dinner

✓ **Hike on the ridge to Jebel Akhdar (7 hours)**🏞️ *Jebel Akhdar*

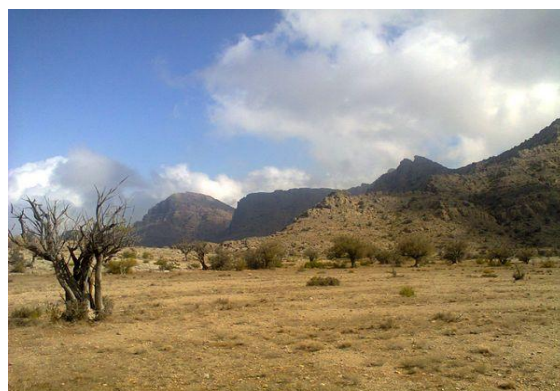
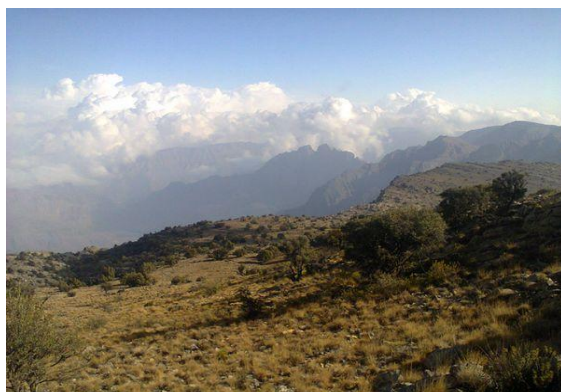
We start from an high hamlet at about 2400 meters. We follow the ridge having stunning views over the valleys of the northern slope. We then cross several flat areas with giant juniper trees and wild olive trees. We finally walk up to a small pass from which we see a village still a bit far away and we have to get there.

- **Level 3***- **Walking time : 5 to 7 hours**- **Height difference : +700m/-900m**

🚌 Transfer to a plateau covered with juniper trees (0 hour 30 - 20 Km)

**Camping on a high plateau**

2400m high in the center of the Jebel Akhdar, 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 4

26/03/2025

Breakfast - Lunch - Dinner

🚌 Transfer to Al Ayn (0 hour 30 - 20 Km)

✓ **Walk along the 'Roses villages' (Al Aqoor, Al Ayn, Sharegah) (2 hours)**

👉 *Jebel Akhdar*

We walk between high villages on Jebel Akhdar. They grow among other plants roses and pomogranates. The roses flower in march and april ; walking in the gardens at this time is an enchantement for the eyes and the nose. The pomogranates are harvested in late august and september ; they are very tasty and famous for their enormous size.

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

🚌 Transfer to Masirat Al Ruwajah (0 hour 45 - 20 Km)

✓ **Descent in Wadi Al Muaydin (4 hours)**

👉 *Jebel Akhdar*

We start from a village located at the bottom of the valley. We quickly find a little water flowing on pink and green layers of clay. We then walk across a abandoned palm grove and keep on walking down the wadi, sometimes on an old donkey path, sometimes at the bottom of the wadi.

- Level 2*
- Walking time : 2 to 3 hours
- Height difference : +0m/-300m

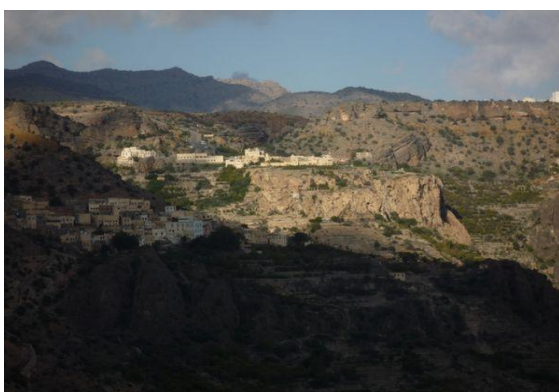
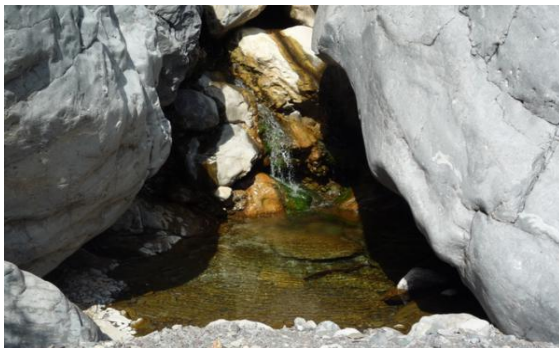
🚌 Transfer to Nizwa (0 hour 30 - 40 Km)

🏠🏠🏠 **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 5

27/03/2025

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

28/03/2025

Breakfast - Lunch - Dinner

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

✓ **Aquatic hiking in wadi Al Hwir (5 hours)**

🚩 *Wadi Bani Khalid*

An easy aquatic hike in one of the most beautiful wadis of Oman. We start from an oasis in the valley. 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 swim several long pools (until 300 meters). The valley then widens and we discover another oasis.

- **Level 1***

- **Walking time : 3 to 5 hours**

🚌 Transfer to Sur (1 hour - 100 Km)

🏠🏠🏠 **Hotel apartment facing the sea**

Standard Room



DAY 7

29/03/2025

Breakfast - Lunch -

🚌 Transfer to Wadi Al Arbeyeen (1 hour 20 - 120 Km)

✓ **Aquatic hiking in Wadi Al Hail (7 hours)**

👉 *Wadi Al Arbeyeen*

We start in the last village of the valley. 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 waterfal, large pool, and huge boulders...We come back the same way.

- **Level 1***

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

🚌 Transfer to Muttrah (1 hour 30 - 130 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

① 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