

HIKING IN WADI TIWI

A wonderful hike going in the heart of Wadi Tiwi, a luxuriant valley blessed with a lot of water with gardens beautifully maintained by its inhabitants. Discover on foot beautiful villages, delightful palm gardens, turquoise blue pools, and refreshing waterfalls.



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| Level 3 | A hike with a small height difference, but on a varied and not always easy terrain (rocky path, and sometimes you need to use your hands to make your way through big boulders). If you choose the option going through the canyon, you'll also need to go down on a fixed rope and to swim. | |
| Duration | 1 Day | |
| Possible time | This trip can be done from November to March (it also doable in October and April, but then it's very hot). Keep also in mind that during winter months (December to February), the water in the wadi might be cold. | |
| Starting Point | Tiwi ; we'll send you exact location through whatsapp | |
| Equipment that you have to bring | You'll need a swimming suit, hiking or sport shoes, light but decent clothes (which cover knees and shoulders), a small backpack , and a towel . If you choose the option that goes in the canyon, you'll also need a waterproof bag , and sport sandals with non-slippery sole. | |
| Water & Food | We take with us simple and local snacks, lunch , as well as drinking water . | |
| Possible extra services (at extra cost) | - Transportation to/from the starting point (Tiwi) | |
| Guide | With Naser or another local guide living in Wadi Tiwi or in the village of Tiwi | |
| Language | English, arabic | |
| PRICE | Group Size | Price per person |
| | 1 | 90 OMR |
| | 2 | 50 OMR |
| | 3 | 40 OMR |
| | 4 a 5 | 30 OMR |
| | 6 a 8 | 25 OMR |

DAY PROGRAM✓ **Meeting in Tiwi**

After meeting and greeting, we leave and drive in the wadi to reach the start of the first walk. We can make some stops on the way (view points, palm gardens...); the drive is already worth it : A wonderful valley, with a river and water pools, a huge palm grove stretching along it on terraces, villages, and scenic mountain slopes.

✓ **Hiking and swimming in the wadi (6 hours)**

From the village, we follow first a good path along the mountain slope overlooking the palm gardens. We then enter the (very well maintained) gardens, sometimes on small paths and sometimes on the falaj (irrigation channel) : it's heavenly and can bring the Garden of Eden in your mind. We then suddenly arrive in a village and continue in the wadi bed. After the passing of a little difficult place with huge rock boulders, we reach the pool where we can swim (decently). After, we hike up through beautiful terraces and reach another village. We then go down to a small canyon. There, we have 2 options : either we walk above the waterfall and skirt the canyon, or we go down in the canyon. This second option implies going down on a fix rope, swimming several pools and finally a not so easy passing through big boulders. Both itineraries meet more or less in the spot where we swam in the morning. We then come back more or less the same way as in the morning.

- **Level 3***

- **Walking time : 4 to 5 hours**

- **Height difference : +450m/-450m**

✓ **Back to Tiwi**

We finally bring you back to the village of Tiwi where we met in the morning and take our leave.

