

WALK AND SWIM IN WADI AL HAIL

Wadi Al Hail is a tributary wadi of Wadi Al Arbeyeen and enjoys water flowing all year long. A beautiful not so easy, but yet accessible, walk along the falaj, through the water, and around big rocks takes us to a row of long beautiful pools.



Level 2 & 3	It's a quite easy day-trip, but the terrain is not so easy (sometimes you need to use your hands to make your way through big boulders). For those who would find the trip too difficult, the guide can always offer you a more easy alternative.	
Duration	1 Day	
Possible time	This trip can be done from October to April Keep in mind that during winter months (December to February), the water in the wadi might be cold.	
Starting Point	Wadi Al Arbeyeen (4WD or at least SUV is recommended) ; 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 .	
Water & Food	We take with us simple and local snacks , as well as drinking water . Lunch will be served after or before the excursion, depending on your arrival time.	
Possible extra services (at extra cost)	<ul style="list-style-type: none"> - Transportation to/from the starting point (Wadi Al Arbeyeen) - English speaking guide (+20 OMR for the group) 	
Guide	With a local guide from Wadi Al Arbeyeen (speaks only arabic) or Naser from the village of Tiwi (speaks also english)	
Language	English, arabic	
PRICE	Group Size	Price per person
	1	80 OMR
	2	40 OMR
	3 to 4	30 OMR
	5	25 OMR
	6 to 8	20 OMR

DAY PROGRAM✓ **Meeting in Wadi Al Arbeyeen**

After meeting and greeting, we prepare ourselves for hiking, and we take swimming suit and towel in the bag.

✓ **Walk and swim in the wadi (4 hours)**

We then walk up the wadi through the gardens, on the falaj, around large boulders and across water pools until the canyons narrows to form very long pools. We swim there. We can continue a bit further up through long pools (swimming required). Finally, we go back the same way.

Warning : in some places, you might have to step in the water ; your shoes and pants might get wet...

- **Level 2***

- **Walking time : 2 to 3 hours**

✓ **Lunch in the village**

When we reach the village back, our hosts will serve us the lunch either under the shade of big trees in the wadi, or in their guest room in the village.

After lunch, we take our leave and you continue your journey.

NOTE : depending on your arrival time in the wadi, lunch will be served either before or after the hike.

