

## TREKKING - FROM WADI BANI WAF TO JEBEL SHAMS SUMMIT

TOUR GUIDED IN	ENGLISH		
TRIP DURATION	4 Day		
	PLACE	DATE	TIME
TRIP START	We can pick up directly from your hotel between 7 and 8 AM	20/12/2025	8:00:00 AM
TRIP FINISH	We can drop you anywhere in Muscat (hotel, airport, private house...)	23/12/2025	6:00:00 PM
DIFFICULTY LEVEL	Level 5 <i>Demanding tours which may feature very long hikes (more than 1200m elevation gain), canyoning, via-ferratas, or adventure trails.</i>		
PRICE PER PERSON	400 OMR (1047 USD)		
SIZE OF THE GROUP	3 to 6 Guests		
STAFF FOR THE TRIP	from 3 to 3 Guests 1 Tourleader with the knowledge for guiding the activities of the trip from Day 1 to 4 1 Tourleader with the knowledge for guiding the activities of the trip from Day 2 to 4 1 Driver from Day 1 to 1 2 Driver from Day 4 to 4 from 4 to 5 Guests 1 Tourleader with the knowledge for guiding the activities of the trip from Day 1 to 4 1 Tourleader with the knowledge for guiding the activities of the trip from Day 2 to 4 2 Driver from Day 1 to 1 2 Driver from Day 4 to 4 from 6 to 6 Guests 1 Tourleader with the knowledge for guiding the activities of the trip from Day 1 to 4 2 Tourleader with the knowledge for guiding the activities of the trip from Day 2 to 4 2 Driver from Day 1 to 1 2 Driver from Day 4 to 4		
TRANSPORTATION <i>For transfers mentioned in the program</i>	from 3 to 3 Guests 1 4WD Car from Day 1 to 4 from 4 to 5 Guests 1 4WD Car from Day 1 to 1 1 4WD Car from Day 1 to 4 1 4WD Car from Day 4 to 4 from 6 to 6 Guests 1 4WD Car from Day 1 to 1 1 4WD Car from Day 1 to 4 1 4WD Car from Day 4 to 4		
PRICES INCLUDE	Transportations mentioned above Petrol Staff mentioned above All excursions and entrance fees mentioned in the program Breakfast on days..... 2, 3, 4, 5 Lunch on days..... 1, 2, 3, 4 Dinner on days..... 1, 2, 3, 4 Water All overstays mentioned in the program on a double occupancy base, unless differently written in the trip program		
PRICES DON'T INCLUDE	Personal Expenses Drinks between meals Transportation to starting place and from finishing place of the trip Eventual additional nights before or after the trip Tips for local team		
WHAT YOU HAVE TO BRING	Personal first aid Sun protection and insect repellent Sandals Toilet paper Light clothes Warmer clothes (jacket and trousers) Hiking boots and socks Walking sticks (optional : it can help you on some itineraries) Hiking bag (20-30L) Micropur Swimming suit (and maybe shoes to go to the water if you don't like walking on rocks) For Canyoning and Aquatic Hiking Sport shoes which you will use in the water <i>During winter months we provide you short wetsuits</i>		
ADVICE FOR TREKKERS	Oman is a mountainous arid country. All the paths are rocky and some are steep. Unless you are an experienced mountaineer, or you are specially at ease in rocky terrains, it would be a good idea in Oman that you choose a level of difficulty a little under what you usually manage to do. You will still be able to see wonderful places and to perform very nice trekkings, but this will just prevent you from suffering and thus not enjoying your trip.		
ADVICE ABOUT THE GOOD WAY OF CLOTHING	Oman is a muslim country in which islam is strict but very open-minded and tolerant. You'll never see an Omani pointing out the way of clothing or behaving of a tourist. But all of them will appreciate to see that you try to adapt. FOR WOMEN : bring trousers or short trousers and t-shirts covering shoulders, as well as a t-shirt (and maybe a short) for swimming. Obviously, when we are alone in remote areas you can dress as you like. FOR MEN : bring trousers or long shorts. FOR ALL : bring a pareo or big towel to change your clothes, since nudity is not admitted... tattoos should also be covered.		