

CROSSING THE EASTERN HAJAR

TOUR GUIDED IN	ENGLISH		
TRIP DURATION	6 Day		
	PLACE	DATE	TIME
TRIP START	We can pick up you directly from your hotel anywhere in Muscat	15/03/2026	8:00:00 AM
TRIP FINISH	We can drop you at your hotel anywhere in Muscat, at the airport, or in Nizwa	20/03/2026	6:00:00 PM
DIFFICULTY LEVEL	Level 4 <i>Tours which can include demanding hikes (up to 1200m elevation gain), aquatic hikes and canyoning.</i>		
PRICE PER PERSON	550 OMR (1440 USD)		
SIZE OF THE GROUP	3 to 7 Guests		
** SMALL GROUP EXTRA	We can guarantee departure with 2 participants if you agree to pay an extra of 210 OMR (550USD) per person. If we finally reach 3 participants, of course the extra does not apply and the price remains 550 OMR (211 USD) per person.		
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 6 1 Driver from Day 1 to 6 from 4 to 7 Guests 1 Tourleader with the knowledge for guiding the activities of the trip from Day 1 to 6 2 Driver from Day 1 to 6		
TRANSPORTATION	from 3 to 3 Guests 1 4WD Car from Day 1 to 6 from 4 to 7 Guests 2 4WD Car from Day 1 to 6		
For transfers mentioned in			
PRICES INCLUDE	Transportations mentioned above Petrol Staff mentioned above 2, 3, 4, 5, 6 All excursions and entrance fees mentioned above 1, 2, 3, 4, 5, 6 Breakfast on days..... 1, 2, 3, 4, 5 Lunch on days..... Dinner on days..... Water All overstay mentioned in the program on a double occupancy base, unless differently written in the trip Single extra : Concerns following nights Triple Room Discount : Concerns following nights Camping Equipment (dome tents for 2 people, comfortable mattress, mat, crockery, cooking equipment)		
PRICES DON'T INCLUDE	Personal Expenses 7 Breakfast on days..... 6 Petrol Water 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 Headlight Light sleeping pad Toilet paper Light clothes Warmer clothes (jacket and trousers) Hiking boots and socks Hiking bag (20-30L) <i>We provide you the following equipment :</i> <i>Harness, 2 Lanyards, pulley and helmet</i> 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.		