## **WADIS OF THE EASTERN HAJAR**

TOUR GUIDED IN			
TRIP DURATION	4 Day		
	PLACE	DATE	TIME
TRIP START	We can pick up you from you hotel anywhere in Muscat	12/10/2026	8:00:00 AM
TRIP FINISH	We can drop you to your hotel anywhere in Muscat or to the	15/10/2026	6:00:00 PM
	airport		
DIFFICULTY LEVEL	Level 3 Tours which can include full-day hikes (up aquatic hikes.	to 800 elevation gain) and n	ot too difficult
PRICE PER PERSON	290 OMR (759 USD)		
SIZE OF THE GROUP	3 to 7 Guests		
** SMALL GROUP EXTRA	We can guarantee departure with 2 participants if you agr	ee to pay an extra of 90 C	лик (236USD) p
	person.		-i 000 OMD (44
	If we finally reach 3 participants, of courser the extra does r USD) per person.	iot apply and the price rema	ains 290 Olvik (1
	(OOD) per person.		
STAFF FOR THE TRIP			
	from 3 to 4 Guests		
	1 Tourleader with the knowledge for guiding the activities of the trip from Day 1 to 4 1 Driver from Day 4 to 4 from 5 to 7 Guests 1 Tourleader with the knowledge for guiding the activities of the trip from Day 1 to 4		
	1 Driver from Day 1 to 4	,	
	1 Driver from Day 4 to 4		
	·		
	from 3 to 4 Guests		
	1 4WD Car from Day 1 to 4		
RANSPORTATION	from 5 to 7 Guests		
For transfers mentioned in	2 4WD Car from Day 1 to 4		
PRICES INCLUDE	Transportations mentioned above		
	Petrol		
	Staff mentioned above 2, 3, 4		
	All excursions and entrance fees me 1, 2, 3, 4		
	Breakfast on days		
	Lunch on days		
	Dinner on days		
	Water		
	All overstays mentioned in the program on a double occupan		ritten in the trip
		rns following nights	
		rns following nights	
	Camping Equipment (dome tents for 2 people, comfortable m	lattress, matt, crockery, cool	king equipment)
PRICES DON'T INCLUDE	Personal Expenses 5		
	Breakfast on days 4		
	Petrol		
	Water		
	Transportation to starting place and from finishing place of th	e trip	
	Eventual additional nights before or after the trip	·	
	Tips for local team		
	<b>5</b>		
WHAT YOU HAVE TO BRING	Personal first aid		
	Sun protection and insect repellent		
	Sandals		
	Headlight		
	Light sleeping pad		
	Light clothes Warmer clothes (jacket and trousers)		
	Hiking boots and socks		
	Hiking bag (20-30L)		
	We provide you the following equipment :		
	Harness, 2 Lanyards, pulley and helmet		
	For Canyoning and Aquatic Hiking		
	Sport shoes which you will use in the water		
	During winter months we provide you short wetsuits		
	· · ·		
ADVICE FOR TREKKERS	Oman is a mountainous arid country. All the paths are r		
	experimented mountainer, or you are specialy at ease in ro		
	that you choose a level of difficulty a little under what you us	sualy manage to do. You wil	I still be able to se

Oman is a mountainous arid country. All the paths are rocky and some are steep. Unless you are a experimented mountainer, 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-mined 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 towell to change your clothes, since nudity is not admitted... tatoos should also be covered.