

TREK TO JEBEL SHAMS SUMMIT AND WADIS OF THE EASTERN HAJAR

TOUR GUIDED IN	ENGLISH		
TRIP DURATION	7 Day		
TRIP START	PLACE	DATE	TIME
	We can pick up you from your hotel anywhere in Muscat (pick-up time between 8 and 8:30 AM, depending the location)	09/03/2025	8:00:00 AM
TRIP FINISH	We can drop you to your hotel anywhere in Muscat	15/03/2025	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	720 OMR (1885 USD)		
SIZE OF THE GROUP	3 to 5 Guests		
STAFF FOR THE TRIP	<p>from 3 to 3 Guests</p> <ul style="list-style-type: none"> 1 Tourleader with the knowledge for guiding the activities of the trip from Day 1 to 7 1 Tourleader with the knowledge for guiding the activities of the trip from Day 2 to 4 1 Driver from Day 1 to 1 1 Driver from Day 4 to 7 1 Driver from Day 4 to 4 <p>from 4 to 5 Guests</p> <ul style="list-style-type: none"> 1 Tourleader with the knowledge for guiding the activities of the trip from Day 1 to 7 1 Tourleader with the knowledge for guiding the activities of the trip from Day 2 to 4 1 Driver from Day 1 to 1 1 Driver from Day 4 to 7 1 Driver from Day 4 to 4 1 Driver from Day 6 to 6 <p>Cooking during bivouacs is performed by the whole team</p>		
TRANSPORTATION <i>For transfers mentioned in the program</i>	<p>from 3 to 3 Guests</p> <ul style="list-style-type: none"> 1 4WD Car from Day 1 to 7 1 4WD Car from Day 4 to 4 <p>from 4 to 5 Guests</p> <ul style="list-style-type: none"> 2 4WD Car from Day 1 to 7 		
PRICES INCLUDE	<p>Transportations mentioned above</p> <p>Petrol</p> <p>Staff mentioned above</p> <p>All excursions and entrance fees mentioned in the program</p> <p>Breakfast on days..... 2, 3, 4, 5, 6, 7</p> <p>Lunch on days..... 1, 2, 3, 4, 5, 6, 7</p> <p>Dinner on days..... 1, 2, 3, 4, 5, 6</p> <p>Water</p> <p>All overstays mentioned in the program on a double occupancy base, unless differently written in the trip program</p> <p>Single extra : 32 OMR (82 USD) Concerns following nights 4, 6</p> <p>Triple Room Discount : -12 OMR (-31 USD) Concerns following nights 4</p> <p>Camping Equipment (dome tents for 2 people, comfortable mattress, matt, crockery, cooking equipment)</p>		
PRICES DON'T INCLUDE	<p>Personal Expenses</p> <p>Drinks between meals</p> <p>Breakfast on days..... 8</p> <p>Dinner on days..... 7</p> <p>Transportation to starting place and from finishing place of the trip</p> <p>Eventual additional nights before or after the trip</p> <p>Tips for local team</p>		
WHAT YOU HAVE TO BRING	<p>Personal first aid</p> <p>Sun protection and insect repellent</p> <p>Sandals</p> <p>Sleeping Bag</p> <p>Headlight</p> <p>Toilet paper</p> <p>Light clothes</p> <p>Warmer clothes (jacket and trousers)</p> <p>Hiking boots and socks</p> <p>Walking sticks (optional : it can help you on some itineraries)</p> <p>Hiking bag (40-60L)</p> <p>Swimming suit (and maybe shoes to go to the water if you don't like walking on rocks)</p> <p>For Canyoning and Aquatic Hiking</p> <p>Sport shoes which you will use in the water</p> <p><i>During winter months we provide you short wetsuits</i></p>		
ADVICE FOR TREKKERS	<p>Oman is a mountainous arid country. All the paths are rocky and some are steep. Unless you are a experimented mountainer, or you are specialy 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 usualy 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.</p>		
ADVICE ABOUT THE GOOD WAY OF CLOTHING	<p>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 towell to change your clothes, since nudity is not admitted... tatoos should also be covered.</p>		