

OMAN HIKING EXPRESS

TRIP AVAILABLE IN JANUARY - FEBRUARY - MARCH - NOVEMBER - DECEMBER

TRIP DURATION 7 Day

STARTING PLACE Muttrah
FINISHING PLACE Muttrah

DIFFICULTY LEVEL **Level 4** *Tours which can include demanding hikes (up to 1200m elevation gain), aquatic hikes and canyoning.*

PRICE PER PERSON						
Number of Guests	2	3	4	5	6	7
Price per person in OMR	900	700	670	600	540	530
Price per person in USD	2356	1832	1754	1571	1414	1387

STAFF FOR THE TRIP

from 1 to 3 Guests
 1 Tourleader with the knowledge for guiding the activities of the trip from Day 1 to 7
 1 Driver from Day 1 to 7

from 4 to 7 Guests
 1 Tourleader with the knowledge for guiding the activities of the trip from Day 1 to 7
 1 Driver from Day 1 to 7
 1 Driver from Day 1 to 2
 1 Driver from Day 4 to 4
 1 Driver from Day 7 to 7

Cooking during bivouacs is performed by the whole team

TRANSPORTATION

from 1 to 3 Guests
 1 4WD Car from Day 1 to 7

from 4 to 7 Guests
 2 4WD Car from Day 1 to 7

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, 6, 7
 Lunch on days..... 1, 2, 3, 4, 5, 6, 7
 Dinner on days..... 1, 2, 3, 4, 5, 6
 Water
 All overstays mentioned in the program on a double occupancy base, unless differently written in the trip program
 Single extra : 60 OMR (156 USD) Concerns following nights 2, 3, 4
 Triple Room Discount : -20 OMR (-52 USD) Concerns following nights 2
 Camping Equipment (dome tents for 2 people, comfortable mattress, matt, crockery, cooking equipment)

PRICES DON'T INCLUDE

Personal Expenses
 Drinks between meals
 Breakfast on days..... 8
 Dinner on days..... 7
 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
 Sleeping Bag
 Headlight
 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 (40-60L)
 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
During winter months we provide you short wetsuits

ADVICE FOR TREKKERS

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