

DISCOVER AND ADVENTURE IN AL HAJAR MOUNTAINS

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

TRIP DURATION 8 Day

STARING PLACE Muttrah
FINISHING PLACE Muttrah

DIFFICULTY LEVEL **Level 2** Quite easy tours with easy hikes (no more than 4 hours walking and 300m height difference). These tours might include swimming but no aquatic hike nor canyoning. There is always the option, for the participants who wish it, not to do the walk ; when possible, an

PRICE PER PERSON							
Number of Guests	2	3	4	5	6	7	8
Price per person in OMR	720	550	510	530	480	450	430
Price per person in USD	1885	1440	1335	1387	1257	1178	1126

STAFF FOR THE TRIP from 1 to 4 Guests
 1 Tourleader with the knowledge for guiding the activities of the trip from Day 1 to 8
 from 5 to 8 Guests
 1 Tourleader with the knowledge for guiding the activities of the trip from Day 1 to 8
 1 Driver from Day 1 to 8
 Cooking during bivouacs is performed by the whole team

TRANSPORTATION from 1 to 4 Guests
 1 4WD Car from Day 1 to 8
For transfers mentioned in the program from 5 to 8 Guests
 2 4WD Car from Day 1 to 8

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, 8
 Lunch on days..... 1, 2, 3, 4, 5, 6, 7, 8
 Dinner on days..... 1, 2, 3, 4, 5, 6, 7
 Water
 All overstays mentioned in the program on a double occupancy base, unless differently written in the trip program
 Single extra : 16 OMR (40 USD) Concerns following nights 3
 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..... 9
 Dinner on days..... 8
 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 (20-30L)
 Swimming suit (and maybe shoes to go to the water if you don't like walking on rocks)
 Snorkel equipment (snorkel, mask, and fins)
We can provide you snorkel and masks, but no fins

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 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... tatoos should also be covered.