



WADIS AND OASIS OF THE EASTERN HAJAR

19/10/2025 - 23/10/2025

An original itinerary to discover the Eastern Hajar mountains off-the-beaten track : an aquatic hike on the northern slope to start, another one on the southern side to finish, and in between a crossing of the Plateau hiking and driving!



Level 3	Tours which can include full-day hikes (up to 800 elevation gain) and not too difficult aquatic hikes.
Length	5 Day
START	19/10/2025 @ 07:30 AM Meeting @ 7:30 AM in front of Naseem Hotel (Mutrah Corniche, Muscat) We might also pick up you directly from your hotel... just ask when registering...
ENDS	23/10/2025 @ 08:00 PM We can drop you anywhere in Muscat (hotel, airport, bus station, private house...)
	2 Nights wild camping (with tents, thick mattress, mats, dishes, cooking gear), comfortable (but with no toilets) with the assistance of vehicles. Usually participants pitch their tent by themselves while we set up the collective camp
	2 Nights in homestays with sometimes very rustic comfort.
Price per person	420 OMR (1099 USD)
GROUP OF	3 To 7
Tour guided in	English
Guide	

Itinerary Wadi Al Arbeyeen - Wadi Tiwi - Eastern Hajar's Plateau - Wadi Bani Khalid



Note about luggage transportation We have vehicles ; so luggages are always transported by car. You only have to carry day-pack while hiking.

DAY 1

19/10/2025

- Lunch - Dinner

🚌 Transfer to Wadi Al Arbeyeen (1 hour 30 - 120 Km)

✓ **Aquatic hiking in Wadi Al Hail (7 hours)**

We start in the last village of the valley. Already at the end of the track is a wonderful pool and a small waterfall. From the cliff a 5 meters jump is possible. We then start the walk. Quickly we find flowing water and walk across large boulders. The canyon then narrows and we have to swim across several pools (it is possible to jump there also). The valley widens a little and narrows again. We swim again and arrive to the end of the canyon : a high waterfal, large pool, and huge boulders...We come back the same way.

📍 Wadi Al Arbeyeen

- Level 1*

- Walking time : 4 to 6 hours



Camping at the foot of the mountains

We set up our camp on a flat area at the foot of beautiful mountains, with a panoramic view


Individual camping tent



DAY 2

20/10/2025

Breakfast - Lunch - Dinner

 Transfer to Tiwi (0 hour 30 - 60 Km)

✓ **Hike in Wadi Tiwi (6 hours)**

🏞️ *Wadi Tiwi*

A beautiful hiking day : we walk all the wadi long, mostly on paths and falajs in the gardens, sometimes across boulders in the wadi bed, and few short parts on the track. On the way, we cross several villages. After arriving in the last village, we can go for a swim in the canyon just down the village in the middle of the canyon.

- **Level 3***

- **Walking time : 4 to 5 hours**

- **Height difference : +300m/-50m**

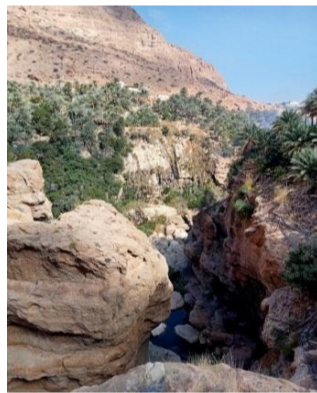


Overnight in a private house

We spend the night in the majilis (guest room) of a private house in the village. We all sleep in the same room and we have own toilet and shower. Dinner and breakfast are prepared by people from the village. It's a chance to spend a night in a traditional village, but it's less comfortable and asks an effort on our behaviour (decence and humility) with the local people.

Dormitory Room

breakfast & dinner at the accomodation



DAY 3

21/10/2025

Breakfast - Lunch - Dinner

🏞️ Eastern Hajar's Plateau

✓ **Hike to an oasis of the Eastern Hajar (7 hours)**

We walk up to the plateau sirting around the cliffs above us. The views over the valley are superb. We reach the dry plateau and keep on walking up an down. We enjoy some excellen views towards the sea. Finally, we reach a main valley and we walk down to a suprising green oasis set on the flank foo the montain. From there, the views over this grand canyon are superb.

- Level 4*

- Walking time : 5 to 6 hours

- Height difference : +800m/-400m

🏠🏠🏠 **Overnight in the village**

According to the organisation of our hosts, we might camp in the majilis belonging to the mosque of the village. As the village is now very little populated, the inhabitants agreed to rent it to us. It's a beautiful place in the middle of the gardens and we have bathroom. If our hosts are in the village when we come, they will host us in their private house. It's a modern house, but with very rustic comofrt, which has a wonderful view over the valley. Decent clothing and behaviour are required...

Camping



DAY 4

22/10/2025

Breakfast - Lunch - Dinner

🏠 Eastern Hajar's Plateau

✓ **Short hike to the village in the Wadi (2 hours)**

We hike from a village at the flank of the mountain to the oasis we see in the bottom of the valley. The path in the cliffs offers us great views. And the arrival in the oasis is just wonderful : it is one of the most beautiful village of Oman, although it is not much known.

- Level 2*
- Walking time : 1 to 2 hours
- Height difference : +0m/-200m

🚌 Transfer to an oasis of the Estarn Hajar (2 hours 30 - 60 Km)

🏠 Eastern Hajar's Plateau

✓ **Walk to a mountain oasis (3 hours)**

From the end of the dirt track, we walk down on a good path to a village, located in a very scenic place : down impressive cliffs, at the entrance of a wonderful canyon. The place is remote and really beautiful. We can also swim in one of the first pools of the canyon.

- Level 1*
- Walking time : 1 to 2 hours
- Height difference : +100m/-100m



Camping in the mountain

We camp at an height of about 1000m

Individual camping tent



DAY 5

23/10/2025

Breakfast - Lunch -

🚌 Transfer to Wadi Bani Khalid (2 hours 30 - 50 Km)

We drive down from the Plateau of the Eastern Hajar to reach Wadi Bani Khalid on a track which offers great views.

✓ **Aquatic hiking in wadi Al Hwir (5 hours)**

An easy aquatic hike in one of the most beautiful wadis of Oman. We start from an oasis in the valley. We walk across its luxuriant palm garden to reach the entrance of the garden. We then walk between large boulders to arrive to 2 wonderful pools with waterfalls. In one of these we can jump from 10 meters. We keep on walking in the water and swim several long pools (until 300 meters). The valley then widens and we discover another oasis.

➤ *Wadi Bani Khalid*

- **Level 1***

- **Walking time : 3 to 5 hours**

🚌 Transfer to Muttrah (3 hours - 280 Km)



① Difficulty level Hiking & Easy Walking

Level 1	No difficulty. Easy and short walks. Appropriate for anyone walking occasionally
Level 2	Easy hikes with elevation gain of less than 300 meters with no big terrain difficulty
Level 3	Hikes with an elevation gain from 300 to 800 meters. Appropriate for those who are used to walk in the mountain. The hikes mentioned Level 3 with a lesser elevation gain present terrain difficulties
Level 4	Hikes with an elevation gain from 800 to 1100 meters. For fit mountain hikers
Level 5	Long hikes with an elevation gain of more than 1000 meters and may require scrambling or easy climbing in some parts of the trail

① Difficulty level Canyoning & Aquatic hiking

For this activity, it is mandatory to be able to swim at least 100m

Level 1	Aquatic hiking not requiring any jump or abseiling
Level 2	Easy and short canyon descent with jumps of less than 3 meters which can be avoided abseiling
Level 3	Canyon descent with few meters high jumps and little technical abseiling
Level 4	Canyon descent lasting more than 5 hours with several meters high jumps and technical abseiling in waterfalls