



WADIS OF THE EASTERN HAJAR

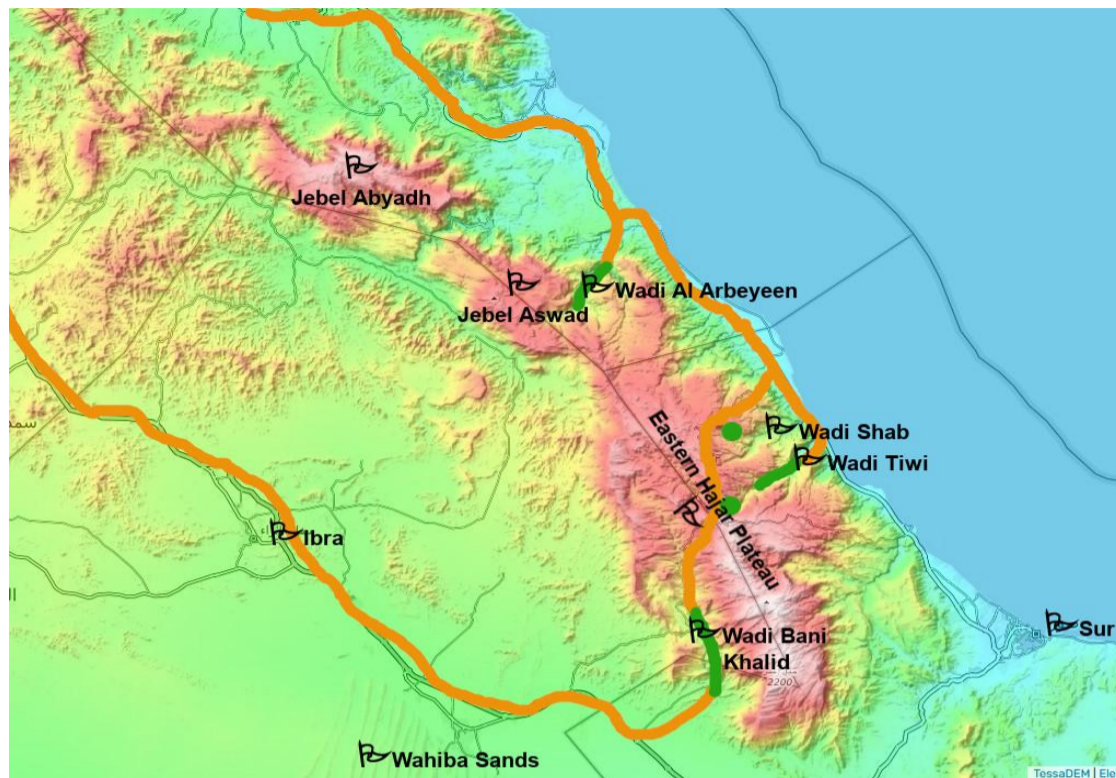
27/10/2025 - 30/10/2025

An active trip, perfect if you visit Oman when it is still hot : wonderful wadis with abundant water, and remote mountain oasis. Accomodation in hotel at the sea, and camping high in the mountain for fresh air!



Level 3	Tours which can include full-day hikes (up to 800 elevation gain) and not too difficult aquatic hikes.
Length	4 Day
START	27/10/2025 @ 07:30 AM Meeting in front of Naseem Hotel (Mutrah Corniche, Muscat) We might also be able to pick up you directly from your hotel... just ask at the time of booking...
ENDS	30/10/2025 @ 06:00 PM We can drop you anywhere in Muscat (hotel, bus station, airport, private house...)
	2 Nights in accomodations (hotel, guesthouse, lodge, etc...)
	1 Nights wild camping (with tents, thick matrass, mats, dishes, cooking dear), comfortable (but with no toilets) with the assistance of vehicules. Usualy tarticipants pitch their tent by themselves while we set up the collective camp
Price per person	300 OMR (785 USD)
GROUP OF	3 To 8
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

27/10/2025

- 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

🏠🏠🏠 **Countryside hotel**

A very nice place to stay, located in the wadi, next to palm groves and water, with comfortable rooms.


Standard Room
breakfast & dinner at the accomodation



DAY 2

28/10/2025

Breakfast - Lunch - Dinner

 Transfer to Tiwi (0 hour 30 - 60 Km)

✓ **Hiking and swimming in Wadi Tiwi (6 hours)**

 Wadi Tiwi

A nice loop hike in a beautiful valley with a stream flowing all-year-long, a huge palm grove on terraces all along it, villages, and impressive cliffs. There several possible itineraries and one of them is to go through a short but very beautiful canyon ; it implies to swim, so we have to adapt equipment in advance (take nothing that doesn't support water or put it in a waterproof bag).

- Level 3*
- Walking time : 4 to 5 hours
- Height difference : +450m/-450m

   **Hotel facing the sea**

A nice small hotel very well located, just before the village of Tiwi, in front of the sea, and at the entrance of Wadi Tiwi. The hotel has a swimming pool and a garden.

Standard Room

*Modern and comfortable room with private bathroom.
breakfast at the accomodation*



DAY 3

29/10/2025

Breakfast - Lunch - Dinner

➤ Eastern Hajar's Plateau

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

We discover this remote and secluded (the access dirt track was built only in 2013!) village set in a spectacular location. It's a lush green oasis in the middle of an arid mountain!

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

🚌 Transfer to an oasis of the Eastern 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 4

30/10/2025

Breakfast - Lunch - Dinner

🚌 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