# **DISCOVER AND ADVENTURE IN OMAN**

16/11/2025 - 27/11/2025

An adventurous itinerarythrough remote and little visted places. But at a slow pace and with easy walks and hikes. A lot of nature, and many camping nights in remote wild beautiful places!



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 alternative program can be offered to them ; otherwise, they will wait in a beautiful spot.
Length	12 Day
Longin	12 049
START	16/11/2025 @ 08:00 AM
	Meeting in fron 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	27/11/2025 @ 06:00 PM
LNDS	We can drop you anywhere in Muscat (Hotel, airport, bus station, private house)
9999	2 Nights in accomodations (hotel, guesthouse, lodge, etc)
谷谷谷	8 Nights wild camping (with tents, thick mattrass, 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
医医医	1 Nights in homestays with sometimes very rustic comfort.
Price per person	870 OMR (2277 USD)
GROUP OF	3 To 8
Tour guided in	English
June of the second	
Guide	

ItineraryWadi Mistal - Lowhills - Wadi Bani Kharus - Wadi Bani Awf - Misfat Al Abreyeen - Nizwa -<br/>Sinaw - White Desert - Wahiba Desert - Wadi Bani Khalid - Eastern Hajar's Plateau - Jebel<br/>Abyadh & Jebel Aswad - Wadi Al Arbeyeen - Bandar Khayran



# Note about<br/>luggage<br/>transportationWe have vehicules ; so luggages are always transported by car. You only have to carry day-<br/>pack while hiking.About DesertWe usualy go for a hike of 3 to 5 hours in the morning. Heat and soft sand can make it a bit<br/>difficult. Late afternoon, we go for another walk around the camp from 1 to 2 hours.<br/>It is always possible for someone not to do the walk and stay at the camp or go for a shorter<br/>walk.<br/>On the other hand, the ones who want to walk more can go erlier in the afternoon and do a<br/>longer tour alone.<br/>In the desert, we'll have 2 different camp sites for respectively 2, 1 nights.<br/>On the camp, we set up a big tent (pictures below) to have shade at noon and to protect us in<br/>case of sandwind.



DISCOVER AND ADVENTURE IN OMAN 3/15 16/11/2025 - Lunch - Dinner DAY 1 Transfer to a foothill wadi (2 hours - 180 Km) Transfer to Wadi Mistal (0 hour 50 - 50 Km) Short walk in the mountain oasis of Wakan (1 hour ) We have a round in the village, located at 1400m, at the far end of a valley in shape of an amphitheater. The village and 🔁 Wadi Mistal its garden are built on the cliff. We walk across the old village and the terraces where grow garlic, onions, apricots, lime trees, etc... Apricots are the main crop and it's expecialy beautiful in spring when they flower. - Level 1\* - Walking time : 1 to 2 hours - Height differrence : +50m/-50m Transfer to a foothill wadi (0 hour 40 - 50 Km) Small walk in a valley of the foothills (2 hours ) This is a nice very typical valley of the foothills. On our way, we'll see magnesic springs which colour some of the pools in white. This valley runs in the middle of unsual rocks, called ophiolite and which originate from the oceanic floor : a ₽ Lowhills journey up this valley is like a trip to the depth of the earth. The water is here flowing all year long, and we find some small pools to refresh.. - Level 1\* - Walking time : 1 to 2 hours 浴浴浴 Camping in a wadi of the foothills Nice place with the river near and the massiv hills of ophiolite Individual camping tent

DAVO	17/1	1/2025	B	reakfast - Lunch - Dinner
DAY 2		Ð	Transfer to Al Awabi (0 hour 45 - 35 Km)	
<u>₱ Wadi Ban</u>	<b>√</b> <u>hi Kharus</u>	We walk i a small pa regularly t	Wadi Bani Kharus through villages, palm gardens, and mountain (4 hours) k in the wadi and on the luxuriant terraces of the palm gardens. The path then heads alou pass and down to an isolated palm garden. The inhabitants of the village where we star y to take care of the cultures and of the falaj (traditional irrigation system). The entranc so we stop just before and have lunch near the stream and we come back using the sam	ted the hike come there e in the gardens is now
		Ð	- Level 2* - Walking time : 2 to 4 hours - Height differrence : +300m/-300m Transfer to Balad Sit (2 hours 30 - 70 Km)	
ゆゆゆ	Mountaiı	n guesthou	• • • •	

Simple but pleasant guesthouse in a wonderful spot *Standard Room breakfast & dinner at the accomodation* 









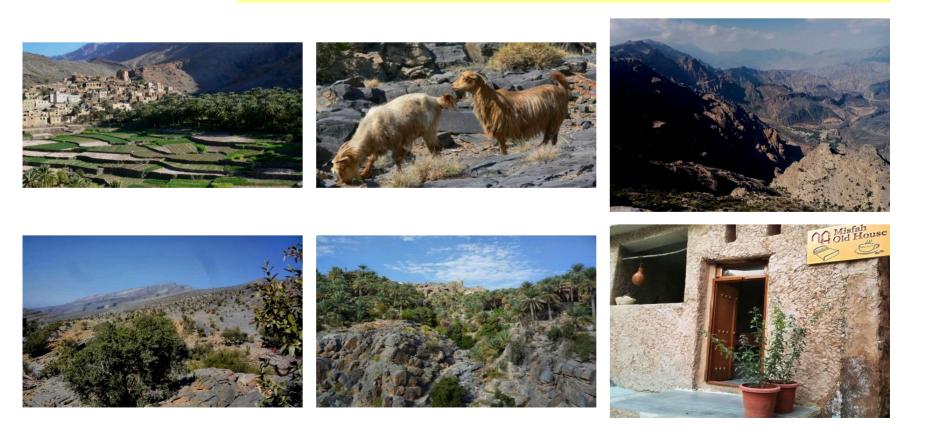




DAY 3	B/11/2025 Breakfast - Lunch - Dinn
JAT 3	<ul> <li>Short walk in the mountain oasis of Balad Sit (2 hours )</li> </ul>
<mark>≽ Wadi Bani Awf</mark>	We start from the main valley and head to a narrow gorge. This part of the walk is just wonderfull! At the end of the gorge, we discover the village. Built in a small hill and surrounded by cliffs, this village is one of the most beautiful of Oman. We walk through the village and the ardens and come back through an other branch of the small gorge. - Level 1* - Walking time : 1 to 2 hours - Height difference : +50m/-50m
	Transfer to Sharaf Al Alamain (1 hour - 15 Km)
	This drive off-road let us climb some 1000 meters in less than 10 km. It provides us with stunning views over the valley.
	✓ Short walk along the ridge (3 hours)
<mark>ษ Wadi Bani Awf</mark>	We walk along the ridge enjoying wonderful views over Wadi Bani Awf. We also see Wadi Sahtan, the summit of Jeb Shams, Jebel Kawr, and the cities of Al Hamra and Bahla, and far away Nizwa. - Level 2* - Walking time : 2 to 3 hours - Height differrence : +100m/-100m
	🚍 Transfer to Misfat Al Abreyeen (1 hour - 40 Km)
	<ul> <li>Short walk in the mountain oasis of Misfat Al Abreyeen (2 hours)</li> </ul>
❥ Misfat Al Abreyeer	This is one of the most beautiful mountain village of Oman. It is located on the slope of a canyon. The gardens were bu all around the old village on man-made terraces. Laying at an height of 800 meters, we find their a wide variety of tropic fruits : bananas, papayas, oranges, limes, dates, pomogranates, etc - Level 1* - Walking time : 1 to 2 hours - Height differrence : +100m/-100m

It's an old village in a splendid terraced palm grove. The old houses have been left from most of the inhabitants who built modern houses aside, and are now renovated mostly for touristic use. The guesthouse is located a few minutes walk away from the parking ; so, please plan a small bag with only the stuff you need for that night. Also, to respect the inhabitants of the village, it is forbidden to bring alcool in the village and to smoke inside the house ; we thank you in advance for respecting these rules!

### Standard Room breakfast & dinner at the accomodation



	19/11/2025		Breakfast - Lunch - Dinner
DAY 4	Ð	Transfer to Nizwa (1 hour - 60 Km)	
₽ Nizwa	Nizwa is country a ago. Frida from the c	nd remains the cultural center of the co y is the market day, called 'Souq AI Ju esert side. The livestock souq is particu	bot of the mointains in the interior. In the past it was the capital of the country for mountain people. The Souq was rehabilitated some 15 years umaa', and brings visitors from the nearby mountains as well as bedous cularly worth a visit. But you find also the fish souq, vegetable souq, meat hey, dates, incense, and anything you might need.
₽ Lowhills	We make	Transfer to a foothill wadi (1 hour - 75 Km wadi of the lowhills for lunch (1 hour a short outskirt on our way to have lur enough to bath and refresh! - Level 1* Transfer to our campsite in a rocky desert o	<b>Ir )</b> nch in a wadi of the foothills, near the water. Not really enough water to
₽ Sinaw	✓ Short wa We go for	k at sunset (1 hour )	s. It's the time of the day where the light is the best. The red, green, and
谷谷谷	Camping in a rocky	desert	

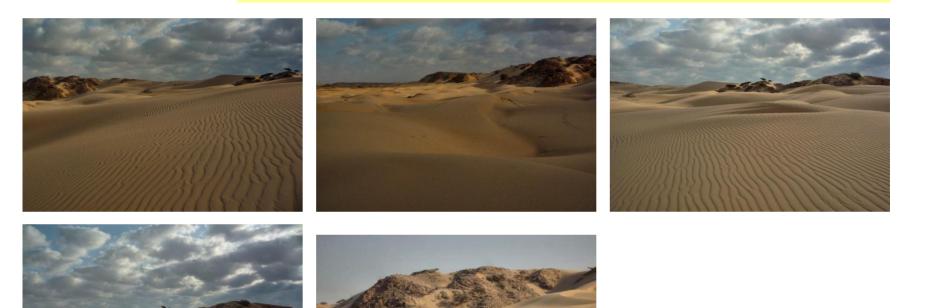
It's an environment typical of Oman : geologists call these rocks the "Hawasina Complex" Individual camping tent



20/11/2025		Breakfast - Lunch - Dinner
Ð	Transfer to Sinaw (1 hour 30 - 70 Km)	
	A track which crosses a wonderful unexpected landscapes of rocky colourful hil	ls
✓ Visit of a	bedouin souk (2 hours )	
It's the we	eekly market day	
	- Level 1*	
Ð	Transfer to the white desert, among rocks and sand (4 hours $$ - 270 Km)	
✓ Sunset b	between White desert and rocky hills (2 hours )	
T		ert which we will cross the day
	- Level 1*	
	♥ Visit of a It's the wo ♥ ♥ Sunset b We walk	<ul> <li>Transfer to Sinaw (1 hour 30 - 70 Km) A track which crosses a wonderful unexpected landscapes of rocky colourful hil</li> <li>Visit of a bedouin souk (2 hours ) It's the weekly market day         <ul> <li>Level 1*</li> <li>Transfer to the white desert, among rocks and sand (4 hours - 270 Km)</li> </ul> </li> <li>Sunset between White desert and rocky hills (2 hours ) We walk up a small plateau next to our camp. On the one side we perceive the white des after. On the other side, the sun sets on rocky hills.</li> </ul>

- Walking time : 1 to 2 hours

 Camping in the desert
 Varied landscape : sand dunes, rocky hills, and an accacia "forest" Individual camping tent

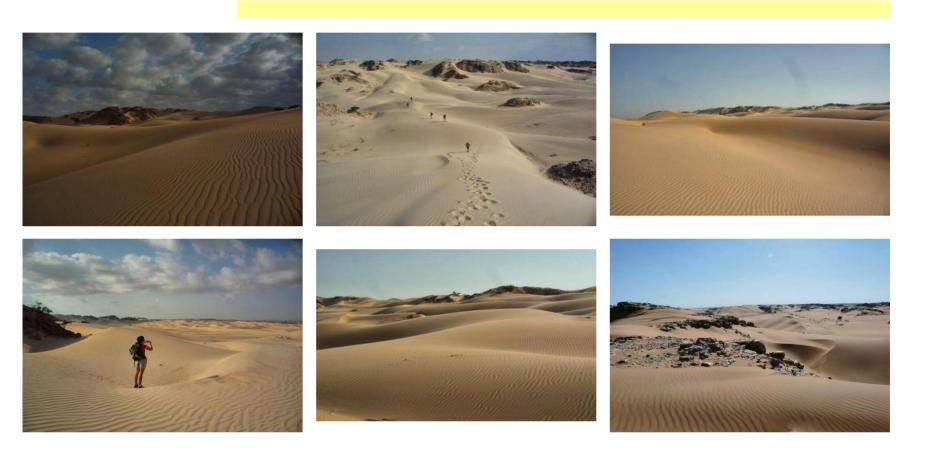


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DAVA	21/11/2025	Breakfast - Lunch - Dinner
DAY 6	Ð	Transfer to the white desert, among rocks and sand (1 hour - 75 Km)
	✓ Day in a	rocky and sandy desert (7 hours )
<u>⊯ White Dese</u>	rt cream sa lunch and	Ind the full day in this so beautiful and unsual place where rocky hills of various colours are covered with red or and. We go for a walk early morning and come back to our camp late morning when it starts to get hot to have d take rest under the shade. Late afternoon, when the light becomes beautiful and the heat decreases, we go for walk until sunset.

- Level 2 & 3\* - Walking time : 2 to 5 hours

论论论 and an accacia "forest" Varied landscape : sand dunes, rocky hills, and an accacia "forest" Individual camping tent



DAY 7

<u> ₩hite Desert</u>

₽ White Desert

₽ White Desert

22/11/2025	Breakfast - Lunch - Dinner	
Ð	Transfer to Khaluf's fishing village (1 hour 30 - 70 Km)	
✓ Stop in a	beduin coastal village (1 hour )	
	very picturesc fishing beduin village : feelings to be t the far end of the world where old 4WD cover with algaes s tow small boats coming back from fishing.	
Ð	Transfer to the white desert, on the seaside (0 hour 20 - 20 Km) At low tide, all the way can be done on the beach and we see thousands of birds.	

# ✓ Swimming in the Indian Ocean (2 hours)

Hard to say if we are on the bech or in the desert, since the dunes arrive in the sea... Here endless beaches strech along the Indian Ocean. The bath is just great!

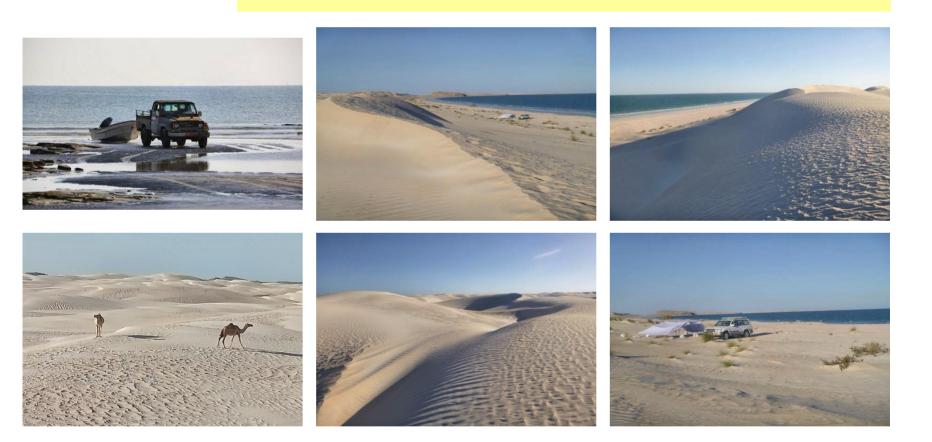
✓ Walk to see sunset in the white desert (2 hours )

We walk a little to enjoy the sunset light on this surrealistic landscape.

- Level 1\* - Walking time : 1 to 2 hours

ሺጵ ሺጵ ሺጵ Camping in the White desert, next to the sea

Unusual landscape : on one side we have pure white dunes, whereas on the other side we have the Indian Ocean... Individual camping tent



# ✓ Sunset in the dunes (1 hour)

🔁 Wahiba Desert

We start a walk across the dunes in late afternoon. The heat isn't too strong anymore and the sunlight is the more beautiful. The setting sun always gives changing colour to the sand and the shades. This a great unforgetable time.

- Level 1\*

## ∭ 🖑 ∭ Night in a bedouin camp

It is not a touristic comfortable camp. It's a typical bedouin camp in the middle of the sands, with an areesh (shelter made with palms and other vegetals) and a bedouin tent. Our hosts welcome us there, and prepare for us dinner and breakfast. We sleep all together under the tent, under the stars, or we can also set up our individual camping tents. Our hosts bring us water for showering. There are no toilets.

### Dormitory tent

breakfast & dinner at the accomodation









DAYO	24/11/20	025		Breakfast - Lunch - Dinner
DAY 9		Ð	Fransfer to Wadi Bani Khalid (1 hour 30 - 80 Km)	
	🗸 Hi	ike to wa	terfalls and swimming (3 hours )	
₽ Wadi Bani	pa <i>Khalid</i> ea th	alm gard asy but c ose who	n to access the entrance of the canyon. We l besn't last long) until we arrive to a splendid p	hyon. We start from a lovely village in the valley and cross its hike in the canyon between big boulders (the way is not very bool with waterfall. We have rest here and enjoy a swim. For ssible there According to the rains and floods which change are in the water to reach the waterfalls
			- Level 2* - Walking time : 1 to 2 hours	
		Ð	Fransfer to an oasis of the Estarn Hajar (2 hours 30	- 50 Km)

论论论 Camping in the mountain We camp at an height of about 1000m *Individual camping tent* 



	25/1	/2025				Broakfast -	Lunch - Dinner
DAY 10	25/1		· · · · · · · · · · · · · · · · · · ·			DIEdkidsi -	Lunch - Dinner
☞ Eastern Hajar's Plateau	•		dirt track, we walk down c e of a wonderfull canyon. hyon. - Level 1* - Walking time : :	The place is remote			
		🚍 Transfer to	o an oasis in Jebel Aswad (2	hours 30 - 70 Km)			
			s the Plateau of the Easte is long although the dista	•			•
	•	Hike and swim in a	ı wadi (4 hours )				
☞ Jebel Abyadh & Jebel Aswad	2 X	walking in the palm	m a remote village locate gardens and then in the rm a canyon with water po <i>- Level 3*</i> <i>- Walking time : 2</i> <i>- Height differren</i>	wadi bed across bou ols where we can swin	ulders. After about	3km we reach a pla	
		🚍 Transfer to	o a high hamlet in Jebel Al Ab	yadh (1 hour 30 - 30 K	m)		
<b>ሹስ ሹስ ሹስ Can</b> We'			ut 1500m with views up to <i>ent</i>	the sea.			



Times lakes



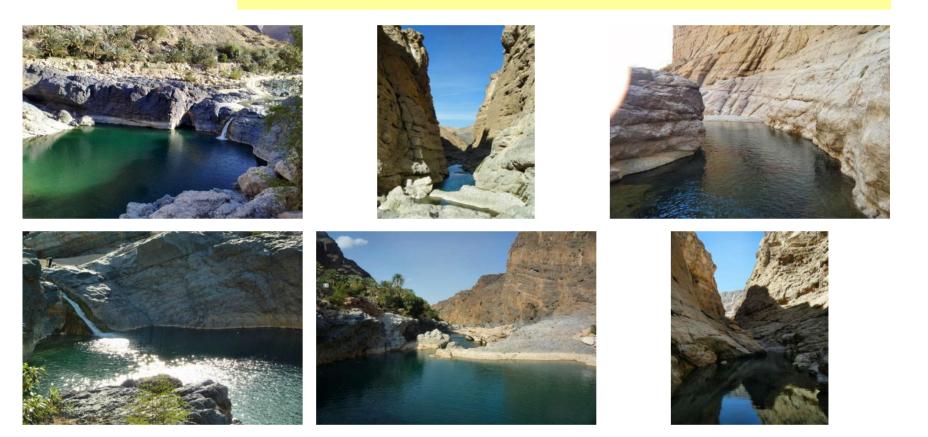




12/15

DAV 11	26/11/2025			Breakfast - Lunch -
DAY 11		Ð	Transfer to Wadi Al Arbeyeen (1 hour - 40 Km)	
	~	Walk and	swim in Wadi Al Hail (4 hours )	
卍 Wadi Al Arbeyeen			vith a refreshing swim in the vast pool down the village where we park. We and across water pools until the canyons narrows to form very long pools	,
		Warning :	in some places, you might have to step in the water ; you shoes and pants - Level 2*	might get wet…
			- Walking time : 2 to 3 hours	
		<b>H</b>	Transfer to our campsite (0 hour 30 - 30 Km)	

裕裕裕 Kamping 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 12	27/1	1/2025							- Lunch -
DATIZ		Ð	Transfer to Bandar Kha	ayran (2 hours	s - 120 Km)				
	~	Day at the	e beach : walking, s	wimming, an	nd snorkeling	g (6 hours )			
🔁 Bandar Khayran		the bay ar swimming have lunc	e superb.We walk do and snorkeling (grea	own on an eas at marine life	asy path to rea with many m	each a white nulticolor fish	sand beach, v ies, corals, ar	vhere we'll spe d even someti	t, where the views over end the day. We can go mes turtles). We'll also other beaches. Finaly,
		·	-	Level 2 & 3* Walking time : Height differre					
		Ð	Transfer to Muttrah (0	hour 45 - 50 K	Km)				



	1	Difficulty level Hiking & Easy Walking
Level 1		No difficulty. Easy and short walks. Apporpriate for anyone walking occasionaly
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