




## DISCOVER AND ADVENTURE IN OMAN

16/11/2025 - 27/11/2025

*An adventurous itinerary through remote and little visited 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!*



<b>Level 2</b>	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.
<b>Length</b>	12 Day
<b>START</b>	16/11/2025 @ 08:00 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...
<b>ENDS</b>	27/11/2025 @ 06:00 PM We can drop you anywhere in Muscat (Hotel, airport, bus station, private house...)
	2 Nights in accommodations (hotel, guesthouse, lodge, etc...)
	8 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
	1 Nights in homestays with sometimes very rustic comfort.
<b>Price per person</b>	<b>870 OMR (2277 USD)</b>
<b>GROUP OF</b>	<b>3 To 8</b>
<b>Tour guided in</b>	English
<b>Guide</b>	

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



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


**About Desert** We usually go for a hike of 3 to 5 hours in the morning. Heat and soft sand can make it a bit difficult. Late afternoon, we go for another walk around the camp from 1 to 2 hours. It is always possible for someone not to do the walk and stay at the camp or go for a shorter walk. On the other hand, the ones who want to walk more can go earlier in the afternoon and do a longer tour alone. In the desert, we'll have 2 different camp sites for respectively 2, 1 nights. On the camp, we set up a big tent (pictures below) to have shade at noon and to protect us in case of sandwind.



**DAY 1**

16/11/2025

- Lunch - Dinner

 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 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 especialy beautiful in spring when they flower.

- Level 1\*

- Walking time : 1 to 2 hours

- Height difference : +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 magnesian springs which colour some of the pools in white. This valley runs in the middle of unusual rocks, called ophiolite and which originate from the oceanic floor : a 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

 [Wadi Mistal](#)

 [Lowhills](#)



**Camping in a wadi of the foothills**

Nice place with the river near and the massiv hills of ophiolite

**Individual camping tent**



**DAY 2**

17/11/2025

Breakfast - Lunch - Dinner

🚌 Transfer to Al Awabi (0 hour 45 - 35 Km)

✓ **Hike in Wadi Bani Kharus through villages, palm gardens, and mountain (4 hours )**

We walk in the wadi and on the luxuriant terraces of the palm gardens. The path then heads along the valley, goes up to a small pass and down to an isolated palm garden. The inhabitants of the village where we started the hike come there regularly to take care of the cultures and of the falaj (traditional irrigation system). The entrance in the gardens is now private, so we stop just before and have lunch near the stream and we come back using the same way...

[👉 Wadi Bani Kharus](#)

- Level 2\*
- Walking time : 2 to 4 hours
- Height difference : +300m/-300m

🚌 Transfer to Balad Sit (2 hours 30 - 70 Km)

🏠🏠🏠 **Mountain guesthouse**

Simple but pleasant guesthouse in a wonderful spot

**Standard Room**

*breakfast & dinner at the accomodation*



**DAY 3**

18/11/2025

Breakfast - Lunch - Dinner

[Wadi Bani Awf](#)✓ **Short walk in the mountain oasis of Balad Sit (2 hours )**

We start from the main valley and head to a narrow gorge. This part of the walk is just wonderful! 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.

[Wadi Bani Awf](#)✓ **Short walk along the ridge (3 hours )**

We walk along the ridge enjoying wonderful views over Wadi Bani Awf. We also see Wadi Sahtan, the summit of Jebel Shams, Jebel Kawr, and the cities of Al Hamra and Bahla, and far away Nizwa.

- Level 2\*
- Walking time : 2 to 3 hours
- Height difference : +100m/-100m

🚌 Transfer to Misfat Al Abreyeen (1 hour - 40 Km)

[Misfat Al Abreyeen](#)✓ **Short walk in the mountain oasis of Misfat Al Abreyeen (2 hours )**

This is one of the most beautiful mountain village of Oman. It is located on the slope of a canyon. The gardens were built all around the old village on man-made terraces. Laying at an height of 800 meters, we find their a wide variety of tropical fruits : bananas, papayas, oranges, limes, dates, pomogranates, etc...

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

🏠🏠🏠 **Guesthouse in a palm grove**

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



**DAY 4**

19/11/2025

Breakfast - Lunch - Dinner

 Transfer to Nizwa (1 hour - 60 Km)

✓ **Souq of Nizwa (1 hour 30)**

 Nizwa

Nizwa is a major city of Oman located at the foot of the mountains in the interior. In the past it was the capital of the country and remains the cultural center of the country for mountain people. The Souq was rehabilitated some 15 years ago. Friday is the market day, called 'Souq Al Jumaa', and brings visitors from the nearby mountains as well as bedouins from the desert side. The livestock souq is particularly worth a visit. But you find also the fish souq, vegetable souq, meat souq, as well as some people selling mountain honey, dates, incense, and anything you might need.


 Transfer to a foothill wadi (1 hour - 75 Km)

✓ **Stop in a wadi of the lowhills for lunch (1 hour )**

 Lowhills

We make a short outskirt on our way to have lunch in a wadi of the foothills, near the water. Not really enough water to swim, but enough to bath and refresh!

- Level 1\*

 Transfer to our campsite in a rocky desert (1 hour 30 - 125 Km)

✓ **Short walk at sunset (1 hour )**

 Sinaw

We go for a walk late afternoon on the rocky hills. It's the time of the day where the light is the best. The red, green, and yellow rocky hills offer wonderful contrasts.

- Level 1\*

- Walking time : 0 to 1 hours



**Camping in a rocky desert**

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


**Individual camping tent**



**DAY 5**

20/11/2025

Breakfast - Lunch - Dinner

 Transfer to Sinaw (1 hour 30 - 70 Km)


A track which crosses a wonderful unexpected landscapes of rocky colourful hills

✓ **Visit of a bedouin souk (2 hours )**

 *Sinaw*

It's the weekly market day

- **Level 1\***

 Transfer to the white desert, among rocks and sand (4 hours - 270 Km)

✓ **Sunset between White desert and rocky hills (2 hours )**

 *White Desert*

We walk up a small plateau next to our camp. On the one side we perceive the white desert which we will cross the day after. On the other side, the sun sets on rocky hills.

- **Level 1\***

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



**Camping in the desert**

Varied landscape : sand dunes, rocky hills, and an accacia "forest"

**Individual camping tent**



**DAY 6**

21/11/2025

Breakfast - Lunch - Dinner

🚌 Transfer to the white desert, among rocks and sand (1 hour - 75 Km)

✓ **Day in a rocky and sandy desert (7 hours )**

We spend the full day in this so beautiful and unusual place where rocky hills of various colours are covered with red or cream sand. We go for a walk early morning and come back to our camp late morning when it starts to get hot to have lunch and take rest under the shade. Late afternoon, when the light becomes beautiful and the heat decreases, we go for another walk until sunset.

[👉 White Desert](#)

- Level 2 & 3\*

- Walking time : 2 to 5 hours



**Camping in the desert**

Varied landscape : sand dunes, rocky hills, and an accacia "forest"

**Individual camping tent**






**DAY 7**

22/11/2025


Breakfast - Lunch - Dinner

 Transfer to Khaluf's fishing village (1 hour 30 - 70 Km)

✓ **Stop in a beduin coastal village (1 hour )**

[White Desert](#)

This is a very picturesc fishing beduin village : feelings to be t the far end of the world where old 4WD cover with algae and shells tow small boats coming back from fishing.

 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 )**

[White Desert](#)

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

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

[White Desert](#)

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

- Level 1\*

- Walking time : 1 to 2 hours



**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*



**DAY 8**

23/11/2025

Breakfast - Lunch - Dinner

🚌 Transfer to our campsite in the Wahiba Desert (5 hours - 280 Km)

A spectacular crossing of the Wahiba desert by 4WD. The track is usually well marked, but sometimes sand blown by the wind covers it. We start at the sea and cross the desert towards the North. The more we drive, the higher are the longitudinal dunes.

✓ **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 unforgettable 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*



**DAY 9**

24/11/2025

Breakfast - Lunch - Dinner

 Transfer to Wadi Bani Khalid (1 hour 30 - 80 Km)

✓ **Hike to waterfalls and swimming (3 hours )**

The lower part of this valley forms a narrow and wild canyon. We start from a lovely village in the valley and cross its palm garden to access the entrance of the canyon. We hike in the canyon between big boulders (the way is not very easy but doesn't last long) until we arrive to a splendid pool with waterfall. We have rest here and enjoy a swim. For those who like jumping, a very nice 10 meters jump is possible there... According to the rains and floods which change the river course, it can happen that we need to swim or hike in the water to reach the waterfalls

➤ *Wadi Bani Khalid*

- **Level 2\***

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

 Transfer to an oasis of the Estarn Hajar (2 hours 30 - 50 Km)



**Camping in the mountain**

We camp at an height of about 1000m

**Individual camping tent**



**DAY 10**

25/11/2025

Breakfast - Lunch - Dinner

➤ 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

🚌 Transfer to an oasis in Jebel Aswad (2 hours 30 - 70 Km)

We cross the Plateau of the Eastern Hajar on a direction south-east / north-west to reach Jebel al Abyadh. The drive is long although the distance is not, but it offers splendid and very diverse views all along the way.

➤ Jebel Abyadh & Jebel Aswad

✓ **Hike and swim in a wadi (4 hours )**

We start hiking from a remote village located in a deep cut valley and surrounded by a huge palm garden. We start walking in the palm gardens and then in the wadi bed across boulders. After about 3km we reach a place where the valley narrows to form a canyon with water pools where we can swim. We'll come back the same way.

- Level 3\*
- Walking time : 2 to 3 hours
- Height difference : +180m/-180m

🚌 Transfer to a high hamlet in Jebel Al Abyadh (1 hour 30 - 30 Km)



**Camping in the mountain**

We'll camp at an height of about 1500m with views up to the sea.

*Individual camping tent*



**DAY 11**

26/11/2025

Breakfast - Lunch -

🚌 Transfer to Wadi Al Arbeyeen (1 hour - 40 Km)

✓ **Walk and swim in Wadi Al Hail (4 hours )**

📍 Wadi Al Arbeyeen

We start with a refreshing swim in the vast pool down the village where we park. We then walk up the wadi around large boulders and across water pools until the canyons narrows to form very long pools. We swim there and go back the same way.

Warning : in some places, you might have to step in the water ; you shoes and pants might get wet...

- **Level 2\***

- **Walking time : 2 to 3 hours**

🚌 Transfer to our campsite (0 hour 30 - 30 Km)



**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 12**

27/11/2025

- Lunch -

🚌 Transfer to Bandar Khayran (2 hours - 120 Km)

✓ **Day at the beach : walking, swimming, and snorkeling (6 hours )**

📍 *Bandar Khayran*

The bay of Bandar Khiran is very rocky and hosts many small coves. We start from a high point, where the views over the bay are superb. We walk down on an easy path to reach a white sand beach, where we'll spend the day. We can go swimming and snorkeling (great marine life with many multicolor fishes, corals, and even sometimes turtles). We'll also have lunch there ; usually we try to grill fish or seafood. We can also have a longer walk to visit other beaches. Finally, we'll go back the same way.

- Level 2 & 3\*

- Walking time : 0 to 1 hours

- Height difference : +50m/-50m

🚌 Transfer to Muttrah (0 hour 45 - 50 Km)



**① Difficulty level Hiking & Easy Walking**

<b>Level 1</b>	No difficulty. Easy and short walks. Appropriate for anyone walking occasionally
<b>Level 2</b>	Easy hikes with elevation gain of less than 300 meters with no big terrain difficulty
<b>Level 3</b>	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
<b>Level 4</b>	Hikes with an elevation gain from 800 to 1100 meters. For fit mountain hikers
<b>Level 5</b>	Long hikes with an elevation gain of more than 1000 meters and may require scrambling or easy climbing in some parts of the trail