



DESERTS OF OMAN

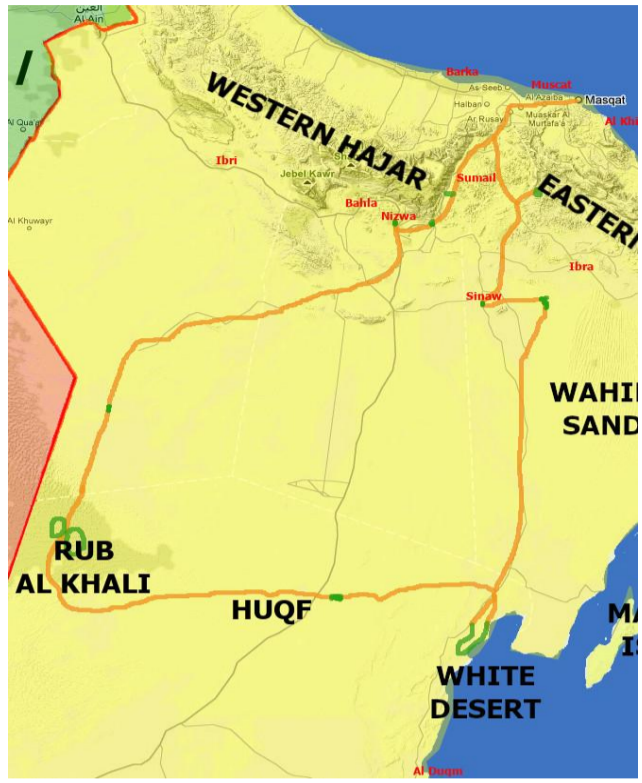
08/12/2025 - 18/12/2025

Travelling in remote bedouin country, for desert lovers. The high red dunes of the Rub Al Khali, the rocky scarps of the Huqf, and the sand dunes of the White Desert reaching the Indian Ocean.



Level 2 & 3	Tours which can include full-day hikes (up to 800m elevation gain) and not too difficult aquatic hikes. We have cars with us during the whole tour ; if some persons do not want to do some hikes or some canyons, they can always go by car to the arrival point and enjoy free time in beautiful places, or even often be offered an alternative easier program.
Length	11 Day
START	08/12/2025 @ 08:00 AM Meet in front of Naseem Hotel (Mutrah Corniche, Muscat) We might also be able to pick up you directly from your hotel... ask when booking...
ENDS	18/12/2025 @ 06:00 PM We can drop you anywhere in Muscat (hotel, airport, bus station, private house,...)
	2 Nights in accomodations (hotel, guesthouse, lodge, etc...)
	8 Nights wild camping (with tents, thick matrass, mats, dishes, cooking gear), 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	780 OMR (2042 USD)
GROUP OF	4 To 10
Tour guided in	English
Guide	

Itinerary Nizwa - Rub Al Khali Desert - Huqf Desert - White Desert - Sinaw - Lowhills



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 3 different camp sites for respectively 4, 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

08/12/2025

- Lunch - Dinner

🚌 Transfer to Seeb (1 hour - 60 Km)

✓ **Visit of Seeb's popular souq (2 hours)**

🚌 Transfer to a canyon flowing down from Jebel Akhdar (1 hour - 80 Km)

✓ **Short hike in a wadi coing from Jebel Akhdar (1 hour 30)**

We walk on the falaj (irrigation system) and enter a very narrow gorge. The surrounding are beautiful. We walk up the gorge until we arrive to a lovely little pool. It is tempting to have a swim, but the inhabitants of the village down drink the water of this spring and thus, we can just enjoy the place with our eyes...

- **Level 1***

- **Walking time : 0 to 1 hours**

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

🚌 Transfer to Nizwa (1 hour - 80 Km)

✓ **Souq of Nizwa (1 hour 30)**

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 bedous 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 saling moutain honey, dates, incense, and anything you might need.

👉 Nizwa

🚌 Transfer to Nizwa (0 hour 30 - 25 Km)

🏠🏠🏠 **Beautifull hotel with simple comfort**

A beautiful hotel located in an old quarter of Nizwa, just behind the souk. It's a complex of several old houses which have been renovated with a lot of taste.

Standard Room


breakfast at the accomodation



DAY 2

09/12/2025

Breakfast - Lunch - Dinner

 Transfer to a salt desert (Umm As Samim) (3 hours 30 - 300 Km)
We drive a boring road, but we see oil and gaz plants on the way.

✓ **Stop in the Salt Desert of 'Umm As Sammim' (0 hour 30)**

[➤ Rub Al Khali Desert](#)

In arabic, 'Umm As Sammim' means 'the mother of poisons'. It is a very dry and plane stretch of salt. It is very unhostipable for life and there is no vegetation. We stop in this weird place to have a look at the salt crust.

 Transfer to Rub Al Khali (1 hour - 80 Km)

We enter the Rub al Khali. The further we drive, the higher are the dunes which form a wonderful landscape.

✓ **Short walk in the sands to sea the sunset (1 hour)**

[➤ Rub Al Khali Desert](#)

We go have a walk across the high dune of the Rub Al Khali (Empty quarter in arabic), the huge and arid desert of Saudi Arabia that crosses Oman's border. We'll walk up a dune to see sunset in this unbelievable landascope...

- **Level 2***

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

- **Height difference : +150m/-150m**



Camping in the desert

We set our camp at the foot of the huge dunes of the Rub Al Khali

Individual camping tent



DAY 3-5

10/12/2025 to 12/12/2025

Breakfast - Lunch - Dinner

✓ **Hiking in Rub al Khali (8 hours)**

Morning, we start walking from our camp. We climb several high dunes which surround us : the ascent is sometimes exhausting, but the descent is quick and fun and gives us sometimes the opportunity to have the dune sing. Around noon, we walk back to our our camp and have lunch and rest under a shady place. Late afternoon, we climb another huge dune to get to its summit and enjoy a wonderful sunset at the top.

[↪ Rub Al Khali Desert](#)

- **Level 2 & 3***
- **Walking time : 4 to 6 hours**
- **Height difference : +250m/-250m**

**Camping in the desert**

We set our camp at the foot of the huge dunes of the Rub Al Khali

Individual camping tent



DAY 6

13/12/2025

Breakfast - Lunch - Dinner

🚌 Transfer to a limestone escarpment in the Huqf (3 hours 30 - 225 Km)

✓ **Short walk in a rocky chaos at an escarpment (2 hours)**

🏜️ *Huqf Desert*

We stop at the foot of the cliffs made of white lime stone. We then walk across the many small gorges which. It is a very exclusive place with unbelievable landscapes. Rocks are having very particular shapes...

- *Level 1**

- *Walking time : 1 to 2 hours*

🚌 Transfer to Mahut (2 hours 30 - 200 Km)

🏠🏠🏠 **Al Jazeera Guest House**

Simple but comfortable hotel in Mahut

Standard Room

Spacious room with TV, A/C, table and chairs, as well as tea and coffee facilities



DAY 7

14/12/2025

Breakfast - Lunch - Dinner

🚌 Transfer to the white desert, among rocks and sand (1 hour - 60 Km)

✓ **Hike across sand dunes and rocky outcrops (6 hours)**

A very beautiful day : we walk across sand dunes and meet on the way many rocky outcrops. The sand is sometimes red, and sometimes white. We arrive at our camp around noon and enjoy some rest under the shade. Late afternoon, we walk to the top of the sand dunes to see sunset over this spectacular landscape with trees, rocks, and sand...

[🏠 White Desert](#)

- Level 2 & 3*

- Walking time : 4 to 5 hours



Camping in the desert

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

Individual camping tent



DAY 8

15/12/2025

Breakfast - Lunch - Dinner

✓ **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 9

16/12/2025

Breakfast - Lunch - Dinner

✓ **Hike across White desert (6 hours)**

We have a long hike in a wonderful and unexpected landscape. We start from our campsite where the sand is rather beige and we walk across small rocky plateau, sandy valleys, and dune areas. The more we walk the whiter is getting the sand. Finally we discover wonderful pure white sand dunes. Irreal landscape... We walk across the dunes and arrive to the sea around noon... We set up our camp, have lunch, and enjoy swimming in the indian ocean. Late afternoon, we start walking again across white sand dunes to enjoy sunset.

- **Level 2 & 3***- **Walking time : 3 to 5 hours**[🏠 White Desert](#)**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 10

17/12/2025

Breakfast - Lunch - Dinner

White Desert✓ **Morning in the white sand dunes and in the Indian Ocean (3 hours)**

This morning we take time to enjoy this magical place. Here are the activities we can do : walking in the white sand dunes, walking and birdwatching along the beach, and swimming.

🚗 Transfer to our campsite in a rocky desert (4 hours 36 - 341 Km)

🚗 Transfer to Sinaw (3 hours 6 - 271 Km)

✓ **Short walk at sunset (1 hour)**

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**

Sinaw**Camping in a rocky desert**

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


Individual camping tent



DAY 11

18/12/2025

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)**

It's the weekly market day

- Level 1*

 Transfer to a foothill wadi (2 hours - 150 Km)

✓ **Walk in a wadi of the foothills (3 hours)**

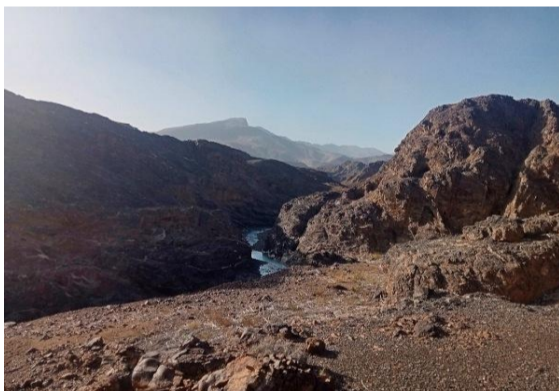
We walk up along the river which flows across brownish rocks called ophiolites (in geology, this word is used to talk about all the rocks of the oceanic crust). Magnesium springs feed the river and give water pools a pure white color which offers us beautiful contrasts with the dark rocks around.

- Level 2*

- Walking time : 2 to 3 hours

- Height difference : +100m/-100m

 Transfer to Muttrah (2 hours - 170 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