

# DISCOVER AND ADVENTURE IN THE HEART OF AL HAJAR MOUNTAINS

<b>TOUR GUIDED IN</b>	<b>ENGLISH</b>		
<b>TRIP DURATION</b>	<b>12 Day</b>		
<b>TRIP START</b>	<b>PLACE</b>	<b>DATE</b>	<b>TIME</b>
	Meeting in front of Naseem Hotel (Mutrah Corniche, Muscat) We might be able to pick up you directly from your hotel ; just ask when booking...	<b>23/02/2025</b>	<b>8:00:00 AM</b>
<b>TRIP FINISH</b>	We can drop you anywhere in Muscat (Hotel, Airport, Bus Station, Private House...)	<b>06/03/2025</b>	<b>6:00:00 PM</b>
<b>DIFFICULTY LEVEL</b>	<b>Level 2</b> <i>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.</i>		
<b>PRICE PER PERSON</b>	<b>850 OMR (2225 USD)</b>		
<b>SIZE OF THE GROUP</b>	<b>3 to 8 Guests</b>		
<b>STAFF FOR THE TRIP</b>	from 3 to 3 Guests 1 Tourleader with the knowledge for guiding the activities of the trip from Day 1 to 12 1 Driver from Day 7 to 12 from 4 to 4 Guests 1 Tourleader with the knowledge for guiding the activities of the trip from Day 1 to 12 1 Driver from Day 7 to 12 from 5 to 8 Guests 1 Tourleader with the knowledge for guiding the activities of the trip from Day 1 to 12 1 Driver from Day 1 to 12 Cooking during bivouacs is performed by the whole team		
<b>TRANSPORTATION</b> <i>For transfers mentioned in the program</i>	from 3 to 3 Guests 1 4WD Car from Day 1 to 12 from 4 to 4 Guests 1 4WD Car from Day 1 to 12 1 4WD Car from Day 7 to 12 from 5 to 8 Guests 2 4WD Car from Day 1 to 12		
<b>PRICES INCLUDE</b>	Transportations mentioned above Petrol Staff mentioned above All excursions and entrance fees mentioned in the program Breakfast on days..... 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 Lunch on days..... 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 Dinner on days..... 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11 Water All overstays mentioned in the program on a double occupancy base, unless differently written in the trip program Single extra : 41 OMR (105 USD) Concerns following nights 3, 4, 6 Triple Room Discount : -36 OMR (-94 USD) Concerns following nights 3, 4 Camping Equipment (dome tents for 2 people, comfortable mattress, matt, crockery, cooking equipment)		
<b>PRICES DON'T INCLUDE</b>	Personal Expenses Drinks between meals Breakfast on days..... 13 Dinner on days..... 12 Transportation to starting place and from finishing place of the trip Eventual additional nights before or after the trip Tips for local team		
<b>WHAT YOU HAVE TO BRING</b>	Personal first aid Sun protection and insect repellent Sandals Sleeping Bag Headlight Toilet paper Light clothes Warmer clothes (jacket and trousers) Hiking boots and socks Walking sticks (optional : it can help you on some itineraries) Hiking bag (20-30L) Swimming suit (and maybe shoes to go to the water if you don't like walking on rocks) Snorkel equipment (snorkel, mask, and fins) <i>We can provide you snorkel and masks, but no fins</i>		
<b>ADVICE FOR TREKKERS</b>	Oman is a mountainous arid country. All the paths are rocky and some are steep. Unless you are a experimented mountainer, or you are specially at ease in rocky terrains, it would be a good idea in Oman that you choose a level of difficulty a little under what you usually manage to do. You will still be able to see wonderful places and to perform very nice trekkings, but this will just prevent you from suffering and thus not enjoying your trip.		
<b>ADVICE ABOUT THE GOOD WAY OF CLOTHING</b>	Oman is a muslim country in which islam is strict but very open-minded and tolerant. You'll never see an Omani pointing out the way of clothing or behaving of a tourist. But all of them will appreciate to see that you try to adapt. <b>FOR WOMEN</b> : bring trousers or short trousers and t-shirts covering shoulders, as well as a t-shirt (and maybe a short) for swimming. Obviously, when we are alone in remote areas you can dress as you like. <b>FOR MEN</b> : bring trousers or long shorts. <b>FOR ALL</b> : bring a pareo or big towel to change your clothes, since nudity is not admitted... tatoos should also be covered.		