

Flights that may work well for you.

Flight	Date	From	To	Depart	Arrive	Airline
TBC		LHR	MUSCAT	0930	2220	BA
TBC		MUSCAT	LHR	0015	0635	BA



07 Nov Heathrow to Muscat 1 nt Ruwi Novotel, Muscat BB

Arrival at Muscat airport transfer to Ruwi Novotel located in the business centre of Muscat. There are 105 ensuite rooms with air conditioning, satellite tv, direct dial telephone and 24 hour room service. There is also a swimming pool, gym and squash courts.

Day 2 Nakhal – Wadi Mistall Trek & Overnight camping FB



Pick up from hotel and drive by 4x4 vehicle to -Barka - Nakhl – Wukan & trek to W25. Overnight Camping

Nakhal, situated in the South of the Batinah region. Its most outstanding archeological feature is its pre-Islamic fort, which is located on a craggy hill about 200ft high. Another feature of this town is the “Ain Thura” springs, the warm running water, which comes from the Jebel Salad.

Trek from Wukan to your camping place just before Hadash. This trek involves some exposure.

Day 3 Rustaq- Wadi Sahtan & Overnight Camping

Meet your vehicle and proceed to Rustaq, a town of great historical importance for Oman. It has seen the rise and fall of many great dynasties and witnessed the inauguration of the new ruler in 1744, Ahmed Bin Said, the founder of the Al Bu'Saidi family, which still reigns today. Rustaq's impressive pre-Islamic fort is situated in the heart of the town surrounded by date palm trees. The souq located opposite the fort sells traditional Khanjars and silver antiques all masterpieces of the skilled Omani craftsmen. Visit the hot springs well known for their medicinal properties at Al Rustaq. It is also famous for its date gardens.

Later proceed to Wadi Sathan - and short trekking at Wadi Sahtan. Over night camping

Day 4

After breakfast Tour in Wadi Sahtan and short walk in one of the mountain villages and then Drive to Wadi Bani Awf and light trekking (Maximum 03 hrs). Overnight Camping in Wadi Bani Awf.



Day 5

After breakfast Tour in Wadi Bani Awf and soft trekking around Balas Seet –Over night Camping in Sharaf al amen

Day 6

From Sharaf al Ammen trekking to Misfat Al Abreen. (Short trekking 02 hrs max). Drive to other side of the mountain and have morning walk in 2200m height and after Omani Lunch have village walk with Donkey. Over night in Omani family house in Misfah

Day 7

Drive to Wadi Nakher and in the afternoon walk to visit Al hamra . (Wadi Ghul-Al Khitayam not advisable to walk because the paths are very rough). Overnight Camping at the starting point for the next day trekking.



Day 8

Trekking in Jabal Shams – carrying own equipment as donkeys cannot be hired here. Starting at the Jabal Shams plateau the path follows the rim of the Saydram Gorge a side wadi of the Grand Canyon to a col at 2.700 meter from there the path levels to reach the southern summit of Jabal Shams at an altitude of 2.997 meter. Mostly a natural rocky trek to the highest point in Oman. The tour allows spectacular views into Wadi an Nakhar, Wadi Sahtan, Wadi Bani Awf, as well as fantastic views of Jabal Khawr and Jabal Misht in the distance. On clear days you can even see the sea in the distance. Timing 5 - 6 hours with light pack 7 - 8 hours with camping equipment. Highest point 2997 meter difference 1000 meter Degree of difficulty / Grade 2 / Distance 9 km. Overnight Camping.

Day 9

After breakfast return back to the starting point in Jabal Shams / for an Overnight stay Camping.

Day 10

After breakfast return back to Muscat en route Nizwa city tour Overnight at Chedi Hotel. The Chedi is an exclusive beach resort in Oman located 20 minutes north of Muscat at Al Ghubra. The resort is designed in the style of traditional Omani architecture and offers world-class facilities for the discerning traveller. The Chedi pampers its guests with a choice of modern rooms and private villas offering access to two turquoise pools, water-garden, lush poolside cabanas and a private stretch of beach. Each category of room has its own magnificent view of the seaside or the mountain ranges.



The resort offers two swimming pools including the Chedi Pool which is for adults only and is located right on the beach. The Chedi also provides full hotel services, spa facilities and especially packaged sightseeing tours. Dining options at the Chedi include four open kitchens serving Arabic, Mediterranean, Asian and Indian cuisine. The Chedi offers luxury accommodation in an exquisite location, combined with world-class facilities and excellent cuisine.

Day 11 Depart for the UK

Full day with one day room (shared between 4 visitors). Evening transfer to airport for BA flight out departing 0015, arriving 0625hrs



Approx Prices per person excluding international flights:

Based on The Chedi hotel

Group of four trekkers: USD1858 per person

Group of two trekkers: USD2758 per person

Based on The Alfalaj hotel

Group of four trekkers: USD1585 per person

Group of two trekkers: USD2485 per person

Includes :

4 X 4 car for 08 Days with Driver

Omani English speaking Guide Camping Equipments

Food +Drinks (Traditional Food some of the time)

Over night in Omani House in Misfah with Omani Dinner & Breakfast

01 nt in Chedi Muscat on BB

Return transfers

Excludes:

international flights

supplement for Al Hoota Cave Entrance –USD 15 pp

