

OMAN

A guided adventure for active women

Nov 2024



Day 1: Muscat

Arrival today. You will be met and transferred to hotel. This evening we have a welcome dinner and briefing to start off our adventure!

Day 2: Muscat

This morning we visit the stunning Grand Mosque built by the current beloved Sultan Qaboos, followed by a short tour of the opulent opera house, a fine showpiece for Muscat. In the afternoon we visit the museums in old Muscat to give us an insight into the diverse cultures of Oman and help us understand what we will see over the coming days. Time permitting, we might also stroll along the corniche to the old Mutrah Souq.

Day 3: Nakhl | Al Thowara | Wadi Bani Auf | Bilad Sayt | Jabel Shams

Visit Nakhl fort which also has the highest fort in Oman, standing proudly on top of a hilltop. The fort is 350 years old and is set in a gorge, surrounded by a mountain enclave. Next to it is the Al Thowara Oasis where one can witness the source of the natural springs. Between Nakhl and Rustaq a hidden road leads up a 2000m part of the Hajar Mountain range. Stop at Wadi Bani Auf where the main attraction is the old houses nestled on the slopes of the mountain and this Wadi is also well known as the "snake gorge" because of the wide variety of desert snakes that live here. This stretch of graded road is very adventurous! Visit the charming village of Bilad Sayt where one is awestruck by the beauty of the landscape. Bilad Sayt is a village which famous for its clay houses and the Oasis in which the village population lives. Drive uphill to the peak of the Hajar Mountain. Oman's Grand Canyon is situated amidst the rocky terrain of the Jabal Shams mountain which over 3,000m making it the highest mountain in Oman.

Day 4: Grand Canyon | Wadi Ghul | Al Hamra | Misfah

Enjoy in the morning the view from the top over the Grand Canyon is absolutely breathtaking. The Jabal Shams is the highest peak in the 700 km long Hajar mountain range. From here proceed to Wadi Ghul, where you can see the Arabian Grand Canyon. Continue your journey to the villages of

Al Hamra and Misfah also known as Misfat Al Abreen. The village of Al Hamra boasts a set of ancient ruins, time permitting we visit an old house-cum-museum here. Misfah is a typical Omani village that gives guests an insight of how the locals used to live centuries ago. The houses are made of clay and mud to keep the interior cool even during the summer months. Misfah has a falaj system and green terraces which provides the population of Oasis dwellers abundant bounty in terms of fruits (mango, papaya, banana and dates) and vegetables in spite of the dry vegetation elsewhere. Overnight Misfah Guest House, basic accommodation in a lush palm setting.

Day 5: Misfah | Nizwa

Today we continue to Nizwa to visit the market and fort at your own leisure. The Nizwa fort was strategically built atop a hill overlooking the ancient city with its colourful domes and bustling market below. Spend some time in this traditional city and visit the interesting fort with the round tower and the museum and stroll thru the Souq. Nizwa Fort, built by Imam Sultan bin Saif al Ya'arubi in 1668, is the biggest fort in the Arabian Peninsula with an exterior diameter of its circular structure of 150 feet, and over 115 feet high. The fort was once used as the Imam's headquarters and is a stronghold designed to withstand some of the most aggressive sieges. The traditional doors are inches deep and over the lintel of each is a hole through which boiling oil could be poured over the marauding enemies.

Day 6: Nizwa | Wahiba Sands

Breakfast at hotel and early check out to visit the bustling livestock market at 7am, where people come from far and wide every Friday to sell their livestock - an interesting old tradition to behold, as the livestock are paraded around and bids are places. Afterwards our journey takes us to Wahiba Sands. Wahiba Sands is a vast mass of undulating red and white sand dunes rising up to 200 meters and stretching as far as the eye can see. It is also a host to a large variety of flora and fauna and ever-changing patterns of dunes which are a photographer's delight! The sands are the traditional homes of the nomads and the Bedouins, so it is common to see them moving through the desert with their camels. The setting in the bare wilderness of the desert emphasizes the beauty of the virgin golden sand dunes surrounding the camp. The camp's serene environment and simplicity is a wonderful experience after our daily urban lives in the city. Sleep sheltered by luxury style accommodation under a roof of starry skies and enjoy the once in a lifetime experience! Enjoy a traditional Arabic meal, Omani coffee and dates.

Day 7: Wadi Bani Khalid | Ras al Jinz (Turtles)

We continue our journey and visit a Bedouin family in middle of the desert. Drive to the beautiful Wadi Bani Khalid. The wadi has clear deep blue waters, where the shade of the palm trees is inviting for a relaxing siesta! Catch a glimpse of the pretty villages scattered all over Wadi Bani Khalid as they cling precariously to the slopes of the rugged mountain-side. Continue to hotel in Ras al Jinz. After a refreshing shower and dinner, assemble in the main lobby of the Carapace research Centre. Around 21:00 PM the rangers will divide you into groups of 10-15 people. Proceed on a 15 min walk to the place where the green turtles nest on the calm beaches of Ras Al Jinz. The turtles can be seen late at night or early in the morning. Enjoy this natural phenomenon - an experience that is guaranteed to stay in your memory for a long time.

Day 8: Sur | Wadi Shab | Bimmah Sinkhole | Muscat

Journey on to Sur and visit the fishermen's harbour where you can witness the fishermen in action. Proceed on to the Dhow building yard. Dhows are traditional Omani wooden fisher boats that are even today, built by hand. Proceed to Wadi Shab where beautiful clear pools of the wadi oasis are a serene and rewarding sight in the otherwise barren environment. You will have a boat crossing and an approx. 2 hours hiking trip to the clear water pools where you can take a refreshing swim. After visiting the Wadi - proceed to the white beaches of Finns and also see the Bimah Sinkhole, a natural hole in the round created by a collapsing mountain. The hole is filled with blue-green sea water.

Day 9: Muscat

After a leisurely breakfast we take public transport (fun in itself) to visit the Mutrah Souq, stroll along the beautiful cornice and get back to the hotel in time for a swim.

Day 10: Muscat to Salalah

Fly to Salalah - free afternoon to enjoy some relaxation on a white sandy beach, or take a taxi into town and visit the frankincense market, or go to the row of tropical fruit stands for a fresh coconut milk.

Day 11: East & West Salalah Tour

Our excursion begins in the morning with a visit to the old fishing village of Taqah, famous for the manufacture of dried Sardines & its traditional & old Dhofari Houses. Visit the century old Taqah Castle, the former official residence of the Wali (Governor) of the region & obtain a glimpse into the rich history of the region. Continue onto the ancient ruins of the once famous city of Sumharam (Khor Rohri). The city was the easternmost outpost of the Hadramawt Kingdom on the ancient incense route between the Mediterranean Sea, Persian Gulf and India. Khor Rori was an important port on the coast of Dhofar, and one of the major trading cities with frankincense, believed to have been the hub & harbor for the shipping of Frankincense (UNESCO World Heritage site). A picturesque drive then leads you to Mirbat, the ancient capital of Dhofar and the beginning of the 'Frankincense trail'. Stroll through the streets lined with old Omani mud houses. We proceed to Qara Mountains to explore the western part of Salalah. On a road steadily winding up a steep incline, herds of camels & cattle are a common sight which gives a scenic view of a traditional Dhofari rural beauty. Visit the ancient tomb of Prophet Job situated in the scenic green mountains of the Salalah Plains. Continue on to see the historical Frankincense trees growing in their natural habitat, deep down in the valleys.

Day 12/13: Salalah

Free days to enjoy shopping in and around Salalah.

Day 14: End

Transfer to airport for onward flight.

Departure Date:

03 November 2024

Cost:

USD5500 per person twin share

USD1500 single supplement

If you are travelling solo and would like a room-mate, let us know

Inclusions:

- Female tour escort
- Local English speaking guides
- 13 nights accommodation
- Transportation by air-conditioned mini coach
- Internal flight between Muscat - Salalah
- Sightseeing entrance as specified in itinerary
- Daily breakfast & one lunch
- Daily dinner (except days 12/13)

Exclusions:

- International flights to/from Oman
- Travel Insurance (compulsory)
- Meals not specified
- Refreshments
- Items of a personal nature

Group size:

Minimum 8 / maximum 12

Price is subject to change until confirmed and paid in full. Daily itinerary may change due to availability and local conditions. Terms & Conditions will be provided at time of enquiry.