



Excursions

History and Heritage programs

- [Muscat City Tour](#)
- [Nizwa and Jabrin](#)
- [Rustaq and Nakhal](#)
- Excursions to traditional bull fighting, horse races and camel races can be organized upon availability and location. Do not hesitate to ask us for more information!

Adventure programs

- [Desert Adventure and Oasis Trail](#)
- [Desert Adventure and Oasis Trail \(overnight\)](#)
- [Nizwa and the Mountains](#)
- [Wadi Shab Trail](#)
- [Desert, Green turtles and Wadi Shab \(overnight\)](#)
- [Nakhal and Wadi Mistal - Trekking day](#)
- [Wadi Abyadh](#)
- [Wadi Abyadh \(overnight\)](#)

Note: All prices are in EUR

History and Heritage Programs

Muscat City Tour

- From 9:00am to around 1:00pm
- Main attractions: Sultan Qaboos Grande Mosque
Natural History Museum
Old Muscat
Muttrah Souq
- Note: To visit the Mosque, all visitors **must cover** their arms and legs and ladies have to wear a scarf.
The Grande Mosque is closed to visitors on Thursdays and Fridays. No visits allowed.

Muscat is among the most important cities on the Sea of Arabia, having held this status and position from the 11th century. Today, the capital area is a prime example of intelligent and aesthetic development, blending ancient and modern.

A half-day tour in Muscat, the capital area, begins in the morning taking you to the **Sultan Qaboos Grande Mosque**, which features five minarets representing the five pillars of Islam, with the main minaret being more than 90 meters high. Built at His Majesty Sultan Qaboos' personal expense, the Grande Mosque houses a library and centre for the teaching of religious studies.

Then visit the **Natural History Museum**, exhibiting the flora and fauna of Oman. There is no better place for experiencing 'Oman through time'.

From there, we will go to the **traditional Souq** (market) in Muttrah, one of the oldest preserved souqs in Oman. Gold and silver jewellery is found in abundance, as well as numerous wooden carvings, ornaments and spices.

To conclude the tour, visit the **Old Town of Muscat** and take a walk around Al Alam Palace and the 16th Century forts, Jalali and Mirani.



Price per pax	1 pax	2 pax	3 pax	4 pax
English speaking guide	60	30	20	15
French speaking guide	138	69	46	34

Note: Each car can take up to 4 passengers.

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Nizwa and Jabrin

- From 8:00am to around 5:00pm
- Around 400km
- Lunch included (picnic lunch)
- Main attractions: Nizwa Fort
 Nizwa Souq
 Jabrin Fort
 Birkat Al Mauz

The excursion in **Nizwa** and its surroundings will lead the visitors to the heart of the Omani traditions.

The tour starts in the morning, driving through Hajar Mountain via Fanja, protected by its 2 watch towers. A photo stop is planned at **Birkat al Mawz**, an old village where the houses, built long ago in the pure Omani traditions, are still well conserved.

Nizwa is one of the largest cities in Oman and the capital of the Dhakiliya region. Former capital of the Sultanate of Oman, the city still has a wealth of cultural and ancient attractions.

The **17th century fort**, with its impressive size (the central tower is 24 meter high and 27 meter wide), as well as the **traditional souq**, where the locals trade in traditional and imported merchandise, from vegetables to jewelry, are some of Nizwa's main points of interest.

After Nizwa, proceed to **Bahla**, where the pre-Islamic fort is part of the UNESCO worldwide culture heritage. This fort is for now on closed for renovation in order to make it accessible to the public in the future.

Only a few kilometers away, you will find the **Jabrin fort**, one of the finest and most picturesque forts of Oman. Built in the 17th century to be the Imam's residence, it therefore has rich and beautiful ornaments, such as the delicately painted wooden ceilings. The Jabrin fort is certainly the most elegant example of the traditional Omani architecture.

Price per pax	1 pax	2 pax	3 pax	4 pax
English speaking guide	180	90	60	45
French speaking guide	252	126	84	63

Note: Each car can take up to 4 passengers.



Traditional lunch and visit of Bait Al Safah

Deepen the discovery of the Omani roots by visiting the **Bait Al Safah**, in the village of Al Hamra. This 17th century castle-like house has been transformed in a lively museum where local people enjoy sharing their knowledge of Oman's past and traditions. There you will have a chance to have a look at various types of crafts such as making Omani bread, grain grinding, extraction of medical oils, sewing traditional clothes... In a special room, traditional garments are available for the ones who want to "become Omani" for a while and take memorable pictures.

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But seeing the traditions without trying the food wouldn't be a real Omani experience! That is why we propose you to gather around a real typical lunch to complete your discovery of the Omanis' life and enjoy their legendary hospitality!

Supplement: EUR 22 per person

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Rustaq and Nakhal

- From 8:00am to around 3:00pm
- Around 350km
- Picnic lunch included
- Main attractions: Fish market
Bait Al Numan
Rustaq fort
Warm spring

Reach Rustaq crossing Al Batina plain, the inner region known as the "belly" of Oman thanks to the resources from the sea and the date plantations.

On the way, visit the **Fish market and souq of Seeb** and then the **Bait Al Numan**, house of splendor built in the 17th century in Barka and nicely decorated.

Then proceed to **Al Hazm** and have the chance to observe the Falaj, traditional irrigation systems. In Rustaq, visit the magnificent **Rustaq fort** and the modern souq where you will find silver jewellery, herbs, spices and the famous Rustaq halwa.

We will then head towards **Nakhal**, is a small and nice village, nestled against a mountain. It is known for its impressive fort, set on a rocky cliff and surrounded by palm trees. Standing there and surrounded by mountains, the fort was considered invulnerable by the people!

Then we will keep on our way to the **Thowarah spring**. After a short walk through the plantations we will reach the spring lying in a peaceful oasis welcoming for a picnic lunch. The warm water coming out of the spring is full of minerals and is considered to have medicinal properties.



Price per pax	1 pax	2 pax	3 pax	4 pax
English speaking guide	168	84	56	42
French speaking guide	240	120	80	60

Note: Each car can take up to 4 passengers.

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Adventure Programs

Desert Adventure and Oasis Trail

- From 8:00am to around 6:00pm
- Around 600km
- Picnic lunch or lunch in local restaurant included
- Main attractions: Wahiba Dunes
Bedouin Family
Wadi Bani Khalid
- Note: Opportunities for swimming, we advise you to take swimming suit.

The tour begins in the morning, leaving the bustle of the city to the **Wahiba Sands**, a vast mass of red and white sea of sand. Go for an exciting **drive in dunes** rising up to hundreds of meters.

Traditionally, the Wahiba desert is the home of the Bedouin tribes, hardy spirited people who know how to survive in the inhospitable and tough terrain. Around 3000 Bedouins still live in the desert (except in the summer when the temperatures are too high). Visitors have the chance to have a close look at the Bedouin life by visiting a **Bedouin house**, where they will also see various traditional handicrafts, and maybe choose to experience a camel ride. The Wahiba Sands are the perfect place for a trip mixing the discovery of the desert and great and unusual amusement.

Then, proceed to **Wadi Bani Khalid** (dry river bed), considered as the most beautiful Wadi in Oman. It is set deep into the hills and is reputed to have more water than in any other place in the Sultanate. There you can see water cascading down the gorges in waterfalls and have a chance to swim in the turquoise green and cool water of the rocky pools.



Price per pax	1 pax	2 pax	3 pax	4 pax
English speaking guide	270	140	96	75
French speaking guide	345	175	120	94

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Desert Adventure and Oasis Trail (overnight)

- From 1:00pm to around 1:00pm next day
- Around 600km
- Dinner and breakfast included
- Main attractions: Wahiba Dunes
 Bedouin Family
 Desert Camp
 Wadi Bani Khalid
- Note: Opportunities for swimming, we advise you to take swimming suit.



Choose to make the adventure longer and try the excitement of spending the night in a desert camp!

We will leave Muscat in the beginning of the afternoon and arrive to the **Wahiba desert** on time for a **dune driving** and a visit to a **Bedouin family** before the night. Admire the magic of the sunset over the dunes and then reach the **desert camp**. After a short rest, enjoy an **Omani evening** around a traditional dinner before spending the night in huts simply but comfortably equipped. Spending a night in the silence of the desert will for sure leave you enjoyable memories!

The next day in the morning, proceed to **Wadi Bani Khalid**, considered as the most beautiful Wadi in Oman. Return to Muscat and arrival around lunchtime.



Nomadic Desert camp

Price per pax	1 pax	2 pax	3 pax	4 pax
English speaking guide	460	250	185	155
French speaking guide	600	325	240	195

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Nizwa and the Mountains

- From 8:00am to around 6:00pm
- Around 400km
- Picnic lunch
- Main attractions: Nizwa Fort
Nizwa Souq
Jabal Shams and the Grand Canyon or Jabal Akhdar

The beginning of the tour is the same for the two options and will take you from Muscat to **Nizwa** through the Hajar Mountain via Fanja.

In Nizwa, one of the largest cities in Oman and the capital of the interior region, visit the 17th century **Nizwa Fort**, located in the city center and surrounded by ancient **traditional souqs** (markets), where the locals trade in traditional as well as imported merchandise, from vegetables to jewelry. (These visits are the same as the ones of the excursion "Nizwa").

Then, we will keep on our way to the mountain ranges located close from Nizwa. We propose you to choose between two experiences of the amazing Omani Mountains which enjoy a cool weather all year long and offer a refreshing step in your visit of Oman!

Jabal Shams and the Grand Canyon

We will first go to **Wadi Ghul**, a spectacular deep canyon in the mountain range out of which rises Jabel Shams, the highest pick in Oman at over 3,000m. **Jabel Shams**, the mountain of the sun, is home to weavers of heavy woolen rugs in distinctive red, black and brown geometric designs. Along the steep and windy road leading to the top of the mountain, you will discover small villages hiding within the mountains rocks and then reach the incredible **Grand Canyon**, where you can enjoy a walk in the cool atmosphere of the mountain.

Jabal Akhdar

The **Jabal Akhdar**, literally translated as the "Green Mountain" has been closed to non-authorized visitors for a long time as it was a military controlled zone. It is now open to tourism and gives a different view of Oman to its visitors. Oriented towards agriculture and plantations (fruit trees, roses...) the place is colorful and less arid than the rest of the country. Its elevated altitude (the Saiq plateau is 2000 meters high) brings the moderate climate necessary to grow all types of plantations. Indeed, while visiting the Jabal Akhdar, you will feel refreshed and you will be surprised by the greenery of the site!



Price per pax	1 pax	2 pax	3 pax	4 pax
English speaking guide	270	140	96	75
French speaking guide	345	175	120	94

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Wadi Shab Trail

- From 8:00am to 6:00pm
- Around 400km
- Picnic lunch included
- Main attractions: The Sinkhole
 White sand beaches
 Wadi Shab
- Note: Opportunities for swimming, we advise you to take swimming suit.

Leave from Muscat and reach Quriyat, one of the major towns in Muscat region.

Continuation towards Wadi Shab, on a **rough and dusty road**, where the color of the ground varies from white to rich red: there is exactly the place where the 4x4 vehicles were built for!

On the way, discover the **Sinkhole**, a part of collapsed mountain filled with sea water. This huge cavity now contains peaceful turquoise water, inviting for a swim. There starts again a tarmac road, going along the **white sand beaches**. These beaches are also nice spots for swimming, or just for simple relaxation.

Then proceed to **Wadi Shab**, which is certainly one of the most gorgeous destinations in Oman. Beyond the breathtaking entrance, the wadi rewards you with views of aquamarine pools, waterfalls and terraced plantations; kingfishers add glorious splashes of colour. For the adventurous, there are plenty of opportunities for swimming and a visit to a partially submerged cave. This is a nice journey through this peaceful area, where oleander bushes attract butterflies and where the singing of birds is delightful.



Price per pax	1 pax	2 pax	3 pax	4 pax
English speaking guide	270	140	96	75
French speaking guide	345	175	120	94

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Desert, Green turtles and Wadi Shab (overnight)

- From 1:00pm to around 4:00pm the next day
- Around 700km
- Dinner and breakfast and lunch included
- Main attractions: Wahiba entrance
 Giant green turtles
 Wadi Shab and the Sinkhole
- Note: Opportunities for swimming, we advise you to take swimming suit.

We will leave Muscat right after lunch to head towards Sur, via **Ibra**. On the way, we will stop at the entrance of the **Wahiba** desert. A short photo-stop and some dune driving will give you a first contact with the fun of the desert!

Then we will keep on to Sur and **Ras Al Hadd**, where you can see the rarest nesting ground of the **Giant Green Turtles**. Many thousands of these animals haul themselves laboriously out of the water along the coastline every year. Seeing the turtles nesting is a fascinating experience and a rare opportunity since the government decided to close the access to the beaches in order to protect the turtles.

After a night in one of the huts of the sea-side camp, we will start our way to **Wadi Shab**. At this time of the morning, the wadi will reveal all its quietness and splendor as you walk inside. Later on, continuation to the **white sand beaches** for a picnic lunch. Finally, stop at the **Sinkhole**, a part of collapsed mountain filled with sea water. This huge cavity now contains peaceful turquoise water, inviting for a swim.

We will arrive to Muscat in the end of afternoon.



Price per pax	1 pax	2 pax	3 pax	4 pax
English speaking guide	270	140	96	75
French speaking guide	345	175	120	94

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Nakhal and Wadi Mistal – Trekking day

- From 8:00am to 5:00pm
- Around 250km
- Picnic lunch included
- Main attractions: Nakhal
 Wadi Mistal
 Trekking

For the ones who want to mix culture and exercising, to get really close from nature and to discover amazing sceneries at the same time, this is the perfect trip!

We will leave Muscat in the morning and head towards **Nakhal**, is a small and nice village, nestled against a mountain. It is known for its impressive fort, set on a rocky cliff and surrounded by palm trees. Standing there and surrounded by mountains, the fort was considered invulnerable by the people!

We will then reach **Wadi Mistal**. Going in the wadi, we will cross through terraces and admire the amazing landscape around. The track will take you through a narrow steep sided way to suddenly open on a huge natural bowl, surrounded by imposing mountains. Continuing our walk, we will pass by the small village of Ghubrah where ruins of an old fort are still visible.

The terraces of the Wadi, especially in spring, are covered with beautiful and odorant flowers, creating a charming contrast with the aridity of the mountains all around.

A trekking in Wadi Mistal is a perfect way to enjoy the beauty of the landscape at your own pace!



Price per pax	1 pax	2 pax	3 pax	4 pax
English speaking guide	270	140	96	75
French speaking guide	345	175	120	94

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Wadi Abyadh

- From 9:00am to 5:00pm
- Around 300km
- Picnic lunch included
- Main attractions: Wadi Abyadh
 Dune driving
 Wadi bashing

Wadi Abyadh, "the white valley", is an amazing mix of the most attractive Omani sceneries. Wadi, mountain, dunes: Wadi Abyadh has it all in one!

Our way will start in the morning from Muscat through Al Batina plain to reach the wadi. There, be ready for a dive into nature!

The wadi will charm you with its flowing water all year long, its oleander bushes blossoming, its colorful birds and its old mud houses. The dunes, perfect place for an exciting dune drive, and the mountains all around are completing this fascinating scenery.

Spending a day in this peaceful atmosphere will for sure refresh your mind from the bustle of the city.

Price per pax	1 pax	2 pax	3 pax	4 pax
English speaking guide	230	120	82	63
French speaking guide	300	155	105	80

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Wadi Abyadh – Overnight

- From 1:00pm to 11:00am next day
- Around 300km
- BBQ dinner and breakfast included
- Main attractions: Wadi Abyadh
 Dune driving
 Wadi bashing
 Camping

To extend your escape from the city, choose to spend an overnight in **Wadi Abyadh**.

We will leave Muscat around 1:00pm in the afternoon and head towards the wadi. There, after discovering the place, we will establish our campsite. A delicious BBQ dinner will be provided as the sun will set down behind the mountains.

Then enjoy sleeping under the stars, in the silence of the nature, and waking up with the sunrise and the lovely singing of the birds.

After breakfast, we will leave the wadi and return to Muscat.

Price per pax	1 pax	2 pax	3 pax	4 pax
English speaking guide	355	190	130	100
French speaking guide	500	260	175	135

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