

## Samples of hiking tours

### Muscat: afternoon hike in Muttrah



Pick up Time: 3pm at hotel lobby, duration 3 hours  
Includes: Private car with English speaking guide  
Level: moderate  
Rate: OMR 40 per person (based on 2-4 adults)  
Distance: around 5 km total  
Duration: around 2h

We start our hike in the heart of the old part of Muscat by taking a steep path winding up and over the mountains that surround the Corniche. Just under 100 steps get us to the first viewpoint of the Green Park and Golden Mountains framing the Ocean View.

The path continues through the Wadi and was used to connect two parts of the old town before the Corniche road was created. Just 10 minutes in and we are away from the hustle and bustle, fully immersed in nature. The hike takes 2 hours and will lead us right to the start of Muttrah Souq, home to small local shops. We take a walk along the Corniche back to the car and return to the hotel.

### Muscat: afternoon hike in Wadi Kabir



Pick up Time: 3pm at hotel lobby, duration 3 hours  
Includes: Private car with English speaking guide  
Level: easy/moderate  
Rate: OMR 40 per person (based on 2-4 adults)  
Distance: around 5 km total  
Duration: around 2h

We start our hike from the parking slot by taking a steep path winding up the mountains that surround Al Bustan area/Wadi Kabir. On the plateau the hike track is mainly flat and takes you along the mountain and you benefit from impressive views of the surrounding area. The hike takes 2-3 hours and we suggest the late afternoon until sunset for this tour.

## Muscat: morning hike in Sa'al



Pick up Time: 5:30am at hotel lobby, duration 3 hours  
 Includes: Private car with English speaking guide  
 Level: advanced  
 Rate: OMR 40 per person (based on 2-4 adults)  
 Distance: around 2 km total  
 Duration: around 2-3h

Sa'al Mountain is in the outskirts of Muscat, beyond the industrial area of Al Rusayl, approximately 30 km away from Sultan Qaboos Grand Mosque. This hike is a short but challenging one – 2km with 700 steps and 380m altitude. We recommend a very early morning start to assure the climb in the shade. Please bring your water and a small snack for a break on the top prior to return downwards.

## Batinah: Daytrip to Wadi Al Hemly



Pick up Time: 8:00am at Muscat hotel lobby, duration max. 8 hours  
 Includes: Private car with English speaking guide, visit of local museum, picnic lunch  
 Level: easy  
 Rate: OMR 140 for 2-4 adults

Departure from Muscat around 8am for arrival in Al Hemly at around 10am. Enjoy a hike through the Wadi with a professional guide and visit a small museum followed by picnic lunch in the shade of the palm trees. Continue to explore the village before heading back to Muscat.

## Jebel Shams: Balcony Walk



- Includes: English speaking guide, from/to Jebel Shams accommodation  
 Level: moderate / guest should have a good head for heights  
 Rate: OMR 40 per person (based on 2-4 adults)  
 Distance: around 10 km total  
 Duration: around 3h  
 Part one: walking around 5 km in 1.5h  
 Part two: walking back around 5 km in 1.5h

With panoramic view of Oman's "Grand Canyon", the balcony walk is a light challenge with breathtaking views. Therefore, one should have a good head for heights. The hike has a gentle descent (elevation around 200m) and follows the old route towards the abandoned village, where above a spring is located. You will hike back the same route, a little harder and enjoy the spectacular views from other angles.

## Wadi Nakhr: Grand Canyon



- Includes: English speaking guide, from/to accommodation in Al Hamra/Misfah/The View  
 Level: easy  
 Rate: OMR 40 per person (based on 2-4 adults)  
 Distance: As per your choice and can be up to 17km (return)  
 Duration: up to 4h

Explore the bottom of Oman's "Grand Canyon" during this hike. You follow the Wadi narrowed by the majestic mountains of Jebel Shams. You will pass along a farm, village as well as ponds (depending on the weather & season).

## Misfah Al Abriyeen



Includes: English speaking guide, from/to Misfah accommodation  
 Level: easy  
 Rate: OMR 40 per person (based on 2-4 adults)  
 Duration: 2.5h

Explore the cultural tradition of the Misfah village during this walk through the village, it takes you back in time. Explore the agricultural, irrigation and the water distribution system in the village wherein you'll also come in contact with the locals who wouldn't mind giving you an interesting insight into their traditional daily works. The guide will provide you a detailed information to make this tour an enriching cultural experience.

## Salalah: Hiking to a Hidden Beach

Pick up Time: 8:00am at Salalah hotel lobby, duration 5-6 hours  
 Includes: Private car with English speaking guide  
 Level: advanced  
 Rate: OMR 110 for 2 adults / OMR 130 for 3-4 adults

The tour will start at 8:00am from the hotel in Salalah and the highlights included are Mughsail beach, Blowholes (fountains), Frankincense trees, hidden beach.

**Distance:** around 6 km total  
**Part one:** walking down around 3 km  
**Part two:** Access to the Beach & swim in Ocean  
**Part three:** hiking up around 3 km

**RATES:**  
 Rates remain subject to availability and reconfirmation.

### DISCLAIMER:

Al Maamari Tours and its Leads/Organizers/Participants do not take responsibility for any harm, bodily injury, accidents, or damage to personal property. By attending the tour, you confirm that you understand that all outdoor activities such as hiking, backpacking, and trekking have an associated danger, and will not hold any hike lead/organizer, participant, Al Maamari Tours, or any group associated responsible for any hazard to your wellbeing. You are fully responsible for yourself.

### What to bring:

- ✓ Make sure your travel & health insurance covers adventure activities.
- ✓ Closed shoes are required such as lightweight boots if possible with ankle support and profile.
- ✓ Sport clothes covering shoulders & knees.
- ✓ Backpack for water & personal belongings, sun cream, hat and sunglasses.

