

The Walks, Wadis and Wonders of Oman

Trip Code: WWW

Version:



WALK & TREK



GUIDED GROUP



LEISURELY



HIGHLIGHTS

- Walk the dramatic 'Balcony Walk', the Grand Canyon of Jebel Shams
- Take a dolphin-spotting boat trip and observe turtles nesting on the beach
- Cool off in natural pools and under the shade of palm trees at Wadi Shab and Wadi Bani Khalid
- Experience the solitude and serenity of camping in the desert under the stars
- Explore the ancient fort and souks of Nizwa on foot

AT A GLANCE

- 3 day walks
- Wildlife watching (dolphins/whales/turtles)
- Sightseeing
- Join at Muscat

ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

Miles of empty beaches, hidden wadi pools, nesting turtles, endless desert, dramatic mountain ranges, welcoming people and year-round sunshine are some of the highlights on this super holiday in Oman. Our week starts in Muscat, visiting the stunning Grand Mosque before taking to the Arabian Sea on a dolphin and whale spotting boat cruise. Heading south, we have a short walk to explore the beautiful Wadi Shab and swim in its idyllic natural pools. We continue to visit an interesting traditional dhow (boat) building yard before driving to the renowned turtle reserve at Ras al Hadd. Although the main nesting season is during the summer months, the beaches are visited by turtles year round. With luck, we'll see the females digging holes and laying their eggs, or perhaps spot new hatchlings breaking through the sand by the light of the moon. We walk in the famous Wadi Bani Kahlid and then travel to the dreamlike landscape of dunes at Wahiba Sands. Wild camping in the dunes is a great experience and we can choose to sleep out under the desert night sky; looking out for shooting stars and roving satellites. The next stop on our loop is the ancient oasis town of Nizwa, where the atmospheric souks are great for haggling for unique souvenirs. Our final day takes us into Jebel Shams and we walk along the dramatic 'Balcony Walk' through the Grand Canyon of Oman. This is a great one-week holiday with enjoyable walks, high sunshine probability and lots of culture and adventure!

Is this holiday for you?

During this one-week holiday in Oman we have 3 short walks of between 2-4 hours. The walking terrain is a mix of well maintained trails, scree and bare rock, sand dunes and sections of stepped pathway passing ancient and abandoned villages. There is a little exposure on the Balcony Walk and there will be some boulders to clamber over in the wadi's. These are walks which are not technical or difficult and are to be enjoyed in a relaxed manner. We are likely to find day-time temperatures of between 25°C and 32°C or even a little higher and sun protection and adequate hydration are important considerations. The accommodation is a mix of hotels or lodges, a family guesthouse and three nights of wild camping. The camping is participatory in style, meaning you will pitch your own tents and help out with camp chores, which many find enjoyable and a highlight of their camping experience. The experience of camping in these wild places is magical and most people choose to sleep outside and not in the tent. All camping equipment, including sleeping bags are provided. The boat trip to see the dolphins and whales lasts around 2-3 hours. Lifejackets/buoyancy aids are provided as well as expert guides.

Itinerary

Version:

Holiday Information

What's Included

- An experienced English speaking local guide
- Single timed Muscat Airport transfers
- All accommodation as described
- Meals as per the Meal Plan
- 4-wheel-drive vehicle support throughout the trip
- Excursions as described
- When camping a full service including food and all equipment (including sleeping bags)

What's not Included

- Travel insurance
- Oman Visa fee
- Muscat Airport transfers (other than those described)
- Meals as per the Meal Plan
- Tips for local staff
- Miscellaneous expenses - drinks and souvenirs etc.

Joining Arrangements & Transfers

A single group transfer will be arranged from Muscat Airport to the hotel in the city. This transfer will meet the arrival of the flight from the UK and will be late in the evening, of day 1 of the Land Only itinerary. At the end of the holiday there will be a single transfer from the group hotel to Muscat Airport timed for the flight departing at around midnight. A representative of our local agent will assist with the transfers. Clients should let us know if transfers are not required. Private airport transfers, at an additional cost, can be arranged if these group transfer do not coincide with your flights. Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All breakfasts, 7 lunches and 6 dinners are included. Dinner in Nizwa and on your last night in Muscat are the only not included meals and your guide will advise a suitable local Omani restaurant for these 2 nights. Dinner on arrival night is not included as the flights arrive late in the evening.

Food & Water

It is not recommended to drink untreated water from the taps. You should take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water. We do not encourage the purchasing of single use plastic bottles.

Oman's geographical position between Asia, Europe and Africa has resulted in food that is has been influenced by each region over the centuries of trading. India brings spices and herbs while the Levant has resulted in humus and moutabel being common dishes. Oman's former colonies in Africa - particularly Zanzibar, the spice island - show through in the mundazis and samosas. Fish is freshly caught all along Oman's extensive coast and dates and kahwa serve as the perfect desert.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

During this holiday the group will spend 1 night in Muscat at a comfortable 3 star hotel, and our 1 night in Nizwa we will be in a hotel of similar standard. At Wadi Ban Khalid we stay in a simple hotel. At Misfah Al Abryeen, we will stay 1 night in a traditional Omani guesthouse. We have 3 nights wild camping. All camping equipment including sleeping bags is provided. The crew will help you put your tents up, and it is polite to offer to help with preparing dinner, or collecting firewood and generally helping out with camp life. A mess tent is used when the weather is cool but not during warm clear days. Mattresses are provided to sit on during meal times in a Bedouin style. Camping in these places is an incredible experience and is often the highlight of the holiday.

All accommodation is allocated on a twin sharing basis. If you are travelling by yourself you will be paired up with another single client of the same sex. Single supplements are available for an additional cost, Additional pre or post holiday hotel nights are also available on request.

Group Leader & Support Staff

An experienced, professional, English-speaking local guide will lead the trip. There will be also be one or more 4-wheel-drive support vehicles and drivers throughout. When camping there will be a crew in charge.

Spending Money

Approximately £150 to £200 should be allowed for miscellaneous expenses and non-included meals, including reasonable tips for local staff. Money is easily changed at the airport and there are ATM machines in Muscat and Nizwa. Credit cards can be used virtually everywhere.

Guidance on Tipping

Tips are the accepted way of saying 'thank you' to your local guides and porters. They do not form part of their wages. KE always pays local guides and crews the best rates of pay, no matter what country they are in and any tips they receive are seen as a personal thank you from group members. For our part, we advise local teams that tips are not a duty or a prerequisite but are a bonus and entirely dependent on the service that was given. As a rough guide we suggest you allow £35 / £45 for tipping your crew and guide.

Beat the Jet Lag

Our holidays are normally designed with minimal 'down time' at the start of the trip, but having a day or two at the beginning will have the additional benefit of allowing you time to get over the stress of a long journey or travelling across time zones, leaving you refreshed and ready for your holiday. We can easily arrange for you to have additional nights and airport transfers.

Baggage Allowance

During this holiday your baggage will be transferred with the group in the vehicle. The only baggage limit is that which is imposed by the airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel.

Visa Oman

UK passport holders do not require a visa for stays shorter than 14 days.

Health & Vaccinations

VACCINATIONS

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid. A good online resource is [Travel Health Pro](#).

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Currency

The unit of currency in Oman is the Oman Rial.

Climate

The best period to visit Oman is in the winter season from October through to mid April. Outside of this period it can be very hot, with temperatures rising to well above 40 degrees centigrade! At the time of any of our departures, the maximum daytime temperature is likely to be around 30°C falling as low as 5°C at night in high places. At Christmas, the weather is usually settled, clear and sunny, although the days are shorter and the nights can be particularly cool, possibly as low as 0°C.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your luggage to a minimum.

You must bring the following items:

- Approach shoes or lightweight walking boots
- Trainers/shoes for sightseeing
- Teva style sandal for walking in the wadi's
- Socks
- Lightweight (trekking) trousers
- Lightweight waterproof overtrousers
- Underwear
- Shorts
- At least 1 long sleeve shirt with collar (for sun protection)
- Casual shirts and/or T-shirts
- *Warm jacket (eg.Fleece)
- Lightweight waterproof jacket
- Sunhat
- Warm hat (for chilly evenings in the desert)
- Sunglasses
- Daypack of approx 30 litres
- Headtorch and spare batteries
- Sleeping bag liner (sleeping bags are provided)
- Head scarf for the ladies to wear when visiting religious sites
- Water bottles 1 litre (x3) or, 3 litre Camelbak (we encourage re-filling water bottles rather than single use plastic)
- hydration system
- Water purification tablets
- Sun protection (including total bloc for lips, nose etc.)
- Basic First Aid Kit including:- antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, Insect repellent (DEET), and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are also a good idea.

The following items are optional:

- Trekking poles
- Travel clothes
- Washbag and toiletries
- Antibacterial handwash
- Small towel
- Camera
- Pen-knife (note: always pack sharp objects in hold baggage)
- Repair kit - (eg. needle, thread, duct tape)
- Small padlock (to lock your KE trek bag)
- Reusable cloth bag for shopping (to avoid plastic bags)

Notes:

*For the December and January trips when night-time temperatures can fall below freezing, we recommend a warmer jacket such as a down-filled jacket

As Oman is an Islamic country, modest dress is preferable in the towns and cities. Shoulders should be kept covered, and full-length trousers/skirts are recommended.

Sleeping bags and sleeping mats are provided for the nights camping.

Cotswold Outdoor

Many of the equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive a 12.5% discount with Cotswold Outdoor, Snow+Rock and Runners Need. The discount code can be downloaded from your MyKE account and you can use this code at the checkout, either in store or online.

Land Only Information

The LAND ONLY dates and prices are for the itinerary joining in Muscat. For clients making their own flight arrangements, Muscat International Airport is the most convenient for transfers to the group hotel. Please refer to 'Joining Arrangements and Transfers' for further details.

Flights SHOULD NOT be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London (Heathrow) to Muscat airport with Oman Air. Outbound flights will depart in the morning, arriving in the late evening of the same day (Day 1). Return flights will depart Muscat Airport in the very early hours after the last day of the itinerary, arriving in the UK later the same morning. Regional departures and/or alternative carriers may be available on request.

It is possible to take advantage of the direct Oman Air service from Manchester. However extra nights/transfers may be required. Please contact the Sales Support Team for further information and a quote.

Please be aware that there are often only a limited number of seats available at the advertised price. To avoid paying flight supplements, we recommend that you book as early as possible, especially during peak times. If we are unable to secure seats at the price shown, or you have requested regional departures, we will contact you with an alternative quote. Please note that you may be asked to pay for your flights in advance of your final holiday balance. Note that if you book a package including flights with KE you will benefit from full financial protection.

Why Choose KE

Why KE

Oman is a country that seamlessly blends the spirit of ancient Arabia with its vibrant modern identity. This action-packed journey includes wildlife spotting, swimming in wadis, and camping under the stars in the desert. You can also explore ancient forts and immerse yourself in the vibrant energy of Omani souks. With wildlife encounters, spectacular landscapes, and cultural treasures at every turn, this itinerary is perfect for those seeking the very best Oman has to offer.

Please Note This document was downloaded on 28/04/2025 and the trip is subject to change