Oman Adventure Trekking

Trip Code: OAT

Version:

WALK & TREK	GUIDED GROUP	CHALLENGING
		7



HIGHLIGHTS

- Take in the rugged and remote landscapes of Jebel Shams and Jebel Akhdar
- Tackle the Balcony Walk, following the contours of Oman's own 'Grand Canyon'
- Cool off in the emerald waters of natural pools in Wadi Shab
- Explore the atmospheric souks of the ancient fortified capital of Nizwa
- Relax at our beach camp, overlooking the Arabian Sea

AT A GLANCE

- 7 days trekking
- Max altitude - 2997m
- Join at Muscat

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

This exceptional trekking holiday in Oman, explores the most dramatic sections of the Al Hajar range of mountains which run the length of Oman's northern coastline, rising above the blue waters of the Gulf to a height of 3000 metres. Starting out amongst the Western Hajar Mountains, we follow rugged trails between picturesque mountain villages, each with its groves of date palms and intricately terraced fields. Camping out on the high Sharaf al Alamayn Plateau and on the Sayq Plateau, we visit the high point of Oman at Jebel Shams and enjoy far-reaching views across a landscape of jagged ridge-lines and intervening canyons. A night in a comfortable hotel at the former capital of Nizwa, with time to explore the towns forts and souks provides a welcome break, before we complete a 2-day trek across the Eastern Hajar Mountains - which ends conveniently at a camp on the beach. With its superb trekking, year-round sunshine and welcoming people, Oman is the Middle East's best kept secret.

Is this holiday for you?

This is not a sustained trekking holiday, but a combination of shorter and relatively easy walks combined with two challenging classic 2-day routes, that are amongst the best treks in Oman. We will be following mountain tracks across sand, scree and bare rock, with sections of stepped pathway leading to ancient and sometimes abandoned villages. Walking for between 4 and 10 hours on 5 of the days, our route will take us into deep wadis and across airy ridges. We will usually be following routes that have been used for generations by the local people - villagers, hunters and shepherds. Some of the pathways are exposed and there is some easy scrambling on day 4 and day 5. The longer walk is on day 7 with a continuous but gentle ascent for the majority of the day. The altitudes attained during this holiday are unlikely to cause problems in respect of acclimatisation. Oman is prohibitively hot for much of the year and we choose to visit when it is at its coolest. However, we are still 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. 4 wheel drive support vehicles carry all our equipment from camp to camp but, as we only have a small local crew, we will be expected to help put up and take down tents at campsites. We have graded the holiday at the bottom end of our demanding scale because there are some long trekking days and also on account of the prevailing temperatures.

Itinerary

Version:

Holiday Information

What's Included

- A professional and qualified tour leader
- Support staff for camping and drivers
- Single timed airport transfers on arrival & departure
- All accommodation as described
- All meals
- All land transport required by the itinerary (4-wheel-drive vehicles)
- All camping equipment - excluding personal sleeping bags

What's not Included

- Travel insurance
- Any visa costs (if required)
- Any addtional activities/excursions indicated as optional
- Tips
- Miscellaneous personal expenditure - drinks and souvenirs etc

Joining Arrangements & Transfers

The group will meet at the hotel in Muscat.

A single transfer from Muscat Airport to the group hotel is provided on Day 1.

On the last day of the Land Only itinerary, there will be a single transfer back to Muscat Airport timed to meet the check-in for the afternoon Oman Air return flight to London.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If this is not practical, we can provide private transfers at an additional cost. Taxis are also available.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All meals are included in the holiday price.

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.

Food & Water

Drinking Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a Water-To-Go bottle) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

Breakfasts on trek typically consist of bread, cheese, honey, jams, yoghurt, eggs, fruit, tea and coffee. For lunch there will be a variety of salads, spicy hummus, breads and other dishes from which we can select. Dinner will usually be barbeque or pan-fried meat and vegetables with plenty of bread, yoghurt, and hummus followed by fresh fruit and tea or coffee. Alcohol will only be available in Muscat and in Nizwa, although upon arrival at Muscat there is a Duty Free shop and you are allowed to take 2-litres of alcohol into the country.

Accommodation

We will spend 2 nights in Muscat at a comfortable 3 star hotel with a swimming pool. We will also have a night in similar standard of hotel in Nizwa.

Whilst on trek there are 6 nights wild camping. The camping is participatory, so you will be required to assist in putting up your tent and help out with camp chores.

A mess tent will be provided if the weather is bad, but on warm clear days we will gather and eat in the open. Mattresses are provided to sit on during meal times in a Bedouin style.

Accommodation is twin share. If you are travelling by yourself, you will be paired with another single client of the same sex. Single rooms are available for a supplementary cost. If you are planning to extend your holiday, additional nights at the group hotel are available on request.

Group Leader & Support Staff

The group will be led by a professional and qualified tour leader. The leader will be assisted by a small camp crew and one or more 4-wheel-drive support vehicles and drivers.

Altitude

This holiday involves going to moderately high altitude. During the course of your trip you will reach altitudes in excess of 2500 metres. Most people will have no difficulty with this level of altitude but before coming on the holiday, we recommend you read the advice on trekking at high altitude. You can also talk to one of our trekking experts if you have any concerns about altitude.

Spending Money

Approximately £150 per person (or equivalent in US dollars or Euros) should be allowed for visa, tips, soft drinks, snacks and miscellaneous expenses. Alcoholic drinks, souvenirs and optional activities are additional so you may wish to budget for these.

You can choose to take your money in pounds sterling, dollars or euros. There will be the opportunity to change money into local currency on arrival at the airport and in Muscat. Additionally, you will be able to get currency from bank ATMs in Muscat and Nizwa. Credit cards are useful and it is a good idea to carry one in case of emergency.

Guidance on Tipping

Tips are the accepted way of saying ‘thank you’ to your local guides. They do not form part of their wages. KE always pays local 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. For your trek crews we recommend that you give a tip if you feel that their services have met your satisfaction. As a rough guide we suggest you allow a total of £35 (or equivalent in euros/dollars) for tipping your crew.

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

For this holiday you should take one piece of luggage and a daypack. Your baggage will travel in the 4WD vehicle. You should bring a soft bag, such as the KE kit bag, as these are more suitable to pack in the vehicle. For international flights please check your baggage allowance with your 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 including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Visa Oman

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

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

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.

Currency

The unit of currency in Oman is the Oman Rial.

Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience.

You should be aerobically fit and comfortable with walking 4 to 6 hours for consecutive days, and possibly up to 10 hrs on the one longer day. Hill walking, with a good amount of ascent and descent, is the best training, and we would suggest that you try to fit in a number of long weekend walks before you depart. Running, cycling and swimming are also good for developing cardio vascular fitness and stamina.

Climate

The best period for trekking in the Al Hajar Mountains is in the winter season from October through to mid April. Outside of this period it can be very hot, with temperatures rising to 40 degrees centigrade. At the time of any of our departures, the maximum daytime temperature is likely to be around 30°C but can be more in exceptional circumstances, and falling as low as 5°C at night at our highest camps. 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. All other nationalities should check their government websites for relevant information.

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.

Books

- Adventure Trekking in Oman - Dale and Hadwin.
- Travels with a Tangerine - Tim Mackintosh-Smith
- Arabian Sands - Wilfred Thesiger

Maps

Oman and the United Arab Emirates Map. ITMB (Travel Reference Map S.)

Oman and the UAE - International Travel Map. 1:1,400,000

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

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

You should bring the following items:

- Lightweight hiking boots which are suitable for scrambling
- Sandals for water crossings in the Wadi's, such as tevas
- Trainers for sightseeing and camp use
- Socks
- Walking socks
- 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)
- Headscarf (for the ladies when visiting the mosques)
- Sunglasses
- Daypack of approx 30 litres
- Headtorch and spare batteries
- Water bottles 1 litre (x3) or, 3 litre / quart Camelbak hydration system (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Sleeping bag (comfort rated -5°C)*
- Sun protection (including total bloc for lips, nose etc.)
- Washbag and toiletries
- Antibacterial handwash
- 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

- Swimwear
- Small towel
- Sleeping bag liner
- Camera
- Pen-knife (note: always pack sharp objects in hold baggage)
- Repair kit - (eg. needle, thread, duct tape)
- Reusable cloth bag for shopping (to avoid plastic bags)

Notes:

*For December departures when night-time temperatures can fall below freezing in the desert, we recommend a season sleeping bag comfort rated -10°C and a warmer jacket such as a down-filled jacket. At all times of the year you should take a jacket for the evenings.

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. When visiting the Grand Mosque ladies should have long sleeves, long trousers and a headscarf. Men should wear long trousers but can wear short sleeved tops/t-shirts. It is acceptable to wear sandals for ladies and men.

The camping on this trip is mostly wild camping with few facilities. Water for bathing will not always be available and we suggest you bring a supply of wet-wipes. Sleeping mattresses are provided.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

The LAND ONLY dates and prices are for joining in Muscat. Single timed transfers to/from Muscat Airport to the group hotel are provided at the start/end of the holiday.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Muscat with Oman Air. Outbound flights will depart from the UK in the evening, arriving in the morning of the following day. Return flights will depart Muscat in the afternoon of the last day of the itinerary, arriving in the UK later the same day.

Why Choose KE

Why KE

Authentic Arabia! KE are one of the few operators to run a real mountain trek in Oman, travel with us to discover the forgotten Middle East. If you want to chat about the trip and trekking please call us and ask to speak to Gemma - she has recently returned, and loved it.

Please Note This document was downloaded on 11/11/2026 and the trip is subject to change