

Oman Trek

Trek the dramatic landscape of Oman



Ultimate Challenges

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Oman Trek

Trek the dramatic and beautiful scenery of Oman

Discover Oman on this breath taking 5 day challenge.

The mountain ranges and deserts of Oman offer spectacular trekking, and enables you to experience the traditional ways of Oman life.

The countryside is mostly rugged and the trails are loose, but trekking is by far the best way to enjoy Oman's spectacular mountain-landscape. Our trek takes you along dramatic coastline, through spectacular canyons and hidden villages and includes a tough summit of the highest mountain in Oman Jebel Shams at 3000m.

The evenings will be spent camping in the desert under the clear star filled sky's, an experience never to be forgotten.



Detailed itinerary

Day 1: Depart London to Muscat, Oman

Our adventure starts when we meet our guides at Muscat airport, the capital of Oman.

We will be transferred to our hotel in Muscat where we will spend the night and be treated to a traditional welcome dinner and a full trek briefing about the challenge ahead.

Day 2: The Balcony , 4-5hrs

After an early breakfast we transfer to the start of our epic challenge (approx 3hrs). After a scenic drive, we reach the plateau and the start of the famous Balcony Walk, perfect for getting yourself acclimatised. We follow the old route around the inside of the canyon towards the recently abandoned village of Sap Bani Khamis. Where we enjoy the views over lunch. The route this afternoon is the reverse route so we now get spectacular views from another angle. With a 2,000m deep canyon just over your shoulder, a head for heights is most definitely required. We have a very short transfer to camp (or walk) where we spend this evening enjoying the starry skies which you can only experience far away from the city lights.

Day 3: The Summit, 6-7hrs

We wake up early to enjoy a spectacular sunrise, have breakfast and gear up to summit Jebel Shams, the highest mountain in Oman. Today is a big challenge, the path leads uphill for the first 5-6 hours until we reach the highest point at the elevation of 3009m. Look behind your shoulder on the way up for a panoramic view of the Jebel Shams plateau, and Jebel Misht towering at the back. Once we reach the peak another stunning scenery unfolds on the north-east side of the mountain with steep slopes and lush farms of Wadi Satan. Get ready for astonishing views and the feeling of being on top of the world. We then turn back and make our way around the base and then downhill towards the road, where we have a very short transfer to camp. This is a challenging day, both physically and mentally, so we enjoy our delicious BBQ dinner and relax for the rest of the evening under the stars.

Day 4: Al Ghul Ridge, 4-5hrs

This morning we enjoy the sunrise on Jebel Shams for the last time, fuel ourselves with breakfast and get ready for the descent. We get dropped off at the start of the balcony walk, but this time we take the south-east route that will lead us down into Wadi Ghul. This goat path keeps winding down along the rim of the Nakhur Gorge. The views across the valley are breath-taking and each twist of the path opens up new scenes. Take a final look at the magnificent Jebel Shams, scramble around the abandoned village as the path evens out and we head to the bottom of the wadi. We will then transfer to our next campsite (approx. 2hrs) on the mountain of Jabal Akhdar, famous for its lush farms and gardens and ancient juniper trees. Another night under the stars!



Detailed itinerary

Day 5: Hidden Village Trek , 6-7hrs

This morning our route starts from our camp and leads through a narrow canyon on to the ridge of Wadi Qashah, past a small local village, before leading us to the rim of the canyon. The stretch of Wadi Tanuf below is abundant with small local farms, creating small clouds of greenery all along the canyon. We drop inside the Wadi and head towards the local dam, where we will cross the canyon to make our way up on the other side. The next section of today's trek is quite exposed and offers panoramic views of the canyon all around. The path starts descending slightly and leads us to a small abandoned village. A short hike from there and we reach the road where we will have a short transfer back to our camp.

Day 5: Wakan Village Trek , 5-6hrs

The final day of our adventure! Today we enjoy a spectacular trek down the mountain massive into the Ghubrah Bowl and a snug village of Wakan. We start by enjoying a quick drive across the plateau of Jabal Akhdar to its north-eastern ridge. The beginning of the trek is a nice mix of slight uphill and downhill sections.

Day 5 continued...

Take a final look at the plateau as we pass by the old Talhat mosque and start making our way down into Wadi Bani Kharous. We follow a goat path that winds between the cliffs and boulders. Exposed, in places and with loose stones and narrow pathways, this adventure will definitely get your adrenaline rushing. After a few hours, the route evens out slightly as we walk towards the greenery of the grape plantations. Once we reach the junction, it is another hour to reach the village, the finish line to our trek! From here we will be transferred back to Muscat and enjoy a night of celebrations.

Day 6: Depart Muscat

After breakfast we will be transferred to Muscat airport for our flight back to London.

Day 7: Arrive London

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This itinerary is complex and subject to change

Challenge grade

Tough

Best time of year

October to April



Why choose Ultimate Challenges?

- We have over 16 years experience running pioneering charity challenges e.g. Kilimanjaro , the Inca Trail, California Bike
- We choose the most unexplored and upcoming regions for our amazing expeditions
- We are built on a team of Senior Event Fundraisers
- Our team is driven to provide inspiring, life changing and effective fundraising events for our charity partners
- We use the best ground agents, the most experienced trek staff and doctors to ensure your supporters have a safe and memorable challenge
- We operate an Ethical Code of Conduct with all our ground handlers to ensure fair treatment of all our local staff. We have high health and safety expectations and all our partnerships are conducted with respect for local cultures and environmental concerns
- We offer an end-to-end service to ensure our charity partners are given full support from our experienced staff ensuring you maximise your income

‘ Choose your Tour Operator with your head, so your supporters can follow their hearts when they travel’



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