

Mountains & Deserts of Oman

Discover rugged mountain scenery, dramatic desert forts and welcoming Bedouin culture on this superb walking and trekking holiday.



Group departures

See overleaf for departure dates

Holiday overview

Style	Walking
Accommodation	Hotels, Guesthouse, Bedouin Camp
Grade	Moderate
Duration	10 days from London to London
Trekking / Walking days	Walks on: 6 days
Min/Max group size	5 / 12. Guaranteed to run for 5
Trip Leader	Local Leader Oman
Land only	Joining in Muscat, Oman
Max altitude	2,050m/6,726ft, day 8

Private Departures & Tailor Made itineraries available



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Departures

Group departures

2023 Dates:

Fri 03 Mar - Sun 12 Mar

Fri 03 Nov - Sun 12 Nov

Deposit and payments

A higher deposit is required to secure your booking on this holiday. For full details please contact the office or refer to our terms and conditions on our website: <http://www.mountainkingdoms.com/essential-information>.

Group prices and optional supplements

Please contact us on +44 (0)1453 844400 or visit our website for our land only and flight inclusive prices and single supplement options.

No Surcharge Guarantee

The flight inclusive or land only price will be confirmed to you at the time you make your booking. There will be no surcharges after your booking has been confirmed.

Will the trip run?

This trip is guaranteed to run for 5 people and for a maximum of 12. In the rare event that we cancel a holiday, we will refund you in full and give you at least 6 weeks warning. Many trips do fill up quickly - we advise you to book early if you want to secure a place(s) on the dates of your choice.

Insurance

We offer a travel insurance scheme - please contact us for details.

Private Departures

We can also offer this trip as a private holiday. A Private Departure follows exactly the same itinerary as the group departure but at dates to suit you (subject to availability) - please contact us with your preferred dates.

Tailor Made service

We pride ourselves on the level of quality and choice we provide for our clients who want a fully tailor made holiday. A holiday will be created especially for you by one of our well-travelled experts. They will be able to advise on the accommodation best suited to your needs, the sights you should visit (and those to avoid!) and the best walks and activities matched to your ability. In short, we will work together with you to create your perfect holiday. If you would like to explore the idea of a Tailor Made holiday with Mountain Kingdoms then please call us on +44 (0)1453 844400 or see the Tailor Made pages of our website for further inspiration.

Your guide



Throughout the trip you will be accompanied by a professionally trained English-speaking guide, who will have a large fund of knowledge regarding the history and culture of the country. You will be able to trek with just your day sack.

Your trip highlights

- Discover the sights of Muscat with a picturesque walk to Muttrah Souk and a ride on a traditional dhow
- Enjoy varied walks amidst beautiful desert scenery including Wadi Bani Khalid
- Walk across the magnificent dunes of the Wahiba Sands
- Visit Oman's Grand Canyon and the idyllic village of Misfah

At a glance itinerary

Days 1-2	Fly to Muscat. Walk to Muttrah and visit the souk.
Day 3	Drive to Wadi Ash Shab, swim in natural pools. Visit Wadi Tiwi and drive towards Wadi Bani Khalid
Day 4	Walk in Wadi Bani Khalid. Stay overnight at a Bedouin encampment in the Wahiba Sands
Days 5-6	Walk through dunes. Drive to Nizwa to explore the fort and souk. Drive to Jebel Shams and see Oman's Grand Canyon - Wadi Al Nahkhar.
Day 7	Trek to the abandoned village of Ab Sab. Drive to Misfah.
Day 8	Drive to Sharaf al Alamayn and walk back to Misfah. Drive to Muscat.
Day 9	Sightseeing tour of Muscat including the Grand Mosque. Trip on a traditional dhow.
Day 10	Fly to London.

Trip summary

Oman is a country blessed by wonderfully varied and spectacular landscapes of mountain, desert and coast. Here are rugged mountains that rise to over 3,000m/10,000ft cut by awesome canyons and gorges, desert landscapes of rolling honey-coloured sand dunes and 1,700 kilometres of beautiful coastline.

It is only in recent years under the leadership of Sultan Qaboos bin Said al Said that Oman emerged from a self-imposed isolation and opened up to tourism making it one of the undiscovered jewels of Arabia. A visit to this fascinating country will leave you with many unforgettable images: wide landscapes of rugged mountains and gorges stretching into the distance, ancient mountain villages clinging to cliff sides or nestling in remote and spectacular wadis, lush oases of swaying date palms fed by ancient irrigation canals, and Bedouin tribesmen leading their camels over desert dunes. These landscapes are dominated by many impressive sand coloured forts and smaller watch towers - evidence of Oman's warlike past. There will be other less dramatic images too: the unfailingly friendly welcome of the people and the courteous traditional offering to visitors of Arabic coffee and dates whether in mountain village or simple Bedouin tent, amazing star filled skies, palm fringed pools in deep canyons and the peace and tranquillity of wild and remote mountains with just the sound of the wind for company.

Oman is the oldest independent state in the Arab world and is one of the more traditional countries in the Gulf region. At one time Oman had its own empire, which at its peak in the 19th century stretched down the east African coast with its capital in Zanzibar, and vied with Portugal and Britain for influence in the Gulf and Indian Ocean. The country was famous for its seafaring prowess with dhows trading with Africa and India and beyond - Sinbad the Sailor is said to have come from Oman. Nowadays although opening up to tourism Oman is doing so with sensitivity and imagination. Omani people value their culture and history and are working to preserve it. At the same time Oman is the most laid back of the Gulf States. While preserving their Islamic traditions Omanis are tolerant and friendly and welcome tourists to their country especially those who appreciate their country and its traditions and respect its Islamic culture.

The mountains of Oman are very rugged and the trekking, while not overly strenuous, is graded moderate because the going can be very rough underfoot. The predominant rock is limestone and while some trails are way-marked, paths may not be well defined and will often be over loose scree, rocks and limestone pavement with occasional steep ascents and descents. The going can be a little unforgiving with sharp rocks and prickly thorn bushes! Occasionally paths are somewhat 'airy', which while giving tremendous views over dramatic canyons or gorges, may not be suitable for sufferers from vertigo!

Your trip itinerary

Day 1: Fly London to Muscat

Depart London for the flight to Muscat, capital of Oman.

Overnight: In flight

Day 2: Arrive Muscat. Group transfer to hotel. Morning at leisure. Afternoon walk from Riyam to Muttrah - 2 hours.

Arrive early morning in Muscat and after getting your visa and passing through immigration, transfer to your hotel. Check into your room and rest for a few hours to recover from the flight. Your hotel has a swimming pool and terrace where you may relax.

Muscat is a clean, well maintained and prosperous city. Its modern white buildings are attractive and relatively low rise in contrast to those in many cities of the Gulf region and the city is green and flowery - date palms, grass lawns and bougainvillea line the main roads providing a welcome contrast to the dun coloured, rocky crags that reach right down into the centre of the town. The city itself stretches in a long ribbon along the mainly north facing coast and orientation can be confusing. The International Airport lies to the west and the old city and port and the commercial centre of Ruwi are east of the airport. Newer suburbs lie further east, so distances between various parts of the city can be quite long, but roads are good and travel is quick and easy.

Today, you will probably be tired after your flight, so rather than rush you out to do sightseeing on your first morning (the Grand Mosque is only open till 11am) we have saved your main sightseeing until you return to Muscat. Instead, after lunch you will drive down to the area known as Riyam to do a very pretty walk from there, following an old trail over the hill to Muttrah. You climb 150 metres on steps to a fantastic viewpoint over the coast and sea. As you climb, you will see behind you, a white monument on the hill depicting an incense burner, reflecting the importance of frankincense in Oman's history. Reaching the top and admiring the views, you then descend into a wadi to an abandoned settlement where you can see the remains of houses and fields and falaj - the old irrigation system. The villagers planted trees, some of which still remain, to attract honey bees. You then descend an ill-defined path down a very pretty wadi, following beside the waters of a small stream - watch your feet here as the rocks can get slippery. It seems so isolated and quiet that you can hardly believe that you are in the middle of a large city! Finally, you make a short climb out of the wadi before descending past a cemetery to walk the short distance into Muttrah. Turn left and you arrive at the harbour with its bobbing dhows and then come to famous Muttrah Souk. Before exploring the souk you might like to stop at one of the small cafes in front of the souk for a delicious fruit juice cocktail.

By the time you arrive Muttrah Souk, the oldest in Oman, will be coming alive for the evening. The souk is a labyrinth of stalls and shops selling everything from brass lions, ceramics, ready-made clothes and silk to dried fruit and nuts. The aroma of spices and incense fills the air. You can even find frankincense for sale - this has long been one of Oman's most famous exports. The souk is a very lively and busy place and a little gentle haggling is expected, although in any case goods here are not expensive.

You will then meet your transport to return to your hotel. You may choose to either eat at the hotel, or take a taxi to one of Muscat's many excellent restaurants.

Overnight: Hotel Al Falaj or Similar, Muscat

Day 3: Drive to Wadi Ash Shab. Drive to Wadi Bani Khalid, 2,000m/6,562ft.

Leaving Muscat, you drive south to Wadi ab Shab. Before Cyclone Gonu hit in 2007, this was one of the jewels of Oman, but many of its former plantations and irrigated terraces were damaged by the flood waters that surged down from the mountains above. Even so, it is still a place of great peace and natural beauty and the authorities have worked to restore it to its former glory. Trying to ignore the flyover for the coastal road at the mouth of the wadi, it is a beautiful walk up through the irrigated fields still remaining and beside various beautiful blue pools, to the head of the gorge. Here, a feature of this day's activities is to swim through several pools and then through the blue waters of an extremely narrow gorge (hardly shoulder width) to duck into a peaceful cavern fed by two waterfalls. With its bright



blue waters dramatically lit from above this is a very special and peaceful place. Returning on foot to the road you then drive up nearby Wadi Tiwi, another green and beautiful wadi where waters flow throughout the year and where mangos, bananas and figs as well as the ubiquitous date palms are grown. If you feel like a leg stretch you can walk back down Wadi Tiwi past the various mosques and houses of the villages in the wadi.

Once back at the vehicles you will continue along the coastal road, keeping your eyes peeled for gazelle that hide under the acacia bushes on the coastal plain. You will spend some time in Sur, a traditional fishing town and historical port. It is also home to the last surviving dhow factory that now mostly builds boats commissioned by other Gulf State sheikhs. You will then head inland, skirting the base of the mountains to reach one of the entrances to Wadi bani Khalid.

Overnight: Oriental Night Rest House, Al Wasil (Meals: BLD)

Day 4: Walk in Wadi Bani Khalid - 2-3 hours. Drive to Bedouin encampment.

Today you will have an interesting walk in Wadi Bani Khalid, deep in the Oman mountains and one of the largest and most picturesque wadis in Oman. It has a large enough rain drainage basin that there is water in parts of the wadi all year round. Each year the rocks and boulders are moved by the force of the water after a storm and so each trek in the wadi is slightly different. You begin by walking into the wadi, partly over the Falaj, a traditional Omani irrigation system. Having started early from near the entrance, you will hopefully have beaten the crowds coming from Muscat and surrounding areas. Leaving the more touristic part of the wadi behind, you walk further inside and those interested can have a look at the small and rather dark Muqal cave. As is usual in these kind of wadis the path is likely to be uneven and the going is stone underfoot. There may be some bouldering as well as sections where you will have to pass over (or through) sections of low water, so we would suggest to bring shoes that are comfortable to walk in but that can also get wet. After your walk there is a chance to cool off in one of the water pools before having lunch at a local restaurant.

You then drive to the nearby Thamer desert, where you visit a local camel farmer to understand more about these majestic beasts and how they still play an important role in the lives of the Bedouin people. You then drive northwest along the edge of the desert to the small town of Al Wasil. From here you will turn off into the desert to reach an encampment among the dunes. Accommodation at the Desert Camp will be in simple Bedouin huts with shared showers and toilets. Meals will be taken Bedouin style, sitting on cushions and you will be able to relax in the shady sitting area, or in the evening around a campfire under the stars. This is a very friendly place, full of Bedouin character. In the spirit of Arab hospitality you will be offered local dates and kahwa - Omani black coffee, flavoured with cardamom and served in tiny cups. Such hospitality is very much a feature of a visit to Oman. Normally any visit starts with coffee and dates being offered and it is considered bad manners to refuse - even a souvenir seller may well offer you such hospitality before getting down to the business of selling you something.

The Wahiba Sands

The Wahiba Sands have been described as a 'perfect specimen of a sand sea'. Although fairly small in size, stretching just 180km from north to south and 80km from east to west, this is a true dramatic rolling-sand desert with dunes reaching 150m high. The dunes vary in colour from deep red to a rich honey colour and stretch as far as the eye can see, flowing in corridors from north to south. The Wahiba Sands are considered important because they contain such varied terrain within a small area and in 1986 the Royal Geographical Society made an expedition to the Sands discovering a surprising number of plants, mammals, birds and other wildlife there. They are also the traditional home of the nomadic Bedouin and their animals.

Overnight: Bedouin Encampment (Meals: BLD)

Day 5: Morning walk through dunes. Drive to Nizwa.

You will have probably awakened to find that the dunes are swathed in dense mist. The rich variety of life in the Wahiba Sands is sustained by these heavy overnight mists. The mist will soon burn off though once the sun rises. In the morning it is fascinating to see evidence of a wide variety of life which exists here. You will see myriad tracks of camels, small mice, dung beetles, snakes and birds criss-crossing what you might at first sight have taken to be a sterile landscape.

As you walk through the dunes, your Bedouin guide will be able to identify all these tracks for you even down to those made by a scorpion. You will see various Bedouin camps along the way and may



have the opportunity to visit one - these Bedouin camps are temporary encampments with shelters for camels and other livestock such as cows, goats, chickens and sheep set round about a central living area. The camps although simple are surprisingly comfortable and might have such 'mod cons' as a generator to power electric light and television and also, as in so much of Oman, the ubiquitous satellite dish. There may also be a 4WD parked beside the camp. Bedouin children will probably try to sell you handmade woven items such as bracelets and key-ring tassels made from sheep or goats' wool. These are a way for Bedouin families to make a little additional income and are not expensive and make nice souvenirs. You will walk back to 'the desert camp' by a different route through the dunes in time for a late lunch. It may be possible to rent a camel at the camp to ride into the dunes instead of walking - this will be payable locally.

After lunch you will leave the desert and head north-west to the town of Ibra (famous for its women's only market on a Wednesday) and continue to Nizwa. This is a verdant oasis city surrounded by date plantations, with over 40 varieties of date said to be grown in the area. The Falaj Daris bringing water to the city and sustaining its fertility is the largest falaj in the country. The city sits at the foot of the Hajar mountains at an important crossroads leading north to Muscat and south to Dhofar and is considered the cultural capital of Oman.

Overnight: Hotel Falaj Daris or Similar, Nizwa (Meals: BLD)

Day 6: Morning visit to the Fort and Souq at Nizwa. Drive to Jabal Shams, 1,950m/6,397ft. View Oman's Grand Canyon.

This morning you will visit Nizwa fort and the souk. Nizwa was the capital of Oman for many centuries and today the city is still dominated by its sand coloured fort and souk. The fort, completed in 1688, has rounded, robust walls designed to withstand mortar fire and its most striking feature is the massive central tower, a colossal round tower soaring 35m above the rest of the fortification and all but impregnable. The fort is a veritable maze of rooms, high-ceilinged halls, doorways, terraces, narrow staircases and corridors, with battlements, turrets, secret shafts, false doors and wells. The nearby Nizwa Souk is an important commercial market with lots of noise and haggling. It is separated into different sectors selling foodstuffs, animals, fruit and vegetables, meat and fish. The souk was renovated in the 1990s and although the areas selling handicrafts may seem rather sanitised, the airy fruit and vegetable market is impressive and the whole area has many fascinating hidden corners.



You then drive to the Jabal Shams Mountains visiting the ancient abandoned village of Ghul on the way. From Ghul you continue upwards, eventually arriving at a plateau on the western edge of the Wadi An Nakhar; Oman's 'Grand Canyon'. The panoramic views over the gorge from this edge are tremendously impressive with the floor of the gorge visible some 1,500m/4,922ft below you and the pollution free night sky offers fantastic star gazing.

Overnight: Jebel Shams Resort (Meals: BLD)

Day 7: Return walk from Khitaym to the abandoned village of As Sab - 4 hours. Drive to Misfah.

After breakfast, you will make the short drive to the small settlement of al Khitaym, 1,900m/6,233ft, to make the walk to As Sab. Known as the Balcony Path this is probably the most famous hike in the country, winding around the cliffs halfway up the rim of Wadi Nakhr to the abandoned village of As Sab. The scenery here is some of the most dramatic anywhere in Oman, the canyon forming a kind of huge natural amphitheatre, with kilometre-high cliffs and far below you the village of Nakhr can be seen in the depths of the canyon.

The walk to the houses of the abandoned village of As Sab takes around an hour and a half. Formerly called Sab Ban Khamis it was home to 15 families who lived a self-sufficient and relatively prosperous life here. The houses are sturdily built of stone and you will even find an old flour grinder between two of the houses. There is an old watch tower at the edge of the village. The village was finally abandoned when the villagers moved out of the gorge to an easier life in villages with access to roads and electricity. Formerly, the village was irrigated by a falaj whose waters originated in a cave in the cliffs high above and led down to a pool and were then diverted to fertile terraces where a wide variety of crops such as watermelons, pomegranates, tomatoes, chillies and wheat were cultivated. These terraces now sadly lie dry and abandoned and no goats or sheep graze round the village.

This walk requires a reasonable head for heights, although the path is around a metre wide and is not on the edge of the precipice. It is rocky in places but not technical. If you find it too hard there are shaded benches along the path where you could wait for the rest of the group to return if need be.

After a picnic lunch, you will return along the balcony path to your vehicles and drive to the enchanting village of Misfah. Misfah al Abriyyin is the ultimate 'medieval' village, well-watered by its own falaj system and surrounded by fertile, irrigated gardens of corn, dates, oranges and lemons. Its narrow streets and attractive old traditional houses cling to the crag and it is overlooked by its own stone watchtower. Many of the inhabitants of the old village have nowadays decamped across the valley to the new village built in a rather more convenient situation where there is space to build more modern houses large enough to house entire extended families. However the old village has been saved from the decline which has struck so many similar places by the fact that it has been adopted for preservation by the Oman Ministry of Tourism, which has already bought and renovated several houses. Happily it seems that this beautiful village will be preserved for future generations.

Your accommodation tonight is in a converted traditional house.

Overnight: Misfah Guesthouse (Meals: BLD)

Day 8: Mountain trek from Sharaf al Alamayn, 2,050m/6,726ft, to Misfah - 7 hours. Drive to Muscat.

From Misfah you will drive through the town of al Hamra with its many fine old houses and take a dirt road 25km up into the mountains. After a drive of about 30 minutes you arrive at the ridge top at Sharaf al Alamayn where you will start your walk. The views from here over the Western Hajar Mountains are just stupendous. Looking down you can see several villages far below you, including the picturesque village of Balat Sayt and smaller Hat and beyond is the spectacular gorge of Wadi Bani Awf, one of the largest wadis in Oman. This is a stunning and remote place although it may be a little cool and breezy - one of the few times in Oman when you may break out your fleece.

From Sharaf al Alamayn you follow the airy ridge top enjoying tremendous views over the mountains and wadis on the northern side of the Western Hajar Mountains, especially spectacular Wadi Bani Awf. The route is way-marked with paint flashes but in places the path will be rocky and rough underfoot. After a couple of hours you will see where the challenging route up the cliffs from the village of Balad Sayt joins from the right. From this point you will be on a more established and maintained donkey trail all the way to Misfah. You descend past a Bedouin encampment at Hayl al Jawari and then descend more steeply in a gorge all the way back to the picturesque village of Misfah.

Here you will re-join your vehicle for the return drive to Muscat.

Overnight: Hotel Al Falaj or Similar, Muscat (Meals: B L)

Day 9: Morning sightseeing. Afternoon dhow trip.

In the morning, you will have a sightseeing tour of Muscat. First you will visit the Grand Mosque. The mosque, completed in 2001, is an extraordinary building, borrowing architectural features and decoration from Arabia, Persia, Afghanistan and Central Asia. The elegant simplicity of the exterior archways, decorated arcades and courtyards contrasts with the magnificence of the elaborately decorated interiors. A mere description of the features of the main prayer hall which can accommodate almost 7,000 worshippers, the huge Swarovski chandelier, said to be the largest in the world and the huge Persian carpet which covers the floor, does not do justice to this wonderful example of modern Islamic architecture, which is at once serene and spectacular. (See Trip Dossier for how to dress to visit the mosque).



You will then travel to see Muscat Old Town. The position of the old town was chosen for its harbour and natural defences. The town was so well protected by the craggy mountains that surrounded it that, prior to 1929, it was accessible only by footpaths over the hills, or from the sea. The old town walls can still be seen and two old Portuguese forts, Jabalai and Murani, still dominate the town. In 1972, the Sultan's rather quirky al Alam Palace was built on the waterfront and more recently a complex of elegant new government buildings has

been constructed which create an attractive modern centre to the old town where it is very pleasant to wander.

The afternoon is spent aboard a traditional dhow and will take in the sunset. Dhows are marked out by their triangular sails and have been plying the seas, transporting dates and fish, around the Persian Gulf for centuries.

Overnight: Hotel Al Falaj or Similar, Muscat (Meals: B)

Day 10: Group transfer to airport. Fly to London.

Today you will be transferred to the airport for your flight back to the UK. (Meals: B)

Our grading system

Mountains & Deserts of Oman is graded as a Moderate trekking holiday, as described below.

Moderate

Holidays in this grade typically involve 5 to 10 days of walking or trekking. They will often venture into more remote country and can cross mountain passes. Altitudes though are still relatively low, going no higher than around 4,300m/14,000ft. Accommodation can include simple hotels, tea houses, lodges and camping.

The nature of adventure travel

Every effort will be made to keep to this itinerary but we cannot guarantee that things may not change, either before you travel or while you are away. By its very nature, adventure travel involves an element of the unexpected, particularly in more remote areas. A variety of factors such as adverse weather conditions, changes to local schedules and difficulties with transportation can all contribute to the need to make changes to the itinerary, often at the very last minute. Our Operations Manager and your Trip Leader will make every effort to maintain the integrity of the original itinerary and minimise the impact of any changes, but an easy-going and flexible nature is a real asset! Please note that all timings and distances given are approximate.

Flight arrangements

Flight inclusive from price

Our 'Flight inclusive from' price is based on the best fare available at the time of printing. As airfares change on a constant basis, this should be used only as a guide price. Rest assured that, at the time of booking, we will endeavour to get the best possible price for the flights you need. Remember, the earlier you book the greater your chances of securing the best fare. Flight inclusive packages booked through Mountain Kingdoms are protected through our ATOL bonding scheme.

Flight upgrades and regional Airports

Please call us on +44 (0)1453 844400 for flight options from regional UK airports, Business Class upgrades, alternative airlines and stopovers. Please also check our website for the most up to date flight inclusive 'from' prices.

What the price includes

Mountain Kingdoms aims to offer the best value for money. We do not charge extra for meal packages or apply local charges and try to ensure that all the key elements of your holiday are included.

What's included:

- ✓ A Local English-speaker Leader
- ✓ Economy class return air fares from the UK & UK Departure Tax (flight inclusive only)
- ✓ A single, timed group airport transfer on arrival and departure
- ✓ Good standard hotel accommodation (usually 4 star) in Muscat, twin share, bed and breakfast basis
- ✓ Good standard accommodation elsewhere with all meals
- ✓ All road transport by private vehicles
- ✓ Sightseeing where specified
- ✓ Carbon offsetting with the Ecoan Tree Planting Project (for clients taking our flight inclusive option)
- ✓ A free Mountain Kingdoms Water-to-Go bottle

Airport transfers

The cost of a transfer to/from the airport is included in the price of your holiday. This is a single group transfer which is arranged to coincide with the timings of the group flights. If you book your own flights which arrive/depart at different times to this, or we book flights at your request that have different timings, we will be happy to provide a quote for a separate transfer. Please contact us should you require any further information.

What's not included:

- ✗ Travel insurance
- ✗ Visa fees
- ✗ Lunch and evening meals in Muscat
- ✗ Optional trips
- ✗ Tips

Water-to-Go Reusable Bottle Campaign

We have joined the campaign to help cut down on the use of plastics and, in particular, single-use water bottles. To do this we have teamed up with the revolutionary company, Water-to-Go who have developed a multi-use drinking bottle with a reusable filter that eliminates over 99.9% of all microbiological contaminants. This makes water from virtually any source safe to drink and significantly reduces the need for travellers to buy bottles of water wherever they are in the world.

Our clients who are not given a free Mountain Kingdoms kit bag for their holiday (these are required for certain treks), will instead receive a free Mountain Kingdoms Water-to-Go bottle. These unique Water-to-Go bottles can also be purchased from us at a discounted rate.

For further information about our campaign visit <https://www.mountainkingdoms.com/water-to-go-reusable-bottle-campaign>.

Your accommodation

We will endeavour to secure the hotels named in the itinerary but if our first choice of hotel is not available we will book a suitable alternative of a similar standard.



Hotel Al Falaj or Similar, Muscat

The Hotel Al Falaj is a very pleasant, modern hotel located right in the heart of Muscat, in the Ruwi district. It has two good restaurants and an outdoor swimming pool. Rooms are well appointed with all facilities. If the Hotel Al Falaj is unavailable you will stay at the Hotel Ruwi. This is another good hotel also located right in the city with good facilities and offering traditional Omani hospitality.



Oriental Nights Rest House, Al Wasil

This pleasant guesthouse is located on the way to Wadi Bani Khalid. It offers comfortable, spacious accommodation and good food, and the staff are very helpful and friendly.



Bedouin Encampment

This is a simple but attractive encampment built in Bedouin style with huts, shared bathroom facilities and very attractive reception areas. The welcome here is warm and the food is excellent.



Hotel Falaj Daris or Similar, Nizwa

This 3* hotel offers a good standard of accommodation just a couple of miles outside of the historic centre of Nizwa. Rooms have air-conditioning, king sized beds, mini bars and Wi-Fi, whilst the hotel has a pool with poolside bar, a terrace, restaurant, courtyards and gardens.



Jebel Shams Resort

The Jebel Shams Resort has a fabulous location close to the edge of Oman's Grand Canyon. It features 20 comfortable chalets and 15 Arabic tents, a restaurant and a coffee shop. Rooms have all facilities such as wifi and TV but there are also opportunities at the resort to sit by a camp fire and and enjoy stunning, pollution free views of the night sky.



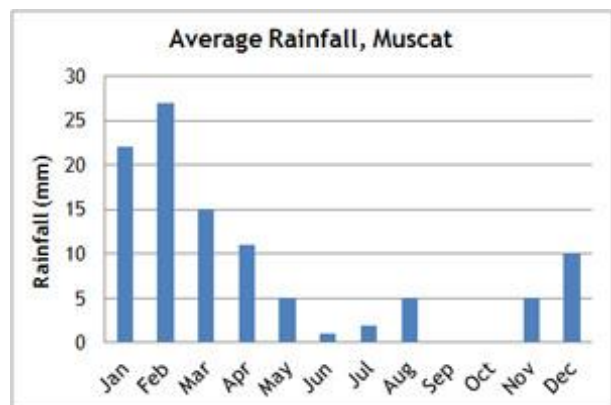
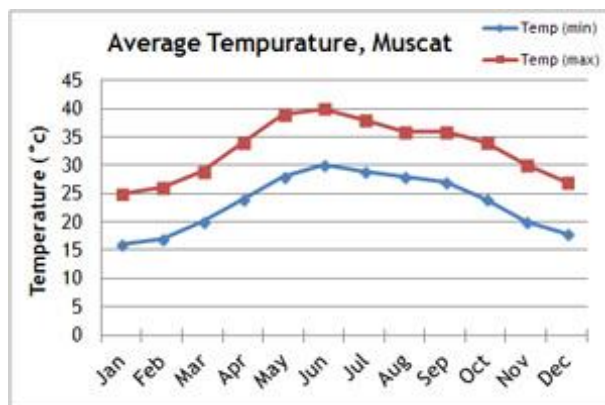
Misfah Guesthouse

Misfah Guesthouse is situated in the middle of this beautiful village, surrounded by palm trees. It offers twin bedded rooms, all with air conditioning, but with shared facilities.

Meal arrangements

Bed and breakfast in Muscat. All meals included elsewhere.

Climate information



Extensions

Extending your holiday

If you would like additional inspiration on how or where to extend your holiday please call us on 01453 844400. Alternatively, you can download a range of extension information sheets on our website, at www.mountainkingdoms.com.



Please contact
one of our
experts for
extension ideas

There are many ways you can extend your holiday with Mountain Kingdoms: you could book extra hotel nights at the start or end of your trip, arrange a personal sightseeing tour or enjoy some other exciting activities. In fact, whatever's available we can help make it happen. We're happy to suggest ideas, provide quotes and make all the arrangements.

We can also assist with flight and hotel upgrades.

Further information

When we receive your booking, we send you a full Trip Dossier which contains details of any visas and vaccinations required, a suggested gear and clothing list and lots of useful information. If you do have queries at this initial stage do call us on 01453 844400 and we will be pleased to offer advice.

Why book this holiday with Mountain Kingdoms?

- This specially designed itinerary is unique to Mountain Kingdoms. It offers varied walks, time in the beautiful desert landscape and cultural sightseeing, so that you can experience the very best of Oman.
- We have selected a blend of accommodation including good quality hotels, a welcoming guesthouse and a desert encampment.
- We have a maximum group size of 12 to ensure all the benefits of genuine small group travel without the negative impact often associated with large groups.
- Your holiday will be led by a professional, English-speaking guide who will be delighted to share their expert knowledge of the history, culture and nature of their home country.
- We have a wealth of travel experience at Mountain Kingdoms with a team of friendly and knowledgeable travel experts. If you have any questions about any aspect of this holiday please don't hesitate to give us a call on 01453 844400 or email info@mountainkingdoms.com.
- We offer a flexible service and can extend your holiday with extra hotel nights, upgrades and other exciting activities.
- As part of our commitment to 'Tourism Declares a Climate Emergency', we will be carbon-offsetting all international flights booked through us by donating funds to the Ecoan Tree Planting Project in Peru.
- If you wish to fly with a specific airline, from a regional UK airport or on alternative dates to the main group we would be happy to arrange this for you. Please contact our Flights team for flight options, quotes and further information.

If we've tempted you to take your next holiday with us, we advise you to check availability and you can do this via our website: www.mountainkingdoms.com or by calling the team on +44 (0)1453 844400. Bookings can be made online, by phone or by completing a booking form and returning it to us. We can also provisionally hold places if you need time to consider your options.

What our clients say



The trip was absolutely fantastic! One of the best holidays I have ever been on. We had a fantastic and competent guide and the support staff were very personable as well. The itinerary was varied which was fantastic and there were a number of nice surprises like visiting the underwater cave, the aqua hiking which provided much hilarity as we had never heard or experienced such a thing. Loved the pace of the trip, loved the country, loved the staff, and the other members of the group. Special mention also goes to my driver who took us to visit his home which was very special. Top marks!

-Ms T, London



What made this holiday special was being with our 5 Omani guys. Their hospitality, humour and meeting their families all gave us a far better insight to Omani life than we could get with a European Leader.

-Mr & Mrs C, Southampton

Excellent knowledge and interesting. Hard working and very good company.

-Mrs H, Dorset



Quality of information, efficiency of service provided all excellent. Good value for money and an excellent holiday all round.

-Mr S, London

Our guide was excellent, the whole trip hinged on him and his trek staff who did us proud.

-Mrs S, Wiltshire

Mountain Kingdoms - distinctly different

Truly independent

In an age where many so-called 'independent' travel companies have in fact been bought out by multi-national giants, we remain fiercely independent with all the benefits this offers our clients.

Value for money prices with an emphasis on quality

We are not in the business of cutting our itineraries and services to the bone to offer eye-catching cheap prices. We use some of the best airlines, and typically 3 or 4 star hotels in cities. We include the majority of meals and private transport for road travel. We use excellent equipment and appoint well-trained staff and leaders. Last year, over 98% of our clients rated their Mountain Kingdoms holiday as 'excellent' or 'good'. We are members of AITO and bound by their quality charter.

Complete financial security

You can book with us confident that your holiday has full financial protection. Flight inclusive holidays are financially protected by the Civil Aviation Authority under ATOL licence number 2973 and 'Land Only' holidays are covered by a bond secured with ABTOT.

No Surcharge Guarantee

Your peace of mind is important to us so we have a No Surcharge Guarantee on all Land Only and Flight Inclusive bookings. This means that there will be no change to the price of your holiday once we have confirmed your booking, regardless of fluctuations in exchange rates or fuel prices.

Award winning Responsible Tourism

We feel strongly that all our holidays should benefit local communities, protect the environment and respect local traditions, religion and heritage. You can read more about the charities we support and our Responsible Tourism commitments and initiatives on the following page or at www.mountainkingdoms.com.

Genuine small group travel

Almost all of our holidays have a maximum group size of just 12, plus leader. This provides more contact with your leader, readier access to off-the-beaten-path areas, greater interaction with local communities and a reduced environmental impact.

Loyalty Discount

If you have previously travelled with us we recognise your loyalty with a discount on future trips.

Booking your holiday - it couldn't be easier

Once you've chosen your Mountain Kingdoms holiday you can book online, call the office or complete and post a booking form which can be found in our brochure or downloaded from our website. If you would like to hold a place on one of our trips, whilst you make up your mind, please give us a call to make a provisional booking. This is a no-obligation, no-cost booking and we will hold your place until space comes under pressure or we need your decision.

Comprehensive information

When we receive your booking we send you a full trip dossier which contains details of visas and vaccinations required, a suggested gear and clothing list and lots of useful information. In fact, everything you need to know to give you peace of mind and allow you to prepare for your trip of a lifetime.



RESPONSIBLE TOURISM STATEMENT CLIMATE EMERGENCY PLAN



For over 33 years, Mountain Kingdoms has been offering people the chance to visit amazing places on this extraordinary planet. We now offer trips to all corners of the world, but we are conscious that inevitably our holidays have a detrimental impact on the world around us, and we want to do all we can to reduce our carbon emissions. We are a signatory to Tourism Declares a Climate Emergency, along with a growing number of like-minded, reputable tour operators. For more information, please visit www.tourismdeclares.com

From 2020 onwards, we will be focusing on how we can reduce the carbon emissions that our holidays produce, and how to counterbalance this carbon by supporting carbon offset measures. Here are some of our current and future plans to minimise the impact of our business as a whole:

Carbon Offsetting

Already doing:

- ✓ We have been offsetting carbon since 2007, but will be increasing our donations to the [Ecoan tree planting project](#) in Peru this year. This is with a trusted partner where the funds go directly to a project where the community plants trees on its own land.

Will do:

- ✓ We are working on making our carbon offsetting more accurate and targeted.
- ✓ In future, we will add to that a further estimate for carbon produced by hotels, local road travel, trains and internal flights to arrive at a carbon offset sum for each trip we operate.
- ✓ Carbon offsetting will be included in our holiday prices. For our Flight Inclusive holidays it will include the international flight and any emissions produced by inland travel and accommodation. Our Land Only prices will include the cost of offsetting emissions caused by inland travel and accommodation.

Reducing Carbon Emissions

Already doing:

- ✓ We already offer the majority of our customers a free filtered water bottle which means they can instantly cut down on their single-use plastic consumption. This will be an ongoing project.
- ✓ We already predominantly use locally owned hotels, but will continue to ensure that, where possible, we use these rather than multinational chains.
- ✓ We have joined the Tourism Declares a Climate Emergency initiative to stand alongside like-minded travel companies, to work together to initiate best practices to make tourism as sustainable as possible.

Will do:

- ✓ We will re-evaluate our flights to make sure we are using the most fuel efficient airlines with the youngest fleets and, where possible, direct flights for each trip.
- ✓ We will stop offering unnecessary optional flights – for example our Everest sightseeing trip.
- ✓ We will eliminate unnecessary staff flights wherever possible.
- ✓ We will look at minimising internal flights.
- ✓ We will be asking all our worldwide agents and suppliers to look at their own carbon footprint and encourage them to reduce it.
- ✓ We will promote our more low impact trips to give customers an informed choice.

As part of our wider commitment to Responsible Tourism, we will continue to support a number of charities with whom we have had a long standing relationship over many years. These include: Shiva Charity in Nepal (Ginette Harrison School), Simien Mountains Mobile Medical Service and Porter Welfare, as well as setting aside a sum for emergency disaster relief should the need arise.

