



Highlights of Oman

8 days, Muscat to Muscat

Trip code DQMM

What's included

- Your G for Good Moment: Sidab Cooking Class, Sidāb
- Your Welcome Moment: Meet Your CEO and Group

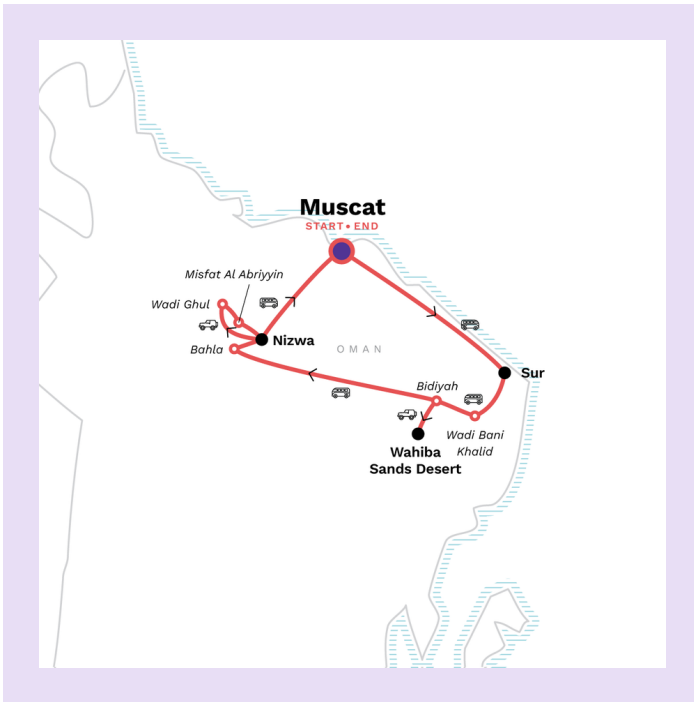
- Muscat city tour
- Bimmah Sinkhole and Sur dhow shipyard visit
- Wahiba Sands desert camp
- Cooking class in Sedab
- Swimming in Wadi Bani Khalid
- Explore the Muttrah Souq
- Nizwá market
- Mud houses of Misfat al Abyreen walk

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VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing January 28th, 2026 and onwards

Itinerary



NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

Muscat

Arrive at any time.



Accommodation

Radisson Blu Hotel Muscat (or similar)

Hotel



Today's Activities

ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Explore some of the highlights of the city including the Grand Mosque, the Bait Al Zubair Museum, and the historic souk in Muttrah, and explore local flavours with a local cooking class over lunch.

Modesty is mandatory for everyone when visiting the Grand Mosque. Men must wear long pants and shirts must cover shoulders (if you have tattoos, they must be fully covered by your clothing). Women must be fully covered including heads, full arms and full legs. We recommend not wearing jewelry unless it is fully covered by your clothing. Proper Omani outfits for men and women can be rented should you wish, and our CEO will be happy to answer any questions or assist in preparing the correct outfits to visit the mosque.



Meals included

Breakfast | Lunch



Accommodation

Radisson Blu Hotel Muscat (or similar)

Hotel



Today's Activities

Sultan Qaboos Grand Mosque Visit

Muscat

Take a visit to one of Muscat's finest architectural sites, the Grand Mosque. Covering an area of 416,000 square meters, this mosque can accommodate 20,000 worshippers and offers visitors a labyrinth of grounds to explore.

Bait Al Zubair Museum Visit

Muscat

Boasting one of the largest heritage art collections in Oman, the Bait al Zubair Museum is a must-see for those eager to learn more about Omani culture and history.

Al Alam Palace

Muscat

49m

Marvel at the colourful, futuristic architecture of Al Alam Palace, the ceremonial home of the Sultan. Framed by the rugged cliffs and the twin 16th-century Portuguese sentinels, Forts Mirani and Jalali, this brief stop offers a perfect snapshot of Muscat's royal heritage.

ACTIVITY

Immerse yourself in local life with a hands-on culinary experience. You will discover the secrets of Omani flavors and enjoy a cultural exchange over a freshly prepared meal.

Mutrah Fort Sunset

Muscat

45m

Climb Mutrah Fort at sunset for panoramic views of the harbor as the city lights begin to glow along the Corniche.

Muttrah Souq Visit

Muscat

2h

Take in the colourful sights, and perfumed scents of this winding marketplace. Opt to hunt for authentic Omani artefacts and handicrafts (you won't have to go far), or sip on an aromatic Omani coffee and gaze out at the local hustle and bustle.

Day 3

Muscat/Sur

Leave Muscat behind and drive along the coast towards the picturesque Bimmah Sinkhole. Continue to Sur, renowned in the past for its dhow shipyards, before enjoying a free evening to explore however you wish.



Meals included

Breakfast



Accommodation

Best Western (or similar)

Hotel



Today's Activities

Private Vehicle

Muscat - Dībāb

1h30m

130km

Settle in and scan the scenery from the convenience of a private vehicle.

Bimmah Sinkhole

Bimmah

30m-1h

Feast your eyes on one of the world's most breathtaking sinkholes. Surrounded by the sea and towering mountains, this sinkhole measures 40 meters wide and 20 meters deep. With its glittering turquoise waters, it isn't hard to believe the local folklore that maintains that the sinkhole was created by a falling star. Jump in and cool off.

Private Vehicle

Dībāb - Sur

1h

77km

Settle in and scan the scenery from the convenience of a private vehicle.

Sur Dhow Shipyards

Sur

1h

Sur is the home of the last remaining factory that builds Oman's traditional dhows. The production of these wooden boats have a 6000 year old history, which has established ancient Oman as a prosperous trading port in the region. Visit the shipyard and learn how these ships are made.

Free Time

Sur

Spend the evening however you wish with free time. Perhaps check out the Sur Corniche stroll or take in panoramic views from the watchtowers.

Day 4

Sur/Wahiba Sands

Drive towards Wādī Banī Khālid, a rocky oasis nestled in the East Hajar mountains filled with natural pools. Later, begin your desert adventure through the dunes towards the desert camp, just in time for a sunset, then enjoy a traditional dinner.

At Wahabi Sands we will stay at a desert lodge with restaurant and cafe. We will overnight in comfortable tents with beds and private bathrooms, there is no A/C in the tents.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Desert Safari Camp (or similar)

Hotel



Today's Activities

Private Vehicle

Sur - Wādī Banī Khālid

2h

80km

Settle in and scan the scenery from the convenience of a private vehicle.

Swimming in Wādī Banī Khālid

Wādī Banī Khālid

1h45m

Discover the turquoise-coloured natural pools and picturesque waterfalls along the way. Jump in and cool off.

Private Vehicle

Wādī Banī Khālid - Bidiyah

1h30m

66km

Settle in and scan the scenery from the convenience of a private vehicle.

4x4

Bidiyah - Wahiba Sands

15m-30m

Roads? Where this rough-and-ready vehicle's going, we don't need roads.

Bedouin Lunch and Visit

Wahiba Sands

2h

Join a local Bedouin family for a home-cooked lunch before exploring their traditional Bedouin home.

Desert Camp Experience

Wahiba Sands

Settle in to the desert camp and explore the activities at your leisure; sand boarding, quads, etc. Later, set out for a sunset viewing experience by 4x4, sitting under the stars, surrounded by the golden dunes of Wahiba Sands



Optional Activities - Day 4

Hiking and Swimming in Wādī Banī Khālid

Wādī Banī Khālid

Explore this rocky region on foot, discovering turquoise-coloured natural pools and picturesque waterfalls along the way. Jump in and cool off.

Day 5

Wahiba Sands/Nizwá

Leaving the desert behind, we head towards Ibra and visit the impressive Jabrin castle. Continue towards Nizwá, stopping at the historic fortress of Bahla along the way.



Meals included

Breakfast



Accommodation

Bustan Inn Nizwa (or similar)

Hotel



Today's Activities

4x4

Wahiba Sands - Bidiyah

15m-30m

Roads? Where this rough-and-ready vehicle's going, we don't need roads.

Private Vehicle

Bidiyah - Jabrīn

2h30m

Settle in and scan the scenery from the convenience of a private vehicle.

Jabrin Castle

Jabrīn

30m-1h

Jabrin Castle is one of best-preserved castles in Oman. Built in 1675 by Imam Bil-arab bin Sultan, this fort was a centre for astrology, law, and medicine.

Bahla Fort

Bahlā'

1h

Take a visit to this impressive walled-city, with some of the oldest parts built as early as 500 BC. Gaining UNESCO World Heritage Site status in 1987, this complex is an grand example of ancient Omani architecture. Enjoy a pottery class surrounded by history.

Private Vehicle

Bahlā' - Nizwá

45m

40km

Settle in and scan the scenery from the convenience of a private vehicle.

Nizwa Souq

Nizwá

2h

Wander through the labyrinthine alleys of Nizwa Souq, one of Oman's most iconic and storied marketplaces. From the intricate silver daggers to the aroma of fresh dates and spices, this bustling hub provides a captivating glimpse into the heart of Omani culture and craftsmanship.

Day 6

Nizwá

Wake early to take part in the weekly Nizwá market. Watch locals buy and trade local wares and experience true Omani community. Continue to Jebel Shams and take in view of Wadi Nakhr known as the Grand Canyon of Oman, then the town of Al Hamra and visit the renowned stone houses of Misfat Al Abriyeen. Return to Nizwa for free time to explore the Souq.



Meals included

Breakfast



Accommodation

Bustan Inn Nizwa (or similar)

Hotel



Today's Activities

Weekly Market

Nizwá

1h

Explore the bustling hub where locals gather to bargain over silver, spices, and handmade wares. Take in the fast-paced energy of the open-air auctions and deep-rooted Omani community traditions.

4x4

Nizwá - Jabal Shams

1h

82km

Roads? Where this rough-and-ready vehicle's going, we don't need roads.

Wadi Ghul Canyon

Jabal Shams

30m

Buckle up for the 4x4 rush as we trade the pavement for a short drive at the rugged Grand Canyon.

Mud Houses of Misfat Al Abriyeen

Al Ḥamrā'

Built into the mountainside of the Al Hamra region, this authentic Omani village is known for its unique residential architecture. The homes are constructed using rocks excavated from the mountain and plastered together with mud, making the structures look as though they are part of the mountain. Some houses are still being lived in. Learn about this building method that has allowed this community to stand the test of time.

Free Time

Nizwá

Explore Nizwa however you wish this evening with free time. Perhaps sample some of the local flavours inside the Souq.

4x4

Al Ḥamrā' - Nizwá

1h

56km

Roads? Where this rough-and-ready vehicle's going, we don't need roads.



Optional Activities - Day 6

Nizwá Fort Visit

Nizwá

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Opt to visit one of the oldest forts in Oman, built in the mid-seventeenth century, and catch a glimpse into ancient Omani life.

Day 7

Nizwá/Muscat

Drive through Wadi Bani Awf and take in the beauty of the steep mountain cliffs before reaching the end point ("Snake Point") of the gorge. Continue to Muscat for the evening.



Meals included

Breakfast



Accommodation

Radisson Blu Hotel Muscat (or similar)

Hotel



Today's Activities

4x4

Nizwá - Muscat

6h

180km

Roads? Where this rough-and-ready vehicle's going, we don't need roads.

Free Time

Muscat

Spend one final afternoon exploring Muscat, then choose to join your tour mates for an optional farewell dinner.

Day 8

Muscat

Depart at any time.



Meals included

Breakfast



Today's Activities

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

What's included

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- Mud houses of Misfat al Abyreen walk

What are the main highlights of this trip?

Time to explore the city highlights of Muscat, Watch the sunset from a desert camp, Visit the market in Nizwá, Marvel in the canyon views of Jebel Shams

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Is there a disclaimer I should read before booking this trip?

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Is there a travel disclaimer for my itinerary I should review before booking this trip?

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

What important notes should I be aware of before the trip?

ACCOMMODATION NOTE:

Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

RAMADAN

According to the lunar cycle, Ramadan will fall between Feb 17th - Mar 19th 2026. Please note that Ramadan is a month of fasting observed by Muslims throughout the world, during which time the followers of Islam should not eat or drink between sunrise and sunset. There may be some limitations to services and disruptions to schedules during Ramadan, but generally our tours still operate effectively during this period and food is available to non-Muslims throughout the day. It is very important to display increased cultural sensitivity during Ramadan. Please wear loose fitting clothes, that cover knees and shoulders, and try to avoid eating, drinking or smoking in public out of respect for those who can't at that time.

ELECTRICAL SOCKETS

Please note that the electricity sockets in Oman are three pinned (like the UK).

WOMEN'S CLOTHING

To respect the Islamic culture in Oman and to honour your gracious hosts, women should cover from shoulders to knees. Mid-calf pants and skirts with short sleeved tops are a great option for this. When visiting mosques, long sleeves and a scarf to cover your head are mandatory. They can be removed once you leave the mosque grounds. Please note on Days 3 and 4 when swimming options are available we suggest wearing capri length yoga pants and a t-shirt as a modest bathing suit.

What is the group leader like?

This G Adventures group trip is accompanied by one of our group leaders, otherwise known as a Chief Experience Officer (CEO). The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects.

We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

How large will the group be?

Max 16, avg 12.

What meals are included in this trip?

7 breakfasts, 2 lunches, 1 dinner

What are the meals like on this trip?

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. The above information applies to G Adventures group trips. For Independent trips please check the itinerary for details of meals included. For all trips please refer to the meals included and budget information for included meals and meal budgets.

What are the modes of transportation on my trip?

Walking, private bus, 4x4 vehicle.

What transportation will we take on this trip?

On this trip we will travel by air-conditioned private minivan and for most of the journeys. When travelling through the desert we will be using 4x4 vehicles.

Is there an extra cost for travelling solo?

We believe solo travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and solo travellers on these itineraries must pay the single trip price.

Where will we stay during the trip?

Hotel (6 nts), desert camp (1 nt).

Will I get my own room?

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

What kind of accommodation can I expect on this trip?

On this trip you can expect to stay in small local hotels or pensions (with the exception of the start and finish hotels, which are often larger city hotels), which will vary a little in standard and facilities: some may not have elevators, air-conditioning or English-speaking staff, but most importantly all are locally-run and in excellent central locations to give you maximum time for exploring the sights.

What are the joining instructions?

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

If you would like to book an airport Arrival transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport, in the arrival hall, to meet you. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Who should I contact in case of an emergency?

If you have pre-booked an airport transfer, please meet our transfer representative inside the arrival hall after immigration. If you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

EMERGENCY CONTACT NUMBERS

Regional Office Emergency Contact Number: +212 662 312 072

Arrival or Departure Transfer Emergency Phone Number: +968 9283 3038

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What information should I be aware of as the itinerary draws to a close?

If you would like to book an airport Departure transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

Are there any additional packing suggestions I should consider?

We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. A daypack is also essential for carrying everyday items. Space is limited on transportation, so there is a limit of one main piece of luggage per person. You will be responsible for carrying your own luggage.

It is important to pack clothes for warm to hot days and cool evenings. A set of smart casual clothes is also advisable.

What should be on my packing list?

Conservative Dress:

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Passport (required) (With photocopies)
- Visas or vaccination certificates (With photocopies)

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

Warm Weather:

- Sandals/flip-flops
- Sturdy water shoes/sandals
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sun hat/bandana
- Swimwear

When can I do my laundry on this trip?

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

What are the visas and entry requirements for my trip?

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

What should I consider when planning my personal expenses and discretionary spending for this itinerary?

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

What should I know about currency, credit cards, and exchanging money while on this tour?

The currency in Oman is the Omani rial (OMR)

There are plenty of banks that can be found in Oman. ATMs are found within main cities (mostly in shopping malls and airports) in Oman and will generally accept cards on the Visa and Mastercard networks. It is a great idea to travel with both a Visa and Mastercard if at all possible as while there is no hard and fast rule, some banks seem to only work with one brand of card. Please note, your bank will charge a fee for overseas withdrawals. Smaller shops and restaurants will mostly only accept cash.

Cash is recommended for times when ATMs are not accessible. Euros, British Pounds and US Dollars are all easy to exchange to the Local currency. Please note that you should bring some cash with you for emergency situations but carrying only cash is a high safety risk. ATM card/s and some cash is the ideal mix.

If you are bringing US Dollars, please make sure that the notes are new and in good condition. Notes older than 1996, or with any tears or blemishes may not be accepted. Be fussy with your bank when buying cash!

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates:
www.xe.com

How much emergency money should I bring on this trip?

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Do I need to pay a departure tax?

OMR 5 must be paid upon departure if not collected at ticket issuance.

Should I be tipping on my trip?

Tipping is a way of life in the Middle East. Locals themselves will usually tip anyone who provides them with services. In many cases, people depend on the tips they receive to supplement the low salary and wages of the Middle East region.

While on tour in the Middle East, it is customary and even expected to tip small service providers such as restaurant and bar waiters, hotel staff, reception, cleaning personnel, bell boys, taxis and van drivers. Tipping at restaurants in Oman is expected at the rate of 10%. Tips are regarded as an essential means of supplementing income for those working in the tourism industry.

To make things as easy as possible and avoid embarrassing situations, G Adventures has developed a tipping kitty system where your CEO will collect a contribution from everybody at the start of your tour and use this kitty to tip anybody who has provided services to the group as a whole. A guideline for tipping is about \$5-10 USD per day, depending on the quality of the service (this does not include your G Adventures CEO). On Day 1 of your tour, your CEO will be able to advise on the amount required from everybody to form the tipping kitty for your trip. You can pay in USD or the equivalent local currency (preferably local currency). The CEO will be able to advise you on the exchange rate and the total required in either currency

If at any time you feel that any service provider failed in maintaining or delivering good service, please bring it immediately to the attention of your CEO so a deduction of tips can take place.

At the end of your trip if you felt that your G Adventures CEO did an outstanding job, tipping is also expected and appreciated. The precise amount is entirely a personal preference, however \$35-40 USD per person per week can be used as a general guideline.

What activities are optional on this trip?

Wādī Banī Khālid

- Hiking and Swimming in Wādī Banī Khālid

Nizwá

- Nizwá Fort Visit (5OMR per person)

Are there any health considerations I should know before travelling?

DRINKING WATER: It is advisable to drink bottled water in Oman.

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

There are no specific health requirements for this trip. However, we recommend protection against typhoid, tetanus, infectious hepatitis and polio. You should consult your doctor for up-to-date medical travel information before departure. We recommend that you carry a First Aid kit, hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that we are in remote areas and away from medical facilities for some time during this trip, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc.

What do I need to know to about safety and security on my trip?

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (CEO) will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy and explore at your leisure. While your CEO will assist you with options available in a given location, please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards), have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

What are the trip specific safety considerations?

Like anywhere in the world, major cities have areas safer than others, use common sense, be aware of your surroundings and mind your personal belongings.

What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter and in particular the local people who make the world the special place it is. The exploitation of people in the sex trade is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

Is travel insurance required for my trip?

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

How should I dress to respect local customs during the tour?

While visiting mosques and other religious monuments you should dress modestly, cover your shoulders and you shouldn't wear short shorts or skirts. Outside of capital cities and the more touristic centres, local dress is often more conservative and as a matter of respect we ask that both men and women are aware of this and recommend loose-fitting clothes with your shoulders covered. Ask your CEO for more specific advice.

To respect the Islamic culture in Oman and to honour your gracious hosts, women should cover from shoulders to knees. Mid-calf pants and skirts with short sleeved tops are a great option for this. When visiting mosques, long sleeves and a scarf to cover your head are mandatory. They can be removed once you leave the mosque grounds. Please note on Days 3 and 4 when swimming options are available we suggest wearing capri length yoga pants and a t-shirt as a modest bathing suit.

How can I share feedback about my trip experience?

Earn 5% off your next G Adventures Tour (up to \$100 USD)*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

Does G Adventures have an email newsletter I can subscribe to?

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

How old must I be to join this trip?

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.