

OMAN

Highlights

Wonderful accommodation and oriental cuisine complete this unique cycling experience.

DISCOVER THE HIGHLIGHTS OF THE SULTANATE OF OMAN, A FAIRYTALE FROM 1001 NIGHTS!

Starting from Muscat, you will experience the wadis of the Hajar Mountains, the desert landscape of Wahiba, traditional clay villages that contrast with the modern architecture of Muscat. Palm oases, bustling markets, stone deserts, gorges and breathtaking coastal landscapes, every day allows you to immerse yourself a little more in this kingdom characterized by contrasts. Not only are the cycling stages a special experience, but also our hikes such as the Balcony Trail leave nothing to be desired.

LEVEL

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KM

317

DURATION

12 Days
11 Nights

TRAVEL DATES

01.12 - 11.12.2025
26.01.2026
02.03.2026

Day 1

Arrival in Muscat (Muscat) in the morning. "Marhaba" in the Sultanate of Oman - our tour guide gives us a warm welcome. Our journey first takes us to the hotel, where an extensive breakfast buffet awaits us. Muscat impresses with its modern Arabic architecture, which contrasts with the oriental hustle and bustle of the souk.



In the late afternoon, we start our half-day sightseeing tour with a stop at the residence of His Majesty Sultan Haitham bin Tariq. The Al Alam Palace is impressively flanked by the Al Jalali and Al Mirani fortresses. What would a tour be without a visit to the souk? We head to one of the oldest trading centers in the Middle East. Local products such as vegetables, herbs, fruit, textiles, jewelry, pottery and handicrafts are still sold here today. From here it is not far back to the hotel and our first dinner in the Sultanate.

Day 2 Muscat - Wadi Al Arbeien 45 Km

Before we leave Muscat with its picturesque location by the sea and the barren brown mountains, we visit the Sultan Qaboos Mosque. This is the largest and most impressive mosque in the country. The architectural gem impresses with a hand-knotted carpet measuring almost 4,300 m and a huge chandelier. After visiting the mosque, we start our bike tour. We cycle along the old road from Muscat via Yiti to Quriyat. On the way to Wadi Al Arbeien, a spectacular gorge with high mountain walls covered in lush vegetation awaits us. The ponds glow a deep blue and make us pause for a while.



We visit a typical Omani village that is still untouched by modernity. The warm hospitality of the locals makes us linger longer. As we continue our journey, we cross streams from time to time while "water bashing". Finally we reach a natural pool in a natural amphitheater, which we use as a swimming break in impressive natural surroundings. We then drive to the Wadi Arbeien Resort and look forward to a relaxing evening.

Day 3 Wadi Al Arbeien 15 km

Today is for enjoying the amenities of the wadi and another exploratory trip to a nearby valley. Waterfalls, palm groves and spectacular rock formations accompany our hike and invite us to take photos. After a wonderful swim, we return to the resort and round off the day with an enjoyable dinner.

Day 4 Wadi Al Arbeien - Sur - Ras Al Jinz 50 km

After checking out of the resort, we take a scenic drive along the coastal road towards Sur. During the drive, we stop at Bimah Sinkhole before continuing to Wadi Tiwi. The breathtaking beach is perfect for swimming and cycling. The white sand and the sea breeze make for an unforgettable cycling and swimming experience. Finally, the journey continues to Sur, interrupted by short stops at various tourist attractions. The famous dhow boats, which have played an important role in trade with India since the 4th century, are built in Sur. A visit to a dhow shipyard gives us an insight into the art of shipbuilding, the old traditional craft in the Sultanate. Only in Sur can you still see these traditional wooden ships being built.





Day 5 Ras Al Jinz – Wahiba Sands 40 km

Our cycle tour first takes us through palm oases and small forests to Jalan. 35 km through palm oases and small forests to Jalan. Now it's not far until we spot the first dunes of the sandy desert. Of course, we now leave our bikes for the sandy ground and can enjoy the interplay of sand patterns from the comfort of our vehicle. After an exciting ride, we reach the house of a Bedouin family in the desert. How about a camel ride? Our desert camp leaves nothing to be desired and offers a pleasant level of comfort. We eagerly await the first sunset in the dunes and the clear desert sky with its thousands of stars. What a beautiful atmosphere!



Day 6 Wahiba Sands 42 km

Wake up in the desert! Before we leave, we have a little time at leisure, then we take the bus to Wadi Bani Khalid, an oasis in the middle of the barren and dry mountains. On the way, we get on our bikes and immerse ourselves in the unique atmosphere of the barren nature. What a contrast on arrival in one of the most famous wadis in Oman. The pools of clear, deep blue water beckon us into the water for a refreshing dip. Refreshed, we continue on the old trade route to Ibra. The landscape is varied and we enjoy the diversity of nature. We cover the last few kilometers by bus to the hotel.



Day 7 Ibra – Jabreen - Nizwa 45 km

After breakfast, we first drive to the famous women's market in Ibra. We then continue through the impressive mountain scenery of the Hadjar Mountains to the Palace of Jabrin, one of the most beautiful and interesting buildings in Oman. The palace was restored to its former, fairy-tale state with its impressive ceiling paintings after extensive renovation in 1984. Thanks to the furnishings with traditional objects and antique furniture, you can also gain an insight into the courtly life of medieval Oman.

From here on we cycle again! We cycle just over 40 km from Jabreen to Nizwa via Bahla, one of Oman's oldest cities. In the 12th century, Bahla was the capital of the tribe living in the region. The fort of the same name, with its towers built from unfired bricks, has been listed as a UNESCO World Heritage Site. After arriving in the trading town of Nizwa, there is free time for personal exploration before dinner.

Day 8 Jebel Shams 40 km

A somewhat "undulating" cycling stage awaits us today. It goes up and down. From Tanuf we cycle to Al Hamra. From here we continue by jeep into the Jabal Shams mountains. Our resort hotel accommodates us for the next two nights. In the afternoon, we leave the bikes behind and set off on a hike, the Balcony Trail. As the name suggests, we walk above a gorge and discover small villages that are now abandoned by their inhabitants. A relaxing evening awaits us at the beautiful resort hotel.

Day 9 Misfah 40 km

After breakfast, we cycle about 40 km down the Jabal Shams. An easy path leads us to the idyllic mountain village of Misfah with its beautiful terraced fields on steep mountain slopes and the ancient Falaj irrigation system (UNESCO World Heritage Site). Its traditional architecture and methods of working the land allow us to linger for a while before we leave the village again and return to the resort by jeep. Time to enjoy the resort.

Day 10 Zurück in die Hauptstadt

Last day of cycling! After a short transfer to Dar al Qill, we cycle from here up to Jabal Hatt and ride down to Bilad Sayt via off-road tracks. The small village between the protective mountains of Rustaq has retained its traditional charm thanks to its rural remoteness. It is typical of medieval Omani architecture. The old mud houses are situated on terraces around the foot of the mountain. Drinking water is supplied by springs that distribute the water via canals. We continue on our bikes through a deep gorge down to Al Awabi, where date palms form a vivid contrast to the rugged, barren mountains. After reaching the Snake Canyon, we change to our bus and drive back to Mascat. We have the opportunity to visit the beach again or take a walk through the town before the last dinner marks the end of the trip.

Day 11

Check out in the morning and departure back to Europe.

GUIDED BIKE TOUR



TRAVEL DATES

- 01.12 – 11.12.2025
- 26.01.2026
- 02.03.2026

Minimum of participants: 8 People
up to max: 14 People

INCLUDED SERVICES

- Scheduled flights Frankfurt - Muscat - Frankfurt in Economy Class
- Airport transfers in the destination area
- 9 nights in middle-class hotels and comfort hotels
- 1 night in high-quality tented camp guesthouses
- Accommodation in rooms with bath/shower/WC
- Daily breakfast or breakfast buffet
- 3 x lunch
- 10 x dinner
- Qualified German-speaking bike tour guide from FAV
- Qualified English-speaking local guide
- Luggage transportation
- E-bike rental
- German-speaking tour guide from France à Vélo
- Sightseeing and entrance fees as per itinerary
- Daily breakfast and dinner
- Drinking water during the bike excursions
- Bike transportation on all routes
- Support vehicle with luggage transport
- Technical support

TRAVEL PRICE PER PERSON

DBLE/DU/WC/VP	5790 €
SGL/DU/WC/VP	6440 €

CONDITIONS FOR ENTRY

- Travel documents and vaccinations: Passport and visa required for Oman. Information on vaccinations before booking.

