

The mountains of Oman are trekking country par excellence. Dramatic paths thread their way across the windswept heights of spectacular ridges, or wind through sheer-sided wadis and canyons. Wadi (river valley) walks are another popular excursion, involving exhilarating scrambles up gorges, clambering over boulders and wading through rock pools. Popular and easy wadi walks include Wadi Shab and Wadi Tawi on the coastal side of the Eastern Hajar Mountains, and Wadi Bani Khalid on the inland side. An extensive network of usually well-marked hiking trails exists throughout the country, particularly in the Western Hajar. It goes without saying that it is essential to be well prepared for hiking in Oman's climate