

# Oman Highlights - 6 Days of History, Mountains & Desert Beauty

📍 Muscat Governorate, Oman



**Oman highlights tour** is a complete 6-day journey across the country's most beautiful regions — combining culture, mountains, desert landscapes, coastal heritage, and refreshing wadis. Oman is famous for its peaceful atmosphere, authentic traditions, and scenic drives that move smoothly from seaside promenades to canyon viewpoints and golden dunes. This itinerary-style guide is designed for travelers who want the best of Oman in one well-balanced route, with memorable stops and a natural flow from day to day.

## Oman Highlights Tour Itinerary Overview

This route connects Oman's top destinations in a logical loop: start in Muscat, explore Nizwa's forts and souqs, climb the Al Hajar Mountains, enjoy traditional villages, cool off in wadis, experience Wahiba Sands, and finish on the eastern coast in Sur and Ras Al Jinz. It's ideal for first-time visitors and also works well for travelers returning to Oman who want a curated mix of heritage and nature.

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### Oman Highlights Tour in Muscat

Muscat is the perfect introduction to Oman. It's clean, calm, and scenic, with a coastline that feels relaxed rather than crowded. A key landmark is the **Sultan Qaboos Grand Mosque**, known for elegant design, craftsmanship, and a peaceful atmosphere. After sightseeing, enjoy the Corniche areas for sea views and evening walks, and explore traditional markets where you'll find frankincense, textiles, and local souvenirs. Starting your **Oman highlights tour** in Muscat gives you a smooth entry into Omani culture and daily life.

### Oman Highlights Tour Forts and Culture in Nizwa

Traveling inland brings you to **Nizwa**, a historic city filled with character and tradition. The fort and old town area are famous for heritage architecture and classic Omani design. The souq offers local silver, pottery, spices, and handmade items, making it a great place for cultural shopping. Nearby, **Bahla Fort** and **Jabrin Castle** add depth to the story of Oman's past, showcasing defensive design, decorative interiors, and the legacy of Oman's golden era. For many visitors, this cultural section becomes the heart of the **Oman highlights tour**.

### Oman Highlights Tour Mountains: Jebel Shams

The Al Hajar Mountains create a dramatic shift in scenery. **Jebel Shams** is often described as Oman's "Grand Canyon," with wide viewpoints, deep cliffs, and crisp air that feels refreshing after the lowlands. This part of the **Oman highlights tour** is perfect for photography, scenic viewpoints, and travelers who enjoy nature without needing extreme hiking. The mountain roads and stops along the way are part of the experience — every turn reveals a new angle of the rugged landscape.

### Oman Highlights Tour Green Mountain: Jebel Akhdar

**Jebel Akhdar** (the "Green Mountain") is famous for terraced farms and seasonal produce such as pomegranates, apricots, and roses. The villages and viewpoints feel calm and authentic, offering a different side of Oman that many travelers don't expect. Adding Jebel Akhdar to your **Oman highlights tour** gives the itinerary a cooler climate and a beautiful contrast to the desert sections later in the route.

### Oman Highlights Tour Traditional Village Stop: Misfat Al Abriyeen

**Misfat Al Abriyeen** captures traditional Omani village life with stone pathways, old houses, and palm gardens fed by ancient falaj irrigation channels. It's a peaceful stop where you can slow down, enjoy the atmosphere, and understand how communities built their lives around water, farming, and mountain geography. This village experience adds authenticity and calm to your **Oman highlights tour**, balancing the larger landmark stops with local character.

### Oman Highlights Tour Wadis: Wadi Shab and Wadi Bani Khalid

Oman's wadis are among the country's most loved natural attractions. **Wadi Shab** is known for cliff scenery, walking paths, and pools that feel hidden and rewarding. **Wadi Bani Khalid** is famous for its open pools and palm-lined setting, offering a refreshing stop that many visitors enjoy for relaxing and photos. Including both wadis in your **Oman highlights tour** adds a strong "nature and water" element to the itinerary, especially after the mountain days.

### Oman Highlights Tour Coastal Nature Stop: Bimmah Sinkhole

The **Bimmah Sinkhole** is a striking natural limestone crater filled with vivid blue-green water. It's an easy stop along the coastal road and a great place for scenic photos. This short visit fits perfectly into an **Oman highlights tour** because it adds a unique geological experience without taking too much travel time.

### Oman Highlights Tour Desert Experience: Wahiba Sands

In the desert, **Wahiba Sands** (also known as Sharqiya Sands) creates the classic Oman desert scene: rolling dunes, warm tones at sunset, and peaceful nights under the stars. This is a signature part of any **Oman highlights tour** because it delivers the true desert atmosphere — quiet, wide open, and unforgettable. Many travelers enjoy dune viewpoints, short desert drives, and the sense of space that the dunes provide.

### Oman Highlights Tour Coast: Sur and Ras Al Jinz

The eastern coast brings a maritime and heritage feeling to the end of the route. **Sur** is known for its dhow-building tradition, lighthouse views, and relaxed seaside atmosphere. Nearby, **Ras Al Jinz** is famous for turtle nesting, offering a rare wildlife experience during the season. Ending your **Oman highlights tour** on the coast creates a perfect balance after the mountains, wadis, and desert — with cooler sea air and strong cultural identity.

From sea to mountain, from oasis pools to desert dunes, this journey shows why Oman is one of the most rewarding destinations in the region. A well-planned **Oman highlights tour** gives travelers nature, heritage, and comfort in a single route — with authentic experiences and scenery that changes beautifully every day.

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## Tour Facts

Group Size:

**4**

Duration:

**6**

Language:

**English**

Tour Type:

**fixed**

## Tour Itinerary

☐ Day 1 : Muscat ☐ Bimmah Sinkhole ☐ Wadi Shab ☐ Sur ☐ Ras Al Jinz Turtle Beach



- ☐ Hotel pick-up in Muscat

- ☐ Visit Bimmah Sinkhole
- ☐ Hike & swim in Wadi Shab
- ☐ Drive to Sur & check-in
- ☐ Guided turtle tour at Ras Al Jinz Turtle Reserve

Duration  
**11 Hours**Elevation Gain  
**299 Meter**Location  
**Wadi Shab**

☐ Day 2 : Sur ☐ Wadi Bani Khalid ☐ Wahiba Sands



- ☐ Explore Sur City and Dhow Factory

- ☐ Relax and swim in Wadi Bani Khalid

- Enter Wahiba Sands desert
- Optional camel ride or  dune bashing
- Overnight in a desert camp

Duration <b>10 Hours</b>	Elevation Gain <b>200 Meter</b>	Location <b>Sharqiyah Sands</b>
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**Day 3 : Wahiba Sands**  **Ibra**  **Nizwa**

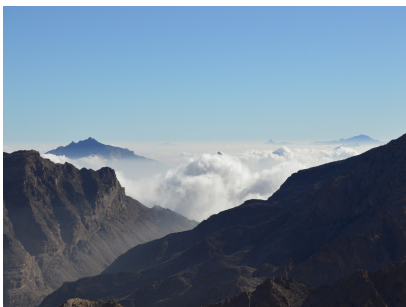


- Desert sunrise and breakfast

- Visit Ibra's traditional market
- Drive to and explore Nizwa Souq
- Hotel check-in and evening free

Duration <b>8 Hours</b>	Elevation Gain <b>600 Meter</b>	Location <b>Nizwa</b>
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**Day 4 : Nizwa**  **Bahla**  **Jabrin**  **Al Hoota Cave**  **Misfat Al Abriyeen**  **Jabal Shams**   
**Return to Nizwa**



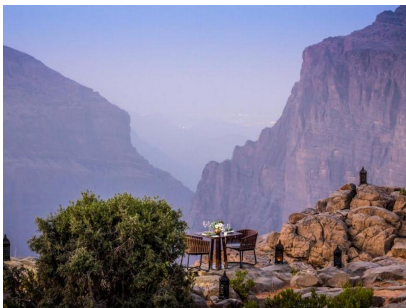
- Start from Nizwa and drive to **Bahla Fort** (40 min) - visit this massive UNESCO World Heritage Site

- Short drive (15 min) to **Jabrin Castle** - admire Omani architecture and ceiling paintings

- ☐ Continue (10 min) to **Al Hoota Cave** – guided tour into one of Oman’s largest cave systems
- ☐ Head to **Misfat Al Abriyeen** (30 min) – explore traditional mud homes and falaj systems
- ☐ Drive up to **Jabal Shams** (1.5 hours) – enjoy the “Grand Canyon of Arabia” and panoramic views
- ☐ Return to Nizwa in the evening (2 hours), relax at your hotel

Duration <b>11 Hours</b>	Elevation Gain <b>2600 Meter</b>	Location <b>☐ Jabal Shams</b>
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☐ **Day 5 : Nizwa ☐ Birkat Al Mouz ☐ Jebel Akhdar ☐ Muscat (Hotel Check-In)**



- ☐ Depart Nizwa and stop at **Birkat Al Mouz** (30 min) – wander the old village and its date plantations

- ☐ Ascend to **Jebel Akhdar** (Green Mountain) via checkpoint (1 hour) – visit terrace farms, rose gardens, and mountain villages like Al Ayn
- ☐ Light walking and sightseeing on the Saiq Plateau (~3 hours in Jebel Akhdar area)
- ☐ Begin the scenic drive back to **Muscat** (3-3.5 hours)
- ☐ Check-in at your hotel in Muscat and rest for the final day

Duration <b>9 Hours</b>	Location <b>☐ Jebel Akhdar</b>
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☐ **Day 6 : Muscat City Tour ☐ Airport Drop-off or Return to Hotel**



- ☐ **Sultan Qaboos Grand Mosque** – explore Oman’s most iconic mosque

- ☐ **Muttrah Souq** - shop for souvenirs, spices, frankincense
- ☐ **Bait Al Zubair Museum** - learn about Omani heritage
- ☐ **Old Muscat** - visit **Al Alam Palace, Mirani & Jalali forts** (photo stops)
- ☐ **Muscat Corniche** - enjoy a relaxing walk and view of the sea
- ☐ Optional: Marina or dhow cruise (available upon request)
- ☐ **Drop-off** at **Muscat International Airport** or return to hotel based on your flight schedule

Duration  
**8 Hours**

Elevation Gain  
**20 Meter**

Location  
**Muscat**