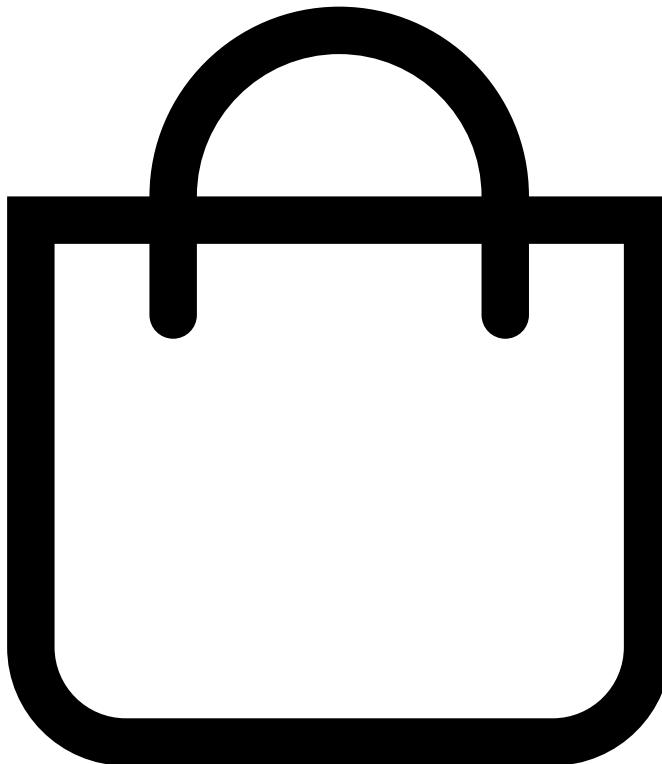




## Wadi Tiwi Adventure from Sur





## Top 1 Wadi Tiwi Adventure Sur - Powerful Trekking Experience

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### Introduction to Wadi Tiwi Adventure Sur

The Wadi Tiwi Adventure Sur experience is one of Oman's most exciting nature tours, combining trekking, swimming, village exploration, and dramatic landscapes. This full-day adventure begins in Sur and takes you deep into the lush canyon of Wadi Tiwi, a natural paradise famous for emerald pools, towering cliffs, and quiet mountain villages. This tour is crafted for travelers looking for real Omani nature, authentic culture, and unforgettable adventure—all in a single day. If your dream trip includes fresh water pools, palm-filled valleys, and ancient footpaths, then the Wadi Tiwi Adventure Sur is the perfect choice.

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[Discover hotels in Sur](#)

### Why Wadi Tiwi is a Must-See

Wadi Tiwi is known as the "Wadi of Nine Villages," stretching from the coastal plains of Tiwi up into the Eastern Hajar Mountains. Throughout the valley, you'll find traditional falaj irrigation channels, terraced farms, freshwater springs, and villages like Mibam, Harat Bidan, and Seema—each holding centuries of local heritage.

The valley stays green all year thanks to its natural water sources, and its dramatic cliffs make every viewpoint breathtaking. For nature lovers, photographers, and adventure seekers, Wadi Tiwi is one of Oman's top destinations. Learn more here: [Wadi Tiwi on Wikipedia](#)

### About the Wadi Tiwi Adventure Sur Tour

This guided adventure runs from 8:00 AM to 4:00 PM and includes transportation from Sur, a professional local guide, village walks, swimming stops, and scenic viewpoints. With a medium-to-hard difficulty level, the trek is suitable for active travelers looking for a challenge and a rewarding nature experience.

### What to Expect on the Tour

- Round-trip transportation from Sur
- Local English-speaking guide
- Walk through traditional Omani villages
- Trekking through stunning canyon landscapes
- Swimming in natural turquoise pools
- Photo stops at hidden viewpoints

### Best Time for Wadi Tiwi Adventure Sur

The best months to join this tour are from October to April, when the weather is cooler. Flash floods can occur in rainy conditions, and tours may be rescheduled for safety.

### Who Should Join?

This tour is perfect for:

- Adventure travelers
- Nature lovers
- Photography enthusiasts
- Visitors with limited time who want a full, rich experience

### Quick Tips for Your Adventure

- Wear strong hiking shoes
- Bring a small backpack
- Pack swimwear and a towel
- Use sunscreen and wear a hat
- Water is provided, but you may bring extra

### Ready for the Wadi Tiwi Adventure Sur?

Book your adventure today and explore one of Oman's most magical natural valleys. This unforgettable journey blends scenic trekking, refreshing pools, traditional culture, and breathtaking mountain landscapes.

[Book your adventure now on WadStars.](#)



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## Tour Facts

Group Size:

**4**

Duration:

**6**

Language:

**English**

Tour Type:

**continuous**

## Tour Itinerary

### □ 8:00 AM : Departure from Sur To wadi Tiwi



### □ 8:30 AM - Arrival at Wadi Tiwi Entrance

Reach the starting point of your adventure. Your guide will provide a full orientation, including safety instructions and an overview of the day's route.

### □ 8:45 AM - Trek Through Traditional Villages

Begin the hike through winding trails and palm-lined paths. Pass by traditional Omani villages nestled in the wadi's canyon, and enjoy local insights from your guide.

### □ 10:30 AM - Discover Hidden Natural Pools

Arrive at Wadi Tiwi's stunning freshwater pools. Relax, swim, or take photos in this serene and untouched oasis. Your guide will allocate time for rest and exploration.

### □ 12:00 PM - Lunch Break in Nature

Find a shaded area to enjoy your packed lunch. While food is not included, you may bring your own or pre-order a packed lunch (OMR 5). Refresh with cool drinking water and absorb the peaceful environment.

### □ 1:00 PM - Begin Return Trek

Retrace your path back through the wadi, offering a new perspective on the landscape. Capture final



photos and reflect on the experience.

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#### □ 3:00 PM - Return Drive to Sur

Meet the driver and begin your return to Sur. Take time to relax after the trek.

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#### □ 4:00 PM - End of Tour

Arrive back in Sur. Your adventure concludes, leaving you with unforgettable memories and a deeper appreciation for Oman's natural beauty.

Duration  
**8 Hours**

Elevation Gain  
**600 Meter**

Location  
**Wadi Tiwi, Ash Sharqiyah South Governorate, Oman**