

Beauty Has An Address
#experienceoman

experience
oman

**Marhaba
Oman**



WELCOME TO OMAN

Whether you love elegance, luxury and style or prefer to feel closer to nature, our gorgeous boutique hotels, desert camps, and eco-resorts will be your home away from home.



With pristine beaches, magnificent deserts, ragged mountains and a history that spans over 7,000 years, the Sultanate of Oman will refresh, engage and inspire you.

Seeking a thrill for adventure? Our searing sands and striking gorges, the Hajar and Dhofar mountain ranges, the rolling dunes of Sharqiya, and the huge open landscapes of the Empty Quarter desert await exploration.

Witness our architectural treasures and travel to our cities to behold the beguiling blend of ancient and modern times that pervades our heritage and culture – an aspect that sets our nation apart.

You will also find our warmth and kindness towards visitors wherever you go – and behold the widest smiles in the world from everyone you meet.





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THE VERY BEST OF OMAN

Each of Oman's geographical regions has something unique to offer. Not sure where to start? Here are some suggestions to help you plan the perfect itinerary.

1 MUSCAT

MUSCAT

Our beautiful, progressive capital city is packed with interest. Do not miss the Sultan Qaboos Grand Mosque, Matrah's colourful souq, Royal Opera House, and Oman National Museum.

2 MUSANDAM

KHASAB

From this lively town in the scenic north, you can take a dhow cruise through the turquoise waters of Khor ash-Sham, Musandam's most spectacular fjord. You can also enjoy the picturesque Khasab Castle overlooking the harbour.

3 4 BATINAH (NORTH & SOUTH)

WADI BANI AWF

Spectacular canyon with steep mountain tracks, streams, springs and pools. A prime target for off-road adventures.

NAKHAL FORT

This soaring 17th century fort has richly carpeted rooms and panoramic views of the surrounding mountains and date palm plantations.

DAYMANIYAT ISLANDS

With immaculate coral gardens patrolled by turtles, moray eels and iridescent fish, this is a gorgeous diving destination.

SOHAR FORT AND MUSEUM

Built between the 13th and 14th century AD, the Sohar Fort is one of the most prominent features in the city of Sohar.

5 DHAHIRA

BAT, AL-KHUTM AND AL-AYN

These remote World Heritage listed settlements and tombs are over 4,000 years old. Supremely remote, you may have them all to yourself.

6 DAKHILIYAH

JABAL SHAMS

Oman's highest peak is so high, snow sometimes covers its ground in winter. It is in the central section of the Hajar Mountains, a fantastic region for camping and trekking.

Al Jabal Al Akhader

The Green Mountain (Al Jabal Al Akhader) with its towering peaks reaching over 2,300 meters, stretches across an expansive area of over 200

square kilometers, making it one of the most impressive mountain ranges in the Sultanate of Oman. The Green Mountain is renowned for its cultivation of pomegranates and other fruits such as almonds and peaches. It also boasts a pleasant climate during the summer, while experiencing cold temperatures and occasional snowfall during the winter months.

JABRIN

Picturesque region, one of the finest forts in Oman, with splendid traditional architecture and an ornate interior.

NIZWA

Oman's most characterful regional capital has a historic atmosphere, an impressive fort, a lively Friday morning livestock market and colourful souqs.

7 BURAYMI

AL-KHANDAQ CASTEL

Visit this traditional mud fort, which has been restored to its former glory.

8 9 SHARQIYA (NORTH & SOUTH)

WADI SHAB

Stroll along this stunningly picturesque mountain gorge where you can swim in cool, emerald green pools beneath sheer sandstone cliffs.

RAS AL-JINZ

The protected beaches at Oman's easternmost tip are a must for wildlife-watchers. Every summer, green turtles return by night to lay their eggs.

SHARQIYA SANDS

The Sharqiya Sands is a classical Oman landscape of rolling dunes, where you can learn about Bedouin culture and camp under a dome of stars.

WADI BANI KHALID

The best known wadi of the region. Its stream maintains a constant flow of water throughout the year.

10 WUSTA

DUQM

One to watch. Once a sleepy fishing village, Duqm is set to become a modern coastal hub. In recent years a new airport and international hotels have further boosted this charming town's appeal.



RUB AL-KHALI

For an unforgettable test of the desert, venture into the vast Empty Quarter, where there are majestic, arid landscapes to explore.

RAS MADRAKAH

This coastal area is known for the cleanliness of its beaches and the purity of its waters. You are likely to see dolphins and turtles swimming close to shore.

PINK LAGOONS

This beautiful lagoon is an amalgamation of salt water pools. Given the nature of the soil's pink colour, the ponds' water looks pink.

11 DHOFAR

SALALAH

Charming coastal city with mild temperatures, beaches, frankincense bazars, and a trick up its sleeve - during the summer khareef from June to August (monsoon), its surroundings turn lush and green.

MIRBAT

Mirbat is a charming coastal town. Historically it traded in horses and frankincense, more recently in abalone and from its fishing harbour, fish. Overlooking the harbour entrance is Mirbat Fort which, in origin, is an early 19th century fortification.

DID YOU KNOW?

The Sultanate of Oman is located at the eastern point of the Arabian Peninsula and has an area of 309,500 square km





NEED TO KNOW

- **HEAD OF STATE**
His Majesty Sultan Haitham bin Tariq
- **GOVERNMENT**
Sultanate of Oman (monarchy)
- **LANGUAGES**
Arabic (official), English (commonly used)
- **RELIGION**
Islam
- **TIME ZONE**
GMT +4
- **COUNTRY CODE**
+968
- **NATIONAL CURRENCY**
Omani Rial
- **EMERGENCY CASES**
dial-in 9999



EXPERIENCE HERITAGE AND CULTURE

Oman is one of the oldest independent states in the Arab world and is peppered with traces of the past.

Oman is a thoroughly forward-looking nation, but we are proud of our distinctive architecture, customs and traditions crafted over centuries. Omani culture is both ancient and modern, with new ideas to complement the old.

Our rich history of trade comes alive as the remains of protohistoric settlements pinpoint ancient trading places.

Striking fortresses recall a time when rivals tussled for territory, while ancient irrigation channels reveal our ancestral ingenuity.

Visit souqs or museums to witness our skills as traders and craftsmen.

Our talents range from creation of pottery, textiles and silverware to being camel-rearers, horse-breeders and boat-builders.

We blend exquisite traditional fragrances based on the quintessential Omani ingredient, frankincense, and firmly believe in old-fashioned hospitality.

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CULTURAL HIGHLIGHTS

ROYAL OPERA HOUSE MUSCAT

Muscat's glittering new performing arts centre features exquisite decorative features inspired by Near Eastern tradition. Enjoy rich and diverse artistic creations of opera, music, dance and family events from Oman, the region and the world.

WWW.ROHMUSCAT.ORG.OM

January - December

OMAN ACROSS AGES MUSEUM

Oman Across Ages Museum, a brand-new national Museum was inaugurated on 13th March 2023 by His Majesty Sultan Haitham bin Tarik in the Wilayat of Manah, the Governorate of Al Dakhiliyah.

The museum highlights the unique character of the Sultanate of Oman, its ancient history and, its renaissance, which keeps gaining grounds locally and internationally.

WWW.OAAM.OM

SULTAN QABOOS GRAND MOSQUE

Oman's principal place of worship the Sultan Qaboos Grand Mosque has been created using superlative craftsmanship and the finest material. The buildings, located just south of Sultan Qaboos Road in Ghubra, is on an east-west axis towards the Qibla in Mecca. Entered through the formal gardens on its eastern perimeter, the building is set on an elevated podium, as is the case with the majority of traditional mosques in Oman.



DID YOU KNOW?

Oman's UNESCO World Heritage sites include:

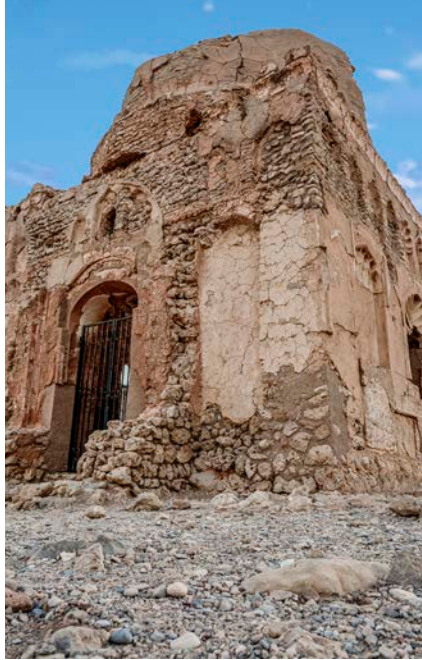
- Bahla fort (1987)
- Bat, al-Khutm and al-Ayn (1988)
- The Land of Frankincense (2000)
- Aflaj irrigation system (2006)
- Ancient City of Qalhat (2018)



5 THE HERITAGE SITES IN OMAN

DID YOU KNOW?

- There are about 1000 tombs scattered in the mountainous archaeological site of Bat
- The Oasis of Bahla site includes everything surrounded by the The Oasis of Bahla Wall, which extends for a distance of 12 km.



1. BAHLA FORT

The substantial Bahla Fort sits on a small hill that has been used by man for around 5,000 years. The Fort in the centre of the town of Bahla is one of the oldest in Oman; it was rebuilt between 1624-1649 AD and again enlarged in the late 18th century.

2. AL-AFLAJ IRRIGATION SYSTEMS

Dating back to 500 AD, this spectacular system uses gravity to channel water from underground sources for agriculture and domestic use.

3. FRANKINCENSE TRAIL

Obtain an overview of local history at Salalah Museum of the Frankincense Land, and head out to explore the surrounding Boswellia groves and archaeological sites.

4. QALHAT

Since 1230AD Qalhat, less than 25 kilometers north of Sur, was one the Oman's main trading ports throughout much of the late medieval period. It had been an important part of Oman's history before as it was renowned as the terminus for the Arab tribes arriving from Yemen.

Part of the medieval trading Kingdom of Hormuz, this ancient town benefited from the shelter the Ras al Hadd peninsula gave to ships and the essential supply of water from the valley behind it. The town, with its closely packed stone houses was protected by a kilometer long city wall, which curved to the sea to its west.

5. ARCHAEOLOGICAL SITES OF BAT, AL-KHUTM AND AL-AYN

Al Ayn Beehive Tombs These fascinating Bronze Age burial chambers date back to a time when local

communities were becoming sophisticated and hierarchical through trade.

CUSTOMS AND TRADITIONS

NATIONAL DRESS

Omani men wear an ankle-length, collarless gown with long sleeves (dishdasha), usually in white, brown, lilac or black. Women wear a dress over trousers (sirwal) and a head-dress (lihaf).

FRANKINCENSE

Fragrant and therapeutic, frankincense is the perfume of the kings. Formed from the resin of the *Boswellia sacra* tree, found in Near Eastern and African countries, it has been used to scent rooms, furnishings and clothing for centuries.

OMANI TRADITIONAL CUISINES

The Sultanate of Oman is renowned for its diverse Omani cuisine, which many visitors seek to experience during their visit to explore the Omani kitchen and indulge in the iconic dishes that reflect the country's culture. Among them are the famous coastal dishes, as well as those from mountainous and desert regions. These meals incorporate various types of meats, poultry, fish, and vegetables, skillfully blended with carefully chosen Omani spices. Omanis create delicious meals that delight everyone who tastes them.



DID YOU KNOW?

The prayer carpet in our Grand Mosque is the largest of its type ever handmade. It contains 1,700,000,000 knots, covers 4,343 square meters, weighs 21 tonnes and took four years to weave.



BAKHOOR

It is a blend of oil-soaked woodchips and natural ingredients such as sandalwood, attar and myrrh. Like frankincense, it is gently burnt over charcoal. It is available in the Bait al-Zubair Museum, and the souqs in Salalah.

CRAFTSMANSHIP

Omani craftsmen use silver, copper, wood, textiles, leather and clay to create traditional handmade mabkharas, incense burners, porcelain, pottery and even khanjars, with intricate scabbards and deer-horn hilts. Visit Sur, the cradle of maritime traditions, to see dhow-builders at work.

FOLKLORE

The various governorates of the Sultanate of Oman are distinguished by their popular arts, each province having its unique characteristics that express the cultural customs and traditions of the local inhabitants. These arts are an integral part of Omani folk heritage, passed down through different generations. They encompass distinctive rhythms, dances, songs, and a variety of melodies that depict different stories about the Omani citizens, their customs, traditions, and their deep pride in their homeland and land.

EXPERIENCE WILDLIFE --- AND NATURE

Oman's nature reserves and wild animal sanctuaries protect important coastal and desert habitats, totalling almost 30,000 square km.

As part of our commitment to responsible and sustainable tourism, Oman takes great care to conserve the habitats and geological features which make our landscapes unique. Pack your swimwear, boots and binoculars, and prepare to be amazed.

The arid region of Wusta is home to the endangered Arabian Oryx.

Oman's nature reserves and wild animal sanctuaries protect

important coastal and desert habitats, totalling almost 30,000 square km.

Oman's location in the northern reaches of the Indian Ocean makes our coastal waters a haven for dolphins, whales and birds. Close to the coast, our coral gardens are teeming with colourful fish and our protected coves are crucial breeding grounds for endangered marine turtles. Our mountains and deserts are home

to rare land mammals including wild goats, sand cats, Nubian ibex and the Arabian Oryx, which is an icon of the Gulf.

Our natural heritage is extraordinarily precious and it is our utmost privilege to share it with all who visit.

#EXPERIENCEOMAN





DID YOU KNOW?

The Ras al-Jinz Turtle Reserve protects 120 sq km of pristine coastal habitat, including 45 km of beaches and headlands. The green turtles which nest here lay their eggs in clutches of over 100.



6

OF THE BEST WILDLIFE-WATCHING HOTSPOTS



1. BEST FOR DOLPHINS KHASAB

Take a dhow cruise through the ruggedly scenic, fjord-like khors of northern Musandam, where humpback dolphins are commonly seen at play.

2. BEST FOR TURTLES RAS AL-JINZ

Visit Sharqiya turtle reserve on a summer's night, and watch in amazement as female turtles haul themselves upon the sands to dig their nests.

3. BEST FOR WHALES MIRBAT

This picturesque southern town has a small fort looking out to sea. If you are on a sailing trip, you may see humpback whales in the waters nearby.

4. BEST FOR TROPICAL FISH DAYMANIYAT ISLANDS

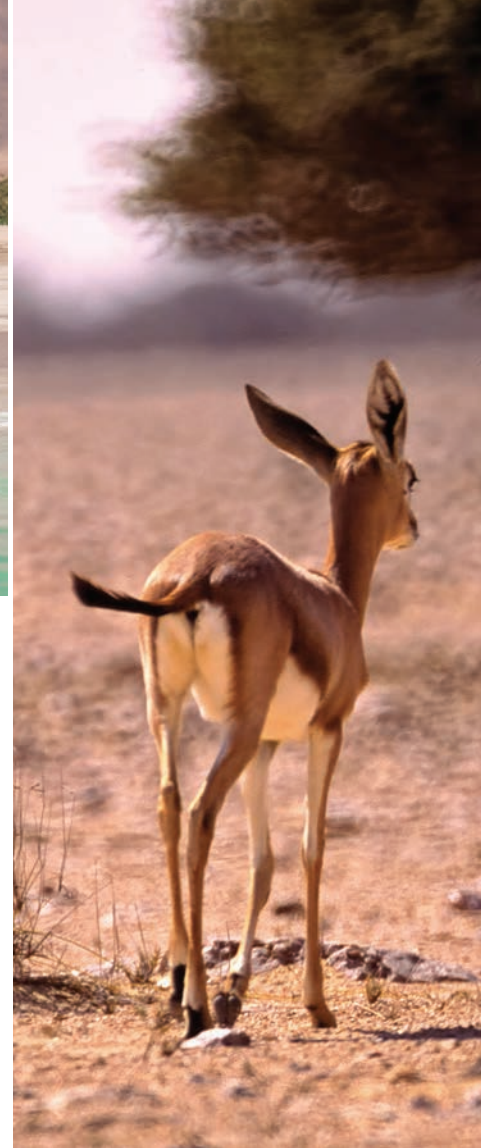
Dive into The Aquarium, as the island's best scuba site is known, to see flitting fish, dazzling nudibranchs and delicate seahorses.

5. BEST FOR BIRDS MASIRAH ISLAND

Well over 300 species including kingfishers, plovers, terns and flamingos have been counted on Masirah wetlands and mudflats.

6. BEST FOR DESERT MAMMALS WUSTA

This arid region is home to the endangered Arabian Oryx, a striking-looking gazelle, as well as the Nubian ibex, desert foxes, sand cats and caracals.



EXPERIENCE MOUNTAINS --- AND DUNES

If you love nature, our landscapes will beckon you at every turn.

If you love nature, our landscapes will beckon you at every turn. Scored with dramatic canyons and gullies, the Hajar and al-Jabal al-Akhdar mountains are utterly unmissable. Dhofar's lush uplands and the drifting, burnished dune lands of Sharqiya and Rub al-Khali are sure to impress you too.

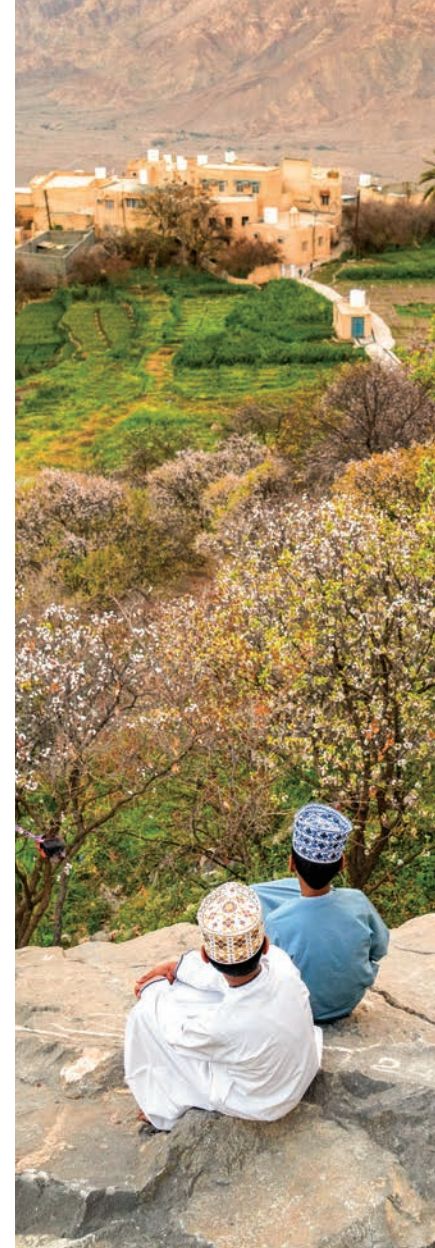
The crumpled Hajar Mountains provide a commanding backdrop to

Muscat and northeast Oman and an exciting prospect for adventurers. They may look barren from a distance, but waterfalls and springs keep their slopes and valleys fertile.

Our deep, rocky wadis, carved out by seasonal floodwaters over millennia, beg to be explored. They have perfect spots to picnic or camp, and offer shade and a cool breeze even in summer.

Sharqiya Sands, or Wahiba Sands, is one of the most beautiful deserts in the Arabian Peninsula. Its towering dunes, ranging in hue from deep red to rich honey, tumble down from the Eastern Hajar before crashing into the Arabian Sea.

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OFF-ROAD DRIVING

On a 4WD journey into the Wahiba desert, you can learn how the Bedouins steer across the sand, and then dash down the dunes on a board or on foot.

Complete the experience by soaking up the atmosphere under an apricot sky at sunset before camping beneath the stars.

HIKING

Marked hiking trails lead deep into Oman's enigmatic hinterland, where the scenery is worth every step.

Exciting spots include, Jabal Shams for mountain scenery, or Sharqiyah's dune land camps for a taste of the desert.

CLIMBING AND CAVING

Oman has over 160 graded ascents, with the Jabal Misht (2,090m) in the al-Jabal al-Akhdar mountain range guaranteed to thrill and challenge climbers. Al-Hoota, at the foot of Jabal Shams, is an eco-friendly cave with a sophisticated lighting system that will amaze.

HOT AIR BALLOON EXPERIENCE IN THE WILAYAT OF BIDIH, NORTH AL SHARQAYAH GOVERNORAT

The hot air balloon experience takes place in the Wilayat of Bidih during the winter season and tourist events, with daily flights depending on



DID YOU KNOW?

The highest point in Oman, Jabal Shams, is 3,009m above sea level. From here you can enjoy spectacular views of Wadi Nakhr, our 'Grand Canyon'.



weather conditions. The experience features a fleet of hot air balloons, each capable of accommodating 12 passengers, providing high-quality and diverse tourism services for residents and visiting tourists in the Sultanate of Oman.

ABSEILING

Oman's highest mountain Jabal Shams (3,009m), has cliffs which are superb for abseiling. You can also try abseiling into the Majlis al-Jinn (Genie's Meeting Place), in the Sharqiya region, beneath which is a vast cavern or, you can try the

zip line in the Wilayat of Khasab, Musandam Governorate. It extends for 1,800 meters in length and reaches a height of 220 meters on the summit of Jebel Fatt, offering a thrilling experience to discover the beauty and terrain of the area.

HORSE RIDING AND CAMEL TREKKING

Oman has a long history of equestrianism and breeds some of the most beautiful horses in the world. Hire an expert guide, to explore the Wahiba Sands on horseback, or ride a camel in traditional Bedouin style.

WILD CAMPING

Oman has gorgeous luxury camps. If you prefer your camping to feel more raw and spontaneous, pitch a tent on a little-known beach or deep in the dunes. Experienced guides can show you the best spots.

EXPERIENCE SPORT AND ADVENTURE

Our open waters and vast, untamed wilderness will have you itching to explore - on foot, by boat, on two wheels or four.

Oman is a superb destination for an outdoor holiday where adventure is limitless. Our dazzling blue waters and spectacular landscapes will leave you spoilt for choice.

It has since evolved to include yachting, cycling and motor racing, which really gets everyone on their feet.

If you love getting splashed by the waves, you will be in your element - our beach resorts and marinas offer watersports galore.

Our world class golf courses are bound to bring out the best in your game.

With championship standard courses surrounded by impressive scenery, a relaxing round of golf will feel like an adventure in Oman.

#EXPERIENCEOMAN





WIND AND WAVES

SAILING

Mussanah Marina, Oman Sail's marina at the Millennium Resort Mussanah, has dinghy, yacht and powerboats, skippered charters and bareboat rental services. Sail to the fabulous Damaniyat Islands off the Batinah coast, or go island-hopping and discover hidden beaches in sheltered and secluded bays.

CRUISING

For a taste of leisure sailing, book a short, skippered cruise from Muscat, Sur, Khasab or elsewhere. Enjoy drinks and lunch or canapés onboard, while the crew take care of everything.

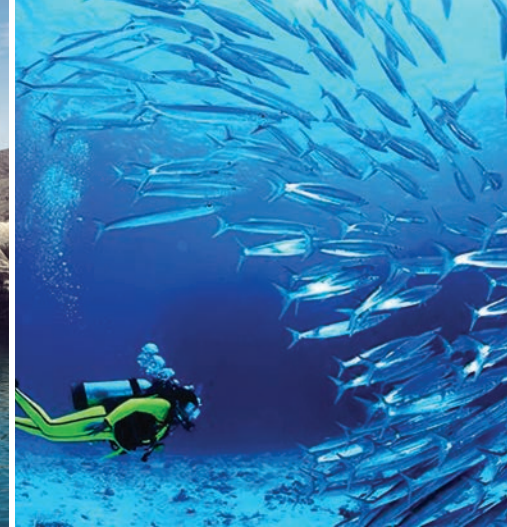
KAYAKING

Rent a kayak for an hour or two, or join a long-distance kayaking tour to explore Oman's lovely inlets, fjords and fishing villages. After which, you can camp on the pale, sandy beaches.



DID YOU KNOW?

For the ultimate adventure within easy reach of Muscat, head for Sharqiya Wahiba Sands, where the desert stretches for 12,500 sq km and the dunes can reach 200m in height.



WINDSURFING AND KITEBOARDING

Oman's modern marinas offer training and most beach hotels have equipment for hire. Kiteboarding is still relatively new to Oman but guarantees a high-octane experience at al-Sawadi, Duqm and Masirah Island.

SURFING

Year-round breakers and manageable summer temperatures make Oman one of the best surfing destinations in the Middle East. Head for the southeast coast to Salalah, where quality surf breaks onto the sandy beaches of the Arabia Sea.

DIVING AND SNORKELLING

Whether you are a snorkeller, a seasoned scuba diver or a novice diver who's keen to learn, you will be dazzled by our underwater world, which host reefs, drop-offs, and coral-lined fjords. The Damaniyat Islands, are home to diverse selection of underwater flora and fauna.

BIOLUMINESCENCE WAVE

Visiting Oman's Bioluminescence wave would be an enchanting adventure. The glowing blue waves created by bioluminescent organisms are a magical sight, Visiting Oman to witness the Bioluminescence wave would be an awe-inspiring adventure. Imagine standing on the shore, surrounded by darkness, only to be mesmerized by the ethereal glow illuminating the water with every crashing wave. Most often you can witness it in Dimaniyat Islands.



9 OF THE BEST EVENTS



1. TOUR OF OMAN

Launched in 2010, this long-distance cycle race has quickly become one of the highlights of our sporting calendar. It lasts six days and attracts athletes from all over the world.

FEBRUARY

2. MUSSANAH RACE WEEK

Over two hundred top sailors from 30 countries battle it out on the Sea of Oman near Muscat at this high-octane international dinghy regatta, hosted by Oman Sail.

MARCH

3. ROYAL CAMEL RACES

His late Sultan Qaboos has done much to preserve Oman's traditional sporting culture. At tracks in very region, professional camel jockeys battle it out on his pedigree steeds.

SEPTEMBER - MARCH

4. HORSE RACES

Horse races such as the Royal Horse Racing organised by the Royal Stables are held annually and is a favourite pastime for Omanis.

DECEMBER - MARCH

5. THE OMAN OPEN TOURNAMENT OF GOLF

The championship course at al-Mouj Golf, Muscat, is the perfect setting for this promising new European Challenge tournament.

OCTOBER

6. MUSCAT SPARTAN RACE

It has 3 main race categories; Spartan Sprint, Spartan Super and Spartan beast alongside the Spartan kids race.

7. IRON MAN 30.7

The race, which is taking place in Muscat includes three competitions, including swimming, cycling and running.

8. RED BULL DEFEATED THE HILLS

First time in Oman was on 2017 in Wakkan Village in city of Nakhl. This cycling event is specialized in hillsides and mountains and aimed to both amateurs and semi-professionals.

9. MUSCAT NIGHTS

Muscat Nights offer a collection of activities, events, entertainment shows, artistic performances, social gatherings, and heritage and scientific exhibitions.

www.muscat-festiveal.com

FEBRUARY

TRAVELLING TO OMAN & GETTING AROUND

BY AIR

Oman is well plugged into international air networks, either through the national carrier Oman Air or through other Gulf airlines such as Emirates, Qatar Airways, Etihad and low-cost carrier Salam Air, so it's possible to reach Muscat from most major air-hubs in Europe, North America and Australasia with only a single change of plane.

www.omanair.com

www.salamair.com

BY LAND

You can drive to Oman from the United Arab Emirates. The journey from Dubai to Muscat takes approximately four hours. You can also travel by bus with mwasalat.om, the leading public transport company in the Sultanate of Oman

BY SEA

Port Sultan Qaboos in Matrah (Muscat) is our main port for cruise liners, inter-city ferries and local boat trips. Oman's National Ferries Company runs a high-speed catamaran ferry service from Shinas to Khasab, Dibba and Lima and connects Shannah to Masirah Island.

www.nfc.om





OTHER PRACTICALITIES

VISAS

Obtaining a visa to Oman is easier than ever. Avoid queues at the airport by simply visiting:

<https://evisa.rop.gov.om/>

and apply for the visa online. Most nationalities are included, and the process is easy.

MONEY MATTERS

1,000 Baisas make up 1 Omani Rial. 1 Omani Rial (OMR) is approximately = USD 2.60. ATMs are widely available and major credit cards are accepted.

GETTING AROUND

Oman's white-and-orange city taxis are handy for short hops. The prices differ according to the distance of the destination.

mwasalat.om

KEEPING IN TOUCH

Visitors can avoid roaming charges by buying a local SIM from outlets at the airports or retail shops.

Free Wi-Fi is available at multiple locations.

DRESS CODE

Oman is a Muslim country and visitors must respect local customs. You are advised to wear long, loose, modest clothing. Women should cover their head with a light shawl when visiting the mosques or traditional rural communities.

WHEN TO TRAVEL

The most popular months to visit Oman are November to March. However, you can also visit in the summer, for the turtle-watching season in Sharqiya, which lasts from June to August. From late June, southern areas enjoy temperate climate and lush scenery along the coastline.

HOTELS AND ACCOMMODATION

You can explore and book accommodation through various reservation websites, as a wide range of facilities with different classifications are available across most regions of the Sultanate of Oman.

For more information, you can visit the Experience Oman website at www.experienceoman.om

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