
GEEO ITINERARY

Oman 3/15/2026

Day 1: Muscat Arrive in Muscat at any time. Meet your group for a welcome meeting around 6:00 or 7:00 p.m.

Arrive at any time. This tour begins and ends in Muscat, and the nearest airport is **Muscat International Airport (MCT)**.

Due to the potential for flight delays or cancellations, we recommend that you plan to arrive in the Middle East at least a day in advance. This will also give you time to adjust to the time difference and overcome any jet lag. We can book extra hotel nights for you in Muscat before and/or after the trip.

Hotel Check-in and Welcome Meeting

Please note that hotel check-in usually opens around **2:00-3:00 p.m.**, so if your flight arrives early in the morning, you may wish to book a pre-trip hotel night so that you can rest when you arrive. There are no planned activities until an intro meeting around 6:00 or 7:00 p.m., usually in the hotel lobby. Check for a sign or ask at the reception desk about the exact time and location of the group meeting. Please make every effort to arrive in time for this meeting. If you are delayed and will arrive late, please inform us. Your tour leader will then leave you a message at the front desk informing you of where and when to meet up tomorrow.

After the meeting, you might choose to get dinner at a nearby restaurant with your traveling companions and your tour leader to further get to know one another.

Joining Instructions

If you book an arrival transfer with us, your driver will meet you in the arrival hall with a G Adventures placard (after immigration and customs) and guide you to our vehicle.

If you have not booked an arrival transfer, there is an airport taxi counter in the arrival hall of Muscat International Airport (after clearing immigration and customs) where you can hire a taxi. The approximate cost for a one-way transfer from Muscat airport to the hotel is \$50 USD.

Accommodation: Radisson Blu Hotel Muscat *(or similar)*

** To confirm the hotel that your group will be using, please reach out to us or check your service voucher.*

Day 2: Muscat Explore some of the highlights of the city including the Grand Mosque, the Bait Al Zubair Museum, and the historic souk in Muttrah, before heading to Old Muscat.

We will spend the day exploring some of the highlights of Muscat. We start with a visit to one of Muscat's finest architectural sites, the Sultan Qaboos Grand Mosque. Covering an area of 416,000 square meters, this mosque can accommodate 20,000 worshipers and offers visitors a labyrinth of grounds to explore.

Modesty is mandatory for everyone when visiting the Grand Mosque. Men must wear long pants and shirts must cover their shoulders (if you have tattoos, they must be fully covered by your clothing). Women must be fully covered including heads, full arms, and full legs. We recommend not wearing jewelry unless your clothing fully covers it. Proper Omani outfits for men and women can be rented should you wish, and your tour leader will be happy to answer any questions or assist in preparing the correct outfits to visit the mosque.

Next, we visit the Bait Al Zubair Museum. Boasting one of the largest heritage art collections in Oman, it is a must-see for those eager to learn more about Omani culture and history.

Then we go to the Muttrah Souq to take in the colorful sights, and perfumed scents of this winding marketplace. Opt to hunt for authentic Omani artifacts and handicrafts (you won't have to go far), or sip on an aromatic Omani coffee and gaze out at the local hustle and bustle.

In the afternoon we travel to Old Muscat and take in the sights and sounds of this sleepy coastal area. View from the outside the forts of Al-Mirani and Al-Jelani to get some perspective on Omani history.

Accommodation: Radisson Blu Hotel Muscat (*or similar*)

Meals included: Breakfast | Lunch

Day 3: Muscat/Ras al-Jinz Leave Muscat behind and drive along the coast towards the picturesque Bimmah Sinkhole. Continue to Sur, renowned in the past for its dhow shipyards, before reaching Ras al-Jinz on the coast. After an early dinner, visit the turtle sanctuary, where green turtles come from thousands of kilometres away to lay eggs at night.

We leave Muscat behind and drive along the coast to the picturesque Bimmah Sinkhole. Feast your eyes on one of the world's most breathtaking sinkholes. Surrounded by the sea and towering mountains, this sinkhole measures 40 meters wide and 20 meters deep. With its glittering turquoise waters, it isn't hard to believe the local folklore that maintains that the sinkhole was created by a falling star. Jump in and cool off.

The Bimma Sinkhole in Oman is quite touristy and you can wear a normal bathing suit as you would in the United States. There will be a bathroom where you can change into your bathing suit and back into your regular clothing prior to departing to your next destination. Please be prepared to change in a bathroom that may be in poor sanitary conditions. Floors will also be quite slippery so please be careful.

We then drive to Sur, home of the last remaining factory that builds Oman's traditional dhows. The production of these wooden boats has a 6000-year-old history, which has established ancient Oman as a prosperous trading port in the region. Visit the shipyard and learn how these ships are made.

The unspoiled shoreline of the Ras al-Jinz turtle sanctuary is a nesting home of the endangered green turtle (*Cheloniemydas*). After dinner, follow a guide out to the beach and witness the nesting process of these creatures from a safe distance. Observe the turtles digging and covering their nests in the sand. Learn all about the center's conservation efforts in the area.

Estimated travel time: 3 hrs by 4x4

Accommodation: Hotel Sur Plaza (*or similar*)

Meals included: Breakfast

Day 4: Ras al-Jinz/Wahiba Sands Drive towards Wādī Banī Khālid, a rocky oasis nestled in the East Hajar mountains filled with natural pools. Later, begin your desert adventure through the dunes towards your desert lodge, just in time for a sunset.

Today we drive through red rock formations and vibrant green plantations and take in the natural beauty of this oasis-like region of Wādī Banī Khālid. Running through this area are the natural blue-tinted springs that receive a constant water flow throughout the year, making it a lifeline for villages of this area. Enjoy lunch before taking free time to explore the area. Opt to take an easy hike to the surrounding waterfalls, or swim in the wadis (natural springs).

We then let out the air in our 4x4's tires and head into the sand dunes of the Wahiba Sands. We will visit a Bedouin home in the desert to learn about their unique way of life.

We will arrive at the desert camp just in time to enjoy the sunset. Enjoy a traditional meal at the lodge's restaurant, and afterward, sit around a fire admiring the stars above. We will overnight in comfortable individual buildings with beds and private bathrooms, hot water showers, and air conditioning.

Estimated travel time: 3 hrs by 4x4

Accommodation: Desert Safari Camp (*or similar*)

Meals included: Breakfast | Dinner

Day 5: Wahiba Sands/Nizwá Leaving the desert behind, we head towards Ibra and visit the impressive Jabrin castle. Continue towards Nizwá, stopping at the historic fortress of Bahla along the way.

Leaving the desert behind, we head towards Ibra and visit the impressive Jabrin castle. Jabrin Castle is one of the best-preserved castles in Oman. Built in 1675 by Imam Bil-arab bin Sultan, this fort was a center for astrology, law, and medicine.

Continue towards Nizwá, stopping at the historic fortress of Bahla along the way. This impressive walled city had some of its oldest parts built as early as 500 BC. Gaining UNESCO World Heritage Site status in 1987, this complex is a grand example of ancient Omani architecture.

Estimated travel time: 3 hrs by 4x4

Accommodation: Al Diyar Hotel Nizwa (*or similar*)

Meals included: Breakfast

Day 6: Nizwá Wake early to take part in the Nizwá cattle market. Then, visit the town of Al Hamra and visit the renowned stone houses of Misfat Al Abriyeen and learn about the Falaj network, Oman's ancient water supply system. Return to Nizwa via Jebel Shams and take in view of Wadi Nakhr known as the Grand Canyon of Oman.

Wake early to take part in the Nizwá cattle market. Watch locals buy and trade the best livestock, from goats to cattle directly from the herders.

We then drive to the town of Al Hamra and visit the renowned mud houses of Misfat Al Abriyeen. Built into the mountainside of the Al Hamra region, this authentic Omani village is known for its unique residential architecture. The homes are constructed using rocks excavated from the mountain and plastered together with mud, making the structures look as though they are part of the mountain. Some houses are still being lived in. Learn about this building method that has allowed this community to stand the test of time.

Please note that this site is located in a very conservative village where residents still live. There are multiple signs upon entry requesting that you ensure you are properly and conservatively dressed - knees and shoulders must be covered. They will also ask that you remain quiet and respectful and not take any photos of residents. We are sure that your tour guide will notify you of this, but this is just an early reminder.

We also learn about the Aflaj irrigation systems. This water network is made up of ancient channels that used gravity to carry the water from the source to farms and mosques, since 500 AD. This complex system is representative of a system that is still in use in Oman today.

Return to Nizwa via Jebel Shams, the highest mountain in Oman and take in view of Wadi Nakhr known as the Grand Canyon of Oman.

Estimated travel time: 2 hrs by 4x4

Accommodation: Al Diyar Hotel Nizwa (*or similar*)

Meals included: Breakfast

Day 7: Nizwá/Muscat Drive through Wadi Bani Awf and take in the beauty of the steep mountain cliffs before reaching the end point ("Snake Point") of the gorge. Continue to Muscat for the evening.

Drive through Wadi Bani Awf and take in the beauty of the steep mountain cliffs before reaching the end point ("Snake Point") of the gorge. Continue to Muscat for the evening.

Estimated travel time: 6 hrs by 4x4

Accommodation: Radisson Blu Hotel Muscat (or similar)

Meals included: Breakfast

Day 8: Muscat Depart Muscat at any time.

There are no planned activities today, so you may depart Muscat at any time. If you wish to extend your stay in Muscat, consider booking post-tour accommodation with us.

Please note that check-out time from the hotel is usually mid-morning, but luggage storage services are available at the reception desk.

Want more adventure? Book two or more [GEEO programs](#) in the same school year and receive a discount! GEEO will give you 10% off of the lesser value program(s) (up to 3 programs per year).

If you would like to extend your time abroad but don't see another GEEO program that interests you, let us know. We can work with you to find a trip from our tour operator's much larger catalog. Their tours are open to the general public and not designed specifically for educators, but we can still offer you and your travel companions a discounted educator price on any additional tours that you book.

Meals included: Breakfast

***Itinerary Disclaimer:** *While it is our intention to adhere to the routes described on our website, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable, to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The information on our website is a general guide to the tour and region, and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.*