

Travel Plan

OMAN



An abstract landscape illustration featuring a central teal lake. The surrounding land is composed of several layers of wavy, overlapping bands in various shades of orange, from light tan to deep, dark brown. The top of the image is a plain, light beige background. The overall style is minimalist and modern.

Because money returns, time doesn't.

Oman Road Trip — Route Snapshot

At-a-glance plan to guide your bookings

Main loop (6 nights)

Muscat → Nizwa → Wahiba Sands → Sur → Muscat

Full 14-day route

Muscat (2) → Salalah (3) → Muscat (1) → Nizwa (2) → Wahiba (1) → Sur (2) → Muscat (3 + Daymaniyat)

Trip highlights

Mountains + wadis

Desert nights

Coastline drives

Heritage forts

Tip: Keep 1–2 buffer days for weather. Swap wadis if rain warnings pop up.

HOW TO USE THIS ITINERARY

How it works

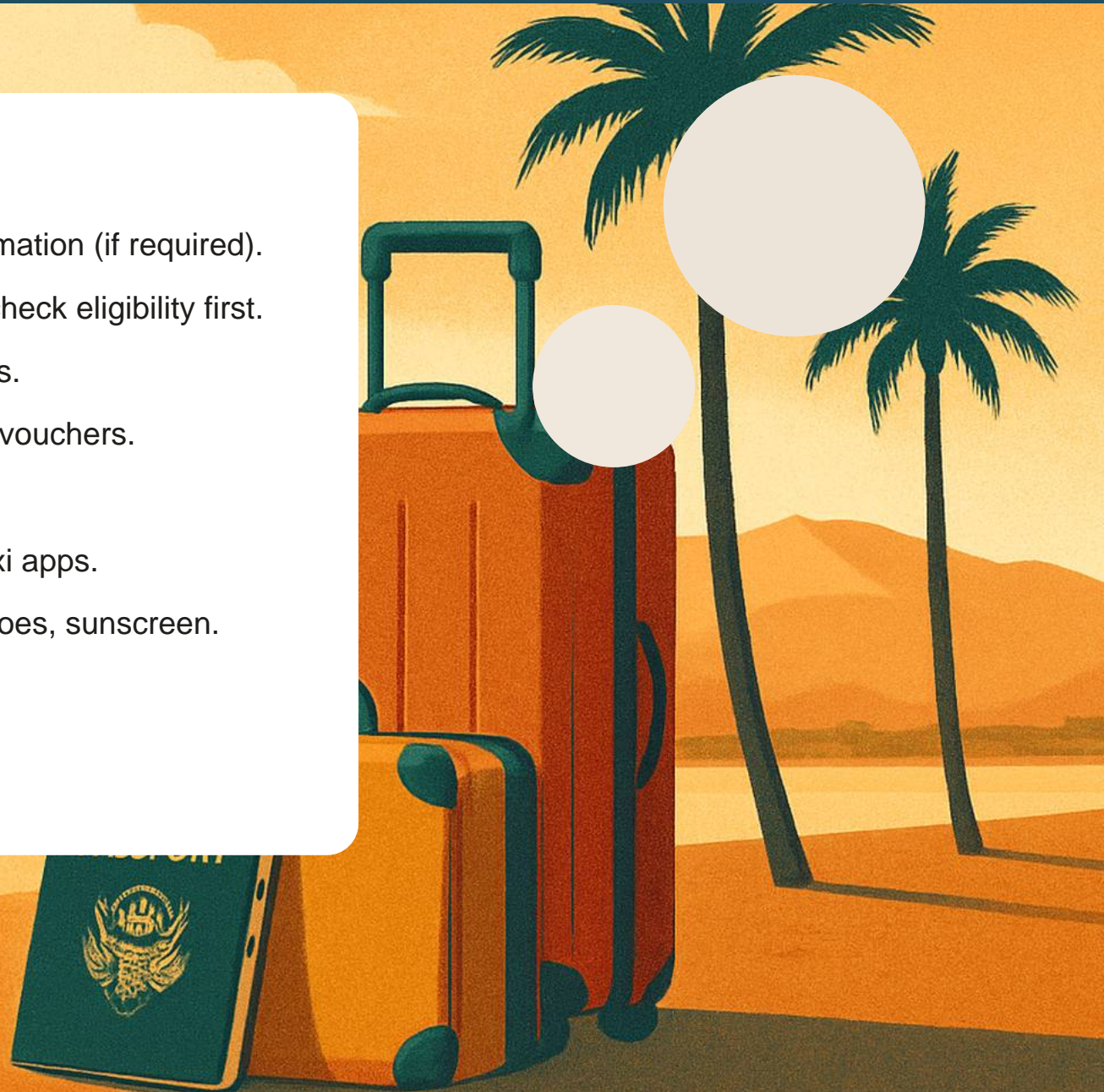
- Each day has a time-block table plus logistics notes + links.
- Use the booking links on tourofdetours.com/oman for stays and tours.
- Keep flexibility: swap activities based on weather or energy.
- Verify hours on the day of visit (religious sites and parks can change).



PRE-ARRIVAL CHECKLIST

Before you go

- Passport with 6+ months validity + visa confirmation (if required).
- Visa: apply via the official ROP eVisa portal; check eligibility first.
- Travel insurance + offline copies of documents.
- Driving license, rental confirmation, and hotel vouchers.
- Cash in small notes for fuel, snacks, tips.
- Apps: Mwasalat (buses), offline maps, and taxi apps.
- Packing: light layers, hat, swimwear, water shoes, sunscreen.



PACKING CHECKLIST (PRINTABLE)

Checklist

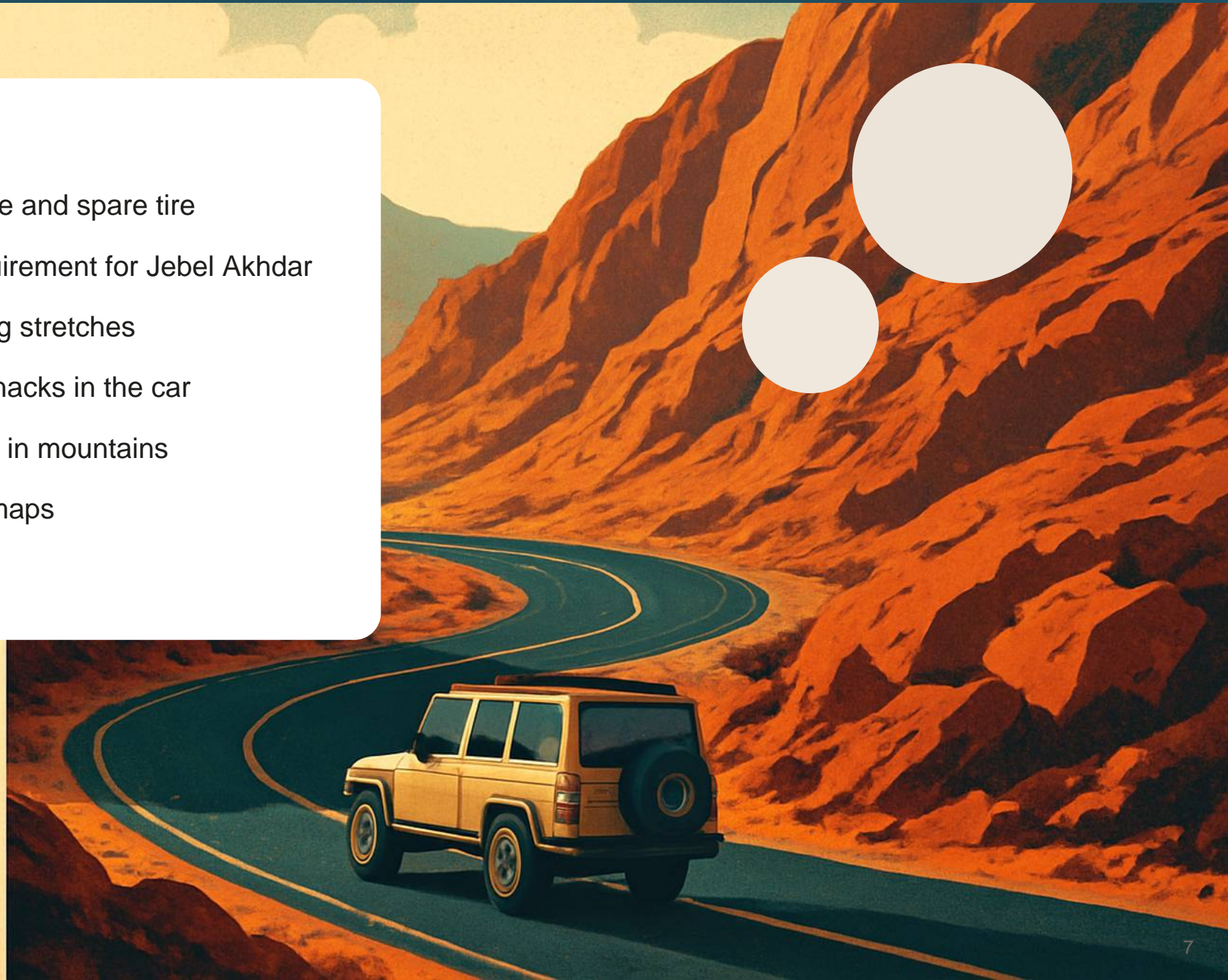
- Passport + visa printout
- Travel insurance details
- Driving license + car rental voucher
- Modest clothing for religious sites
- Swimwear + quick-dry towel
- Water shoes / sandals for wadis
- Sunscreen + hat
- Power bank + chargers
- Refillable water bottle



DRIVING CHECKLIST

Checklist

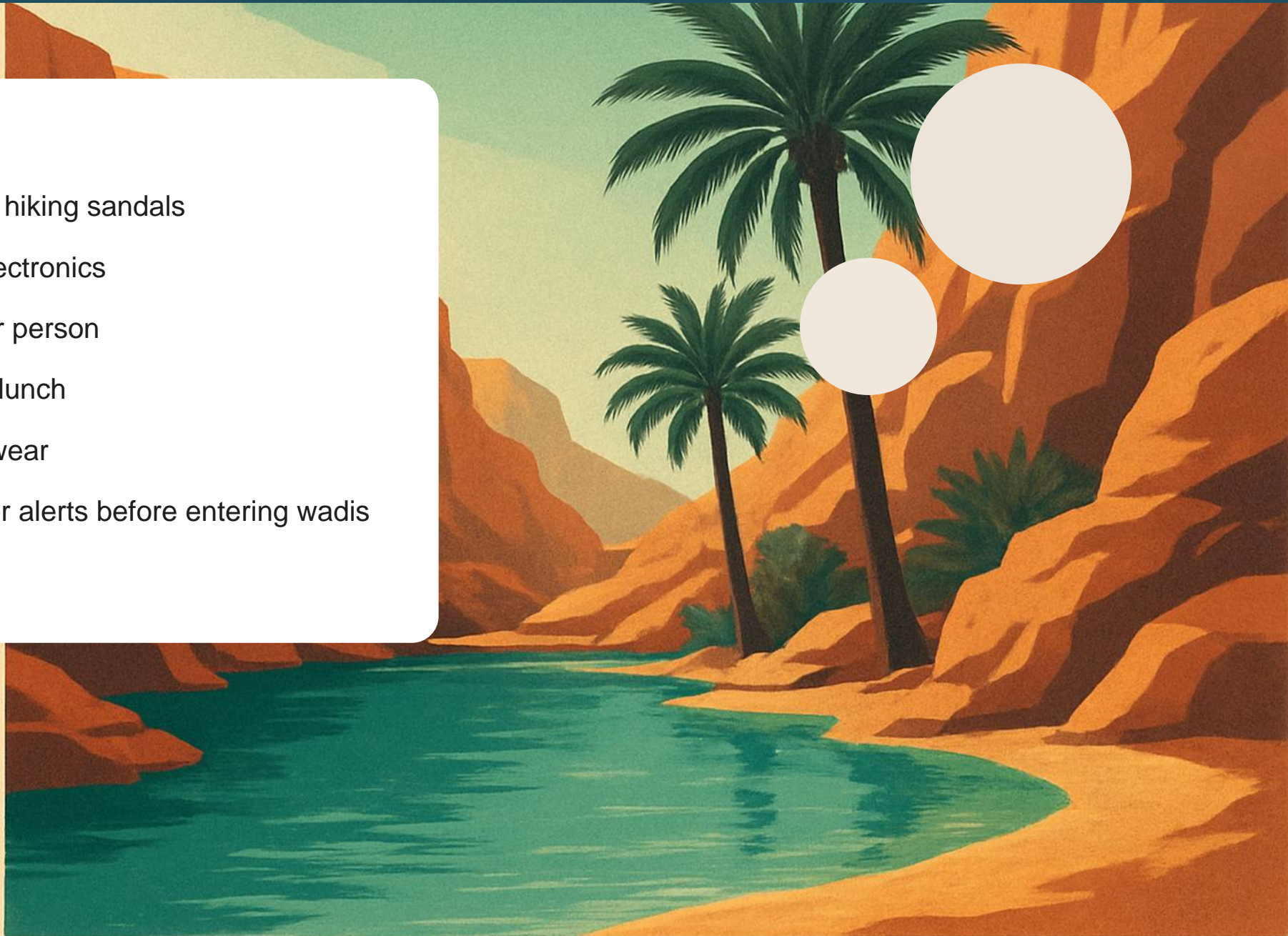
- Check tire pressure and spare tire
- Confirm 4WD requirement for Jebel Akhdar
- Fuel up before long stretches
- Carry water and snacks in the car
- Avoid night driving in mountains
- Download offline maps



WADI HIKE CHECKLIST

Checklist

- Water shoes / hiking sandals
- Dry bag for electronics
- 1-2L water per person
- Snacks / light lunch
- Modest swimwear
- Check weather alerts before entering wadis



DESERT CAMP CHECKLIST

Checklist

- Light jacket for night
- Headlamp / flashlight
- Closed-toe shoes (sand protection)
- Sunscreen + sunglasses
- Camera for sunset / stars



SNORKELING CHECKLIST

Checklist

- Swimsuit + rash guard
- Reef-safe sunscreen
- Towel + dry change of clothes
- Waterproof phone pouch
- Seasickness tablets (if needed)



BUDGET PLANNER (FILL IN)

Fill-in planner

- Flights: _____
- Bus (Muscat–Salalah): _____
- Car rental + fuel: _____
- Hotels (14 nights): _____
- Tours + activities: _____
- Food + groceries: _____
- Misc / shopping: _____
- Total estimate: _____

COST SNAPSHOT (RANGES)

Typical ranges

- Oman Air fixed national fare (Omani citizens, Jul 1-Sep 15): OMR 32 one-way / OMR 54 return.
- SalamAir starting fare to Salalah: OMR 9.99 one-way (Light fare).
- SalamAir fixed national Khareef fare: OMR 30 one-way / OMR 48 return.
- Fuel retail prices (Feb): Mogas 91 0.229, Mogas 95 0.239, Ultimax 98 0.327, Diesel 0.258 OMR/L.
- ROHM tickets: OMR 3.5–320 depending on venue/zone.
- Mwasalat bus fares vary by route; check booking screen for current price.
- Daymaniyat permits required; fees vary by operator/permit type.

KEY HOURS + RULES (VERIFY ON DAY)

Verify hours

- Grand Mosque: non-Muslim visits 8:30-11:00, closed Fridays.
- ROHM house tours: Sat-Thu, 8:30-17:30 (check availability).
- Nizwa Fort: Sat-Thu 8:00-20:00; Fri 8:00-11:30 & 13:30-20:00.
- Bahla Fort: 8:00-19:00 daily.
- Daymaniyat landing closed May 1 to Oct 31; permits required.

PRACTICAL LOGISTICS

Practical tips

- Roads are good; speed limits are enforced by cameras.
- Jebel Akhdar checkpoint allows 4WD only; plan your vehicle.
- Mountain descents are steep; avoid night driving.
- Fuel stations are common on highways, sparse in remote areas.
- Hawiyat Najm Park requires modest dress on entry.
- Carry water; heat and dry air dehydrate quickly.

SAFETY & WEATHER ALERTS

Stay safe

- Authorities warn against approaching wadis during heavy rain.
- Check official alerts before visiting wadis (ex: Wadi Shab advisories).
- Avoid driving through flooded roads or low-lying areas.
- Emergency number: 9999 (ROP).



TRANSPORT BOOKING BASICS

How to book

- Mwasalat tickets: online booking, on-board, or at ticketing offices.
- Timetables for Muscat, Suhar, and Salalah are on the official site.
- For Daymaniyat, book with licensed operators and confirm pickup times.



DAYMANIYAT RULES (SUMMARY)

Know the rules

- Coupons/permits are required to access the reserve.
- If you book a tour, the operator handles permits—no extra steps needed.
- No landing or camping May 1 to Oct 31 each year.
- After Oct 31, camping is limited to specific islands.
- No collecting coral, plants, or disturbing wildlife.

OFFICIAL LINKS

Official resources

Mwasalat booking & timetables

[Open link](#)

Oman eVisa portal

[Open link](#)

ROP eVisa service info

[Open link](#)

Grand Mosque

[Open link](#)

ROHM house tours

[Open link](#)

BOOKING LINKS (OUR ITINERARY)

Quick booking buttons

Self-drive car rentals

[Open link](#)

Flights

[Open link](#)

eSIM / SIM data

[Open link](#)

Travel insurance

[Open link](#)

VPN

[Open link](#)

RECOMMENDED TOURS

Destination-wise links

Muscat + Daymaniyat — Daymaniyat snorkeling

[Open link](#)

Muscat + Daymaniyat — Half-Day Muscat City Tour

[Open link](#)

Wahiba + Wadi Bani Khalid — Full Day Tour

[Open link](#)

Wadi Shab + Bimmah — Full Day Tour

[Open link](#)

Nizwa + Jebel Akhdar — Full Day Tour

[Open link](#)

FLIGHT SEARCH

Fastest way to compare fares

Find the best fares and schedules

Primary airports: Muscat (MCT), Salalah (SLL)

Short on time? Consider flying Muscat–Salalah one-way.

[Open Skyscanner](#)

[Open Mwasalat bus](#)

DAY 1 - ARRIVAL IN MUSCAT

Time	Location	Description
10:00-12:00	Arrive + check-in	Cash, SIM, snacks, rest.
13:30-14:30	Muttrah Corniche	Walk the waterfront.
14:30-16:00	Muttrah Souq	Spices, frankincense, gifts.
16:30-18:00	Old Town / Al Alam	Photo stops and forts.

Notes

- Recommended stay: Muscat stay (arrival)
- Muttrah Souq is one of Muscat's most famous markets for spices and silver.
- If you are tired, move Old Town to day 2 evening.
- Carry small cash; some souq stalls are cash-only.



DAY 2 - MUSCAT HIGHLIGHTS

Time	Location	Description
08:00-11:00	Grand Mosque	Morning visit window for non-Muslims.
12:30-14:00	Lunch + rest	Pick a nearby cafe or hotel.
15:30-17:00	Royal Opera House	Tour or exterior stop.
18:00-20:00	Corniche sunset	Light walk and dinner.

Notes

- Recommended stay: [Muscat stay \(arrival\)](#)
- Grand Mosque non-Muslim visits run 8:30-11:00, closed Fridays.
- Dress code is strict: long sleeves and a headscarf for women.
- ROHM tours run 8:30-17:30 except Friday; tickets from box office.

DAY 3 - MUSCAT TO SALALAH (BUS)

Time	Location	Description
Morning	Free time	Light shopping or rest.
Afternoon	Bus prep	Pack snacks, water, charger.
Evening	Mwasalat bus	Overnight journey to Salalah.
Late night	On the road	Sleep when possible.

Notes

- Recommended stay: [Salalah stay](#)
- Mwasalat tickets can be purchased online, on-board, or at offices.
- If driving, Muscat to Salalah is ~1,040 km and about 9h 48m (approx).
- Carry a light blanket; buses can be cold at night.

DAY 4 - SALALAH BEACH LOOP

Time	Location	Description
08:00-10:00	Pick up rental car	Quick checks and fuel.
10:30-13:00	Beach stops	Iftalqoot or Fazayah.
14:30-16:00	Frankincense stop	Local market or shop.
Evening	Hotel + dinner	Rest early.

Notes

- Recommended stay: [Salalah stay](#)
- Wadi Darbat water and greenery are strongest during the Khareef season.
- Drive carefully on coastal roads; fog can appear during Khareef.
- Keep water and snacks in the car for long stretches.

DAY 5 - WADI DARBAT + AL BALEED

Time	Location	Description
09:00-12:00	Wadi Darbat	Waterfalls and viewpoints.
13:30-15:00	Al Baleed site	UNESCO heritage ruins.
15:00-16:30	Frankincense Museum	History + maritime exhibits.
Evening	Relaxed dinner	Try Lebanese or grills.

Notes

- Recommended stay: Muscat stay (arrival)
- Wadi Darbat sits near Khor Rori and has lakes formed during Khareef.
- Al Baleed is part of the UNESCO Land of Frankincense site.
- Plan for slow traffic near Al Haffa in the evening.



DAY 6 - SALALAH COAST + RETURN BUS

Time	Location	Description
Morning	Coconut Beach	Short sunrise stop.
Late morning	Hidden beaches	Quick final loop.
Afternoon	Return rental car	Refuel before drop-off.
Evening	Bus back	Overnight ride to Muscat.

Notes

- Recommended stay: [Salalah stay](#)
- Keep a small day bag for the overnight bus.
- Charge devices before boarding; power points may be limited.
- Eat early to avoid late-night hunger on the bus.

DAY 7 - MUSCAT TO NIZWA

Time	Location	Description
Morning	Pick up car	Inspect tires and brakes.
11:00-13:00	Drive to Nizwa	Approx 2 hours.
14:00-16:00	Nizwa Fort	Fort + museum.
16:00-18:00	Nizwa Souq	Dates, pottery, silver.

Notes

- Recommended stay: [Nizwa stay](#)
- Muscat to Nizwa driving distance is ~183 km and about 1h 37m (avg speed).
- Nizwa Fort hours: 8:00-20:00 daily; Fri 8:00-11:30 & 13:30-20:00.
- Friday mornings feature the Nizwa livestock auction.



DAY 8 - JEBEL SHAMS OR JEBEL AKHDAR

Time	Location	Description
08:00-10:00	Drive up	Mountain ascent.
10:00-13:00	Hike viewpoints	Balcony Walk area.
14:00-16:00	Bahla Fort stop	Quick detour on return.
Evening	Back to Nizwa	Rest early.

Notes

- Recommended stay: [Nizwa stay](#)
- Jebel Akhdar has a 4WD-only checkpoint; plan your vehicle.
- Carry warm layers; temperatures drop at altitude.
- Bahla Fort is a UNESCO-listed site in Oman.



DAY 9 - NIZWA TO WAHIBA SANDS

Time	Location	Description
Morning	Depart Nizwa	Fuel up before desert roads.
12:00-14:00	Arrive in Wahiba	Meet camp transfer.
Afternoon	Dune drive	Sunset dune-bashing.
Night	Camp stay	Dinner + stargazing.

Notes

- Recommended stay: [Nizwa stay](#)
- Nizwa to Wahiba Sands driving distance ~321 km, about 4h 17m.
- Wear appropriate clothing, apply sunscreen, and carry plenty of water.
- Respect Bedouin customs while visiting camps.

DAY 10 - WAHIBA SANDS TO SUR

Time	Location	Description
07:00-09:00	Desert sunrise	Breakfast + photos.
10:00-12:30	Drive to Sur	Desert to coast.
14:00-15:30	Sur harbor	Dhow yard + walk.
17:00-18:30	Pink Beach	Sunset stop.

Notes

- Recommended stay: [Wahiba Sands camp](#)
- Plan for slow driving after leaving the desert.
- Wahiba to Sur: about 118 km, roughly 1h 20m driving.
- Check into hotel before sunset to drop bags.
- If you want turtle sightings, check local guidance first.

DAY 11 - WADI BANI KHALID + TIWI

Time	Location	Description
08:00-11:00	Wadi Bani Khalid	Swim and relax.
12:30-14:30	Drive to Tiwi	Short coastal stretch.
15:00-16:00	Tiwi Beach	Quick walk + photos.
Evening	Return to Sur	Dinner and rest.

Notes

- Recommended stay: Muscat stay (arrival)
- Wadi Bani Khalid has pools and a trail that leads toward Muqal cave.
- Bring water shoes; wadi rocks can be slippery.
- Keep modest swimwear for public areas.

DAY 12 - SUR TO MUSCAT (COAST)

Time	Location	Description
08:30-10:00	Depart Sur	Coastal viewpoints.
10:30-14:30	Wadi Shab	Boat crossing + hike + swim.
15:30-16:30	Hawiyat Najm Park	Bimmah Sinkhole swim stop.
Evening	Drive to Muscat	Check in and rest.

Notes

- Recommended stay: [Sur stay](#)
- Wadi Shab is about 170 km from Muscat airport; boat crossing starts the hike.
- No shops in the wadi; carry water and snacks.
- To reach the hidden waterfall, swim through a narrow cave.
- Sur to Muscat driving distance is ~209 km, about 1h 51m (avg speed).



DAY 13 - DAYMANIYAT ISLANDS

Time	Location	Description
Morning	Boat transfer	Check in at marina.
10:00-13:00	Snorkeling	Coral and turtles.
Afternoon	Return to Muscat	Lunch + rest.
Evening	Muttrah Souq	Final shopping.

Notes

- Recommended stay: Muscat stay (return)
- Coupons are required to enter for swimming/diving/camping.
- No landing or camping from May 1 to Oct 31 each year.
- After Oct 31, camping is allowed only on Al Jabal Al Kabeer and Al Jawan.

DAY 14 - DEPARTURE

Time	Location	Description
Morning	Final breakfast	Pack and check out.
Late morning	Airport transfer	Allow buffer time.
Airport	Lounge / duty free	Relax before flight.
Departure	Fly out	Safe travels.

Notes

- Recommended stay: Muscat stay (arrival)
- Return rental car with a full tank if required.
- If you have lounge access, the Muscat lounge is worth it.
- Keep a printed itinerary for quick reference.

MONEY SAVING HACKS

At a glance

- Use the overnight bus for Muscat-Salalah instead of flying.
- Book desert camps with dinner + breakfast included.
- Choose 2WD only if you skip mountain checkpoints and desert drives.
- Buy water and snacks at hypermarkets before long drives.
- Bundle tours to reduce transport costs.
- Avoid unnecessary 4WD upgrades unless your route requires it.
- If eligible, use the National Subsidy System fuel price for Mogas 91.

VEGETARIAN SURVIVAL GUIDE

At a glance

- Safe local picks: hummus, moutabel, tabbouleh, falafel, lentil soup.
- Always ask: "no meat, no chicken, no fish" before ordering.
- Muscat: Kesar Restaurant (CBD) and Saravana Bhavan (Ruwi).
- Salalah: Annapurna Restaurant (veg-friendly Indian).
- Carry snacks for long drives and desert nights.
- Verify restaurant hours on Google Maps before visiting.



