

Itinerary Oman by Bike – 11 days



Day 1 – Amsterdam to Muscat

Depart in the evening on a direct flight to Muscat. You'll arrive early in the morning and your journey begins.

Day 2 – Arrival in Muscat

Your guide will be ready to welcome you and transfer you to your hotel. Your room will be available immediately. The afternoon is free: explore the souq, stroll along the corniche, or visit a museum.

Cycling distance: approx. 30 km

Overnight: Wyndham Garden Hotel, Muscat



Day 3 – Muscat and Sunset at Sea

Visit the impressive Sultan Qaboos Mosque in the morning. Afterwards, explore the Al Bustan or Qantab area by bike: mountains, beaches, and eroded bays. In the late afternoon, board a boat for a relaxing sunset cruise along the rugged coastline.

Cycling distance: approx. 40 km (flexible)

Overnight: Wyndham Garden Hotel, Muscat

Day 4 – To Tiwi and Bimma Sinkhole

Cycle towards the coast today. Visit Bimma Sinkhole, a spectacular collapsed crater with azure waters, and the white sandy beaches of Tiwi.

Cycling distance: approx. 120 km

Overnight: Tiwi Sunrise Hotel

Day 5 – Wadi Shabb or Wadi Mibam – Your choice

In the morning, choose your adventure:

- A hike through the photogenic Wadi Shab
- Or an adventurous day in Wadi Mibam (swimming, climbing, abseiling)

Afterwards, continue cycling to Sur, a coastal town rich in maritime history.

Cycling distance: approx. 45 km

Overnight: Best Western Sur

Day 6 – Cycling into the Desert

A special stage today: cycle towards the endless dunes of the Al Sharquia Desert. At the camp, enjoy a warm meal, a campfire, and a night under a nearly infinite starry sky.

Cycling distance: approx. 120 km

Overnight: Al Salam Desert Camp

Day 7 – Wadi Bani Khalid or Wadi Hawer – On to Nizwa

In the morning, choose again:

- A walk among clear waters and white rock in Wadi Bani Khalid
- Or explore the waterfalls and natural pools of Wadi Hawer

Then cycle as much as you like towards Nizwa.

Cycling distance: approx. 100 km (total optional distance: 220 km)

Overnight: Ihyaa Inn, Nizwa

**Day 8 – Rest Day in Nizwa**

A day without cycling. Explore Nizwa Fort, wander through the souq, and visit the Across Ages Museum for an impressive glimpse into Oman's history.

Overnight: Ihyaa Inn, Nizwa

Day 9 – The Livestock Market and on to Fanja

Rise early to experience Nizwa's traditional livestock market: lively, colorful, and authentic. Then hop back on your bike for the ride to charming Fanja.

Cycling distance: approx. 120 km

Overnight: Fanja Heritage House, Fanja

Day 10 – Final stage: Return to Muscat

Cycle the last kilometers of your adventure. Upon arrival in Muscat, take some time to relax.

Cycling distance: approx. 50 km

Overnight: Wyndham Garden Hotel, Muscat