

Itinerary Oman by Bike – 11 days



Day 1 – Amsterdam to Muscat

Depart in the evening and fly directly to Muscat. You land early in the morning and the journey can begin.

Day 2 – Arrival in Muscat

You will be picked up at the airport and taken to your hotel. The hotel room is immediately available, so you can freshen up and get some rest. In the afternoon, the guide will be ready for a first introduction to the White City. You pick up your bike and make your first trip through Muscat. By bike, visit the National Museum and see the nearby sultan's palace and the Portuguese forts on the coast.

Overnight: Al Naseem hotel, Muscat



Day 3 – Muscat and sunset at sea

In the morning, visit the impressive Sultan Qaboos Mosque with the guide.

Ladies wear clothing that falls over the wrist and over the ankles, a headscarf that covers hair, neck and neck. Men wear long pants and a shirt with sleeves (may be short).

Then you will explore a natural part of Muscat by bike; Al Bustan or Qantab: mountains, beaches and eroded bays.

At the end of the afternoon, hop on a boat for a relaxing sunset cruise along the rugged coast.

Cycling distance: approx. 40 km

Overnight stay: Al Naseem Hotel, Muscat

Day 4 – To Tiwi and Bimma Sinkhole

Today you follow the coastline by bike. You'll visit Bimma Sinkhole, a spectacular collapsed crater with azure waters, and the white beach of Tiwi.

Cycling distance: max. approx. 120 km

Overnight stay: Nomad Bay, Tiwi

Day 5 – Wadi Shabb

The day starts with a hike through the photogenic Wadi Shabb. A gorge with crystal clear water pools, lots of vegetation and surrounded by rocks.

Afterwards, you will cycle on to Sur, a coastal city full of maritime history.

Cycling distance: approx. 45 km

Overnight: Best Western Sur

Day 6 – Cycling to the desert

A special stage: you cycle towards the endless dunes of the Al Sharquia Desert. A hot meal, a campfire and a night under the stars await in the camp.

Cycling distance: max. approx. 120 km

Overnight stay: Sama Al Areesh Desert Lodge

Day 7 – Cycling to Nizwa

Today cycle through the foothills of the spectacular Hadjar Mountains towards Nizwa. Nizwa was the political, religious and cultural heart of Oman for centuries. An atmospheric city with a lot of history.



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

Overnight: Ihyaa Inn, Nizwa

Day 8 – Rest day in Nizwa

Explore the Nizwa Fort, wander through the souk, and take a city tour by bike with the guide.

Overnight: Ihyaa Inn, Nizwa

Day 9 – The cattle market and towards Fanja

Get up early to experience the traditional cattle market of Nizwa: lively, colorful and authentic. Then you get back on your bike for the ride to atmospheric Fanja.

Cycling distance: max. approx. 120 km

Overnight: Fanja Heritage House, Fanja

Day 10 – Last leg: back to Muscat

Today you will cycle the last kilometers of your adventure. Upon arrival in Muscat, you return the bike and have time to relax.

Cycling distance: approx. 50 km

Overnight stay: Bait al Fateh, Muscat

Day 11 – Departure

Your cycling trip through Oman is over. With strong legs, new memories and a camera full of images, you fly back to Amsterdam in the afternoon.