

**Day 1:**

Arrival at MCT Airport.

A maximum of 18 Participants and their bicycles packed in boxes or bags to be transported with bus and a small truck to A Sawadi Beach resort <http://www.alsawadibeach.om>

1 guide who will be with the group all the time till departure and driving one 4x4 vehicle will greet the group at MCT and organize the loading and transfer as mentioned above.

At hotels bike assembly will take place under palm trees in those quiet resorts at Barka hotel, meet, and greet with introduction of guide and country and route at a meeting room at the hotel. If there is still available time, depend on arrival time we offer a city Tour to Mutrah Area and souk.

Day 2:

All bikes will be assembled on the bike trailer pulled by the 4x4 vehicle and carrying luggage of group as well as water and food. The group will drive after breakfast along the coast to Al Khaborah then turn left to wadi al hawasinah. From this nice place you will start cycling through the wadi where you can see palm trees oasis in the villages and enjoying the cycling in the hills passing water stream in the wadi and you may stop after 40 km to take photos and having lunch. Finish cycling at Musken total cycling for this day 80 KM. Guide will help at check in for one night and organize dinner at Ibri Oasis Hotel.

Day 3:

After breakfast, short drive with car and bus along the road from Ibri to Fahud with a glimpse of sand dunes for about 15 minutes until a small new road turns off left side. All food and drinks have to be bought in Ibri before leaving into the empty desert! At that turn off cycling almost flat but with nice mountain range to the left passing only very small villages until Bisya total cycling distance 115 KM. OVN for 2 nights in Bahla Apartment hotel

Day 4:

After breakfast about 20 minutes' drive to Jabreen Castle for a tour then heading to wadi Al Ain, then cycling along the quiet road passing world heritage tombs at Al Ain with beautiful mountain oasis which will be visited on foot with the guide. Then further cycling up the mountain road until the villages of Sint and Sant. Then turn back and cycling the same road downhill. Total Cycling 80 KM. Transfer by Bus back on highway to the hotel.

Day 5:

After breakfast, the group will take a 5 minutes' drive to old Bahla center which is world heritage! With guide the group will visit on foot old town, view point over town wall. Then 20 minutes' drive by bus to Tanuf. After visit of ruins and look into canyon entrance cycling on the road to Al Hamra through Bahla Al Hamrah Road and stopping at a café then having a nice cycling through alhamra Oasis to Al Qaryah village then uphill cycling on the road towards Al Hoota village to Sharaf Al alamein 2000 meters above sea level. Total Cycling 70 KM. Overnight at Shorfat Al Alamein Hotel for 2 nights.

Day 6:

A culture day with no cycling. An opportunity for the group to walk along the ridge of sharaf al alamein with amazing views to Wadi bani Awf villages and then drive down to Al Misfah for a culture tour and omani Lunch. In the afternoon visiting Bait Al safa Museum in Al hamra.

Day 7:

Drive to Adam passing Sultan's palace at Manah. Shortly ahead of Adam cycling starts turning off right on an empty modern road at the edge of the huge inland desert to Ras Al Jabal with amazing landscape like outback. Cycling distance for about 100 KM. Transfer back to Nizwa to check in for two nights in Golden Tulip Hotel.

Day 8:

After breakfast short transfer by Bus 30 minutes to Izki where cycling through wonderful mountains with lunch break and cycle through a loop to wadi Mahram . Total cycling Of around 70 KM. In the afternoon, visit to Nizwa Souq famous of Jewelry and antique shops. Then transfer back to Nizwa by cars to the hotel.

Day 9:

Transfer by Bus into Eastern Hajar Mountains. start cycling in beautiful Wadi Tayyin road passing nice villages for about 80 KM. After cycling transfer by cars via Bid Bid to Muscat hotel for one night.

Day 10:

Departure Day .Packing of bikes and bags, Muscat city tour with guide if time is Available and then transfer back to Airport.

For more Information contact:

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