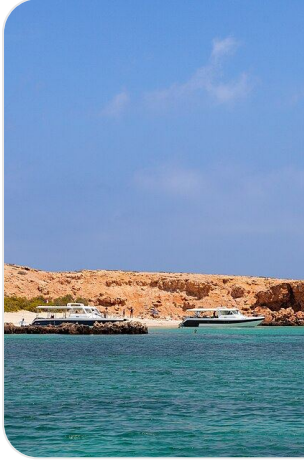


Five nights in Oman from Dubai

Muscat • Daymaniyat Islands • Bimmah Sinkhole • Wadi Shab • Ras Al Jinz turtles • Wadi Bani Khalid • Wahiba Sands • Jebel Akhdar. About 1,300 km, 4×4 needed. Full guide with photos, videos and distances:
<https://azizsaif.com/blog/oman-10-best-natural-places/>



DAY 1

Night: Muscat (Al Mouj or Qurum)

Dubai to Muscat, then the Daymaniyat coast

Dubai to Muscat 407 km, 4h 40m by road via Hatta, or a 1-hour flight

- 06:30** Leave Dubai. Hatta border opens early, queues build after 9
- 11:30** Muscat. Check in, lunch at Al Mouj Marina
- 16:00** Qurum beach or Mutrah corniche walk at sunset
- 19:30** Dinner in Muscat. Confirm tomorrow's boat, early night



DAY 2

Night: Tiwi or Sur (Wadi Shab Resort, Sur Plaza)

Daymaniyat Islands, Bimmah Sinkhole, on to Tiwi

Al Mouj 18 km • boat 45 min each way • Muscat to Bimmah 139 km, 1h 40m • Bimmah to Tiwi 32 km, 40m

- 07:30** Boat from Al Mouj Marina. Two snorkel stops, turtles and reef sharks
- 13:00** Back at the marina. Drive south on the Sur road
- 16:00** Bimmah Sinkhole, 77 steps down, swim as the light softens
- 17:30** Short hop to Tiwi. Dinner, sleep early for Wadi Shab



DAY 3

Night: Ras Al Jinz Turtle Reserve (book the reserve hotel or Sur)

Wadi Shab at dawn, turtles at night

Wadi Shab to Sur 52 km, 1h • Sur to Ras Al Jinz 44 km, 50m

- 07:00** Boat across the inlet, 45-minute walk, swim into the cave. Out by 11
- 12:30** Lunch in Sur, dhow yards on the creek
- 15:00** Ras Al Jinz. Rest, visitor centre
- 20:30** Guided turtle walk. No torches, no flash, expect a queue



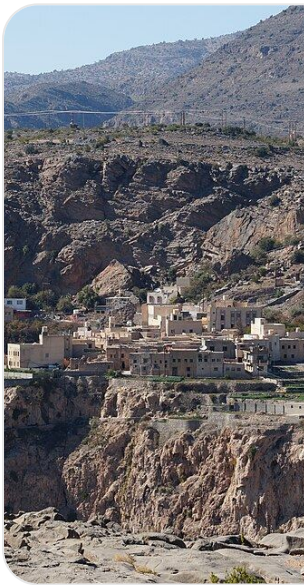
DAY 4

Night: Wahiba Sands desert camp

Wadi Bani Khalid pool, then sunset on the dunes

Ras Al Jinz to Wadi Bani Khalid 126 km, 2h 30m • Wadi Bani Khalid to Wahiba camp pickup 70 km, 1h

- 05:00** Optional sunrise turtle walk, then breakfast
- 08:00** Drive inland to Wadi Bani Khalid
- 10:30** Swim the main pool, walk 20 minutes upstream for quiet
- 14:30** Meet the camp's 4x4 at Al Wasil or Bidiyah. Deflate tyres, dune drive, sunset from the ridge, dinner under the stars



DAY 5

Night: Jebel Akhdar (Saiq plateau)

Up to the Green Mountain

Wahiba to Nizwa 208 km, 2h 40m • Nizwa to Saiq 60 km, 1h 15m (4x4 checkpoint at Birkat Al Mawz)

- 06:00** Sunrise on the dunes, breakfast, tyres back up
- 08:00** Drive west across the interior to Nizwa. Fort and souq if you want one building
- 13:00** Up the mountain road. 2,000 m, ten degrees cooler
- 15:30** Village rim walk Al Aqr to Ash Shirayjah, terraces and rose gardens. Sunset at Diana's Point



DAY 6

Night: Home in Dubai

Down and home

Saiq to Dubai via Nizwa, Ibri and Buraimi 480 km, about 6h • or Saiq to Muscat airport 160 km, 2h

- 07:00** Breakfast on the plateau. Hikers swap last night for Jebel Shams and do the Balcony Walk now (3 hrs)
- 09:30** Descend, coffee in Nizwa
- 11:00** Al Wajajah border via Ibri. Fuel up before Oman ends
- 16:30** Dubai

Add-on

Musandam weekend from Dubai

Khasab is 193 km and 2h 40m from Dubai through the Tibat border. Go Friday morning, full-day dhow Saturday, back Sunday. It cannot be joined to the loop above without two extra border crossings.

Add-on

Wadi Darbat in July or August

Fly Dubai to Salalah (1h 45m) for two nights during the Khareef. Darbat is 49 km east of the city. Outside late June to mid-September the waterfall is dry.

Seven things to know

- **Flash floods are the real risk** Never enter a wadi when rain is forecast anywhere upstream, and never camp on a wadi bed. Water arrives with no warning.
- **4WD is not optional everywhere** Jebel Akhdar has a checkpoint that turns away 2WD cars. Jebel Shams needs clearance for the last stretch. Wadis and dunes need it too.
- **Dress for a conservative country** Swim in shorts and a t-shirt at wadis and pools. Bikinis are fine only at hotel beaches and private resorts.
- **Start early, always** Wadi Shab before 8am, Bimmah at opening, the Balcony Walk at dawn. By ten the car parks and the heat have both arrived.
- **Musandam is a separate enclave** It is cut off from the rest of Oman by the UAE, so you either fly from Muscat or cross the Tibat border from Ras Al Khaimah.
- **Border paperwork from Dubai** UAE residents need passport, Emirates ID, car registration (mulkiya), a no-objection letter if the car is financed or rented, and Oman car insurance bought at the border. Oman e-visa for most passports, many GCC residents get it on arrival.
- **Carry it out** Litter is the most common complaint in reviews of Wadi Bani Khalid and Ras Al Jinz. Take a bag. There are rarely bins.

Distances from OpenStreetMap routing, 19 September 2026. Border queues not included. Ratings from Tripadvisor, September 2026. Written by Aziz Saif.