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LIFE IS A JOURNEY



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24 HOURS IN

Oman

BY FAHAD ALABRI

Personal Trainer | Goal-Getter | Marathon Runner



MY PERFECT 24 HOURS IN OMAN

Disclaimer: this won't be your classic 24 hour guide. Why? Because it is simply not feasible to pack the beauty and fascination of Oman into a single day. You cannot focus on one area because there is not one hidden treasure to lift but many jewels, scattered across the country, to collect.

Muscat, my home town, is a good starting point for your journey through the Sultanate of Oman.

One of the most notable constructions here is definitely the **Sultan Qaboos Grand Mosque**. And grand is not only an adjective here but an important fact since this is one of the biggest mosques in the world. Of course it's one of the most important buildings in the country, too. For non-Muslims the mosque is open every day until 11am (not on Fridays though). Make sure you are dressed appropriately which means your arms and legs have to be covered and ladies have to cover their head as well. Be excited for impressive architecture and magnificent ornamental work!

No less fascinating is the **Royal Opera House** in Muscat. It is the only existing opera in the Gulf States and a thrilling combination of traditional Omani architecture, western opera design and modern features.

After you've left these peaceful and quiet places, throw yourself into the lively and loud opposite: **The Mutrah Souk** in the Old Town. Everybody visiting an Arab country for the first time has to experience a traditional Souk at least once. The range of colours, scents and sounds is overwhelming and will stimulate all of your senses.

The walk through the Souk will have probably made you hungry by now, in which case you should go to **Bin Ateeq**. This place will serve you typical Omani food in the most traditional way – sitting on carpets and eating with your hands. Do not miss out on this truly exceptional and above all authentic experience!

If you are interested in snorkelling and diving, there are two spots I'd highly recommend. One is the **Oman Diving Center** which lies in a lovely bay and provides an amazing underwater world to explore. They offer all kind of diving classes, from beginners to advanced stage. And if you want something more offbeat, head to hidden **Ras Al Hamra Bay** where you can snorkel in crystal clear, turquoise water and hang out in the sun. Another nice and rather lonely beach is the **Shatti Al-Qurm Beach**.

The grand finale of your journey should be the Al Hajar Mountains in northeastern Oman, so start driving towards more adventures and make a first stop at the oasis town **Nizwa**. Less than 20 km outside of Muscat it all goes back to originality and craftsmanship. Especially known for its wrought silver, Nizwa might be the place for you to purchase some nice souvenirs at the souk. Besides the silver, another attraction is the cattle market on Friday mornings.

On your way through the Wahiba Sands it is a must to plan in one night in the **Desert Nights Camp**. Book a camel trekking tour led by Bedouins, enjoy a breath-taking sunset from the top of the dunes and gaze at the innumerable stars in the night sky. This will definitely be a one-of-a-kind experience in your life!

Driving a little bit further, you will soon become aware of the **Wadi Bani Khalid oasis**. The lush forest of palm trees will automatically lead you closer to water and thus closer to the oasis which lies inside a huge canyon. Go and explore the area! There are small, cool pools, waterfalls and caves hidden everywhere. A perfect destination to refresh the mind and body and to wash off the desert sand.

When you finally get to the last destination of your trip, the hotel **Alila Jabal Akhdar** you will know why you took the 75km drive from Nizwa over the bumpy and dusty roads to reach 2000 metres above sea level. You will know for sure! The design hotel, opened 2014, is truly exceptional. In the middle of the Al Hajar Mountains, this is the best place to unwind far away from urbanity. Especially during the hot summer months this is the ideal hideaway, because the temperatures are much more pleasant. Float in their infinity pool and enjoy the light feeling of remote luxury.

*Enjoy exploring,
Fahad*

OMAN DIVE CENTER

FITNESS & HEALTH

Al Jissah St, Oman

www.omandivecentre.com

Check out the stunning underwater world around the Sultanate of Oman; especially whales and dolphins love this area.



RAS AL HAMRA BAY

ESCAPE

Ras Al Hamra St, Muscat, Oman

The bay is perfect for snorkelling.

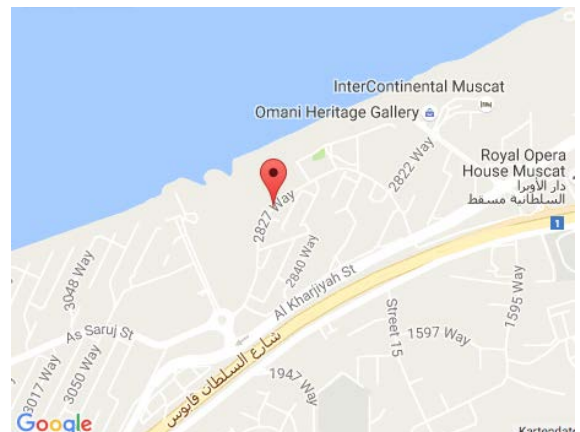


SHATTI AL-QURM BEACH

BEACH

2827 Way, Muscat, Muscat Governorate, Oman

Take a relaxing walk at this lonely and quiet beach.

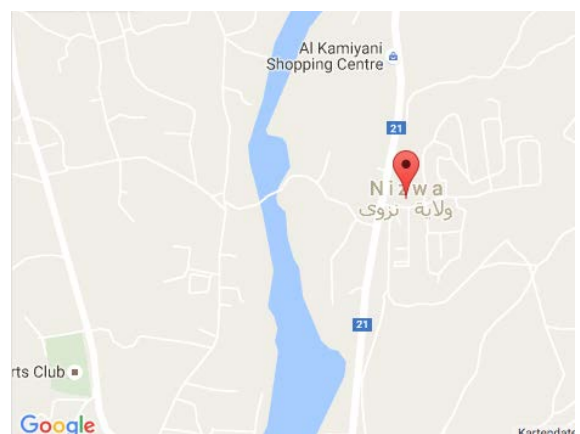


NIZWA

SHOP

Nizwa, ad-Dachiliyya, Oman

Nizwa is, among other things, known for its beautiful souk where you get all the products this region is famous for.



DESERT NIGHTS CAMP

ESCAPE

Desert Nights Camp, Sur, Oman

www.omanhotels.com/desertnightscamp

Spending one night in the desert is kind of an essential thing to do. It is a truly exceptional and unforgettable experience!



WADI BANI KHALID

ESCAPE

Wadi Bani Khalid, Ash Sharqiyah North Governorate, Oman

This oasis is a perfect refreshment after the desert. Just follow the palm trees to the water.



ALILA JABAL AKHDAR

SLEEP

Unnamed Road, Oman

www.alilahotels.com/jabalakhdar

A spectacular hotel in a spectacular location. Not all those who wander are lost they say, but in this case being lost is definitely a good thing!

