

# Dhofar Governorate

The Land of Frankincense



experience  
**oman**





# Discover Oman

And experience a journey like no other

Situated at the southeastern tip of the Arabian Peninsula, the Sultanate of Oman is a captivating blend of tradition and modernity. A land of striking contrasts, Oman boasts towering mountains and vast seas, sandy deserts and crystal-clear wadis, offering environmental diversity that is just waiting to be explored. From the bustling charm of traditional souqs to the sophistication of modern markets and the serenity of green parks, you can find the perfect spot for both relaxation and leisure.

Oman's 11 governorates offer a kaleidoscope of distinct landscapes and captivating tourist attractions, each with its own unique charm from lush oases and dramatic deserts to historic forts and bustling souqs.

Here, history is deeply rooted in every corner, while unspoiled nature invites you to unwind and reconnect. The country's

extensive coastlines, stretching for thousands of kilometers, are a haven for marine enthusiasts and tranquility seekers alike, offering both serene beaches and thrilling water-based adventures.

The towering mountains provide a refreshing escape during the hot summer months, while the seasonal climate is ideal for those in search of pleasant weather. Experience the thrill of swimming in vibrant wadis or feel the adrenaline rush of exploring the vast, desert dunes.

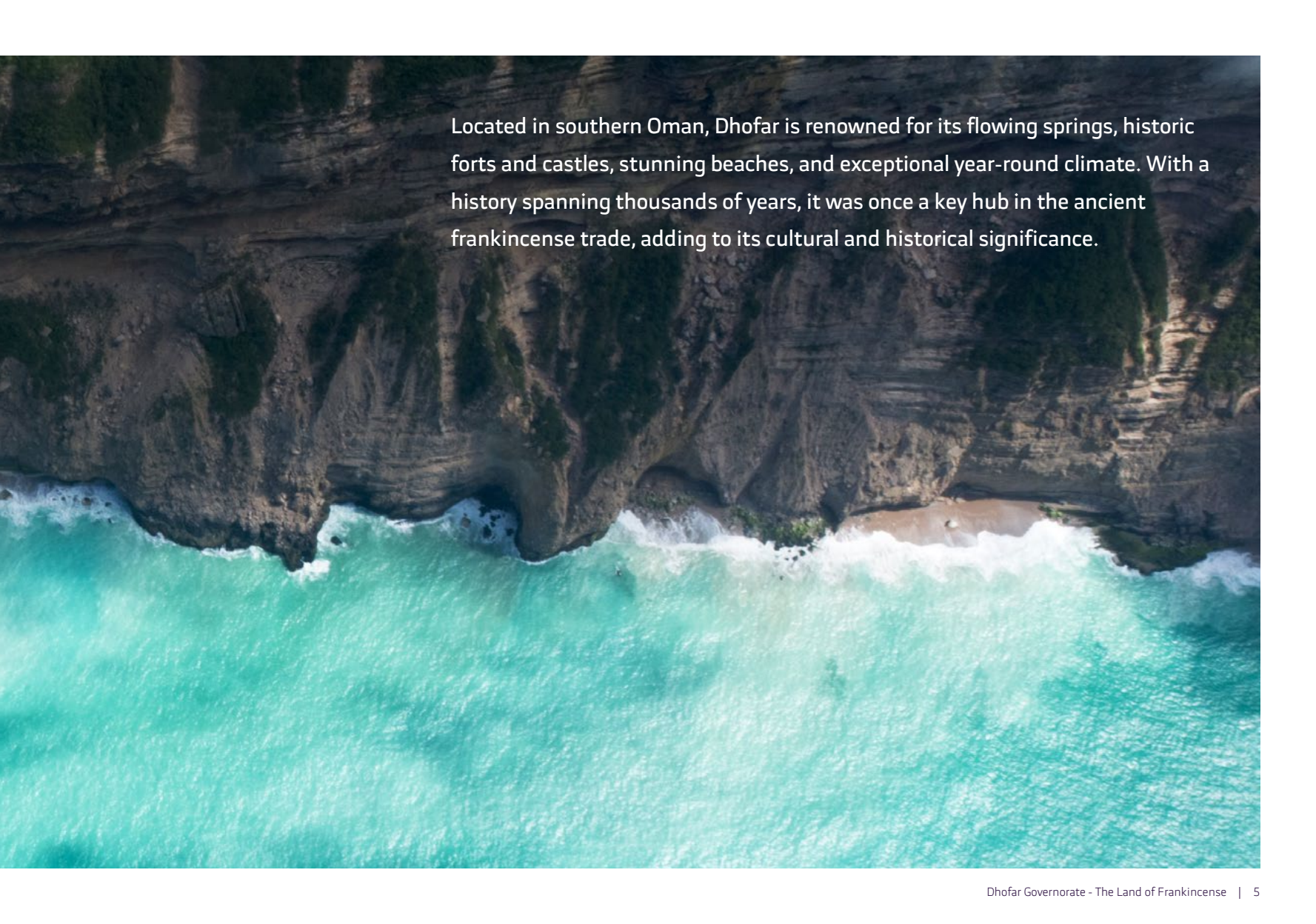
At the Ministry of Heritage and Tourism, we are committed to enriching the tourism experience, crafting unique journeys across the governorates of the Sultanate of Oman. Together, we strive to cultivate innovative, modern tourism that fulfils your aspirations and surpasses your expectations. We are thrilled to have you with us - let's explore Oman together!





Welcome  
to Dhofar



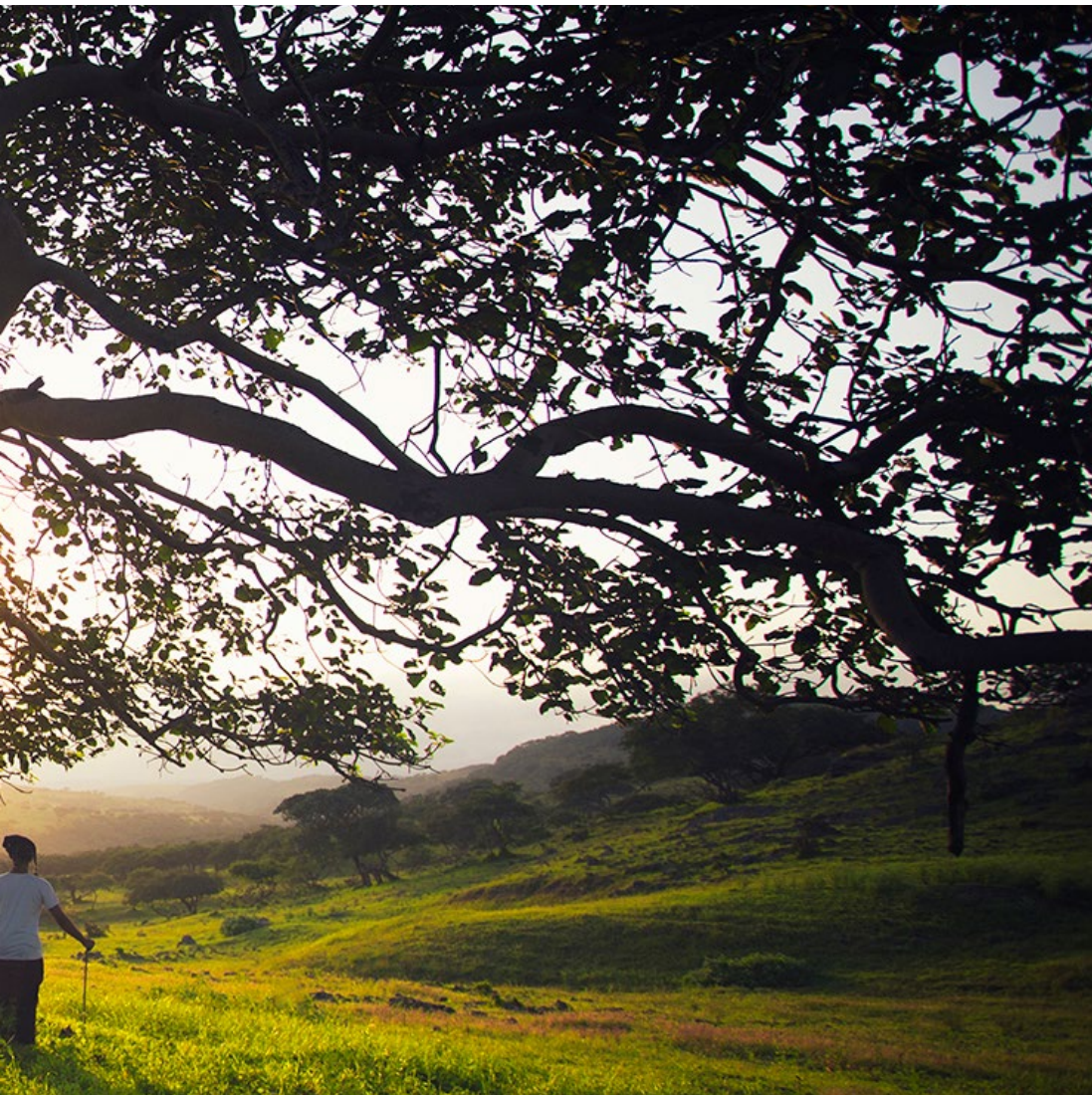
An aerial photograph of a dramatic coastline. The top half of the image shows dark, layered rock cliffs with some sparse green vegetation. The bottom half shows vibrant turquoise water with white foam from waves crashing against the base of the cliffs. A small, sandy beach is visible on the right side, nestled between the rocks and the water.

Located in southern Oman, Dhofar is renowned for its flowing springs, historic forts and castles, stunning beaches, and exceptional year-round climate. With a history spanning thousands of years, it was once a key hub in the ancient frankincense trade, adding to its cultural and historical significance.









Explore Salalah, the land of authenticity, and enjoy the refreshing atmosphere of Mirbat. Get close to the caves of Rakhyout to uncover their secrets and climb the towering peaks of Dhalkut. Discover the cascading waterfalls of Tahrir and the vast desert of Thumrait. Journey to the sweeping dunes of Mukhshan, explore the historical landmarks of Al Muzyunah, and visit the tranquil water springs of Sadah. Don't miss the pristine beaches of Shalim and the captivating Hallaniyat Islands.

Dhofar is located about 1,000 kilometers from Muscat, offering a unique opportunity to experience a variety of landscapes and environments within just a few hours of travel. Experience the coastal environment with its sandy and rocky beaches and marine sports, the rural environment with its mountains, plains, valleys, water springs, and green pastures, and the desert environment with its extensive sand dunes stretching into the Empty Quarter.







The Mist  
Embraces the  
Lush Green  
Mountains



Dhofar is a year-round destination, with its landscapes dramatically transformed by the seasons. During the summer Khareef season, monsoon winds bring mist and light drizzles, blanketing the mountains in lush greenery. As the Sarab season arrives, the fog lifts, revealing sunlit plains and verdant scenery rarely seen in the Arabian Peninsula.



A Season  
Like No Other



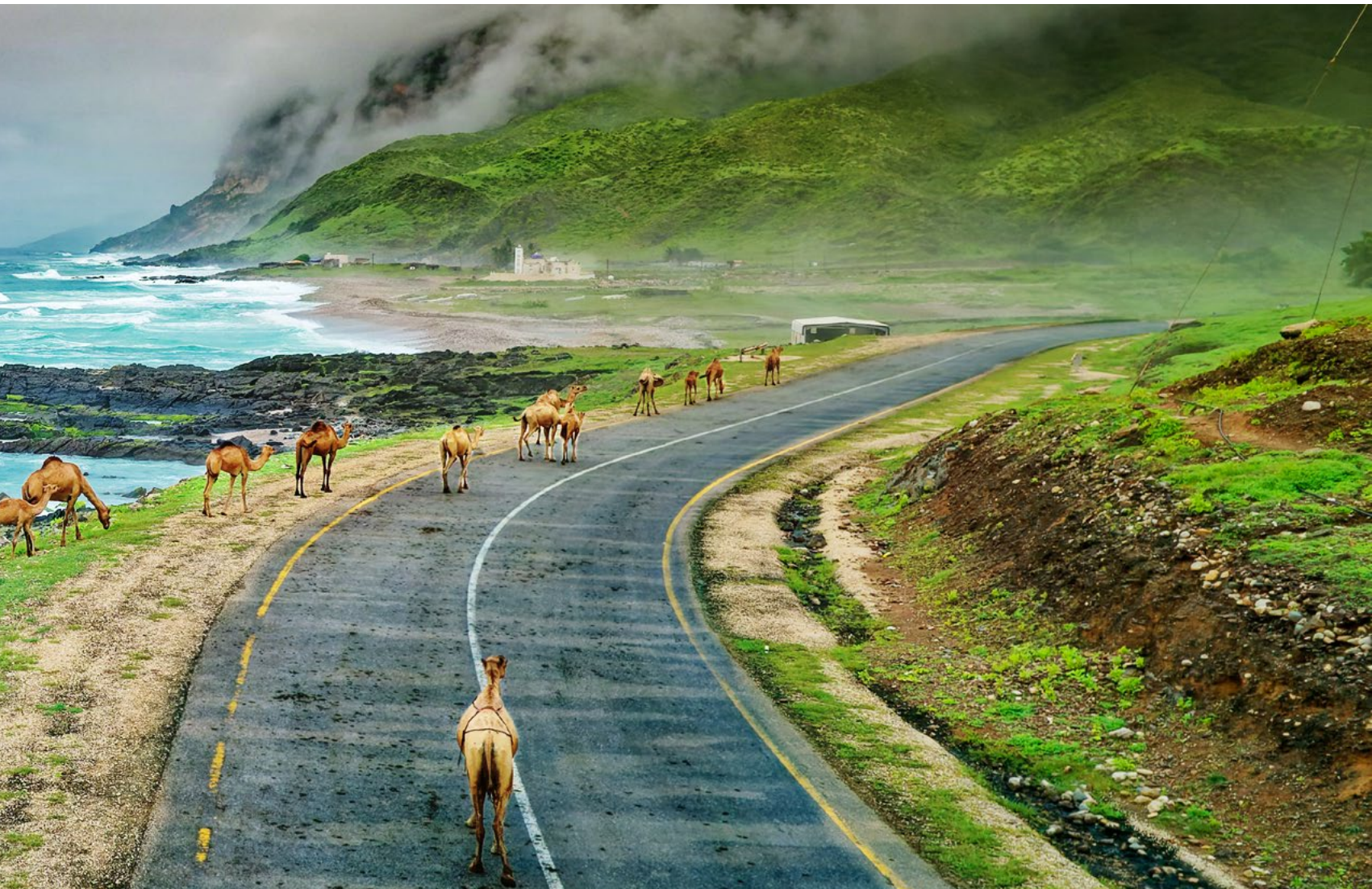


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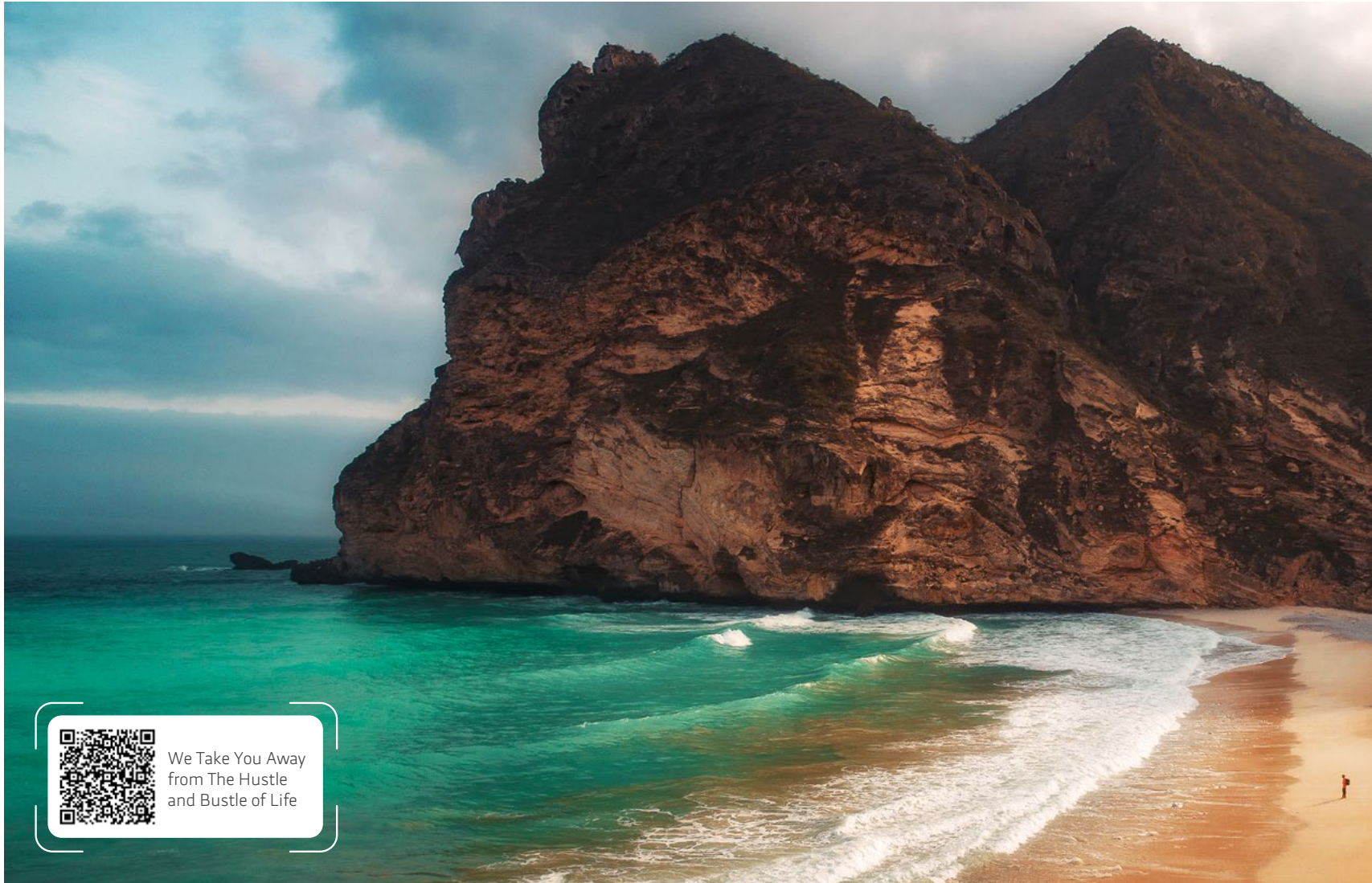


# Salalah

The Land of Authenticity and Beauty

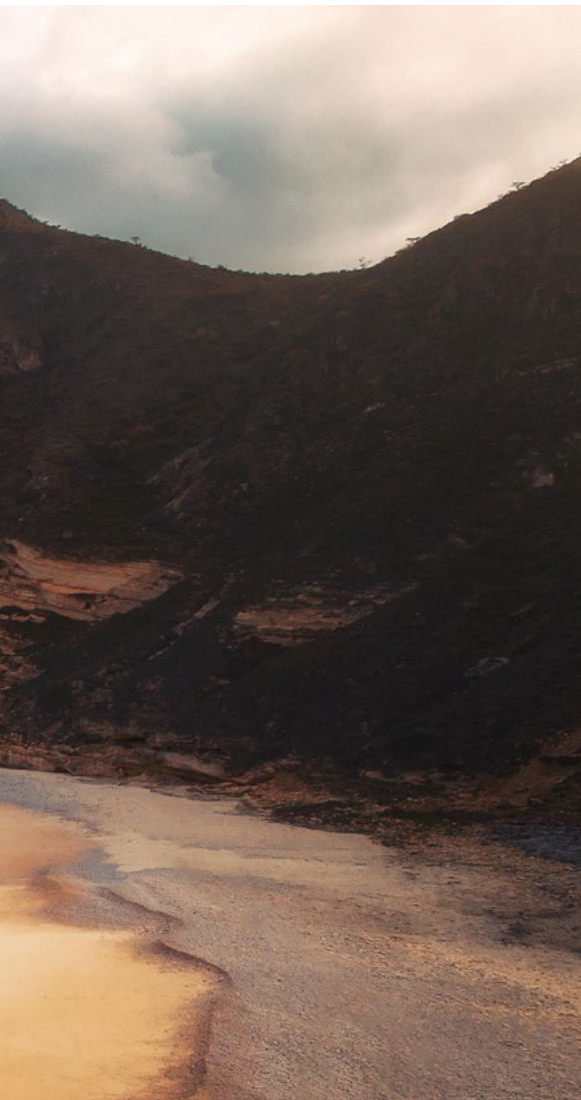






We Take You Away  
from The Hustle  
and Bustle of Life





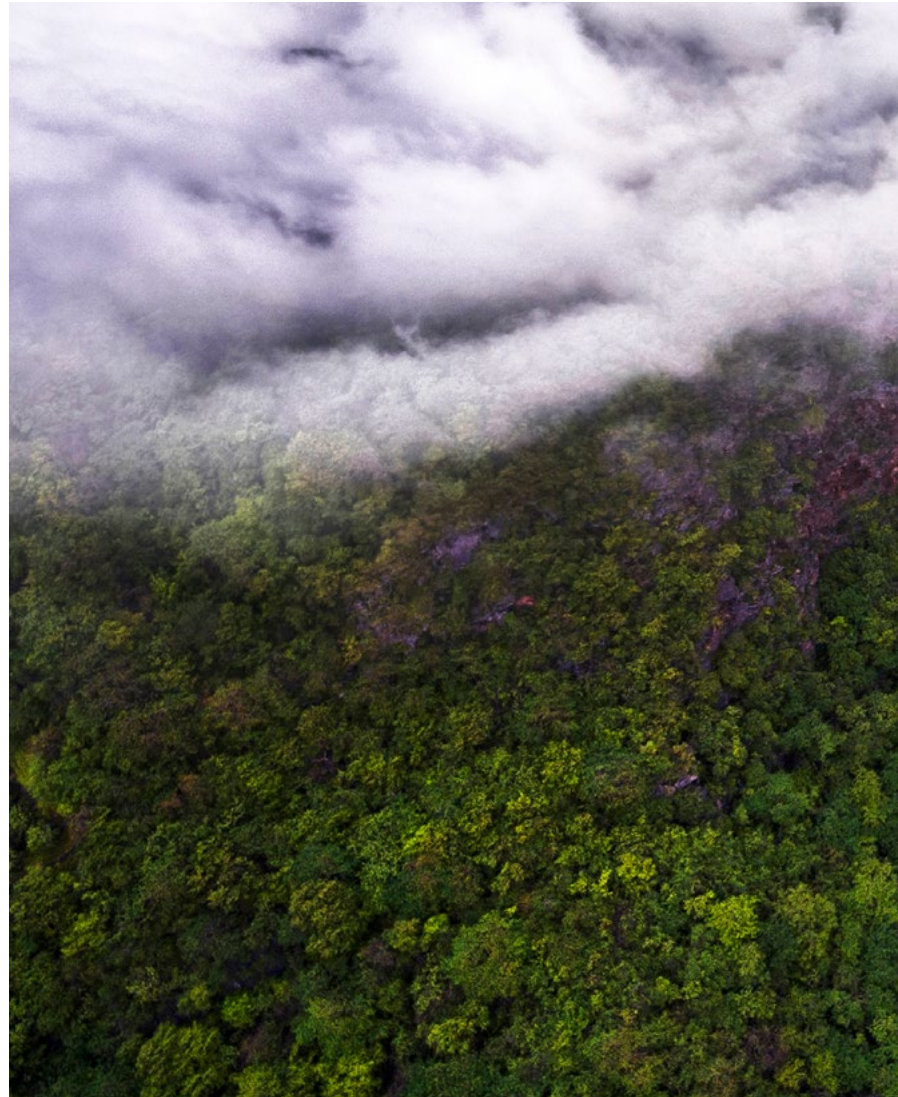
Salalah, the capital of Dhofar Governorate, is an ideal tourist destination year-round, thanks to its cultural, historical, and tourist attractions, as well as its comprehensive services and infrastructure.

Begin your journey at **the Sultan Qaboos Mosque**, located in the heart of Salalah's commercial center, a significant religious landmark. Then, head to **Al-Husn Market**, the traditional old market of Salalah, famous for its sale of incense and frankincense products, as well as a variety of handicrafts and traditional clothing unique to Dhofar. Next, visit **Al-Hafah Beach Market**, which features modern shops, restaurants, and cafes.

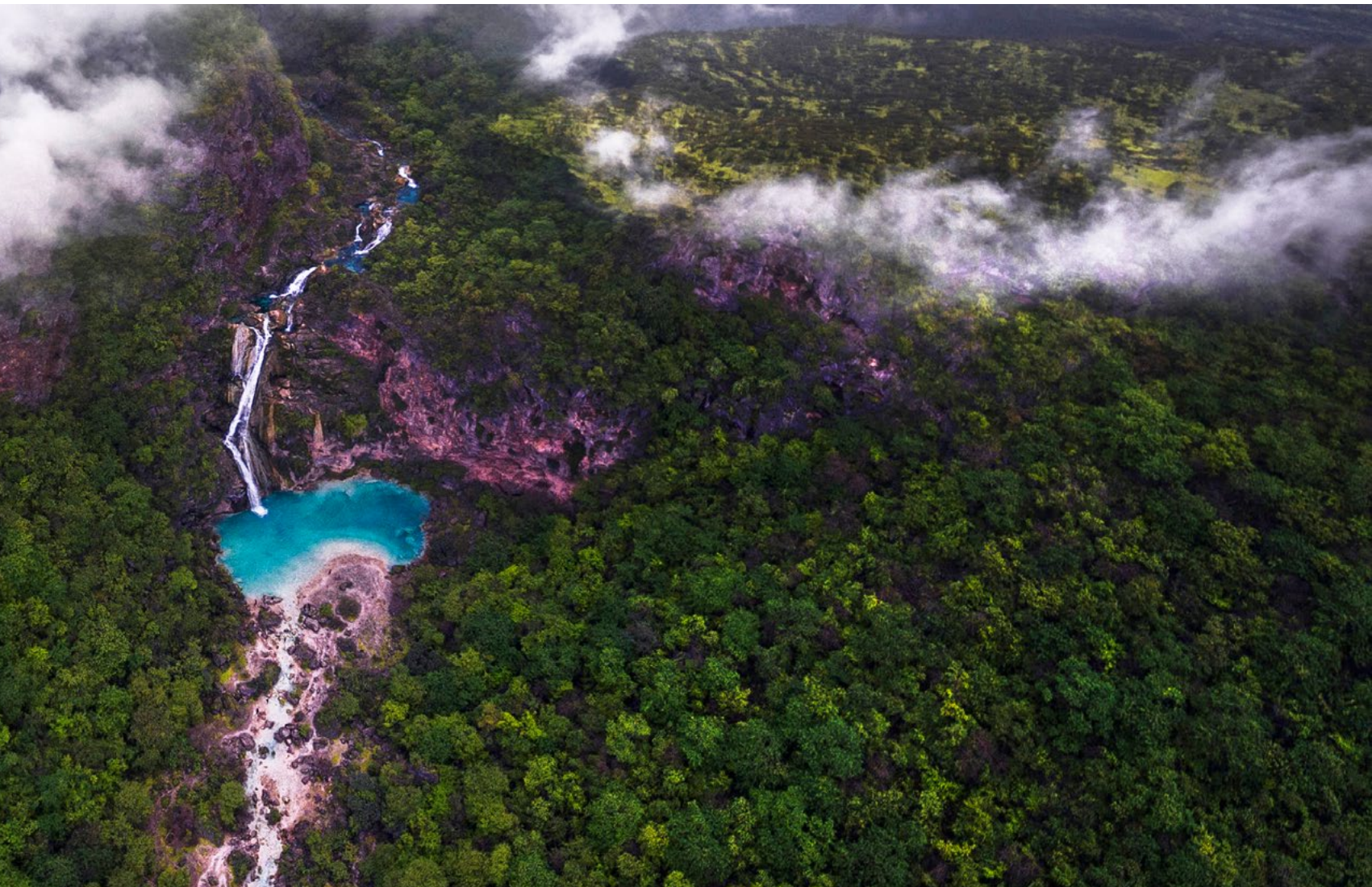
Salalah is home to several vibrant and beautiful beaches, including **Al-Hafah Beach, Dahariz Beach, Raysut Beach, and Al-Mughsail Beach**, known for its natural fountains that flow from the rocks, along with the Marneef Cave located near the beach.

No trip to Salalah is complete without exploring its springs, where nature's beauty is on full display. While some springs flow year-round, others swell during the autumn rains. Visit **Sahalnoot Spring** for serene moments or head to Razat Spring, renowned for its abundant waters and home to Razat Cave—a magnet for adventurers and photography enthusiasts alike.

Don't miss visiting **Jirziz Spring**, located near the beautiful **Etein Plain**, and spend some time at **Kor Spring and Hmran Spring**, both surrounded by lush greenery, including Sidr trees and coconut palms.















Salalah and the Dhofar region are home to several khawrs (estuaries) that enrich the coastline with their vibrant ecosystems. These natural reserves teem with wildlife, including various bird species such as flamingos and seasonal migratory birds, making them a haven for birdwatching and nature enthusiasts. Notable khawrs include **Khawr Salalah, Khawr Al-Baleed, Khawr Dahariz, Khawr Awqad, and Khawr Al-Qurm**, each offering a unique glimpse into Dhofar's diverse habitats.

Make sure to visit **Wadi Nahiz**, characterized by its lush trees and limestone rock formations dating back to ancient times. The valley also features several water springs that attract adventure seekers and explorers.

Shop at Salalah's modern malls, such as **Salalah Gardens Mall, Salalah Grand Mall, Al-Saada City Mall, and Al-Waha Mall**, and enjoy luxurious accommodations at various resorts, hotels, and serviced apartments.

Visit the scenic Hamrir Park and Marina Hawana Salalah for marine tours and explore the restaurants and cafes surrounding the marina. You can also explore water parks, such as Hawana Aqua Park and Naseem Water Park, along with public parks and gardens.













An aerial photograph of a dense, lush green forest. A waterfall cascades down a rocky ledge into a pool of water on the left side of the image. The forest is thick with various shades of green, and a small stream or path is visible winding through the trees. The overall scene is vibrant and natural.

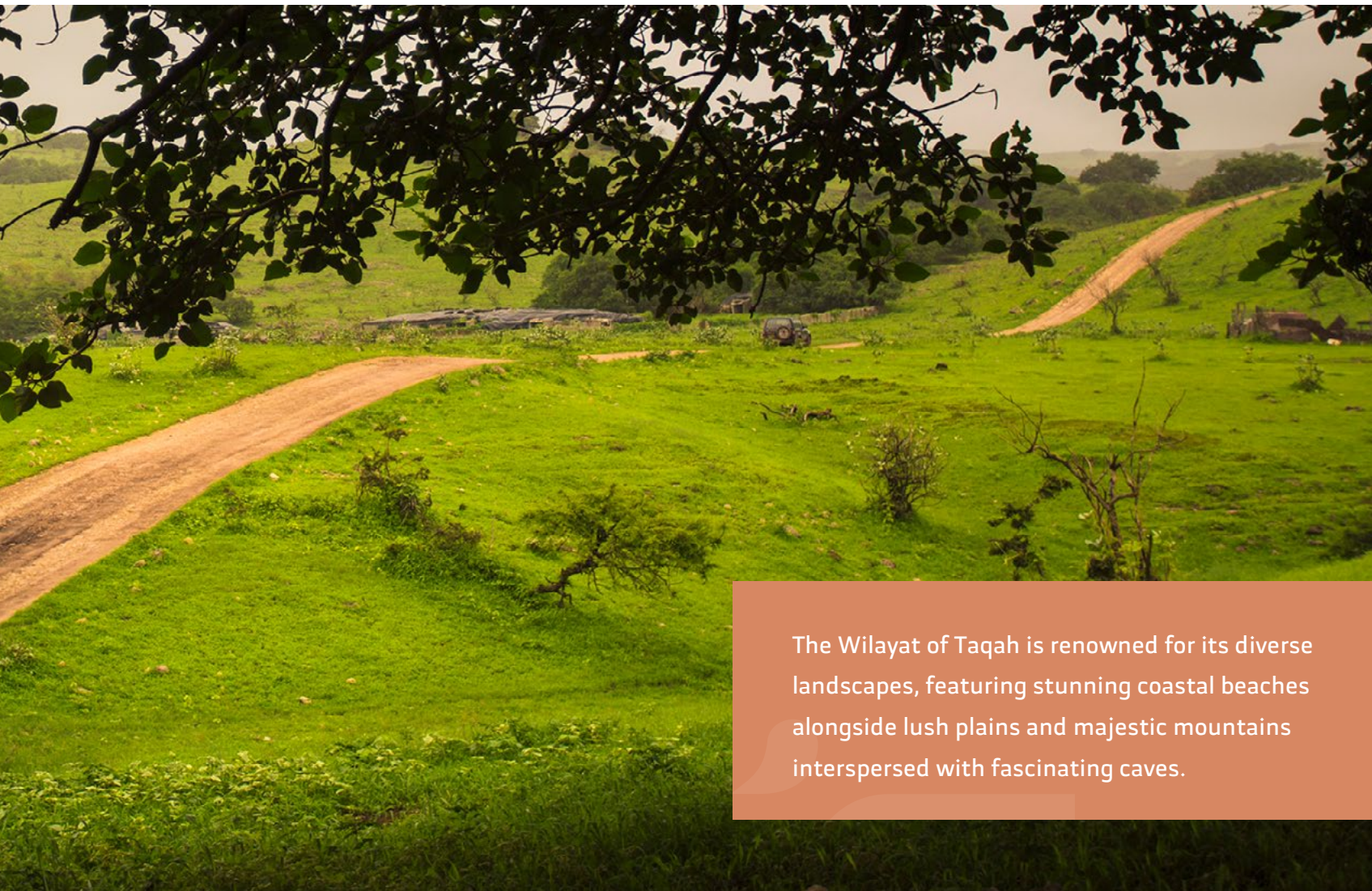
# Wilayat of Taqah

Breathtaking Views and Enchanting Nature









The Wilayat of Taqah is renowned for its diverse landscapes, featuring stunning coastal beaches alongside lush plains and majestic mountains interspersed with fascinating caves.





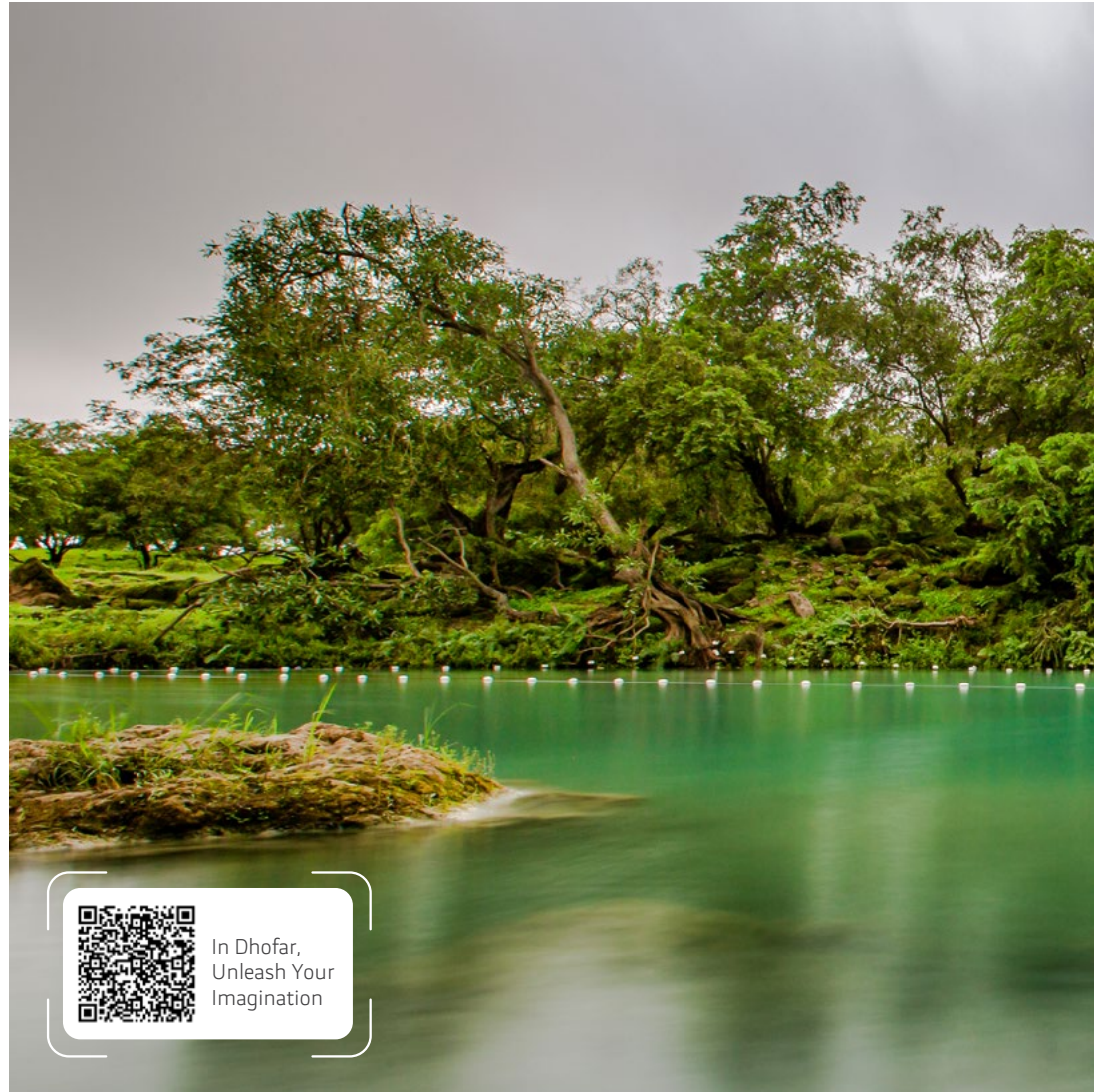




Begin your journey at **Taqah Fort**, a historical landmark dating back to the 19th century. This fort showcases traditional Omani architectural styles, complete with intricate designs and decorations. Nearby, you can explore the Bayt Kofan Heritage Inn and the Generations Communication Museum.

Be sure to visit Al-Askari Tower, where you can enjoy a cup of coffee while taking in breathtaking sunset views over the beach and city. Nearby, **Taqah Beach** offers a serene escape.

Discover the most beautiful waterfalls in Dhofar Governorate, notably the **Wadi Darbat Waterfalls** and its stunning blue lakes. **Wadi Darbat** is one of the main attractions in Dhofar, offering a natural park experience with breathtaking waterfalls, crystal-clear lakes, green mountains, and geologically formed caves. For a panoramic view of the valley, head to the Darbat Overlook, and don't miss the chance to take a boat ride on the lake to appreciate the diverse natural scenery. Adventure seekers can also choose to explore **Athoam Waterfall, Tabraq Spring, and Taqah Creek.**



In Dhofar,  
Unleash Your  
Imagination









# Wilayat of Mirbat

A Chapter in the Ancient History Book











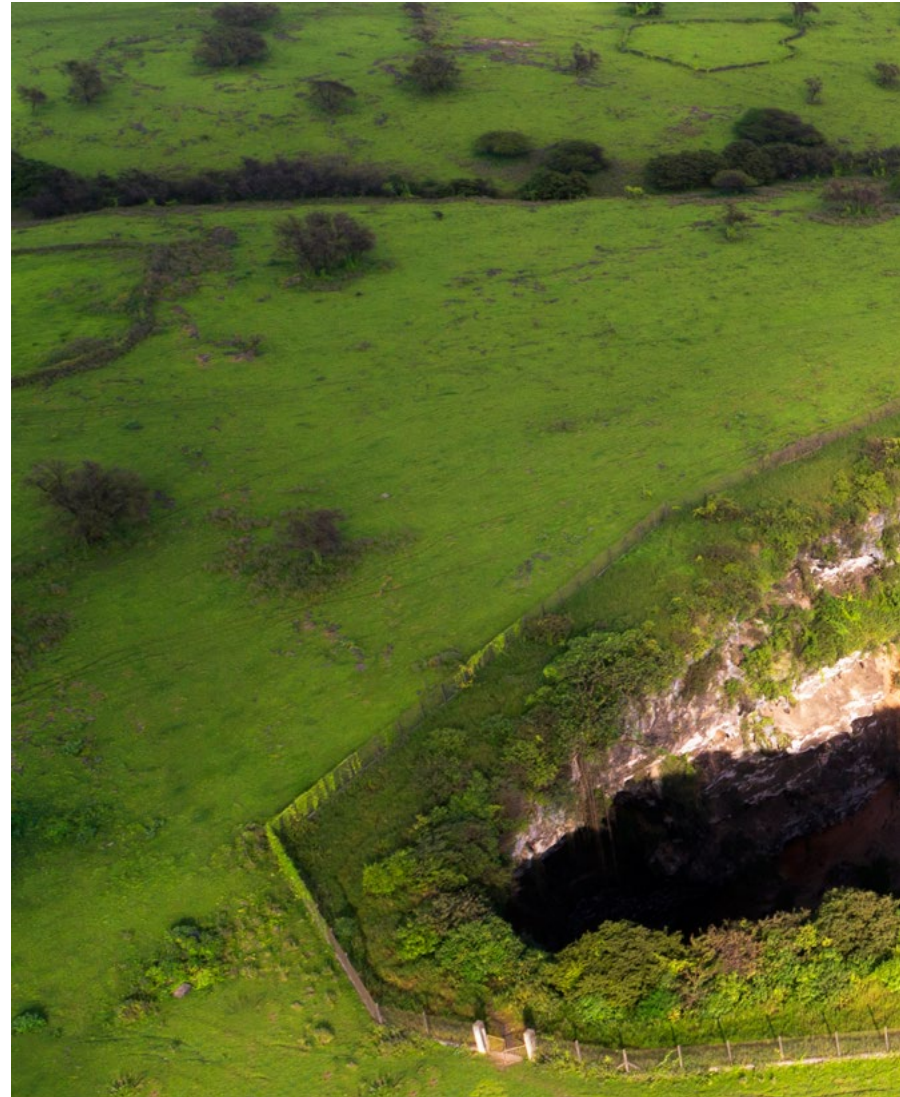
Mirbat derives its name from the term “Murbat,” referring to horse stables, as it was famous in the 9th century for breeding horses and exporting them to various ports and cities across the Arab and Islamic worlds, alongside trading frankincense and various handicrafts. It stands as one of the significant historical Wilayats in Dhofar.

Visit **Mirbat Fort**, a prominent historical site, and take a stroll through the **old Mirbat Souk** located near the fort. Enjoy fishing and exploring the coral reefs at the beautiful **beaches of Mirbat**.

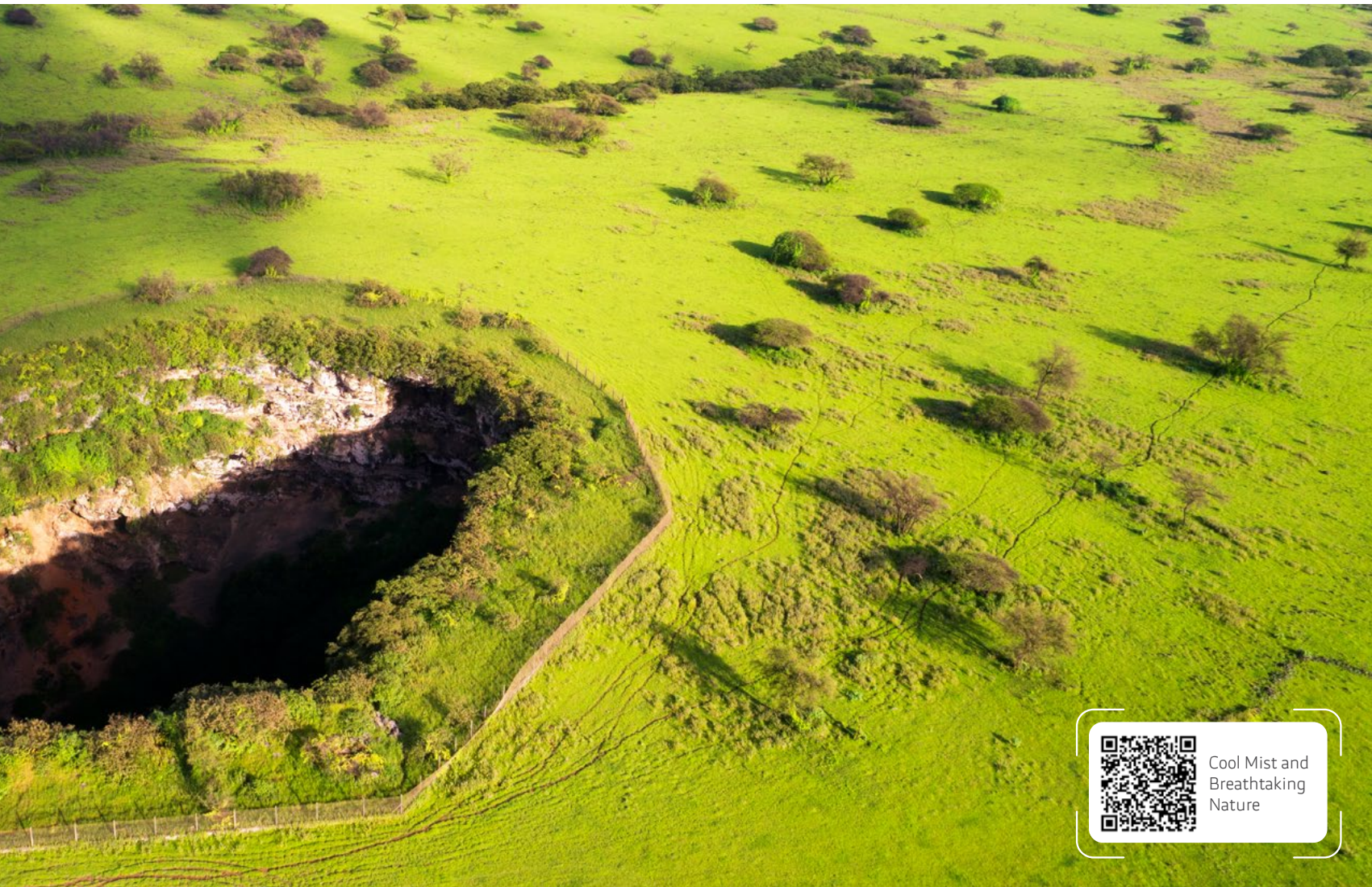


Explore the **Tiqq Cave and the Tiqq Sinkhole** in the Al-Twi Atyr region, recognized as the largest dissolution sinkhole in the world. The cave, measuring 170,000 cubic meters, is accessible via a natural mountain trail leading down into the vast sinkhole, where caution is advised.

**The Tiqq Sinkhole** boasts a dense plant cover and unique ecological diversity, attracting many bird species, which is why it is often referred to as the “Bird Well.” It’s a hotspot for explorers and nature lovers, with a spring at the bottom of the sinkhole that was used in ancient times.







Cool Mist and  
Breathtaking  
Nature









Discover the intriguing gravity-defying experience at **Hashir Pass**, where vehicles appear to ascend a slope on their own, often attributed to a magnetic gravity illusion. As you continue towards the **Hashir Overlook**, marvel at the unique baobab trees lining the road, their striking shapes adding a touch of natural wonder to your journey.



Immerse yourself in the enchanting atmosphere of **the sandy dunes along Al-Damar Beach**, where the stunning natural panorama merges the waves of the Arabian Sea with the golden dunes.

Hike up **Jebel Samhan**, the most significant mountain range in Dhofar, standing at 2,100 meters high. It is home to the Jebel Samhan Nature Reserve, one of the largest natural reserves in Oman, showcasing a rich diversity of wildlife including Arabian leopards, Nubian ibex, and the Hojari frankincense tree. Atop Jebel Samhan lies **Hayoor Cave**, one of the most important tourist destinations due to its elevated position overlooking the Wilayat of Mirbat.









# Wilayat of Thumrait

The Generosity of the Desert and Nature's Diversity









Thumrait, located in the heart of the desert, offers a strikingly diverse natural environment, with sand dunes, mountains, and valleys surrounding it to the north. The area is also renowned for its camel and horse racing events, along with the celebrated Empty Quarter Festival.

Experience the essence of the Wilayat by visiting the town center and the local market, where you can engage with the community and its people. Explore the wildlife in the areas of **Huluf, Masahila, and the Ghadhoun** Valleys, where you may spot gazelles, camels, and other wild animals.









# Wilayat of Sadah

A Place That Warms the Heart



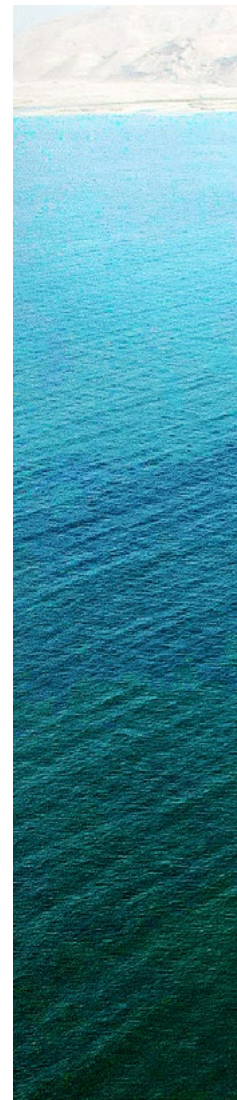







Wilayat Sadah is a hidden gem nestled among mountains, overlooking the Arabian Sea in the southeastern part of Dhofar Governorate. Historically, it played a key role as a trade hub, gathering and exporting frankincense to India and global markets. The Hojar region, in particular, is renowned for producing the finest quality frankincense, known as Hojari frankincense.

Visit **Sadah Fort**, one of the most significant historical landmarks in the area, which played a crucial role in protecting the region. This fort, built in the early 19th century in traditional Omani architectural style, served as a military stronghold and administrative center.





An aerial photograph showing a stunning coastal landscape. On the left, the sea transitions from a deep blue to a vibrant turquoise near the shore, with white foam from waves washing onto a narrow sandy beach. A paved road runs parallel to the coast, separating the beach from a massive, steep cliff face. The cliff is composed of distinct horizontal layers of light-colored rock, showing clear geological strata. At the base of the cliff, near the road, there are some small structures and a green, rectangular area that appears to be a pool or a small artificial lake. The overall scene is one of natural beauty and dramatic geography.

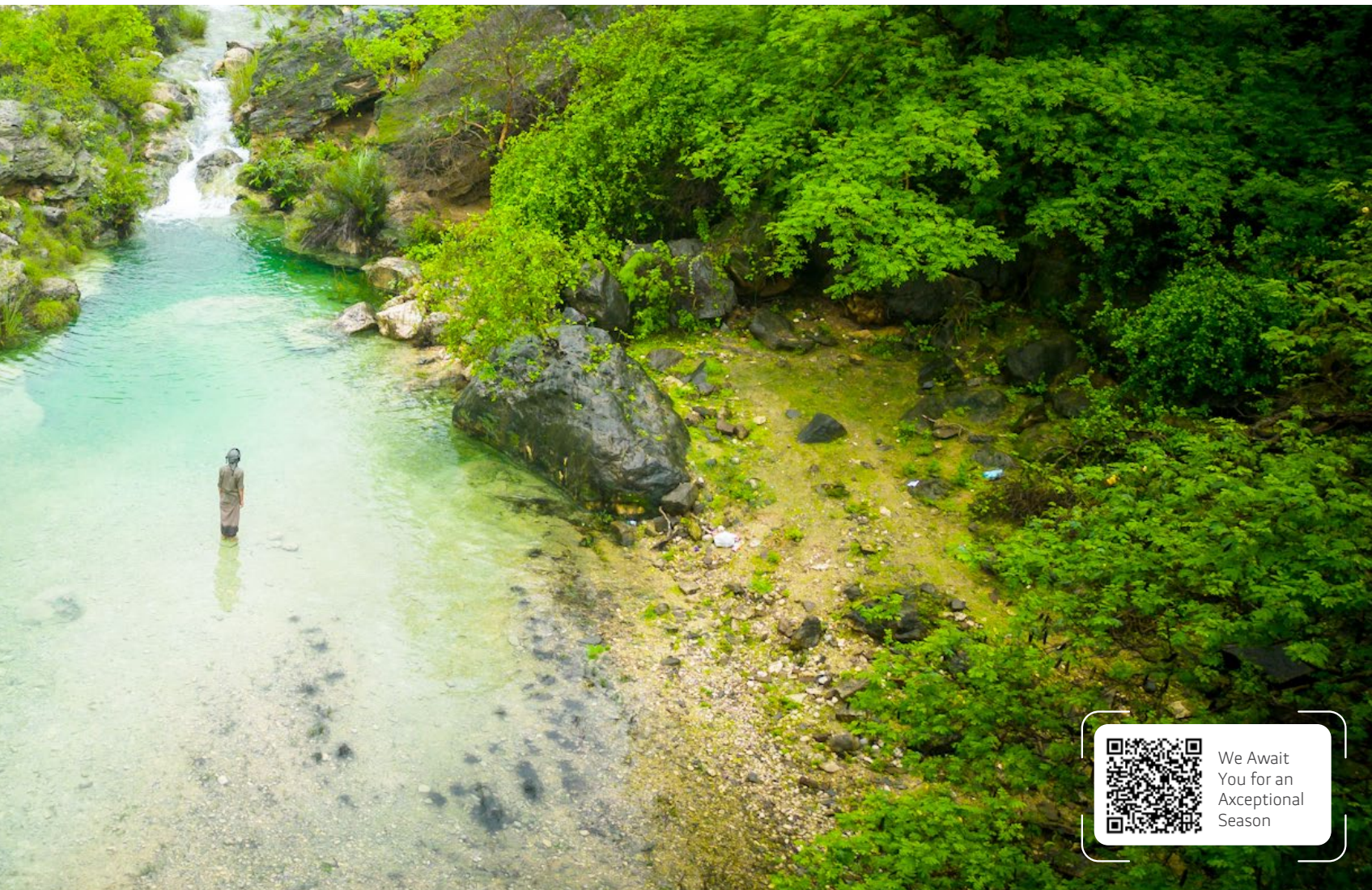
Breathe in the fresh air at **Sadah's beaches**, where you can catch various fish and marine creatures, particularly the sea ear and keep an eye out for dolphins swimming close to the shore. At **Jebel Natif** in the Hasak area of Sadah, you'll also find freshwater pools cascading down to form lakes and waterfalls.



Don't miss exploring Wadi Habbaram in Wilayat Sadah, a hidden gem tucked away in the mountains, featuring two springs surrounded by stunning rock formations. Other valleys worth visiting include **Zurain, Shilyan, and Wadi Samhal**. Also, be sure to check out the unique ecosystem at **Khor Sanak (Palm Valley)** in the Hasak area, where you can observe various bird species, wild turtles, and lush plant life amidst picturesque lakes.







We Await  
You for an  
Axceptional  
Season



# Wilayat of Maqshan

Oasis of the Desert and the Majesty of the Sands















Wilayat Maqshan, located in the northeastern part of Dhofar Governorate, is characterized by its desert landscape, featuring vast sand dunes and numerous flowing valleys. The area is known for its diverse economy, with key activities including agriculture, livestock rearing, and traditional crafts such as basketry and leatherwork.

Visit the **Maqshan Oasis**, formed around a freshwater spring that creates a lake in the midst of the Empty Quarter, spanning approximately 4 to 5 kilometers. This oasis is adorned with beautiful trees that support a variety of wildlife.

Maqshan Ramlah is a deep water lake and one of the most astonishing sites in the Empty Quarter. Some legends suggest its formation was due to a meteorite impact.

The sands of Maqshan are among the most beautiful and expansive in the Empty Quarter, known for their vibrant colors and stunning formations that create a captivating landscape.



# Wilayat of Shalim and the Hallaniyat Islands

A Natural Wonder in Resilient Dhofar









The Wilayat of Shalim and the Hallaniyat Islands, located in the far eastern part of Dhofar Governorate, are renowned for their stunning beaches, expansive valleys, abundant fishing, and pleasant climate year-round.

Relax on the pristine beaches of the **Hallaniyat Islands** and breathe in the refreshing sea breeze at **Sharbat Beach**, or engage in fishing at **Al Shuwaymiya Beach**.















Embark on a boat trip to **Al Sudah Island**, known for its untouched beauty and rich biodiversity. This island is home to migratory birds, dolphins, and rare sea turtles, making it an exceptional location for diving and exploring vibrant coral reefs.

Wander through **Wadi Al Shuwaymiya**, one of the most beautiful valleys with numerous natural geological formations and freshwater springs, including Ghirir Spring. If you enjoy camping, you'll find excellent spots to pitch your tent in **the Zakhar fishing area and the valleys of Mikharat, Amadat, and Ainina.**



# Wilayat of Rakhyout

An Exceptional Tourist Destination



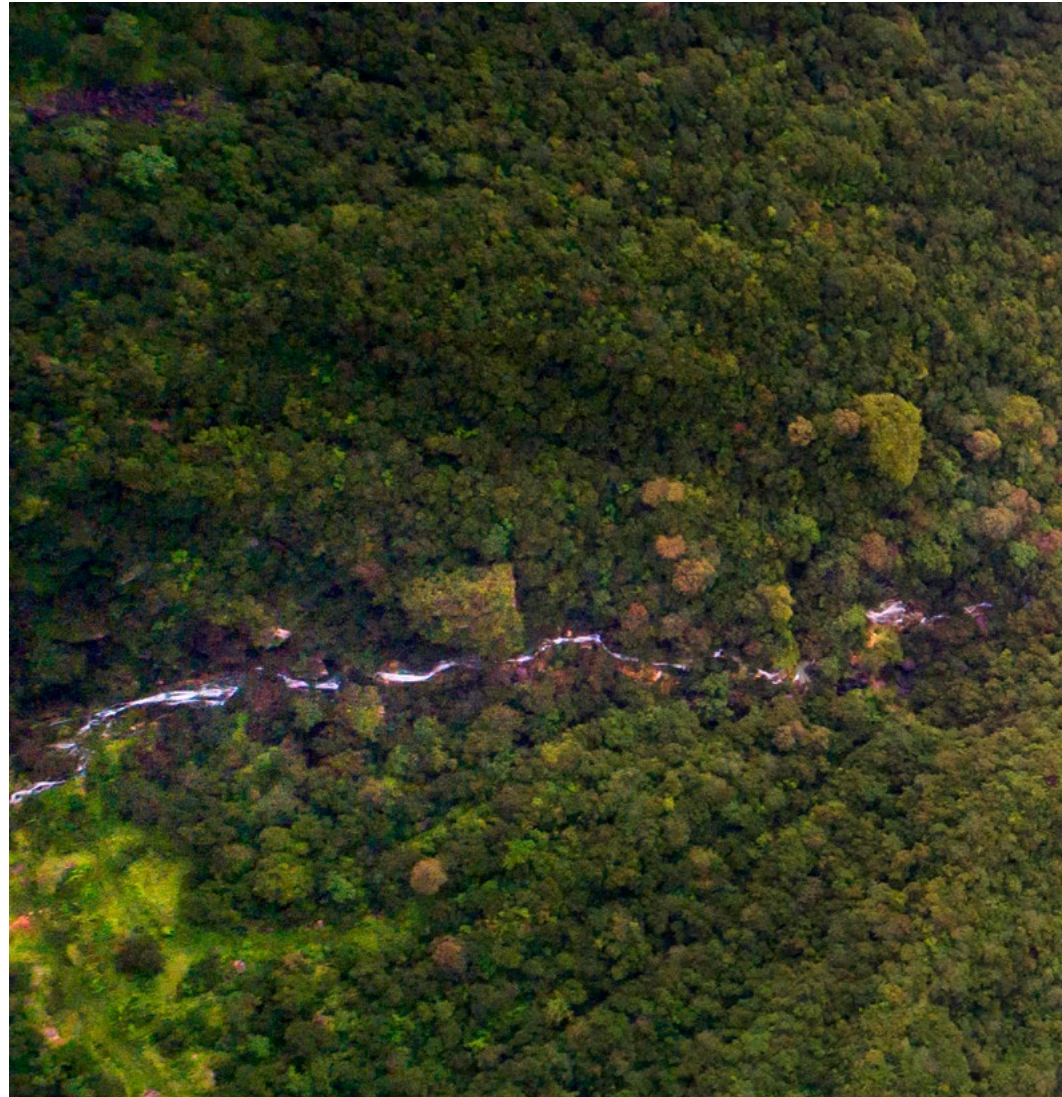






Wilayat Rakhyout, with its unique location, draws visitors from across the governorate. In autumn, it transforms into a lush green paradise, captivating tourists with breathtaking landscapes where the coast and mountains seamlessly blend. The town center stretches along a three-kilometer beachfront, offering stunning views. Rakhyout overlooks Jebel Al Qamar, a breathtaking tourist spot that provides direct views of the sea, especially vibrant during the autumn season.

Explore **Rakhyout Fort**, one of the key historical landmarks known for its historical role in managing the wilayat, dating back to the late 18th century.















Enjoy a stroll along **Rakhyout Beach** or take in the breathtaking views of the Arabian Sea from **The Sha'at viewpoint** which stands at a height of 1,500 meters. Several tourist sites are located in this area, including Dhint Heights, Ras Sager, and the Dissolving Pit.



**Al Fazayih**, located in Wilayat Rakhyout about 20 kilometers west of Salalah, after Al Mughsail Beach, offers captivating landscapes and diverse topography that draw visitors. From sandy beaches to towering mountains and scattered islands, the area creates picturesque bays and mini-archipelagos. Explore Al Hota Beach and Waterfall, Ain Rob, Nakbat Cave, Akhroorat Cave, and the Khor Khurfout Reserve, nestled between Wilayat Rakhyout and Dolkot.







The  
Mesmerizing  
Beauty of  
Ayn Rub



# Wilayat of Dolkot

Green Heights and Coastal Views



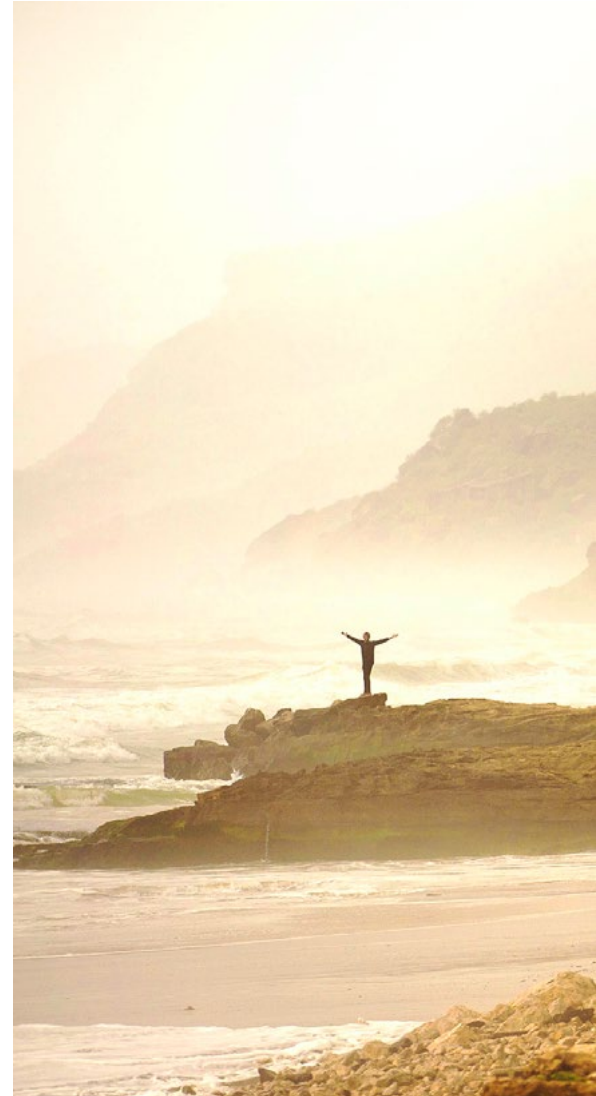






Wilayat Dolkot is located in the western part of Dhofar Governorate, characterized by a diverse environment and topography that combines lush green mountain heights with beaches overlooking the Arabian Sea. Enjoy the atmosphere of the town center and relax on **Dolkot Beach**, where you can also explore caves and caverns featuring ancient engravings, such as **Shisay Cave, Asbir Cave, and Mishlul Cave**.

Notably, Dolkot is home to several natural springs flowing from the valleys of Jebel Al Qamar, alongside numerous caves and natural grottos.















The elevated areas in Dolkot offer a different story. If you're a fan of breathtaking views, there are plenty of options such as **Dara Plateau, Shirshiti Plateau, Ghouta Plateau, Sarfit Peak, and Ras Darbat Ali**. While in Dolkot, make sure to visit the ancient Baobab tree, one of the largest in the governorate.

**The village of Dim** is known for its stunning natural beauty, with towering peaks surrounding lush pastures. Its residents earn a living through natural mountain honey, trade, and agriculture, particularly livestock, including camels, cattle, and goats. Dim also offers scenic views of the Arabian Sea, making it a unique and attractive tourist destination.







# Wilayat of Al Mazyunah

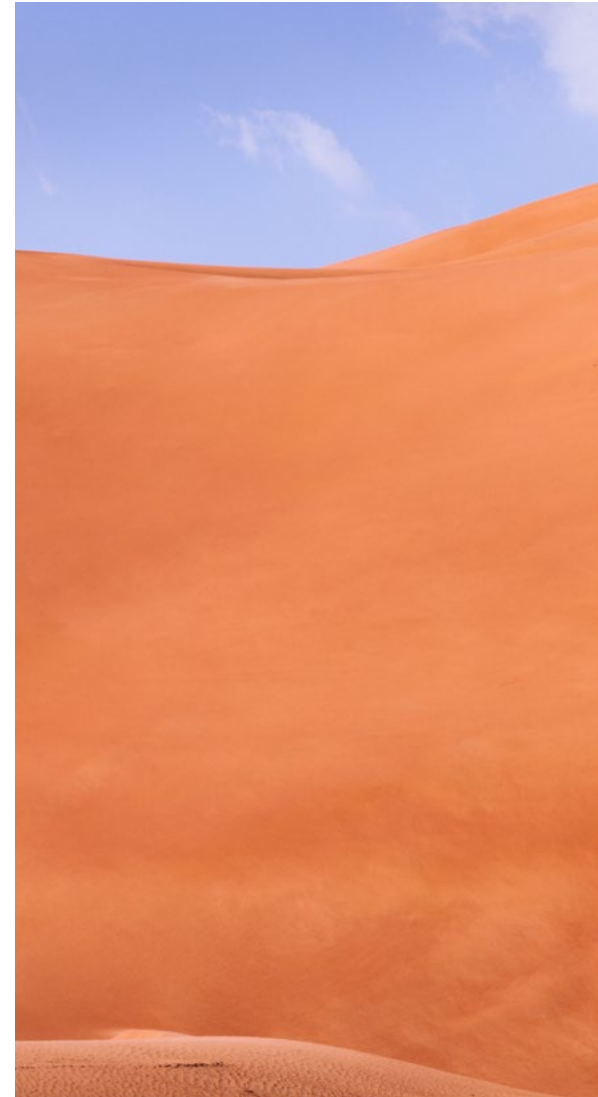
Home of the Largest Sand Dune



The Wilayat of Al Mazyunah stands out in the deserts and vast plains of Dhofar Governorate in the northwest, bordering Oman and Yemen. It is an important commercial and economic center, distinguished by its free trade zone.

Join a specialized tour company and experience desert sports and driving across the sands of **the Rub' al Khali (Empty Quarter)**, the largest desert in the Arabian Peninsula. The winter months enhance the desert ambiance, with golden dunes and untouched sands making it a popular destination for tour groups.

Head to **Jidailah Dune**, the highest sand dune in the world, reaching an elevation of 455 meters above sea level, located about 30 kilometers from the Mitan district in Al Mazyunah. Challenge yourself with 4x4 climbing, sandboarding, and discover Shroot Rock, one of the most famous historical landmarks in the wilayat.















# Discover the Sites

## Of Frankincense Land

To learn about the archaeological sites and rich civilization of Dhofar, take a tour of the sites of Frankincense Land, a UNESCO World Heritage site. **Al-Baleed Archaeological Park** is one of these sites and is considered one of the most important and largest archaeological sites in Oman, dating back to the Bronze Age (2500 BC). The park is located about 6 kilometers south of Salalah, near the Arabian Sea and includes the ancient city of Al-Baleed, its historic fort, the Frankincense Land Museum, and Khor Al-Baleed.

Visitors can explore the ancient city using electric carts, stroll along the lake of Khor Al-Baleed while birdwatching or purchase souvenirs and high-quality frankincense products at the numerous shopping outlets.







**The Frankincense Land Museum**, located within Al-Baleed Park, provides an overview of the area's history through its archaeological and cultural exhibits. It offers visitors and researchers a valuable opportunity to explore Oman's rich history and maritime heritage. As one of the most important cultural landmarks in Al-Baleed Archaeological Park and Dhofar Governorate, it stands as a key site for understanding the region's past.





Among the **UNESCO-listed sites of Frankincense Land** is **Sumhuram Archaeological Park (Khor Rori)**, which was one of the most famous frankincense export ports in ancient times. Sumhuram was established in the 3rd century BC and continued until the 5th century AD. Its historical significance lies in its connection to trade routes between the Mediterranean and India (Sind), forming part of a vast trade network. This site is located about 37 kilometers east of Salalah.















**The Wadi Dukah Reserve for Frankincense Trees** is another key site within Frankincense Land, showcasing areas where the *Boswellia sacra* tree, renowned for producing high-quality frankincense, thrives. This tree is the dominant vegetation in the valley, complemented by various other trees and herbs. The site is located 40 kilometers north of Salalah.



**The Wubar Archaeological Site (Shas) is another UNESCO-listed location** within Frankincense Land. Its historical significance stems from its position along ancient frankincense trade routes, offering valuable insights into the region's past. Wubar is situated in the Shas district, at the southern edge of the Rub' al Khali, approximately 170 kilometers north of Salalah.









# Religious Sites

Religious Site	Wilayat
Tomb of Prophet Job	Wilayat Salalah
Tomb of Prophet Imran	Wilayat Salalah
The Camel's Track of Prophet Saleh	Wilayat Salalah
Tomb of Prophet Hud	Wilayat Salalah
Tomb of Saleh bin Hud	Wilayat Sadah











# Major Tourist Seasons in Dhofar Governorate

Season	Period
Khareef Season (Autumn)	June 21 - September 21
As-Sarb Season	September - October
Winter Season	October - April
Sardine Season (Al-Dawagh)	October
Frankincense Harvest Season	April



# Activities and Adventures

Dhofar Governorate features a unique geographical diversity, including plains, mountains, beaches, deserts, valleys, caves, and coastlines, making it a prime destination for adventure tourism enthusiasts.















## Snorkelling and Diving

Dhofar's beaches, characterized by small bays (locally known as Al-Khaysa), are rich in marine wildlife and beautiful coral reefs, making them among the most prominent diving spots in Oman.

## Mountain Climbing

Dhofar boasts a captivating mountain range for climbing enthusiasts. However, caution and adherence to safety instructions are essential, as valleys and roads can quickly flood during rainy weather.

## Cycling (Mountain Biking)

This sport has seen a significant increase in popularity among both amateur and professional cyclists due to Dhofar's stunning natural landscapes across various seasons.



# Mountain Trails

Before hitting the trails for hiking and climbing, it’s important to keep a few key tips in mind: stay physically prepared, know your route, be patient, and build up your endurance. Don’t

forget to pack the essentials like a first-aid kit, plenty of water and snacks, and always leave no trace by keeping the area clean. Here are some enjoyable mountain trails in Dhofar:

Mountain Trail	Area
Ain Ghayd	Adunab Area
Wadi Ayoun	Tiitam District
Tiq Cave	Taw al-Atyar District
Wadi Hadbram	Hasak District
Aqaba Hashir	Taw al-Atyar District













## Marine Tours

A fun adventure in Dhofar is taking a marine tour to catch a glimpse of humpback whales and playful dolphins splashing around in the Indian Ocean – it's a thrilling experience you won't want to miss.

## Kayaking

There are several popular locations for kayaking in Dhofar, including Wadi Darbat Lake, Khor Sinak, and Khor Rori. These spots resemble shallow bays, facilitating an easy and enjoyable kayaking experience.



# A Special Space Just for You







Beauty Has An Address  
**#experienceoman**