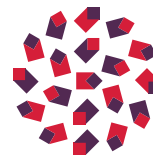


Al Wusta Governorate

Endless horizons and enchanting beaches



Experience
عُمان
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 fulfills your aspirations and surpasses your expectations. We are thrilled to have you with us - let's explore Oman together!

Al Wusta offers soft, sandy beaches teeming with birdlife, starry skies, acacia-covered plains, and nature reserves filled with rare animals.





Refresh yourself on the beaches of Mahout, seize the chance to visit the pink lakes in Al Jazer, explore Duqm, Oman's emerging economic hub, and get up close to the Arabian oryx in Haima.

With its expansive landscapes and scenic roads, Al Wusta Governorate offers the perfect backdrop for enjoying the charm of pristine beaches, spotting rare birds, immersing yourself in the region's wildlife, and enjoying family picnics by the stunning coastal cliffs.



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Wilayat Haima

Natural Reserves and Rare Wildlife





Wilayat Haima is renowned for its nature reserves, boasting rich wildlife, including rare species like the Arabian gazelle and the **Arabian oryx (Al Maha)**.

Start your adventure by visiting the Arabian Oryx Reserve in the Jaaluni area, nestled in the heart of the peaceful Jiddat al-Harasis. This closed region serves as a sanctuary for the endangered white oryx and plays a key role in its reintroduction project. Accessible by four-wheel-drive vehicles, the reserve is located 65 kilometers north of Haima along the Hahhab road.

In **Jaaluni**, visitors can also spot other native wildlife, such as the Arabian gazelle and, on rare occasions, the Nubian ibex. The reserve offers essential information for tourists, which can be obtained from the Environment Authority.



Beyond wildlife, Haima is known for its **camel racing events**, a cherished tradition in the region. Race schedules can be found on the Oman Camel Racing Federation's website.

For a more thrilling experience, explore the vast dunes of the **Rub' al Khali Desert** with a four-wheel-drive adventure—a unique way to enjoy the area's sweeping landscapes.



Wilayat Duqm

Economic Hub and Clear Water Beaches





Duqm, with its temperate climate, serves as a vital economic and commercial hub, strategically positioned between Muscat and Dhofar. The town offers a variety of accommodation options and excellent tourist facilities, ensuring a comfortable stay for visitors. Nature lovers and adventure enthusiasts can enjoy a wide range of water activities, including fishing, diving, and relaxing on the pristine beaches that stretch along the Arabian Sea.

A must-see destination is the **Rock Garden**, one of Oman's notable geological attractions, with unique limestone and soft sedimentary rocks dating back to the Tertiary Period. Erosion by water and wind has sculpted these rocks into impressive natural formations, often resembling familiar animals or other shapes. This spot is perfect for memorable photos, especially at sunset.



Create Your Own Special Moments



Beaches are a core feature of Duqm. Start with **Duqm Beach**, located in front of the Crowne Plaza Duqm Hotel, with a stretch of fine white sand extending five kilometers, bordered by the Arabian Sea's shimmering waters. In the nearby muddy flats, you may spot sandpipers and plovers, and occasionally, the avocet and greater flamingos.



We Stand Out
for a Reason

Markaz Beach offers a serene escape where you can explore local fishing centers and immerse yourself in the community's fishing culture, which has been a vital livelihood for generations. For a more dramatic coastal experience, head to Ras Madrakah Beach, known for its stunning ophiolite rock cliffs and white sandy shores, complemented by striking limestone formations.



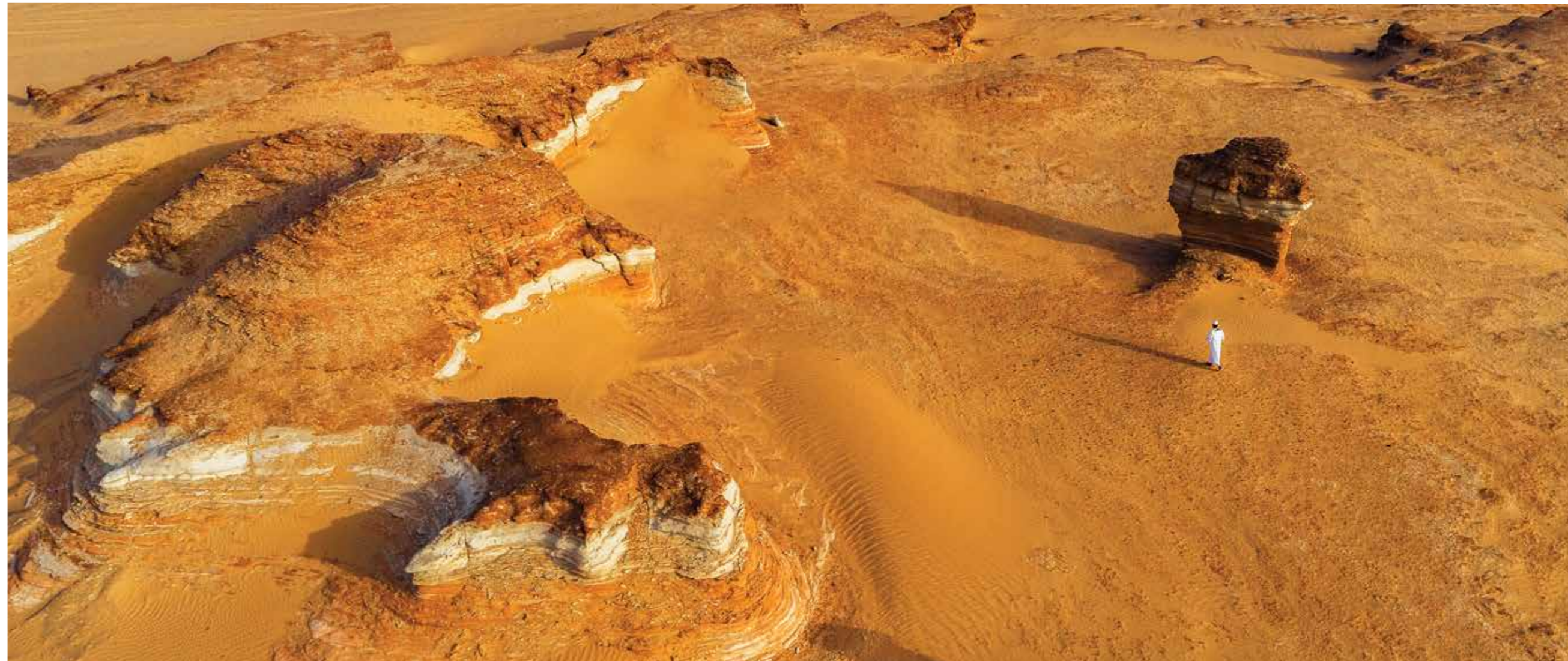
A Refreshing Experience That Takes Your Breath Away



In the crystal-clear waters, you may encounter the Indo-Pacific humpback dolphin, along with stingrays and other marine life. On the rocky hilltops, you can also spot osprey nests and catch a glimpse of seabirds like the masked booby and red-billed tropicbird soaring gracefully over the cliffs.

Don't miss Khor Dherf, where desert dunes merge with the sea along the shoreline. Further south, explore **Wadi Sai**, southwest of Duqm town center, formed by the erosion of the **Haqf** rock escarpments west of Duqm. The upper layers of the landscape are made up of Miocene limestone, with distinctive isolated crystals embedded in the rock, shaped over time by the forces of nature. The wadi's basin is adorned with acacia trees, which provide an essential food source for the camels that roam the region.

West of Duqm, just 22 kilometers away, lies **Wadi Boi**, which meanders through the Haqf rock formation and low hills before eventually reaching the sea north of Duqm Port. The wadi is nourished by underground water sources, which support clusters of "Mazzari" date palms in the area. These palms have played an important role in local traditions, with their leaves historically used for weaving baskets and thick ropes, showcasing the region's deep connection to its natural resources and traditional craftsmanship.



Wilayat Al Jazer

Divine Beauty of Beaches and Lakes



Wilayat Al Jazer is a true gem, offering a stunning variety of landscapes that range from vast deserts to dramatic coastlines and towering mountains. The area's coastline is dotted with pristine beaches and serene khors (lagoons).



A Journey
Towards Dreams
and Hope



Start your adventure at **Al Lakbi Beach**, situated to the north of the fishing port. This beach is a delightful mix of soft sandy shores and shallow rock pools.

The monsoon climate in summer brings a rich diversity of life to the area, creating an ideal habitat for a variety of wildlife. As you explore, you'll encounter a range of bird species, including grey herons, reef herons, water pipits, curlews, and even the occasional oystercatcher.

Another must-see is **Souqara Beach**, set against a stunning backdrop of rocky cliffs and the Arabian Sea. The sun's reflection on the water gives the area a mesmerizing pearl-like glow.

The last stretch of the coastal road takes you to Souqara village and then ascends through Wadi Souqara to the plateau above.

Small streams flow through the valley toward the sea, where you'll find old ruins along its banks, making it an ideal bird-watching site.





Be sure to visit the enchanting **pink beaches** northwest of Al Kahil, where seasonal coastal lakes create a stunning spectacle along the shore. Due to the presence of specific algae, these lakes take on a vibrant pink hue, adding a rare and captivating beauty to the landscape.

During certain times of the year, as water evaporates, salt frames form along the lakes' edges, resembling a diamond necklace from a distance. These saline circles are home to a variety of salt-tolerant plants

For rare bird sightings, visit **Khor Ghawi**, a tidal lagoon with white sand dunes and shallow waters about 6 kilometers east of Al Kahil. It's an ideal spot for birdwatching, attracting a variety of birds, including grey herons, spoonbills, and large flocks of gulls on nearby mudflats.

During low tide, numerous seabirds and flocks of avocets and redshanks gather.



Wilayat Mahout

A Harmonious Blend of Beaches,
Islands, Valleys, and Lagoons





The Details of the
Colors Will
Captivate You

Wilayat Mahout offers an exceptional experience with its splendid beaches, bays, islands, valleys, and khors. Start at **Filim Beach**, near the small settlement and desalination plant 20 kilometers south of Hij. This beach is renowned as one of Oman's premier birdwatching locations, with rocky outcrops offering sweeping views over extensive mudflats. With binoculars in hand, visitors can observe a rich variety of unique bird species.

Next, head to **Shannah Beach**, a five-kilometer stretch on both sides of the ferry station to Masirah Island. These beaches consist of fine white sand interspersed with sabkhas (salt flats) and mudflats, ideal for birdwatching.



Renew Your Body
and Refresh Your
Spirit

Don't miss **Barr Al Hikman Beach**, an expansive salt flat stretching about 30 kilometers east toward the Arabian Sea.

The shoreline features soft white sands, dotted with coastal lagoons and home to Oman's largest coral reefs, including "Lettuce Coral" and countless seabirds.

Ras Ar Ruwis Beach is another highlight, with dunes gently descending to the Arabian Sea. It's a distinctive landmark at the southern tip of the “**Sharqiya Sands**”, where ancient sand dunes shape the peninsula's rocky hills.





Wadi As-Sail is a captivating destination, offering a vast open forest of ghaf trees, which create a serene and unique landscape. These trees, which are vital for the local ecosystem, attract scattered Bedouin settlements that rely on the area for livestock grazing. The Wadi's tranquil beauty is complemented by the cultural significance of the region, as camel races are held two or three times a year. These races, a time-honored tradition, draw large crowds of locals and visitors alike, creating an exciting atmosphere to experience the heritage of the area.

Najda Beach, located about 55 kilometers northeast of Hij, offers a tranquil setting with its scenic coastal views. The surrounding areas north of Barr Al Hikman are populated and equipped with essential amenities, while the expansive Sharqiya Sands create a striking backdrop shimmering in the midday heat.

A must-visit nearby destination is **Mahout Island**, located around 25 kilometers south of Hij in the heart of **Khor Ghubat Hashish**. This small island, encircled by lush mangroves, is home to a fishing community and serves as a sanctuary for two rare bird species in Oman—the white-eyed eastern kingfisher and the collared kingfisher.

Explore **Rak Island**, southwest of Mahout Island, with its striking landscape of brown-hued rocks and green mangroves. Its seclusion provides an ideal breeding and feeding ground for coastal birds.

Nearby, **Ab Island**, about 8 kilometers south of Mahout Island, is an important breeding site for various birds, including Caspian and bridled terns, and numerous seabirds and wading birds.

Ma'ul Island, 6 kilometers southwest of the Shannah ferry pier, is a white-sand island surrounded by mudflats and sabkhas, with mangroves along its northern shore.





Be sure to include **Khor Al Milh** in your itinerary, located at the southern tip of Barr Al Hikman. This remarkable khor is almost entirely separated from the Arabian Sea by a sandbar on its southern side, creating a tranquil and unique landscape.

For a true desert adventure, head to **Al Khuluf**, located about 40 kilometers southwest of Hij. Overlooking Ghubat Hashish, this desert area offers a stunning view of the surrounding terrain. South of Al Khuluf, the coastline stretches toward Duqm, where you'll find rare white sand dunes that extend from north to south, making this southwestern region a breathtaking destination for those seeking the beauty of the desert and coast combined.

More Tourist Sites

in Al Wusta Governorate

Wilayat	Tourist Site	Destination
Al Jazer	Public Beaches	Pink Lakes
		Madar
Al Jazer	Valleys	Runab
		Ghadan
Haima	Sandy Areas	Umm Al-Sameem
		Abu Al-Tabool



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