



# OMAN EXPERIENCE

## DHOFAR/EMPTY QUARTER

A 7-day adventure to the remote Dhofar Mountains, the Rocky Desert and 'The Empty Quarter' desert of Southern Oman. It is a chance for you to experience a truly authentic way of life in the desert and absorb some stunning views in the gentle warmth of the Arabian winter. It is fascinating seeing signs of ancient human life from hundreds and thousands of years ago.

Early November 2020 - Date to be confirmed

Maximum Group Size 10,

Dhofar Mountains and Empty Quarter

Moderate level of fitness



# WELCOME



I have been taking clients on exciting journeys for over 10 years. The aim is to provide immersive and original experiences that take you on a journey physically and mentally, as well as an enriching metaphorical journey in your life.

Adventure is an integral part of being human. When in the great outdoors, in a location you have never been to before, you end up learning more about yourself. Adventure opens your mind, and you will surprise yourself at what you are capable of achieving. It facilitates personal growth and development while also having fun.

I want to make sure you have an amazing, unique experience and return home with some happy memories, feeling healthier, fitter and more relaxed. The emptiness of the mountains and desert is a perfect chance to reflect, clear your headspace and set new goals for your life.

Adventure is about venturing to new places; mentally, spiritually, as well as physically and geographically.

If you have never experienced the beauty of the desert of before and its unpolluted starry night skies, come and join me for a trip of a lifetime.

A handwritten signature in blue ink that reads "Sandy Loder".

Sandy Loder  
Founder & Chief Executive  
Peak Dynamics

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"A well-organised and wonderful week seeing the wide variety of landscape that the Dhofar has to offer. The Omani guides were absolutely charming and looked after us all extremely well. The stars at night were beyond our expectations. The Dhofar is rich in flora and fauna – the jebel Samhan being particularly fertile and beautiful. A stunning country and a great experience."

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"Bringing life down to simplicity, learning to adapt to local conditions and always feeling perfectly secure is the special feature of Peak Dynamics." A client who came on the last trip



# ABOUT THE TRIP - INTRODUCTION

## ABOUT

Join me on this fantastic and unique trip away from all other tourists. You will experience the contrast of the rugged and beautiful mountains of the Dhofar followed by the vast desert of Rub' al Khali (better known as The Empty Quarter). Your walk across the Dhofar and the rocky desert will be brought to life as you have an opportunity of seeing this extraordinary environment through the eyes of our Bedouin guides. Every night you will have a chance to shower before retiring to an Arabian style tent and camp bed for the night. You will savour authentic dinners cooked over open fires at sunset and then relax in the warmth of the Arabian evening looking up at a feast of stars including the Milky Way. It is such a magical place to be, especially at night, when the sky is lit up with a million stars.

## ETHOS

I encourage you to become fully immersed in this experience and the journey that we take you on. Be prepared to learn new skills taught to you by the Bedouin and beautiful simplicity of the desert. It is also an excellent opportunity for you to get away from your everyday life, relax, empty your mind and be in the moment.





# ABOUT OMAN

## DHOFAR & FRANKINCENSE

The Dhofar lies over 1,000 km south-west of the capital Muscat in Southern Oman. It is an area of contrast and rugged beauty and part of the largest sand desert in the world. This area of Arabia is renowned for its rich culture; from the ancient frankincense trade, to the famous camel trains, to succulent date palms, to lush rolling hills and beautiful green wadis. At one time, Salalah and coastal Dhofar were one of the wealthiest trading areas in the world, where Frankincense was as valuable as gold, and the Queen of Sheba established a frankincense port in Sumarham and traded it with King Solomon, sending camel trains across the Empty Quarter as far as Mesopotamia. You will see sites where the humans lived over 1,000 years ago. You may even be lucky to see an old flint arrowhead on the floor or a geode rolling by. It is genuinely breathtaking scenery enriched with such a fascinating ancient history.

## CLIMATE

Dhofar has a subtropical climate – hot, sunny and dry, except in the summer monsoon season. It is more humid on the coast than in the desert and Dhofar. The daytime temperature will be between 20 – 30c. Nights can be cooler, especially if there is a wind, and can drop to 10-15c. The sunsets at 6.30 pm and rises at 6.30 am.

## THE BEDOUIN

This region of Oman has supported a variety of cultures from the Jebali people of the mountains, to the Badawi who live in the desert. Dhofaris are a truly proud people. Many still lead a traditional way of life, including our guides. Tribal and family values are still a vital and respected cornerstone of their existence. This is an ancient tribal system that encourages loyalty and support within extended family groups, something that is perhaps lacking from some of

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# ITINERARY

## **DAY 1 - 29 February 2020 Salalah**

You will fly into Salalah where you will be able to relax for the day and night in a comfortable hotel; swim in the sea or the various hotel swimming pools. You may even spot some dolphins or whales from the beach.

## **DAY 2 - 1 March 2020 Dhofar Mountains**

The next day, you will head out to the Dhofar mountains, where you will walk for the day along the top of the green and rocky terrain of the Dhofar jebel, looking north into the rocky desert. On the way, you will visit the most stunning wadi. You will camp the night up on the edge of the Dhofar.

## **DAY 3 - 2 March 2020 Rocky Desert**

In the morning, you will walk down into the rocky desert and meet up with your camels and Bedouin tribesmen from the Bait Zabnawt tribe. You will have a short day's walking along the dried-up wadis and ancient riverbeds before arriving at your overnight camp. You will see Frankincense trees, and see signs of the wildlife and their footprints created in the cool of the night. In the evening, we will cook your meal over an authentic Bedouin stone BBQ.



## **DAY 4 - 3 March 2020 Empty Quarter**

The next day you will have breakfast, you will say goodbye to the camels (after learning to ride them) and drive into the Empty Quarter desert in 4x4 Toyota Landcruisers, where we will set up camp.

## **DAY 5 - 4 March 2020 Jebel Samhan**

The next day, in the morning, you will get a chance to drive up and across the impressively tall dunes in the vehicles. We will then drive via a unique oasis in the desert where warm sulphurous water bubbles up from deep inside the earth. Then we head out of the desert up into the Dhofar again and head to Jebel Samhan overlooking the lights of Mirbat for your last night camping.

## **DAY 6 - 5 March 2020 Salalah**

You will head back to Salalah via an amazing tropical wadi teeming with wildlife and the chance to swim in the turquoise water. In the afternoon, you will check into the hotel for the night and relax by the swimming pool or sea.

## **DAY 7 - 6 March 2020 - Salalah/Fly Home**

You will be able to relax all day in the hotel, before packing and getting ready to fly home on the overnight flight. Before you leave, you might want to visit the Frankincense souk or Gold souk.







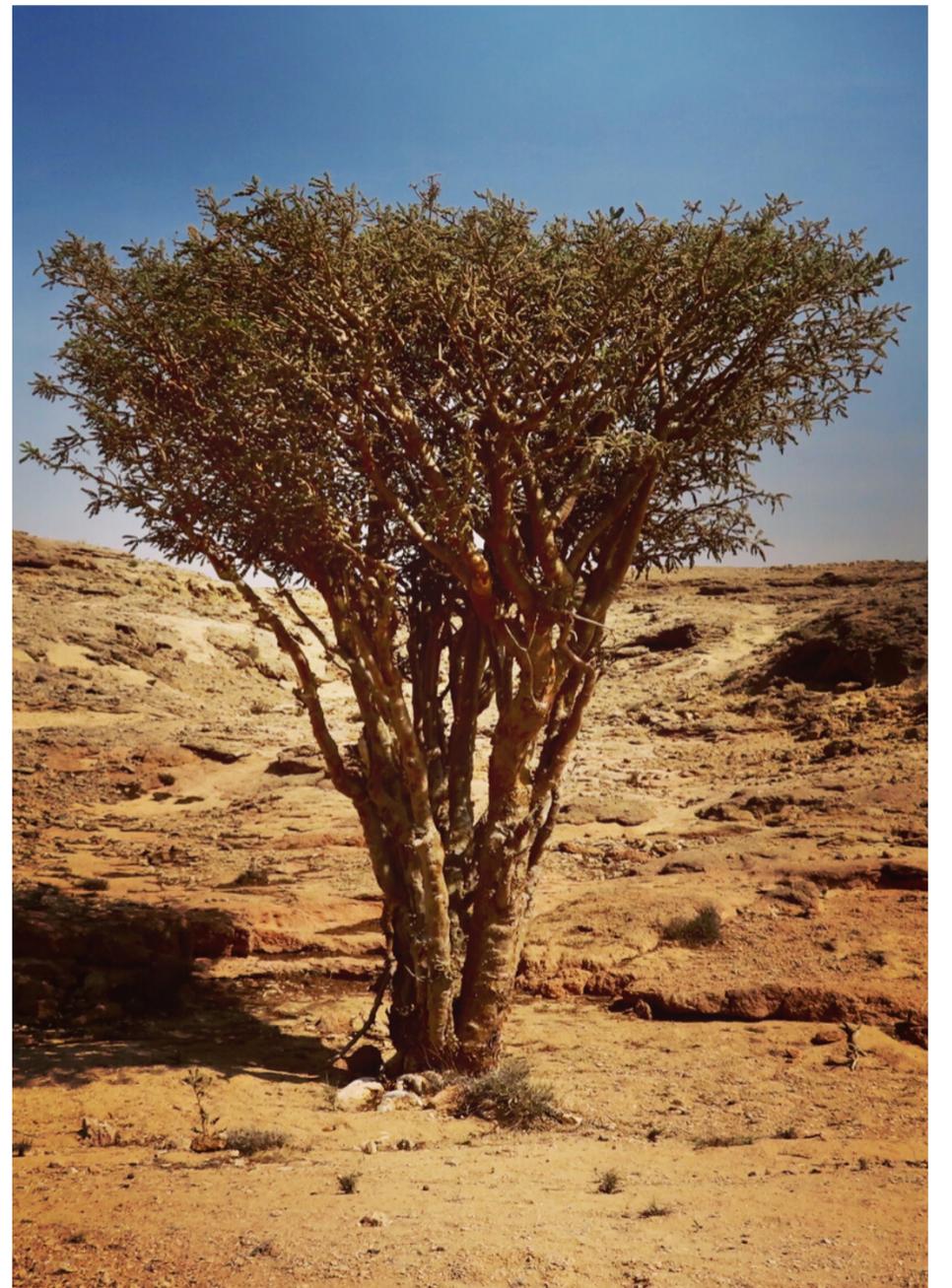


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# KEY FACTS



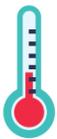
## CLOTHING

Cool cotton/hiking clothing is recommended. You will be given a detailed kit list prior to departure



## DURATION

7-days & 6-nights



## TEMPERATURE

The temperature could range between a High of 30°C to a Low of 17°C at night



## PHONE SIGNAL

There is a mobile signal except for the 14 hours we are in the Empty Quarter. We will be carrying a satellite phone



## TRANSFER FROM AND TO AIRPORTS

c. 20 minutes



## TIME ZONE

+4 hours ahead of GMT (London time)





# PRACTICAL INFORMATION



## **FITNESS**

You should be in good health and able to walk without hinderance. The walking is on the whole flat ground. You will walk for about 4 to 5 hours on the first two days, depending on the temperature. After that, we are in the vehicles.

## **ACCOMMODATION**

During the trip, you will stay in two five-star hotels at the beginning and the end.

In the Dhofar, Rocky Desert and Empty Quarter you will sleep on camp beds inside tents. You will always have the option to sleep out, so you look up at the canopy of stars above you.

## **MEALS**

All the meals when we are camping will be freshly made. We will not be using rations. Breakfast will consist of bread, jam, eggs and fruit, along with tea and coffee. Lunch will be freshly made, such as hummus and tabbouleh. In the evening, you will have anything from camel, dhal, goat, chicken or fish. All are cooked over a wood fire. One of the nights we will cook the meat and bread on a Bedouin stone fire.

## **VISA & PASSPORT**

If you do not have a UK or European passport, please check whether you will need a visa. Also, make sure your passport has a minimum of 6 months before it expires.



# PRICING & BOOKING

## PRICE: £ 3,800 PER PERSON (ex VAT)

### WHAT IS INCLUDED

- Airport transfer to hotel on arrival
- Hotel accommodation and breakfast
- Camels
- Bedding and tents for the camping
- Vehicles and fuel for the desert
- All food whilst on the trip

### WHAT IS NOT INCLUDED

- All flights to and from Salalah
- Single room supplement in the hotels
- Any drinks and other food including dinner at the hotels
- Personal equipment
- Travel Insurance
- Visas (if required)

### HOW TO BOOK

Visit **Oman Experience** on our website and fill out the booking form at the bottom of the page. A 25% deposit is required within 7 days of receiving the booking form. The balance is due no less than 8 weeks before your departure date.

# BOOK NOW



[www.peak-dynamics.net](http://www.peak-dynamics.net)

### ENQUIRIES

Please call Sandy Loder on +44 (0)7867 970655 or email [sandy.loder@peak-dynamics.net](mailto:sandy.loder@peak-dynamics.net)



“When you sleep in a house your thoughts  
are as high as the ceiling,  
when you sleep outside they are as high as  
the stars.” Bedouin proverb

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Life is a journey...

# BOOK NOW



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Sandy Loder  
m: +44 (0)7867 970655  
e: [sandy.loder@peak-dynamics.net](mailto:sandy.loder@peak-dynamics.net)

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