



TRIP OVERVIEW

Unleash your inner adventurer on this stunning swimming holiday in Oman. Taking in the awe-inspiring fjords of the spectacular Musandam Peninsula, this trip gives you the chance to discover some truly breathtaking locations, many of which had never been swum in prior to SwimTrek's arrival in the area.

Often described as the 'Norway of Arabia', the Musandam Peninsula is one of the Persian Gulf's great wildernesses. Separated from the rest of Oman by the UAE, the peninsula lies at the extreme north-eastern tip of Arabia, where the steep red rocks of the Hajar Mountains plunge into the blue waters of the Arabian Gulf, creating a labyrinth of massive fjords (khors).

Our traditional local dhow is the perfect vessel from which to explore this area, and our swimmers are often accompanied by the friendly dolphins who frequently visit these waters. From the towering cliffs and incredible views to the local culture and delicious cuisine, this trip allows you to experience this fascinating corner of the world from a truly unique perspective.

WHO IS THIS TRIP FOR?

This trip is ideal for swimmers who are looking for an adventurous swimming experience in one of SwimTrek's most unique destinations.

Swimmers should also have a basic understanding of open water swimming and be capable of completing the average swim distance of around 3 km prior to the start of the trip. The average daily swim distance is around 6km (split over a minimum of two swims).

We have given this trip a 'Moderate' grading. Most swimmers comfortable in the open water will be able to take part and enjoy one of these trips.

LOCATION SUMMARIES

Musandam

Geographically, the Musandam Peninsula juts out into the Strait of Hormuz, the narrow entry into the Persian Gulf, from the Arabian Peninsula.

Khasab

Our base for the trip is in the sleepy town of Khasab. Lying on a plain nestled between the mountains and the sea, this is the starting point for our trip to the Khor Ash Sham fjord..

Khor Ash Sham Fjord

Khor Ash Sham is the longest and most dramatic of the many fjords in Musandam. All the fjords (khors) are actually flooded valleys, formed as a result of Musandam's progressive decline beneath the Eurasian continental plate. Craggy cliffs litter the landscape along with small island communities which are accessible only by boat.



Telegraph Island

Telegraph Island was once a crucial hub in Britain's link with its empire. At the centre of the telegraph line between London and Bombay, it was originally known as Jazirat al Maqlab and it offered a refuge from the potentially hostile local tribes of the mainland.

TRIP SCHEDULE

Start Point	Atana Khasab Hotel , Khasab, Oman.
Start Time	16:00 on Day 1
Finish Point	Atana Khasab Hotel , Khasab, Oman
Finish Time	09:00 on Day 7

Please note that the below daily itineraries are an example of the swims that may take place during the course of your trip, however, actual swim locations and distances will vary according to local weather and sea conditions. Your SwimTrek guides and local boat pilot will determine the most suitable swim locations each day and will communicate the plan with all guests as soon as possible.

Day 1

After checking into the hotel, you will have some time to settle in and explore before we meet later in the evening for our welcome meeting. Here we'll discuss the week's swims that lie ahead, followed by a safety briefing. We then take an acclimatisation swim at the nearby beach, which is the perfect opportunity to get used to the local waters in preparation for tomorrow's first day of swimming.

Day 2

We depart from our hotel and travel to Khor Ash Sham, the largest of the fjords in the Musandam Peninsula. As we set off, the first thing you notice is the sheer size of what you are entering. We swim a section of the coastline before stopping for lunch. After a hearty meal, we head towards Hamsi Village before carrying out our first crossing.

On arrival back at our hotel overlooking the sea, we carry out a technique advice session and stroke recording in the hotel pool, complete with stunning views of the surrounding landscapes, to be reviewed with video playback.

Day 3

This morning we head even further into the khor, as we explore the waters from shark point towards Seebi Island. Famous for its golden white sands, rocky islets and outcrops. Large colonies of seabirds, including cormorants, terns and gulls can be spotted here. It's a real highlight swim. We finish the day circumnavigating the Seebi island before heading back to the hotel.

Day 4

This day sees us complete our circumnavigation in the morning before an enjoyable coastal swim. We head towards Telegraph Flag Sham Island, home to a variety of fish species and hump back dolphins have also been spotted previously in this area.



Following the circumnavigation and lunch, we make our way back to Khasab, where we stop off on route for our relaxing afternoon swim before returning to the hotel.

Day 5

Today we journey down the Khor Ash Sham, for our morning coastal swim towards shark point. A chance for you to explore what the coastline has to offer.

After lunch taken on board the dhow, we will then cross shark point towards Sham.

Day 6

We make our way to Osprey Point Five Bays for the morning swim, before an optional climb up to a view point to take in a view of the week's beautiful swims.

We take lunch onboard our dhow as we begin to make our way back and head for Telegraph Island. Our final full swim of the week is a circumnavigation around Telegraph Island. After finishing this last swim, we jump back onto the boat and enjoy a cruise for the final time along this magnificent land and seascape.

Day 7

After the exertions of the week, it's time for a relaxing swim directly in front of our hotel. We head towards Bassa Beach, a popular spot with local swimmers. We'll swim a loop of the reef before returning back to the hotel, bringing to an end our unique swimming trip in the fjords of Musandam.

TRIP GRADING

We have given this trip a 'Moderate' grading. Most swimmers comfortable in the open water will be able to take part and enjoy one of these trips.

Swimming Distances

Swim	Distance	Swim	Distance
Dolphin Coastal	4km	Hamsi Village Crossing	2km
Shark point - Seebi	4km	Seebi Island Circumnavigation	2km
Telegraph Flag Circumnavigation	4km	Khor Coastal	2km
Sham coastal	4km	Sham crossing	2km
Five Bays	3km	Telegraph Island Circumnavigation	3km

Swimming Conditions

Swimming in the sea is a fantastic experience, however you should be aware that certain marine life such as sea lice, jellyfish, sea urchins and coral could be present during the swims. In all cases we will work on reducing your contact with these creatures, however if you suffer from anaphylaxis, please consult the office prior to booking.



Walking Distances

Walk	Distance
View point climb (~400 steps)	1km

Due to the inaccessibility of the fjords, the walking is limited. The one walk is up 440 steps walk up the side of the isthmus separating Khor Ash Sham from Khor Najd.

Temperatures

Month	Water Temperature*	Air Temperature*
February	22-24°C / 72-75°F	22-24°C / 72-75°F
November	26-30°C / 79-86°F	26-30°C / 79-86°F
December	25-29°C / 77-84°F	23-26°C / 73-79°F

* Please note that these temperatures are indicative and should be used as a guide only.

Weather Caveat

For safety reasons, we rely on decent weather conditions when carrying out our swims. As a consequence, open water swimming holidays require a certain degree of on-trip flexibility which can result in changes to the planned itinerary. These changes often add a touch of uniqueness to your trip and will be communicated to you by your SwimTrek guides as quickly as possible.

TRIP INFORMATION

Group Size

This trip has a maximum group size of 15. The group will be split into a maximum of three groups, based on speed, with each group being accompanied by their own safety vessel/escort.

Boat Support

Boat support on this trip includes one main boat (a traditional local dhow) and two support boats to be piloted by your SwimTrek guides and a local boat pilot. Please note that this boat support is subject to change without notice and cannot be guaranteed.

Extra Activities

There are a wide range of activities that you can choose from and book through our local supplier, for example mountain safari, city tour or excursions in the Kumzar region of Mussandam, overlooking the Straits of Hormuz a trip. Please note the Kumzar excursion is a 6 hour trip.

In Khasab itself you could visit the local souq and Khasab Fort which sits proudly overlooking the maritime approaches to Khasab. You can arrange a city tour, out of town, there is an opportunity to visit Khor Najd, a stunning yet isolated fjord which faces towards the Gulf of Oman. Other options are diving/snorkeling.



For further information and to book, please contact our partners or visit www.dolphintour.net or contact khasabdolphintours@gmail.com

Essential Equipment Checklist

For your basic, essential packing list, please visit our [Packing List](#) page on the website. For **additional, location specific** items, please see the table below.

✓	Item	✓	Item
<input type="checkbox"/>	Additional layers for the evening	<input type="checkbox"/>	Waterproof jacket
<input type="checkbox"/>	Waterproof Sun Cream and SPF lip balm (Factor 50 or higher or zinc)	<input type="checkbox"/>	Walking Shoes/ Aqua Shoes/Sandals

It can often be quite cool on the dhow and in the evenings, so we also recommend bringing a few extra layers to put on after your swims and during evening meals.

Please note if you are wanting to visit a mosque, guests are expected to cover up in appropriate clothing.

SwimTrek will also provide water and electrolytes at every location, and refill your bottles.

GETTING THERE

As SwimTrekkers come from all over the world, and join our swimming holidays in numerous destinations, we don't currently offer flights as part of our SwimTrek packages. We do however want to do as much as we can to ensure that our guests get the best deals when travelling to one of our trips so check out our [SwimTrek flight tips](#) page on the website.

While there are various options for travelling to Khasab at the start of your trip, we recommend flying into Dubai and catching the SwimTrek transfer which departs from Dubai International Airport (DXB), Terminal 1, at 10:30 on Day 1 of your trip.

SwimTrek Transfer - Dubai International Airport to Khasab

SwimTrek offers a group transfer to your accommodation from Dubai International Airport (DXB); Terminal 1 outside Starbucks. If you would like to join this transfer, please contact the SwimTrek office to provide a copy of your passport and your confirmed flight details prior to your trip. Please note there is a Starbucks in Terminal 3 so ensure you take the metro to Terminal 1.



Number of Passengers	Cost (one-way transfer)
4 Passengers (minimum required)	OMR35 per person
5-7 Passengers	OMR28 per person
8-10 Passengers	OMR25 per person
11 + Passengers	OMR20 per person

*Please note that the cost of the transfer varies depending on the number of travelers and can be paid using the local currency, Omani Rial.

The transfer leaves at 10:30 outside Starbucks located in Terminal 1 and takes approximately 3-4 hours. Please be aware that this journey time can vary considerably due to possible delays at the UAE/Oman border. Due to the length of travel, please ensure you have plenty of food and water to last the transfer. During the transfer, you will drive to the Oman/UAE border. On arrival at the border, you will be asked to exit the vehicle to pass through immigration.

There is a fee to exit Dubai of 35 AED (OMR 3.700) and an Oman entry fee of 5 OMR. Initially it will be paid by the driver. The guides will collect payment for the fee and transfer from you in cash the next day, so please ensure you have the correct **cash**.

Private Transfer - Dubai International Airport to Khasab

If your travel plans do not coincide with the designated SwimTrek transfer, it is possible to arrange a private transfer through our partners in Oman. To book a private transfer, please email the team at Dolphin Travel via khasabdolphintours@gmail.com

Return Transfers - Khasab to Dubai International Airport

A return transfer from Khasab to Dubai International Airport is available on the final day of your trip and can be arranged with your fellow guests once you are in Oman. Please note that this transfer generally arrives at Dubai International Airport at approximately 12:00, however, it is subject to delays at the UAE/Oman border and your arrival time cannot be guaranteed.

Please note that you will need to allow enough time to check out of the hotel with enough time to catch this transfer back to Dubai and it may be best to arrange this with the hotel reception the night before your departure.

Travel Via Muscat, Oman

It is possible to travel to Khasab by flying into Muscat and then catch a connecting flight or ferry to Khasab. Please note that this option is often longer and more expensive than travelling via Dubai.

From Muscat, you can also catch a domestic flight to Khasab with [Oman Air](#), which has a journey time of approximately one hour. This flight does not normally operate on a Friday.

Muscat to Khasab - Bus and Ferry

It is also possible to book a bus and ferry from Muscat to Khasab which takes approximately 7-8 hours.



Please note that this bus/ferry service does **not** run every day. For schedules, departures and other timetable information, please visit www.nfc.om.

ACCOMMODATION

Perched on a rock face, the Atana Khasab Hotel is a resort hotel offering panoramic views of the Strait of Hormuz and the spectacular Musandam shoreline. All rooms are equipped with air conditioning and en suite bathrooms and are sold on a twin-share basis. There are a limited number of single supplement rooms which can be reserved during the booking process, subject to availability. The Atana Khasab runs a return shuttle bus into downtown Khasab town, available on request and free of charge.

Pre/Post Trip Accommodation and Trip Extension Options

If you would like to book additional nights' accommodation at the start or end of your trip, please contact the hotel directly via email stay@atanahotels.com.

Food and Drink

All breakfasts and lunches are included in the price of your trip, however, please note that evening meals are at your own expense. This gives you a fantastic opportunity to either eat at the hotel restaurant or explore and experience the local cafes and restaurants of your choice over the course of your trip. The price for eating out in Khasab varies depending on the restaurant. The average price of a two-course dinner in Khasab town is around 10 OMR (£20) while at the hotel, the price is closer to 20 OMR (£41). For more information, please visit our [food and drink](#) page on the website.

TRAVEL ADVICE

For more information on any of the following sections please visit the [Travel Advice](#) page of our website.

Money, Extra Expenses and Tipping

You should bring extra money with you to cover items such as dinners, drinks, entertainment, souvenirs, etc. The local currency is the Omani Rial. There is an ATM at the airport and several in Khasab. You will be required to pay for your transfer and entry fee the next day, after you have arrived at the hotel. In some countries, tipping (gratuities) is not part of the culture - in others it has become an expected norm. We believe that tipping is done entirely at your own discretion. If you have been provided with excellent service it may be something you wish to do. Your SwimTrek Guides can advise on local norms for service providers like boat crew, waiters or taxis. Nothing is expected for your SwimTrek Guides but many groups like to present something to the Guides at the end of the trip.

Responsible Travel

SwimTrek is conscious of the importance of protecting the world's natural wonders. We are acutely aware of our responsibility to not only take care of the natural environments which we are lucky enough



to explore, but also to educate our guests about the importance of conservation efforts and responsible tourism. It's for this reason that we have worked so closely with our partners to ensure that our trips are conducted in the most responsible and sustainable way possible, working tirelessly to minimise the impact of our presence on local marine life and the natural habitat.

For more information, please visit our [Responsible Travel](#) page on the website.

Passports and Visas

The Musandam Peninsula, including Khasab, is part of Oman. Non-Omani citizens require a full passport to enter the country, which should be valid for six months beyond the expected length of stay.

Nationals of 103 countries and regions are exempt from requiring a visa for stays up to 14 days and are listed here <https://fm.gov.om/visitors/entry-visas/> (as long as you have evidence of a confirmed hotel booking, appropriate health insurance to cover your stay and you have a return ticket).

For other nationalities, visas may apply. <https://evisa.rop.gov.om/en/types-of-visa>. We **strongly advise** applying online in advance to avoid any unexpected delays to your journey.

Guests travelling via Dubai, or any other airport in the UAE, may need to obtain a UAE visa or satisfy the conditions for no visa. **Please check at [Visit Dubai](#) as it may require an advanced application.**

If travelling on the SwimTrek designated transfer from Dubai to Khasab, you will drive to the Oman/UAE border, where you will pass through the immigration offices of the UAE. There is a fee to exit Dubai of 35 AED (OMR 3.700) and an Oman entry fee of 5 OMR. Initially it will be paid by the driver. The guides will collect the fee from you in cash the next day, so please ensure you have the correct **cash**.

Please note, visa regulations are always subject to change and it is important that you check your own visa requirements prior to travel.

Travel Insurance

We consider comprehensive travel insurance to be essential, and we strongly recommend that you purchase insurance which includes, but is not limited to, cover for illness, accident, emergency repatriation, ambulance, air ambulance, helicopter rescue services, cancellation, lost luggage and delays. Your travel insurance should also cover you for open water swimming and any other activity listed in your trip itinerary (including races and competitions, where applicable). Please read your policy details carefully and remember to take them with you on your trip for your own reference. For further information, please visit our [Travel Insurance](#) page on the website.

Health Information and Recommended Vaccinations

Here at SwimTrek we pride ourselves on our focus on safety and the well-being of all our guests. As we operate in some beautiful and remote locations medical facilities are not always easily accessible. SwimTrek Guides, and many staff working for our local partners, are first aid trained. However we ask



that you read our [Travel Health](#) page to ensure that you are informed about general Travel and Swim Health precautions.

Internet Access, Electricity and Travel Plugs

There is complimentary Wi-Fi internet access in the hotel bedrooms but service could be limited.

For a useful source of information on the different electrical outlets, electrical plugs, and electric sockets, please visit <https://www.iec.ch/world-plugs>