

Discover Oman:

Experiences For Our Sailors

A day of sight-seeing to explore Oman.

3rd December:

The International Day of Persons with Disabilities is a chance for the Inclusive sailing community to explore the uniqueness of Oman together. We will offer all sailors, coaches, and team managers the chance to visit traditional forts, Oman's National Museum, the Grand Mosque, snorkeling or diving at Daymaniyat Islands nature reserve to see Green Sea Turtles and other fully accessible experiences.

Full-Day Muscat City Tour - Duration: 8 Hours

(from 8:00am - 4:00pm)



Description:

Meet your guide in the hotel lobby and begin a full-day exploration of Muscat's key cultural sites. Visit the Sultan Qaboos Grand Mosque, admired for its stunning architecture and iconic hand-woven Persian carpet, then

continue to the Royal Opera House Muscat, the city's premier centre for arts and culture. Enjoy lunch at Rozna Restaurant before heading to Old Muscat to explore the National Museum, showcasing Oman's rich heritage. Stop for photos at Al Alam Palace and finish your tour with a stroll through Muttrah Souq, known for its spices, silver, perfumes, and traditional crafts.

Highlights:

- Sultan Qaboos Grand Mosque
- The National Museum of Oman
- Al Alam Palace (Photo Stop)
- Muttrah Souq

Notes:

- Grand Mosque Visiting Hours: 08:00 AM - 11:00 AM, Saturday to Thursday (Closed on Fridays). Women must cover their head, arms, and legs. No shorts or sleeveless clothing. Men must be fully covered. Slip-on shoes are recommended.

Inclusions:

- Full-Day Tour in Coach (45 PAX)
- English Speaking Guide
- Water During the Tour
- Entrance Fees to Bait Al Zubair Museum
- Lunch at Bait Al Luban Restaurant

Exclusions:

- Any other expenses not mentioned in Inclusions

Note: 35 OMR per person for coaches and supporters (to be paid during registration)

Nizwa & Oman Across Ages Museum Tour - Duration: 8 Hours

(from 8:00am - 4:00pm)



Description:

Meet your guide in the hotel lobby and begin a full-day journey to Nizwa and Manah. Start with a scenic drive inland before arriving at the Oman Across Ages Museum, one of the country's most impressive cultural institutions. Designed with a blend of

traditional Omani elements and modern architecture, the museum offers a comprehensive and immersive journey through Oman's history. Inside, visitors explore beautifully curated galleries showcasing prehistoric artefacts, Islamic art, maritime heritage, traditional crafts, and stories of Oman's cultural diversity. Interactive displays, multimedia installations, and educational exhibits bring each historical chapter to life, offering a deeper understanding of the Sultanate's past, present, and future vision. After the museum visit, enjoy lunch at the Golden Tulip Hotel Nizwa before driving back to Mussanah, where the tour concludes upon arrival at your hotel.

Highlights:

- Oman Across Ages Museum
- Al Aqr Old House

Inclusions:

- Full-Day Tour in Coach (45 PAX)
- English-Speaking Guide
- Water During the Tour
- Lunch at Golden Tulip Hotel Nizwa

Exclusions:

- Any other expenses not mentioned in Inclusions

Note: 35 OMR per person for coaches and supporters (to be paid during registration)

Full-Day of Al Rustaq Tour - Duration: 8 Hours

(from 8:00am - 4:00pm)



Description:

Meet your guide in the hotel lobby and begin a full-day discovery of the Batinah region, starting with the magnificent Al Hazm Castle, a masterpiece of Omani architecture featuring carved doors, winding passages, and panoramic watchtowers, with inclusive audio headsets available for blind visitors. Continue to Rustaq to explore the historic Rustaq Market, one of Oman's oldest trading hubs where mountain and coastal communities once gathered to exchange goods ranging from fruits and fish to traditional crafts. Proceed to the UNESCO-listed Falaj Al-Maysar, an impressive example of ancient Omani water engineering set amidst historical and archaeological landmarks. Conclude the experience with a traditional Omani lunch at Sakha restaurant, set within a charming marketplace ambience, before returning to the hotel.

Highlights:

- Al Hazm Castle
- Rustaq Market
- Falaj Al-Maysar (UNESCO World Heritage Site)
- Ain Al-Kasfa Hot Springs
- Lunch at Sakha restaurant

Inclusions:

- Full-Day Tour in Coach (45 PAX)
- English-Speaking Guide
- Water During the Tour

Exclusions:

- Any other expenses not mentioned in Inclusions

Note: 35 OMR per person for coaches and supporters (to be paid during registration)

Snorkeling at the Daymaniyat Islands Duration : 5 Hours

(from 8:00am - 1:00pm)



Description:

Languages: English
Duration: 5 hours
Easy Enjoy a scenic boat ride from Mussanah Barceló Resort to the UNESCO-protected Dimaniyat Islands. Swim with and marvel at the

marine life and beautiful corals. Snorkel at different locations, and stay refreshed with an included lunch box, soft drinks, and water.

Itinerary: Start time 08:00 am to 01:00pm

Group Boat transfer to the Al Dimaniyat Islands Nature Reserve (40 mins) Snorkelling/Relaxing/snacks.

Highlights:

- Mussanah Barceló Resort
- Daymaniyat Islands

Notes:

Capacity: 12 pax max/3 wheelchair only
Bring sunscreen, good shoes, and a hat

Inclusions:

- English speaking guide
- Bottled Water and Snack
- Certified Diving Captain
- Snorkelling Gear, life vests

Exclusions:

- Any other expenses not mentioned in Inclusions

Note: 35 OMR per person for coaches and supporters (to be paid during registration)

Kindly, confirm your chosen tour experience itinerary by filling the following survey by 28th November.
For further inquiries, please contact Intisar Al Mahrouqi, Email: intisar.mahrouqi@omansail.com