

Ghaidh Hike

📍 Raysut, Dhofar Governorate, Oman



The Ghaydh spring trail in Raysut. You can access the trailhead via an informal road, and from there, the journey begins through a valley, then over a single hill. After that, the path follows marked signs until you reach a deep-water pool containing pure spring water. The trail is easy and suitable for everyone, with trees along the way to rest under.

Tour Facts

Language:
English, Arabic

Duration:
5

Tour Type:
continuous

Tour Itinerary

08:30 AM : Meeting Point

- Gather at trailhead parking area via informal road
- Meet your guide and receive safety briefing
- Equipment check and water distribution
- Overview of trail features and spring history
- Guide will share local knowledge about flora and fauna

Duration
30 Minutes

09:00 AM : Initial Valley Trek

- Begin walk through the valley section
- Easy terrain suitable for all fitness levels
- First photo opportunities
- Learn about local vegetation from guide
- First water break under shaded trees

Duration
45 Minutes

09:45 AM : Hill Ascent

- Start gradual climb up the single hill
- Regular stops for rest if needed
- Scenic viewpoint opportunities
- Guide will point out landmarks and geographical features
- Second water break at hill summit

Duration
45 Minutes

10:30 AM : Spring Approach

- Follow marked trail signs
- Shaded sections under trees
- Bird watching opportunities
- Guide explains local ecosystem
- Multiple rest spots available

Duration
45 Minutes

11:15 AM : Spring Pool Destination

- Arrive at the deep-water spring pool
- Time for photos and rest
- Learn about spring's significance
- Optional time to enjoy the natural surroundings
- Final break and refreshments

Duration
30 Minutes

11:45 AM : Return Journey

- Return via same route
- Different perspective of landscape
- Final photo opportunities
- Leisurely pace back to starting point

Duration
45 Minutes

12:30 PM : Tour Conclusion

- Return to trailhead
- Final group photos
- Farewell and tour completion

Important Notes :

- Trail difficulty: Easy to moderate
- Suitable for varied fitness levels
- Multiple shaded rest areas available
- Camera recommended for photos
- Wear sun protection
- Comfortable hiking shoes/boots required
- Carry personal water bottle in addition to provided water
- Wear light, breathable clothing
- Small backpack recommended for personal items
- **Total duration:** 4 hours