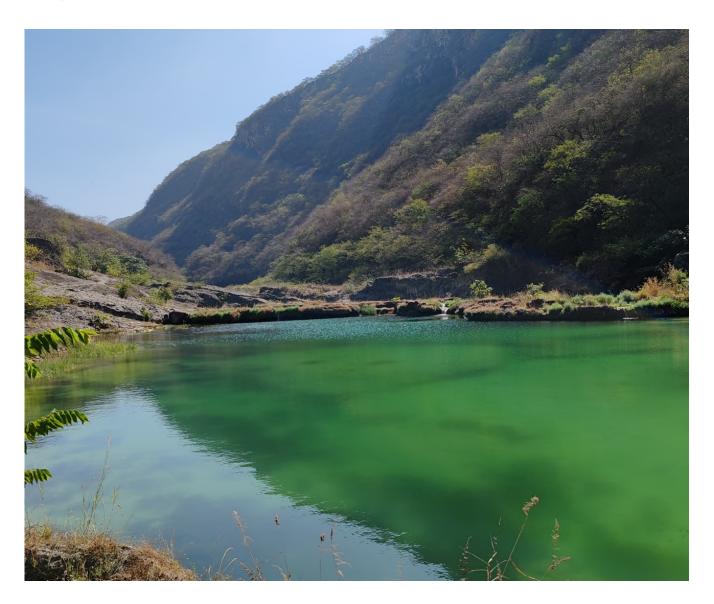
Ghaidh Hike

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 treesalong 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