Tiwi

Wadi Tiwi

Create: 2023-03-09 20:52:19	**Update:** 2023-11-22 15:00:12	**Print:** 2026-11-10 02:11:55
Country: عمان / Oman **Region:** محافظة جنوب الشرقية / Ash Sharqiyah South **Subregion:** **Town:** Tiwi		
Difficulty: a little difficult	**Grading:** v4 a4 V	**Total time:** 8h55
Approachtime: 20min	**Tourtime:** 8h	**Returntime:** 35min
Altitude entry: 730m	**Altitude exit:** 330m	**Delta Altitude:** 400m
Canyon length: 6500m	**Highest rapell:** 40m	**Amount rapells:** 4
Transport: Car required	**Rock type:**	**Drainage area:** km²
Season:	**Orientation:** Northeast	**Best Time:**
Rating: ☆ 4.3 (5)	**Info:** ★ 2.5 (2)	**Belay:** ★ 1.3 (4)

Specialities:

Gear:
Ropes: 2x40m

Summary: (machine translated)
Extremely impressive and long hiking, rappel and swimming canyon. 3.3km swim

Hydrology:

Access: (machine translated)
From Muscat about 160 km on the highway "17" in the direction of Sur (south). At the Tiwi exit - a few hundred meters before we have crossed the Wadi Shab - we leave the freeway, drive into the village of Tiwi and turn right onto the main road to the wadi of the same name (1.5 km from the freeway). A few meters before reaching the dam built through the wadi, we turn right and drive upstream on the orographic left bank of the Wadi Tiwi in a south-westerly direction. We first drive down by the river, later steeply up the road on the left, cross the river again and then reach the exit on the orographic left slope in the village of Mibam (9.5 km from Tiwi). The road is very narrow for long stretches, and it is not pleasant to avoid oncoming traffic here. We park our car for the return journey before the village of Milbam. Total transfer distance 79 km.

We take the second car back to Tiwi, turn right over the dam and back onto the highway. After 17.5 km we leave the highway, drive around the scattered settlement of Qalhat - initially along the sea - and then under the highway again at the edge of a wadi. The route now climbs uphill to a junction where you keep right towards Hallout (signpost). 21 km after passing under the highway, we pass the junction to the settlement of Hallout, 1 km away. After another 18.7 km we reach the riverbed of the Wadi Tiwi. Immediately after the ford, we turn right and after a few meters we reach the village of Al Wilja.
We continue on and cross the wadi again to the right just a little later. The road now winds roughly parallel to the wadi through the mountains, crosses the bed of the Wadi Tiwi again 4.7 km after Al Wilja and exits after another 3.6 km. Here we park the 2nd vehicle (transfer distance 79 km in total). The road is narrow, steep, stony and only concreted in the hairpin bends over the last few kilometers. 4x4 car absolutely necessary.

Approach: (machine translated)
From the car, we descend into the wadi, cross the stream and reach just before the houses of Umq Bir. Along a water channel to the left of a dry streambed up to huge boulders, across the streambed (before it breaks off) and downstream on the other side through banana groves until you reach the course of the stream in the area of huge, white-scoured pools.

Tour: (machine translated)
From here we walk down the right side of the wadi to the first rappel (15 m), which is soon followed by the second (5 m). About 2.5 hours - walk and swim - later, the cave awaits us with another rappel (15 m, stand slightly to the right, offset downwards - alternatively 40 m rappel over the edge directly into the pool below the cave). Here we find the highlights of the tour. There are several hot springs to the left and right of the cave. Afterwards, long swimming sections with block climbing and jumps in between.

Return: (machine translated)
Where the canyon widens, we look for the path on the left-hand slope that will take us through wild bursting terrain to the car in Mibam. The path is marked with silver dots and cairns.

Coordinates:
Canyon Start 22.7324 59.1624
Parking at Entry 22.7327 59.1589
Parking at Exit 22.7714 59.2140
Canyon End 22.7665 59.2033

Reports:

2026-01-25 | System User | |🕮 |⚓ | 〰 Low | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Tiwi Canyon équipé nickel et en eau même au départ. Fait en 8h en prenant notre temps surtout dans la grotte . Descente magnifique mais en effet bien crevante. Pour le taxi on est passé par Khamis (+968 9259 0583) qui habite le village de Mibam. Il était à la fois ponctuel, il conduit très bien (2h45 de navette) et il nous a gentiment offert le petit déjeuner au départ avec thé/café et dates. Ça nous a clairement donné de l'énergie et de la chaleur pour attaquer le canyon. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/23742/observations.html)

2026-01-17 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Tiwi Parcours incroyablement beau (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/23742/observations.html)

2025-11-22 | Joey CIA | ☆ ☆ ☆ ½ |🕮 |⚓ ★ | 〰 Low | 👍 Completed
Despite the rather low water, there was a lot to swim. After a good 2 hours of off-road driving, we arrived at the entry point and the last few kilometers were really crazy off-road. Above the entry point, workers were building a road towards the wadi. So we descended on the orographic left side through the plantations there is a partially marked path to the entry. Anchors all ok. At the water level the first pools were partly covered with algae, but the water was very clear. The cave is superiore and for me the highlight of the tour, then a swimming marathon until shortly before the exit where the block climbing begins. We then got off to the left to our red arrows and cairns, the path takes us to the newly built road (crazy off-road) above Mibam. (machine translated)

2025-04-18 | System User | |🕮 |⚓ | 〰 Low | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Tiwi Tiwi is ok, but overrated. The water until the grotte is not fresh anymore, a lot of algea.Khamis for the Shuttle is great +968 9259 0583. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/23742/observations.html)

2025-04-18 | Patrik Bartel | ☆ ☆ ☆ |🕮 |⚓ ★ | 〰 Low | 👍 Completed
Classically overrated canyon. The grotto is beautiful, the canyon too, but it's always the same and the swim gets annoying after a while. It never gets really exciting. (machine translated)

2025-03-18 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Tiwi Gargantuesque, Magnifique !!! Rando aquatique agrémenté de sources chaude. La grotte est magique !!!Pour la navette Said posté au village Tiwi se proposera prestement pour 80 rial Omanais. Voici son numero +96899778212 Said shuttle bus. Vu la longeur de la navette et la piste le prix est tres correct !! (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/23742/observations.html)

2024-01-21 | Thorsten K. | ☆ ☆ ☆ ☆ ☆ |🕮 ★ ★ ★ |⚓ ★ ★ | 〰 Normal | 👍 Completed
One of the most beautiful canyons I have ever hiked. As described, a very long canyon with long swimming passages. The anchors were fine and there is a lot of climbing and jumping in Wadi Tiwi. I would not recommend the fixed ropes for the rappel in the cave and use your own. This year we had a lot of vegetation that reached just below the water surface, so it is recommended that one person plows the path "free". The cave with the hot springs is the absolute highlight of the tour and you should take a break here and enjoy the place. Simply a dream. Tip: In a group, 2 ropes are actually enough, the others should bring water and food as well as headlamps in case you have to stay longer in the canyon unplanned. Take a wetsuit that is warm enough or has several layers, as it can get quite cold over time during the long phases in the water. (machine translated)

2023-03-09 | System User | ☆ ☆ ☆ ☆ |🕮 |⚓ | |
Info: Teile der Canyonbeschreibung wurden automatisiert übernommen. Konkret die Felder Weblinks, Koordinaten, Rating, Länge des Canyon, Einfachseil Mindestens von https://www.descente-canyon.com/canyoning/canyon/23742

2023-03-09 | System User | |🕮 |⚓ | |
Daten importiert von https://canyon.carto.net/cwiki/bin/view/Canyons/TiwiCanyon.html

---

2020-02-27 | GeorgB | ☆ ☆ ☆ ☆ ☆ |🕮 ★ ★ |⚓ ★ | 〰 Low | 👍 Completed
We negotiated 65 rials with a young couple of brothers in Mibam for the vehicle transfer and were also allowed to spend the night on one of their properties above the village. Absolutely great tour with extremely long swims, we were in the gorge for 6 hours. (machine translated)