Al Hail

Wadi Al Hail

Info: The quality of this description has not been checked yet or was rated bad.
If you know this canyon, please check this description and file a report with a rating for this description using *Reports -> +New Report.* Should you notice any error, please let us know or join the community in order to fix this description yourself.

Create: 2023-03-09 20:52:18	**Update:** 2025-09-27 11:18:06	**Print:** 2026-11-10 02:11:07
Country: عمان / Oman **Region:** محافظة مسقط / Muḥafazat Masqaţ **Subregion:** **Town:** Dibab		
Difficulty: easy	**Grading:** v1 a2 II	**Total time:** 8h30
Approachtime: 30min	**Tourtime:** 4h	**Returntime:** 4h
Altitude entry: 370m	**Altitude exit:** 100m	**Delta Altitude:** 270m
Canyon length: m	**Highest rapell:** 0m	**Amount rapells:** 0
Transport: on Foot	**Rock type:**	**Drainage area:** km²
Season:	**Orientation:**	**Best Time:**
Rating: ☆ 2 (1)	**Info:** ★ 0 ()	**Belay:** ★ 0 ()

Specialities:

Gear:

Summary: (machine translated)
Hiking canyon with swimming passages

Hydrology:

Access: (machine translated)
As for Wadi Al Naqma: We turn off highway "17" (Muscat - Sur) at Dibab and drive on a dirt road up the Wadi Al Arbeyen river. After 15.5 km we reach the village of Al Suwayh and park our car here. See also Google aerial view in "Photo Gallery

Approach: (machine translated)
The first long pool is bypassed on the left slope along a clear path; only then does the trail continue along the riverbed.

Tour: (machine translated)
First up the wadi, at the turning point (370m altitude) it de outward way back to the car (100m altitude). See also photos & video.

Return: (machine translated)
How to get there.

Coordinates:
Canyon Start 23.0020 58.9611
Parking Entry and Exit 23.0344 58.9910
Canyon End 23.0343 58.9912

Reports:

2025-11-23 | Joey CIA | ☆ ☆ |🕮 |⚓ | 〰 Low | 👍 Completed
Walked the wadi as a relaxation day. You can do it without equipment, swimming gear would be ideal as you have to swim from time to time. There are several paths on the right, in the middle and on the left, marked with red or blue cairns. There are fixed ropes to climb up at the waterfalls. If you like block climbing with a bit of cooling off or want to go without much equipment, this is a nice excursion. Rather not real canyoning. (machine translated)

2023-03-09 | System User | |🕮 |⚓ | |
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