Wadi Bani Khalid Upper

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.

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Country: عمان / Oman **Region:** محافظة شمال الشرقية / Ash Sharqiyah North Governorate **Subregion:**
Town: Wadi Bani Khalid

Difficulty: easy	**Grading:** v1 a2 I	**Total time:** 4h
Approachtime: 30min	**Tourtime:** 3h	**Returntime:** 30min
Altitude entry: 700m	**Altitude exit:** 650m	**Delta Altitude:** 50m
Canyon length: 2100m	**Highest rapell:** m	**Amount rapells:** 0
Transport: on Foot	**Rock type:**	**Drainage area:** km²
Season:	**Orientation:** South	**Best Time:**
Rating: ☆ 2.3 (2)	**Info:** ★ 1 (1)	**Belay:** ★ 0 ()

Specialities:

Gear:
Headlamp,

Summary: (machine translated)
Hiking and swim canyon, frequented by tourists

Hydrology:

Access: (machine translated)
We come from Muscat and drive along Route 17 by the sea to Sur (Muscat - Sur about 200 km). Passing Sur, we take Route 23 inland. After about 50 km we cross the Wadi Bani Khalid for the first time. A little later, "23" curves to the northwest, and we ignore route "35", which branches off to the left 2 km after Wadi B. K.. From this junction we drive 43 km on the "23" in a NNW direction to the next junction of a tarred road to Wadi Bani Khalid. You can also get here from Muscat via the "15" and "23" through the interior (216 km). We now turn right onto the road to the baths/pools of Khalid. After driving 22.2 km through the mountains, we reach Wadi Bani Khalid again. Here, however, we turn north towards the pools and the upper section of the wadi in the direction of Moqel/Muqal.
We now drive 7.2 km upstream, finally right on the edge of the wadi. We park our car where the road leaves the wadi to the right.

Approach: (machine translated)
From the car upstream to the start of the narrowing.

Tour: (machine translated)
We walk and wade upstream. After about 25 minutes from the entrance to the gorge, we come to a cave with concrete steps leading up to the entrance on the right. The cave itself is low and narrow. If you want to get a little further in, you have to crawl. A stream flows inside the cave.
After visiting the cave, you can continue upstream if you feel like it and are in good physical condition.
You then return the same way, keeping to and in the wet water.

Return: (machine translated)
From the canyon exit back downstream to the car.

Coordinates:
Canyon Start 22.6298 59.0916
Parking Entry and Exit 22.6158 59.0939
Canyon End 22.6182 59.0932

Reports:

2025-11-18 | Joey CIA | ☆ ☆ ½ |🕮 ★ |⚓ | Low | Completed
Good to combine with a desert tour, just 40 minutes from the desert. Nice cooling off although the water is quite warm. We only wore bathing suits in the wadi, otherwise a shirt and trousers are compulsory outside. Nice pools, some possible jumps. Smaller waterfalls that you can downclimb and jump. We visited the cave during access, very narrow in places and quite a sauna. The disadvantage was that there were a lot of tourists at the beginning and exit and few or no people swimming further up. (machine translated)

2023-03-09 | System User | ☆ ☆ |🕮 |⚓ | |
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