

Tiwi

Wadi Tiwi

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|--|------------------------------------|---------------------------------------|
| Create: 2023-03-09 20:52:19 | Update: 2023-11-22 15:00:12 | Print: 2025-04-21 01:04:38 |
| Country: عمان / Oman Region: بونج عطفاحم / 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: km ² |
| Season: | Orientation: Northeast | Best Time: |
| Rating: ★ 4.5 (4) | Info: ★ 2.5 (2) | Belay: ★ 1.3 (3) |
| Specialities: | | |
| Gear: Ropes: 2x40m | | |
| Summary: (machine translated) Hiking, rappel and swim canyon | | |
| Hydrology: | | |
| Access: (machine translated) From Muscat about 160 km on the highway "17" in the direction of Sur (south). At the exit Tiwi - a few hundred meters before we crossed the Wadi Shab - we leave the highway, drive into the village Tiwi and there we turn right on the main road to the Wadi of the same name (1,5 km from the highway). A few meters before reaching the dam built through the wadi, we turn right and drive along the orographic left bank of Wadi Tiwi in southwestern direction upstream. We first drive down along the river, later steeply up the road on the left, cross the river again and then reach its exit on the orographic left slope in the village of Mibam (9.5 km from Tiwi). The road is very narrow for long stretches, avoiding oncoming traffic here is not pleasant. In front of the village Milbam we park our car for the return trip. Total transfer distance 79 km.\n\nWith the second car we drive back to Tiwi, there right over the dam and again on the highway. After 17,5 km we leave the highway, drive - first along the sea - around the scattered settlement Qalhat and then at the edge of a wadi under the highway again. Now we go uphill until we reach a junction where we turn right in the direction of Hallout (signpost). 21 km after passing under the highway, we pass the turnoff to the settlement of Hallout, 1 km away. After another 18.7 km we reach the riverbed of Wadi Tiwi. Immediately after the ford we turn right and after a few meters we reach the village of Al Wilja. We continue and only a little later cross the wadi again to the right. The road now winds through the mountains more or less parallel to the wadi, crosses the bed of the Wadi Tiwi again 4.7 km behind Al Wilja and ends after another 3.6 km. Here we park the 2nd vehicle (transfer distance in total 79 km). According to the latest information (2016), the track from Al Wilja is in very poor condition. | | |
| Approach: (machine translated) From the car we descend into the wadi, although it seems more convenient to head for the houses of Umq Bir on the far bank of the wadi along an old path. | | |
| 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 - walking and swim - later the cave awaits us with another rappel (15 m, stand a little right down - alternatively 40m rappel over the edge directly into the pool below the cave). Here we find the highlights of the tour. Again hours of walking and swimming, before a siphon awaits us shortly before the exit of the tour. | | |
| Return: (machine translated) Where the canyon widens, we look for the path on the left slope that will take us to Mibam to the car. | | |

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:

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 algae.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 longueur 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)