

Wadi Dham

Wadi Dham / Damm,Damm,Dham

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 20:55:39	Update: 2023-10-14 09:16:27	Print: 2026-06-17 11:06:13
Country: عمان / Oman Region: قرى اطالاة فاحم / Az Zahirah Subregion: Town: Al Matabbah, Damm		
Difficulty: not as difficult	Grading: v1 a3 II	Total time: 2h23
Approachtime: 50min	Tourtime: 1h30	Returntime: 3min
Altitude entry: 810m	Altitude exit: 770m	Delta Altitude: 40m
Canyon length: 1600m	Highest rapell: m	Amount rapells:
Transport:	Rock type:	Drainage area: km ²
Season:	Orientation: North	Best Time:
Rating: ★ 2.3 (2)	Info: ★ 0 ()	Belay: ★ 0 ()

Specialities:

Gear:

Ropes: 10m-Notseil
Headlamp,

Summary: (machine translated)

Hiking and swim canyon

Hydrology:

Access: (machine translated)

We come from Muscat on the "15", pass the turn-off to Nizwa in the north after about 155 km, cross the Wadi Mahanna a little later and after another 37 km meet the "21", which comes from Bahla in an easterly direction. We now continue on the "21" in the direction of Ibri, but after 34.8 km (from reaching the "21") we turn right (in a northerly direction) to Al Ayn. After 25.8 km we get there and can take a look at the "beehive tombs" (Al Ain beheeve tombs) located on a hill. Then we continue for another 11.5 km and the road finds its continuation in the streambed of the Wadi Dham. Depending on the condition of the road and the weather conditions, you can drive up the wadi in a 4x4 vehicle until you reach a large semi-cave within sight of the dam that drains the water. We park the car here at the latest.

Approach: (machine translated)

From the car, walk towards the orographic left rock face and follow the path that climbs up under the walls. Later it descends into the river bed. We see an old stone carving on a boulder and pass a small sinter pot. Later, on the left, we see a shallow boulder (which you can also swim under) covered with vegetation. Where the river makes a bend of about 90 degrees, there is a cave on the righthand side, from which a spring pours out. Normally, this is the turning point. However, you can also walk further upstream and after a largely open stretch of river you will come to another attractive narrow section.

Tour: (machine translated)

Downstream, you can largely move around in the water. There are also some slides and possible jumps.

Return: (machine translated)

Once you reach the water drainage and the car parked by the half-cave, the tour comes to an exit.

Coordinates:

Canyon Start [23.2326 57.0815](#)

Parking Entry and Exit [23.2288 57.0676](#)

Canyon End [23.2338 57.0731](#)

Reports:

2026-02-06 | System User | |📖|📍|🌊 Low |👍 Completed

Automatisch importiert von Descente-Canyon.com für Canyon Dham A touristic hiking and sunnathing canyon. Nice gorge and some green pools, but nothing for a canyoneer. (Quelle: <https://www.descente-canyon.com/canyoning/canyon-debit/23668/observations.html>)

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/23668>

2023-03-09 | System User | ⭐⭐ |📖|📍||

Daten importiert von <https://canyon.carto.net/cwiki/bin/view/Canyons/WadiDhamCanyon.html>