

Al Hail

Wadi Al Hail

Info: The quality of this description has not been checked yet or was rated bad.

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Country: عمان / Oman **Region:** طقسمة طافاحم / Muḥafazat Masqaṭ **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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