Shab

Wadi Shab,Shaab

Create: 2023-03-09 20:50:45	**Update:** 2024-08-03 11:14:59	**Print:** 2026-10-30 12:10:11
Country: عمان / Oman **Region:** محافظة جنوب الشرقية / Ash Sharqiyah South **Subregion:** **Town:** Tiwi		
Difficulty: easy	**Grading:** v2 a2 II	**Total time:** 2h45
Approachtime: 10min	**Tourtime:** 2h30	**Returntime:** 5min
Altitude entry: 40m	**Altitude exit:** 1m	**Delta Altitude:** 39m
Canyon length: 4200m	**Highest rapell:** m	**Amount rapells:**
Transport:	**Rock type:**	**Drainage area:** km²
Season:	**Orientation:** Northeast	**Best Time:**
Rating: ☆ 2.4 (5)	**Info:** ★ 2 (1)	**Belay:** ★ 1 (1)

Specialities:

Gear:

Summary: (machine translated)
Hike and swim canyon with lots of tourists swimming

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 have already crossed the Wadi Shab - we leave the highway and drive along the sea in the opposite direction until we can park our car at the Wadi.

Approach: (machine translated)
To reach the path on the other bank, we either take a boat across (for a fee) or wade through the river, which is not very deep but muddy.

Tour: (machine translated)
On the orographic left bank a path leads into the canyon. When a side canyon enters from the northwest, we can either continue along the river bed or follow the path that leads up the orographic left slope. After about 80 minutes on this path we come to an abandoned village. Here you enter the course of the river and follow it downhill. You come to a small drop-off, at the foot of which is a pool covered by rocks. You can get out of the pool downstream through a narrow, low chute in the rock.
You can also walk up the streambed and then swim into this pool from below, climb out at the top (fixed ropes - 2020) and continue hiking up the river as you wish.

Return: (machine translated)
Down the riverbed. Arriving again at the highway bridge, we change banks again and are back at the car.

Coordinates:
Canyon Start 22.8328 59.2280
Parking Entry and Exit 22.8391 59.2460
Canyon End 22.8392 59.2452

Reports:

2026-02-19 | System User | |🕮 |⚓ | 〰 Normal | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Shab Warm water in a canyon, that's a first :)Beautiful wadi but many tourists. The small cave is pretty and almost no tourists.Not a "real canyon" but a pleasant walk and swim.We hiked the path rive gauche past the cave and arrived at a pool without anyone, just upstream of the cave, and then went down into the cave. (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/23666/observations.html)

2025-11-19 | Joey CIA | ☆ ☆ ☆ |🕮 |⚓ | 〰 Low | 👍 Completed
Nice refreshing tour after a hot access. With a cool cave where you can jump into the pool through a slit in the rock or climb around the outside and then swim in. Swim and hike to the parking lot. Lots of tourists at the start, few further up. (machine translated)

2025-04-14 | System User | |🕮 |⚓ | 〰 Low | 👍 Completed
Automatisch importiert von Descente-Canyon.com für Canyon Shab Very, very croudy. Too much people for us.A lot of hiking, it's not canyoning!!!!As a trip for a morning or a afternoon ok.... (Quelle: https://www.descente-canyon.com/canyoning/canyon-debit/23666/observations.html)

2025-04-14 | Patrik Bartel | ☆ |🕮 |⚓ | 〰 Normal | 👍 Completed
We came out of the desert today and it was ok for that. It's not really canyoning, but a nice swimming tour amidst lots of tourists. Scenic but very beautiful! The boat still costs 1 OMR. (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/23666

2023-03-09 | System User | ☆ ☆ |🕮 |⚓ | |
Daten importiert von https://canyon.carto.net/cwiki/bin/view/Canyons/ShabCanyon.html

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2020-02-26 | GeorgB | ☆ ☆ ☆ |🕮 ★ ★ |⚓ ★ | 〰 Low | 👍 Completed
Nice tour for a rest/travel day. Crossing the small lake under the highway bridge cost 1 OR per person. Lots of tourists in the gorge, but above the cave basin you are on your own. (machine translated)