



ANANTARA

AL JABAL AL AKHDAR
RESORT

Recreation activities

Resort activities

ARCHERY

Experience one of the world’s oldest sports. Improve your aim, coordination and strength with static targets set at varying distances to suit all skill levels.

Price: OMR 20 per adult per session
OMR 15 per child (8 – 11 years)
Minimum 2 participants

Duration: 1 hour
Level of Difficulty: Beginner

MOUNTAIN BIKE RENTAL

Rent a mountain bike and explore nearby attractions rich in history and local culture.

Price: OMR 10 per hour, per bike

TENNIS BALL MACHINE

Practise your swing at high altitude and enjoy a rewarding workout.

Price: OMR 10 per hour

Signature picnics

LUXURY MOUNTAIN PICNIC

Embark on a scenic mountain retreat and relax on traditional Arabic seating set on a plateau surrounded by juniper trees and native flora. Delight in birdsong, take in the dramatic cliffside views, and savour a gourmet picnic hamper.

Price: OMR 70 per person including one meal of choice
OMR 100 per couple.

Duration: 2 hours
Level of Difficulty: Beginner to Intermediate



All prices are subject to applicable taxes and service charge.



All prices are subject to applicable taxes and service charge.

Cliffside challenges

JABAL ACTIVITY WALL

Scale beginner and intermediate routes on the Hajar Mountains. Ascend using ropes and harnesses, with the option to abseil down for a thrilling eagle-eye view.

Price: OMR 40 per person
OMR 60 per couple
OMR 25 per child (8 – 12 years)

Duration: 1 to 1.5 hours
Level of Difficulty: Beginner to Intermediate
Recommended for children

Participants: Maximum 6 participants per session
Minimum age: 8 years
Maximum weight: 100 kg

ULTIMATE JABAL ACTIVITY WALL

For adventure-seekers. Climb one of the highest routes in the Middle East using metal steps, navigating rocky formations and vertical stairs. Complete your journey with two exhilarating zip lines.

Price: OMR 50 per person
OMR 80 per couple

Duration: 1 to 1.5 hours
Level of Difficulty: Intermediate to Advanced
Participants: Maximum 4 participants per session

Minimum age: 16
Maximum weight: 100 kg

EXTREME JABAL ACTIVITY WALL

Experience the thrill of Oman’s highest steel bridge. Navigate multiple Via Ferrata levels and end with an unforgettable adrenaline-filled crossing.

Price: OMR 60 per person
OMR 100 per couple

Duration: 1 to 1.5 hours
Level of Difficulty: Intermediate to Advanced
Participants: Maximum 4 participants per session

Minimum age: 16
Maximum weight: 100 kg



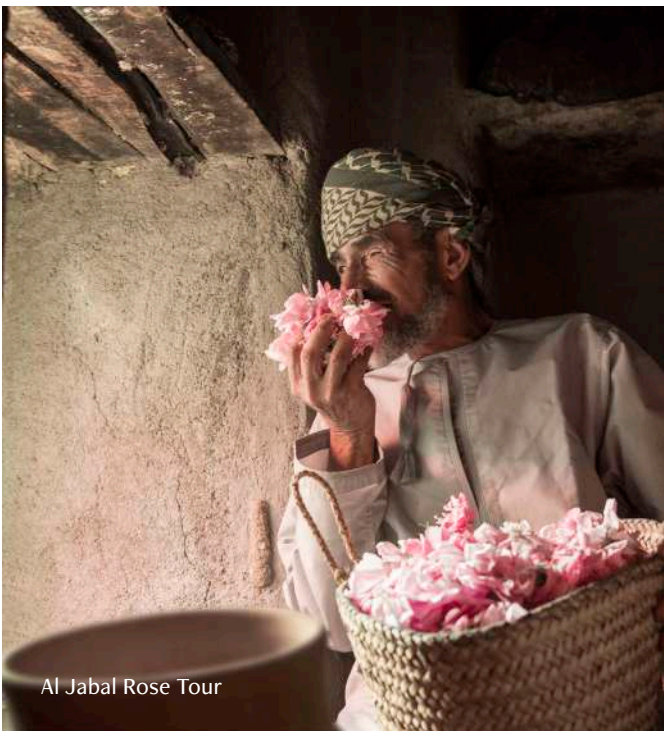
Wadi Al Masdara



Wadi Bani Habib



Three Village Culture Walk



Al Jabal Rose Tour

Signature hikes

Minimum 2, maximum 6 participants per guided tour.
Complimentary water and light snacks included.
Reservations required 24 hours in advance.

WADI AL MASDARA HIKE

Begin with views of Hail Yemen village, passing historic military bunkers. Discover fossils, wild donkeys and natural pools perfect for a refreshing swim.

Price: OMR 50 per person
OMR 80 per couple

Duration: 3 to 4 hours

Level of Difficulty: Advanced

Seasonal: dependent on rainfall

WADI AL BAWAARID HIKE

Named “cold water” in Arabic, this hike explores a dramatic wadi with caves, fossil stairs, and natural pools. Visit historical grave sites and century-old homes.

Price: OMR 50 per person
OMR 80 per couple

Duration: 3 to 4 hours

Level of Difficulty: Intermediate to Advanced

LOST VILLAGE HIKE

Hike 600m deep into the valley with our Mountain Guru to discover preserved 400-year-old mountain villages.

Price: OMR 70 per person
OMR 140 per couple

Duration: 5 to 6 hours

Level of Difficulty: Advanced

Seasonal: September to May

Cultural walks

Complimentary water, Omani coffee, dates included.
Reservations required 24 hours in advance.

AL JABAL ROSE TOUR

Travel with a Mountain Insider to meet a village elder and learn about the age-old rose water distillation process. Visit seasonal rose gardens and enjoy a hands-on cultural experience.

Price: OMR 30 per person
OMR 55 per couple

Duration: 1 to 1.5 hours

Level of Difficulty: Beginner to Intermediate

Seasonal: mid-March to end-April

THREE VILLAGE CULTURE WALK

Visit Al Aqr, Al Ayn and Ash Shirayjah villages and learn about terrace farming and falaj irrigation systems.

Price: OMR 30 per person
OMR 55 per couple

Duration: 1.5 to 2 hours

Level of Difficulty: Beginner to Intermediate

AL SUWGRA VILLAGE TOUR

Discover this historic and remote village, with breathtaking canyon views.

Price: OMR 50 per person
OMR 80 per couple

Duration: 2 to 3 hours

Level of Difficulty: Beginner to Intermediate

Participants: Minimum 2, maximum 4 persons

OLD & NEW WADI BANI HABIB VILLAGES

Walk from the new village to the abandoned old homes via a scenic staircase. Learn about the falaj system and local farming.

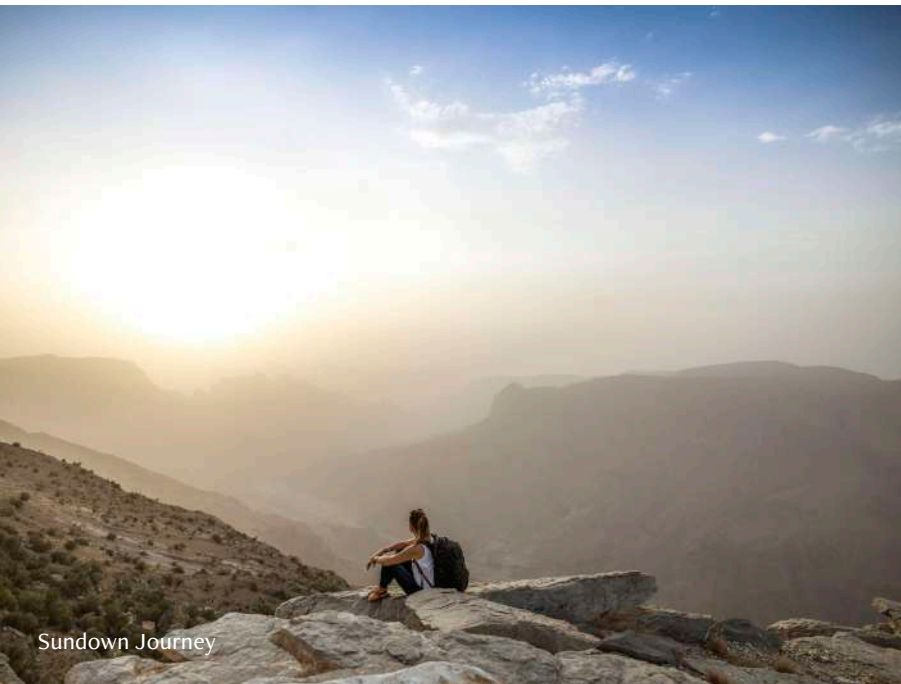
Price: OMR 30 per person
OMR 55 per couple

Duration: 1.5 to 2 hours

Level of Difficulty: Beginner to Intermediate

Participants: Minimum 2, maximum 4 persons

All prices are subject to applicable taxes and service charge.



Driving tours & excursions

360° SUNRISE SKYBUCKS

Enjoy Omani coffee as the sun rises over panoramic valley views.

Price: OMR 30 per person

OMR 55 per couple

Duration: 90 to 120 minutes

Level of Difficulty: Beginner (4x4 experience required)

Includes: Water, Omani coffee, dates

SUNDOWN JOURNEY

A 30-minute drive past royal gardens to Jabal Al Sharaf. Admire sunset views and twinkling lights on the return night drive.

Price: OMR 30 per person

OMR 55 per couple

Duration: 2 hours

Level of Difficulty: Beginner (4x4 experience required)

Includes: Water, Omani coffee, dates.

Participants: Minimum 2, Maximum 4 persons

CANYON DRIVE

A thrilling off-road drive through mountain canyons, offering stunning vistas.

Price: OMR 30 per person

OMR 55 per couple

Duration: 2 hours

Level of Difficulty: Beginner to Intermediate

(4x4 experience required)

JABAL DRIVE

Discover traditional mountain villages in the Jabal Al Akhdar region.

Price: OMR 30 per person

OMR 55 per couple

Duration: 2 hours

Level of Difficulty: Beginner to Intermediate

NIZWA TOUR

Visit Nizwa Fort, Jabreen Castle and UNESCO-listed Bahla Fort. Enjoy a local lunch and explore the bustling souq.

Full Tour: OMR 190 per couple

OMR 20 per additional person

Duration: 7 hours

Short Tour: OMR 150 per couple

OMR 20 per additional person

Duration: 4 hours

Level of Difficulty: Beginner to Intermediate

Includes: Tickets, lunch, transportation, coffee or tea

Participants: Minimum 2, Maximum 4 persons

OMAN'S GRAND CANYON TOUR

Drive to Jabal Shams, the highest point in the Hajar Mountains. Explore the canyon, Wadi Nakher, and visit Misfat Al Abriyeen village.

Price: OMR 160 per couple

OMR 40 per additional person

Duration: 7 hours

Level of Difficulty: Beginner to Intermediate

Includes: Water and local lunch

WAHIBA WILDERNESS TOUR

Discover the Wahiba desert and Wadi Bani Khalid. Enjoy dune bashing, meet Bedouins, and swim in natural pools.

Price: OMR 180 per couple

OMR 40 per additional person

Duration: 8 hours

Level of Difficulty: Beginner to Intermediate

Includes: Water and local lunch

Seasonal: October to March

All prices are subject to applicable taxes and service charge.

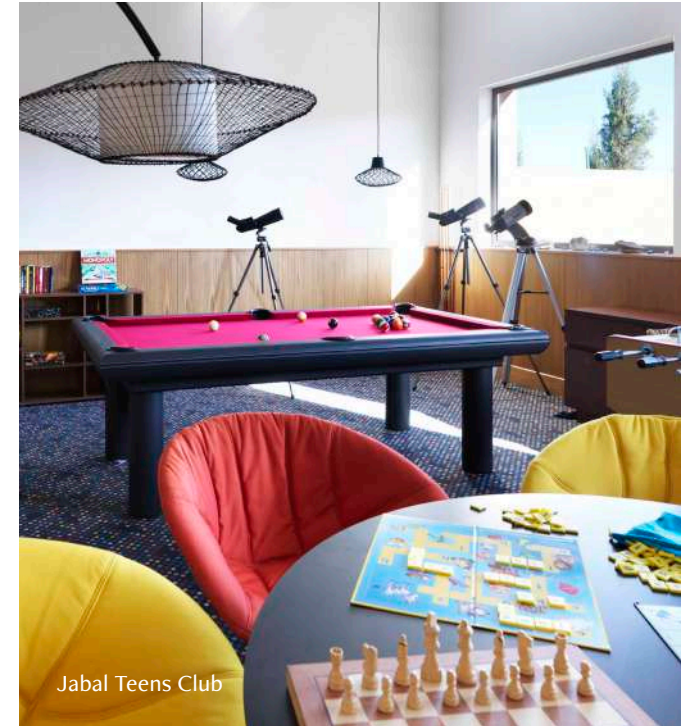
All prices are subject to applicable taxes and service charge.



Infinity Pool



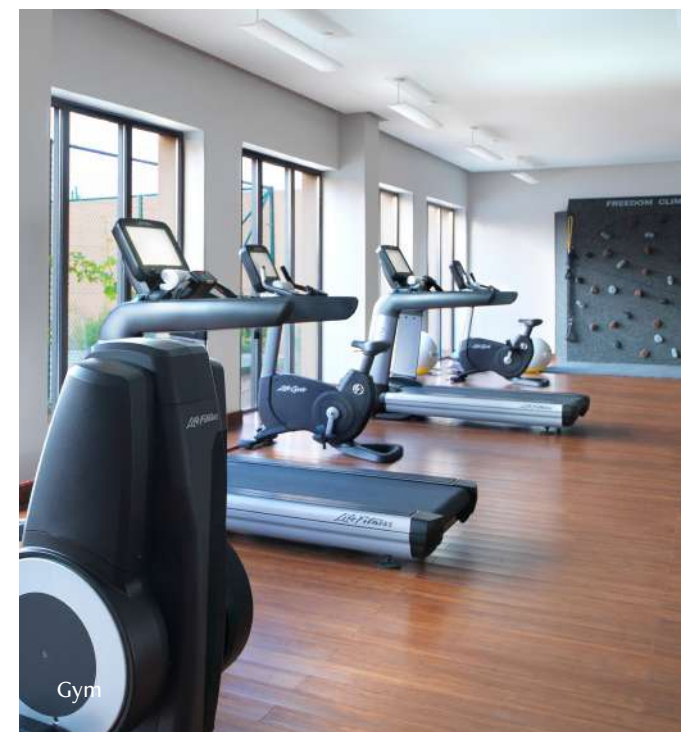
Asfour Kids Club



Jabal Teens Club



Tennis



Gym

ANANTARA AL JABAL AL AKHDAR RESORT

Al Jabal Al Akhdar, Nizwa, Sultanate of Oman | +968 2521 8095 | recreation.aaja@anantara.com

ANANTARA.COM