

الموج
al mouj
مسقط muscat

MUSCAT
MARATHON

GO THE EXTRA MILE

SEE MORE OF OMAN WITH OUR EXCLUSIVE TRAVEL PACKAGES



JANUARY 18 -19

2019

TITLE SPONSOR



Join local and international runners of all ages, nationalities and fitness levels from around the globe in the 2019 edition of the **Al Mouj Muscat Marathon**.

THE RACE IS ON



Featuring six distance categories, the 8th edition of the event will be a two-day festival of running hosted in the Sultanate's vibrant capital, starting at Oman's premier lifestyle destination - Al Mouj Muscat. Now the whole family can participate together and whilst you're here...

6 CATEGORIES; A DISTANCE FOR EVERYONE

FRIDAY

18th JANUARY 2019

MARATHON

42.195 KM

MARATHON RELAY

42.195 KM

HALF MARATHON

21.0975 KM

10K RUN

10 KM

SATURDAY

19th JANUARY 2019

KIDS' RUN

1 KM, 2 KM & 3 KM

CHARITY FUN RUN

5 KM

HAVE YOU GOT STAYING POWER?

Our travel partners have created special accommodation rates and tour packages that promise to take care of every aspect of your visit to the Sultanate. Stay, relax and experience Muscat's unrivalled hospitality before or after the event, enjoying first class accommodation, warm winter temperatures and all that this beautiful country has to offer. Whether you're a seasoned marathon runner, a keep fit enthusiast, or simply wanting to experience this iconic event, we welcome you to our city.



Described as a beacon of tranquillity, Oman has a well-deserved reputation for the warmth of its welcome and the authenticity of its culture.

REGISTER TO RUN - mustcatmarathon.om / 18 - 19 January 2019

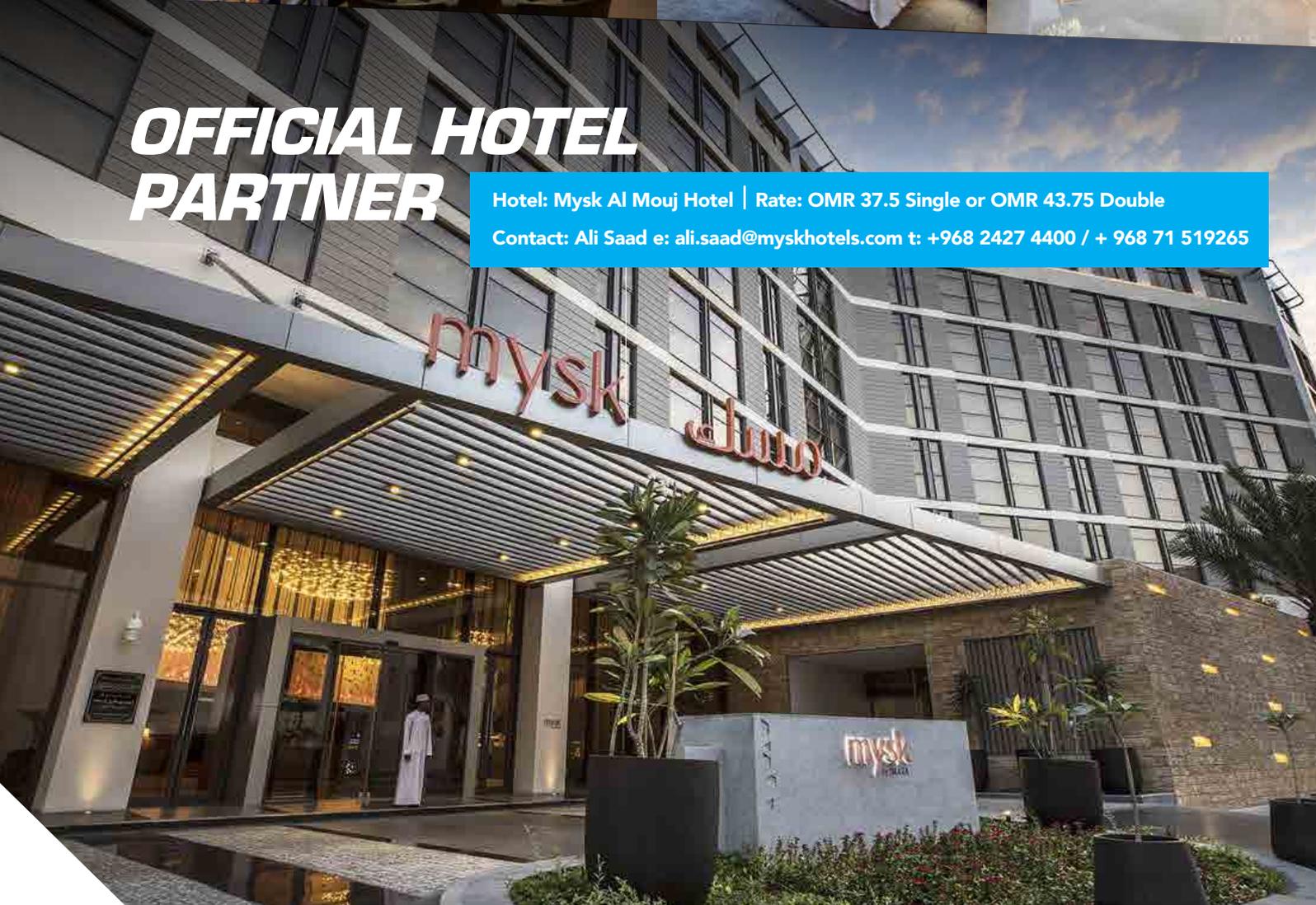
YOUR JOURNEY - YOUR PRIDE



OFFICIAL HOTEL PARTNER

Hotel: Mysk Al Mouj Hotel | Rate: OMR 37.5 Single or OMR 43.75 Double

Contact: Ali Saad e: ali.saad@myskhotels.com t: +968 2427 4400 / + 968 71 519265



Joining us from abroad?

Our partner Oman Air Holidays is offering discounts of up to 30% on packages to the Sultanate of Oman, so planning your stay here just got a whole lot easier!

Deals are available on flights to Muscat, hotels and ground transportation. Simply visit the link below to fill in your requirements and an Oman Air representative will be in touch to help you plan your trip:

If you are interested in booking only the flight, please log in [here](#) and use the promo code 'MM052019' to get a special fare with up to **25% off**.



Flights

+



Hotels

+



Car Rentals

+



Transfers

<https://holidays.omanair.com/en/muscat-marathon-event>

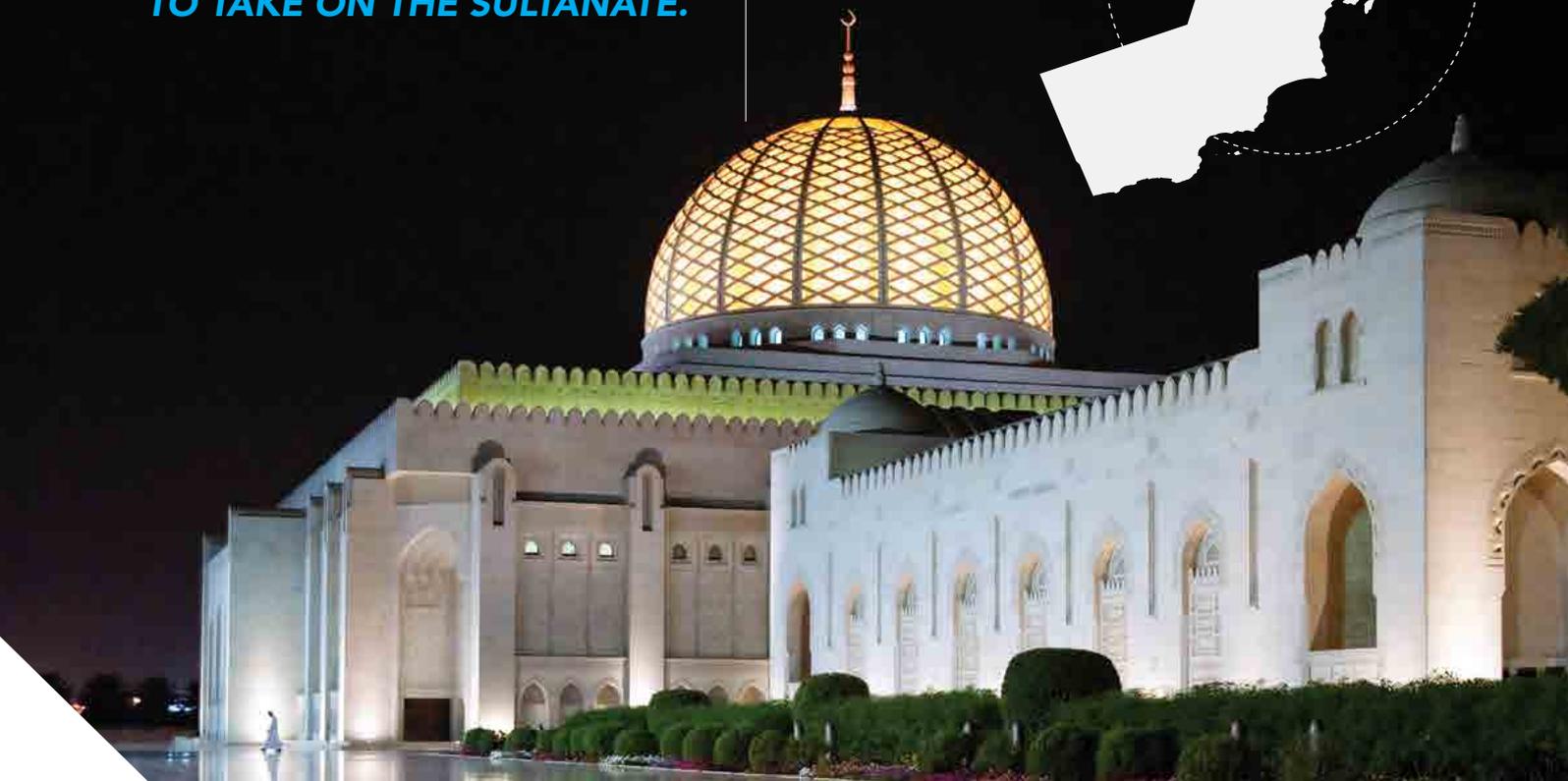




CULTURE. HISTORY. ADVENTURE.

**YOU'VE NAILED THE
MARATHON, NOW IT'S TIME
TO TAKE ON THE SULTANATE.**

Located within a 7 hour
flight of 50% of the world



EXPLORE OMAN WITH OUR TOUR & ADVENTURE PACKAGES

• **Mystical Muscat**

• **Muscat By Night**

• **Fascinating Forts Muscat**

• **A Wadi Walk**

• **Luxury Yacht Charter**

• **Jebel Akhdar Trail**

• **Wahiba Wilderness**

• **1000 Nights**

• **Turtles by Night**

• **Diving in the Daymaniyats**

TOUR PACKAGES

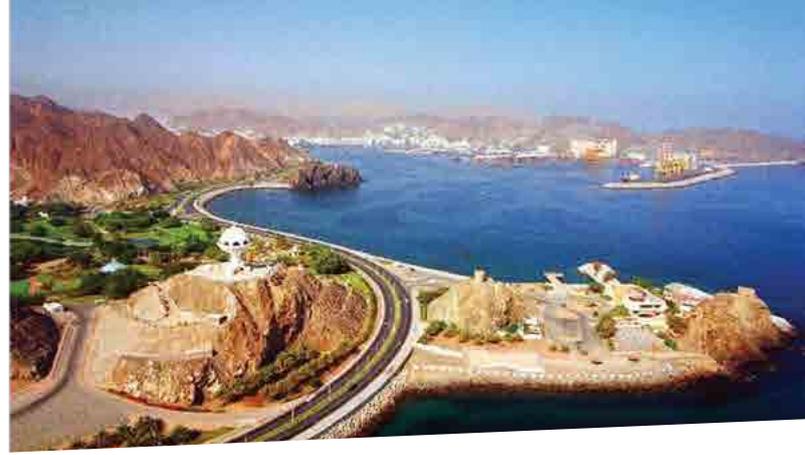
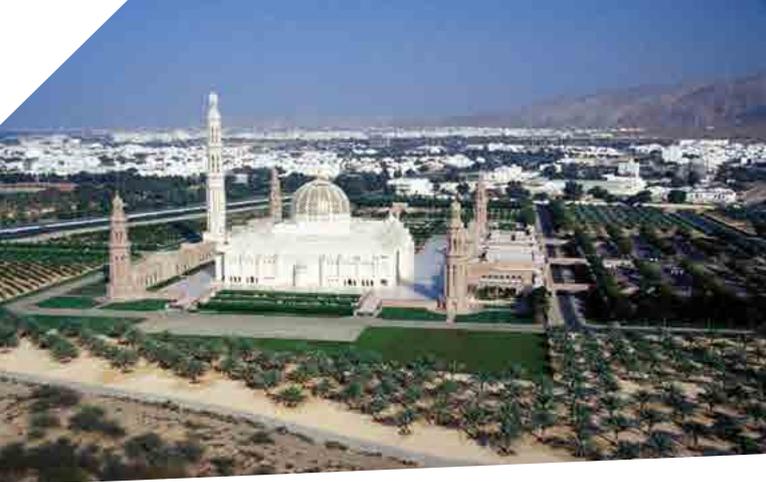
CITY TOURS

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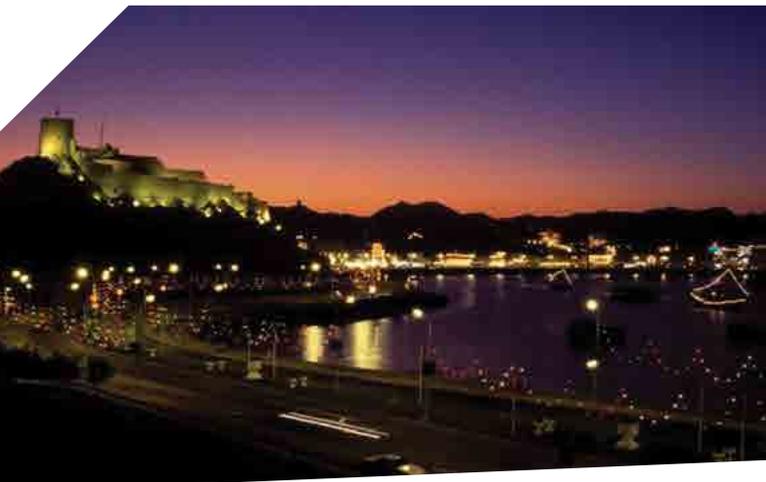
1. MYSTICAL MUSCAT:

Duration: 4 Hours - 100 KM - am Tour



A city tour around Muscat offers visitors a unique opportunity to witness a modern commercial centre, which exists in harmony with traditional Arabic culture. With its natural harbour, Muscat, which means "Anchorage", lies in a natural volcanic bowl. Tours of the Grand Mosque (daily except Friday) and Bait Al Zubair Museum (daily except Friday) offer a brief introduction that traces Oman's history and development. Driving along the waterfront Corniche, the tour then visits the Fish Market and the colourful Muttrah Souq before proceeding to a photo stop at the magnificent Al Alam Palace, the official palace of His Majesty Sultan Qaboos, which is flanked by the 16th century Portuguese forts Mirani & Jalali. (Ladies must be fully covered and carry a head scarf and men must wear trousers.) **Cost: OMR 50 Per Saloon Car (Maximum 3 Persons)**

2. MUSCAT BY NIGHT (Includes Dinner): Duration: 4 Hours - 80 km- pm Tour



Upon pick from your hotel at 18:00, the tour will proceed to Muttrah. Driving along the waterfront corniche, the first stop will be the bustling Muttrah Souq, which transports visitors back at least a century to discover the true essence of Arabia. Having enjoyed some time at the Souq, a short walk along the corniche will offer many photo opportunities. With its full illumination, the "Frankincense burner" is a delight to watch at night. The next photo stop is at the magnificent Al Alam Palace, official palace of His Majesty Sultan Qaboos, flanked by the 16th century Portuguese forts Mirani & Jalali. After that the tour pauses at the Kargeen restaurant for a delicious Middle Eastern dinner, where the Lemon Mint is the highlight of the menu! (No alcohol is served). After dinner, the tour returns to the visitor's hotel at around 21:30. **Cost: OMR 97 Per Saloon Car (Maximum 3 Persons)**

TOUR PACKAGES

ONE DAY TOURS

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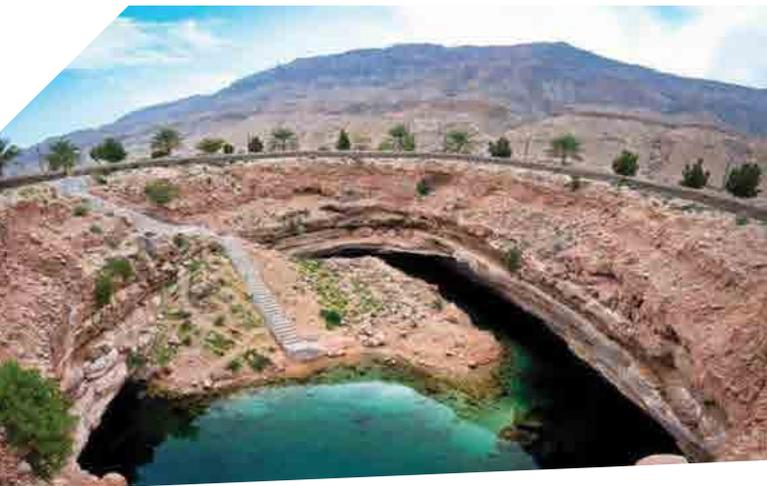
1. FASCINATING FORTS:

Duration: 8 Hours – 500km



Nizwa, capital of the interior, is the birthplace of Islam in the Sultanate of Oman. Boasting the famous Round Tower Fort, built in the 17th century, Nizwa is also home to a Souq, which is renowned for its Friday cattle auction, intricately hand-carved “Khanjars” (daggers) and ornamental silver jewellery. En route to Jabrin, the tour visits the Bahla Fort, which has been declared a World Heritage site. Jabrin, the finest of Oman’s castles, was built in the late 17th century and features stunning interior features, including ceiling painting and beautifully executed woodcarvings. En route to Muscat is the pretty village of Birkat Al Mauz, which is situated in the foothills of Jebel Akhdar (Green Mountains) and the opportunity to enjoy a walk through the area’s oasis and dense date plantations. **Cost: OMR 100 Per Saloon Car (Maximum 3 Persons)**

2. A WADI WALK: Duration 8 hours – 425 km by saloon car



An ideal choice for those wanting to experience Oman’s scenic beauty, the Wadi Walk tour starts with a coastal drive along the quaint fishing village of Quriyat, offering great sea views. The tour’s next stop is the Bimah sinkhole, a limestone crater with blue green water at the bottom, followed by a photo stop at Wadi Tiwi. The tour then proceeds to the pretty Wadi Shab. For those inclined, it is possible to walk right up to the source of the Wadi through lush green plantations of lemons, bananas and dates. Comfortable walking shoes are recommended for the fairly easy walk on a rocky path and for exploring all the area’s pools and waterfalls, before enjoying a picnic lunch in the serene surroundings.

Cost: OMR 110 Per Saloon Car (Maximum 3 Persons)

TOUR PACKAGES

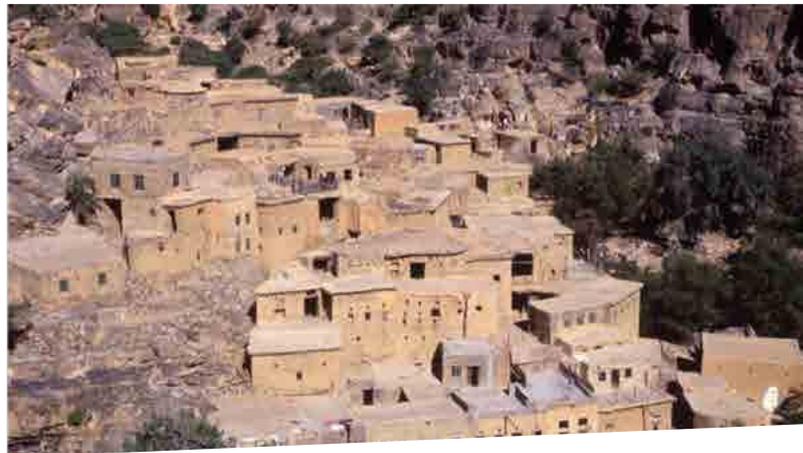
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3. JEBEL AKHDAR TRAIL:

Duration: 8 Hours, 475km by 4WD



Departing from Muscat, the tour heads for Nizwa's Round Tower Fort and Souk. The pretty village of Birkat Al Mauz, offers a walk through the area's lush green date plantations. The tour proceeds to Wadi Al Madeen, where there is a check post. From here, a 36 km stretch of winding road leads to Jebel Akhdar, which, at 2000 metres above sea level, is the green jewel of the Al Hajjar mountain ranges, a unique spot in the Arabian Peninsula. Jebel Akhdar is famed for its refreshing cooler climate and fruit orchards, which are typically laid out in terraces on the mountain slopes, endowed with natural springs and aflaj. Its villages overlook a spectacular landscape of dramatic peaks, gorges and wadis. The roses of Jebel Akhdar fill the air with fragrance when in full bloom (March/April), and rose water is distilled in the homes of the villagers. (It is advisable to wear light comfortable clothing and walking shoes during the tour). **Cost: OMR 130 per 4WD (Maximum 4 Persons - Picnic Lunch included)**

4. WAHIBA WILDERNESS: Duration: 9 Hours, 550km by 4WD



Oman's Wahiba Sands are a vast mass of undulating red and white dunes that rise to 200 metres. They are also host to a variety of flora and fauna, offering ever-changing patterns of the sand dunes that are a photographer's delight. The tour will visit a Bedouin house in this incredible wilderness. In stark contrast, the trip also visits Wadi Bani Khalid, which is home to clear, deep blue water and comprises small pretty villages embedded in the mountains. (It is advisable to wear light comfortable clothing and walking shoes to fully enjoy the tour).

Cost: OMR 130 per 4WD (Maximum 4 Persons - Picnic Lunch included)

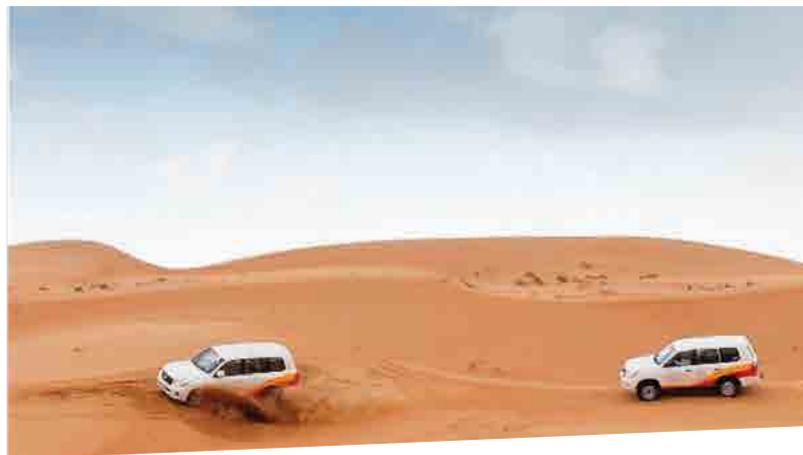
TOUR PACKAGES 2 DAY ROUND TRIP TOURS

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1. 1000 NIGHTS PACKAGE:

2 Days (1 night)



DAY 1:

At 08:00 the tour departs in 4WD vehicles, via the scenic and rugged coastal route, to Wahiba Sands. This tour offers breathtaking glimpses of the blue waters of the Gulf of Oman which are offset by pristine white beaches. Driving past the fishing village of Quriyat, there is a good chance of spotting flamingos and eagles at an inland stream. The tour will visit the picturesque Wadi Arabayeenu, which features deep pools of water set among the date palms, before proceeding to the Bimah sinkhole, a spectacular limestone crater with blue green water at the bottom. While driving along the coast on clear sunny days, one might chance to see sharks in the deep blue waters or fleet footed gazelles sprinting across the rugged landscape. Arriving in Sur, the tour visits a traditional dhow factory and then continues along mountainous terrain offering breathtaking glimpses of the ocean. The tour progresses to Wahiba Sands, where a drive over the area's vast mass of undulating red and white dunes offers the experience of a lifetime.

OVERNIGHT STAY IN STYLE AT A CAMP IN THE HEART OF WAHIBA SANDS

DAY 2:

08:00 Breakfast at the camp. Wahiba Sands is also home to the traditional Bedouin tribe, known for their hospitality and knowledge of the Sands. The tour will visit one of their houses situated in this incredible wilderness. In stark contrast, the trip also visits Wadi Bani Khalid, which is home to clear, deep blue water and comprises small pretty villages embedded in the mountains. (It is advisable to wear light comfortable clothing and walking shoes to fully enjoy the tour). A Set Menu Lunch will then be served at Al Sharqiyah Sands Hotel before the tour returns to Muscat.*

| 1000 NIGHTS PACKAGE DATES | ACCOMMODATION | | | |
|---------------------------|---------------|------------|-------------|-------------|
| 03 Jan – 31 Jan 2019 | 1 SGL Room | 1 TWN Room | 1 TRPL Room | 2 TWN Rooms |
| | 1 Person | 2 Persons | 3 Persons | 4 Persons |
| Price (OMR) | 365 | 416 | 495 | 604 |

Package Price Includes:

- Two days 4WD with English speaking chauffeur
- Set menu lunch at Sur Beach Hotel (Day 1)
- Dinner (Day 1) and Breakfast at Wahiba Sands (Day 2)
- Accommodation at The Thousand Nights Camp
- Set menu lunch at Al Sharqiyah sands hotel (Day 2)
- Children 8 – 12 years are adults

***Please note: the drop off to an individual's hotel in Muscat must be booked independently.**

TOUR PACKAGES 2 DAY ROUND TRIP TOURS

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2. TURTLES BY NIGHT PACKAGE:

2 Days (1 night)



DAY 1:

The tour departs by 4WD at 08:00, via the scenic and rugged coastal route, to Ras Al Junaiz, taking in the sights of the pristine white beaches which border the Gulf of Oman. Driving past the fishing village of Quriyat, there is a good chance of spotting flamingos and eagles at an inland stream. The tour proceeds to the picturesque Wadi Arabayeen, which features deep pools of water set among the date palms, then on to the Bimah sinkhole, a spectacular limestone crater featuring blue green water at the bottom. While driving along the coast on clear sunny days, one might chance to see sharks in the deep blue waters or fleet footed gazelles sprinting across the rugged landscape. Arriving at Sur, the tour will take in a visit to the fish jetty and traditional dhow factory. After a set menu lunch at Sur Beach Hotel, the tour continues to Ras Al Junaiz, a sanctuary for green turtles in Oman, and group members check into the hotel. Following dinner, there is a short night drive to the Ras Al Jinz Scientific Centre, where trained guides provide an escort to the beach to watch the turtles coming into nest on the sands.

OVERNIGHT STAY AT RAS AL JINZ SCIENTIFIC & VISITOR CENTRE

DAY 2:

Day 2 starts at 08:00 with a visit to Wadi Bani Khalid, home to crystal clear blue waters and comprising small, pretty villages which are embedded in the mountains. (It is advisable to wear light comfortable clothing and walking shoes to fully enjoy the tour). The trip continues, arriving at Oman's Wahiba Sands, a vast mass of undulating red and white dunes that rise to 200 metres. They are also host to a variety of flora and fauna, offering ever-changing patterns of the sand dunes that are a photographer's delight. The tour will visit a Bedouin family in their traditional and simple habitat in this incredible wilderness. A set menu lunch will be served at Al Sharqiyah Sands Hotel, before the return to Muscat at approximately 17:30.*

| TURTLES BY NIGHT PACKAGE DATES | ACCOMMODATION | | | |
|--------------------------------|---------------|------------|-------------|-------------|
| 03 Jan – 31 Jan 2019 | 1 SGL Room | 1 TWN Room | 1 TRPL Room | 2 TWN Rooms |
| | 1 Person | 2 Persons | 3 Persons | 4 Persons |
| Price (OMR) | 404 | 492 | 606 | 752 |

Package Price Includes:

- Two days 4WD with English speaking chauffeur
- Set menu lunch at Sur Beach Hotel (Day 1)
- Standard accommodation at Ras Al Jinz Scientific & Visitor Centre
- Set menu lunch at Al Sharqiyah Sands Hotel (Day 2)
- Children 8 – 12 years are adults

***Please note: the drop off to an individual's hotel in Muscat must be booked independently.**

SET SAIL WITH SEAOMAN

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THE SULTANATE'S STUNNING COASTLINE IS BEST EXPLORED BY SEA

Oman's Premier Yacht Charter Company offers incredible experiences that range from a half-day snorkelling trip at **OMR 25 per person** - to a full day cruise, hosting your family and friends on a luxury catamaran, with skipper, for **OMR 495 (maximum 12 guests)**.

VISIT THE DAYMANIYAT ISLANDS

Truly a paradise for underwater explorers, the nine neighbouring Daymaniyat Islands feature an array of large, unspoiled reefs. Dive and you'll encounter stunning schools of fish, turtles, stingray and sharks as you explore underwater drop-offs, submerged reefs, swim-throughs and caves. With so much incredible marine life close to the water's surface, snorkelling with SeaOman is also a particularly rewarding experience.

You may have run the full marathon distance- but with Oman's coastline stretching a whopping 3,165km - there's so much more to explore!



| SEAOMAN ADVENTURE | PRICE |
|------------------------------------|------------------------------------|
| Diving | OMR 45 + 15 OMR (equipment) |
| Catamaran Cruise (Full Day) | OMR 495 (max. 12 guests) |
| Sunset Catamaran Cruise | OMR 250 (max. 12 guests) |
| Power Boat Trip (Half Day) | OMR 250 (max. 10 guests) |
| Group powerboat trip + Snorkelling | OMR 25 per person |

Whether you're indulging in a 3-hour sunset cruise or a full day aboard a luxury catamaran, all of SeaOman's yacht and powerboat charters are completely bespoke to your needs.

Recommended by PADI in 2017 as one of the top 5 Dive Centres in the world for groups, SeaOman is also the first choice for divers visiting the Sultanate- welcoming complete beginners or those looking to add to their qualification experience.

PADI 5 star dive masters have in-depth knowledge of each one of its 29 dive sites, ensuring that each trip into Oman's underwater paradise feels like the adventure of a lifetime.