

cycle to shis pools

The Dates

Available October to April.

The Trip

5 hour round trip from Dibba.

This mountain bike tour takes us along the east coast and into the Omani enclave near Khor Fakkan cycling through villages and past plantations to the Wadi Shis pools.

We drive to the coastal town

to Qidfa before turning into the mountains. Unloading our mountain bikes we start our adventure on good tarmac roads cycling about 8.5 kms to the village of Al Nahwa. From here the dirt trail undulates through smaller villages and terraced plantations towards Hajar Bani Hamid. The trail gets a little tougher as we enter Wadi Shis and work our way slowly towards the pools.

The adventurous can leave their bikes at the bottom of the pools and climb up the small waterfalls to the top. The second pool is deep enough to enjoy a refreshing swim. The return, for those with a head for heights, follows the falaj system built into the steep wadi wall. Mounting our bikes we retrace our route to the cars for our journey home.

More info?

For full itinerary, trip details and costs email Absolute Adventure at info@adventure.ae or visit us at

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