

Marhaba to the Governorate of Muscat





The Brand Oman image is one which incorporates elements of the nature of Oman into a unique symbol that represents the country. The initial design incorporated representations of a dhow (top right), turtle (bottom), frankincense smoke (top left) and mountains (centre). These images were then developed into the calligraphic Arabic word "Oman". Choosing a palette of colours enabled the emphasis of the everyday scenes that make Oman unique. Here our range of colours highlight the leisure that can be enjoyed in Oman; Salalah's khareef, Oman's seas and the purple that envelopes the sky before dawn breaks over the desert.

We are proud of our Brand Oman and hope you will recognise it as you travel through our beautiful and hospitable country.

Contents

Ministry of Tourism`s message	
Governorate of Muscat	
Beaches	:
Forts & Castles	1
Museums	25
Wadis	3
Parks	40
Sougs	4
Other Places	50
Folk Dance	5
Activities	5
Accommodation (Hotel)	58
Contact info	59
Tourism Guidelines	7
Tourism International Representative offices	7
Muscat Governorate map	7



The Governorate of Muscat

Situated between the Sea of Oman and the Eastern Hajar Mountains, Muscat's beautiful natural scenery is matched by the style and atmosphere of its townscape. Some of Oman's most beautiful rural scenery is a short drive away from the urban areas, while Muscat's modern public and private buildings still reflect the traditional architecture of Oman; creating a city unlike any other in the world. Steep yourself in Muscat's welcoming ambience with every visit you make to Oman's capital city; as we say 'Beauty has an Address'.





Bandar Jissah beach

Set within a beautiful amphitheater of honey coloured sea cliffs, the beach at Bandar Jissah is one of the most attractive in Oman. Less than 15 minutes by boat from Marina Bandar Rowdah in Muscat, the rugged mountains create an atmosphere of rural isolation. Small coral reefs lie against the small islands off the beach to tempt swimmers, while the bay is a popular boating destination. Stretching away behind the beach, the wadi is one of Muscat's prime mixed-use development of hotels and fashionable housing.



Qantab beach

Overlooked by cliffs rising steeply to 100 meters above the sea, the beach of Qantab fishing village is a popular leisure destination in Muscat. Clustered on the beach and anchored offshore, small motors boats are available for hire to enjoy the scenic coastline of Muscat' old city', which is 20 minutes away by sea. Farther along the beach, at its western end, is a small traditional boat construction facility where the famous 'Jewel of Muscat' was hand-built.



Yiti beach

Beyond the small village of Yiti, its inviting sandy beach stretches along the Sea of Oman for almost a kilometer. The route is a comfortable drive of about 14 kilometers after turning south at the roundabout near Shangri-La's Barr Al Jissah Resort & Spa. Here, the road cuts through the honey colored mountains, and after turning south at a further roundabout, eventually loops north through Yiti village beside the creek. Rugged cliffs gaze down on a scattered woodland of acacia trees, and beyond them an azure sea invites swimmers into its warm waters. This beach is home to ghost crabs, while western reef heron and sooty gulls are usually found just on the tide line.





Bandar Al Khiran

The calm waters and low hills of Bandar Al Khiran includes a remarkable variety of nature, making it a place that can be returned to innumerable times while still enjoying a different experience. Covering an area of 9 square kilometers, sun seekers are tempted by sandy beaches, birding enthusiasts can scan mangrove-fringed mud flats and scuba divers may drop in on over a dozen scuba diving sites, including a wreck just offshore. Bandar Al Khiran can be reached after turning south at the roundabout near Shangri-La's Barr Al Jissah Resort & Spa. Continue south at a further roundabout to drive west across the wadi before Yiti and skirting around the village's schools carry on past Hanshift Village and Khor Yanket before arriving, after a scenic drive of some 17 kilometers, at Bandar Al Khiran.



Sifah Beach

Through a delightfully twisty road in some of the more varied mountains near Muscat, Sifah Beach is less than 35 kilometers from the roundabout near Shangri-La's Barr Al Jissah Resort & Spa, and just under an hour by boat from Marina Bandar Rowdah. Stretching for almost 10 kilometers with the village of Sifah as its central pivot, the beach is an increasingly popular leisure destination with the stylish Jabal Sifah Resort at its southern end. Sit and enjoy the views over its Marina, or enjoy lunch overlooking the white sand and sparkling waters of the Sea of Oman.





Yanket Beach

The deep fjord-like creek at Yanket extends 2 kilometers inland from the Sea of Oman creating a unique inlet around 25 kilometers drive from Al Hamriyah Roundabout. Yanket's beach is home to a football pitch, which periodically disappears under the advancing tide that the adjacent boats use to escape to sea.

The best way to visit this creek is by boat, as the 25 minutes journey from Marina Bandar Rowdah will reward you with a close view of grey herons and occasional cormorants fishing from the base of the steep cliffs.





Al Seeb Beach

For around 7 kilometers, the beach at Al Seeb offers a workplace and leisure area for the residents of Al Seeb and beyond. About halfway along its length, the modern fishing harbour with its fish market provides constant interest, as boats dash in with the catch of the day. Early risers can see horses from the nearby Royal Stables being exercised, while as the sun disappears over the western horizon teams finish their game of beach football. Along the entire length, a paved promenade allows comfortable walks to enjoy the sparkling blue sea and take in some invigorating sea air.



Qurum Beach

Stretching west from the headland under the Crowne Plaza Hotel to beyond the Grand Hyatt, Qurm Beach is a broad expanse of pale sand that provides a superb area for relaxation in Muscat. The eastern section, near the mangrove trees, offers shelters for picnics and a few boats for trips out to sea. Several restaurants overlook the beach, their food and ambience are enhanced by panoramic views out to sea. This road is a favourite place to enjoy the sight of luxury cars as they cruise through this area. Past the Intercontinental Hotel, the promenade allows families to enjoy picnics overlooking the beach, or eat in the fashionable area of Jawharat Al Shatti. The beach itself has designated areas which are used for football or families to relax in.



Azaiba beach

With the public garden of Azaiba Park to the west and a small creek to the east, the beach at Al Azaiba extends for 4 kilometers along the Sea of Oman. The beach is less busy than other beaches in Muscat and is ideal for families to relax in.





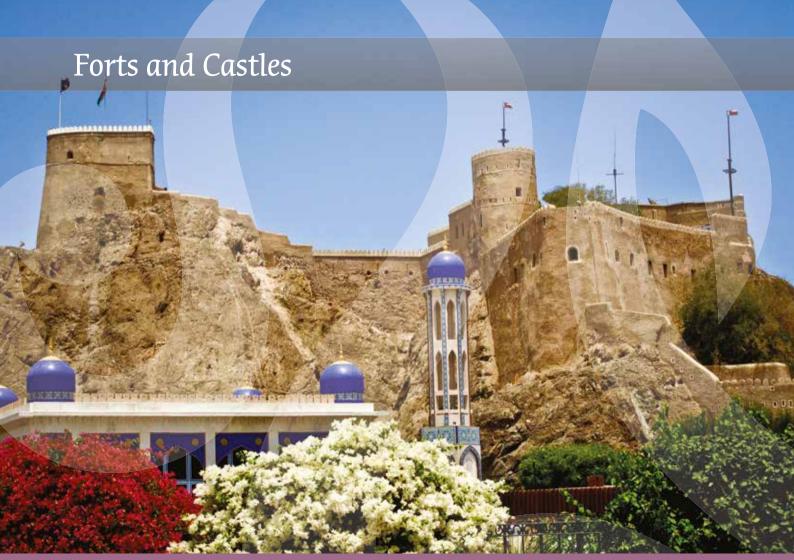
Damaniyat Islands

Spread like a string of pearls in the Sea of Oman, the archipelago of the Damaniyat Islands just over 50 kilometers north-west of Muscat, is an important nature reserve. With more than 11 islands and healthy hard and soft corals, these Islands are an increasingly popular scuba diving location, either from Muscat or the Sawadi area on the coast. In midsummer whale sharks feed in the nutrient rich waters and throughout the year sea turtles, moray eels, stingrays, leopard and reef sharks, and an extraordinary variety of fish contribute to a location that draws divers time and time again.



White Beach

Overlooked by the towering escarpment of Al Hajar Ash Sharqi mountain range is the beautiful bay 'White Beach', about 4 kilometres by a track south of Fins village on the coastal road between Sur and Quriyat. The sand, formed from ancient coral reef, is lapped by the clear turquoise water of the Sea of Oman creating one of the area's most relaxing locations. These sub-tropical waters allow comfortable swimming for much of the year where, below the cliffs of low headland just to the north of the beach, you will enjoy the company of some of Oman's abundant fish.







AL Jalali and Al Mirani Forts

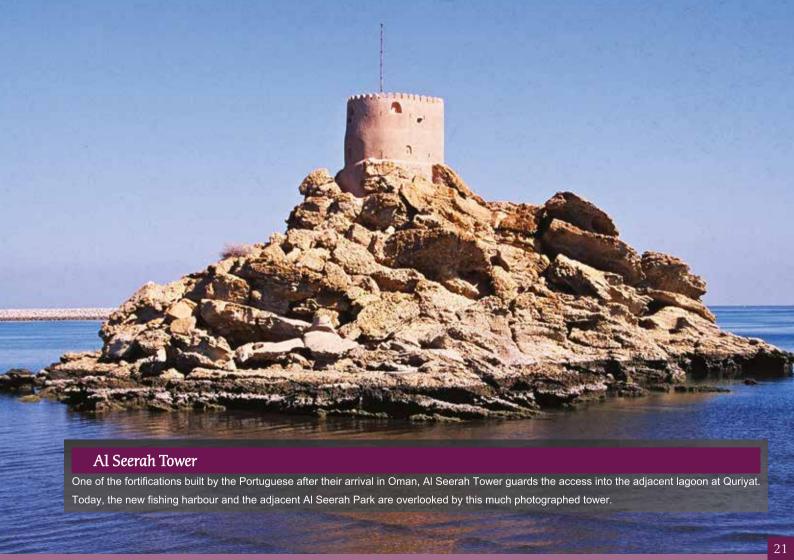
The twin forts of Al Jalali and Al Mirani share the same proximity to Al Alam Palace in old Muscat and have had each other's company for over 400 years. Though the origins of both are older, they were re-built in 1588 by the Portuguese after a Turkish siege. Al Jalali Fort, to the east, has a substantial gun platform with 8 British ships cannon of the early 19th century. The complex of rooms above the stairs from the harbour includes a small mosque and museum with a 'son et lumie're presentation of firearms and Omani metalwork. The western Fort Al Mirani's principal function today is as a barracks, accessed by an elevator concealed in the most prominent tower in the fort. As the forts are within the Palace, they do not open for the public.





The current fort at Quriyat dates from the early 19th century, though one stood in Quriyat during the centuries before. Located in the market square within Quriyat's town centre, the fort is a single-story building facing towards the sea. Grouped around an open courtyard, the rooms are domestic rather than military in use, and include a gallery to allow residents to enjoy a cool sea breeze while relaxing in the shade. Overlooking the entrance to the fort, a single canon tower is the building's principal defence.





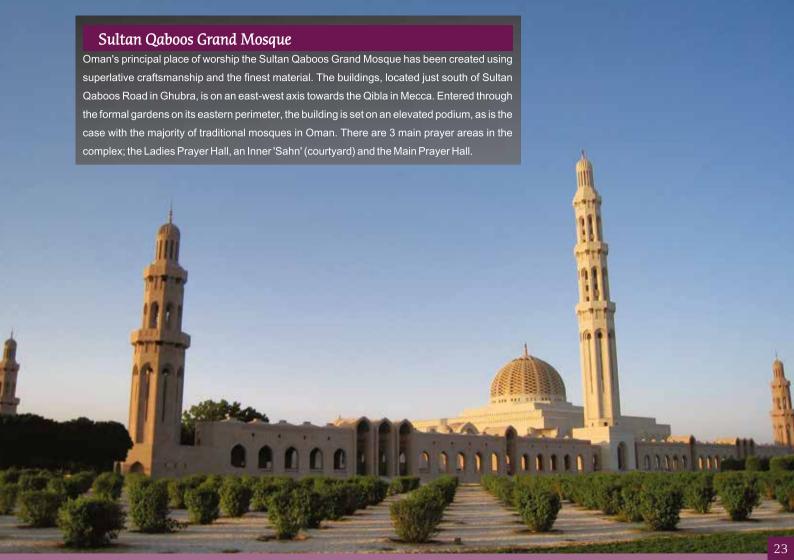


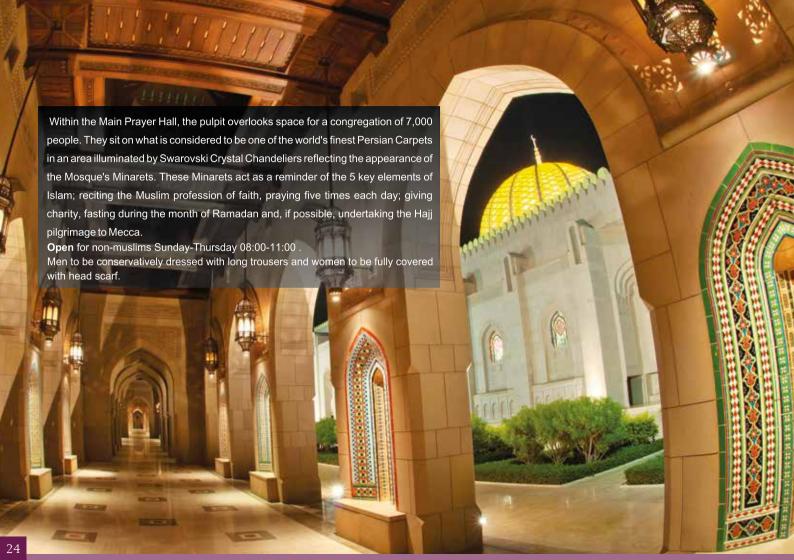
Bait Al Magham fort

Bait al Maqham was the home of a lady, Sayyida Thuria bint Mohammed bin Azzan, of Oman's ruling family. Just under 5 kilometers south of junction 6 on Muscat's Expressway, this 19th century fort is an impressive three-story building overlooking the Date plantations and oasis in Bowsher. Climbing to the upper floors, you will see the private apartments and be rewarded with great views down the wadi and over the date plantations.

Open Sunday-Thursday 08:00-14:00 Admission fees apply.











Bait Al Zubair Museum

Housing a collection which includes traditional Omani silver jewellery, female and male costumes and household utensils, the Bait Al Zubair Museum complex offers an intriguing insight into not only Oman's cultural heritage but also its rapidly developing artistic milieu. Centered on the original purpose built 'Bait Al Bagh' some 500 meters south-west of The Palace, the collection has grown through 4 separate buildings, each with its own focus.

Open Sunday-Thursday 08:00-14:00 Admission fees apply.

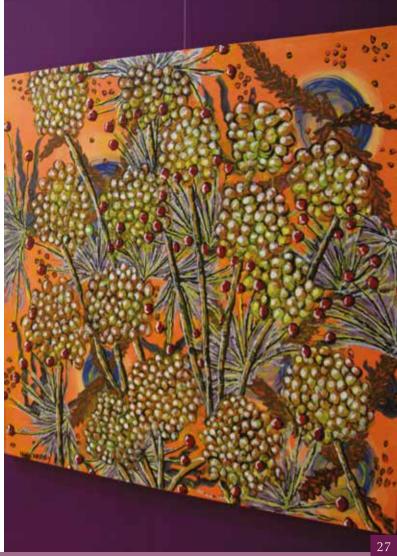




Bait Muzna Art Gallery

Opposite Bait Al Zubair in old Muscat is doorway that opens into the creative world inside the Bait Muzna Art Gallery. Spread over 2 floors in one of the older houses in Muscat's old town, the gallery has a collection that is dramatically enhanced several times a year with exhibitions of artists from Oman and the region.

Open Saturday-Thursday 09.30-18.00





Muscat Gate Museum

Hundreds of cars pass under one of Muscat's most photographed museum's each day, the Muscat Gate Museum. With its distinctive natural stone cladding, the building is both a formal entrance into Muscat from the town of Matrah and a key to understanding Muscat and its development. Before you enter old Muscat, enjoy this museum's informative displays so that you will appreciate the sights you will see.

Open Sunday-Thursday 8:00-14:00 .

Free admission





Omani French Museum

Located a few hundred meters south-west of The Palace in old Muscat, the Omani French Museum is housed in a traditional late 18th century mansion that was the home and office of the French Consul in the late 19th century. The superb exhibits focus on not just the relations between Oman and France, but also the broader picture of Oman's history over the last 3 centuries. Though the displays are excellent, the building itself with its small garden will also leave a lasting impression on any visitor.

Open Sunday-Thursday 8:00-13:30 Saturday09:00-13:00. Admission fees apply.





Bait Al Falaj Museum

Since it was rebuilt in 1845, the whitewashed fort of Bait Al Falaj has been a military fort, a residence and administration for Muscat's first airport. Around 21 kilometers south-west of Port Sultan Qaboos, the fort today is an atmospheric museum recounting Oman's history from a military perspective. On two floors, surrounding an open courtyard and within the grounds outside, equipment from Oman's armed forces is displayed. Aircraft ejector seats, tanks and even ships contribute to this special museum.

Open Sunday-Thursday 08:00-13:30Saturday09:00-12:00 15:00-18:00 and admission fees apply.





Bait Al Baranda Museum

At the northern end of Matrah's seafront Al Bahri Road, Bait Al Baranda Museum covers the spread of the history of Muscat and its region. A prominent merchant built the original house in the early 20th century, its current name coming from the substantial veranda over its main entrance, which originally overlooked the sea. The atmosphere of the original home has been retained, though its new inhabitants, which include a roaring dinosaur and holograms recounting the impression of visitors to Muscat over the centuries, were never original guests. The museum's entrance area has insights into Oman's UNESCO registered Falai water systems, and is also used for changing exhibitions that have included works by Salvador Dali.

Open Sunday-Thursday 09:00-13:00 16:00-18:00

Admission fees appy.



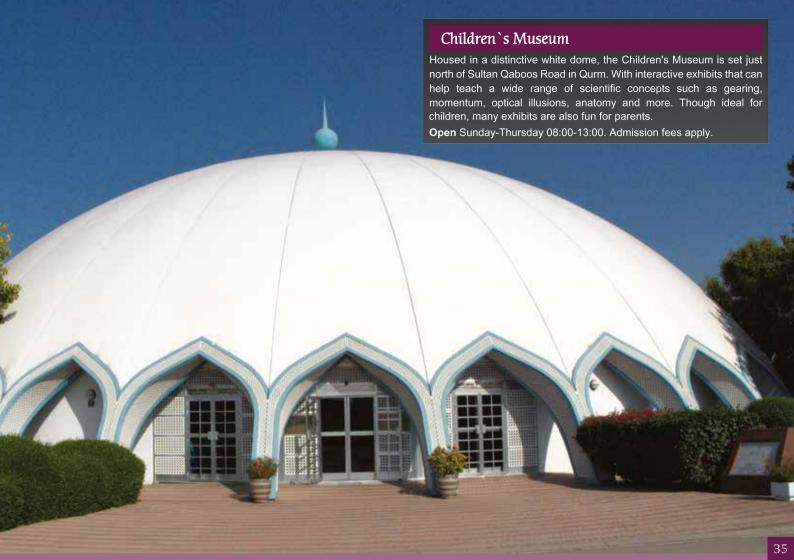




Oman Natural History Museum

The vast skeleton of a sperm whale is one of a range of native species displayed in Oman's Natural History Museum. Surrounding the museum's buildings are gardens with native plants of Oman, including the fabled Frankincense Tree. Inside the building the stuff of legend continues with what is believed to have been the basis for the legend of the unicorn, the Arabian oryx. The museum, just north of the Sultan Qaboos Road, includes excellent displays of Oman's biomes and the flora and fauna that inhabit them.

Visit the Museum to gain insights into many of Oman's more elusive inhabitants. Natural History Museum opens Sunday-Thursday 09:30-13:30 Admission fees apply.







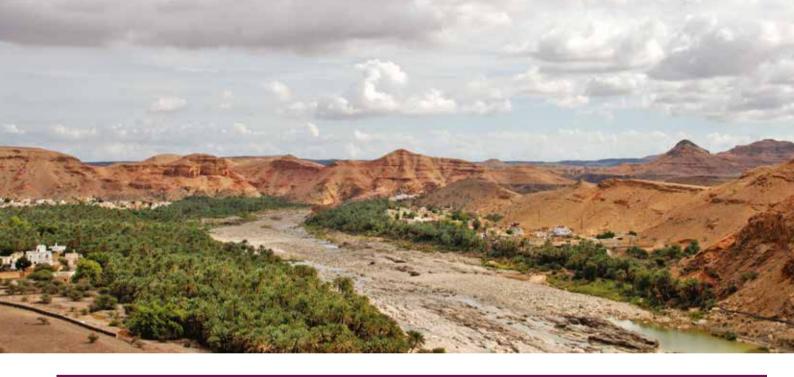
Wadi Dayqah

One of the largest wadis in Oman, Wadi Dayqah flows from the Sharquiyah region from Wadi Dima wa Tayyin, through the Eastern Hajar Mountains and on to the coast just south of Quriyat at Daghmar. The large water catchment has enabled what is probably the largest dam in Arabia to be constructed. The dam has reduced flooding, increased the supply of irrigation water and acts as a buffer water supply for Muscat. Some 30 kilometers by road southwest of Quriyat, the dam with its public park and leisure facilities overlook water of innumerable shades of blue, creating one of Muscat's most popular leisure destinations during holiday periods.



Wadi Al Arbiean

Hidden away deep within the mountains about 50 kilometers by road south of Quriyat, Wadi Al Arbiean is one of the most rewarding wadis to visit in Oman, yet it is one of the least visited. Steep sided mountains with convoluted rock strata overlook small villages with date plantations. A permanent flow of water from the Eastern Hajar Mountains has created several pools of water that act as water storage facilities for the date plantations downstream. The wadi junction at Hail Al Qawasim offers several scenic treks through the area where the scenery can be enjoyed at first hand.



Mazare Village

Lined with extensive date plantations, the wadi through Mazare village was for millennia gouged by flooding through Wadi Dayqah. Today Wadi Dayqah Dam has controlled the water, prevented frequent flood damage and provided a constant water supply within the village. Some 30 kilometers by road southwest of Quriyat, this charming wadi is easy to reach. The gently terraced fields grow date, papaya and banana while in the wadi, pools of water are home to a variety of fish, which are hunted by a number of grey heron and small wading birds.







Sahwa Park

Just west of one of Oman's most recognizable monuments 'Burj Al Sahwa' is Sahwa Park. With its beautiful domed pavilion and sunken gardens, this ornamental park is a delight to the eye. The lake surrounding the pavilion features fountains whose computer controlled display adds a splash to any visit.



Qurum Natural Park

Qurm Natural Park, the largest park in Muscat, enjoys an extraordinary diverse range of attractions and is easily reached, north of Seih Al Maleh Roundabout on the Qurm Heights Road. At its heart is a landscaped garden making use of existing mature trees, such as Ghaf. The plentiful supply of subsurface water from the adjacent Wadi Adai maintains the verdant appearance that is so unusual in Oman's desert climate. Leisure facilities include a boating pond and children's funfair that draws families on the weekend. On the Park's southwest edge, a substantial amphitheatre hosts live performances including popular music concerts and children's quiz shows. Though not included in the park, the adjacent mangrove area is excellent for bird watching, adding to the wide appeal of the area.

Qurm Natural Park opens from 11:00-23:00 – entrance is free.





Soug Matrah

The labyrinthine passages, exotic aromas and vivid colours draw visitors to explore the enchantment that Matrah Souq offers. Spreading along the coastal Al Bahri Road for 600 meters and inland to the location of Matrah's original gateway Bab Al Kabir, the souq offers an extraordinary variety of experiences. Below Matrah Fort, the wholesale market'svendors sell exotic bales of fabrics to tempt the fashionable ladies dressing for a wedding as well as vast cauldrons to prepare the wedding feast to satisfy all the guests. South of the main entrance on Al Bahri Road, the fragrance of perfumes and frankincense will tempt visitors to return home with a scent to remind them, and their friends, of Oman. Farther to the west, seek out the iconic Khanjar, the Omani men's ceremonial silver dagger, or to use with your frankincense choose an intricate silver Majmar burner.

Many shops will open 09:00-13:00 &16:00-21:00 Saturday – Thursday.

In Friday they are only opening during the afternoon.









Matrah fish souq

At the western limit of the Al Bahri Road is the complex of buildings, which houses Matrah's popular fish souq. The buildings though modern in function and appearance, also are at ease with the elements of traditional buildings in Oman. Each morning, the buildings come alive as the inshore fishermen bring their catch for sale. Look for the silver of long-tail tuna and kingfish, the yellow of the Indo-Pacific sergeant major fish, and blue of the Gulf parrotfish. The fish souq is best visited early morning between 06:00-09:00.



Matrah Gold Souq

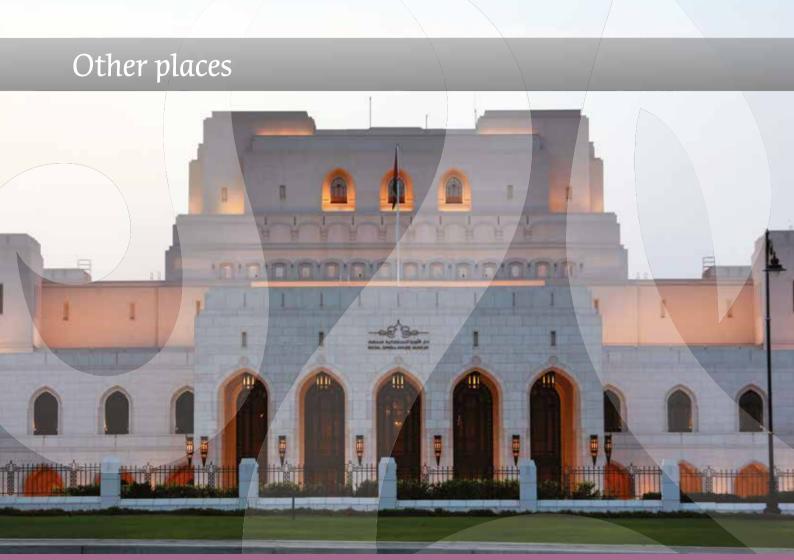
The western area of Matrah Souq is the traditional location for Muscat's Gold Souq. Gold in Oman is typically 21-carat or higher, with faceted designs to reflect the light. Walking past the gold shops can often give the impression of walking along a continual wall of gold. Customers may include brides and their families, all eager to enjoy the pleasure of choosing some treasured pieces. Spend your time deciding on the design that's right for you and, if you wish, ask for a personal piece created especially to your style.





Soug Al Seeb

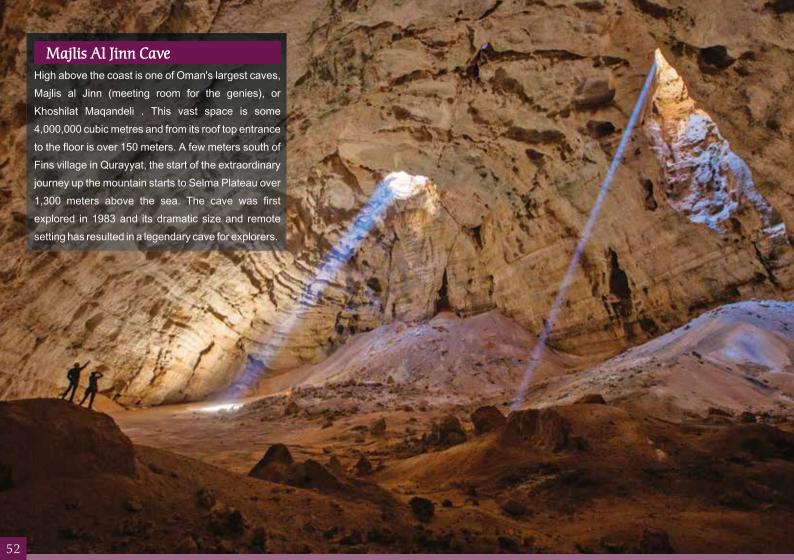
With a shop for every need, the Souq at Al Seeb is full of activity from dawn to dusk. The greatest density of shops extends along Wadi Al Bahayis Street, just south of the fisheries harbour. Traditional medicine sellers and hardware stores are full of unexpected goods, while the wafting fragrance of the latest perfume from Paris tries to compete with the eternally popular aroma of Frankincense. Many shops will open 09:00-13:00 & 16:00-21:00 Saturday – Thursday. On Friday, they are only open during the afternoon.





Mutrah Corniche

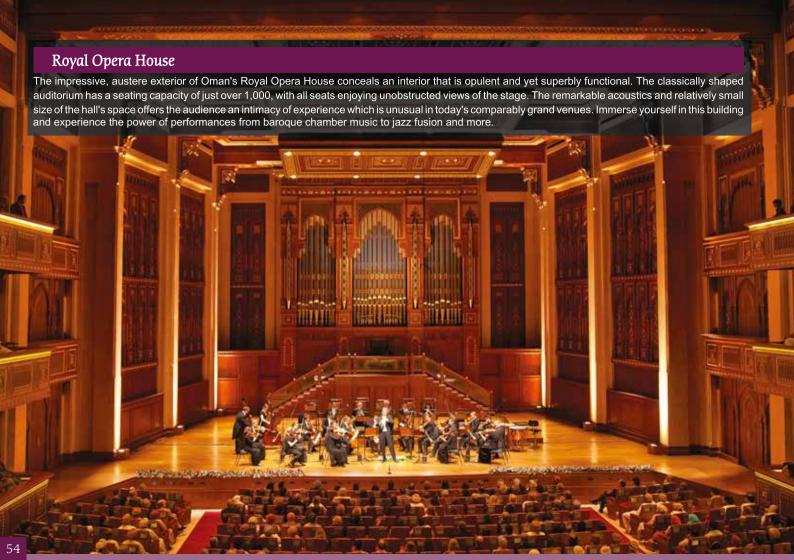
One of Oman's most attractive walks is along the Al Bahri Street between the Fish Souq in Matrah and the small community at Kalboo. Setting out from the Fish Souq one has excellent views of the white merchants houses of Sur Al Lawatia, which may be over 4 centuries old, and also the associated blue and white mosque. Overlooked by Matrah Fort, the small community at Mutayrah is set by a small lagoon whose sea exit passes underneath the Al Bahri Road, allowing passage to the fishing boats. From Mutayrah, the impressive mountains of ophiolite the upper part of the earth's mantle, dominate the route. Before the modern road was built, the sea pounded at their base, but land reclamation has also allowed a small linear park to be created. Overlooking the area the impressive white 'Incense Burner' is a landmark that is seen far out to sea. The road finally departs from the sea at the community of Kalboo, whose whitewashed housing overlooks the bay.

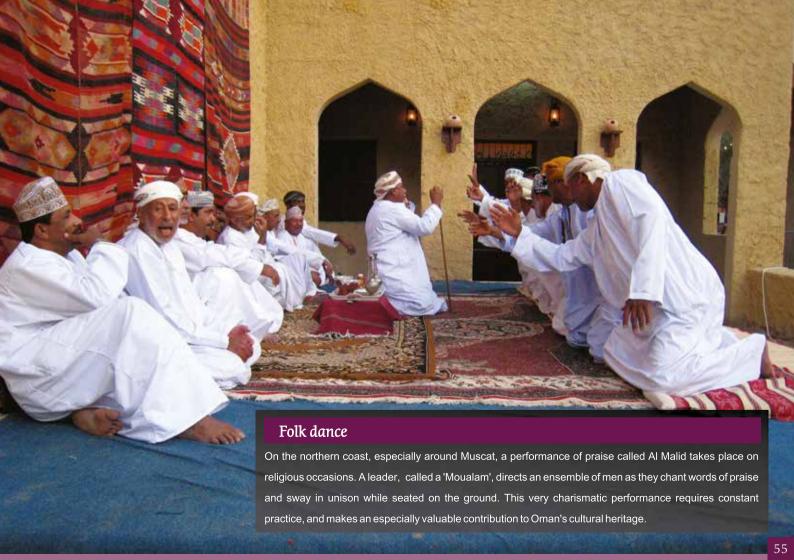


Ras al Hamra

On a low headland just west of the Crowne Plaza Hotel is one of Muscat's most renowned archaeological sites, Ras al Hamra. Carbon dating has been used to establish the site's use at various periods following the middle of the 6th millennium BC. Archaeologists have excavated dwellings, stone tools, shell middens, hooks created from sea shells, and net sinkers used in fishing. The excavations were a precursor to much of the coastal archaeology in Oman and has remained one of the reference points of human habitation in the Arabian Peninsula.







Sailing

Sailing in the seas off Muscat offers not only the appeal of a variety of wind conditions, including summer trade winds and winter's more variable conditions, but also an impressive coast line as a backdrop. Two modern sailing centers will act as your base, The Wave and Marina Bandar Al Rowdha, one based on Muscat's open north west coastline, the other on the irregular cliffs of the south eastern coast. From dinghys, ideal to learn in through to 8 bed catamarans, the choice of water craft is yours.



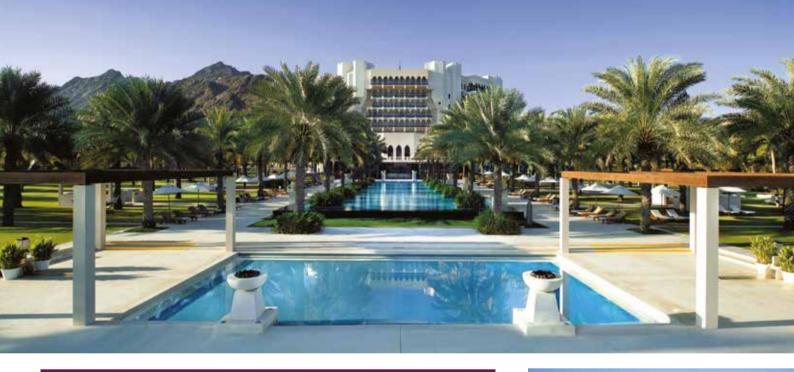




Golf

Keep your eyes on the powdered white sand waiting in the bunkers, and focus on the line along the velvet greens when playing on a PGA-certified golf course in Muscat to understand the quality of the golf available for you.

Lift your eyes slightly towards the rugged mountains and over the open cityscape to appreciate that the city welcoming you is like no other. Golf in Muscat offers you quality and style with a welcome that is unique.



Accommodation (Hotels)

Luxury has many homes, Muscat's hotels offers you a luxury level that is unique; a welcome from our hearts. Our Hotels offer all visitors to Muscat the indescribable comfort of being welcomed as a friend, whether it's on a first visit or one of many, to your second home. The warm feeling of leaving your hotel and knowing that wherever you go, our people's tradition of hospitality follows your trail. The pleasure of arriving home after a safari through our deserts and knowing that each golden grain of sand you bring with you helps us understand your needs. Luxury does have many homes indeed and we invite you into ours.



(ROP)Royal Oman Police

Muscat	Muscat Governorate Police Headquarter	+968 24560021, 24562030
Muscat	Muscat Police Station	+968 24736611
Muscat	Wattayah Police Station	+968 24677534, 24677990
Muscat	Ruwi Police Station	+968 24701099, 24705754
Muscat	Muttrah Police Station	+968 24712211, 24712212
Muscat	Bausher Police Station	+968 24600099, 24691199
Muscat	Al-Amerat Police Station	+968 24875999, 24876999
Muscat	Quraiyat Police Station	+968 24845555, 24845325
Muscat	A'Seeb Police Station	+968 24420099, 24420200
Muscat	Al-Azaiba Police Station	+968 24521099, 24521402
Muscat	Directorate of the University Security	+968 24415002, 24515002
Muscat	Seeb International Airport Security	+968 24519217, 24519680
Muscat	Passports & Residence, Seeb Airport	+968 24519246, 24519901
Muscat	Civil Defence, Muscat	+968 24736666
Muscat	Civil Defence - Al Bustan	+968 24736666
Muscat	Civil Defence, Darsait	+968 24739702
Muscat	Civil Defence, Bausher	+968 24692918
Muscat	Civil Defence, Al Amerat	+968 24575150
Muscat	Civil Defence, A' Seeb	+968 24620999
Muscat	Civil Defence, A'Rysail	+968 24619999, 24614323
Muscat	Customs Dept., Muscat International Airport	+968 24519051
Muscat	Al Wadi Al Kabeer Workshop	+968 24813798
Muscat	Darsait Workshop	+968 24799492
Muscat	Coast Guard Operations	+968 24714661
Muscat	Port Sultan Qaboos Police Station	+968 24711499

Muscat	Al Hajer	Al Hajer Health Centre	+968 24888001
Muscat	Al Khoudh	Scientific Pharmacy	+968 24537127
Muscat	Al Khoudh	Muscat Pharmacy	+968 24538953
Muscat	Al Khoudh	Al Amal Medical & Health care Centre	+968 24543070
Muscat	Al Khoudh	Sultan Qaboos University Hospital	+968 24413355 extension 4625
Muscat	Al Khoudh	Badr Al Samaa Hospitals Al Khoud Branch	+968 24546099
Muscat	Al Khoudh	Badr Al Sama Polyclinic	+968 24547088
Muscat	Al Khoudh	Al Khoudh Health Centre	+968 24537443
Muscat	Al Khuwair	Al Khuwair Health Centre	+968 24480567
Muscat	Al Khuwair	Al Omari Medical Centre	+968 24478536
Muscat	Al Khuwair	Scientific Pharmacy	+968 24480230
Muscat	Al Khuwair	Lama Polyclinic	+968 24480422
Muscat	Al Khuwair	Al Hashar Pharmacy	+968 24480838
Muscat	Al Khuwair	Al Amal Medical & Health care Centre	+968 24485052
Muscat	Al Khuwair	Al Hayat Polyclinic	+968 24485803
Muscat	Al Khuwair	Health 4 All Medical Centre	+968 24486005
Muscat	Al Khuwair	Badr Al Sama Polyclinic	+968 24488322
Muscat	Al Khuwair	Badr Al Samaa Hospitals	+968 24488323
Muscat	Al Khuwair	Al Bashayer Medical Centre	+968 24488666
Muscat	Al Khuwair	Muscat Pharmacy	+968 24489099
Muscat	Al Khuwair	Al Lamki polyclinic	+968 24489543
Muscat	Al Khuwair	Atlas Star Medical Centre	+968 24504000
Muscat	Al Khuwair	Muscat Private Hospital	+968 24583600
Muscat	Al Khuwair	Muscat Pharmacy	+968 24485740 Open24hours
Muscat	Al Khuwair	Muscat Pharmacy	+968 24601650
Muscat	Al Maabela	Al Maabela Al Janoubiya Health Centre	+968 24450567
Muscat	Al Maabela	Al Maabela Health Centre	+968 24454275

Muscat	Al Mawaleh	Al Mawaleh Health Centre	+968 24536388
Muscat	Al Mawaleh	Al Mawaleh Al Shamaliya Health Center	+968 24541221
Muscat	Al Mazara	Al Mazara Health Centre	+968 24842001
Muscat	Al Mazara I	Malaria Al Mazara Malaria Division	+968 24842002
Muscat	Muscat Al N	lahdha Al Nahdha Health Centre	+968 24877795
Muscat	Muscat Al S	Seeb Al Seeb Health Centre	+968 24424678
Muscat	Muscat Al S	Seefa Al Seefa Health Centre	+968 99360491
Muscat	Al Shadi	Al Shadi Health Centre	+968 24455402
Muscat	Al Wadi Al	Kabir Al Wadi Al Kabir Health Centre	+968 24812944
Muscat	Al Wattaya	Khoula Hospital	+968 24563579
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Muscat	Azaiba	Al Maha Polyclinic	+968 24491803
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Muscat	Azaiba	Scientific Pharmacy	+968 24496436
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Muscat	Azaiba	Al Hashar Pharmacy	+968 24595015
Muscat	Azaiba	Green Corner Clinic	+968 24596840
Muscat	Azaiba	The Royal Hospital Oman	+968 24599000
Muscat	Azaiba	Royal Hospital	+968 24599461
Muscat	Azaiba	Royal Hospital child	+968 24599808
Muscat	Azaiba	Azaiba Health Centre	+968 24497233
Muscat	Bama	Bama Health Centre	+968 99360810
Muscat	Ghubra	Scientific Pharmacy	+968 24496546
Muscat	Ghubra	Al Raffah Hospital	+968 24497266
Muscat	Ghubra	Al Raffah Hospital	+968 24618900
Muscat	Maabela	Scientific Pharmacy	+968 24451195
Muscat	Maabela	Capital Pharmacy	+968 24456760
Muscat	Maabela	Muscat Pharmacy	+968 24556344

Muscat	Madinat Al Si	ultan Qaboos Medinat Qaboos Medical Center	+968	24600668
Muscat	Madinat Al Sultan Qaboos Muscat Pharmacy			24699457
Muscat	Mawalah	Lama Polyclinic	+968	24540807
Muscat	Mawalah	Muscat Pharmacy	+968	24537080 Open24hours
Muscat	Muscat	Muscat Health Centre	+968	24738036
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Muscat	Muttrah	Muttrah Health Centre	+968	24711296
Muscat	Muttrah	Muscat Pharmacy	+968	24712782
Muscat	Muttrah	Muscat Pharmacy	+968	24713778
Muscat	Muttrah	Al Hashar Pharmacy	+968	24714687
Muscat	Quriyat	Quriyat Hospital	+968	24845003
Muscat	Quriyat	Quriyat Hospital	+968	24845933
Muscat	Quriyat	Quriyat Polyclinic	+968	24847666
Muscat	Qurm	Scientific Polyclinic	+968	24560035
Muscat	Qurm	Muscat Pharmacy	+968	24561942
Muscat	Qurm	Muscat Pharmacy	+968	24564471
Muscat	Qurm	Al Hashar Pharmacy	+968	24565789
Muscat	Qurm	Al Hayat Polyclinic	+968	24565941
Muscat	Qurm	Scientific Pharmacy	+968	24566601
Muscat	Qurm	Elaj Medical Centre	+968	24567005
Muscat	Qurm	Muscat Pharmacy	+968	24695477
Muscat	Qurm	Muscat Pharmacy	+968	24695536 Open24hours
Muscat	Rusail	Muscat Pharmacy	+968	24510086
Muscat	Ruwi	Muscat Pharmacy	+968	24560351
Muscat	Ruwi	Hatat Polyclinic	+968	24563641
Muscat	Ruwi	International Medical Specialty Centre	+968	24567745
Muscat	Ruwi	Scientific Pharmacy	+968	24702850
Muscat	Ruwi	Kim's Oman Hospital	+968	24760100

Muscat	Ruwi	KIMS Hospital Near	+968	24760272
Muscat	Ruwi	Apollo Medical Centre	+968	24787766
Muscat	Ruwi	Muscat Pharmacy	+968	24788338
Muscat	Ruwi	International Medical Centre	+968	24794501
Muscat	Ruwi	Bombay Medical & Diagnostic Centre	+968	24795252
Muscat	Ruwi	Lama Polyclinic CBD	+968	24799077
Muscat	Ruwi	Badr Al Sama Polyclinic	+968	24799765
Muscat	Ruwi	Health 4 All Medical Centre	+968	24799935
Muscat	Ruwi	Scientific Pharmacy	+968	24810868
Muscat	Ruwi	Al Sawaqam Clinic	+968	24814359
Muscat	Ruwi	Al Amal Medical & Health care Centre	+968	24815184
Muscat	Ruwi	Al Hashar Pharmacy	+968	24816471
Muscat	Ruwi	Muscat Pharmacy	+968	24817331
Muscat	Ruwi	Obar Clinic	+968	24831888
Muscat	Ruwi	Al Hashar Pharmacy	+968	24833115
Muscat	Ruwi	Muscat Pharmacy	+968	24833964
Muscat	Ruwi	Muscat Pharmacy	+968	24834458
Muscat	Ruwi	Al Nahdha Hospital	+968	24837800
Muscat	Ruwi	Scientific Pharmacy	+968	24877751
Muscat	Ruwi	Muscat Pharmacy	+968	24878817
Muscat	Ruwi	Badr Al Samaa Hospitals	+968	2 479 9760
Muscat	Ruwi	Hatat Polyclinic	+968	24563641
Muscat	Ruwi	Badr Al Samaa Hospital	+968	2479 9760
Muscat	Ruwi	Muscat Pharmacy	+968	24794186
Muscat	Ruwi	Muscat Pharmacy	+968	24833323
Muscat	Ruwi	Ruwi Health Centre	+968	24786088
Muscat	Ruwi	Muscat Pharmacy	+968	24837008
Muscat	Seeb	Muscat Pharmacy	+968	24421691

Muscat	Seeb	Scientific Pharmacy
Muscat	Seeb	Al Hail Clinic 685
Muscat	Seeb	Capital Pharmacy
Muscat	Seeb	Starcare Hospital
Muscat	Seeb	Scientific Polyclinic
Muscat	Seeb	Bin Said Polyclinic
Muscat	Seeb	Seeb Specialist Polyclinic
Muscat	Seeb	Muscat Pharmacy
Muscat	Seeb	Muscat Pharmacy
Muscat	Siya	Siya Health Centre
Muscat	Wadi A	Al Arbeen Wadi Al Arbeen Health Centre
Muscat	Yetti	Yetti Health Centre

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+968 24423684

+968 24537583

+968 24543513

+968 24557200

+968 24603101

+968 99055191

+968 24541039

+968 24421026

+968 24535977 Open24hours

+968 99360778

+968 99359811

+968 24886007
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Muscat	Al Bustan	Al Bustan Palace Hotel	+968	24799666
Muscat	Qurm Beach	Grand Hyatt Hotel	+968	24641234
Muscat	Qurm Beach	Muscat Intercontinental Hotel	+968	24680000
Muscat	Al Jissah	Shangri-Lar Bar Al Jissa Resort and Spa Al Bandar	+968	24776666
Muscat	Al Jissah	Shangri-Lar Bar Al Jissa Resort and Spa Al Husn	+968	24776666
Muscat	Al Jissah	Shangri-Lar Bar Al Jissa Resort and Spa Al Waha	+968	24776666
Muscat	Ghubra	The Chedi Muscat	+968	24496756
Muscat	Airport	Golden Tulip Hotel-Seeb	+968	24510300
Muscat	Al Khuwair	Radisson Blu Hotel-Muscat	+968	24487777
Muscat	Al Khuwair	City Seasons Hotel	+968	24394800
Muscat	Qurm	Crown Plaza Hotel-Muscat	+968	24660660
Muscat	Ruwi	Haffa House Hotel	+968	24707207
Muscat	South Al Mawla	ah Muscat Holiday Inn Hotel	+968	22080555
Muscat	Al Khuwair	Park Inn Hotel	+968	24507888
Muscat	Al Khuwair	Platinum Hotel	+968	24392500
Muscat	Qurm Beach	Ramada Qurum Beach Hotel	+968	24603555
Muscat	Sifah	Sifawy Hotel	+968	24749111
Muscat	Al Khuwair	Tulip Inn Hotel	+968	24703844
Muscat	Ghala	Al Madina Holiday inn Hotel	+968	24529700
Muscat	North Ghubra	Al Maha International Hotel	+968	24494949
Muscat	Al Khuwair	Best Western Hotel	+968	22033333
Muscat	Ruwi	Falaj Hotel	+968	24702311
Muscat	Al Khuwair	Ibis Hotel Muscat	+968	24489890
Muscat	Ghala	Majan Continental Hotel	+968	24592900
Muscat	Al Khuwair	Muscat Holliday Hotel	+968	24487123
Muscat	Seeb	Rami Dream Resort	+968	24453399
Muscat	Ruwi	Ruwi Hotel	+968	24704244
Muscat	Al Khuwair	Safeer Continental Hotel	+968	24471111

Muscat	Al Khuwair	Safeer International Hotel	+968	24473900
Muscat	Al Khuwair	Waves International Hotels	+968	24486999
Muscat	Seeb	Al Bahjah Hotel	+968	24424400
Muscat	Al Khuwair	Al Bayan Hotel apartment	+968	24475551
Muscat	Al Khuwair	Al Maha Golden Suites	+968	24485835
Muscat	Bawshar	Al Manaf suite Apartment	+968	96791795
Muscat	North Ghubra B	Bucher Al-Ferdous Hotel Apartment	+968	99340181
Muscat	Al Khuwair	Arabian Palms Hotel Apartment	+968	24488562
Muscat	North Ghubra	Ashira Hotel Apartment	+968	24498692
Muscat	Qurm Beach	Beach Hotel	+968	24696601
Muscat	Ghubra	Bowsher International Hotel	+968	24491105
Muscat	Al Mawlah Sou	th Seeb City Centre Hotel	+968	24181200
Muscat	Matrah	Cristal Hotel Apartment	+968	24826100
Muscat	North Ghubra	Dmas Hotel	+968	24614400
Muscat	Al Wadi Al Kab	irGolden Oasis Hotel	+968	24811655
Muscat	Al Khoudh	Gulf Crown Hotel Apartment	+968	24536365
Muscat	North Ghubra	Gulf Hotel Apartment	+968	24498515
Muscat	Al Watayah	Manam Hotel Apartment	+968	24571555
Muscat	North Ghubra	Midan Hotel Apartment	+968	24499565
Muscat	Qurm Beach	Muscat Coral Hotel	+968	24692121
Muscat	Matrah	Mutrah Hotel	+968	24798401
Muscat	Qurm Beach	Rami GuestLine Hotel	+968	24564443
Muscat	Al Khuwair	Rotana Hotel	+968	24476000
Muscat	Rusail	Rusail Hotel	+968	24446713
Muscat	Al Khuwair	Safeer Plaza Hotel Apartment	+968	24471000
Muscat	Madinat Al Sulf	an Qaboos Safeer Suite Hotel apartment	+968	24691200
Muscat	Al Khuwair	Samara Hotel	+968	24478087
Muscat	North Ghubra	Star Hotel Apartment	+968	24498008

Hotels and To	our O	verai	tor	S
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Musc	at South Ghubra	Taiger House Hotel Apartment	+968	24504848
Musc	at South Ghubra	Treasurer Box Hotel	+968	24502570
Musc	at Seeb	Afrah Guest House	+968	24425272
Musc	at Al Khoudh	AL Azaiba Hotel Apartment	+968	24490979
Musc	at Ruwi Mumtaz	Al Burj International Hotel	+968	24798008
Musc	at Seeb	Al Hail Hotel	+968	24423001
Musc	at Ruwi	Al Hamriya Hotel	+968	24832911
Musc	at Ruwi	Al Jisr Hotel	+968	24833860
Musc	at Al Khuwair	Al Mina Hotel	+968	24478171
Musc	at Matrah	Al Morooj Hotel Apartment	+968	24711828
Musc	at Athaibah	Al Raha Hotel	+968	24499780
Musc	at Ruwi	Al Reef Hotel Suites	+968	24701622
Musc	at North Ghubra	Al Walja Hotel	+968	24497633
Musc	at Ruwi	Al-Hashmi Hotel Apartment	+968	24707011
Musc	at Ghala	Al-Husam Hotel Apartment	+968	24593929
Musc	at Rusail-Seeb	Al-Reef Hotel	+968	99444120
Musc	at North Ghubra	Al-Ruwad Hotel Apartment	+968	24494846
Musc	at Al Wadi Al Kab	oir Al-Thabit Modern Hotel Apartment	+968	24728500
Musc	at Al Seeb Mawla	ah North Amwaj Al-Hail Hotel Apartment	+968	24552424
Musc	at Seeb North tric	cks Asfar Hotel Apartment	+968	24429300
Musc	at Ghubrah North	n-Bawsher A'Shrooq Hotel Apartment	+968	24613814
Musc	at Darsait	Aston Hotel Apartment	+968	24789900
Musc	at Al Khuwair	Basma Hotel Apartment	+968	24487336
Musc	at Al Khuwair	City Sun Hotel	+968	24484433
Musc	at Ruwi	Corniche Hotel	+968	24789801
Musc	at Matrah	Dar A'diafa Hotel Apartment	+968	24714707
Musc	at North Ghubra	Delmon Hotel Apartment	+968	24495904

Muscat	Al Wadi Al Kab	oir Delmon Hotel Apartment	+968	24818181
Muscat	Al Khuwair	Dolphin Hotel	+968	24488192
Muscat	Matrah	Fanar Hotel	+968	24713142
Muscat	Delve -alsab	Horizon for Hotel Apartment	+968	99804447
Muscat	Seeb	Husn Al-Khaleej Hotel Apartment	+968	92040125
Muscat	Seeb	Jarzez Hotel Apartment	+968	24492121
Muscat	Al Wadi Al Kab	oir Luxury Hotel	+968	99008999
Muscat	Al Khuwair	Maitha Hotel Apartment	+968	24481244
Muscat	Al Watayah	Manam Hotel Apartment 2	+968	24568200
Muscat	Al Amarat	Marhaba Hotel	+968	24876119
Muscat	Matrah	Marina Hotel	+968	24714343
Muscat	Seeb	Mazoon Hotel	+968	24422922
Muscat	Al Khuwair	Muscat Dunes Hotel Apartment	+968	24397500
Muscat	Al Khuwair	Muscat International Hotel	+968	24488541
Muscat	Muttrah Cornic	he Naseem Hotel	+968	24712418
Muscat	Darsait	Nuzha Hotel Apartment	+968	24789199
Muscat	Seeb Al Mawla	h Oman Palms Hotel Suites	+968	24537886
Muscat	Al Wadi Al Kab	oir Palms Hotel	+968	24814104
Muscat	Matrah	Plaza Hotel	+968	24833388
Muscat	Qurm Beach	Qurum Beach Hotel	+968	24564070
Muscat	Qurm Beach	Qurum Beach Resort	+968	24605945
Muscat	Bawshar	Rehab Hotel Apartment	+968	22016605
Muscat	Al Wadi Al Kab	oir Royal Hotel Apartment	+968	24819191
Muscat	Al Khuwair	Sahara Hotel Apartment	+968	24488117
Muscat	Seeb Suq	Seeb Guest House	+968	24423212
Muscat	Al Mawlah	Seeb International Hotel	+968	24543800
Muscat	Al Hail South	Shorooq Al Khaleej Hotel Apartment	+968	92809280

Muscat	Seeb	Summer Sand Hotel - Seeb	+968	24451278
Muscat	Al Wadi Al Kabi	r Summer Sands Hotel	+968	24813382
Muscat	Ruwi	Wafa Hotel Apartment	+968	24791444
Muscat	Ruwi	White Nile Hotel	+968	24708989
Muscat	Al Wadi Al Kabi	r Yasmeen Hotel Apartment	+968	24811782

Muscat	Land Tours	Adonis	+968	24693371
Muscat	Land Tours	Adonis Travel & Tourism	+968	24693371
Muscat	Land Tours	Airborne Travel & Tourism	+968	24692295
Muscat	Land Tours	Al Azure Tours	+968	24602537
Muscat	Land Tours	Al Koor Tourism	+968	24483049
Muscat	Land Tours	Al Nimer Tourism	+968	24713270
Muscat	Land Tours	Al-Hashar	+968	24836100
Muscat	Land Tours	Al-Husn	+968	24495550
Muscat	Land Tours	AlKoor	+968	92344575
Muscat	Land Tours	AlNimer	+968	24567804
Muscat	Land Tours	Alwan	+968	24594002
Muscat	Land Tours	Arab Adventures	+968	24452311
Muscat	Land Tours	Arabesque Tours	+968	95302291
Muscat	Land Tours	Arabian Adventures	+968	99839898
Muscat	Land Tours	Arabica Orient Tours	+968	24490500
Muscat	Land Tours	Bahwan Tours	+968	24704455
Muscat	Land Tours	Desert Discovery	+968	24493232
Muscat	Land Tours	Desert Thunder Travel & Tourism	+968	24693554
Muscat	Land Tours	Dune Oman	+968	99764300
Muscat	Land Tours	Dunes Adventures Tours	+968	24613641
Muscat	Land Tours	Eastern Rocks	+968	24476104
Muscat	Land Tours	Eden Tours	+968	24794599
Muscat	Land Tours	Eihab	+968	24613641
Muscat	Land Tours	Elite	+968	24796387
Muscat	Land Tours	Elite	+968	24485020
Muscat	Land Tours	Empty Quarter	+968	99387654
Muscat	Land Tours	Enjoy Oman	+968	24699165
Muscat	Land Tours	Global	+968	24695959

Muscat	Land Tours	Global Tours		24695959
Muscat	Land Tours	Golden		99363717
Muscat	Land Tours	Golden Oryx Tours		24489853
Muscat	Land Tours	Gulf Dunes		24561921
Muscat	Land Tours	Gulf Ventures		24559985
Muscat	Land Tours	Hud Hud Travel		96779099
Muscat	Land Tours	Khasab Travel & Tours		26730464
Muscat	Land Tours	Khimji's House of Travel		24760500
Muscat	Land Tours	Kingdom		24490098
Muscat	Land Tours	Kurban Tours		24420801
Muscat	Land Tours	Lina		24700209
Muscat	Land Tours	Majan	+968	24700900
Muscat	Land Tours	Majan Light Travel & Tourism	+968	24490363
Muscat	Land Tours	Mark Tours	+968	24782727
Muscat	Land Tours	Mezoon Travel LLC	+968	24796680
Muscat	Land Tours	Misfar Tours		24876060
Muscat	Land Tours	Muscat Desert Adventures Tourism		24601800
Muscat	Land Tours	Muscat Diving & Adventure Centre		24543002
Muscat	Land Tours	Muscat Holidays	+968	24489600
Muscat	Land Tours	Muscat Orient Tour	+968	24787563
Muscat	Land Tours	National	+968	24660300
Muscat	Land Tours	National Travel and Tourism	+968	24660300
Muscat	Land Tours	Net Tours Oman	+968	24696941
Muscat	Land Tours	Nizwa Tour Guides	+968	97362812
Muscat	Land Tours	Ogaret	+968	24791885
Muscat	Land Tours	Old Muscat Tourism	+968	99354583
Muscat	Land Tours	Oman World Tourism L.L.C	+968	99431333
Muscat	Land Tours	One Thousand & One Nights	+968	24566274

Tourism Guidelines

Dear Visitor:

In order to make your visit to Oman a perfect and unforgettable experience, we kindly ask that you observe the following guidelines closely.

General Guidelines

- · Please observe the social customs of the Omani society and dress decently.
- · Do not make any noise and keep music volume to a minimum when passing through the popular neighborhoods or residential areas.
- · Do not photograph people when entering private properties without obtaining prior permission.
- · Keep your environment clean. Dispose of litter or garbage in the designated dustbins.
- · Make sure that your tour guide holds a valid license from the Ministry of Tourism.

When you visit any village, please:

- · Protect the flora and fauna. Don't pick any fruits or vegetables as they are private property and a source of income for the locals.
- · The Falaj system is the main source for drinking and irrigation water. Do not pollute it in any way.
- · Stick to the specified trails at any tourist destination that you visit.
- · Don't park or stop your vehicle in any place other than the designated parking space.

Cruises:

· Deal only with tourist boats licensed to do so, as they are equipped with the safety equipments prescribed by the law.

Visiting the Desert:

- · Use a specialized tour guide. It's preferable to make the journey in more than one vehicle and to have GPS devices, along with the necessary safety means and equipments.
- · Visiting hours for forts are subject to change.

Tourism Guidelines

Off-Road Travel:

- · Use only 4WD vehicles and make sure you have adequate water, food, fuel and spare tyres. Check your 4WD system for proper functioning. Inform a close friend of your destination and the expected date of your return.
- · Don't camp in the Wadi beds. Flash floods can occur occasionally.

Trekking:

· When trekking in the mountain trails, choose suitable shoes and make sure you have enough food and water. Don't trek alone, and make sure you know about the roughness and length of such tracks beforehand.

General Instructions to visitors of handicrafts showrooms:

- 1- Don't touch or move any of the artifacts on display to avoid any damage.
- 2- Photography is allowed but without touching the exhibited items.
- 3- Don't leave children unattended and make sure they don't touch or move the displayed potteries so as not to be broken.
- 4- Do not dispose of litter or garbage inside the exhibited items.
- 5- The site is equipped with surveillance system to ensure the safety of the collection and to prevent theft.
- 6- Don't write, draw or put any stickers on the exhibited items.
- 7- While roaming, be careful not to hit any of the artifacts on display.
- 8- Use the proper shoes when you visit any archeological sites and avoid any wooden or tapered heel shoes that may cause erosion or damage to such sites.
- 9- Don't touch or take away any stones from the archeological sites.

Tourism's International Representative Offices

Oman Tourism Office India Ms. Lubaina Sheerazi Blue Square Consultants

- 4A, Readymoney Terrace, 3rd Floor, 167 Dr. Annie Besant Road, Worli, Mumbai 400 018 India
- Tel+91 2229256965
- Fax:+91 22 66151122
- @ lubaina.sheerazi@bluesquareconsultants.com info@tourismoman.co.in
- www.omantourism.gov.om

Oman Tourism Office GCC Countries Mr. Awadh Al Ketbi, Mr. Gamal Sadek Al Ketbi consultancy

- P.o.box 73477, Dubai UAE
- Tel:+ 971 4 446 7509
- Fax:+ 971 4 427 9731
- @ gamal@alketbigroup.com info@alketbigroup.com
- www.alketbigroup.com

Oman Tourism Office France & Swiss Romande Embassy of Oman – France Rania KHODR Office de Tourisme du Sultanat d'Oman Ambassade du Sultanat d'Oman – France

- 2 90 rue de Courcelles 75008 Paris France
- Tel:+33 1 47 20 56 06
- Fax :+ 33 1 47 20 55 80
- r.khodr@omantourisme.com info@omantourisme.com
- www.omantourisme.com

Oman Tourism Office Benelux – Belguim / Luxemburg Birgit Defoort, Beatrice Mondelaers, Glenaki

- Geerwijnstraat 12, 8000 Brugge, Belgium
- Tel:+32 50 61 42 00
- Fax:+32 50 61 42 12
- birgit@glenaki.com-beatrice@glenaki.com
- www.glenaki.be

Oman Tourism PR Agency – Italy Paola Cerri I Account Director I AIGO I Milan - Prague

- tel +39 02669927.210 I fax +39 026692648
- www.aigo.eu
- Piazza Caiazzo 3 I 20124 Milan I Italy
- Email : p.cerri@aigo.it

Massimo Tochetti

- tel +39 02669927.204 I fax +39 0266926481
- @ Email: m.tocchetti@aigo.it
- Piazza Caiazzo 3 I 20124 Milan I Italy

Oman Tourism Office German Speaking Countries Karin Zwiers, Ralf Schepers, Interface International GmbH

- Karl-Marx-Allee 91a, 10243 Berlin, Germany
- Te:+49 (0)30 42088012
- Fax:+49 (0)30 4225 6286
- k.zwiers@interface-net.de r.schepers@interface-net.de info@omantourism.de
- www.omantourism.de: www.sultanetoman.com

Oman Tourism Office Benelux – Netherlands Karin Visser Aviareps Tourism

- Beechavenue 104, 1119 PP Schiphol-Rijk, Netherlands
- Tel:+31 20 654 15 65
- Fax:+31 20 623 01 51
- MLeeuwen@aviareps.com

KVisser@aviareps.com infonl@aviareps.com

www.aviarepstourism.nl

Tourism's International Representative Offices

Oman Tourism Office- Australia and New Zeland Jacqui Walshe and Mona Tannous The Walshe Group

- Level 6, 117 York Street Sydney NSW 2000 Australia
- Tel:+61 2 9286 8930
- Fax:+61 2 9266 0815
- mona@tourismoman.com.au jacqui.walshe@southerntravel.com.au info@tourismoman.com.au
- www.tourismoman.com.au

Mohamed Elganzoury Country Manager - Kingdom of Saudi Arabia Sultanate of Oman Ministry of Tourism

- P.O BOX 226545 Riyadh 11324 ,Kingdom of Saudi Arabia
- M: +966531197126
- T: +966 1 4665064
- **F**: +966 1 4660569
- ganzoury@alketbigroup.com
- www.omantourism.gov.om

Oman Tourism Office UK & Ireland Alison Cryer - Managing Director Representation Plus UK Ltd

- Representation House 11 blades Court 121 Deorder Road London SW15 2NU UK
- Direct line: + 44 208 877 4505
- Mobile: + 44 7788 917 077
- alison@representationplus.co.uk

Oman Tourism Office Scandinavia Countries Karin Zwiers, Janina Günther Interface International GmbH

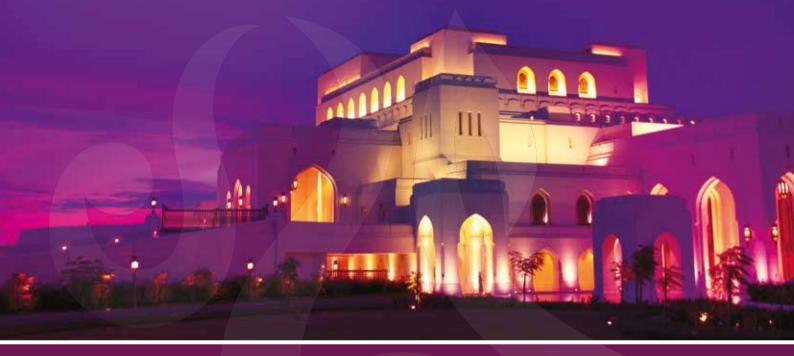
- Karl-Marx-Allee 91a, 10243 Berlin, Germany
- Te:+49 (0)30 42088012
- Fax:+49 (0)30 4225 6286
- k.zwiers@interface-net.de scandinavia@oman.travel finland@oman.travel
- www.omantourism.de; www.omantourism.dk, www.omantourism.se





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Ministry of Tourism

P.O Box200, Muscat, Postal Code 115, MSQ, Sultanate of Oman Tel: +96822088000,Fax: +96822088483 Email:info@omantourism.gov.om, Visit us at: www.omantourism.gov.om Tourism call center 80077799





