

Salalah

EXPLORE & WELLNESS TRIP



CONTENTS



Trip Overview



Trip Itinerary



Accommodations



Prices & Fees



Booking Process



Trip Add-ons



Packing Essentials



TRIP OVERVIEW

Experience a Salalah wellness trip that perfectly blends relaxation, natural beauty, and cultural immersion. Begin your days with revitalizing yoga sessions on serene, pristine beaches, where the soothing sound of the waves and the gentle sea breeze enhance your practice, creating a deeply calming and meditative environment.

Engage in invigorating nature walks through lush, verdant landscapes, allowing you to connect with the tranquil surroundings. Explore vibrant local markets, where you can discover traditional crafts, aromatic spices, and fresh produce, offering a sensory delight and a chance to interact with the friendly local community.

Visit historical sites that offer a glimpse into Salalah's rich cultural heritage, providing both education and inspiration. This holistic retreat is designed to reduce stress, rejuvenate the mind and body, and leave you feeling refreshed and enriched. A Salalah wellness trip is an ideal choice for those seeking to escape the hustle and bustle of daily life and indulge in a truly transformative experience.



TRIP ITINERARY

Day One

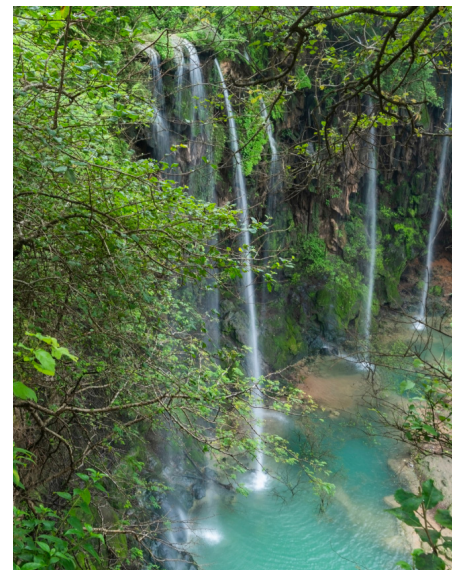
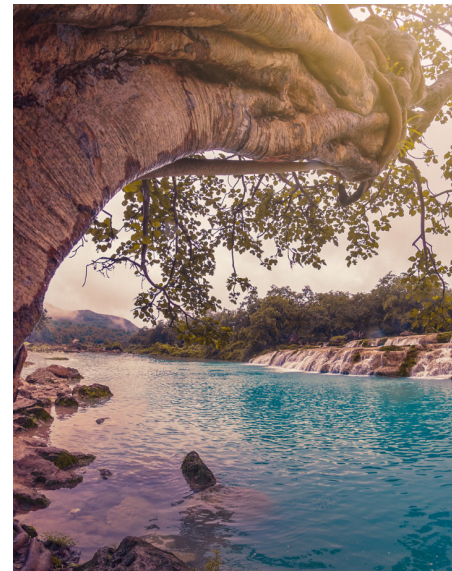
Arrival Day

- 18:00 - 19:30 Visit prominent Salalah Landmarks
- 19:30 - 20:30 Special Welcoming Dinner
- 20:30 - 21:30 Welcoming Ceremony & Orientation

Day Two

Finding Inner Peace

- 07:00 - 08:00 Breath The Waves Yoga - Sunrise
- 8:00 - 8:30 Sunrise Barefoot Walk by the beach
- 8:30 - 9:30 Breakfast by the beach
- 10:30 - 13:00 300 Year Old Farm Tour or Natural Hike of Ain Ghedh
- 13:00 - 14:00 Lunch Break
- 14:00 - 15:30 Luban Tree Harvesting (Interactive Fragrance Experience)
- 15:30 - 16:30 Meet the local people and learn about Omani culture
- 16:30 - 17:00 Drive Back to Hotel
- 17:00 - 19:00 Free Time / Add Ons





TRIP ITINERARY

Day Three

Back to the Nature

- 07:00 - 08:00** Sunrise Yoga by the beach
- 8:00 - 8:30** Beach Harmony Women Circle
- 8:30 - 9:30** Breakfast
- 10:30 - 11:30** Drive to Jabel Samhan Plateau
- 11:30 - 13:00** Jabel Samhan Journaling and photoshot
- 13:00 - 13:45** Drive to Taqah
- 13:45 - 14:45** Lunch Break
- 14:45 - 16:30** Visit Taqah Town: Taqah Fort , Panoramic View , etc
- 19:00** Special Farewell Dinner

Day Four

Departure Day

- 8:30 - 9:30** Breakfast
- All-Day** Departure Drop-offs





PRICES & FEES

Our projects are priced and booked based on number of weeks

◀ **\$1390** USD ▶
Per Person

5%
Group (3+) Discount

- Group discount only applies for a group of 3 or more applicants, all of whom must pay the deposit. Use discount code GROUP5 on checkout.

Should any applicant not follow these terms, discount will be deactivated by NomuHub and amount added to applicant's final invoice.

- Payment shall be received at least a month prior to trip start date.

PRICES & FEES

The travel package includes and excludes the following:

INCLUSIONS



Twin Sharing at a
Accommodation



Airport Pick-up, Drop-off
and other transportation



General tourist
attractions



Two meals per day
(Breakfast and Lunch)



Special Welcome
and Farewell dinners



24/7 in-country local
NomuHub staff support

EXCLUSIONS



Flight
Tickets



Personal
spendings



Daily
Dinners



Accommodation
upgrade to Single Room



Travel visa
and insurance



FLIGHT BOOKINGS



Arrival to (SLL)

THURSDAY



Departure from (SLL)

SUNDAY

- Please note that accommodation isn't included beyond the program dates. Contact our support team for extra days of accommodation arrangements.



PACKING ESSENTIALS

RECOMMENDED CLOTHES

- Hiking Shoes
- Socks
- Tops
- Jeans
- Dresses
- Swimsuits
- Light Jacket (for chilly nights)
- Sandals
- Flip Flops
- Sunglasses
- Underwear
- Headwear (hat, cap, head scarf)

APPLIANCES

- Chargers
- Plugs for Chargers
- Travel-size Torch

IMPORTANT DOCUMENTS

- Passport / Visa
- Identification
- Trip Itinerary
- Boarding Passes
- Travel Insurance

TOILETRIES

- Sunscreen & Lip Balm
- Hair Brush
- Nail Clippers & Scissors
- Toothpaste
- Toothbrush
- Razor
- Deodorant
- Shampoo & Conditioner
- Body Wash & Moisturizer

ACCOMMODATION OPTIONS



The package includes twin sharing room for a 3 nights stay, and if you wish to upgrade to a single room please find the below for following upgrade prices.

- **Souly Lodge**
Hawana Salalah, Oman



SOULY LODGE





Travel with a purpose

