

Oman

Mystical Deserts, ancient towns, fascinating culture and tales of legends.

Described as the jewel of Arabia, Oman's powerful, ancient desert rolls endlessly in every direction. However, once it approaches the sparkling ocean of the Arabian Gulf, the desert turns into an unending row of idyllic beaches. An enchanting setting to many mystical stories and legends, Oman is waiting to tell the secrets hidden throughout its vast lands.

Health and Fitness Travel Insider

"Understanding the nomadic culture of the Bedouin tribes, exploring ancient villages crumbling back into the mountainside and looking up at the star-studded night sky from the desert was an exhilarating and truly freeing experience."

Paul Joseph, Founder

Passport

Before flying make sure to check that your passport has plenty of time before it expires, and we always recommend leaving at least 6 months validity on your passport.

Your passport will need to be valid for at least 6 months from your day of entry into Oman.

For more information, follow this link: <https://www.gov.uk/foreign-travel-advice/oman/entry-requirements>

Visa

It is important to check before your holiday whether you need a Visa to fly to your chosen destination.

Visas are required for entry into Oman which can be applied for here: <https://evisa.rop.gov.om/>. Make sure you start the visa application with plenty of time before your holiday, to ensure enough time for the process to be completed.

Visa requirements are subject to change and we therefore recommend checking the up to date requirements. This website allows you to select your nationality and the country you are flying to: <http://www.visahq.co.uk>

Overstaying your visa is an offence, please make sure you exit the country before your visa expiration.

Flights

From the UK: please check your travel documentation for your flight details. You will need your flight, booking and transfer vouchers and passport with you. Flights to **Dubai** from the UK usually take around 7 hours. The typical baggage allowance is between 20 – 23 kilograms for economy but we advise that you check with your airline's direct website to verify this, as these can change without notice.

From other countries: please enquire for more details.

We also recommend that you keep moving about during the flight to relieve cramped muscles and ensure you arrive feeling healthy. Walking up and down the aisle when the seatbelt sign is off and flexing and stretching your legs when sitting will encourage blood flow around the body and limber up swollen ankles or feet. Here are some tips to [stay healthy whilst travelling](#) and [on long haul flights](#).

The logo for Health & Fitness TRAVEL is centered at the top of the page. It features the words "Health" and "Fitness" in a white serif font, with a stylized yellow infinity symbol between them. Below this, the word "TRAVEL" is written in a smaller, white, all-caps sans-serif font, flanked by two horizontal white lines.

Health & Fitness

TRAVEL

Location

Time Difference: GMT + 4

Capital City: Muscat

Currency: Omani Rial

It might be useful to have a map of the city, or apps such as maps.me or google maps with a download option, to have a general idea of where you are going. If you are to use a taxi, always insist that they put it on the meter. Always keep your passport on your person and in a safe place.

To reduce the effects of jet lag as much as possible, try to adapt to the local time zone as best you can. If you arrive during the day, going for a stroll outside will help you adapt more easily, and the natural light will encourage your body to acclimatise. Likewise, if you arrive in the evening or night, adopt the local bedtime and try to go to sleep.

Airport

You will be flying into **Dubai International Airport (DXB)**. You'll then take a private transfer into Oman and Six Senses Zighy Bay. After going through passport control and collecting your luggage, you will then need to make your way to your transfer meeting place, details of which can be found on your transfer or booking voucher.

Porters offering to carry your bags will expect a tip. If this is something you do not want, just politely (and firmly if necessary) say no. Taxi drivers are also likely to offer their services and can be quite persistent. It is best to approach this offer in the same manner.

Travel Insurance

We recommend shopping around on an insurance comparison website to ensure you get the right product and a competitive quote. It is worth considering annual multi-trip insurance if you are going to make several trips a year.

It is also important to consider repatriation insurance in the off chance that you suffer illness or injury and need help to be brought back to your home country.

Health and Vaccinations

Immunisation and other preventative requirements will depend on your general health, destination travelled to and activities whilst there. We advise that you consult with your GP and/or book a specialist travel consultation at least two months before your trip.

Information on immunisation, medication and other health risks can be found at:
<https://www.fitfortravel.nhs.uk/destinations/middle-east/oman>

Healthcare facilities in Oman are similar to those in the UK. British nationals are required to use the private healthcare system. Visitors who don't have travel insurance or the means to settle any charges may be prevented from leaving the country until the debt is paid. Make sure you have adequate travel health insurance and accessible funds to cover the cost of any medical treatment abroad and repatriation.

Language

The national language of Oman is Arabic. Here are some useful phrases that you can use on your trip:

Basics		Food and Drink	
Hello	Marhabaan	Could I have...?	Hal `astatie...
How are you?	Kayf halik	Water	Ma`an
Fine, thank you	Bkhayr, shukraa lak	Tea	Shay
Never mind	La yuhimu	Coffee	Qahua
What's your name?	Ma aismak	Beer	Bayra
My name is...	Aismi hu	Wine	Nabidh
Sorry/excuse me	Asif/efu	Milk	Halib
I can't speak Arabic	La `astatie altahaduth bialerby	Ice	Jalid
Can you speak	Hal tastatie altahaduth	Chicken	Dijaj
English?	bialanjlyzy	Fish	Smak
Do you understand?	Hal tafahum	Beef	Lahm biqari
I don't understand	`ana la `afham	rice	`arz
Where is the toilet?	`ayn alhamam	bread	Khabaz
How much is it?	Kam sieruh	Tasty	Tyb almadhaq
What's the time?	Ma hu alwaqt	Sugar	Alsukar
Expensive	Mukalifa	I'm hungry	`iinani jayie `ana jawean
See you again	Nrakum maratan `ukhraa	Not too spicy	Lays har jiddaan
Goodbye	Wadaeean	The bill please	Alfatwrt min fadlik
Good luck	Hza saeidaan		

Numbers		Directions	
One	Wahid	I want to go...	Aryd an adhahib
Two	Athnan	Where is...?	`ayn hi?
Three	Thlath	Turn left	Aineataf lilyasar
Four	Arbe	Turn right	Aneataf yamina
Five	Khms	Go straight	Aintalaq al`amam
Six	St	Stop here	Tawaquf huna
Seven	Sbe	Slow down	Abti
Eight	Thmany	Be careful	Kun hadhiraan
Nine	Tise		
Ten	Eshr		
Twenty	Eshrwn		
Thirty	Thlathwn		
Forty	`arbaein		
One Hundred	Miaya		
One Thousand	`alf		

Places			
Airport	Matar	Market	Suq
Bus station	Mahatat albas	Police Station	Qasam al`amn
Embassy	Alsifara	Beach	Shati bahr
Hotel	Alfunduq	Toilet	alhamam

Phone Numbers

In the unlikely event of something going wrong with your travel plans, it is important to have the necessary phone numbers written down somewhere safe. You should contact your insurance/medical assistance company promptly if you are referred to a medical facility for treatment.

Emergency number: 999

If you are unsure about anything, please don't hesitate to call us on 020 3397 8891.