
















Muscat has many great parks that are perfect for a day out with the kids

You can find the location of all the parks listed in the online [MM 'Parks in Muscat' Google map](#)

Please note:

- This information is provided by volunteers and is correct as far as we know.
- Please remember that the play equipment can be really hot during the summer months. Always check before letting children touch any metal.
- SQH – Sultan Qaboos Street/Highway.

	Location	shade/trees	play equipment	flat grassed areas	paved areas	water/toilets	covered eating areas	cafe/restaurant	Comments
	Al Ilam Park Al Ilam exit from SQH, head inland, left at T intersection, 200m on right.	Y	Y	Y	Y	N	N	N	Centrally located park with lots of shade and hills to run up and down.
	Al-Khuwair Park Between Radisson Blu & Al Khuwair Souk, on Al Kuleiah Street.	Y	Y	Y	Y	Y	Y	N	Toilets often aren't clean.
	As Sahwah Gardens On SQH drive past airport, at Clocktower R/A take Nizwa exit, then first right into park carpark.	Y	Y	Y	Y	Y	Y	Y	Large, beautiful park with manicured gardens. Includes a dancing fountain that kids can play in and maze gardens. The biggest play gym in town!
	Azaiba Beach Park Park is at the eastern end of Azaiba beach road (Way 36).	Y	Y	Y	N	N	Y	N	Great park for combining a swim and park play.
	Darsait Park Darsait exit on SQH, U-turn under flyover, sharp left under flyover again, 1st left in Darsait across wadi, 1st right into park.	Y	Y	Y	Y	N	N	N	Lots of shade trees and play equipment.

	Gubrah Lake Park Gubrah exit on SQH, drive North on Al Marafah St; go over 18 Nov St; take 1st left; then next left into park carpark.	Y	N	Y	Y	N	N	Y	Minimal shade, large paved area, access to beach, lake is fenced.
	Kalbuh Park On coast between Mattrah souk and gates to Old Muscat	Y	Y	Y	Y	Y	Y	Y	Popular for family picnics, the park runs along the sea wall with views to Mattrah port. The play equipment is dated, but still functional.
	Naseem Garden 30kms from Muscat airport towards Barka.	Y	Y	Y	Y	Y	Y	Y	It's a large flat park with lots of nice grass areas, lots of trees, picnic tables and various different playgrounds scattered around.
	Qurm Natural Park (aka Rose Gardens) Qurm exit from SQH, head toward sea, 150m on left.	Y	Y	Y	Y	Y	Y	Y	Large park including two play grounds, a lake, fountains, an electronic amusement park, exercise equipment and mature trees.
	Riyam Park Between Mattrah souk and gates to Old Muscat, inland side of cornice.	Y	Y	Y	Y	Y	Y	Y	Has 3 areas: lower grassed garden, electronic amusement park with playground, and upper picnic area and traditional play equipment.
	The Wave Beach Park Drive into Wave; at T-junction turn right; at 4th R/A turn left; drive past 1st beach access, park is about 150m along.	Y	Y	Y	Y	N	Y	N	Great little park for combining a swim & play in park. Includes a small hill and lots of shade trees.
	The Wave Island Park Drive into Wave; at T-junction turn right; at 5th R/A turn right; go over bridge; at T-junction turn right, continue along road to park.	Y	Y	Y	Y	N	N	N	Compact park with lots of shade.
	Wadi Al Kabir Park Just before Wadi al Kabir Lulu Hypermarket off the main road through wadi.	Y	Y	Y	Y	Y	Y	Y	A lovely green garden oasis in the middle of Wadi al Kabir.

Compiled by Josephine O'Brien & Rachael Boisen