3-day itinerary for your tour with Adimasu Tours in the Bale Mountains, highlighting activities, accommodations, and the tour operator:

3-Day Itinerary with Adimasu Tours: Dinsho - Goba - Sof Omar

Day 1: Arrival, Dinsho Headquarters & Gaysay Valley

- Morning:

- Pick-Up: Meet your guide from Adimasu Tours and drive to Dinsho (Bale Mountains National Park Headquarters).

- Activity:

- Start with a scenic hike in Gaysay Valley to spot endemic wildlife, including Mountain Nyala, Menelik's Bushbuck, and Warthogs.

- Lunch: Packed lunch provided by Adimasu Tours.

- Overnight:

- Camping in Dinsho or a stay at a local lodge in Goba arranged by Adimasu Tours.

Day 2: Sanetti Plateau & Harenna Forest

- Morning:

- Activity: Drive up to the Sanetti Plateau, the highest road in Ethiopia (over 4,000m). Look for the rare Ethiopian Wolf amidst the stunning Afro-alpine moorlands.

- Lunch: Picnic lunch on the plateau.

- Afternoon:

- Continue to Harenna Forest for a guided hike through this lush, mist-covered area.

- Overnight:

- Accommodation in Goba or Robe town, as arranged by Adimasu Tours.

Day 3: Sof Omar Caves Exploration & Departure

- Morning:

- Activity: Depart from Goba to Sof Omar Caves (approximately 114km-126km), the longest cave system in Africa.

- Explore notable sections like the "Chamber of Columns" and traverse the Web River path.

- Lunch: Picnic provided during the exploration.

- Afternoon:

- Return to Goba for your departure flight or continued travel to your next destination.

Included:

- Transportation and pick-up service from Adimasu Tours.
- Meals (lunches and dinners).
- Overnight accommodations as specified.
- Guided tours and entry fees to national parks.

Tips:

- Bring comfortable hiking gear, a water bottle, and a camera.
- Confirm any specific needs or requests with Adimasu Tours before the trip.