



# adventure activities

## activity guide

- 1 Easy.** Little physical activity involved.
- 2 Moderate.** Trekking or cycling over mainly flat ground, but with a few small inclines.
- 3 Difficult.** Some steep or exposed sections. Good physical fitness required.
- 4 Strenuous.** Continued physical exertion required over several hours.
- 5 Extreme.** Full day adventures requiring technical skills and excellent physical conditioning.



## trekking

	GRADE	DURATION	AVAILABLE	MIN. NO.	AED PER PERSON	EQUIPMENT INCLUDED
Secret Staircases	1	4 hours	October-April	2	350 (US\$100)	
Wadi Wurrayah	2	4 hours	September-May	2	350 (US\$100)	
Explore Sal Hamdan	2	4 hours	October-April	2	350 (US\$100)	
Jebel Qihwi Climb	5	7 hours	October-April	2	495 (US\$135)	
Sabtayn Circuit	4	6 hours	October-April	2	495 (US\$135)	
Village Trek	3	4 hours	October-April	2	350 (US\$100)	
Aqaba Lima Trek	3	7 hours	October-April	4	695 (US\$190)	Boat ride; lifejacket
Smugglers Bay	4	5 hours	October-April	2	375 (US\$105)	
Aqabat Village Trek	3	5 hours	October-April	2	350 (US\$100)	
Coastal Village Trek	5	8 hours	October-April	4	695 (US\$190)	Boat ride; lifejacket
Karbat to Sedweyn	3	5 hours	October-April	4	495 (US\$135)	Boat ride; lifejacket
Sedweyn to Mysaar	3	5 hours	October-April	4	495 (US\$135)	Boat ride; lifejacket

## mountain biking

Wadi Zikt	2	4 hours	October-April	2	450 (US\$125)	Mountain bike; helmet
Qasr Al Zaiba'a	2	3 hours	October-April	2	350 (US\$100)	Mountain bike; helmet
Khab Al Shamsi	5	5 hours	October-April	2	495 (US\$135)	Mountain bike; helmet
Shis Pools	3	5 hours	October-April	2	495 (US\$135)	Mountain bike; helmet
Cycle Sana	5	5 hours	October-April	2	495 (US\$135)	Mountain bike; helmet
Downhill Dash	3	3 hours	September-May	2	450 (US\$125)	Mountain bike; helmet

## kayaking

Musandam Half Day	4	4 hours	October-April	2	495 (US\$135)	Kayak; paddle; PFD
Musandam Full Day	5	7 hours	October-April	2	695 (US\$190)	Kayak; paddle; PFD
Kayak Kalba	2	4 hours	September-June	2	495 (US\$135)	Kayak; paddle; PFD

All activities are led by fully qualified outdoor guides with first aid training.  
Comprehensive first aid kits are carried by all activity leaders.

For more information visit [www.adventure.ae](http://www.adventure.ae)

serious adventure... serious fun!

