

OUTDOOR UAE

THE FIRST OUTDOOR MAGAZINE FOR THE UAE AND THE MIDDLE EAST

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WET CONDITIONS

EDA'S DIGITAL ONLINE

UNDERWATER PHOTO
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Issue 30, June 2013

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(near Mafraq Hospital)
Level 1, next to the cinemas



OUTDOORUAE

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**WHEN YOU'RE
 DONE READING,
 PLEASE RECYCLE!**

EDITORIAL

Although the comforts of an air-conditioned room and soft mattress are tempting, especially in this slowly rising temperature, working up a sweat has its own rewards. So my morning walks to the office has become my daily exercise and when I go, this is one of the things I will miss most.

Coming here to the UAE has been an adventure in itself and being part of OutdoorUAE opened even more exciting opportunities. Being part of the team exposed me to what the great outdoors can offer. More than the adrenaline rush, I was impressed with the camaraderie and the sense of community among these enthusiasts, who are bonded by their common love for adventure.

The UAE has been my home for some time and I was able to meet great people, join an adventure race and just continuously learn about myself. And before I head back to my home country, I promise to make the most out of the bright sunshine to explore and create lasting memories.

Spasibo and till we meet again!

Dybek

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 trades, master of none.



Jim McIntosh
 Mountain goat Mack and
 hiking route pioneer

WANT TO CONTRIBUTE? CONTACT US! contact@outdooruae.com

CONTENTS

50 OMAN SURF SPOTS



22 AL GAFFAL TRADITIONAL DHOW RACE

EVERY ISSUE

- 05 BEST SHOTS
- 06 EVENTS CALENDAR
- 38 PRODUCTS
- 46 PEOPLE
- 62 DIRECTORY

EVENT REVIEWS

- 12 ARABIAN TRAVEL MARKET 2013
- 20 YAS MARINA SUP RACE
- 21 YAS KAYAK CHALLENGE

TRAVEL + ADVENTURE

- 24 SEAN JAMES CLIMB MT KENYA
- 28 DARRYL'S PHILIPPINES DIVE
- 30 HEALING HEARTS JOURNEY PART 2

OUR EXPERTS

- 42 SUMMER FISHING - KIT
- 44 YOGA RETREAT - TORI

TIPS + TRICKS

- 56 PARTNER STRETCHES - SANDY
- 58 CAR TIPS - DANIEL
- 60 DIVING BUDDY - GORDON

48 MTBING IN SHOWKA



14 EMIRATES DIVING ASSOCIATION COMPETITION

BEST SHOTS



THE ORIGINAL
MULTIFUNCTIONAL
HEADWEAR

Here are the best shots sent in by you for the monthly "Want Fame?" photography competition! Thank you for all your entries, they were all great and it was hard selecting the best photos this month. Congratulations to the top 3 winners (who will each receive Buff headwear and 5 free copies of the magazine) **Darren Rycroft, Trevor Allen** and **Peter Taljaard**. Well done!

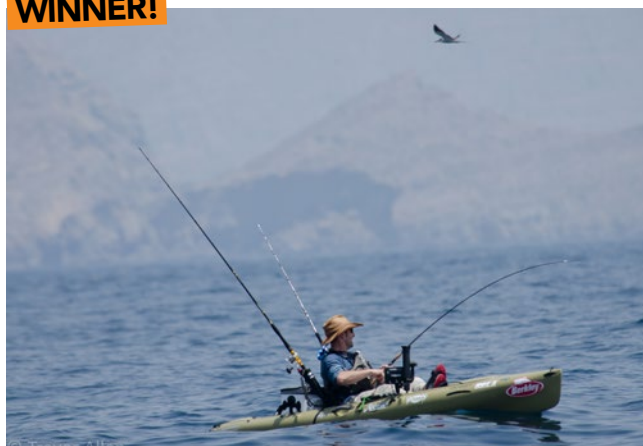
WINNER!



Darren Rycroft

A longboarding crew gathering in a disused car park in Dubai

WINNER!



Trevor Allen

Angler Gordon Rech
fighting a big one in Lima Bay
Musandam, Oman

WINNER!



Peter Taljaard

Wakeboarding on the creek

EVENTS CALENDAR

Stay up-to-date with the latest events

OutdoorUAE and Gravity Zone Bungee Jump

June 14, 4:00 p.m. to 9:00 p.m., Sheikh Zayed Road

Join us and Gravity Zone for an adrenaline-filled afternoon! Challenge yourself with a single or tandem bungee jump at Gravity Zone Sheikh Zayed Road opposite Safa Park. OutdoorUAE is offering free magazines, cold drinks, chill out on our bean bag area and watch some of our regular contributors or your friends jump off a crane. For more details, contact Gravity Zone **056 364 8778** or visit www.OutdoorUAE.com.



Ignite Aquathlon Powered By Kellogg's

June 14, 6:00 a.m., The Shack, Kite Surfers Beach, Umm Sequim

Following the success of the first aquathlon hosted by Ignite Fitness and Wellness in April, comes the second of the fun three-part series. In addition to the Junior (200m swim and 800m beach run), Sprint (400m swim and 2k beach run) and Fun Run (3km beach run), Ignite also added a new distance of 800m swim and 5km beach run and a new Lifeguards Team category, which is open to men and women. Families and friends are also encouraged to come down to the beach and enjoy the sunshine. There will be lots of prizes to be given away. For more information, contact Guillaume Mariolle at guillaume@ignite-wellness.com or visit their website www.ignite-wellness.com.



Al Tamimi Stables Summer Camps

June 16 to August 31, Al Tamimi Stables, Sharjah

The Al Tamimi Stables' summer holiday camps will enable kids to take part in a wide range of creative activities that teach teamwork, healthy living, animal care and all about nature, in a fun, safe and friendly environment. Their programs include the Horse Hero where they can ride ponies, whilst teaching them all about grooming and feeding horses, and the Green Hero where they can learn about recycling and protecting the environment. For more information, bookings or class schedules please visit www.tamimistables.com or call **06 743 1122**.



Dubai Desert Road Run Summer Scorchers 2013

June 21, 6:00 a.m., The Sevens Stadium, Al Ain Road, Dubai

The heat is definitely on at the running event for both the novice and experienced runners. The race consists of 10km Open race, 3km Junior race and 3km Fun Run that will take the participants through a fast course in the stadium and onto Al Ain road. Don't worry there will be water stations to hydrate from. Registration closes on June 17th, so sign up at www.premiermarathons.com.



Dubai Sports World

June 21 to August 21, Dubai World Trade Centre

Get active this summer with the annual gathering of the world's most favourite sports in one world-class indoor facility. Whether you're an avid sportsman or just want to try something new, there's something for you in these two months like the skate and BMX competition, Zumba marathon, Gibbon slackline show, football, basketball and more. For more information, visit www.dubaisportsworld.ae.



Go Skateboarding Day

June 21, 10:00 a.m. to 8:00 p.m., Dubai World Trade Centre

June 21st is the International Go Skateboarding Day, so celebrate the skating spirit as the retail brand RAGE will showcase the region's most talented skateboarders, offer free skate lessons for first-timers, run skate competitions and give away prizes throughout the day. Coinciding with the Dubai Sports World opening, a large group from the skating community will skate in different areas of Dubai and then end up in DICC. For more information, visit www.rage-shop.com.



EVENTS CALENDAR



Gulf for Good Beach Hike

June 21, 6:00 a.m. to 9:00 a.m., Jumeirah Beach

Beach comb and get some exercise at the same time with the organisation's 13k beach hike from Dubai Marine Hotel to Jumeirah Beach Hotel. Bring comfortable walking shoes and clothes, hat, sunscreen, a snack and plenty of water. For more details, contact g4gassistant@gmail.com or 04 368 0222.



UAE Mountainbiking Weekly Night Rides

Every Thursday, 9:00 p.m., Showka Sharjah

Since the days are getting hotter, time to bring out the rear lights and ride after dark. The UAE Mountainbiking group have organised night rides every Thursday at 9:00 p.m. and other days during the workweek at Showka. There are also night rides at the Nad Al Sheba Cycle Park and the surrounding area every Monday and Wednesday from 7:00 p.m. onwards. For more details, visit www.facebook.com/groups/uae.mtb.



Thai and Fly Workshop

June 28, 2:00 p.m. to 5:00 p.m., Exhale, Jumeirah Beach Residence

Give and receive a Thai massage and learn an awesome acroyoga therapeutic flying flow. This one promises to be utterly delicious. Join the workshop for only 250 AED. For more information, contact Phoenix Rising's Sandy Joy Rubin at sandy@phoenix-rising.me.



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NEWS + COMMENT

ARABS ON EVEREST

The team of Arab climbers, "Arabs With Altitudes," made it to the history books last month as they successfully reached the world's highest peak, Mt Everest. Among them is Sharjah-based Sheikh Mohammed Bin Abdulla Al Thani, who became the first Qatari national to summit the mountain; Raha Moharrak, the first Saudi Arabian woman and, at 25 years old, also the youngest Arab to make it; Raed Zidan, the first Palestinian man, Iranian Masoud Mohammed and videographer Elia Saikaly were also part of the group.

The four Arabs were greeted with applause and cheers by their family, friends and local officials upon their arrival on May 26th at the Sharjah International Airport. The group left two months ago to embark on a grand and dangerous adventure in support of the non-profit organisation Reach Out To Asia (ROTA). They aimed to raise 3.67 million AED to support educational projects in Nepal. The passionate mountaineer Sheikh Al Thani climbed as an ambassador of ROTA and dedicated this mission to raise awareness and create learning environments for children; and they have successfully achieved this charitable goal.

"For me, reaching the summit is reaching my life's goal," Sheikh Al Thani, who raised the UAE flag on top of the Everest and admitted to doing a little dance while there, said to the awaiting press. "I've been dreaming these for years and I couldn't believe I was standing at the top. I still couldn't believe it today."

Sheikh Al Thani's group, who started their climb at 10:00 p.m., made it on May 22nd at 10 a.m. While Raha's group reached the summit earlier on May 18th at 8:00 a.m.

"Honestly, it didn't matter to me that I was the first and I really hope that I'm not the last," Raha said. "I hope that this can change people's perspective. If I can do it, a very typical Saudi girl, anyone can. Challenge yourself, put in the work and make it." She added that she was overwhelmed by the support and positive feedback especially from back home.

Raed emphasised that team effort was the key to their triumph. "It's an extremely dangerous mountain, but we did our homework.



Words By: Glaiza Seguí

Photos By: Daniel Birkhofer and supplied



We had some of the best guides in the world and, physically, we made sure we are fit. Without us sticking together as a group and taking care of each other, we wouldn't have made it to the top."

Despite suffering from frostbite in his feet, Masoud safely made it back with minimal injuries and a big smile. "This experience showed me what limits I can go to, and it's endless."

The first Palestinian Arab woman to climb Everest, Suzanne Al Houby, was also present and commended the team. She said that along with fellow Palestinian Raed, their feats are dedicated to their country.



NEWS + COMMENT

Middle East stop of Filipino global runner Cesar Guarin is a roaring success

The 57-year-old Cesar Guarin is on track to become the first Filipino to have run across the globe. The seasoned runner was recently in the Middle East for the seventh leg of his Run Around The World Quest.

For 38 days, the man dubbed as the "Father of Ultramarathon" blazed through the Gulf region, covering Bahrain, Qatar, Kuwait, Saudi Arabia, Oman and the UAE. Guarin accumulated a total of 1,265km in his Middle East visit. To date, Guarin had already registered 17,377km and remains determined to complete the required 42,000km – a feat that will officially place his name alongside a selected few who defied distance and challenging conditions to run around the world.

Running in the UAE presented new challenges to Guarin, who prior to the Middle East, had tested and endured the roads of Asia, America, Europe, Canada and Australia. "Each place is unique and presents its own set of challenges. Here in the UAE, and since it's already mid-May, the temperature can be very brutal. The condition of the roads though is commendable and I can use the service lanes without much worry. But again, as a runner, I just cope with the situation. I cannot complain," he said.

Guarin and his team dubbed the Middle East the "crowning stage" of the tour. It was an accurate assessment as seen by the overwhelming support provided by the UAE-based Filipino community to the soft-spoken runner right from the moment he set foot in Gulf territory. "We were surprised with the warm reception and welcome that we received from the Filipino community here as compared to the other places that I've been to," beamed Guarin. Guarin's UAE visit



Words By: Ferdinand Godinez

was eagerly anticipated for months, with various groups and individuals posting news and messages on social media to drum up his arrival.

On May 17th, the last day of his UAE stop, a 24km to a 1km fun run was organised by various Filipino groups along with sponsors to show their appreciation to Guarin. A mini program was also staged inside Zabeel Park, giving fans and supporters an opportunity to shake hands, take photos, chat and simply meet Guarin up close. "I'm not doing this global run for myself or to match or break any record," Guarin announced. "This is my way of paying tribute to the Filipino workers abroad, who for me epitomises sacrifice, hard work, dedication and the discipline to endure being far from their loved ones and families to give them a better life back home." His parting shot elicited more cheers and applause from the audience: "For the Filipino people, I will run the whole wide world."

His next itinerary will be from America to Alaska, where he targets to cover a whopping 3,134km. Guarin started his global run endeavor way back in 1983 and hopes to finish his lifelong quest by early 2017. "It wasn't continuous mainly because of a lot of factors, like family time, business, scheduling problems and lack of sponsors. But now, I'm really hoping to wrap this thing up on schedule to finally fulfill my dream."

REEF CHECK Biosphere Expedition to Musandam



Biosphere Expeditions, the international non-profit conservation volunteer organisation that runs wildlife research missions all over the world, has published their Musandam expedition report gathered from last year.

The "Underwater Pioneers: Studying and Protecting the Unique Coral Reefs of the Musandam Peninsula, Oman" report collected data from five different sites in north Musandam and the results were compiled and compared to previous surveys.

In cooperation with Emirates Diving Association and led by Dr Matthias Hammer, the group embarked on an diving expedition from October 7th to 13th to monitor the health of the peninsula's reefs, its fish and invertebrate population and identify current or possible threats. The report will benefit the local government and NGOs to make informed and conservational decisions in the area. Considering the extreme marine environment, varying regional conditions and recorded data from past surveys, the team believed that the coral reefs in this area are more resilient than in other regions worldwide. Hence, conservation should be a continuous effort.

Author Rita Bento wrote: "The results from the annual 2009 to 2012 expeditions show clearly that Musandam Governorate has in its stewardship what are probably the best reefs of the region and an unparalleled area of natural beauty as well as commercial importance, not just for fishermen, but also for the local economy as a generator of income from tourism." They therefore recommend the implementation of a new marine protected area (MPA) in Musandam. "It is encouraging to note that other studies have also started to suggest the implementation of appropriate legal protection on this unparalleled ecosystem. The Musandam is an ideal place for an MPA or MPAs as impacts and population levels are still relatively low and coral coverage is high."

For more information on the organisation and how to sign up for expeditions, visit www.biosphere-expeditions.org and biosphereexpeditions.wordpress.com.



OutdoorUAE's Glaiza and Jane joined the Unity Run

NEWS + COMMENT

A Surf Dubai update

The last few months have been a challenging time for Dubai's surfing and Stand Up Paddle community. Due to a recent change in local municipal law, new regulations are under process for the operation of surfing and SUP lessons and equipment rental on renowned Sunset Beach.

The recently formed UAE SUP and Surf Association are in close collaboration with the Coastal Zone Department to come to a timely solution for this issue. The hope is to arrive at a set of clear guidelines for all surf and SUP schools to follow in order to resume normal operations. Whilst challenging for local business, this is a very important time in the history of both these sports in the UAE. Many other countries around the world with established surfing and paddle communities would have undergone a very similar transitional period over the course of the last forty to fifty years, where regulations and safety standards were decided and implemented.

As with any forms of physical activity and particularly those conducted in dynamic environments such as the ocean, safety is the always the first priority.

The next few months will hopefully cement a solid foundation and structure to nurture the safe growth of both surfing and Stand Up Paddle boarding in the UAE.



Photo Supplied By: Jen Scully

Surf Dubai will be back soon with all its core services. From teaching people how to surf and Stand Up Paddle in the safest and most fun way possible, to getting people the best equipment for all conditions and abilities. In the meantime, Dubai residents continue to enjoy a slow starting summer with waves still trickling through in June and Sunset Beach is still a hub for all kinds of surfing and paddle boarding fun.

Never miss a swell by logging on to Surf Dubai's dedicated surf report www.surfingdubai.com

Remember, we deliver to your private beach! Call us for surfboard or Stand Up Paddle rentals **050 504 3020**. To buy surf or SUP equipment also get in touch.

Q&A



"Where can I buy prescription swimming goggles and/or snorkel and mask?"

You can buy prescription swimming goggles in any of the following GO Sport stores: Ibn Battuta Mall, Mall of the Emirates and Mirdif City Centre. The Italian made Aqua Sphere Eagle Swim goggles features optional user replaceable prescription lenses which are available in half-step increments from -1.5 to -6.0. The lenses feature a simple "pop-and-swap" replacement process, 100% UVA/UVB protection, anti-fog and scratch resistance.

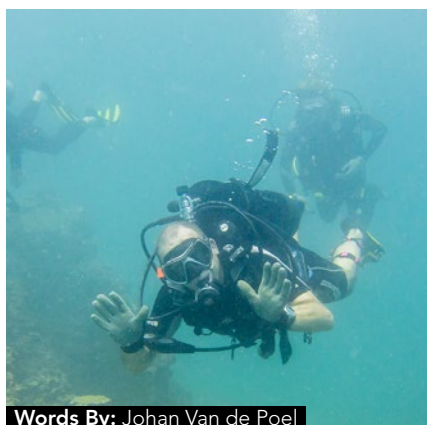
You can also try Aqua Lung Look 2 Mask. This can be used for diving and snorkelling and can be fitted with corrective lenses. Both can be ordered also at GO Sport.



REPORT

LOCAL WRECK DIVING

Who would expect the desolate Western Region of Abu Dhabi to boast some the most interesting and relatively accessible dive sites in the emirate? So far, little is known about the area itself as a diving destination, which makes diving out there even more exciting. You could say every new dive there is like a new discovery leading you to untouched boat wrecks, natural reefs, steep drop-offs and even a peculiar topographic feature, which is believed to be a meteor crater.



Words By: Johan Van de Poel

Focusing on one location in particular, some 10km East of Sir Bani Yas island, lies what maybe considered as the local wreck divers' playground. Having the benefit of being partially surrounded by a shallow reef, it invites all kinds of aquatic visitors.

The main points of interest are two old wrecks of what appear to be pilot boats, along with an overturned barge lying just a short distance to the South. In between and to the side are three huge anchor blocks, set up almost like guard towers. Various randomly scattered bits and pieces create

plenty of opportunity to explore the rest of the area once you've figured out where everything is in relation to each other, which in itself will take more than a few dives.

Obviously, over the years marine life has completely taken over the site and it has become home to ever-present snappers, seasonal shoals of barracuda, angelfish, sweetlips, batfish, the occasional sea turtle and one particularly large hammour. Average depth being around 11m means there is still adequate light for photography and depending on the conditions, the wreckage can even be spotted from the surface.

In short, these wrecks off Sir Bani Yas always make for an interesting dive, either to simply explore the countless nooks and crannies that this site has to offer, or to sharpen your underwater navigation and charting skills. In any case, time has transformed this once underwater junkyard into a well-established artificial reef, teeming with marine life.

To access these wrecks, local dive centres like Desert Island Watersport Centre arrange day trips to these wrecks from Sir Bani Yas Island. Desert Islands Watersports Centre is a PADI five-star dive centre offering diving, snorkeling, cruising, PADI programs, catamaran sailing, deep sea fishing in the area of Sir Bani Yas Island. For bookings, email sby@divemahara.com or calling 02 801 5400 extension water sport centre (Anantara Desert Islands Resort and Spa).

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REPORT

TWO DECADES OF SUCCESS

The 20th Arabian Travel Market

It's hard to imagine that twenty years ago, Dubai was nothing but sand. Today, a megalopolis built on dreams has risen from the desert and is now a bustling, flourishing city of superlatives with the biggest mall, the tallest building, the flashiest hotel and the list goes on. In these past years, tourism has become the backbone of Dubai economy, and fittingly, the emirate is the home of the annual Arabian Travel Market (ATM), which has gathered millions of hospitality and industry professionals.

Ahead of the opening of the four-day travel showcase, HH Sheikh Mohammed bin Rashid Al Maktoum, Vice President and Prime Minister of the UAE and Ruler of Dubai, stated that ATM is a testimony of Dubai's role as a global gateway for business, leisure and living. "It represents an essential part of our position as a global economic and travel destination that brings together all nationalities under one umbrella, and opens doors to cross-cultural dialogue, exchange of ideas and opportunities."

With the bid to host the World Expo in 2020, Dubai sets out to double the highest record of visitors from 10 million last year to 20 million by 2020 – an ambitious, but not impossible goal. The 20th edition of ATM is in line with this vision and once again it has exceeded expectations with more than 3,000 exhibitors from 87 countries and a mass of crowd that filled up the Dubai International Convention and Exhibition Centre from May 6th to 9th. HH Sheikh Maktoum bin Mohammed bin Rashid Al Maktoum, Deputy Ruler of Dubai, officially cut the ribbon and inaugurated the event in the presence of government officials, leaders of the regional and international travel industry as well as



Words By: Glaiza Segua

Photos By: ATM

high-profile participants. He then proceeded to tour the sprawling exhibition space.

At the opening panel session titled "20 years: Now, Then and Tomorrow," keynote speaker HH Sheikh Ahmed bin Saeed Al Maktoum, President, CEO and Chairman of the Department of Civil Aviation, acknowledged the huge development in the tourism sector. "Dubai International is rapidly becoming the world's leading airport. The facility was recently confirmed as the world's second busiest airport for international passenger traffic, overtaking Paris' Charles de Gaulle for the first time. And with the opening of Concourse A, the world's first purpose built A380 concourse, Dubai can legitimately claim the title of the world's A380 capital." Director General of the Department of Tourism and Commerce Marketing of Dubai Helal Saeed Al Marri added, "We are now seventh most visited city in terms of international visitors globally. When we look towards the future, the first thing we need is strength in partnership between all the emirates, with the airlines, with all the private sectors and all government departments."

Halls 1 to 4, which covered more than 22,000 square metres, was packed with people ranging from suited professionals to eager travellers to representatives from hotels and tourism boards from Middle East, Africa, Asia, Americas and Europe. The biggest floor space was given to the Middle East that included exhibitors like Emirates Airlines, who showed their ultra-luxurious First Class Private Suite, Onboard Lounges and state-of-the-art Shower Spa for mid-flight comfort. The local tourism department's Definitely Dubai area included interactive booths highlighting different attractions like Dubailand's new Miracle Garden complete with flower topiary, Big Bus Tours rolled in a real bus into the venue and the Summer in Dubai campaign aims to make the emirate the ultimate summer destination with its popular Dubai Summer Surprises and Eid offers. The IMG Group also unveiled their plans for the IMG Worlds of Adventure themed entertainment facility set to be the largest temperature-controlled entertainment destination in the world. Dubai Police also paraded their new fleet of the fastest and priciest supercars, which includes a Lamborghini, Ferrari and

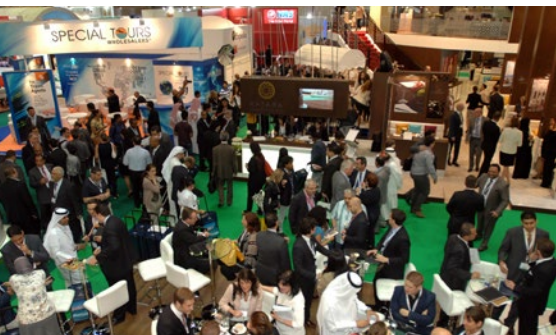
Aston Martin.

Meanwhile, Abu Dhabi announced that US-based integrative health and wellness specialists, DNA Health Corp, is set to open its first overseas flagship centre on Saadiyat Island this June for a different approach to personalised health and wellness tourism. Other countries within the region are also ramping up their campaigns to promote local tourism. The Sultanate of Oman aims to raise its diverse geography profile and attract more visitors with pipeline projects from Khasab to Salalah and the new branding of their national carrier, Oman Air.

National costumes and colourful booths were on display at the international arena which featured tourism operators, luxurious to budget-friendly packages around the globe and hotels who showcased their impeccable hospitality services. At the New7Wonders seminar, the Swiss-based organisation that brought to life the New7Wonders of the World officially launched an important step for their new tourism platform. The new Visit7Wonders campaign will incorporate tourism promotions, sustainable and heritage awareness initiatives in order to boost the tourism for the seven wonders of nature that was globally voted for last year. "We have seen a decline in traditional visitors from Europe, but it has been compensated by a growth of tourism for new areas, particularly from this region," explained Jean-Paul de la Fuente, Director New7Wonders Foundation. Voting for the New7Wonders Cities is still ongoing with Dubai and Abu Dhabi among the nominees.

On the travel technology circuit, the Internet giant Google participated in the ATM for the first time to share insights on the how technology plays a key role in the industry. They also hosted the Google Think Travel Day that was aimed for travel professionals and talked about the latest online travel trends, revealed travel behaviours of people from the MENA region and demonstrated the latest Google products.

Travelling is the best form of education and possibly the most rewarding way to spend time and money, and since ATM has opened its doors in 1993, it has continuously encouraged everyone to dream big and go on an adventure.



REPORT

MICHELIN PRIMACY 3: SAFETY TO THE POWER OF 3

MICHELIN has introduced its latest tyre innovation into the UAE with the MICHELIN Primacy 3, a tyre that should set the standards for better tyre safety in the GCC.

In a context where road safety has become a major concern for the UAE authorities and motorists, MICHELIN strives to address the problem with their technological expertise and their deep understanding of accidentology. The findings of the last "Fill up with Air" campaign were quite striking: an average of 39 per cent of UAE motorists were driving on tyres which could be considered dangerous, either because they were worn out, damaged, under or over-inflated. This public awareness campaign conducted by MICHELIN in 2011 allowed 600 cars to be checked by Michelin experts in Dubai and Sharjah for free.

Developing safer tyres is one way MICHELIN tries to address this issue. The new MICHELIN Primacy 3 is the most striking illustration of this fact. And safety is systematically combined with two other performances – longevity and fuel saving – for a total performance package that is the hallmark of all MICHELIN tyres.

The new tyre's name reflects its qualities: the MICHELIN Primacy 3 enhances safety in three different areas of performance. Compared with its four market-leading competitors, the MICHELIN Primacy 3 tyre delivers the best grip



when braking on dry or wet surfaces, and when cornering on wet roads ⁽¹⁾. This fact was proven in tests conducted in 2011 by TÜV SÜD Automotive and IDIADA, two independent organizations ⁽¹⁾. One example of the tyre's superiority is that at 100km/h, the MICHELIN Primacy 3 stopped 2.2 meters shorter in average than its competitors on a dry surface.

Two new technological innovations play an important part in the safety performance of the new MICHELIN Primacy 3. Grip is the most important aspect. That's because a tyre can only deliver maximal safety if it maintains constant contact with the road, whether dry or wet. The MICHELIN Primacy 3 patented new rubber compound, with its unique combination of ingredients, optimises grip in all conditions of use without sacrificing performance in other areas, namely longevity and fuel saving. On top of that, safety is also enhanced by the tread design and its innovative sipes. The MICHELIN Primacy 3 features a new patented tread with self-blocking sipes. They lock into each other to make the blocks more rigid and less likely to lose their shape, thereby improving the contact



between the tyre and the road.

In addition to producing superior tyres and innovations, Michelin also partners with other companies as well as with public and private organisations at both the national and international level to promote road safety. In May 2011, Michelin was amongst the first companies, to sign the Global Road Safety Commitment in support of the Decade of Action for Road Safety 2011-2020 launched by the United Nations. In 2012, Michelin has invested 6 million Euros worldwide to support global road safety initiatives. In the UAE, MICHELIN intends to carry on with their public awareness campaigns to educate the community on how to drive and behave safely on the road. A new "Fill Up With Air" campaign will be taking place later this year and a second awareness program called "The Michelin Man Academy" has started this year in UAE schools, aiming at educating the younger ones on behaving safely while on the road. The program should reach 5,000 children by the end of 2013. The new MICHELIN Primacy 3 tyre has been available in the UAE market since early May 2013 and can fit a wide range of family type of vehicles, especially high performance ones.

As part of a summer safety campaign, MICHELIN has launched a promotion during which customers can win a trip for two to the Maldives on a daily basis and be entered into the grand draw to stand a chance of winning a Mercedes-Benz SLK 200. To participate in the promotion, simply head to your local dealer or visit www.michelin-rewards.ae for further information.

⁽¹⁾Tests carried out by TÜV Süd and IDIADA in 2011 on sizes 205/55 R 16 V, 225/45 R 17 W with tyres bought and available on the European market in February 2011.

MICHELIN PRIMACY 3
SHORTER BRAKING DISTANCE FOR GREATER SAFETY

With MICHELIN expertise in longevity and in fuel savings.

ROLLING IN THE DEEP EMIRATES DIVING ASSOCIATION

Digital Online was realised in 2009 by Marcelo Mariozi, a professional underwater photographer, newly relocated to Dubai who had previously been involved in the organisation and set up of underwater photography competitions in his native country of Brazil. As there were no underwater photography competitions existing in the UAE at the time, Digital Online was introduced by EDA for resident photographers and to develop a relationship and human interaction with those unfamiliar with the underwater world and environment. The film category was introduced as an extension to the competition in 2012 to share motion pictures.

The event, now in its fifth year, has seen the steady growth of underwater photography participation, with the enthusiasm and passion stepping up to another level. The event, which saw over 120 guests attend, has attained equal success within the non-divers who come to support the participants at the Awards and Exhibition night, to view and enjoy the still and motion pictures of our underwater world.

We would like to thank all our sponsors who have made these competitions possible and the wonderful prizes they have provided for 2013. We would also like to thank our printing sponsor, Print Works, who printed the 143 images on display at the exhibition.

RULES FOR 2013

PHOTOGRAPHY

1. UAE and Musandam only

Photographers can enter their photographs into three categories; Fish, Macro and Wide Angle. Entrants may enter one image per category, which can only have been taken in the UAE or in the Musandam.

2. International image

Photographers can enter one image of their choice of any category, taken anywhere in the world.

Fish: Photographs of whole fish and/or fish parts as the main visual element (not mam-

mals, crustaceans, molluscs etc.) taken with any lens, portraying its natural behaviour and environment.

Macro: Photographs taken with close-up equipment, portraying underwater flora and/or fauna. The main element not being fish.

Wide Angle: Photographs taken with a wide-angle lens (or adapters that provide an equal field-of-view), with or without human presence, portraying the natural beauty of the underwater environment.

VIDEO

Marine life: Show off creative editing skills showing the local water marine life. Maximum duration including credits: 5 minutes.

Wreck video: Getting good wreck footage can be a challenge due to the size of most wrecks and the generally limited ambient light. Get creative with those found here. Maximum duration including credits: 5 minutes.

Digital Online judges include professional documentary film photographer Ali Khalifa Bin Thalith, underwater photographer Warren Baverstock, Wild Planet Productions' Jonathan Ali Khan, wildlife photographer Nuno Sá and EDA's Ally Landes and Reema Abbas. "I would like to give a warm welcome to the new additions of Digital Online's judges this year, we are proud to have some of the top underwater photographers in the UAE and in the world as part of the panel," EDA Vice Chairman of the Board Mr. Essa Al Ghurair said. "We've noticed that this year's competition has taken underwater photography to another level yet again, with entries showing real talent in shots taken to share the beauty of our marine life with everyone. Being the UAE's only underwater photography and film competition, it will enhance the diving industry within the UAE and the region."

Emirates Diving Association was established in 1995 by the instructions of HH Sheikh Zayed Bin Sultan Al Nahyan, the late President of the UAE, as a federal voluntary and non-profit organisation, registered with the General Authority of Sports and Youth welfare and accredited by UNEP with a mission to conserve, protect and restore the UAE's marine resources by understanding and promoting the marine environment and promote environmental diving.

This year's prize giving ceremony was held at DUCTAC in the Gallery of Light at Mall



of the Emirates like the year before. All the entries were shown on big prints and most of the winners were present to receive their prizes. The positive development in the dive community and especially with the underwater photographers is displayed in the exhibition, which portrayed local underwater life through excellent shots from both professionals and amateurs. The overall quality of the photos have further improved from last year, showing the highest quality on international level considering technical and creative aspects. Like every year, EDA was supported by sponsors who offered great prizes from dive gear to diving trips to local destinations and even international ones, for example a week dive trip to Sipadan island in Malaysia. The prizes were handed by Essa Abdulla Al Ghurair, Khalfan Khalfan Al Muhairi, Omar Al Huraiz and Rashid Al Hajji and sponsors of the individual prizes. The exhibition was unfortunately only for one day, but you can see all submissions and the event photos on www.outdooruae.com.

Congratulations to all the winners and participants of the photo competition from the whole OutdoorUAE team.

Professional

Category: FISH



Overall Winner: **Iyad Suleyman**



2nd: **Sijmon de Waal**



3rd: **Anna Bilyk**

Professional

Category: MACRO



Overall Winner: **Iyad Suleyman**



2nd: **David Robinson**



3rd : **Simone Caprodossi**



Professional

Category: WIDE ANGLE



Overall Winner: **Simone Caprodossi**



2nd: **Iyad Suleyman**



3rd: **Ahmed A. Shuhail**

Professional

Category: International



Overall Winner: **Iyad Suleyman**



2nd: **Sijmon de Waal**



3rd: **Ahmed A. Shuhail**



A female ultramarathon athlete, Catherine Todd, is running on a rocky, uneven trail. She is wearing a black tank top, light blue shorts, white socks, and red running shoes. She has a headband with orange and black patterns, sunglasses, and is holding a black and yellow water bottle in her left hand. The background is a blurred, rocky landscape.

Great things happen
to people that don't
give up.

Meet **Catherine Todd**, Ultramarathon athlete
supported by **ADVENTURE HQ**



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BACK ON YOUR BIKE  **WHEELS**

Photo © Woulter Kingma

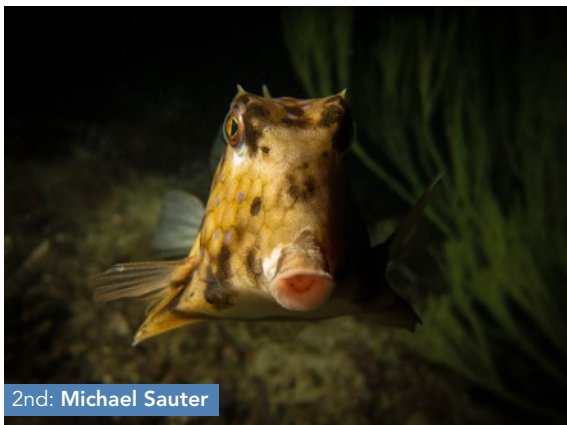


Amateur

Category: FISH



Overall Winner: **Yousif Al Ali**



2nd: **Michael Sauter**



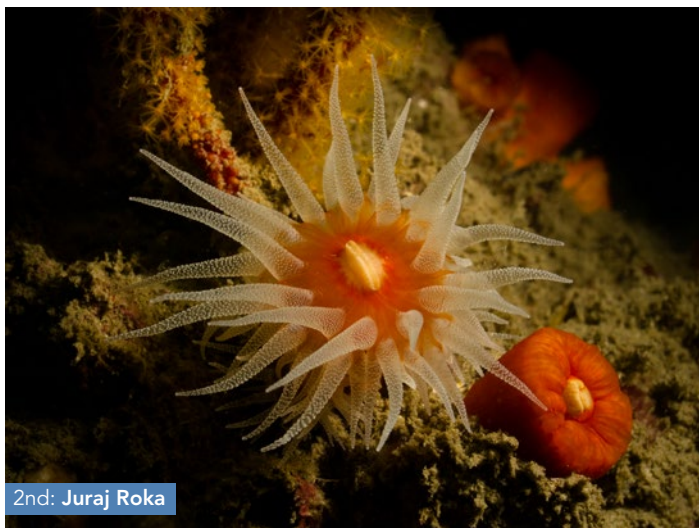
3rd: **Juraj Roka**

Amateur

Category: MACRO



Overall Winner: : **Yousif Al Ali**



2nd: **Juraj Roka**



3rd: **Michael Sauter**

Amateur

Category: WIDE ANGLE



Overall Winner: John Hager



2nd: Terry Garske



3rd: Kelly Tymurski

Amateur

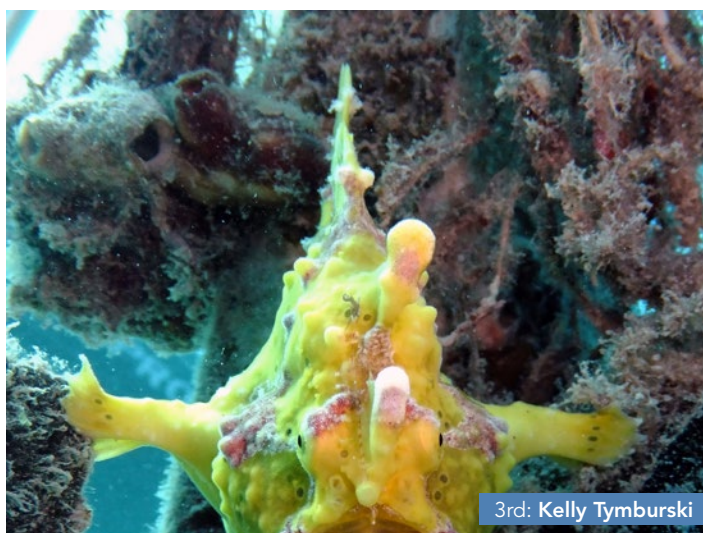
Category: International



Overall Winner: Juraj Roka



2nd: Lujan Mourad



3rd: Kelly Tymurski

YAS MARINA UAE SUP RACE

Words By: Ronan Jolle

This was the final SUP race league for the 2012/2013 season and the exciting event held on May 17th saw 33 paddlers in two categories (6km and 2km). Weather conditions were pretty hardcore and gusty with winds between 15kn - 20kn. The paddlers had to manage the wind and the current. The Yas Marina team set up the race area on the channel in front of the marina, one mark was at 1km distance from the starting line, and the second mark at 3km. Each paddler had to complete one lap to finish the race.

As usual on the 6km, Dan Van Dooren and Jen Scully flew from the start line to the finish, and the Abu Dhabi-based Jen managed to finish in the top six. Scott Chambers, who was shaped to perform on the short distance, finished first on the 2km as he just oversped all the way with the second placer more than four minutes behind him. In the junior male, Guy Walchman finished in 19.31 – a really great job. He was followed by Hannah McGee who was second junior in overall and first in the female category. Great performance from Mohammed Rashid, who finished third on the 2km, this was the first time we welcomed a team of six emiratis to a SUP race. They all finished and will come back next season. The awarding ceremony was in Stars 'n' Bars, where all the winners received trophy, prize money and gifts.

UAE SUP thanks HH Sheikh Ahmed Bin Hamdan Al Nahyan (Chairman), Yas Marina Team (organiser), UAE SUP Association (support), UAE SUP and Surf Association (official), La Sorbonne University (support), Stars 'n' Bars (support) for all the hard work.



Photos By: Aleš Vyslouchil



2KM JUNIORS

Rank	Number	Name	Final Time
1	73	Guy Walchman	19.31
2	1	Hannah McGee	24.53
3	93	Dominic Allen	28.02

2KM FEMALE

Ranking	Number	Name	Final Time
1	64	Donna Masing	19.33
2	79	Margaux Bonart	19.38
3	57	Tracey Orr	20.38

2KM MALE

Ranking	Number	Name	Final Time
1	99	Scott Chambers	15.58
2	95	Wayne Therone	19.14
3	87	Mohammed Rashid	21.58

6KM FEMALE

Ranking	Number	Name	Final Time
1	91	Jen Scully	44.04
2	47	Karina Benjemann	46.34
3	98	Lori Tusa	54.06

6KM MALE

Ranking	Number	Name	Final Time
1	78	Daniel Van Doren	39.27
2	96	Ales Vyslouchil	40.06
3	28	Kuba	42.14



The Yas Beach Kayak Challenge

The birth of an event

On the 4th of May 2013, Yas Beach and Noukhada Adventure Company teamed up to organise a fun event from Yas Beach, around the nearby Yas mangrove island. The idea was to have an annual, inclusive race that could cater for athletes and amateurs, as well as involving families. The kayak race, which started and finished at Yas Beach, circumnavigated the Yas mangrove island clockwise on a course just under 6km.

The inaugural event included four categories (advanced singles, beginner singles, beginner doubles and family doubles) with 29 competitors. The advanced singles were dominated by surfskiers who regarded the 6km course as a warm up and completed the course in just 34 minutes. Cassian Drew and Adrian Nichol from Abu Dhabi Ocean Warriors shared the line honours on this one. The more serious athletes would have burned about 192 calories.

The beginner singles were not far behind



Words By: Mark Freeman
Photos By: Noukhada Adventure and Yas Beach



and Kellie Andrews came in first at just under 57 minutes, with Ramsy El Hussein coming in second only 50 seconds later. They would have burned about 300 calories each with that effort.

The family doubles and beginner doubles started together and the fastest competitor came in just over 51 minutes and the slowest across all categories finished in 63 minutes. The winners of the family doubles category were John and Ollie Twine, with Team O'Connor winning the beginner doubles.

So, the fastest paddlers were clocking 12km per hour around the circuit and the slowest, a commendable 6km per hour. For those planning their next kayak adventure, I suggest that you stick to a gentler 4km per hour pace, that is steadier and more sustainable!

It has always been Noukhada's ambition to run a series of "round the island" races within the emirate of Abu Dhabi and we hope to kick-start the series at the beginning of next season. Visit our Facebook and www.noukhada.ae for details.

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KEEPING THE TRADITION ALIVE AL GAFFAL DHOW SAILING RACE

The fleet of polished wooden boats danced through the placid water and made their way to the start line just off the Sir Bu Na'air Island. As the first light pierced through the amber sky, orange smoke billowed from the pace boat to signal the beginning of their epic journey. In a heartbeat, a hundred immaculate white sails rose like doves in flight and head off into the sunrise.

The sight of the 60ft dhows during that beautiful Saturday morning conjured up the image of a thousand ships launched for Helen of Troy. But this was far from Greek mythology and its tragedies; this was the 23rd Al Gaffal Traditional Dhow Race. Regarded as the biggest traditional sailing race in the world, the Al Gaffal (which translates to "The Return") is deeply rooted into the UAE cultural heritage. Stepping back in time, before the oil boom, wealth was found in the depths of the Arabian Gulf and fishing and pearl diving were the main source of trade. More than a thousand dhows joined the pearling fleet and seafarers would make their last stop at Sir Bu Na'air Island to rest, celebrate and prepare their haul for trade before coming home to their loved ones.

However, with the advent of pearl farming and fast modern developments, the tradition has taken a backseat and the dhows that once commanded the waters were left unused. To revive the age-old tradition, HH

Words By: Glaiza Sequia
Photos By: : Glaiza Sequia and DIMC

Sheikh Hamdan Bin Rashid Al Maktoum along with the Dubai International Marine Club (DIMC) inaugurated the Al Gaffal in 1991. Since then, the race has grown from 53 dhows to now over a hundred participants. The race will take sailors across 51nm from the Sir Bu Na'air – the pearl-shaped island in the north coast of the country under the Sharjah emirate – to the finish line near the iconic Burj Al Arab in Dubai. This not only marks the closing of the water sports season for the year, it is also a testament of a thriving tradition.

The 23rd installment held on May 25th marked a landmark for the Al Gaffal as this is the first time an international team has participated. The race follows stringent rules in keeping with tradition like the all-wooden hulls, the boat number being visible on the sail and more importantly, the boats must be crewed by only Emiratis. But this year, the race organisers allowed a German team,

with Prince Luitpold of Bavaria as skipper and 17 crew members including his son and son-in-law, to enter. The royalty met with Sheikh Hamdan Bin Rashid Al Maktoum, UAE Minister of Finance, at the pre-race press conference aboard the luxurious Al Fahedi yacht docked on the island.

"We are most honoured that we have a chance to participate because we know it's a great tradition and something we don't want to break in as intruders," Prince Luitpold told OutdoorUAE. "It's going to be quite a challenge because it will all be our first time on the boat tomorrow morning. We have never sailed it and I think we'll be quite happy if we make it over the starting line and even happier if finished. We will try our best."

A seasoned sailor himself, Prince Luitpold said they watched videos of dhow races in preparation and one of his crew has sailed in one as well, but their intention is not to win, but to simply experience the action. "We





will just try to get the sails up as quick as possible, try to sail as fast as possible and try not to capsize," he added with a smile.

From the island, the dhows will manipulate the wind through 23.6nm to reach Moon Island Check Point where support boats will mark their crossing. Then they will head out 27nm to the finish line. OutdoorUAE was fortunate to be invited to witness this unique event up close. We departed from DIMC on Friday morning with high hopes of a great, open sea adventure. The weather and the energy was fantastic, until the wind and waves started playing rock the boat midway to the island. To describe it as a bumpy ride would be an understatement and being landlubbers, motion sickness immediately took over. After a much-needed sleep and some medicine, we got on board one of the support motorboats the following day; once again we braced our stomachs and braved the waters. We followed the dhows through salty sea spray, rising heat and even more bouts of seasickness until their sweet homecoming. Personally, I was relieved to be on solid ground once again.

Ahead of the pack was boat number 103, Ghazi, skippered by Ahmed Saeed Al Rumaithi, whose familiarity with the waters and decisive manoeuvres bagged them the much-coveted prize money worth 500,000 AED. Finishing on second position was boat 92, Al Raed, owned by HH Sheikh Sultan Bin Khalifa Bin Zayed Al Nahyan and skippered by Maktoum Atiq Majid Al Hamadi; and on third was boat 25, Zilzal, with Abdullah Mohd Juma Al Marzouqi at the helm. All 103 dhows returned to shore safely.

According to DIMC Acting CEO Ali Bin Ghulaitha the race was great success in more ways than one. "Our idea is to engage the communities living in the UAE, so that they can be part of an event that has been one of our main activities at the DIMC. We want the youth to come and experience the heritage of this country and we want the entire family to engage and bond with this event."



Diamonds from Africa

Words + Photos By: Sean James

It is dawn and we are crouching on Batian, the main summit of Mt Kenya. It is the second highest mountain in Africa. There is no wind but it is still cold. The sun has just risen over the plains and green farmland that is far below. The clouds are starting to build, swirling and pouring over the ancient ridges that were created many years ago when this area was dominated by volcanoes. It is possible to see clearly in the distance the isolated peak of Uhuru or Mt Kilimanjaro; the only mountain higher on the whole continent. It is over 500km away in another country and also a volcano.

Six days ago, I had stood on the summit of Kilimanjaro having led a group up the Machame route. Today, standing on the summit of Mt Kenya, I thought of the people who would be standing on the summit of Kilimanjaro at this moment. Separating the two mountains is 15 hours of bone jarring bus rides across lands that are home to many different tribes.

Most visitors to Mt Kenya opt for a traverse of the mountain and are happy reaching Point Lenana, which although not the true summit, is a superb trek. About 16,000 visitors each year attempt this route

while the true summit, 5,199m Batian, is only visited by approximately 50 people. The most common route to Batian is via an easier rock climbing ascent of Nelion, 5,189m. A traverse across the Gates of Mist, which is always covered in snow and ice, is then necessary. Batian and Nelion are only about 140m apart, but the traverse can easily take two hours each way and can require leaving ropes in place and using crampons and ice axes.

I was here in Kenya on the dream job, working for a UK company Adventure Peaks. I had one experienced client who knew exactly which route he wanted to climb – The Diamond Buttruss. This route is seldom, if at all, climbed due to the objective dangers. Large pieces of rock falling off constantly and all the ice having melted. Andy had become a friend and we had been on two other trips to The Yukon and The Caucasus so we knew each other well.

On the day we were due to leave base camp, we rose early. Gideon our cook grumbled a bit and dished out the African porridge. We had acclimatised over the past week and we planned to climb this route in two days. The guidebook description for the first pitch reads “decent holds, spacey gear, airy positions.” An understatement. With





The Equator passes through Kenya. Locals will "sell" you a demonstration of how water going down a plug hole changes direction in the different hemispheres.

heavy packs, any holds seemed far from decent. Once on the route, the whole buttress towers and rears above you. It is difficult to pick the correct line. Of course, we were the only people on it. The second pitch raised eyebrows even further. Given the steady grade of V by Iain Allan, guidebook writer, it is about 40m long. To save weight, we had decided to take only the bare essentials of protection. We were also carrying sleeping bag, water, food, ice climbing equipment. By about 30m, I had placed most of our protection already. Being an ex-sport climber I love fixed gear. An old peg in a crack showed we were heading in the correct direction. I clipped it using my last runner and moved up. The peg wobbled a bit. I had 3m to go to what looked like a belay. I shuffled across a bit more. The peg wobbled again and fell out. The weight of my rucksack suddenly seemed to increase. I spotted a Birds Head that I had missed before. My aid climbing experience is minimal and it looked like it had been glued in place. But it was another piece of fixed gear. I clipped the biner of my final cam onto the wire loop. Better than nothing? Probably not!

The key to all mountain routes and especially The Diamond is to keep going. Don't stop to think. Keep saying to yourself, "it can't be that hard."

The climbing on the route actually got easier during the afternoon even though they were grade VI. The pitches were steeper and had bigger holds which were obvious to follow. Guidebook writers tend to exaggerate things slightly so we were a little fearful of whether "The Pendulum" pitch would live up to its hype. Coming from the UK, a pendulum conjured up images of huge granite walls. I could see myself running backwards and forward in a huge arc for 30m, hundreds of metres above the ground, trying to catch a small hold with my fingertips. I could exaggerate slightly and tell you it was exactly like that, but in reality it was two metres of faded yellow curtain cord knotted on a rather dismal looking in-situ peg. It was probably possible to climb across the blank wall but as the guide book says



Route finding on the face was difficult

"Pendulum," I felt no guilt in pulling on the yellow cord and reaching out to my right. I had completed my first pendulum and was definitely looking forward to the "Tension Traverse" later on.

The middle section of the route is the most exposed on the climb, most technically difficult, most strenuous and most difficult to follow from the guidebook. Steep cracks, overhangs, iced fissures, snowy covered ledges, dubious protection and a final pitch of 40m which I managed to protect with one piece of gear placed at 10m all added to the experience. Further up, the angle becomes less inclined and the panorama opens up.

No longer are you enclosed by forbidding rock walls. At 7pm as the light disappeared, we stopped to bivi on a small ledge. We strung a rope across, clipped ourselves and our gear to avoid rolling off in the night and fell asleep in our harnesses. We had left the hut at 5.30 a.m. In the morning after a false start and extremely cold hands, we found an easy traverse. The final third of the route can be described as an easy alpine style ridge. The valleys open up below and we were treated to views of Nelion and Point John. At this stage, it's tempting to drop back down to the left side of the mountain as the face is littered with abseil tat, slings and



signs of previous battles. We decided to be brave and head straight up the knife edge ridge. Three or four more pitches later and we were on the summit.

From the top of Batian, four to five abseils will gain you entry into the infamous Gates of Mist. A small col between the two summits. To climb back up to Nelion and find the standard descent route, it is necessary to climb the snow and ice field. We had carried our crampons for the past two days and were now glad of them.

The Howell Hut, at the summit of Nelion is superbly constructed and could sleep six at a push. There are even foam mattresses. Rumour has it that Howell soloed Nelion 13 times with the materials needed to construct the hut. We bypassed the hut and headed straight down. Four abseils on the worst looking tat you have ever seen and we found modern ring bolts. A sign that we were indeed where we should be. The rest of the descent took us all day and in the dying sunlight we crossed the glacial lakes back towards the Mackinder Hut. It was a perfect trip; we had had the mountain to ourselves for two days. Tomorrow, we would have a rest day and then climb some more. After all we still had six days left.

Mt Kenya last erupted 3.5 million years ago and the whole volcanic massif is more than 70km in diameter. The National Park was created in 1949 and is now also designated as an UNESCO World Heritage Site. There are 12 small glaciers in the range but these are vanishing fast.

The first recorded ascent of Mt Kenya, Batian, was made by Halford John Mackinder, Cesar Ollier and Josef Brocherel on 13th September 1899. The local tribes living on or near the slopes of Mt Kenya also have their own names for the mountain; "mountain of whiteness", "white mountain" or "speckled mountain." The massif has numerous other peaks and climbing routes as well as great trekking. All accessible from the well-equipped huts. The main peaks are:



Batian (5,199m - 17,058ft)
 Nelion (5,188m - 17,022ft)
 Pt. Lenana (4,985 m - 16,355ft)
 Corydon Peak (4,960 m - 16,273ft)
 Pt. Pigott (4,957m - 16,266ft)
 Pt. Thompson (4,955m - 15,466ft)
 Pt. Dutton (4,885m - 16,027ft)
 Pt. John (4,883m - 16,016ft)
 Pt. Melhuish (4,880m - 16,010ft)
 Pt. John Minor (4,875m - 15,990ft)
 Krapf Rognon (4,800m - 15,740ft)
 Pt. Peter (4,757m - 15,607ft)
 Pt. Slade (4,750m - 15,580ft)
 Terere (4,714m - 15,462ft)
 Sendeyo (4,704m - 15,433ft)
 Midget Peak (4,700m - 15,420ft)
 The Hat (4,639m - 15,220ft)

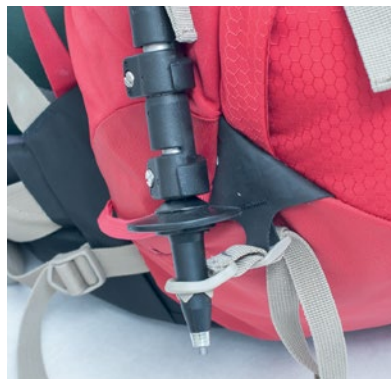


The Diamond Buttress was climbed as part of an attempt on the second highest Seven Summits on each continent. Next issue, Mt Logan in North America.

Sean James



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DIVING

Philippines



"Thresher Sharks."

Those two words sold it to me when friends of ours offered to organise a diving trip to the Philippines. Only once before had I seen one of these magnificent creatures. But that one time, I was so stunned and confused at what I was seeing that by the time I managed to pick up my camera, the moment had passed and the creature had disappeared into the blue from where it came. I was desperate to see one again, but this time I would be ready with my camera in hand. I had spoken with a few people that had been diving there and been told it was "good" or "enjoyable." So I was unsure what to expect.

The Philippines, which is an archipelago in the western Pacific Ocean comprised of over 7,000 islands, has the fifth longest coastline in the world. It was labeled as one of 17 "megadiverse" countries in 1998 by Conservation International, meaning it is one of 17 countries recognised to harbour the majority of the earth's species. As we found out during our trip this was true not only on the land, but under the ocean as well.

After arriving in Manila, our hosts organised a van to transport us the two and a half hour trip to the Acacia Dive Resort in Anilao. There we had booked a three-day, ten-dive package with full board. This boutique style resort was a hidden gem and very well organised. Each diver had their own area for equipment, there were padded camera stations with plugins for charging batteries and the rooms were spacious, which

is helpful when you have suitcases full of camera and diving gear to organise. Shortly after arrival, we were introduced to our dive guide, Padoy, who was specially requested by our hosts. Padoy, a local from Anilao who in a previous career was a national windsurfing champion, had been diving in the area most of his life. He had a massive head of dread locks and a sun weathered face that reminded me of a long haul sea captain. Our guide was very laid back but extremely informative as he briefed us on our itinerary over the coming days and, being a photographer himself, was quick to answer my questions about what we might see and what lens to bring on which days.

The following morning, after a leisurely breakfast, we headed out for our first dive. Our first destination: muck diving in our guide's front yard. Now when I say his front yard, I don't mean in the figurative sense that he lives in the area and dives there a lot. I literally mean ten metres from the front entrance to his house and it was awesome! If you have never been muck diving before then there needs to be some explanation here. Muck diving generally consists of diving in the sand or muck, which means the scenery can be lacking. However, the sand is filled with some of the most weird and wonderful creatures the ocean has to offer. If you like the little stuff or dive with a camera, this is some of the best diving there is. As it was our guide's front yard, many of these creatures were like pets to him. Padoy knew where everything lived and although he never admitted it, I wouldn't be surprised if he had names for most of the creatures there as well. What did we see? Well, there were Harry Shrimp, Banded Shrimp, Peacock Mantis Shrimp, Harry Frogfish, Banded Pipefish, Clown Frogfish, Ghost Mantis Shrimp, Pom-pom Crab, several species of Nudibranchs and the list goes on and on and on. The dive was so fantastic that we went back again a few days later and were rewarded at the end of the dive with the best Blue-Ringed Octopus experiences I have had to date.

The diving over the three days was both stunning and diverse. The visibility averaged 25-30m and the temperature was consistent at around 27°C. Over the entire three days of diving, I can, in all honesty, say there wasn't a single dive that I didn't enjoy. Only three of the dives were muck diving, while the rest consisted of night dives, drift dives



and a few deep dives offering some superb examples of mixed coral gardens with colours that reminded me of the Caribbean. At the end of our stay, we allowed ourselves an extra night to pack and let our gear dry out before continuing on to next part of our journey.

After overnighing in Manila, we flew to Cebu Island where we took a harrowing four-hour drive, during which it seemed every time I looked up we were playing chicken with another vehicle on the wrong side of the road! We then boarded a boat for a further 30-minute ride north to the island of Malapascua, dropping us off directly on the beach of The Exotic Island Dive Resort, which we were to call home for the next five nights. The resort is rustic with simple but clean rooms and stunning views overlooking the ocean. Not quite as much space as we were afforded at our previous resort, but the majority of our days were spent eating, sleeping and diving, so there was little time to enjoy the rooms. I also found the camera facilities to be lacking and had to use the bed in our room for ripping apart and rebuilding equipment in between dives. Fortunately the quality of the food and the diving was such that all else seemed of little consequence.

That evening, after an early dinner, we prepared our gear for the following morning. This was the dive I had been looking forward to. Not usually a morning person, I awoke before the alarm clock at 3:45 a.m. excited about the upcoming dive. Everyone stumbled sleepily onto the boat and we began the 40-minute ride to our destination, "Shark Wall." The top of this underwater mountain varies between 20-30m and its walls drop down beyond 250m. The various cleaning stations scattered over the surface draw the sharks here. Arriving on site just as the sun hit the horizon, we donned our equipment and wasted no time jumping in and descending to the bottom. Not two minutes after reaching the first cleaning station, I heard the familiar tap, tap, tap of our guide's tank alerting us that he had something interesting to show us. I looked up to see a five-metre Thresher Shark swimming towards us out of the blue. It was mesmerising as it completed several passes in front of us, its tail, which was nearly the same length as the rest of the body, streaming behind it like a banner giving the creature a surreal quality. The shark came in closer with each pass, and I moved closer to it each time it swam away, staying low to the ground to avoid scaring it off. It continued to circle, closer than the last each time, eyeing me wearily until, at last, it disappeared back into the depths. This dive alone was worth the long journey, but the rest of the trip didn't disappoint and was just as spectacular. If you were to ask me how diving in the Philippines was, I would tell you without hesitation, unbelievable! We enjoyed our trip so much in fact that we already have two more trips planned within the next year. This is certainly a place I would recommend putting on your diving "bucket list."

Darryl MacDonald



ISTANBUL

and beyond

Healing Hearts
Part 2

It was very frustrating that I had missed out Iran, Azerbaijan, Georgia and Armenia. I really wanted to visit these places as well as Eastern Turkey as this had always been a big part of the journey.

I planned to get back to Istanbul by the 18th May as I am due to speak at a Tedex conference about the Palestine Children's Relief Fund (PCRF) and the reasons for the journey, which is to build a paediatric cardiac unit in Gaza, Palestine. Fundraising had gone well and we had a lot of personal donations and companies getting on board. During the journey, a number of events are planned to raise awareness and to raise funds; Tedex Istanbul being the first.

The UAE chapter of PCRF currently have two cases in the country: 15-year-old Ghadeer who is here for plastic reconstructive surgery and five-year-old Rashad who is here for an operation on his left ankle because of a birth defect. Rashad is here with his aunt, while Ghadeer is staying with a volunteer host family. Both cases are complex and require several months of treatment before they go back home to Palestine.

It took until the third day to clear the bike. Aramex did a great job; it's not easy to get a bike out of the customs area. At one stage, I've been told it was not possible to clear it without insurance; they said the only way to get it cleared was to get green card insurance out of UAE, which would mean flying back, getting it and then flying in again. I patiently insisted that there must be a way, whilst feeling that gutted feeling in my stomach (oh no, not again). I had tried to get insurance in the UAE, but nobody would do it, so even if I came back, it would not hap-

pen. I spent the evening on the Internet and came up with a couple of options, but all would take a few days to a week and I was desperate to get moving.

Patience paid off; a few more phone calls and I was driven for an hour to another district in Istanbul and for the princely sum of 33 Turkish Lira, I had three months of insurance for Turkey. I still had to get green card insurance for the rest of the trip, but they told me this could be obtained at the border.

Istanbul had been amazing and I had seen the sites whilst waiting for the bike. But it was time to get moving and the bike was uncrated the same day it arrived at Aramex depot. It was good to be on the move again, even if initially slow in the Istanbul traffic.

The first day, I relied on the GPS and I had just learned to use the software. I had a great tour of northern Turkey's farming communities. Now, using the map and occasional glances at the GPS, I was making good progress.

I made it to Gallipoli, the site of that First World War blunder. It is now a peaceful fishing town in the Dardanelles and other than the monuments and signs, you would never know the history of the sad and inglorious past.

Across the water, in the evening sunlight and then on to Izmir in the failing light. Setting up camp in the dark, I was ready in about 45 minutes, but when putting the bike into the tent, I dropped it on its side. Being in a confined pace and not wanting to damage the tent, it proved impossible to lift and I eventually found guys to somewhat reluctantly lift it.

So far I have covered 2,900km around beautiful Turkey and I have experienced genuine warmth and welcome, that to be honest, I have never remembered receiving in any other country. Despite language difficulties, I have had a repair done to the motorbike and the shop proprietor would not take any money. I have been given tea at just about every stop and not been charged for it. A lorry driver gave up an hour of his time to help me, I was given free food in a restaurant, a guy who I got talking to lent me a difficult to find piece for my special camera, trusting me to send it back to him,



Words + Photos By: Richard Mitchell



which I did. On my return to Istanbul, a Turkish biker stopped me and asked if I needed any help and spent the next two hours taking me around to get new reading glasses, get a spare part for the bike and find my hotel. If you add to this the wonderful sites I have seen, the initial issues experienced are now long forgotten.

I have been to the city of the wooden horse, visited the town of Assos (the scene of the great battle), visited the temple to Athena at Bergama, been to the capital of ancient Asia Minor in the footsteps of great men such as Alexander the Great and Hadrian at Ephesus. I have bathed in the ancient pool at Hierapolis, the same natural spring water that according to legends Cleopatra used to regain her youth. I have seen the most amazing scenery in Cappadocia and the Black Sea coast.

I have been rained on, hailed on, in the middle of a thunder storm, got lost and have ridden up a canyon meant only for walkers, and when I could get no further, I had to turn around and do it the other way.

Just before getting back to Istanbul for Tedex, I fell off the bike and after taking all the luggage and panniers off, managed to lift its not insignificant weight of about 250kg up and right it myself. I have been on and off road and everywhere I go I tell the people the reason I am doing this. People have given me donations along the way. That is in just the first two weeks in Turkey.

Two days in Istanbul for Tedex, which went off very well, and a meeting with the PCRF Istanbul chapter and I was off to the Bulgarian border.



GIVE MORE SPEED TO YOUR WAVERUNNER

Recommended modification + certified products = efficient result + trust

If you are a Waverunner racer or even an occasional rider, you will eventually get used to the high speed of your ride. So why not look for modification parts to give it a boost? But how do I find what I exactly need?! UAE provides a big platform for Waverunner riders. The big offshore sailing coast of UAE stimulates you to ride and fly.

But do you know what the common modification accessories in all Waverunners are? All Waverunners are personal watercraft vehicles or PWCs. These machines are a hybrid between a water ski, power jet boat and motorcycle, which offers a fast and thrilling water experience. The brand Waverunner is a type of PWC made by Yamaha. Yamaha makes many different models. All Waverunners have an inboard engine driving a pump jet that has a screw-shaped impeller to create thrust for propulsion and steering.

There are so many ways to modify your Waverunner, but finding the right and certified modification is always a great challenge for enthusiasts. Some maybe costly and cause big changes to the PWC's, but will the correct know-how you can still do some major changes with only minor modifications like:

Rear Exhaust modification delivers performance and cutting-edge style. Allow for removal of restrictive sound suppression system located between water box and hull exit. Improve engine performance by reducing back pressure and restriction.



Ride Plate delivers superior handling performance, quicker planning and improved top speed. It reduces porpoising; improves straight line tracking at high speed with race bred design. Improves acceleration, cornering and straight line handling. Powder coated to prevent corrosion.



Intake Grate reduces cavitation, improves handling, no loss of top speed, IJSBA race legal and replaces the restrictive sound.



Free Flow Exhaust suppression system located between the water box and hull exit on your watercraft. Improves engine performance by reducing back pressure and harmful detonation. Includes mandrel bent aluminum tubing that is powder coated to prevent corrosion, high-temp silicone replacement coupler and installation instructions.



Valve Train Upgrade Kits increase the reliability of your modified engine by reducing the possibility of valve float at high RPM. Includes lightweight, precision-machined titanium valve retainers, racing valve springs and base washers.



The above minor modification accessories contributes up to 25 to 35 HP in your PWC, but according to the experts if you want complete solution to create a great fusion then there are complete Stage Kits available named as Stage 1 Kit, Stage 2 Kit and Stage 3 Kit.

STAGE 1 KIT



STAGE 2 KIT



STAGE 3 KIT



Al Yousuf Motors L.L.C is offering you an amazing opportunity to improve your overall Waverunner riding experience with original modification parts by Riva Racing USA at highly competitive prices even below the retail prices mentioned on the Riva Racing website. All quality modification accessories can be found in one place at **Al Yousuf Motors**; who has a wide network of showrooms across the UAE with more than 60 years of experience.



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Abu Dhabi: 02-558-8890 | 02-666-0591
Sharjah: 06-538-8066 | Ajman: 06-741-0004
Al Ain: 03-721-1444 | Fujairah: 09-222-1188
Ras Al Khaima: 07-235-1592

Dive²⁰¹³ Listings

For the June issue of OutdoorUAE, we've put together a comprehensive list of diving centres and shops based in the UAE and beyond for you to look at.



Coastal Technical Divers has over 15 years experience technical diving and 13 years on rebreathers. Our in house team and network of world-renowned experts will prepare you to achieve **your** goals.

Whether you are just getting started or wish to increase your knowledge and extend you capabilities, we provide you with the highest standards of training and safety in the region.

- The UAE's only dedicated Technical Diving Training Centre
- IANTD Instructor Training Facility, TDI and BSAQ Technical Facilities
- Open Circuit/Rebreather Diver training to ALL levels on the AP Inspiration and the rEvo rebreathers
- Expeditions to remote and iconic locations like the HMS Hermes, Chinhoyi Caves, S.S.Maidan to mention a few
- Nitrox, Sofnolime, Trimix and boosted Oxygen available onsite
- Guided dives on the east coast deep wrecks starting at 50 meters to 118 meters.



Location

Located at the Fujairah International Marine Club on the Corniche in Fujairah.

Contact

Coordinates: N25°07.35, E56°21.27

Tel: +97150 8696707

Email: info@coastaltechnicaldivers.com
www.coastaltechnicaldivers.com



AL MARSAMusandam

Al Marsa Musandam promises to guide you to explore Oman's most spectacular reefs, rock formations and a colourful selection of marine life spread across over two-dozen unique dive sites. 120km away from Dubai, Musandam is a stunning destination. Al Marsa's multi-lingual SSI / PADI and EFR certified instructors. Complete your PADI certification (beginner or experienced) including: Discover Scuba, Open Water, Advanced, and Technical courses.

Tel: (Oman) +968 26836550
www.almarsamusandam.com



DIVE LOCATION

Al Jeer Marina offers the newest scuba dive/snorkel location in the UAE. Its unique location at the very north of the country, is set against a stunning backdrop, it enjoys crystal clear waters that are not spoiled by construction projects. Where the mountains meet the sea. Sandy beach camping with showers and wet changing rooms. Fully licensed clubhouse with BBQ. Food/Fish and Chips.

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Arabian Divers and Sportfishing Charters have over two decades of experience on the Arabian Peninsula. We offer a "One Stop Shop" with "On Site" facilities, and PADI P.I.R.R.A Resort. We do daily Sightseeing Boat Charters, Big Game Sportfishing, Scuba Diving and Snorkeling Charters. Our marina chandlery retails Scuba Diving, Sportfishing and Boat Equipment.

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For more information please visit paviliondivecentre.com
or call +971 4 406 8828.



Dive Listings ²⁰¹³

DIVE SHOP



Gulf Marine Sports is located in Abu Dhabi, tourist club area, 10th street or Old Mazda St, opposite Fayrouz super market.

Gulf Marine Sports distributes a wide range of basic snorkeling equipment, professional and pleasure diving gear. Gulf Marine Sports has been established since 1998 and offer an extensive range of diving equipment and professional services. Gulf Marine Sports advise and help its customers to decide what equipment is best for them. GMS offer a big range of the most reputable and leading diving equipment brand names, such as TUSA, BEUCHAT, BARE, UNDERWATER KINETICS, TRIDENT, SEA PEARL, PRO BLUE DIVE ACCESSORIES, BIG BLUE LIGHTS, STINGRAY, PELICAN, AND PADI.



Our facility includes:

- Hydro test for tanks
- Tank rental
- Tank filling
- Padi materials Supply
- Equipment service
- Scuba Gear sales
- Under water Spearfishing Products
- Diving Mask Prescriptions Lenses



Contact

Gulf Marine Sports | Abu Dhabi Outlet
P.O. BOX 32945.

Tel: +971 2 6710017

Mobile : +97150 4467956

Email: firmas@gulfmarinesports.com

www.gulfmarinesports.com



Sheesa Beach Dive Center are the oldest and largest dhow cruise operator in Oman and we specialize in dhow cruises, diving trips and courses as well as operating a camp in Dibba Oman. We offer diving trips by speedboat and dhow - diving courses - sharing live aboard dhow safaris - private day and overnight dhow cruises - day dhow cruises - and camping.

Location: Dibba, Musandam Port, Oman

Tel: +97150 3336046
www.sheesabeach.com



ONLINE DIVE SHOP



ScubaUAE.com is the UAE's first online scuba store offering equipment, courses and trips, all from one website. Our mission is to offer the biggest range of brands, combined with excellent prices and first-rate customer service. We supply items by Mares, Cressi, Scuba Pro, Oceanic, Suunto, Sealife Cameras and many more. Visit www.scubauae.com for products and services.

Tel: +97150 2053922
www.scubauae.com

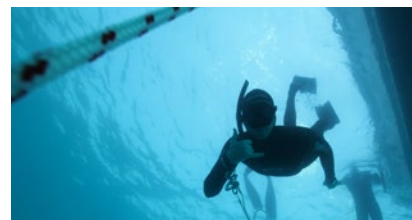
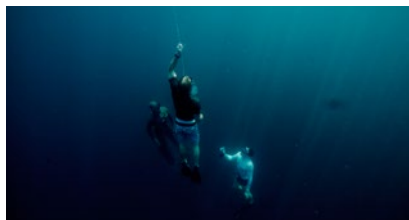


Learn to freedive with FreedivingUAE. We offer high quality all year round beginner to advanced AIDA freediving courses and trips in Abu Dhabi, Dubai and Fujairah.

FreedivingUAE was co-founded by Adel Abu Haliqa (UAE National Freediving Champion & AIDA Instructor) and Alex Boulting (AIDA Instructor) in 2009, and is the only company in the UAE specializing in courses and training in Freediving. We are a professional community of freedivers who have a passion for passively exploring the underwater world. We are working to get Freediving recognized in the UAE and creating Freediving as a popular activity. We aim to put the UAE on the international Freediving map by organizing a national team and running competitions locally. We feel that the UAE is a natural home of Freediving where pearl diving brought wealth to the region before oil.

Course Location

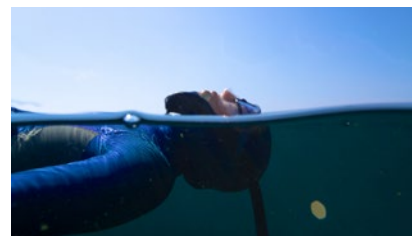
Abu Dhabi: AFOC (Abu Dhabi Armed Forces Officers Club) | **Dubai:** Jebel Ali Beach Hotel for theory and Hamdan Sports Complex for the pool session.



Freediving courses are run every month in Dubai and Abu Dhabi. To find out more log onto: www.facebook.com/breathholder

Contact

Email: contactus@freedivinguae.com
www.freedivinguae.com



COMPETITION

WIN over 3600AED of freediving courses!

Learn how to explore the underwater world in the most liberating and calming way! For your chance to win a course with FreedivingUAE, log onto: www.freedivinguae.com/competition or scan the QR code here taking you directly to the competition page. All you have to do is answer one question and fill in your details!

FreedivingUAE are giving away:

- 2 AIDA ** foundation freediving courses
- 4 AIDA * beginner freediving courses
- 8 Discover freediving courses

Terms and conditions apply, the competition closes on the 1st of July 2013 winners will be announced on the OutdoorUAE Facebook page on the 5th of July 2013 (www.facebook.com/outdooruae)



Al Boom is growing with over 7 centres offering PADI Dive Courses and Watersports. PADI Courses from beginner up to Instructor. Diving in The World Islands, Al Aqah, Musandam, Dubai Aquarium, Jebel Ali, and Jumeirah. Snorkelling trips, boat cruises, dhow trips and crazy wacky towable rides.

Al Boom Diving was established in 1996, as it was increasingly becoming clear that the country had an ever-growing need for a reputable, professional dive operator. Now with the UAE's biggest selection of the latest diving equipment, rentals, air fills and dedicated workshop Al Boom is a true one-stop dive shop. Al Boom Diving was privileged to become the distributor of Aqua Lung for the Middle East leading to the acquisition of an 8000square foot warehouse in 2008 in Dubai Investment Park. Our workshop team is highly experienced and capable of servicing and repairing all sorts of equipment from most brands.

Whether your BCD just needs a hose replaced or your dive computer needs to be tested at pressure, our workshop in Al Quoz can do it all.

Locations

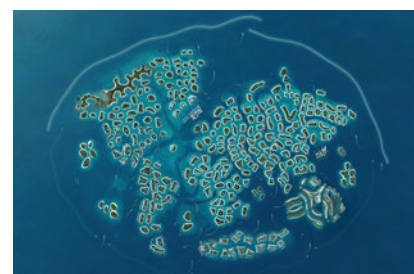
Al Boom Diving is the leading dive operator in the UAE with a PADI 5 Star Dive Centres on Al Wasl Rd in Dubai; at Atlantis, The Palm; at Le Meridien Al Aqah Beach Resort and Spa in Fujairah; at the Jebel Ali Golf Resort and Spa and offering daily dive and snorkelling trips in the Dubai Aquarium & Underwater Zoo. We offer Watersports at Atlantis, The Palm; Le Royal Meridien Beach Resort and Spa Dubai and Le Meridien Al Aqah Beach Resort and Spa.

New Dive Site!

Dive the World Islands, with Al Boom Diving.

Contact

Tel: +971 4 3422993
 Email: abdiving@emirates.net.ae
www.alboomdiving.com
www.facebook.com/alboomdivingUAE



Dive Listings ²⁰¹³



Hidden destination, untouched dive sites, boldly go where no one has gone before! We are the only dive center in the whole area...so lots of fish and few divers! Enjoy the impressive landscape of the Fjords of Oman and the heritage life of a fishermen's village.

At Extra Divers Musandam, all our dives are from speedboats, the boat ride takes about 45 minutes since our dive sites are located at the tip of the peninsula. The islands we dive on a daily basis include Musandam, Abu Rashid, Al Khayl, Abu Sir, Abu Sawfur, Salamah, Fanaku. We have over 20 dive sites in the area where we can choose from ranging from beautiful corals gardens, impressive rocks overgrown with colourful sponges and thrilling steep walls.

The decision where to go depends on the weather/sea conditions and the experience of the divers.

Location

We are located in Golden Tulip Resort and offer full daily dive trips (two dives) to interesting dive sites all year round. North Musandam harbours some of the best reefs of the region. The Musandam Peninsula, in the Strait of Hormuz, is the only waterway between the Persian Gulf and the Arabian Sea. Corals from this region, where sea temperatures and salinity are high, are more resilient to those environmental parameters than corals in other parts of the world. All dives are drift dives, meaning the boat follows us while diving with the current along the reef.

Dive Packages

- Certified divers who only need tanks and weights | 36 OMR
- Certified divers who need a full set of dive equipment as well | 53 OMR
- Non-certified divers who want to do an intro dive with a pro | 45 OMR
- Non-certified divers who want to do two introductions dives | 60 OMR
- Snorkelers who want to join the trip (minimum age 10 years) | 15 OMR (snorkelers who need mask, snorkel and fins | 19 OMR)

Contact

Tel: +968 99877957, +968 26730501

Email: info@musandam-diving.com

www.musandam-diving.com



Divers Down is a 5-Star PADI IDC-Resort established 2002, located within Miramar Al Aqah Beach Resort & Spa, Fujairah. Family-friendly with a great club-like atmosphere, our boutique dive-centre is 1st choice on the UAE. Located on the East Coast; for expats and tourists. Multilingual, experienced instructors teach the full range of PADI courses and specialties. We offer safety, fun, flexibility. 3 dives and night dive, every day - We visit 14 different dive sites - Ranked #1 on TripAdvisor.

Tel: +971 9 2370299
www.diversdown-uae.com



The Pavilion Dive Centre in Jumeirah Beach Hotel offers an array of services for both hotel guests and residents. The Pavilion Dive Centre is the only PADI 5 Star Career Development Centre in Dubai. From entry-level and children's diving courses, diving lessons for special needs, to training you as a professional dive instructor, we have over 30 Internationally recognised PADI courses for you to choose from. Our dedicated Instructor Training is available in English, French, Russian, Chinese and more.

Tel: +971 4 4068828
Email: divecentre@jumeirah.com



Khasab Diver are a European and Omani team dedicated to providing premium services to divers and adventurers. Khasab, the local capital of the Musandam peninsula, is located 250 km from Dubai. Its beautiful breathtaking mountains, unspoiled beaches surrounded by wadis and dolphin pods make Khasab an exceptional and unforgettable place. We offer Dhow cruises, snorkeling and diving trips, kayaking, beach camping and parties whilst providing the best individual services and equipment.

Tel: +97156 7255889
www.scubaoman.com



The Dive Shop is a small and friendly scuba dive shop committed to our dive professionals and customers. Yes, we follow standards, yes our prices are competitive, but most important **"we care about our customers"** is our philosophy.

Some of our services include:

- PADI scuba diving certifications
- Equipment services and repairs including O2 cleaning
- Cylinder visual and USA DOT standard hydro tests
- Nitrox, Trimix and Oxygen fills.

Some of our brands include:

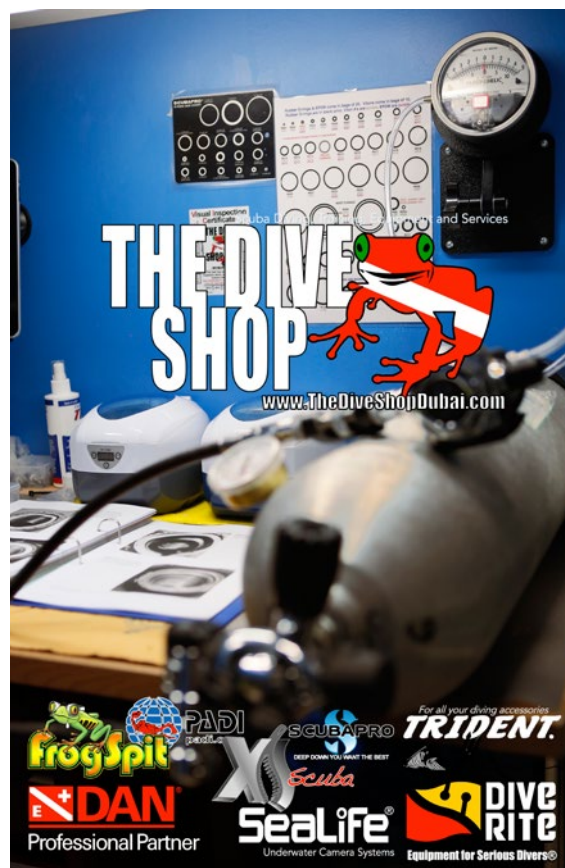
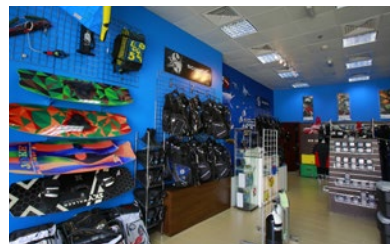
- DiveRite, Scubapro, Trident and XS Scuba gear.
- Sealife Underwater Cameras
- Brand names you can trust.

Location

34G European Business Center,
Green Community, Dubai UAE.
Google maps: The Dive Shop Water
Sports Trading LLC
Coordinates: N25°00.15, E55°09.17

Contact

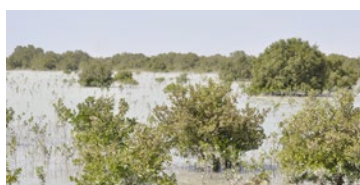
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Mobile: +97150 3573558
Email: contact@thediveshopdubai.com
www.thediveshopdubai.com



Desert Islands Watersports Center, managed by Al Mahara Diving, is a bespoke PADI 5 Star Instructor Development Center and PADI Swim School specialised in scuba diving, deep sea fishing, snorkelling, catamaran sailing, stand up paddle boarding, sea kayaking, sea cruising, swimming lessons, ladies only and corporate team building programs, eco-events including beach and underwater clean up, reef check coral reef monitoring, marine conservation outreach programs.

Location: Beside Desert Islands Resort and Spa by Anantara and the conference centre.
Sir Bani Yas Island, Abu Dhabi

Telephone: +971 2 8015400 (Watersports Center)
Email: sby@divemahara.com
www.divemahara.com



The Dive Center is located in Hilton Fujairah. Fully air-conditioned with a user friendly classroom facility for students to make the most of the diving knowledge. Our Marine Biologist dive instructor takes you well beyond the normal learning curve. Bathrooms with showers, changing rooms also located in the Dive Center. Retail fully equipped dive center with all major scuba brands for resale. Different areas: complete water sports facility with Jet Ski rental, wakeboarding, waterskiing, and all non motorized activities.

Tel: +971 7 2433800
www.arabiandiver.com

PRODUCTS

A round-up of quality products available right here in the UAE



411027 X-Vision LiquidSkin Mask 385 AED

Available at Adventure HQ Times Square Center

The ultimate revolution. LiquidSkin meets the most popular mask in the world. The result is an incredible mask. The combination of two different type of silicone provides incomparable comfort. The marks that are typically left on your face after a dive are mostly eliminated. Equalisation is now much easier thanks to the super soft nose pocket.

With the addition of Mares patented LiquidSkin® technology, the X-Vision now offers comfort that was formerly impossible. By co-molding two different types of silicone, there is no longer a need to compromise comfort in order to support the frame structure of a mask.

- The section that rests on the face is made with silicone that is 45% softer and 270% more elastic than what is typically used by other masks
- The support structure and the area of the seals are molded with a silicone that is 30% harder than the traditional material



Native Watercraft Mariner 10 Propel 7,995 AED

Available at Adventure HQ, Times Square Center

Pedal-powered mighty mite! At just ten feet, the Mariner 10 Propel loves tight spots and demanding maneuvers. Whatever you get into you can back out of; the Propel Pedal Drive is easy to pedal going forwards and backwards. Stow your dry bag on the low rear deck. Mariner 10 Propel is plenty stable enough for standing. Performance promise, can pedal in reverse, stable ride sitting or standing, sit-on-top convenience (easy on/off), built-in rudder system, comfortable support for rear end and lower back, boat self-bails, tons of available accessories.

- Length: 3.05m; width: 81cm; weight: 33kg; capacity: 125kg
- The Air-Lite suspends you in cool comfort. Resistant to damage from the sun or from saltwater, the Textelene® Solar Screen fabric is stretched over a lightweight anodized aluminum frame. The suspension and quick draining fabric ensure that you will never spend your day on the water sitting in water. The back easily adjusts forward or reclines to provide the perfect level of back support while the bottom can be raised to three different levels offering customizable thigh support.



"We've Got You Covered"

Banana Boat offers a complete line of sunscreens with unique formula and quick absorption. The line is ideal for the family seeking convenience in a product that protects them and at the same time, moisturizes the skin.

Banana Boat, brand owned by Energizer Holdings Inc. has the Ultra Defense line of sunscreens containing exclusive technology Avo Triplex. Patented by Banana Boat, this technology combines three ingredients that keeps the photo stability of sunscreen. The formula provides rapid absorption, it is not greasy and it is water resistant.

In versions of the Sun Protection Factor (SPF) 30 & 50, the Ultra Defense line of products are suitable for the whole family, since the formula of lotions and continuous sprays is very water resistant; attribute that indicates that the product maintains its protection for up to 80 minutes in the water. Additionally, Banana Boat Products are tested in the laboratory and in the sun.

Ultra Defense Lotion SPF 30, 50

The Banana Boat Ultra Defense Sunscreen SPF 30 has a high-tech protection against sunlight. The unique formula Avo Triplex keeps the photo stability of sunscreen. The product is very water resistant, has a rapid absorption and is ideal for the active family. The lotions range is available from 90 ml to 240ml.



Continuous Spray Ultra Mist Ultra Defense SPF 50

In versions with SPF 50, the Continuous Spray Ultra Defense sunscreen is different and ideal for the family seeking convenience, but without giving up skin protection from the sun. The product also comes with Avo Triplex technology, which ensures a prolonged and effective protection against solar radiation.

With a non-greasy formula and quick absorption Continuous Spray also has a convenient package that allows the product to be passed quickly with just one hand.

PRODUCTS



Naish Draft 14m 6,456 AED (including bar and lines)

Available at www.kitesurfsup.com.

The Draft is a high performance freeride kite that excels at hooked-in riding, hang time and racing. This state-of-the-art design has powerful lift for boosting big airs and long gliding jumps. The Draft features a Static Bridle Platform. This eliminates the pulley and keeps the kite stable and driving forward for unrivaled windward performance and downwind speed. The Draft has five struts on the 7, 9 and 12 sizes for added control in strong winds and three struts on the 14 and 17 sizes for light wind performance and faster turning. Stability, high floating jumps, and speed are characteristics that define the Draft.

Yamaha 1 or 2 Person Rider Deck Tube

Previous price: 750 AED

Special offer: 600 AED

Available at Al Yousuf Motors Showrooms in Dubai, Abu Dhabi, Sharjah, Ajman, Al Ain, Fujairah, Ras Al Khaimah

Enjoy new Inflatable Yamaha Deck Tube experience! This 58" (deflated size) round deck tube is one hot ride, built to last and a great value. The rugged, 30-gauge PVC bladder is completely covered by a double-stitched 840-denier nylon cover. Two topside neoprene panels are strategically placed for comfort. It's equipped with four deluxe handles with neoprene knuckle guards, a convenient Quick-Connect for easy hook-ups and a Boston valve for quick inflating and deflating. Also offers a boarding strap for easy boarding from the water. Designed for one or two riders up to a total of 340lbs.



Garmin Edge 810 Bundle 2,295 AED

Available at Adventure HQ, Times Square Center

Ride it. Share it. Relive it. All from the road! For the first time, cyclists can monitor for themselves and share in real time where they've been, where they are going, and how they are performing, with accuracy, durability and endurance. The new Edge 810 is the complete touchscreen GPS bike computer, with maps, navigation, and advanced performance monitoring that offers connected features through your smartphone. This dedicated device gives you a dynamic ride experience, allowing you to connect with the social world and share and receive rides, courses and workouts while on the road.

- Connected features include instant uploads to Garmin Connect, LiveTrack, social network sharing and weather
- The 810 also lets you create activity profiles, allowing you to easily configure data fields, routing preferences, and device settings based on cycling activity
- Compatible with heart rate, speed/cadence and power
- Compatible with Android or Apple iPhones from the iPhone 4 onwards
- Measures only 9.3 x 5.1cm weighs only 98g
- 15 hours of normal use, and 12 hours with Bluetooth and GPS

Yamaha sports boat

For over five decades, Yamaha has defined marine innovation by listening to boaters, challenging conventional thinking and focusing on performance, quality and reliability.

At the heart of every boat lies Yamaha's legendary internal propulsion system. Superior in quality and reliability, this premium power package has become the industry standard. Every Yamaha boat is precision designed and engineered together, matching the hull and power to maximize performance.

With every Yamaha sports boat you are guaranteed to get:

- Faster planning: the position of the propellers in the hull makes for a higher thrust point, allowing Yamaha boats to plane quicker, hence reducing bow rise and offering a clear view of what's ahead.
- No exposed lower drive unit: because the propellers are housed internally, the stern area of Yamaha boats can be used as a water-level swim platform.
- Shallow water clearance: due to their minimal draft and lack of exposed propeller, Yamaha boats are able to manoeuvre through shallow waters with ease.
- Spacious layout: with space to spread out, Yamaha boats are a wider boat with no engine hatch in the way.



242 LIMITED S

Yamaha flagship 242 Limited S delivers the most rewarding boating experience on the water.

The inviting bow features a variety of comfortable seating configurations. An all-new dash evokes the look and feel of a high-end luxury car and features state-of-the-art gauges. The forward swept folding tower features integrated LED cockpit lighting and flush-mounted speakers. The two-tier lounge is well appointed with upholstered back and seat rest, stainless steel drink holders, premium Polk speakers and a freshwater shower. It's the perfect platform for creating sunset memories sure to last a lifetime.



Our Yamaha sports boat can also come with a financing plan to make your experience enjoyable as well as practical. (This is computed based on 20% down payment over 36 months)



242 Limited S: 6,992 AED/month



212X: 5,916 AED/month



212SS: 5,513 AED/month



AR 240: 6,454 AED/month



AR190: 3,765 AED/month

OUR EXPERTS

A SUMMER Game Plan



the fishing kit
by Kit Belen
Our fishing pro who shares his experiences and expertise with OutdoorUAE through his regular column.
thefishingkit@gmail.com

The summer is officially here, warm days and nights have come and shall be staying with us for the next three months or so.

While some might be putting their gear away for the summer, those who brave the heat at times hit some pretty good fishing with almost no one else in even the most popular spots.

Summer fishing is only for the brave or the hard headed. Then there are those that are simply too hardcore to put the rod down and fish through the summer.

Truth be told, fishing in the Mid-East summer might surprise you with some pretty memorable trips. Put in mind that the period of daylight in the summers are longer, use this to your advantage if you plan to go on a trip. Start very early since the sun will be up earlier than usual, or you can choose to go out in the late afternoon and stay out until the light fades, which would be around 7:00 p.m. or so.

THE POSSIBILITIES

Inshore in the morning

There are cooler days in the summer if you just watch the thermometer, these days are ideal for wading around the mangroves and flats, which can put you into some decent fish. The edges

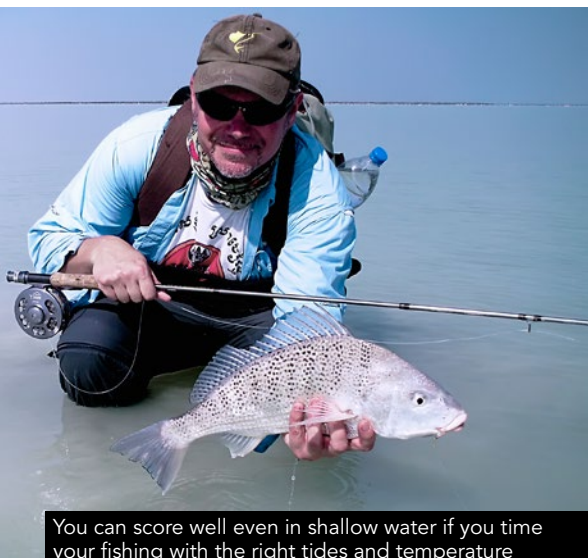


Some decent fish can be caught in the summer if you are brave enough to endure the heat.

Photos By: Kit Belen and Leng Chua



Summer fishing can surprise you with some pretty good bites on a fly



You can score well even in shallow water if you time your fishing with the right tides and temperature

of these flats and mangrove areas are bordered by deep cuts and canals that hold fish, fishing them with soft plastics or spoons can produce some fish that would surprise you.

My preference is to stalk the shallows in search for grunter and bream on the fly rod, fishing with tiny soft plastics will also produce, however, bear in mind the fish would be extra spooky in skinny water and would bolt away at the slightest unnatural splash. Flies, on the other hand, hardly make a splash when they land and are the main advantage of this system of fishing in shallow water.

One thing I love about the summer is the good visibility (when there aren't any sandstorms) because the mornings are mostly very clear. Sight

fishing the flats with a mirror-like surface is the stuff of dreams! A slight ripple on the surface indicating feeding or cruising fish really gets your heart racing, it's almost like a drug that makes you forget about the heat. Then at about 10:00 a.m., it hits you, you get reminded that you are in the Middle East, it's summer and it's time to pack up.

The real Arabian Nights

Offshore at night, a few miles off the coast of Fujairah, in the Indian Ocean; it would not be your ideal way to spend an evening, but if you are brave enough to try it out, there's some fine fishing for tuna and dorado off the East Coast. The tuna get a bit more active at night and hold shallower in

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Fishing offshore at night in Fujairah can produce some nice tuna for some sushi



glow in the dark jigs fished at night near the tankers can produce tuna and dorado

the water column than they do in the day-time, making it possible to target them with lighter gear and smaller jigs.

Glow in the dark jigs charged with a few flashes from your point and shoot camera and the jigs light up like a Christmas tree. These jigs mimic the bio luminescence present in quite a few forage species that tuna feed on, on top of the list are squids.

You don't really need to wait long if they are around a spot since bites are almost instant and the action consistent, as Leng and Luca found out one summer evening. Just because it's warm it doesn't mean the fish have stopped biting. With a little planning, you get to enjoy the spots all to yourself while the others stay home watch fishing shows or fish with their play stations.

There is really a lot of fishing you can do in the summer, you just have to be selective of the time of day you go, or choose the days where the daytime temperature drops to comfortable levels, and in those days that you feel the itch, but the weather doesn't cooperate, then your only solution to get your fishing fix is to do some maintenance on your gear, replenish your tackle, respool your reels, tie flies – the list is endless.

Brace yourselves... summer is here.
Till next tide change,

Kit



Luca Admiring one of the several tuna caught while fishing at night



The lighter weight flies hardly make a splash when they hit the water and don't scare the fish away



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OUR EXPERTS



ADVENTURE

hits heavenly Hatta



Tori
runner, writer, blogger &
adventurer
PS. My email address is
tori@fitchicksandfastwomen.com
for thoughts, ideas, and
suggestions... or just to
say hello!

This month, my adventures saw me having fun in the sun a little closer to home – in heavenly Hatta. It all started one morning in April. As I inhaled my first injection of caffeine and scoured my inbox for any excitement amongst the deadlines and demands, taxes and timelines, bills and blah blah blah, there amongst them, a mail from Dubai yogi extraordinaire Suzanne Robson.

Suzanne and her friend and fellow yogi, Caroline Leon, were organising a sublime-sounding yoga retreat at Hatta Fort Hotel and invited me to join. Hatta Fort is one of my favourite hotel escapes; it's so old school with fab food, a wonderful slow pace and little mountainside chalets that make you feel like you're on the set of "Dirty Dancing." It really is a world apart from the über luxurious hotels we have in the city, which in my book,

makes it all the more appealing.

Throw in mountain landscapes, marvellous meditations, sunrise and sundown yoga sessions on the beautiful hotel lawns, delicious healthy food and wonderful company and it seemed too fabulous a weekend to miss!

The icing on the cake was that whilst we restored and rejuvenated, re-energised and refreshed, we could feel wholeheartedly virtuous as 100% of the profits were going towards two fabulous children's charities in Peru – Amantani and Latin American Foundation for the Future (LAFF). The event, you see, was part of the girls' fundraising efforts for a Gulf for Good challenge which will see them trek the Inca Trail this coming July.

I shan't recount the entire itinerary; that, hopefully, you can find out for yourself at the next planned retreat. I really wouldn't hesitate recommending it for a second. Instead, as with any event or experience, I left with certain takeaways which I hope will remain etched in my memory long after the kinks have returned and the joints stiffen once more!



Me & my friend Brandy



Bone Stacking



Partner Yoga



Tree Pose



Crow Pose

Tori's takeaways below:

- I will remember that Hatta is so absolutely stunning. I've been here lots of times and every one of them I remind myself to make the very short trip from Dubai more often. Mountain landscapes are breathtaking and all the more so when the city we call home is so flat.
- I will remember to always be grateful at the end of each yoga session, meal, day, whatever. We should take a moment and be grateful for our unbelievably fortunate lives.
- I will remember that partner yoga is a beautiful act of connecting with others, of bonding and learning to trust. I found myself doing a headstand with my head balanced between the thighs of my now friend Mona – intimacy like that doesn't normally occur within a day of meeting someone!
- I will remember that meditation really is chicken soup for the soul even though it's tough. Really tough! The secret to meditating however is not to banish the monkey mind, it's not possible to quiet it all together, but rather to bring ourselves back to the moment every time we find ourselves drifting off.
- I will remember that savasana, or corpse pose, isn't just that bit at the end of the class when you lie like a limp doll and have a power nap, that it really is where all the magic happens. Suzanne summed it up perfectly in saying, "it is the easiest practice to perform but the hardest to master."
- I will remember to refer to yoga blocks as "rectangles of hope" in the future. They are a wonderful enabling prop and a god-send to tight athletes!
- I will remember that yoga has so many similarities to long distance running, but



Yogis Unite!

one highlighted this weekend was how it doesn't discriminate between old hat and newbie, between younger or older, between skinny and curvy. It's such a personal discipline but it's also powerfully bonding. No one judges and you learn so much about yourself, mentally, physically, spiritually and emotionally.

- I will remember that yin yoga, where you perform deeper poses to target the connective tissue, is quite telling in that if you find a pose really tough, it's pretty indicative that your body needs it. For runners, think hip openers and ITB stretches!
- I will remember that yoga is a wonderful metaphor for life. During yin yoga for example, Suzanne talked about approaching every pose with curiosity, about observing how we feel and being free to experiment. She also reminded us regularly that yoga is not about trying to get your head to touch the ground or to twist your body in

crazy positions, but rather about what we learn during the journey along the way.

- I will also remember that it's getting hot out there. My midday trail runs around the Hatta hills left me with arms the colour of chocolate and some serious chafing, worthy of the loudest of screams in the shower!
- And finally, I will remember three simple yet powerful words that Caroline repeated often: "Breathe. Happy thoughts." Simple words maybe, but words that we could all do with remembering at times, with or without yoga!

More retreats are in the planning so do visit www.sy-yoga.com or email syoga@me.com to be kept up to date. You won't regret it! Namaste.

Love Tori x

LOCATIONS

"TWO RIDES GO TO WAR..."

(with apologies to Frankie Goes to Hollywood)

Mountain biking in Showka hills

Rocks pinged off tyres as the rubber knobs battled for traction on the steep uphill where the broken stones created wheel-spin as we fought to surmount the top of the mountain col. The loose ground had tested our bike handling skills for over two hours as we ascended to the highest point of our route giving a magnificent vista across numerous golden brown mountains spilling into Oman as far as the eye could see. Cairns had highlighted our path for a couple of kilometres of gradually increasing steepness – had we ridden the route in reverse by accident?

The group met leader Sam from The Cycle Hub at the usual Showka roundabout meeting spot, noticing mountain bikers parking to one side, roadies to the other. We are just about to leave when Tom arrives late. There's always one, but he makes up for it by leading out the ride. Although a sponsored racer with Air Arabia, he is a thoroughbred mountain biker in savouring the banter and

Words By: Stephen Turner

Photos By: Sam Sayadan and Stephan Bekker

pure pleasure in getting out into the wilderness with like-minded souls.

An hour later and we stumble across two "Hot Coggers" camping wild. They offer suggestions to extend our ride. Are we up for it? A unanimous vote says "yes." So begins our exploration further away from the intended route. Initially bordering the dam, we continued past a goat farm and out further into the hills, crossing wadis and cresting hummocks of loose grit, rock and sand. The terrain is absolutely perfect for MTBs, with 100 per cent concentration required to avoid crashing or choosing the wrong gear and stalling. Several gullies became ravines to then open out into wide-open flat plains. In one remote valley, we slid down a slope to jump a ditch and fight the opposing sand-bank, whereupon we discovered a deserted



Stephan the photographer

farm, the broken stone walls delineating abandoned rooms and animal fields on the perimeter. We wondered how long they dated back to. Three of our group knew the direction in which we headed – but not all at the same time. As a consequence, we chose to follow our noses, occasionally re-grouping to rehydrate and not lose anyone. The top of the highest col led to a rocky traverse that was almost alpine with a large drop plummeting beneath us, then descending along a run-out into a boulder-strewn wadi where Jim decided to become more intimate with the dirt. Nothing broken, so we continued. Well, what else could we do? Picking a smooth line was tricky as we zigzagged through the boulders. Sometime later, our legs gained relief speeding freely across a hard-packed plateau leaving plumes of dust before finding a single track returning to the dam and home to our cars. A certain car manufacturer advertises a "mini adventure." This mountain bike ride far surpassed any such marketing blurb; we had had our own small epic. Three hours of biking to cover only 34km said it all.

A week later, we decided to ride the popular "easy" route on the other side of the



Race to cool water



Sam's view

E102 at Showka. Starting from near the blue water tower, we rode along a well-groomed jeep track before hitting the mountain trail that eventually leads to a telephone tower that is our turnaround spot. Normally taking an hour, we completely underestimated the terrain's transformation after the week's flash flood and rainfall. In the usually bone dry wadis, shin deep water flowed in them. This well-known track is usually 100 per cent rideable, but today only 70 per cent. Smooth trails had become broken moonscapes. Mudslides littered the trail leaving stony obstacles and swathes of sand to be navigated. The sand drifts were deceptive: some could be ridden across whilst others were very soft and could only be pushed through. Sharp rocks pierced the trail grit, bouncing us from our seats. Choosing a line between them was tough as none seemed optimal. At times, we resorted to spinning our granny rings over the weather-ravaged terrain. The sun was high and 34°C was seen, sweat dripping into eyes from the exertion. We had chosen this route for its known qualities – an easy high-speed blast. Not this week. Michelle ripped her tyre. Four had crashes, two warped discs, one bent a chain ring, one bloody thigh and several grazed forearms were only some of the damages. Battered and bruised we had to fight to stay upright, such were the challenges of this ride.

On returning to the car, we realised it had become more of a test than the previous week. The nervous energy had exhausted us mentally. Three hours to cover 25km was even slower than the previous week, but just as satisfying. Good fun. Will we venture out next week? Of course!



Big Jim from North Carolina



The author

Reebok CrossFit



LifeSpark

Making Adventure Possible



"I play several sports and CrossFit is just perfect for all of them!"
-Anna

"CrossFit pushed me outside my endurance comfort zone, but has made me fitter and stronger in the water and on the road"

Joe



LOCATIONS

How to get the best surf in Dubai and surrounding beaches Part 2

In this issue, we are going to cover the surf spots and destinations that are accessible near the UAE-based surfer. The UAE may not have the most consistent surf around (especially during summer), but it's centrally situated in some other great surfing areas, which are only a short flight or drive away.

Oman

This is the closest surf destination to the UAE and is a firm favourite for kitesurfers and wave riding enthusiasts. Most people think summer in the region is all about 50° heat and staying indoors, so Oman is our little summer secret spot and very popular with the local surfing crew who wait anxiously every year for the season to start. So start thinking of Oman as cool temperatures and long right hand points.

What a lot of people don't realise is that due to the annual Khareef (monsoon) in the south every summer, cold air is blown up the coast along with wind and swell, lowering the temperatures on the coast to as little as 25°C! This makes for a great summer getaway that is only a few hours drive away. You will definitely need to pack your hoodie for evenings around the camp fire!

Oman season starts in about mid-June and runs through till the end of September. There are waves in the off season too, but mainly in the very south. The off season tends to average waist to shoulder high waves along the beach breaks in the north coast with the occasional bigger days which can occur when

there is some offshore storm action (keep a watch the surf forecasts for this).

The predominant surf spots start about three hours south of Muscat from the corner of Oman below Ras Al Had and go all the way down to Salalah. Geographically, the annual swell coming from the south does not get to Muscat as it's tucked around a corner, which would require a very big swell to wrap all the way around. The main surf spots are Joe's Point (just 10km north of Asyillah), Knuckles Point (40km south of Al Ashkharah) and everything in between that is surfable with reports of a number of points and beach breaks all the way down to Salalah in the south if you wish to explore.

Joe's Point is a big bay with a point break at the top that is very popular with kiteboarders and is great for all levels of surfers. It's accessible by car (non-4x4) with tar road almost right up to the point and gravel on the last bit. The outside point is a rocky right-hander that can offer up some long rip-pable rides and runs further into the bay on sandbars where it reforms for beginners. This is a great place for all levels of intermedi-

ate or experienced surfers or SUPers who can ride the outside point, while the beginners ride the inside reforms. As the wind usually comes up the coast daily, it's best to surf early in the morning when conditions are calmer as the wind tends to create messy conditions and is usually choppy and cross-shore by mid-morning. This makes for a great place to surf in the morning and kite the rest of the day, hence its popularity. For beginners, the

inside point works mostly all day and is mostly protected from the wind later in the day. Wave size is generally in the 2-4ft side on the outer point with some occasional bigger days and the inside point is 1-3ft and mostly gentle waves suitable for learning. Best tides are spring low for the outside point and high tide for the inside point.

One feature of Oman to note is that due to the flow of wind and swell moving up the coast, there tends to be a lot of current moving down the right hand points so getting out can be a little difficult for less experienced surfers. At Joe's Point, trying to paddle around the point to get out is a long and hard job against the current (okay, on an SUP), so in our experience we find it's best to clamber over the rocks (booties are a plus for this) a little further across that you need to be, then float down into the take-off zone. For beginners, this is actually great in the inside bay as you can walk to the top of the inside point (mostly sand), paddle out, then surf your way down the bay until you are washed out at the bottom where you can just run back up the point and start the cycle again. The inside point is mostly covered in sand, but as the season progresses, the sand gets washed out exposing some rocks which can cause board damage and may require booties for beginners, so plan ahead for this.

The other popular surf spot is called Knuckles and is a premier right hand point break that can get quite good and is often protected by the wind, as it's in a bay that has a large rocky outcrop sticking out into the sea. A favourite camping place for surfers as you can stay right at the point and have a front row seat of all the surfing action. This spot mainly has a sandy bottom next to rocks and long rides with a great inside section for beginners near the beach. Knuckles is exposed to the elements, so it can get windy and also quite big and powerful as the swell marches onto the point straight out of the ocean. Getting out can be tricky at times and requires jumping off the rocks at the top of the point. This requires careful timing and can be quite dangerous so take care when getting in the surf like this or board dam-



Words By: Carl de Villiers



ages and injuries can occur. Knuckles works well on a low tide offering up the occasional barrel, but waves can be had on most tides provided there is a larger swell.

To get there, drive 40km south from Al Ashkharah by car (tar road all the way) then turn left towards the sea. The spot is accessible by non-4x4 till about 300m of the point where you can park and walk. For 4x4s, there is a small sandy track to cover and then it's all hard ground on the point.

One of the great things about the northern



coast of Oman is the great water temperatures. Mornings can be a little chilly for those sensitive to cold so wear a shorty wetsuit or a neoprene rash guard, otherwise it's wonder-

fully cool water and you'll be in shorts all day! One thing to be aware of however is the wind can really blow in Oman so it may be great for kiting, but 30kn of wind can flatten a campsite quickly. When camping, try to make sure you are prepared for this. Also be aware of the local wildlife which can include snakes and scorpions, so we always recommend wearing flip flops or shoes at all times.

For both these spots, you will need to take your own supplies and gear with you. Petrol is available at Al Ashkharah and Asyllah, but supplies are limited with the biggest supermarket at Al Ashkharah having the very basics only. Gas stations are available about every hour on the road so make sure you fill up regularly.

To get there, it's best just to get a map of Oman and follow it down to Asyllah or Al Ashkharah. You can cross through the Al Ain border in Oman, which is quicker, but with less civilisation on the way. Alternatively, you can pass through the Hatta border which has civilisation all the way including fast food in Muscat. It is a welcome relief after a few days of camping! There are several routes to take: on the new coastal highway, you can travel along the coast if you like leisurely drives; this has some epic wadis on the way and

is a great way to break the journey. If you want to get there fast, then pass through the middle of the country. It's best to leave early in the morning, especially when there are big holidays like Eid where border queues can be insanely long. Make sure that you are aware of any visas or passport requirements by calling the Omani consulate or the border post before you travel. The journey will take you 7-10 hours driving depending on how fast you go.

Moving down to the very south coast is Salalah, a sleepy tourist town right near the border of Yemen. Salalah is accessible by plane – only three hours from Dubai and around 13-15 hours drive from Dubai if you're brave! Look for some accommodation and flight combos from Oman Air or another low cost airline who usually do weekend breaks that offer flights and accommodation deals together.

Salalah works both in early and late season when the Khareef is just starting or is dissipating – meaning less wind and less swell. During the Khareef, Salalah has very stormy and messy conditions with gales and massive onshore swells, but when the time is right, you can expect clean, peaky beach break waves up and down the coast.

The best place to surf is in and around the beaches near the Crowne Plaza Hotel (also a good place to stay). Mornings and low tides offer up the best waves. There is also a right hand point break called Mugsayl about 20 minutes south near all the tourist viewpoints. A short cab or drive down will get you there.

To sum up, Oman is a beautiful, very safe and accessible country with numerous natural beauty sites such as wadis, natural wonders and cultural places as well as some of the friendliest people in the world. Omanis are very hospitable and welcoming so be sure to take up an invitation for tea or dinner as friendships and experiences here are genuine and are to be treasured. Also, respect the Islamic culture by dressing accordingly, behave yourself no matter where you are and leave the campsite as you found it – clean and free from trash.

Most of all, share the stoke of surfing wherever you go.



coast of Oman is the great water temperatures. Mornings can be a little chilly for those sensitive to cold so wear a shorty wetsuit or a neoprene rash guard, otherwise it's wonder-



LOCATIONS

OMAN

escapes

Selma Plateau

Words + Photos: Darryl MacDonald

When my wife and I moved to Oman from Canada, we brought with us nearly everything we owned. Everything was shipped in two batches; 99 per cent of our belongings were loaded into a shipping container onto a boat and would hopefully arrive at our destination within six months. We were also provided with a very small amount of air freight which would meet us a few days after arrival, consisting of everything we would need to survive until the sea freight arrived. So the question was, if our sea freight did not arrive for four to eight months, what could we not live without? It took some long and thoughtful consideration, but we selected our items carefully, things that would get us through even if the sea freight arrived late. We packed items that would make us feel at home in our new home, everything we thought was essential to acclimatising to our new environment.

For us, this included:

- Climbing gear
- Scuba diving equipment
- Kite boarding equipment
- Photography equipment
- Enough clothing to last a week without laundry

And so it was that less than two weeks after arrival, we were off camping for the first time in Oman. My wife had met a wonderful couple at work who had been living in the country for nearly 11 years, exploring every nook and cranny of this coastal desertscape. They were heading out for the weekend and kindly offered to take us along and show us the ropes; our destination, the Selma Plateau.

We left early Thursday morning taking the highway from Muscat towards Tiwi and ultimately turning off into the mountains near Fins. Now when I say turn off into the mountains, I mean drive up the face of the East Hajar Mountain range to the top. It's slow going and the road can be quite treacherous at times, but we were rewarded with stunning views of the ocean from the top, making the journey worthwhile. We continued on over the top of the mountain range, through several small villages until we reached our destination, the Beehive Tombs. These structures, believed by archeologists to be ancient tombs, are thought to date back between 4,500 and 5,500 years in origin.

At this point, I would like to note some differences between our new home country and Canada that became immediately prevalent upon our arrival at the Beehive Tombs. In Canada, most areas have designated camping spots and it is illegal to camp wherever you feel like. In Oman, there is no such thing as a "designated" campsite. In Canada, something with such historical significance would be fenced off, guarded and cost money to visit. Oman, I noticed, was a little different as I watched a local climb one of the tombs to have his picture taken. In Canada, there are trees, tree stumps and boulders that can be used for hanging gear, putting up shades, used as tables and sitting on. In Oman, there is nothing but wide open, rocky space, leaving us to realise we were completely unprepared.





All of this became clear to me as we set up our camp, struggling to use our Canadian camping gear.

The other thing that was soon brought to my attention was the black and ominous clouds growing rapidly larger on the horizon. In Canada, these clouds would not have been a big deal. Shortly after we finished setting up camp and were ready to sit down, relax and enjoy the surroundings, the first of the rain started to fall. What started as a trickle turned into a downpour of epic proportions. We watched helplessly from the confines of our vehicle as winds gusting beyond 20kph tore apart our camp. Luckily, our tent was a four-season, back country tent and didn't budge. However, our friends did not fare so well. Their tent, which was a "Carrefour special," was completely flattened, snapping the poles and filling it with water.

After an hour of pounding rain and gusting winds, the clouds parted, the sun came out and once again the weather was beautiful. We spent the rest of the afternoon putting our camp back together and repairing tents. That evening, the view of the Milky Way was stunning as it always is in the back country of Oman with the added bonus of a few massive storm clouds spitting out



lightning in the distance. The temperature was also nice and cool compared to the Muscat heat we were experiencing; perfect for camping.

The following morning we descended down the opposing side of the Hajar Mountain range, passing through a wadi and following the inland highway back to Muscat. The drive down the mountain was less treacherous than our path the previous day. Upon arriving at the wadi, we were very happy to see the department of roads and transportation (aka the local tractor) clearing out the large boulders that had been washed through in the previous night's rain.

The entire trip offers spectacular views and has slightly cooler temperatures throughout the year, making it great for camping, even in the hotter months. Information about the area can be found in the Oman off-road books. Should you decide to undertake this weekend adventure, remember to always play it safe. A 4x4 vehicle is a must (minimum of two vehicles is recommended) along with a GPS unit. So as we like to say in Canada, get out there, have fun and "keep your stick on the ice".

Darryl MacDonald

LOCATIONS

GRAVITY ZONE

Ready to sweat?

Face your fears and literally jump off a crane.

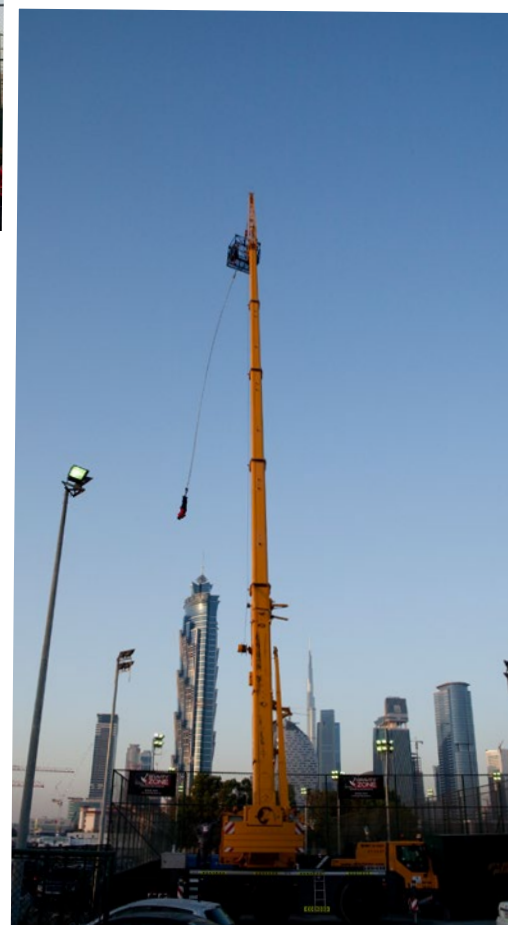
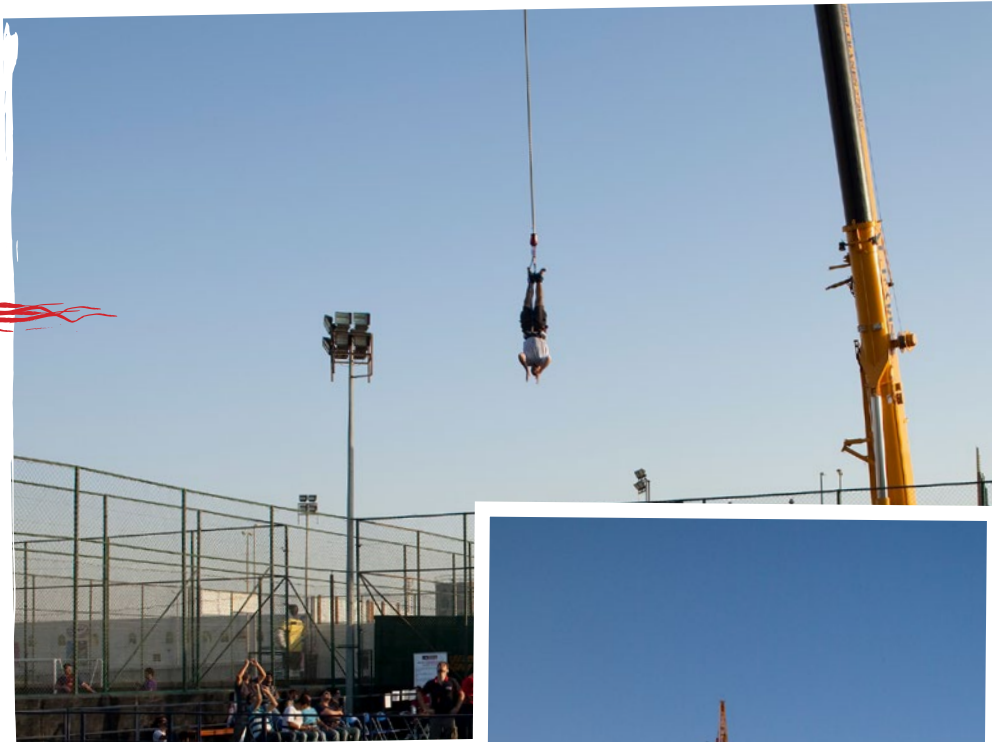
If you think summer is getting too hot, here at OutdoorUAE, we've got the one thing that will get you even hotter then cool you down instantly! Imagine you are standing in a metal cage 50m above the ground, the gate opens and one step forward, being pulled down by gravity, you hurtle towards the ground at speeds of over 50km/ph and 13ms per second, hitting around 2g's!

There is no way of turning back, because all eyes are on you. You forget that it's more than 30°C, you are not interested in the scenic views of the Burj Khalifa, Sheik Zayed Road or the Arabian Gulf, all you can feel is your heart pumping faster and faster, drops of sweat trickling down your forehead and you make the mistake of looking down. All you can think of now is, "it didn't look so freaking high from below." The first drops of sweat are dripping down your nose, all you can hear is your heart beating. You are frozen on the spot. Your knees slowly feel like rubber and you know there is only one way out. You look up and even close your eyes. You hold your breath and let your body slowly drop off the edge. You feel the wind in your face, you open your eyes and see the ground and the people coming closer and closer. You are still in free fall, no screams as

you're still holding your breath. Your heart might have well just stopped because you can't hear it beating anymore, complete silence.

Then suddenly you feel something pulling on your legs, gently slowing you down until everything stops in a blink of a second. In this moment, your heart starts beating again; you're alive, you survived. And with the safe operations and pro instructors of GZ team, you didn't plunge to solid ground. All the fear suddenly turns into relief; truck loads of adrenaline are pumped into your body. You breathe in and now you scream. The bungee rope is catapulting you up again and you scream some more as if you have just been reborn.

If you want to get an experience of a lifetime and feel excitement pumping through your veins, you need to face your fears now! If you want to take on this challenge, join OutdoorUAE on the 14th of June 2013 at Gravity Zone Dubai. Push yourself and others to your limits and beyond, let the fear go and get a rush in the summer heat.



Bungee Jumping!

FRIDAY

14TH JUNE 2013

4:00PM - 9:00PM

THIS VOUCHER GRANTS YOU 15% OFF

Regular single jump ~~AED 339~~ AED 290

Regular tandem ~~AED 499~~ AED 425

This voucher grants you 15% off the regular price of a single or tandem jump for the event date (14th June only). To make sure you get a slot, register early at www.gravityzone.co

Join OutdoorUAE and Gravity Zone for a fun afternoon out.

Challenge yourself and others with a single or tandem bungee jump in Dubai. The event starts at 4pm on Friday, 14th of June 2013 and ends at 9pm at Sheik Zayed Road opposite Safa Park. OutdoorUAE is offering free magazines, cold drinks, the chance to chill on our bean bag area and watch some of our regular contributors or your friends jump off a crane.

For more details, contact Gravity Zone 056 3648778 or www.OutdoorUAE.com

OUTDOORUAE
THE FIRST OUTDOOR MAGAZINE FOR THE UAE AND THE MIDDLE EAST

GRAVITY ZONE
ADRENALINE SPORTS

BUNGEE JUMPING IN DUBAI

REASONS STRENGTH TRAINING IS ESSENTIAL FOR THE OUTDOOR ENTHUSIAST

Whether you are an avid triathlete, ultramarathon runner or Ironman, or you are simply an outdoor weekend warrior, chances are you would benefit from being stronger.

Conventional wisdom dictates that endurance-type athletes need to be lean, lithe and do not require a large amount of muscle mass, whereas rugby players and sprinters etc. need to be strong and muscular. As such, strength training is often considered unsuitable and even detrimental to endurance athletes. However, when an appropriate strength programme is developed for endurance-based athletes they will not only benefit, but develop exponentially.

For a great example of the value of strength training, you only need look to the world's best runners – the Kenyans dominate the world's marathon circuit, but are rarely seen on the Ironman, or even triathlon circuits – reason being, they do not have sufficient strength, despite their aerobic supremacy, to handle the diversity of events.

What is strength? On a scientific level, strength is defined as “the ability of your musculoskeletal system to generate high amounts of force” (BenGreenfieldFitness.com). Simply put, strength lets your body move itself and external stuff!

Here are just a few reasons why strength training is important:

GET FASTER

Training for mass and bulk is not the same as training for strength. Mass training increases the size of your muscle fibres, which will make you stronger, but heavier. Strength training will improve your capability to recruit more of your existing muscle fibres, which allows you to apply more force, improving your speed and increasing your pace so you can move faster! This is to say, if you increase the recruitment of muscle fibre in your legs, you will be able to apply more force to the ground and move further, faster. Training for strength will yield marginal increases in size, however, the resulting increase in strength-to-weight ratio will not only negate the increase, but will in fact make you stronger despite it.

BETTER BODY COMPOSITION

Strength training will help you lose body fat and increase lean muscle. The majority of the energy that your body burns is a result of your Resting Metabolic Rate (RMR). Your



RMR is determined by the ratio between lean muscle to body fat. The greater the ratio in favour of lean muscle, the higher your RMR. The higher your RMR, the easier it is to stay lean. Fat therefore acts as deadweight where as lean muscle makes you stronger and lets you move faster!

On a slightly superficial note, strength training will also make you look better! Muscle provides your body with shape and definition and also improves your posture, if developed correctly.

INJURY PREVENTION

Strength training will help rid your body of aches, pains and nagging injuries. When you strengthen the soft tissue that surrounds and supports your joints you assist in injury prevention. This is achieved by addressing and correcting structural imbalances and facilitating better impact absorption. Needless to say the correct type of strength training, and structural screenings need to be conducted in order to correct imbalances, however, the reward is worth the work! Strengthening your joints and reducing your risk on injury will increase your efficiency and exponentially increase your ability to push your limits.

We have examined only a few of the many benefits of strength training. In addition to the benefits explored here, strength training can also improve core strength and control, develops explosive potential as well as developing a whole host of other neurological and physiological adaptations. All in all, strength training will make you look, feel and perform better, and enables you to have more fun in whatever your endurance activities, adventure pursuits and explorations require of you!

Useful resources for more information:

www.bengreenfieldfitness.com
www.charlespoliquin.com

For more information about strength training for endurance athletes get in touch with Reebok CrossFit LifeSpark:

www.reebokcrossfitlifespark.com
Email: crossfit@lifesparkcoaching.com
Tel: 04 4508234



PEOPLE

Nerza Del Rosario-Manalastas

Occupation: Sales Manager

Nationality: Filipino

Age: 38

The former Philippine Dragon Boat national team co-captain is now sharing her years of experience to aspiring paddlers in the UAE. After finishing fifth in the last Dragon Boat Festival, the all-Filipino team Dragon Warriors Dubai led by coach Nerza are determined to make their mark both in the local and international scene.

How did you get into dragon boating?

It just started with the school swim team, then they opened a dragon boating team and I tried out for that. I joined the first women's team in 1993 and we participated in numerous local and international races including Southeast Asian Games. I have paddled for the national team for 13 years before moving with my husband to Dubai.

How was the Dragon Warriors Dubai formed?

I used to paddle for another group here where I met other Filipino paddlers, some were also former national paddlers back home. In 2011, we thought of creating an all-Filipino team with only six members that eventually became 12. Through sheer determination, posting photos and invitations on social media, we're now 48 in the team and, hopefully, we continue to grow. At the beginning, 80 per cent of the team is completely new to the sport and we figured that we can just gut it out, but now we've become more competitive.



Photos By: Joel Pal-laya



How are the trainings? It's off season training right now until the end of August, so we paddle twice a week and we're concentrating more on cardio. We do running every Sundays and Tuesdays, while Mondays and Wednesdays are for swimming, but the guys are also into other sports like Frisbee. Come September, we're back to paddling four times a week. For diet, we just try to be conscious of what we eat.

How are you as a coach? Let's just say they have a nickname for me [laughs]! But I tell them that inside the boat, I want everyone to train hard and seriously for their teammates. It's not difficult to train, it's just that we have to train together and as much as we want to practice all the time, we all have day jobs so we have to be smart and efficient with our time and trainings. The team has great potential and I always encourage them to do their best. But really, we're like a typical Filipino family who joke and eat a lot. And we help each other in and out of the boat.

What's the best thing about the sport?

Dragon boating is a very good sport that needs endurance, speed and teamwork. There's a clamour for fitness and camaraderie here. When we started this, the objective was to encourage anyone to get their

behinds out of bed and workout because most people just get stuck in a deskbound lifestyle. Through dragon boating, we're encouraging everyone not to get buff, but to live a healthy lifestyle and have fun by engaging in team sport.

What has this sport taught you? It has taught me more about life. It has taught me the discipline to never complain, have a strong mental attitude and concern for others. I started when I was young so all I've learned about hard work and facing adversity, I've learned through dragon boating. This is an ultimate team sport that requires synchronisation that at some point you will even begin to decipher each other's body language and breathing patterns. You gain strength from each other and you help each other.

What's the team looking forward to? Hopefully, next year the team can experience an international competition, so we're eyeing the Club Crew World Championship in Ravenna, Italy August next year and the first season's race at the Shangri-La Abu Dhabi later this year.

What are your other passions? Last year, I did the Abu Dhabi International Triathlon sprint. Before a 5km run was a real struggle for me, but I've decided to try it so I bought a bike off the rack, which I didn't even get to try before the race. It was a 50km bike, 750m swim, 5km run and, surprisingly, I finished it. Then I joined the swim relay for the Ironman last year in Cebu, Philippines. Last March, I tried ADIT again with the short distance of 1.5km swim, 100km bike and 10km run, and survived. Next challenge is finishing Half Ironman Weisbaden this August.

What's your advice for those who want to get into the sport? First, don't get intimidated. Just try it, join clubs and start paddling. If you want to learn more about it, there are people and facilities that can help you out.

"People get inspired by other people, it's a ripple effect. That's what we in the Dragon Warriors Dubai aim to do – inspire people to take the first step to a more active life, plus it's fun and fulfilling."

Jean-Marc “JM” Laventure

Occupation: Banker
Nationality: British
Age: 32

JM, who moved out here in 2008 in search of an adventure, is now unable to resist a good, tough challenge and has been constantly chasing them with his buddy Richard Palmer. The endurance duo recently won the Musandam Adventure Race and Wadi Adventure Race 3 (both in the group category), and they are ready for more.

What attracted you to the great outdoors?

I absolutely love the outdoors. Nothing relaxes me more than being away from the hustle and bustle of the city life. I was raised in London, so opportunities to experience the great outdoors were a rare treat, now I can't get enough.

Congrats on the Musandam Adventure Race! We heard you had a crazy time there...

Seven hours in, after kayaking 35km and running 22km, I realised that it was probably going to be the worst day of my life. I was pushing a bike up a hill at 4km per hour and had another 45km of the same to look forward to – sometimes you just need

to grit your teeth and accept your fate, searching for alternatives just messes with your mind. We tried to plan for it as best we could, but eventually even the best made plans fall apart. That was our fate when mechanical failure on my bike messed up the cycle stage. I felt that we'd committed too much to give up without finishing, and just kept thinking that it would eventually be over. It was a long 15 hours of racing.

What was going through your mind during WAR3?

I underestimated how slow I would be in the water, and how much my fitness had dropped after three weeks of limited training – it was a bit of a wakeup call. Luckily, Richard was strong throughout and pushed hard to keep us in 1st place. I only found out after the race that I had a fractured toe before even starting, but was I happy that I didn't let it get in the way of our goal.

How do you push yourself and each other in these races?

I think we both realise that giving up is not an option. It's helpful to know that your teammate is totally committed, as it gives you the confidence and drive to give it your all.



What are your strongest points and what areas do you need to work on? We are good at endurance events, where it's more about stamina than sprint speeds. Navigation is definitely our weakest point – we have gotten horribly lost on several occasions. Now it's something for us to laugh about, and work on improving!

What's the best and worst part of working in teams in these kinds of competitions? At the end of the day, it's about spending time with a mate. Whether you're suffering or celebrating, it's just fun to be doing something with a like-minded person – winning is only secondary to having fun.

How do you train before a competition? Religiously! We enjoy setting ourselves hellish challenges in training, as a way of testing the other one's resolve. Some of the things Richard has proposed in training had me questioning his sanity – at one point we were looking at seven hours of going up and down a really steep 1.5km hill, mind-numbing doesn't even begin to describe it! I try to get a session in most weekday mornings, then something with a local sports club in the evenings if I'm lucky, an extended race-focused training session at the weekends and whenever I can get the wife's okay!

Do you follow any certain diet? I try to generally eat healthy, with plenty of lean proteins, healthy fats and good carbs. My one golden rule is avoiding processed foods – the fresher and closer to its original form the better!

What is your advice for those who want to get into adventure races and outdoor sports? By all means do it! I can't think of more exciting, challenging and rewarding activities. The team building and mental components make them even better.

JM's summer training tips: "Get out there, but be smart. You can acclimatise to pretty much anything, but learn to read your body's warning signs."



TIPS & TRICKS

PARTNER

stretches

This month, we look at partner stretches to help ease and release legs, lower back and shoulders as these are areas of the body we generally tighten in specifically when diving and carrying heavy equipment. We also add in some core work as prevention is always better than cure and a strong core is essential to good posture and a healthy body.

**1. Partner Chest Opener**

Sit back to back in any comfortable position. Extend your arms out to the side and interlink your palms. One partner gently pulls the arms of their partner towards them, slowly opening the pec muscles.

**2. Partner Twist**

Keep the arms as above and gently twist to one side and then the other.



Words+Photos By: Sandy Joy

3. Hamstring Stretch

One partner extends their legs out to straight. The other bends their knees and places the feet on the ground. As the partner with straight legs leans forward (only as far as comfortably possibly) the other comes with, extending their arms up and moving into a comfortable backbend.

**4. Double Hamstring Stretch**

Sit foot to foot with your partner. Reach for each others' hands (you may need to take your legs apart slightly or bend your knees to reach).

**5. Single Leg Boat Pose**

Sit facing each other and hold wrist to wrist. Extend one leg up and gently press into the foot of your partner. Draw your abdominals in and allow your back to lengthen upwards. Repeat on the other side.

**6. Double Leg Boat Pose**

Raise the second leg up to meet the first. Press your feet towards your partners and draw your chest away to open the upper back.

**7. Massage Table 1**

One partner comes onto all fours. The other lies over their back with their behind hanging down towards the floor. The partner on all fours rounds their back.

**8. Massage Table 2**

Now the partner extends their back into a backbend and looks up. Repeat 1 and 2 to create a wave like motion while your partner enjoys a back massage.

Log onto: www.phoenix-rising.me for more info.

Sandy

TIPS & TRICKS

Dan,
the Desert
Gardener
loves



Spathiphyllum

(from the Araceae family)

There is one word that describes Spathiphyllum to me and that is "elegant."

You only have to look at its abundance of dark green, glossy, oval shaped leaves which have tall, greenish spikes coming out



of them showing off the perfectly formed white, cream flowers (called a spadix) that is then protected by a white sail shaped petal (called a spathe). **How beautiful and elegant is that?** It is one of the most popular indoor plants in the world and it doesn't need a lot of attention. It comes originally

from the rainforests in Central and South America so you can imagine it snuggled up at the base of those huge trees where it gets only a little sunlight, but has water slowly dripping on its soil keeping it slightly moist.

In your home in Dubai you should position it away from the window and full sun, more in the middle of your room, you will only need to water it approximately once a week, this is a plant you do not overwater, the soil only needs to be moist. Being a tropical plant it does love humidity and warmth so keep it away from the cold air of the air conditioner.

Spathiphyllum is an evergreen and a perennial, so it will last for a long time at least three years if happy in its environment. It is commonly called the Peace Lily though it has no relation to the Lily family and is striking when used in a mass display.

But not only does Spathiphyllum look amazing and easy to look after, it is also one of the indoor plants that naturally cleans the air in your room. It absorbs carbon dioxide and will remove any nasty airborne germs which can produce headaches, nausea, sore and itchy eyes etc. And of course, it produces fresh oxygen.

Spathiphyllum is an incredible indoor plant that you should have in your Dubai home.

The Dubai Garden Centre has Spathiphyllum in stock all year round.

Learn To ... at Wadi Adventure in June!

explore your limits



Learn To ... Handle a kayak in June!

Kayak lessons will start on our flat water lakes learning basic strokes before progressing to our green and blue channels to tackle some of our exciting whitewater rapids. Explore your limits!

Learn To ... Climb in June!

Climbing lessons will advance you from our beginner routes through to our intermediate climbs until you are ready to tackle our advanced sections. Explore your limits!

Learn To ... Ride the surf in June!

Surf lessons will start with learning the basics with gradual progression to learning how to stand up on our waves. Explore your limits!

Learn To ... Guide a whitewater raft in June!

Our professional guides will teach you the basics to take control of a raft in our green and blue whitewater channels. Explore your limits!



For inquiries please call us on +971 (0)3 781 8422
email: info@wadiadventure.ae
www.wadiadventure.ae

Corporate, team building and group bookings also available.

Activities have a minimum height restriction of 1.2 metres.

CAR CHECKLIST



This month we will start with a monthly feature showing some basics for preparing your car for an off-road trip or just regular maintenance. The article is focused on basics and essentials, but hopefully will be a good reminder of some important aspects for experts.

Before embarking on a longer trip, no matter off or on the road, you should always do the following:

Check your tyres and the tyre pressure including your spare tyre. If the tyres are worn out or have exceeded their lifespan (usually 50-70,000km), you should change them. The recommended tyre pressure for your car can be found in the car's manual, but usually it is something around 32psi.

Check the engine oil

This is one of the most important and essential things for every car and to give longer life to your engine. If there is not enough oil in the engine, it will overheat or can completely brake. You need to open the hood and take the dipstick (this is a long piece of metal sticking out of the engine with a loop at one end) for the oil and pull it out. You should check the oil after the engine has not been running for at least one hour and it should be parked levelled to not give false readings. While the engine is running, a lot of oil is in the engine and not rinsed back to the oil tank so the reading could indicate too low oil, which is not true. Too much oil in the engine is also not good, it can result in increased pressure inside the engine and can break seals.

Always keep the level between the marks for min and max. If you have to refill oil, you should check that you use the right oil which is specified in your manual. Your car inspec-



Checking the level of engine oil

tion computer or a service tag indicates when you need to change your oil, usually all 10,000km. If you do this regularly, you also get a feeling for the consumption of oil from your car, which is important for long trips so you can take enough oil for refilling, or it can indicate that something is wrong with your engine if the oil consumption suddenly goes up.

If the oil warning lamp comes on you should stop at the next safe site and try not to attempt to drive to the next garage or petrol station and refill oil directly. To avoid hassle, check the oil regularly.

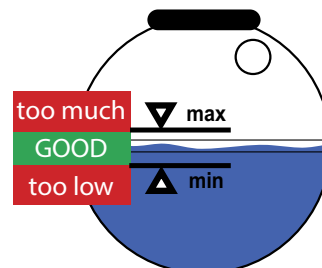
Check the cooling water. Open the hood and check the container of the cooling water there are usually two marks, one for min and one for max. If the engine is cold (did not run before) the mark should be above the minimum mark, but below the maximum. While the engine is running the water gets hot and expands so the marks will go up a bit.

Check the wiper water

This is not essential, but you will appreciate having the water and soap mix filled up

to be able to clean your screen at all times.

Also check the hydraulic oil used for power steering. The same applies for any other liquid and lubricants in the engine, the level should be between min and max.



Checking the level of the cooling water



Worn out tire – your tires should not look like this – immediate change is required



Checking the tire pressure with a pressure gauge

Have a look at the brake liquid; if the level is okay. Have a look at the rest of the engine parts like belts etc., to check if loose or worn.

Depending on your intervals for checking the car, you should also have a look at your brake discs and brake pads. The disc can be checked with your fingers and should have enough thickness, there should be no deep carvings in the disc. The brake pads are sometimes hard to check depending on your rims, but usually you can check them without removing the tyres, however you might need a torch to see them properly. The brake pads

should have at least 5mm left, after this you should change them (depending on model and type). In case you are not sure, ask any garage to check them for you. It's always better to change them too early than too late.

When the car is parked, shake the tyre on the sides and also push each tyre to see if there are any loose parts, worn suspension or bearings. A good indicator is also the driving performance of your car, most issues will come with announcements and you just need to listen to them. If your car pulls in one direction while driving, there might be

something wrong with your tyres (causes: uneven tyre pressure, wheels not aligned, worn tyres). In case the car is pulling in one direction when you brake there is also something wrong, (same like before or uneven distribution of braking power).

These are just some basic hints on what you should do before any long trip in order to reach your destination safely and without hassles. This small checklist will not take more than five minutes and will help keep your car running and well-maintained. Just use the list below and check off all the points.

Parts to check	What to check	Results: (Ok, Refill, Change, Repair)
Tyres	Check pressure and condition	
Oil	Check the fill level and the inspection label for the next due oil change	
Cooling system	Level of cooling water, check for leaks or loose hoses	
Wiper water	Check the fill level	
Power steering	Check the level of the power steering oil	
Brake fluid	Check the level of the brake fluid	
Engine condition	Any loose parts, leaks or worn parts especially hoses and belts	
Breaks	Check the condition and thickness of brake pads and discs.	
Driving performance	Check if the car is driving smoothly and straight under all conditions.	

معلومات عن الاطارات والتحميل

5GTDN136268274652

عدد أماكن الجلوس

المجموع 5

الأممية 2

الخلفية 3

بلوند 820

أو كغم 372

يجب ألا يتخطى مجموع وزن الركاب والحمولة هذا الحد أبداً.

الاطار	الحجم الأصلي	ضغط الاطارات الباردة
الأممي	P265/75R16 H	220 kPa, 32 PSI
الخلفي	P265/75R16 H	220 kPa, 32 PSI
الاحتياطي	P265/75R16 H	240 kPa, 35 PSI

Information sticker with the standard tire pressure (32-35PSI)

In the next issue, we will give you some tips on what essentials you should carry with you in the car to be prepared for smaller car problems on the way.

Note: OutdoorUAE is not taking any liability of the above mentioned list and the list is also not claiming completeness. In case of any doubts, please visit the next garage or consult a mechanic.

TIPS & TRICKS

Gordon's

The Insta-buddy

I am sure we have all been there: turn up alone at a dive centre with no buddy and somebody at the dive centre looks at your qualifications and decides who you should dive with.

As a photographer frequently traveling alone to various destinations, this happens to me a lot, sometimes it works out and sometimes it doesn't. This was one of the reasons I took the PADI Self Reliant course last year with Divers Down. Although I have been solo diving for many years, I thought I better get some sort of certification to cover me, and despite plenty of experience, it was good to have an instructor go through the course with me and verify that what I have been doing over the past 10+ years was correct.

Paul Sant of Divers Down gave me a few additional tips and I now incorporate various different size pony bottles for redundant gas supply, as well as occasionally strapping on a set of doubles for deeper dives.

I still prefer to dive with a buddy though, preferably somebody with similar interests, but that is not always a given, so you end up with what is available on the boat that day.



Help your buddy in and out of their wetsuit

The interview

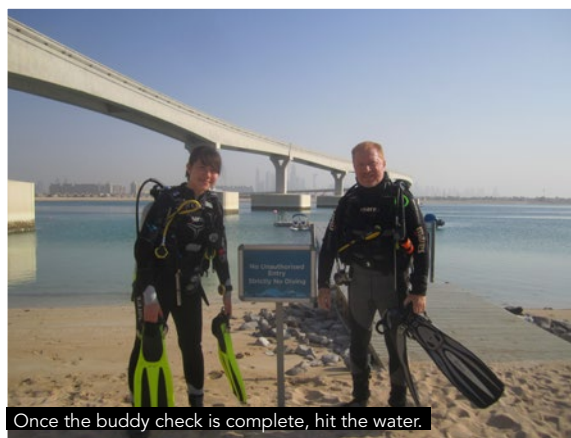
Once your new buddy has been chosen, don't be shy, introduce yourself and find out about their diving experience and let them know about yours, without being boastful. What is their level of diving and where they have dived, etc. Check out their gear too, is it rented or do they own it?

Note that Advanced Open Water (AOW) divers may not really be advanced; I have met many with less than 20 logged dives. Personally, I had over 100 dives before I decided to do my advanced many years ago, so an AOW certificate is not really reflective on diving experience, the number of dives is, have a look at the new buddy's logbook. Once you are satisfied that your new buddy will be okay, then check out their gear again and show them yours so that you are both familiar with what each of you are using and what might be different. Make sure you are both using the same gas too, no point in one of you using Nitrox and the other Air.

Discuss what you are planning for the dive, by now the location should be known and it is important that both of you are going down together to dive as a team. If diving a wreck, then if you want to penetrate it, has your buddy done this before? Do you have the correct gear? Are you both qualified to do so?

If the dive is on a reef, discuss how it will be done, what to do when there is a current. Discuss signals; check if you both have slates to write down any questions. Who will be in charge? Set turnaround pressures for returning to the boat or if on a drift dive, who will deploy the SMB (Surface Market Buoy) for the ascent? Both of you should now have a plan and will be diving to that plan, possibly with a plan B should something change underwater.

If you have any concerns about your new buddy, this is the time to make it known. First discuss with them diplomatically what



Once the buddy check is complete, hit the water.

they might be, and maybe inform them of some previous experience that you do not wish to repeat.

If you are still not comfortable with your new buddy, now is the time to make that clear to whoever is in charge and find another or arrange to dive with the Dive Master (if one is present) or dive with another buddy pair to make a threesome, but that can create some additional issues, which I will discuss in a later article.

Big Women Really Are Fun

Once kitted up, it is time for the buddy check. It would not be the first time somebody has forgotten a weight belt, which causes a delay, so remember your OW lessons, be thorough Big Women Really Are Fun.

Fill in the gaps.

B ____

W ____

R ____

A ____

F ____



Remember, once you are in the water there is very little chance of changing buddies. You should also have a contingency plan if you lose contact. Search for one minute then ascend. Your buddy should have done the same and you will be re-united on the surface so that you can descend again together.

The descent

This can cause buddy separation. I personally occasionally have ear issues and can be slow in descending sometimes. I always tell my buddy this and my usual plan is to meet them at the bottom of the anchor/mooring line if I do have problems. This is also the time when any issues with regulator malfunction, bad air or weighting become obvious. So be aware and ready to assist if necessary.

Breathe off your octopus as well as your primary second stage, make sure they both function correctly. Just because it works above the surface does not mean to say it will work underwater.

Dive the plan

You made a plan, stick to it unless it is possible to make a mutual change if conditions are not what you expected. How close you stay to each other depends on how good the visibility is. Here in UAE you are going to be staying very close, remember your buddy is also your emergency gas supply.

This is also a time to observe how your

new buddy dives. How is their buoyancy, do they swim too fast, are they not observing the "look don't touch" protocol. Frequently compare pressure gauges to ensure both you are aware of each other's gas supply, the last thing you need is an Out Of Air (OOA) situation. At the agreed pressure, start your return to the anchor/mooring line.

Photographers

If you come across a photographer, try to stay reasonably clear and avoid kicking up any silt around him/her.

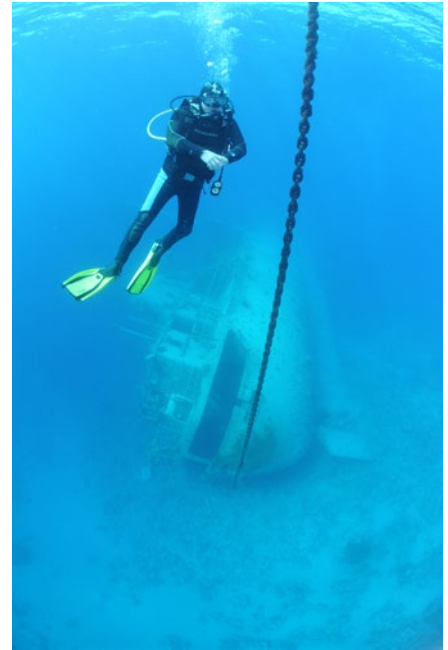
If you are buddied with a photographer and you are not taking photographs then have a plan as to what your position is in this buddy team. What is the photographer looking for, how can you help them? Perhaps if doing wide angle they may need a model to position themselves appropriately in the frame, so understanding underwater communication and commands is very important.

If the photographer is looking for some specific critters to photograph perhaps you can act as a spotter.

The ascent

By now both of you will be low in gas, but should still have sufficient for the ascent with a safety stop scheduled for three minutes at 5m. Ensure that your buoyancy is corrected as you ascend by dumping from your BCD (Buoyancy Compensator) and ascending slowly. At this point of the dive, you are also highly saturated with nitrogen and any rapid ascent can result in DCS (Decompression Sickness). When you reach the safety stop you should be neutrally buoyant and unless there is a strong current there should be no need to hang on to the anchor/mooring line.

If ascending using a deployed SMB, be sure to stick together. The diver who is not deploying the SMB should be ready to assist during the deployment and once ready both of you should ascend together, maintaining buoyancy and if necessary holding on to each other during this phase until you are both safely on the surface.



On the surface

Climbing back on the boat varies from boat to boat. Generally, it is fins off and up a ladder with some assistance from the boat crew or other divers who may already be back on the boat. If second up the ladder, stay clear until the first diver is safely inside the boat.

Once you have de-kitted you should have a chat with your new buddy and discuss the dive. Be diplomatic about giving criticism on their diving technique, offer advice rather than being over critical.

Diving is a social activity and starts long before you enter the water and ends long after you get back on shore. Address any issues before getting wet, plan the dive and dive the plan, communication and buddy checks are all part of the plan, make sure everything is clear and your new buddy should not be something to worry about.

Big Women Really Are Fun

How did you do?

B – Check each other's BCDs, inflate, note how to dump the air, and that the tank is secure

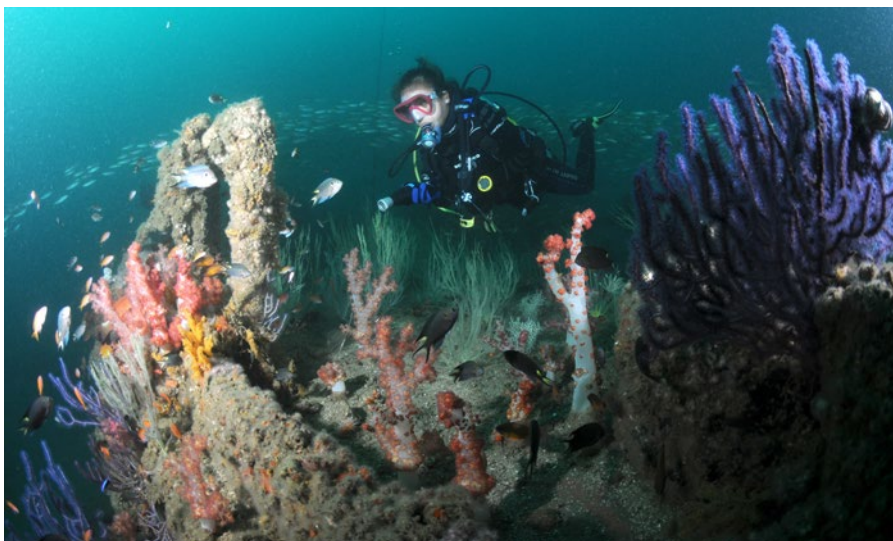
W – Weights, integral or weight belt, how to release them in an emergency

R – Releases, check how to unclip any of the gear, note that a Back Pack Wing (BPW) usually has a crotch strap

A – Air, check the tank valve is on, pressure is correct and that all second stages are functioning properly

F – Final okay

Gordon



FINAL THOUGHTS

1% for the Planet
BROUGHT TO THE UAE

Anyone who embraces the outdoors here in the UAE probably knows Wouter Kingma. Totally recognisable as that “really tall Dutchman,” he is a brilliant adventurer, sports and lifestyle photographer as well as a self-proclaimed trail runner and adventure junkie. Wouter has a huge passion for the outdoors, full stop, be that in the desert sands of the Middle East or the alpine air of Europe. He keeps an inspiring and thought-provoking online journal, comprising a blog and his photography, about his cool shoots and favourite projects.



Wouter has recently made a rock star move in becoming the first organisation in the Middle East to sign up for 1% for the Planet. This is a worldwide initiative that encourages the business community to contribute one per cent of their sales to non-profit causes dedicated to the pursuit of preserving and restoring our natural environment. Since its inception in 2002, it has become one of the world's largest funders of environmental work with membership of more than 1,400 businesses in 38 countries.

Annual one per cent donations go directly to the environmental cause of the member business' choosing, so Wouter was determined that his donation went straight to a local cause here in the UAE. He chose Wadi

Wurayah National Park, a unique project on the east coast of the UAE, managed by Emirates Wildlife Society in association with WWF (EWS-WWF). Wadi Wurayah became the UAE's first mountain protected area in 2009. The protected area extends over 129 sq km in the northern part of Fujairah. Since then, great conservation efforts have been made to protect the area's rich ecosystems. The wadi's fragile and unique ecosystem is one of the few remaining catchments in the UAE and its protection has become essential for the survival of many of its rare species. A total of 1,350 species are known in the UAE, 30 of which have been found in Wadi Wurayah and through the course of the project there have been many exciting findings including confirmation of Gordon's Wildcat, one the world's most rare animals. A new vegetation study is also underway to gain a greater understanding of the plant species in the area.

Now that the ground has been set, we really hope lots of other local businesses follow suit and sign up too. As lovers of the outdoors in the UAE, it is our responsibility to help preserve and conserve it as best we can for the generations that will follow.

For the blog and news, visit www.wouterkingma.com and for details about how to get involved www.onepercentfortheplanet.org/en.

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Walltopia's ME Sales Showroom will be opening in late May '13. Climbers' training memberships for Out of Working Hours bouldering, now available. Special Summer Sizzler membership now available.

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Al Jeer Marina, RAK Border, Musandam, +97172682333, www.aljeerport.ae
Al Mahara Dive Center, near Muaro St across from main bus terminal, +97126437377, info@divemahara.com, www.divemahara.com
Al Marsa Musandam, Dibba Harbour, Musandam, Oman, +968 26 836550, www.almarsamusandam.com
Arabian Diver, Hilton Marine, Ras Al Khaimah, +97172226628, +971502428128, www.arabiandiver.com
Arabian Divers and Sportfishing Charters, Al Bateen Marina Resort, Abu Dhabi, +971506146931, www.fishabudhabi.com
Coastal Technical Divers, glenn@coastaltechnicaldivers.com, www.coastaltechnicaldivers.com
Deep Blue Sea Diving, Dubai, International City, +97144308246, www.diveindubai.com
Divers Down, Fujairah, Rotana Al Aqah Hotel Resort & Spa, +97192370299, www.diversdown-uae.com
Emirates Divers Centre, Abu Dhabi, near Meena Fish Market, +97126432444, www.edc-ad.ae
Euro-Divers Oman, Muscat, Oman, +96895035815, www.euro-divers.com
Extra Divers Ziggy Bay, Oman, Musandam, +96826735555, www.extradivers.info
Freediving UAE, Dubai, Abu Dhabi, Fujairah, contactus@freedivinguae.com, www.freedivinguae.ae
Freestyle Divers, Dubai, Al Wasl & Dibba, Royal Beach Hotel, +97143944275, www.freestyledivers.com
Fujairah Rotana Resort & Spa - Al Aqah Beach, Al Aqah Beach, Fujairah, +97192449888, www.rotana.com
Global Scuba Dive Center, Civil Aviation Club, Oman, +96899317518, www.global-scuba.com
Khasab Divers, Oman, www.khasabdiver.com
Le Meridien Al Aqah Beach Resort, Dibba Road, Fujairah, +97192449000, www.lemeridien-alagah.com
Moonlight Dive Center, Madinat Qaboos, Oman, +968 99317700, www.moonlightdive.com
Muscat Diving & Adventure Centre, Oman, +97150 3289642, www.holiday-in-oman.com
Neptune Diving, +97150 4347902, www.neptunedivingcenter.com
Nomad Ocean Adventures, www.discovernomad.com, +971508853238, Dibba, Oman
Oman Dive Center, Muscat, Oman, +96824284240, www.omadivecenter.com
Pavilion Dive Centre (equipment), Dubai, +97144068828
Scuba 2000, Al Bidiya Beach, Fujairah, +97192388477, www.scuba-2000.com
Scuba Oman, Oman, +96899558488, www.scubaoman.com
Sharjah Wanderers Dive Club, Sharjah, +97150 784 0830, www.bsac406.com
Sheesa Beach, Dibba, Musandam, +971503336046, www.sheesabeach.com
Sky & Sea Adventures, Dubai, Hilton, Jumeirah Beach Road, +97143999005, www.watersportsdubai.com
The Pavilion Dive Centre (equipment), Dubai, +97144068828
Clubs
Atlantis Underwater Photography Club, Dubai, +97144263000
Desert Sports Diving Club, Dubai, www.desertsportsdivingclub.net
Emirates Diving Association, Diving Village, Al Shindagha, Dubai, +97143939390, www.emiratesdiving.com
Filipino SCUBA Divers Club (FSDC), Dubai, UAE, +971 56 6952421, www.thefilipinoscubadivers.com
Freediving UAE, Dubai, Abu Dhabi, Fujairah, contactus@freedivinguae.com, www.freedivinguae.com
Sharjah Wanderers Dive Club, Sharjah, +971507840830,

www.bsac406.com

Fishing & Kayaking

Equipment

Al Boom Marine, Abu Dhabi & Dubai, +97142894858, www.alboommarine.com
Al Yousuf Motors, Dubai, Sheikh Zayed Rd, +97143390621, www.aym.ae/yamaha
Al Hamur Marine and Sports Equipment, Jumeirah Beach Road, Dubai, +9714 3444468
Arabian Divers and Sportfishing Charters, Al Bateen Marina Resort, Abu Dhabi, +971506146931, www.fishabudhabi.com
Blue Waters Marine, Shop 11, The Curve Bldg., Sheikh Zayed Road, Dubai, +97143808616/+97155389995, info@bluewatersmarine.com, www.bluewatersmarine.com
Al Masaood Marine, Dubai, Sheikh Zayed Road, +97143468000, www.masaoodmarine.com
Barracuda Fishing and Outdoor, Dubai, Street 13A 1, Al Safa 1, +97143466558, www.barracadadubai.com
Global Climbing Trading LLC, Dubai Investment Park 1, Dubai, +97148829361, www.globalclimbing.com
Leisure Marine Beach Hut, Dubai, The Walk JBR, +97144243191, www.leisuremarine-me.com
Ocean Active, Dubai, Garden Centre, +971502898713, www.oceanactive.com
Operators
Al Boom Diving, Le Meridien Al Aqah Beach Resort, Fujairah, +97143422993
Absolute Adventure, Dubai, +97143459900, www.adventure.ae
Al Hamra Marina and Yacht Club, Al Hamra, Ras Al Khaimah, +97172434540, www.alhamramarina.com
Al Mahara Dive Center, Downtown Abu Dhabi, +971501118125, www.divemahara.com
Al Shaheen Adventure, Abu Dhabi, +97126429995, www.alshaheenme.com
Al Wasi Charter & Fishing (Al Wasi Passenger Yachts and Boats Rental LLC), Airport Road, Al Owais Building, Dubai, +97142394761, www.cruiseindubai.com
Arabian Divers and Sportfishing Charters, Al Bateen Marina Resort, +971506146931, www.fishabudhabi.com
Arabia Outdoors, Dubai, +971559556209, www.arabiaoutdoors.com
Barracuda Diving Centre, Fujairah International Marine Club, +9719222558
Belevari Marine, Abu Dhabi, +97126594144
Captain Tony's, Yas Marina, Yas Island, Abu Dhabi, +97126507175, www.captaintonys.ae
Fun Beach Water Sports, Dubai, +97153244550, www.funbeachsports.com
Happy Days Sea Cruising LLC, Dubai, +971558961276, +971503960202, www.happydaysdubai.com
Hiltonia Beach Club, Hilton Abu Dhabi Hotel, Abu Dhabi, +97126811900
Le Meridien Al Aqah Beach Resort, Dibba Road, Fujairah, +97192449000, www.lemeridien-alagah.com
Nautica 1992, Dubai, +971504262415, www.nautica1992.ae
Noukhada Adventure Company, Villa 332/7, Al Meena Street, Abu Dhabi, +97126503600, www.noukhada.ae
Ocean Active, Dubai, Garden Centre, +971502898713, www.oceanactive.com
Sheesa Beach, Dibba, Musandam, +971503336046, www.sheesabeach.com
Summertime Marine Sports, Dubai, +97142573084, www.summertimeuae.com
Soolyman Sports Fishing, Dubai, Umm Suqeim, +971508866227, www.soolymansportsfishing.com
Xclusive Yachts, Dubai, Dubai Marina, +97144327233, www.xclusivelyachts.com
Clubs
Abu Dhabi Camping, Fishing & Kayaking Club, mohamed.almahrouky@gmail.com
Dubai Surfski & Kayak Club, Kitesurfers' Beach, Umm Suqeim 1, Dubai, +971554986280, www.dskc.hu



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 www.800sport.ae

Adventure HQ, Dubai Times Square Center,
 Sheikh Zayed Rd, Toll free: 800-ADVENTURE,
 www.adventurehq.ae

Flip Flop Arabia, flipme@flipflop-arabia.com,
 www.flipflop-arabia.com

Global Climbing Trading LLC,
 Dubai Investment Park 1, Dubai
 +97148829361,
 www.globalclimbing.com

Goal Zero, +971509128353,
 www.goalzero.ae

Jack Wolfskin Mirdif City Centre Dubai,
 +97142840228; Al Wahda Mall Abu Dhabi
 +97144437802

Ocean Sports FZE, +971559352735, www.
 kitesurfsup.com

Sakeen General Trading, +97147094224,
 www.sakeen.ae

Tresspass, The Dubai Mall
 2nd floor above ice rink, +971 4 339 8801

Horse Riding

Equipment

Al Asifa Horse Equestrian & Requisites Trading, Al Khawanej 1, Dubai,
 +971554733110, www.asifa.ae

Black Horse LLC, Abu Dhabi,
 +97126422237, www.blackhorseuae.com

Cavalos Equine Care and Supplies,
 16th Street, Al Khalidiyah, Abu Dhabi, +9172
 2222433, www.cavalosuae.com

Emirta Horse Requirement Centre, Sheikh
 Zayed Rd, Dubai, +9714 3437475,
 www.emirtahorse.com

Horse & Carriage Equestrian Equipment LLC,
 Dubai, +97142895069,
 www.horseandcarriageuae.com

Mirzan Equestrian Equipment, Dubai, +971
 4 4472808, www.metdubaihorse.com

Equestrian Clubs/Centres

Abu Dhabi Equestrian Club, Al Mushrif, Abu
 Dhabi, +97124455500, www.adec-web.com

Al Ahli Riding School, Al Amman Street,
 Dubai-Sharjah Rd., +97142988408,
 www.alahliclub.info

Al Forsan International Sports Resort, Abu
 Dhabi, +97125568555, www.alforsan.com

Al Jiyad Stables, Behind Dubai International
 Endurance City, Dubai, +971505995866,
 info@aljiyad.com, www.aljiyad.com

Al Sahara Desert Resort Equestrian Centre,
 Dubai, +97144274055,
 equestrian.centre@alsahra.com

Dubai Polo Academy, Dubai,
 +97150879847, www.dubaipoloclubdubai.com

Dubai Polo & Equestrian Club, Dubai,
 Arabian Ranches, +97143618111,
 www.poloclubdubai.com

Desert Equestrian Club, Mirdif, Dubai,
 +971503099770, +971501978888

Desert Palm Riding School, Near Al Awir
 Road (going to Hatta-Oman), Dubai,

+97143238010, www.desertpalm.peraquum.com

Emirates Equestrian Centre, Dubai,
 +971505587656,
 www.emiratesequestriancentre.com

Ghantoot Polo & Racing Club, Exit 399,
 Abu Dhabi/ Dubai Highway, Abu Dhabi,
 +97125629050, www.grpc.ae

Golden Stables Equestrian Club, Al
 Khawanej, Dubai, (Nouri) +971555528182,
 www.goldenstables.ae

HoofbeatZ, located just inside the Dubai Polo
 & Equestrian Club, Dubai,
 +971501810401, www.hoofbeatz.com

Mushrif Equestrian and Polo Club, Mushrif
 Park, Al Khawanej Road, Dubai,
 +97142571256, www.mushrifec.com

Qudraland Community, info@qudraland.com,
 www.qudraland.com

Rahal Ranch, Al Wathba Racing Area, Abu
 Dhabi, +971566127914, www.rahairanch.com

Riding for the Disabled, Dubai, lessons@
 rdad.ae, www.rdad.ae,

Sharjah Equestrian & Racing Club, Sharjah,
 Al Dhaid Road, +97165311188,
 www.serc.ae

Racecourses

Abu Dhabi Equestrian Club, Al Mushrif, Abu
 Dhabi, +97124455500, www.adec-web.com

Ghantoot Racing & Polo Club, Exit 399,
 Abu Dhabi/ Dubai Highway, Abu Dhabi,
 +97125629050, www.grpc.ae

Jebel Ali Racecourse, off the main Abu
 Dhabi - Dubai Highway (Sheikh Zayed
 road) beside the Emirates Golf Club, Dubai,
 +97143474914

Meydan Grandstand and Racecourse,
 Al Meydan Road, Nad Al Sheba, Dubai,
 +97143270000, www.meydan.ae

Sharjah Racecourse, Al Dhaid Road,
 Sharjah, +97165311155, www.serc.ae

Equine Hospitals/Clinics

Dubai Equine Hospital, behind World Trade
 Center, Zabeel 2, Dubai, +97143178888,
 www.dubaiequine.ae

Gulf Vetcare, Al Wathba, Abu Dhabi,
 +971508617590, www.gulfvetcare.com

Sharjah Equine Hospital, Bridge no. 6, Al
 Dhaid Road, next to Sharjah Equestrian &
 Racing Center, Sharjah, +97165311881, www.
 seh.ae

Central Veterinary Research Laboratory,
 next to Dubai Equestrian Hospital, Zabeel 2,
 Dubai, +97143375165, www.cvril.ae

Jet Ski

Dealers

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Japan Marine General Trading, Al Garhoud
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 +97142828255, uclay@japanmarine.jp, www.
 japanmarine.co

Liberty Kawasaki, Dubai, Interchange 4,
 Sheikh Zayed Road, +97143419341,
 www.libertykawasaki.com

Al Yousuf Motors, Dubai, Sheikh Zayed Rd,
 +97143390621, www.aym.ae/yamaha

Rentals

Fun Beach Water Sports, Dubai, +971 5
 3244 550, www.funbeachsports.com

The Cove Rotana Resort, Ras Al Khaimah,
 +9717206000, www.rotana.com

Xventures, Dubai, +971555404500,
 www.x-ventures.ae

Motocross & ATV's

Dealers

Al Badayer Rental (Rental), Dubai-Hatta
 Road, +971507842020,
 www.albadayerrental.com

Al Shaali Moto, Ras Al Khor, +97143200009,
 sales@alshaalimoto.com, www.alshaalimoto.com

Al Yousuf Motors, Dubai, Sheikh Zayed Rd,
 +97143390621, www.aym.ae/yamaha

KTM, Dubai, Sheikh Zayed Road, exit 42,
 +9714323151, www.ktm.com

Golden Desert Motorcycles Rental (Rental),
 Dubai-Hatta Road, Dubai, +971551532550,
 www.goldendesert-dubai.com

Polaris UAE (atv's), Ras Al Khor, Nad al
 Hamar Road, Al Ghandi Complex, Dubai,
 +97142896100, M4, Sector 13, 10th
 Street, Mussafah Industrial, Abu Dhabi,
 +97125555144, www.polarisuae.com

Liberty Kawasaki, Dubai, Interchange 4,
 Sheikh Zayed Road, 04-3419341,

www.libertykawasaki.com

Sandstorm Motorcycles (Rental), Al Quoz,
 Dubai, +97143470270,
 www.sandstorm-motorcycles.com

Sebsports, Al Quoz Industrial Area 1
 Dubai, +97143393399, www.sebsports.com

Wild X Adventure Shop, Dubai,
 +97148321050, www.wildx.ae

Equipment

Desert Road Tourism, Al Khor Plaza - 503,
 Dubai, +97142959429,
 www.arabiantours.com

2XWheeler, Motorcity Dubai, +97144548388,
 www.2xwheeler.com

Sandstorm Motorcycles (Rental), Al Quoz,
 Dubai, +97143470270,
 www.sandstorm-motorcycles.com

Sebsports, Dubai, Al Quoz Industrial Area 3,
 +97143393399, www.sebsports.com

Wild X, Dubai, Um Al Ramoul Industrial Area,
 +97142852200, www.wildx.ae

Motorcycling

Distributors and Dealers

Al Yousuf Motors, Dubai, Sheikh Zayed Rd,
 www.aym.ae/yamaha

Ducati, Mussafah 4, Street 10, Abu Dhabi,
 +97125535771, info2@ducati.ae, www.
 ducati.ae

Duseja Motorcycles, Dubai, Al Quoz,
 +97143476712, www.dusejamoto.com

Harley-Davidson, Mussafah 4, Street
 10, Abu Dhabi, +97125540667, hd.auh@
 harley-davidson.ae, www.harley-davidson-
 abu-dhabi.com

Liberty Kawasaki, Dubai, Interchange4,
 Sheikh Zayed Road, +97142822144,
 www.libertykawasaki.com

Polaris UAE, Al Ghandi Complex, Nad al
 Hamar Road, Ras Al Khor,
 +97142896100, www.polarisuae.com

Tristar Motorcycles, +97143330659,
 www.tristaruae.com

Workshops and Services

2xWheeler Adventures, Dubai,
 +97144548388

Dune Bike, Dubai, Al Khail Road,
 +97143272088, www.dunebike.com

Duseja Motorcycles, Dubai, Al Quoz,
 +97143476712, www.dusejamoto.com

Gecko Motorcycles, Dubai, Al Quoz,
 +97143413550, www.gecko-moto.com

Sebsports, Al Quoz Industrial Area 1
 Dubai, +9714 3393399, www.sebsports.com

Clubs

Dubai Motocross Club (DMX), Jebel Ali,
 Dubai, +971506950764 (Tom Wynn)
 www.dubaimotocross.com

Motorsports

Al Ain Raceway International Kart Circuit,
 Al Ain, +97137686662,
 www.alainraceway.com

Al Forsan International Sports Resort, Abu
 Dhabi, +97125568555, www.alforsan.com

Dubai Autodrome, Dubai, +97143678700



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www.dubaiautodrome.com

Emirates Motorplex, Umm Al Quwain,
 +97167681717

Yas Marina Circuit, Abu Dhabi,
 www.yasmarinacircuit.com

Off-Road

Dealers

4x4 Motors LLC, Shk. Zayed Rd, Dubai,
 +97143384866, www.4x4motors.com

Bling My Truck,
 +971503634839/+971505548255, info@
 blingmytruck.com, www.blingmytruck.com

Liberty Automobiles, Dubai, 8005423789,
 www.libertyautos.com

Repairs and Services

Off Road Zone, Dubai, Al Quoz,
 +97143392449, www.offroad-zone.com

Icon Auto Garage, Dubai, +97143382744,
 www.icon-auto.com

Saluki Motorsport, Dubai, +97143476939
 www.salukimotorsport.com

Equipment

Advanced Expedition Vehicles, Dubai & Abu
 Dhabi, +97143307152, www.aev.ae

Bling My Truck,
 +971503634839/+971505548255, info@
 blingmytruck.com, www.blingmytruck.com

Icon Auto Garage, Dubai, +97143382744,
 www.icon-auto.com

Wild X Adventure Shop, Dubai-Hatta Road,
 Dubai, +97148321050, www.wildx.ae

Yellow Hat, Nad Al Hamar, and Times Square
 Center, Dubai, +97142898060,
 www.yellowhat.ae

Tour Operators

Desert Road Tourism, Al Khor Plaza - 503,
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 www.arabiantours.com

Arabian Adventures, Dubai & Abu Dhabi,
 +97143034888, www.arabian-adventures.com

Oasis Palm Dubai, Dubai, +97142628889,
 www.opdubai.com

Clubs

Abu Dhabi Off-Road Club,
 www.ad4x4.com

ALMOST 4x4 Off-Road Club,
 +971507665522, www.almost4x4.com

ME 4X4, www.me4x4.com

JEEP Wrangler JK Fun Club, suffian.omar@
 yahoo.com, www.jk-funclub.com

Dubai Offroaders, www.dubaioffroaders.com

Running

Clubs

ABRasAC, Dubai, www.abrasac.org

Abu Dhabi Tri Club, Abu Dhabi, www.
 abudhabitriclub.org

Al Ain Road Runners, Abu Dhabi,
 +971504188978, alainroadrunners@yahoo.
 co.uk

Mirdif Milers, Dubai,
 www.mirdifmilers.info

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AJMAN S/R: 06 7410004
R.A.K S/R: 07 2351592
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www.leisuremarine-me.com
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Jumeirah Beach Road

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Club, +971553749398,
www.pearl-watercrafts.com
Surf Dubai, Dubai, Umm Suqeim,
+971505043020,
www.surfingdubai.com
Surf Shop Arabia, Building 1, Al Manara
Road (East), Interchange 3, Dubai,
+97143791998,
www.surfshoparabia.com
UAE Kite Surfing, +971505626383, www.
ad-kitesurfing.net
Distributors
Ocean Sports FZE, +971559352735,
www.kitesurfsup.com
Kitepeople Kite & Surf Store, International
City, Dubai,
+971504559098, www.kitepeople.ae
Operators

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Dhabi, +97125568555, www.alforsan.com
Dubai Kite Surf School, Dubai, Umm
Suqeim Beach, +971 504965107,
www.dubaikitesurfschool.com
Duco Maritime, Dubai, Ras Al Khaimah and
Abu Dhabi, +971508703427,
www.ducomaritime.com
Dukite, Kitesurf Beach, Umm Suqeim,
Dubai, +971507586992, www.dukite.com
Kite Fly, Dubai, +971502547440,
www.kitesurf.ae
Kitepro Abu Dhabi, Yas Island and Al
Dabbayyah, Abu Dhabi,
+971505441494, www.kitepro.ae
Kite4fun.net, Abu Dhabi, +971508133134,
www.kite4fun.net
Nautica1992, Dubai, +971504262415,
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Shamal Kite Surfing, Umm Suqeim
Beach - Dubai, +971507689226,
astrid@shamalkitesurfing.com, www.
shamalkitesurfing.com
Sky & Sea Adventures, Dubai, Hilton,
Jumeirah Beach Road, +97143999005,
www.watersportsdubai.com
Surf School UAE, Umm Suqeim Beach
and Building 1, Al Manara Road (East),
Interchange 3, Dubai,
+971556010997, www.surfschooluae.com
Watercooled, Jebel Ali Golf Resort and Spa,
Dubai, +97148876771,
www.watercooleddubai.com

Clubs

Abu Dhabi Stand Up Paddle,
www.abudhabisup.com,
abudhabisup@gmail.com

UAE SUP www.uaesup.com

Water Parks

Aquaventure Atlantis, Dubai, Palm Jumeirah,
+97144260000,
www.atlantisthepalm.ae
Dreamland Aqua Park, Umm Al Quwain,
Emirates Road, +97167681888,
www.dreamlanduae.com
Wadi Adventure, Jebel Hafeet, Al Ain,
+97137818422, www.wadiadventure.ae
Wild Wadi Water Park, Dubai,
+97143484444,
www.wildwadi.com

Other leisure activities

Abu Dhabi Golf Club, Abu Dhabi,
+97125588990, www.adgolfclub.com
Al Tamimi Stables, Sharjah, +9716743 1122,
+97144370505, www.tamimistables.com
Blokart Sailing, Nad Al Sheba, Dubai,
+971556101841, www.blokartme.com
Children's City, Creek Park Gate No.1, Dubai,
+97143340808, www.childrencity.ae
Dolphin Bay Atlantis
Dubai, +97144260000,
www.atlantisthepalm.ae
Dubai Dolphinarium Dubai, Creek Park Gate
No. 1, +97143369773,
www.dubaidolphinarium.ae
iFly Dubai, Dubai, Mirdif City Centre,
+97142316292, www.iflyme.com
Sadiyat Beach Club, Abu Dhabi, Saadiyat
Island, +97125578000, www.sbgolfclub.ae
Sharjah Golf and Shooting Club, Sharjah,
+97143999005,
www.golfandshootingshj.com
SkiDubai, Dubai, Mall of The Emirates,
+97144094000,
www.skidxb.com
Spacewalk Abu Dhabi, Abu Dhabi,
+97124463653, www.spacewalk.ae

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Sport and Health Centres
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