

MIDDLE EAST'S OUTDOOR, ADVENTURE, TRAVEL & LIFESTYLE MAGAZINE

OUTDOORUAE

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2015 DUBAI OFF-ROAD AND ADVENTURE SHOW

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The Elbrus Letters



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VOL. 5, NO. 11
November 2015

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#THE WALL

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EDITORIAL

Passion for the Desert

"People" should be the only word that defines the essence of things. This is the conclusion that you can draw in all the activities, for me it's a constant reminder every time I do something, no matter if it's just a meeting with friends or if it's something formal. That's what happened in these three days of the Dubai Off-Road and Adventure Show - people gathered and shared their thoughts, passions, positivism and also the stories of their life. This makes me feel alive and makes me wonder if everyone feels the same, if you also feel the good energy that fuels us when we meet and discuss with people.



Nela Macovei
Sales and Marketing
nela@outdooruae.com

When it comes to off-road, I know people feel the vibe. I can see that

they first have a community and then they like cars and adventure. They are like a big family, they are all friends and they do many things together. Even the kids know that their parents are part of one club and they are proud of that. Of course the initial trigger was their passion for off-road, off-road tracks and outdoors, in UAE this can be translated to "passion for the desert". Many of you probably do not agree with this and I have a good explanation for my opinion: I am a newbie on Arabian lands and the desert was one of the things that struck me. This passion for the desert grew into something bigger and greater and made life better for the people sharing experiences. The diversity of this passion is large: it doesn't matter if it's about the off-road driving, if it's about showing your car, if it's the motocross on the dunes or if riding the fatbike at the sunset, it's all about the connection with other people. I had the chance to ride the dunes and the people and the sand were amazing. The November issue of OutdoorUAE magazine focuses on off road and I'm glad that we will have the chance to see and read about the men and women that know how to transmit the vibe of the desert and the energy of the off-road community.

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

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EVENTS CALENDAR

STAY UP-TO-DATE WITH THE LATEST EVENTS

NOVEMBER 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30



DUBAI INTERNATIONAL MOTOR SHOW

The biggest and most awaited motoring event in the Middle East asks one question: What drives you?

When: November 10-14

Where: Dubai World Trade Centre

Contact: www.dubaimotorshow.com



DUBAI INTERNATIONAL TRIATHLON 2015

The season opener half iron man distance triathlon featuring a 1.9km swim, 90km bike and 21.1km run is back after a successful 2014 season.

When: November 14, 6:30 a.m.

Where: Dubai

Contact: www.dubai-tri.com



WE RUN DXB

Nike takes over Dubai in the most epic 10k race of the season.

When: November 13, 7:30 a.m.

Where: Mohammed bin Rashid Boulevard, Downtown Dubai

Contact: www.facebook.com/NikeRunningMiddleEast

**NOV
09**

AL WATHBA CYCLE SERIES RACE 3

Engage in this team event which takes its cues from the Australian Pursuit Series. The winner with the most points gets a 6,000 AED frameset from Eddy Merckx!

When: November 9, 6:30 p.m.

Where: Al Wathba Cycle Track

Contact: www.premieronline.com



**NOV
11**

DIAL-A-BATTERY DESERT STINKER

Take part in this two stage desert adventure run with morning activities for the kids as well!

When: November 11, 7:00 p.m.

Where: Al Qudra

Contact: www.urbanultra.com

**NOV
10**

QATAR INTERNATIONAL BOAT SHOW

The 3rd Qatar International Boat Show is Qatar's internationally recognized event with a focus on the yachting industry.

When: November 10-14

Where: Mourjan Marina, Lusail City, Qatar

Contact: www.qibs2015.com

**NOV
12**

NATIONAL DAY SAILING REGATTA

As part of the 44th UAE National Day Celebrations, the Emirates Heritage Club brings you this one of a kind sailing event at Abu Dhabi Breakwater.

When: November 12-14

Where: Heritage Village, Abu Dhabi Breakwater

Contact: www.torath.ae


27 NOV

PADDLE THE ROCK 2015

The annual 16 kilometre race circumnavigating the Al Fahal rock off Muscat is back for another round.

When: November 27, 1:00 p.m.

Where: Muscat, Oman

Contact: paddletherockrace@gmail.com


20 NOV

3RD RED BULL FLUGTAG

Calling on all aspiring pilots and builders to create their own flying machines!

When: November 20

Where: Dubai Creek Park

Contact: www.redbullflugtag.com


20 NOV

ABU DHABI STRIDERS HALF MARATHON

Run around YAS Island and get free entry to YAS Waterworld to chill! Cool right?

When: November 20, 6:30 a.m.

Where: Yas Island

Contact: www.premieronline.com


NOV
20

THE SAND PIT

After a great success last season, the Sand Pit is back with its crazy challenges

When: November 20

Where: Al Barari

Contact: www.thesandpitrun.com

NOV
21

7 EMIRATES RUN 2015

All 7 emirates, in 12 days, all for charity.

When: November 21-December 2

Where: The United Arab Emirates

Contact: www.7emiratesrun.com

NOV
21

THE COLOR RUN 2015

Run 5k around the Dubai Autodrome splashed in various colours!

When: November 21

Where: Dubai Autodrome

Contact: www.thecolorrun.ae

NOV
25

XCAT WORLD SERIES

The final stretch of the world XCAT series.

When: November 25-27

Where: Abu Dhabi Breakwater

Contact: www.adimsc.ae

BEST SHOTS



THE ORIGINAL
MULTIFUNCTIONAL
HEADWEAR

Here are the best shots sent in by you for our monthly 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 three winners, who will each receive Buff headwear, five free copies of the magazine and the Advance Off-road Guidebook: **Rizalde Cayanan**, **Pavel Bafeel** and **Mike Thompson**. Well done!

To submit your entries, simply email us at competitions@outdooruae.com with the subject "Best Shots."



Rizalde Cayanan
Above the Clouds



Pavel Bafeel
Emmett surfing



Mike Thompson
Cooling down - descent from Wadi Helo. Taken on an iPhone



THE OFF-ROADERS

CORNER

Meet Sarah and Betsy

Name: Sarah Brooks (and Melong the Desert Dachshound as co-pilot)

Nationality: British

Occupation: HR Manager for Southern Sun Abu Dhabi

Ride: Betsy – 2014 Jeep JK Unlimited

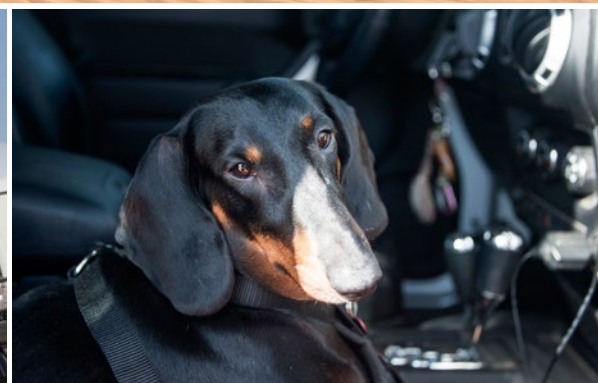
Make no mistake; if there's one thing Betsy isn't, it's old. We sit down with Sarah Brooks to get to know more about her daily driver-cum-desert runner.

Tell us a little background story about the car...

My passion for Jeeps began with an old 2000 model Jeep TJ back in early 2012. I got a feel for off-roading with this and upgraded to a new 2012 Jeep JK, which I loved driving. After an unfortunate accident it went to the Jeep garage in the sky and I was searching for a new ride, which of course had to be a Jeep again! I went to Western Motors, who are the Jeep agency here in Abu Dhabi, to see what they had on offer. They had one Unlimited model available that had been released for sale only an hour earlier – they described it to me, it was fate, and I fell in love... Betsy, as she has been named by a very good friend of mine, became part of the family for many adventures!

Could you tell us all about the modifications that were made? Performance wise and cosmetically?

Betsy has been modified with a 2.5 inch Mopar Lift kit with Fox Shocks, a reinforced front axle, Cooper AT3 tyres (17x70x285), 1.5in wheel spacers and a Mopar Rubicon 10th Anniversary Bumper - all supplied and fitted by Western Motors. In addition to this I also fitted a bumper mounted Warn 9.5CTI winch with a steel cable, AOR LED 7.75" light bar and two AOR LED spot lights, an AEV Rear Tyre carrier and 39L Petrol Jerry Can, Bestop Fastback Soft-top, Rugged Ridge Hood clamps, Off-road flag pole (mount created and adapted by me!) which were all



supplied by Ramy 4x4 and fitted by both them and Western Motors. I also have an onboard mounted single ARB compressor and LED headlights from Savage Lighting LED in the United States. Most of the modifications are for off-road performance, safety and convenience. The only cosmetic modifications that Betsy has are her tinted windows (to keep her cool) and her headlights; but that's so she can wear whatever colour lights she fancies!

What were your other options before you bought this car?

To be honest, there are other good off-road vehicles on the market but for me, I didn't even think twice: Jeep all the way!

How do you spend time with the car?

Betsy is my daily driver (you can see us travelling to and from Al Reef every weekday!). Outside of this we are on adventures in the desert around the UAE almost every weekend.

Is there something special about using your off-roader as your daily driver?

Having lived in the GCC for eight years and

after driving in a number of countries, a car with road presence is important to me. Betsy certainly has that, as there is no other Jeep that looks like her in the UAE. We have great road presence and visibility, and from my experience, I know I am safe should an accident happen. She regularly has remnants of sand dunes in the cup holders, so when stuck in traffic or driving anywhere I have a constant reminder of our adventures! (I also enjoy the looks of shock when I pick her up from Valet parking!)

Are you planning any future modifications?

I am not a big believer in adding mods for the sake of it or just to try to out mod another Jeep. For the moment I think I would tweak the modifications I have. I would love to change my winch cable to synthetic and possibly add a rear-facing LED light for camping trips, but these are all minor. Betsy does what we need to get where we want to go whilst having fun along the way!

What 4x4 do you dream of owning?

A Jeep, what do you expect me to say? Maybe one with a bigger engine!

EVENT REPORT

AND NOW THE DUST HAS SETTLED

Impressions from the Dubai Off-Road and Adventure Show

Words By: Keith Pereña

Photos By: Jung Francisco and Ian Sebeldia

Three long days — the gates to the 2015 Dubai Off-Road and Adventure Show remained open as it welcomed visitors of all races into the region's only exhibition focusing on a display of heavily modified outdoor vehicles while throwing in various adventure activities as well... Despite the heat during mid-day, the turnout to the show was great and the show attracted the right people - outdoor lovers, off-road enthusiast and adventure seekers.

The second year of the show is a landmark success over the first year with a few great leaps undertaken. First and most obvious is the venue which moved from Dubai

Autodrome to Sports City that provided convenient parking access to visitors. Another worthy thing of note is that this year's venue provided an ideal amount of space where visitors can easily find all the highlights of the show: the SUP pool, the climbing wall, the Best 4x4 Competition and of course the Dubai Gladiators Challenge II by just taking a few steps. The event had almost 30 of the Middle East's most insanely customised off-road vehicles on display which applied among others for one of the desired spots.

Highlights of the show include the fan favourite SUP pool where they could bask in the cold water while kids and even adults had their chance to try out some kayaks and SUPs provided by Adapt UAE. Families also enjoyed a great day of Speedminton and American Football where locals and expats alike put their NFL skills to the test against an automatic ball thrower. Out back was the fatbike and MTB track built and presented by Silverback where people can also try out their line of Scoop fatties for all ages. Another iconic display in the show – the climbing



Congratulations Lara Haddad for winning a spankin' brand new Yamaha Raptor 90!

wall and slack line from Rock Republic also returned and a lot of children and even media correspondents! Had a taste of what it feels to be high up a rock face.

Up front are displays from various off-road brands such as Mebar, ARB Emirates and Offroad-Zone, the latter of which also offered their free "You Drive Desert Experience" just near Sports City! For those who were in dire need of an adrenaline rush, this proved to be extremely useful. Our team even had the chance to try it out and the end result? An amazing high that left everyone happy as they disembarked from the Jeeps fresh from the desert.

Some amazing prizes were also raffled off which included two fixie bicycles, three G-Shocks and three boat trips! The lucky ticket holders celebrated with their brand new bikes and watches while part of them are already gearing up for their east coast snorkel trip! Another important prize was also won by Lara Haddad; she was completely stoked to have won a brand new Yamaha Raptor 90 ATV provided by Al Yousuf Motors! Asked what she would do first to her new ATV, she said with a breath of excitement: "I can't wait





Free "Your Drive Desert Experience" from Offroad-Zone = Exciting!



1st runner up, Raef Akhila



Best 4x4 winner Ahmad al Madani with his 2013 Jeep Wrangler



2nd runner up, Salem al Ali

to take it out! I'm definitely taking it out in the desert first thing". Congratulations to all the lucky winners!

Another important part of the show was the Best 4x4 Competition. This year's show brought even more off-road vehicles on display with almost 30 vehicles vying for the title of Best 4x4 of the Show. The car with the most votes was the Toyota Land Cruiser 76 "Honey Badger" from James Raley known by OutdoorUAE readers who followed their 14-month journey through Africa. Since their car was in the front area and was popular even before the competition, we decided to give them a special prize and trophy "Most Loved Vehicle 2015". The victor was won by

Ahmad al Madani of the UAE Adventures Club with his extremely radical 2013 Jeep Wrangler followed by Raef Akhila of the UAE Hummer Team with his 2009 Hummer H2 and last but not the least, Salem Al Ali of Xtreme 4x4 with his 2012 Jeep JK. We had an opportunity to speak with Mr. Al Madani about his victory and he said: "Thank you very much to the Dubai Off-Road Adventure Show for giving me this award and thank you as well to my team; I had so much fun in the show". Sharing the same sentiment, various visitors responded likewise when asked about the event. It ranged from reactions such as "Fun!", "It was great!" and "We'd love to come back next year!" all in all; the show fulfilled its purpose

to the community – to give them a fun week-end filled with various outdoor activities.

Commenting on the success of the show, Daniel Birkhofer – the brains behind the entire event had this to say: "Now in its second year, I think we finally found the perfect venue which is an important and essential step to make the Dubai Off-Road and Adventure Show the annual highlight and season opener for off-roaders and outdoor lovers. But we certainly will push the date a bit back, to enjoy cooler temperatures during the day. A personal thank you to my team from OutdoorUAE who worked hard to make this event a success and to our sponsors and supporters."

We'd like to thank all our sponsors and supporters for making the second year of the event such a blast. We'll see you all in 2016!

A2Z
EVENTS

MIDDLE EAST'S OUTDOOR & ADVENTURE NEWS & INTEREST MAGAZINE
OUTDOORUAE

AL YOUSUF MOTORS  البوسفاف موتورز

OFFROADZONE
GARAGE | MODS | RENTALS | SALES | ADVENTURES





EVENT REPORT

First career victory for Esteban Chaves at inaugural Abu Dhabi Tour 2015

The 25-year-old Orica-GreenEDGE Colombian rider claims his first professional career general classification victory at the first edition of the Abu Dhabi Tour.

Words By: Nico de Corato

Photos By: Nico de Corato and Linda Lazzari

Elia Viviani (Team Sky) came first in the final stage after 20 high-speed laps of the five-kilometre circuit in Yas Marina, beating world champion Peter Sagan (Tinkoff Saxo) and Andrea Guardini (Astana).

The 110km final stage of the inaugural edition of the Abu Dhabi Tour was raced at twilight, giving the riders a relief from the scorching temperatures that they faced during the first three stages.

The stage ended in the dark with huge lights illuminating the circuit. Racing on a closed circuit allowed for live on-board images to be produced and transmitted during the stage due to an agreement between race organisers RCS Sport and the Velon teams.

Chaves celebrated the victory with his Orica-GreenEDGE teammates. It's his first stage race success and comes after his two stage victories at the Vuelta a Espana and placing fifth overall.

The 25-year-old Colombian set up his victory by winning the key mountain stage



Esteban Chaves, Winner of the Abu Dhabi Tour 2015

to Jebel Hafeet on Saturday. Alone, Chaves attacked five kilometres from the finish and distanced all his rivals.

Here is an overview of the four stages:

Stage 1 – Qasr Al Sarab › Madinat Zayed

(175km) – It was the stage dedicated to the sprinters, won by Andrea Guardini (Astana). The stage had been reduced by 14.5km after the high temperatures (around 40 C°) made for a slow day of racing.

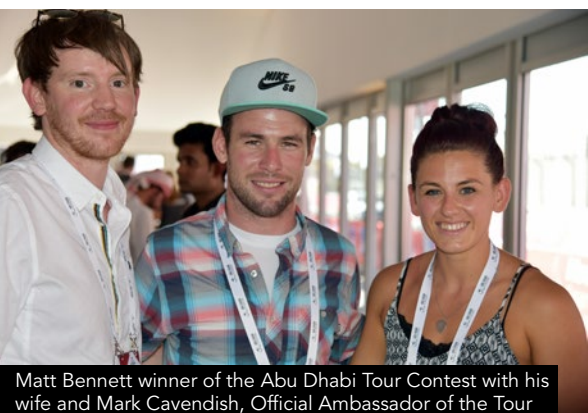
Stage 2 – Abu Dhabi, Yas Marina › Abu Dhabi, Marina Island (130k) – Again, a mass sprint, won by Elia Viviani

Stage 3 – Al Ain › Jebel Hafeet (140k) – The mountain stage, won by Chaves

Stage 4 – Yas Marina (110k) – The entire stage took place at night, under the floodlights of the Yas Marina Circuit, with cyclists doing 20 laps around the 5.5km circuit. Elia Viviani's victory was not enough to achieve the title.

Only Wout Poels (Team Sky) was able to close the gap with a fast paced pursuit. Unfortunately, the Dutchman slipped out on the final corner after sprinting ahead to enter the corner first.

Chaves avoided hitting him and won, sportingly refusing to celebrate. Fabio Aru (Astana) also passed Poels to finish second, with the Dutchman finishing third after rushing to get back up.



Matt Bennett winner of the Abu Dhabi Tour Contest with his wife and Mark Cavendish, Official Ambassador of the Tour

Ready to start after changing the wheel





Ready for the parade



Walkers ready too

Chaves won the Abu Dhabi Tour 2015 16 seconds ahead of the Italian and 27 seconds ahead of Poels. Jani Brajkovic (United Healthcare) finished an impressive fourth on the mountain stage and was fourth overall at 41 seconds behind Chaves.

The final stage again saw an early break go clear, with Gianluca Brambilla (Etixx-QuickStep), Alexey Lutsenko (Astana) and Eduard Vorganov (Katusha) surging away on the opening laps.

They opened a two-minute gap and fought on laps 6, 11 and 16 for the three 6000 EUR sprint prizes. However, Orica-GreenEDGE led the peloton and the chase for much of the stage, with Team Sky and Lampre-Merida also helping to ensure the stage ended in a sprint

Final General Classification:

Johan Esteban Chaves (COL)
 Orica-GreenEDGE 13:13:55
 Fabio Aru (ITA) Astana Pro Team + 0:00:16
 Wouter Poels (NED) Team Sky + 0:00:27
 Janez Brajkovic (SLO)
 United Healthcare + 0:00:41
 Diego Ulissi (ITA) Lampre-Merida
 Gianluca Brambilla (ITA)
 Etixx-Quick Step + 0:01:23
 Alejandro Valverde (SPA)
 Movistar Team + 0:01:29
 Leopold Konig (CZE) Team Sky
 Vincenzo Nibali (ITA) Astana Pro Team
 Patrick Conrad (AUT)
 Bora-Armon 18 + 0:01:40

After the prize-giving ceremony, Matt Bennett, winner of the #AbuDhabiTourContest on Instagram was also invited on the stage. The photo contest, which started 10 days before the tour, was opened to encourage all bike-lovers to come forward and share their cycling passion.

Matt was invited with his wife, Tiffany Barrett, to enjoy the Abu Dhabi Tour Stage 4 finale with VIP hospitality.

See you at the next edition!

For further reading, check Nico's website www.dubaiblognetwork.com, contact him on social networks or via email at admin@dubaiblognetwork.com for information about this article or just to say hello.

GET OUT AND RIDE!

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Photo: F. Berthuet

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Learn more at naishsup.com

Ocean Sports FZE: +971 (0) 55 935 2735 - enquiries@kitesurfsup.com - kitesurfsup.com

EVENT REPORT

Back in the Saddle

After a dreary summer, the Gulf Bike Week is back!

Words By: Keith Pereña

Photos By: Michael Vosloo

As the tyre smoke died down on the exhibition area of Dubai Autodrome, two crazy bikers slowly came into view. Riding on their sports bikes, they did stoppies, wheelies and all sorts of stunts to keep the audiences roaring for more. Ladies and gents, this is the 2015 Gulf Bike Week held at the Dubai Autodrome between the 22nd and 24th October.

A wide range of motorcycle brands came out and play. There were newcomers to the UAE like MV Agusta and Royal Enfield, both known around the world as brands that project an image of greatness, even creating legends in the motorsports world. Of course, also present were community favourites like Yamaha, Harley-Davidson and Kawasaki who brought their baddest bike, the Ninja H2, to the show.

For the visitors, there were a wide range of activities available such as drifting rides, photo



opportunities with various modified motorbikes and even the chance to win a fully modified chopper! All of this was accompanied by a backdrop of live music, tire-shredding, and the rumble of engines.

In comparison to last year's event, the venue played a major role for this iteration as it allowed for more live exhibits, stunts, test rides, track days and more activities for rides and enthusiasts alike. The move to shift the venue to the Autodrome was a lucky one since the live exhibitions truly complemented the static displays from manufacturers. And what could be sweeter than to hear UAE's three-time Drift King Ahmed al Ameri making his car wail and keeping the visitors pumped with adrenaline?

OutdoorUAE magazine was present to see some of the region's biking communities come out and mingle with each other. From clubs, to families, to friends, there were so many activities going on during the days that

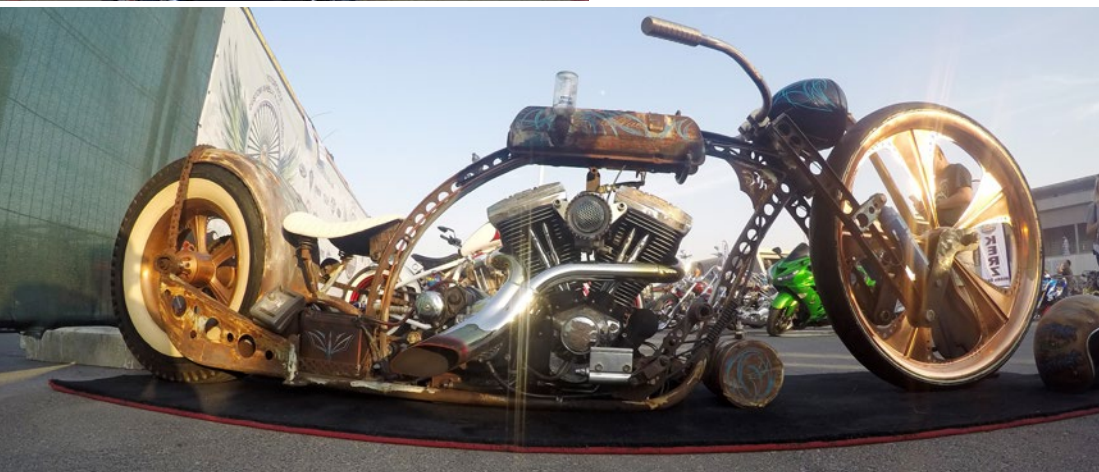
it was rare to find someone not engaged in any sort of activity, be it watching Ahmed drifting, taking selfies with the bikes or just plain old conversation with other riders.

The pleasant weather by late afternoon also paved the way for a better event with footfall multiplying by the tenfold as the sun slowly went down. The events became livelier with disco lights, rock music and of course more tyre smoke.

While we were walking, we noticed that some people enjoyed the show more than others. There were several bikes on display modified to the core and with a kind notice indicating that it was sold. It is quite nice to know that there are shows like the Bike Week where people can not only see, but also, if their finances allow it, even purchase their next set of wheels.

This year's show even saw a portion of the track where riders had the chance to enjoy their bikes with Track Day rides around the clock. Some riders definitely took advantage of it with several riders clocking in at over 100 laps! Just situated at the back of the main show, one could hear the distant sound of engines.

On the last day of the show, the event didn't show any sign of slowing down because the stage played even more loud music with a collection of the UAE's best home-grown acts playing their hearts out in front of the enchanted audience. Riders weren't even done riding and we as a team finally knew what it meant to have a great event; when people want to stay hours after the event has officially closed. So here's to riding out again in 2016!





Riding Out in November

We sit down with Nick Craig Waller, Show Director of the Dubai International Motor Show at the Dubai World Trade Centre and ask him about the highlights of this year's show.

What does this year's Dubai International Motor Show promise to deliver to its visitors?

The biennial Dubai International Motor Show will be the largest global automotive event in the Middle East and North Africa. In its 13th edition, the show has established itself as the region's most influential automotive event, bringing together manufacturers, distributors, industry specialists and key buyers from around the world as well as the affluent motoring enthusiasts.

Taking place from November 10-14 at the Dubai World Trade Centre (DWTC), the show will welcome in excess of 100,000 visitors from more than 37 countries to witness more than 10 global launches, hundreds of regional reveals and 10 concept cars being presented by leading automotive companies and brands. Visitors will include royalty, VIPs, top ranking government officials, car enthusiasts, families as well as international celebrities from the motoring world.

Also, for the first time, a collection of iconic cars from through the ages will join the leading lights of the Dubai International Motor Show as part of the new Motoring Nostalgia Museum for rare classic and historically significant cars. Some of the world's most desirable and collectible cars from the 1950's to the 1980's will add a vibrant new dimension to the show. Furthermore, a collection of the finest and most significant cars in the history of the automobile from Europe, the United States and Asia have been

generously loaned. Visitors will also be able to take guided tours from resident experts, enjoy street food cuisine from food trucks and enjoy retro music down memory lane.

How many cars are expected to be on display at the show?

The Dubai International Motor Show will feature a jaw-dropping collection of the world's latest super cars, motorbike and automotive manufacturers as well as specialist zones for tuning and customisation. A total of 15 halls will house more than 600 cars featuring the latest in car designs, driving technology tuning tips and custom gear.

Other than Ken Block's appearance, what other new features will be found this year?

The show has continued to grow in size and stature with each edition, developing into the largest and most prestigious automotive show for the Middle East region. The organisers keep innovating and extending the reach of the show beyond its traditional framework, into new events to reach new audiences.

One of the new features found this year is the new Boulevard of Dreams which will display the world's hottest collection of supercars featuring names like Panoz, Alvis Car Company, David Brown and the UAE Roadster.

Furthermore, classic car aficionados will be spoilt for choice with 80 of the rarest and most desirable cars from the 1950s through to the 1980s gathered for the first time under one roof at the Motoring Nostalgia Museum

Lastly, the motoring living section will take visitors into the world of luxury lifestyle where they can experience automotive themed merchandise, including furniture and jewellery.

This year's show seems to offer more variety, with classics, supercars and even bikes! Why was this so?

All these new sections and variety allow the Dubai International Motor Show to connect with a whole range of audiences and add another element of interest and excitement to the show. The Dubai International Motor Show will continue to find ways to engage with and entice visitors through new and innovative experiences providing something for everyone.

What are some of the activities that visitors can take part in?

Ignition Live Talks is a dedicated engagement space where visitors can interact with key personalities from the motoring world. Visitors will be able to participate in open debates on the hottest topics from where best to get your ride customised, to off-road routes, tips and tricks. The talks will be free to attend and hosted by influential speakers and personalities focused on sharing experiences and a passion for motoring. There will also be activations driving skills, 4x4 challenges and precision driving. Check back to the website as the programme is constantly updated.

Can visitors also expect an exhibit on off-road capable vehicles?

After its success in the United Kingdom, China, Russia, and South Africa, Land Rover will be premiering its Mobile Equipment for the first time in the Middle East, a range of state-of-the-art, mobile man-made tracks and obstacles that will give visitors the chance to experience the unique all-terrain ability of Land Rover vehicles. A unique opportunity for visitors to test Land Rover's extraordinary capability for themselves at the Show.

For our readers, how does being in DIMS contribute to the outdoor lifestyle?

One of the great pastimes for residents of the UAE is to head off into the desert and drive among the sand dunes and with winter back it's also camping season, so the Dubai International Motor Show will feature the latest 4x4 SUVs from the world's leading manufacturers who are more than keen to show how capable their vehicles are in the great outdoors. Motoring in this region is very much about outdoor lifestyle. We have speakers at our Ignition Live Talks such as Manuel Schmidt, the co-founder of the Land Rover Owners UAE Group who will be giving advice on how to prepare your SUV for a desert trek as well as a few secrets on what to do if you break down in the dunes and we also have experienced motocross rider and Desert Challenge competitor, Mohammed Al Balooshi giving his thoughts on competing in desert raids on two wheels.



EVENT REPORT



RIDE2NOWHERE 2015

3 Days of Mountain Bike bliss in South Africa

Words By: Eulogy van Dyk

Photos By: Johan Theron & Richard Voges

The fourth edition of the "Ride2Nowhere" three-day stage race took place this year during the month of September in McGregor, Western Cape, South Africa.



Davy Muller from Qatar in action



The race is known as an event where the racing snakes and weekend warriors meet to compete for proper mountain biking fun! The racing snakes use the event as training for upcoming events in the cycling season, whereas the weekend warriors just want to have fun and ensure they still have time to enjoy an ice-cold refreshment after the ride. The event has established a relaxed and festive atmosphere and invites riders to bring their friends and family along to enjoy the weekend with them.

You might wonder why the race has such a strange name, but rest assured the route is clearly marked all the way! The name originates from the town where it is based—McGregor—with a main road that is called the "road to nowhere" and thus to add to the authenticity of the event it got this unique name.

There is a long route of 60km per day and a short route of 40km per day to choose from. The organisers also launched a trail run of 6km or 12km in distance on the second day of the event, which friends and families joining for the weekend can compete in.

The September month signals the start of spring in the Western Cape of South Africa so riders were spoiled with colourful scenery all around from an abundance of early spring flowers. The daily route consists more or less of 30% open gravel roads or jeep tracks, with a good combination of flat, rolling hills and one or two steeper climbs. 70% of the daily route is single track or cattle paths and this is of course where the proper mountain bike bliss lies! The terrain is mostly hard rock formation and a few loose gravel sections (no crazy stuff, just Mother Nature providing us with some fun tracks and trails!). The route has a clover leaf route format with each day's start and finish from the same venue in McGregor, which ensures riders have time to relax after a day of riding and explore the town at their own leisure.

Last year there was one rider from the UAE who joined the event, and this year there were four riders, currently living in Qatar, who took the trip down to South Africa to experience these amazing mountain bike trails.



We asked them a few questions about their training, their experience at the event and if they would recommend it to fellow riders. This is what they had to say:

How did you experience the race from a Middle East Expat perspective?

Kevin and Ela Hickey: "The three days provided such a variety of terrain; from challenging high mountains on the first day with steeper technical climbs and descents, and rolling fast hills on the second day through the carpets of flowers and grassy meadows, to pure fun trails with miles of amazing single track and water crossings on the final day. The people were very friendly and it was good to be able to experience a different culture from the saddle of a bike! Getting to South Africa is easy with frequent flights from the Middle East, and thanks to the current exchange rate, when you are there everything is very good value for money!"

Ela Hickey from Qatar in action





Davy Muller: "I think the race offers a great value for money with an excellent organisation. There was awesome homemade cooking, great trails and a fantastic group of people participating."

Do you feel you were able to adequately prepare for this type of race given the challenge in terrain and weather in the Middle East?

Kevin and Ela Hickey: "Training involved a mix of evening road riding and early morning (5:00 a.m.) mountain bike rides at Duhail, Qatar. Despite the heat and humidity it's actually feasible to get the hours in to train for the event, and there is always someone out on the trails or roads to ride with and provide encouragement. The terrain for the Ride2Nowhere was a broad mix of every-

thing from grassy meadows to patches of sand; practice riding on the loose, sandy and rocky terrain in the Middle East certainly helped us keep riding where others were pushing."

Davy Muller: "We don't have any mountains in Qatar so specific training for the event is difficult. I spent a lot of time on the indoor trainer doing climbing training. Climbing with the road bike on the trainer is completely different then climbing with the mountain bike on rocky steep climbs, but in the end it's all about time in the saddle I guess. I didn't win the race but was definitely not the slowest rider on the course."

Would you recommend the race and why?

Kevin and Ela Hickey: "The Ride2Nowhere is a great introduction to stage racing; it provides all the challenges of a mountain bike race but in a relaxed and friendly format. The race is fully catered, with wholesome, tasty, locally produced meals. You can also extend your stay in South Africa with a tour of the famous Garden Route. We managed nine days (out of 14) of more amazing mountain biking, alongside horse-back safaris, swimming with seals, kayaking with whales and lots of amazing food."

Davy Muller: "Overall there was great organisation, great people, great scenery, great trails, great waterstops, and great food for what I thought was a very reasonable



price. Of course, you have to fly to South Africa, but you can combine this with a holiday, which I certainly recommend."

The Ride2Nowhere event will take place from 9th – 11th September 2016, so why not come and join fellow expats from around the world to experience the mountains, valleys and amazing scenery of McGregor in South Africa from the saddle of your bike.



EVENT REPORT

All Set for Paddle the Rock 2015

Words By: Linda Wilson

Photos By: Supplied

Both novice and veteran paddlers will launch into the ocean for the second annual Paddle The Rock Ocean Kayak Race on 27th November 2015.

The 16 kilometre race to circumnavigate Al Fahal rock off the Muscat coast attracted twenty seven paddling enthusiasts for the inaugural event in 2014, and numbers are expected to far exceed that in 2015.

Peter Wilson, from South Africa, is a co-founder of the event and remembers the idea for Paddle the Rock was born in a similar way to the world's longest road race, The Comrades Marathon. The epic road race, (drawing thousands of entrants from around the world to complete the gruelling 87 kilometre race between Durban and Pietermaritzburg, South Africa) began as a friendly challenge between two friends enjoying a celebration in Pietermaritzburg



The field of enthusiastic male paddlers who took up the first Round the Rock challenge in 2014. Contestants of any level are welcome to enter the 16 kilometer ocean race. A small contingent of Ladies paddled a shorter route.

along the lines of "I bet I can beat you to Durban..."

Wilson chuckles at the memory; "The challenge to paddle around Al Fahal Rock

started as a dare between two friends, and we never imagined that so many would take up the challenge with us," he admits.

Wilson is amazed at the interest and enthusiasm generated by the event. "It was not our intent to make this an annual event," he says, "but we have had so many queries for a 2015 entry, our organising team just had to go about setting another date."

The Omani Coastline is characterised by cliffs and small sandy beaches, accessible by sea only. The amount of fish in the water also makes this area a paddler's paradise.

Paddle The Rock 2015 promises to be a fun day out for family and friends. A number of sponsored prizes are on offer and paddlers from Muscat, Dubai and further afield are expected to participate in this sporting event which is open to novice, intermediate and veteran paddlers.





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EVENT REPORT

BIKERS HEED THE CALL OF THE WILD



Words By: Cheryl Robertson

Take it as read that steering a mountain bike through one of Africa's most spectacular scenic regions is going to be a life-changing experience. Whether you are an MTB enthusiast, conservationist or adventure junkie, you will find exhilaration on the three-day Zambezi Cycle Challenge 2015 (ZCC) held at the Victoria Falls - the largest sheet of falling water in the world.



The route snakes alongside the famous Zambezi River that divides Zimbabwe from Zambia, heads into the Zambezi National Park, ploughs through teak forests, valleys and grasslands and takes in views of the waterfall that stretches 1,708 metres wide with a drop of 108 metres. It's not hard to understand why the locals call it Mosi-oa-Tunya (the smoke that thunders).

Riders not only have to test their physical ability but also have to be constantly aware of wild life in an area where man is the intruder.

The inaugural ZCC, held in July this year, was organised by residents Bruno De Leo and Brent Dacomb, the main objective being to raise funds for conservation of the wildlife and environment surrounding the Victoria Falls, while at the same time providing a unique thrilling experience for mountain bikers.

Get in the Zone

On Day One of this year's event, cyclists hugged the Zambezi River for about 58 kilometres on single track and gravel through areas rich with wildlife. Radical Challenge, a Zimbabwe-based life-skills course designed to cultivate upstanding young men, entered a team that included student Andrew

Deller, who says: "Wow-the first day was really difficult as we rode through what seemed like nothing but sand, which the organisers commented on as 'just a sprinkling!' It was a gruelling seven-hour ride, whereas the professionals rode it in four hours.

He adds: "Thank you went to the last water table crew who were fantastic. It was like having Christmas out there on the airstrip as we were the last group! We were thrilled when we eventually hit the tar and we actually ended up face down kissing the tar in relief."

On Day Two the MTB's headed in land for about 70 kilometres through the big game country of Chamabonda Vlei and Matetsi Safari Area. Cycling on single and double track deep into the bush was eventful for another Radical Challenge student and UAE resident, James Connold. James says, "We were making good time and staying way ahead of the pack but about 30 kilometres into the race, Derek fell ill and had to stop. This resulted in me joining up with another group of managers from Johannesburg. I stayed with them for most of the race. It was an amazing experience riding next to the Zambezi River through the National Park bush."

He continues: "On the 3rd day I took numerous falls and my bike basically





disintegrated beneath me. Despite me only being able to go into second gear and the fact that my chain was continually falling off, my group and I finished the ride. "Day Three was all about riding on the edge, a technically challenging 45 kilometres stretch of 90% single track leading towards Victoria Falls along the Batoka Gorge." "The track took us to within metres of the edge of the gorge so the scenery was unbelievable," says Andrew.

Dates for 2016

ZCC organiser Brent says that next year's route will be much the same as the inaugural event, although the structure of Day One will be adjusted. "The 'sprinkling of sand' was a bit of an understatement! We will probably shorten day one by 10-15 kms and cut out about 25kms of sand by choosing a different route," he said.

Both social adventure-loving mountain bike enthusiasts and competitive cyclists are welcome to join next year's event, taking place on 8th, 9th and 10th of July.

Proceeds of the challenge go towards Children in The Wilderness (CITW) and the Victoria Falls Wildlife Trust (VFWT). The latter non-profit organisation was established by conservationists who believed more needed to be done to conserve the wildlife and natural resources in southern Africa, and does so through wildlife research, managing a wildlife veterinary laboratory and rehabilitation clinic, educating local people in conservation practices and finding ways for communities and wildlife to co-exist.

"As a non-profit, we rely very heavily on funding from a variety of sources – one of which is from events like the ZCC," says Roger Parry, Wildlife Manager for the VFWT. "The event raised a significant amount for the two recipients." He hopes the VFWT will receive more sponsorship next year to increase the contribution to conservation.

CITW is a non-profit organisation supported by ecotourism company Wilderness Safaris, which enables sustainable conservation through the leadership

development of rural children in Africa. It runs camps, eco-clubs and programmes at schools within the rural communities that live on the edges of the wild areas of Africa.

Tour de Tuli

Funds raised from the annual Nedbank Tour de Tuli mountain biking event also go to the CITW. In August this year, the Tour's 11th edition attracted 340 participants.

The next event is scheduled from July 29th to August 3rd, 2016. A few changes will be made to the route and camps to incorporate new challenges and surprises, especially as the event has a high repeat rate in terms of participants. Organisers Tour de Wilderness, the umbrella brand which manages and coordinates fundraising activities for CITW, will finalise the route in a few months' time.

The Tour de Tuli is renowned for its high standards of organisation, tented accommodation in beautiful wilderness locations and stunning scenery in geologically rich areas. As Nicola Harris, Tour Director, says: "The Tour has become synonymous with adventure, serious single-track riding, and an incredible spirit of comradery. This year was certainly no exception."

Starting from the Pont Drift border post between South Africa and Botswana, cyclists headed off for two days across Botswana's northern Tuli Game Reserve of indigenous forest and sandstone ridges. After that they crossed into Zimbabwe where one of the highlights was to visit Jalukange Primary School. "We include a visit to a CITW school every year, and some participants have been so moved by this experience that they have continued to independently support the various schools after the Tour," says Nicola.

On day four, cyclists crossed back over the Limpopo River and into South Africa, where they cycled through the baobab-sprinkled Mapungubwe National Park, the final destination for the Tour.

Photojournalist Jacques Marais wrote about his first Tour in SA 4x4 Magazine: "I looked down to inspect the crank, and

immediately noticed the stripped thread.

Two thoughts popped simultaneously into my head: 'This is Big 5 country,' and 'I'm in trouble for the rest of the Tour if I can't get this fixed.' Fortunately, I was only about two kilometres from one of the start points, and started pushing my slider back at a pace, all the while keeping an eye on the surrounding bush for signs of anything higher on the food chain than I was." Take it as read: the back-up teams for the Tour de Tuli as well as the Zambezi Cycle Challenge are more than well practised at getting riders back on their wheels.

Some pointers

- Obey all National Park rules and regulations
- Don't wander off the designated course
- Minimum age 16, maximum 70 (exceptions can be granted)
- Bring your own bike (or hire for at least \$100 a day)
- Contact tuppy.robertson@gmail.com for further information and if you would like to join a group from UAE travelling to the ZCC at Victoria Falls, call +971 50 4251656



EVENT REPORT



ZERO TO HERO

The Team Goes to the annual GoPro Training Day

Words By: Keith Pereña

Photos By: Jung Francisco and Supplied

We found ourselves lying down on the bus seats for the next two hours from Dubai to Al Ain.

Yes, you heard that right – lying down. With only the four of us being escorted by the shuttle, it was easily decided to hog separate aisles, unfold the jump seats and get some sleep so that we would be energised for GoPro's Training Day that was held on 8th of October and supported by Al Boom Diving at Wadi Adventure. Amidst the dying heat, we ended up tanned but ecstatic.

First, a little info: we were complete newbies with GoPro use. However, it didn't take us long to get acquainted with it. My colleague Jung took the GoPro Hero 4 Session out for the day whilst I chose to go with the Hero 4 Silver just because it had a touch screen. Kind of an odd reason to choose it but hey, we're newbies so a touch screen is attractive.

Inside the event hall of Wadi Adventure, I was filled with such profound joy when our trainer, Dominik, asked who wasn't familiar with GoPros. Lo and behold, we weren't the only ones! So a quick tutorial was in order: what to press where, how to jump between modes and how to set it up to create great footage. We were then provided with a multi-



GoPro Trainer Dominik Lyssek teaching us how to use GoPros

tude of accessories that we could use for the day to compliment our GoPros.

Off we went to the wave pool. With a few minutes in our hands before the actual training began, we decided to make a splash for a few moments just to beat the sweltering heat that had come over Al Ain. GoPros in hand and bodyboards in tow, the team braved the wave pool only to be thrown back a few metres by a surprise wave that none of us saw! Trying again, we managed to ride the bodyboards and ride out the waves like actual professionals. There were even some people who were riding the board as if it was a surfboard! Mo Rahma, an Emirati surfer, was also present during the event and he was quick to show us how to surf with a bodyboard.



Being refreshed, the time came for the actual training and the first stop was the Airpark and its host of challenges. First up was the zip line which all of us took on. With the help of the GoPro, I was able to capture some great footage of myself as well as of the scenery from where I was – smack dab in the middle of a zip line in midair. It wasn't much of a challenge really but we were about to get a taste of our own medicine in the next challenge, which was Wadi Adventure's very own obstacle course suspended in the air high above the resort. Gulp.

A little flashback to the bus trip – I didn't know what facilities Wadi Adventure had, so Jung and I played a little wager; take on the 2nd tier of the obstacle course for a little sum and superb bragging rights. I remember saying "Yeah! Let's get it on!" but as soon as we were taking on the first tier of the course I got a quick reality check because the first tier is already high! Lesson learned – never go in blind.

Back to the present, and we were taking on the first tier – slowly but surely, one stump after another, a log here, a climbing wall there, trying not to look down as it was extremely high. After what seemed to be an eternity of nerve-inducing walking along that course, we were done, albeit shaken to the core by being dangled in midair.

After the Airpark session, the last part of the training was to do some whitewater rafting. A quick orientation on how to paddle followed, before we were set up by our guide to take on what is perhaps Wadi Adventure's most famous feature. Paddling as vigorously as we could, we ended up in various ways – sideways, backwards and even slanted so much that the raft almost tipped over (we're a bit sad it didn't tip over because the resort says it's a blast for the raft to capsize). Some of us in the raft however were almost close to being thrown overboard by the waves! GoPro at the helm, great photos were guaranteed.

As the day came to a close, we all enjoyed a healthy amount of snacks while a lesson on using the GoPro Studio – their own post processing software – was delivered. The Studio is a great way to make the most out of your device and it ensures amazing videos and photos the same as the ones that GoPro uses for its promotions. Of course, the day ended with one of the most practical, albeit common uses of GoPros – obligatory selfies with the entire group after a day of dangling, rafting and getting wet and hydrated.



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ACTIVITY REPORT

HIGH TIMES

Words + Photos By: Juan Mayer

I started skydiving in Argentina back in 2000, doing the static line course. After a few jumps I was hooked and started working as a skydiving videographer in order to fund this hobby, which I had become so passionate about. I discovered that I was able to make a living with skydiving photography and quit my job with the Army to dedicate myself completely to this career. Today, I have completed more than 10,000 skydives and I've jumped in many different parts of the world, each with its own unique character. Moreover, I've been fortunate enough to capture a lot of this on camera.

A memorable jump was in 2012 when I filmed the Golden Knights - the United States Army Parachute Team - after they won the World Parachuting Championships

in Dubai. Another one was in Skydive Perris, California, in 2013 when I filmed a 125-person formation. When working with big formation jumps like this, the formation is usually held for just a few seconds; sometimes it's a split second when everyone has the correct grips on each other and manage to close the formation. So it's crucial to be alert and get the shot at the right time because the photograph is the only documentation of the formation. It's a lot of pressure.

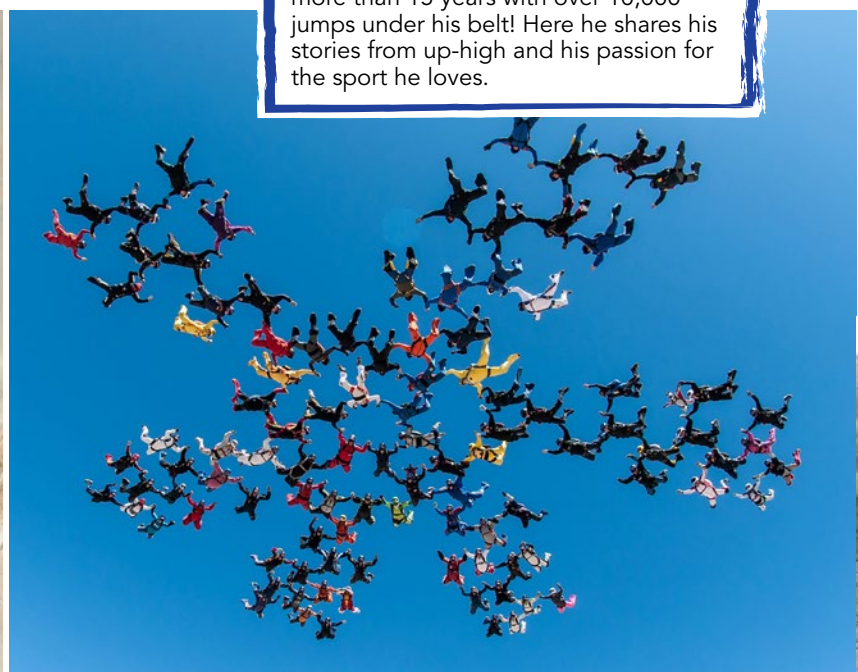
Along with skydiving photography I also occasionally organise seminars to explain to people the complexities of taking photos while falling at 200 km/h. It's something I do for individuals and companies who are interested in this unique sport.

Skydiving here in Dubai is really amazing since there aren't a lot of places in the world where you can see the tops of skyscrapers whilst flying your parachute. The city and the skyline are impressive sights, especially during sunset. It's beautifully illuminated and a truly breathtaking sight. Here is quite a unique place to jump since you have the sea, the desert and the city all in the same place.



A few years ago I started collecting my pictures and decided to publish them in a book of skydiving photography. My book "Ultimate High - Skydiving Behind the Lens" includes photos I've taken in many different parts of the world, most of them being very special and memorable jumps. There's also an accompanying narrative explaining my philosophy as a photographer and skydiver. The text is translated into three languages; English, Spanish and Arabic, and it is the first skydiving photography book produced in over two decades. I feel very fortunate to be able to share my passion with everyone through pictures. I really hope people enjoy looking at them as much as I did taking them.

Juan Mayer is a photographer and a skydiver and has been into the sport for more than 15 years with over 10,000 jumps under his belt! Here he shares his stories from up-high and his passion for the sport he loves.



ACTIVITY REPORT

An Off-Road Debutante IN REMOTE LAND

Words By: Shafy Shakeer

It is now around 4:48 am., Thursday morning on a fine September day. The sound of birds chirping, frogs competing, brooks bubbling, water gushing, an irritating bouncy air mat inside a tent, and the constant loud snore of grown men, all surprisingly seem to be setting the tone as well as harmonising the whole scene. The divine fragrance of nothing, together with this pure breath of fresh air invites you to places you have never been before.

Talking of places you have never been before is a virgin to the al fresco. He who has never in his 31 years slept outside four built walls; be it cement, wood or mud, trying to pen a few words to describe his first ever day in an expedition. I couldn't help but think of scenes in movies and TV programs all week just to mentally prepare myself for these events now unfolding in front of my very eyes. Scenes I never thought I would be privileged enough to experience first-hand for two very separate reasons: One, if not for my childhood mate and his team who loves the outdoors and two, for my own fears of living outside my comfort zone. I repeatedly had to tell myself that I am actually living this right now even though I've got one ear open to the elements that could potentially harm us. The fear seems to be fading away slowly but the defensive energy built within me wants to be ready for the worst.

I am now mumbling my thoughts into the notepad on my phone, as I am still unsure where to start and how I can share this experience with the ones who aren't here with us right now - in the middle of nowhere. Maybe I am not supposed to, as words wouldn't do justice to what you feel out here. Just ask a seasoned outdoor junkie and I am sure they would say the same. I am continuously reminded



Rock My Boat at 35 Degree Angle



First Time Outdoor Experience for Mr. Shafy

of the natural beauty that God has created for us to explore. You are still going to need a manmade machine of some sort to start this sort of voyage, but something tells me that these gravel lands and sand mountains weren't created just to be the wilderness. Some people actually rigorously plan and some happen to just stumble upon events like these. Being the latter of the two, I am just one of many lucky guys who are thankful to all of the people whom I am surrounded by at this moment.

Three trucks full of adrenaline junkies (and myself), tents and jerry cans a top, with food and beverages at a bare minimum, I was introduced to the real meaning of travelling light. I have got to admit that this was the first time I boarded a vehicle with the intent of a long journey without thinking "where is my junk food?" We set off heading towards the borders of the United Arab Emirates and Oman on a very scenic and smooth cruise. As we had just finished our early but heavy brunch I could be forgiven for the attempt to nod off. Little did I know about the bumpy ride ahead that stood between me and my daydream, which wasn't too far off after our first pit stop for fuel. The sound of the rave on a 4WD bouncing off little rocks, unearthing the peaceful sand dust, was exhilarating to say the least. As the dust clouds began to take shape, we could

clearly see the truck trails we were leaving behind us for miles just as we were entering this maze of rocky mountains. The "Arabian Grand Canyon" if you ask me.

Without sounding like a nine-year old girl, I must admit I was taken aback when we were out of satellite coverage. It didn't matter how confident our dust pilots were. I had watched enough episodes of Bear Grylls to start panicking. A quick driver's meeting was called upon, probably just to decide which direction we were heading, but that was reason enough for my fear to set camp in my heart. "I thought this whole thing was pre-planned" I said to myself. A welcome break nevertheless, it was almost as if they heard my stomach churning all the way from the other trucks. GoPros, SLR's and iPhones came out in numbers to capture the exotic and scenic territory we stood upon at that moment. I was reminded not to run down the battery as it was just the tip of the iceberg. The irony of mentioning an iceberg in the middle of that steaming sun was not lost on me.

The rugged terrain ahead was painful, and I kept forgetting that it was a thrill seeking quest which I was now a part of. At the end of it all, waiting for us was this gorgeous pool of water coming through a crevasse of rocks and running downstream, placed faultlessly in between two rock mountains - our almost perfect camp spot. Trucks in position, we began to smell the fragrance of food even before we had started cooking. That's how hungry we were. The smell of charcoal could have attracted more wildlife towards us, but that wasn't a thought I had at the time. Having finished supper, we began to sing our way deep into the night. And that for me was the best way to cap my first experience of an overland expedition.

Looking forward to the first daylight, I crept into the tent with an intent to rest, yet here I am writing my way into dawn.

If you haven't lived what I have today or yesterday, you wouldn't know what you are missing out on. In spite of all my fears, here I am gearing up for yet another day. Yes, it's not like I have got an option anyway, being in the middle of nowhere, but trust me I can't wait to do it all over again. I'm just dreading the toilet arrangements in the morning!

Still in their tents



TRAVEL + ADVENTURE

T.L.R.D

THE LAND ROVER DIARIES

Episode 1

Recapturing the Spirit of Adventure

Words + Photos By: Theo Measures and Neil Walton

"Thousands of tired, nerve-shaken, over-civilised people are beginning to find out that going to the mountains is going home; that wildness is a necessity; and that mountain parks and reservations are useful not only as fountains of timber and irrigating rivers, but as fountains of life."

—John Muir, Our National Parks

I had for some time, felt a vagueness and desolation consume me; I couldn't tell where it had come from or why, and I did my best to hide it. Flitting between purposes in life had left me with a disenfranchised sense of self, struggling to find direction, place or calm in a concrete jungle I began caring less for day by day. It was at this point I remembered my first love: exploring the natural world with an off-road vehicle.

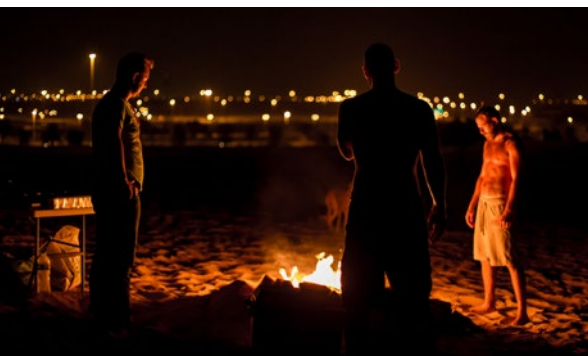
For the last four years I have loved living in the United Arab Emirates, but I had never explored or adventured outside of the city limits, not really. It is this, which for a former countryside-dwelling, muddy lover of the unknown and undiscovered became a bit too much. I could blame Dubai, the city in which I live; I could argue that the repetitive nature of life here, the nerve-shaken, over-civilized rat racers and the endlessly multiplying concrete enclosures have blinkered my desire to roam, dig, splash, climb and just simply be. But that would be a flagrant excuse.

Dubai is an oasis in the middle of an

incredible theatre of nature. It is the oasis that first drew me here, that feeds and shelters me, and I should be grateful. The wilds of Arabia are often dismissed simply as arid, desolate and forbidding deserts, bearing nothing of interest or consequence. In reality this part of the world offers a chance to observe and interact with one of the most diverse, rare, colourful and enduring ecosystems anywhere on earth. Home to an amazing and exotic variety of wildlife, traditions, people and places, Arabia is begging to be explored and I am regretful that I had waited so long to do so.

I am fortunate to have a very good friend in

Neil, who as a professional photographer is responsible not only for the fantastic images born from The Land Rover Diaries or TLRD as we now affectionately refer to it, but also for inspiring much of the drive in me (if you will pardon the pun) to get out in the cars, pursue the next adventure and write about it. For Neil these adventures offer an opportunity to photograph compelling landscapes, which as an accomplished hospitality photographer represents the next bastion of fulfilment. I am often left in awe of his





work and captivated by how such spectacular images are achieved. TLRD therefore embodies a new chapter for both of us and I think I am right in saying, one that we are entering for the other, just as much as for ourselves. Knowing how respected Neil is amongst his clients, it is a privilege to have my words printed with his pictures.

Humbly, Neil and I began delving into the oasis' milieu - drinking its elixir and feeling better for it. Having bought two old Land Rovers for less than 20,000 AED each from a chap who has become a friend (such is the way in the unique Land Rover community) we have started small with some day and some overnight trips to the deserts, mountains, wadis and coasts that envelope us; learning a little more on each occasion, about the environment, our cars, ourselves and each other. Once we began experiencing the calming fluidity of deserts, the cossetting sturdiness of mountains, the replenishing effervescence of wadis and therestorative vista of coastline, we returned to the city free, as John Muir put it, "Few places in this world are more dangerous than home. Fear not, therefore, to try the mountain passes. They will kill care, save you from deadly apathy, set you free, and call forth every faculty into vigorous, enthusiastic action."



"Wander a whole summer if you can...time will not be taken from the sum of your life. Instead of shortening, it will definitely lengthen it and make you truly immortal."

- John Muir

Is it now our intention to wander in this contrasting landscape as often as we can whilst the oasis keeps us here, if possible inspiring others to do the same through pictures and words. My purpose now is to find a way for my passion to also become my work as Neil's is, so that my Land Rover and I can live the life we were built for, to our full potential. It saddens me to think that the diamonds resting latent in our incredible, illustrious malls are considered by many to be the only jewels here; it disheartens me more to see that even some of those who have stumbled across the natural jewels in Arabia's crown are willing to destroy them with rubbish and graffiti. Is there an effort we can make collectively to combat this? I extol cleanup operations nevertheless prevention is surely better than cure.

"The world, we are told, was made especially for man — a presumption not supported by all the facts." - John Muir

I have noticed that since we began TLRD that it is rare to sit and discuss what we find to be "mundane" in our lives. Conversations with friends or family turn quickly away from work to holidays, weddings, birthdays, restaurants, purchases, etc. It's only normal to ignore those parts of our existence that we find repetitive or boring, dismissing them as par for the course.

"Most people are on the world, not in it — have no conscious sympathy or relationship to anything about them — undiffused, separate, and rigidly alone like marbles of polished stone, touching but separate." - John of the Mountains: The Unpublished Journals of John Muir

For anyone living in a bustling metropolis



such as Dubai, it is all too easy to become hypnotised, and even desensitised, by the many daily distractions placed in our way. It is so much easier to simply go with the flow and enjoy the metropolitan life, the allure of the restaurants, the gallery opening at which it is essential to show your face, rather than to stop, cast aside the superficiality and examine what it all means in the greater scheme of things. Taking time out to look at ways and means to develop our mind and spirit — our soul — is something we often suppress. The issue here is one of balance. Abandoning the distractions altogether for a life of contemplation is not what we are talking about. What we advocate is an occasional break from the roller-coaster ride for the benefit of our self-esteem.

"I am losing precious days. I am degenerating into a machine for making money. I am learning nothing in this trivial world of men. I must break away and get out into the mountains to learn the news" - John Muir

#EscapeTheMundane is therefore more than just the hashtag thought up by my co-conspirator and used in conjunction with all our images, it is a statement of intent. We decided not to let life become a series of superficial distractions from boredom and unfulfilled potential. To #EscapeTheMundane is to immerse yourself in environments and situations that can only be honest and true by definition. #EscapeTheMundane isn't just another distraction.

"There is a love of wild nature in everybody, an ancient love showing itself whether recognised or not, and however covered by cares and duties" - John Muir

You don't have to jump in an old Land Rover and head for the mountains (although we can certainly recommend it!), just go out and have an adventure. Adventure is defined as an unusual and exciting or daring experience. It's about trying something or somewhere new because as Amelia Earhart once said, "Adventure is worthwhile in itself". The by-product of adventure, as so many people have already discovered, is a refreshed or new perspective. Perspective is the stuff that enables you to decide whether you want to live to work or work to live. If TLRD is the ongoing story of our adventure and my personal quest to find new perspectives, then #EscapeTheMundane is its mission statement.

The Elbrus Letters

Episode 2

Words + Photos By: Fahd Abu Aisha

Day 3 - I Swear Nobody Gave Me Crampons

It was an early start to the morning as we packed our bags and walked over to the cable car station which would take us up the platform up the mountain. From there we would take another dreaded chairlift that would take us to camp. Thankfully, this chairlift was less stressful, predominantly because I had assessed and sufficiently concluded that the fall between the chair and the ground was survivable. Once we reached the highest platform, we carried our bags, barrels and all our equipment up to the "Red Fox Campsite," the refuge we would be calling home for the next three days.

Our first objective on the mountain was to collect water from the glacier stream running down the mountain. This was the first time I had properly walked on snow and I did not manage to maintain my balance for very long, slipping and grazing my palm on some rocks. As a result I had to nurse a small but

irritable burn on my hand for the remainder of the trip.

Our accommodation was comprised of insulated metal crates with one bunk bed located in each corner of the room, so there were four bunk beds in total. The girls had a smaller, cosier crate to themselves while Mohammad and I commandeered the "master suite." We were spoilt for choice on which bed we would deign to sleep in. I concluded that it would be strategic if he slept in the bed above mine to consolidate the warmth in one corner of the room so as to maximise the body heat, sort of like a human hearth, as it was to get colder at night.

A practice session with the crampons followed. After a slightly embarrassing declaration that I wasn't given any (only to find them at the top of my bag) we proceeded to learn how to walk with them on the ice. Unfortunately, mine kept falling apart whilst trying to tie them around the boots, which prompted Lisa to let me continue walking normally in the snow with my boots.

The views of the Caucasus mountains with their icy plains and the two massive hills of Elbrus looming ahead of us was unarguably one of the most beautiful scenes I had ever happened upon. We walked around picturesque crevasses on the slopes and ascended to 4000m just below the Fruit Hut checkpoint to make sure again that our bodies had adjusted to the altitude. It was on this day that I had started to

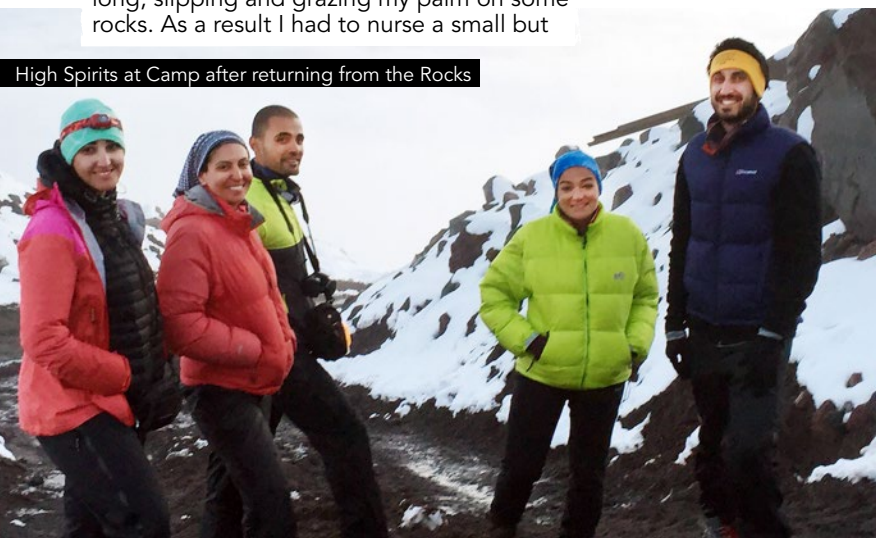


Putting on the crampons

experience a mild headache. We retreated to the camp, passing the remainder of the evening playing Uno and once again (over) shared some stories. Tomorrow would be our first real test...and indeed it was.

Day 4 - Whiteout

The purpose of walking up to the distinctive Pashtakov Rocks at 4,800m was to once again get our bodies adjusted to the high



High Spirits at Camp after returning from the Rocks



Snowmobile to the Rocks



altitude in order to be able to sustain making the final push to the summit. We began our walk up to the Pruitt Hut checkpoint, dragging our feet sturdily through the snow. About an hour in, Lisa, leading from the front, received a phone call. Within a few seconds of answering, sheswung around, and started shouting for all of us to retreat down the mountain. The winds were growing stronger and the snowfall heavier. None of us was sure of what was happening, and we rushed against the wind downwards — a heartbreaking process of undoing all the hard work we had engaged in going up. Lisa pointed out the nearest crate 100m from us and ordered us to retreat as fast as we could in there. Like an army general in the midst of battle she shot down questions and roared for us to hurry in there as soon as possible.

We entered the crate, which happened to be the kitchen of the Rahhalah group who previously climbed the mountain. A slightly more relaxed Lisa was then able to explain the situation. There was a strong current of static electricity in the atmosphere, which could create a charge for lightning to strike. There have been mountaineers on Elbrus who have perished after being struck by lightning, and on a barren slope we were all sitting ducks. We waited in the kitchen

Heading to Pashtakov Rocks



praying for the weather to improve, but our urgings were futile. There was no choice but to retreat as we made our way down, with the icy winds fiercely piercing our eyes, ears, noses and any other visible orifice on our faces. In our haphazard descent we didn't have the time to pull on our ski goggles.

That day was a severe blow to the morale of the team. It was at that point that we realised we may not be able to reach the summit at all due to risks that were beyond our control. We now only had one window — Thursday morning — to attempt to summit.

Day 5 – Pushing Forward

An early night's sleep the previous night ensured that we were all up early, more determined than ever to achieve our goal. However, it was a day that started off with emotions running high, as Lisa was stuck at the bottom of the mountain (she had left to get more supplies and equipment) and the chair lifts were not working due to the poor weather from the day before. The only alternative was to jump on a truck and drive to the camp which would take some time due to the extreme caution of the driver on the steep bends and turns. I found myself yearning for the foolhardy, speedracer driver that had taken us from the airport to our hotel on the first day. We were getting restless, worried that it might be too late in the day to try heading to the rocks. The mini bout of bubbling panic subsided as soon as Lisa arrived.

We took a snowmobile that transported us to the same point where we had been forced to retreat from the day before. This would save us an hour. Gliding through the white desert against the backdrop of the Caucasus mountains is one image that will forever be ingrained in my memory. We hopped off the vehicle and began to push forward, controlling our breathing (Lisa called it pressure breathing), pacing ourselves until we reached our destination; the Rocks. The air felt thinner, and as we avoided thoughts that were reminiscent of suffocating in a coffin, we hung around, calibrating our bodies to the significant change in atmosphere.

Morale was lifted back at camp, although the effects of the altitude had taken its toll on me as I struggled to finish my soup at



Trying to stay warm in the storm



Manal freezing in the storm after halting our climb

lunch. A little relaxation, some water and some funny (at this point the possibility of over sharing was a distant memory) stories restored my senses. We spent the rest of the evening enjoying the beautiful sunset and playing our team game, Uno. Follow the climactic ending to Fahd's journey next month!



Fahd is climbing Elbrus in support of Al Jalila Foundation. It is a global philanthropic organisation established by His Highness Sheikh Mohammed Bin Rashid Al Maktoum to transform lives through medical education and research. 100% of funds donated to Al Jalila Foundation are invested into local healthcare programs. For more information please visit www.aljalilafoundation.ae.

KALBA, WHERE MOTHER NATURE MEETS ECO-FRIENDLY ADVENTURE

Kalba for those new to the United Arab Emirates is situated on the east coast of Sharjah, south of the Emirate of Fujairah, next to Oman and only an hour's drive from Dubai. It is one of the most picturesque and serene places in the UAE and has a wealth of geographic diversity that takes in the Gulf of Oman, stunning mountains, plains and beaches, making this an ideal location for an eco-friendly adventure.

Kalba offers a unique experience to visitors with a wide range of activities and attractions and takes in the Al Hafiya and Al Qurm nature reserves. It has one of the largest mangrove forests on the Eastern Coast, and features extensive biodiversity in terms of vegetation and rare species of birds, turtles, fish, as well as a protected gazelle community.

Nestled in the foothills of the Hajar Mountains, is the latest addition to the UAE's outdoor adventure offerings - Absolute Adventure's Kalba Camp. The location of the camp within Kalba overlooks the mangroves and acacia conservation area. The camp is sheltered by the mountains on three sides keeping it well protected from the elements while being in a beautiful environment that has plenty to offer when it comes to adventure.

The camp also features an exclusive eco-watersports centre within the mangroves



and conservation area. Kalba mangrove forest is the oldest in the Arab world and the only breeding ground of the endangered White Collared Kingfisher. The mangrove trees are the tallest and most mature in the region; they provide breeding, nursery and feeding grounds for several fish and invertebrate species. Turtles can be seen near the mouth of the mangrove's inlet, entering the creeks at high tide to feed on sea grasses and algae. A guided exploration of the quiet waters this area can uncover turtles, crabs and wading birds within the nature reserve.

The Kalba Camp project began two years ago and CEO Paul Oliver has been spearheading it every step of the way. "We're very proud to announce the opening of the only camp in the region that has been specifically designed to deliver high quality adventure and environmental education courses. Every

part of the camp and watersports centre has been created to meet the highest international safety standards. Our facilities include 24-hour security, satellite communications and dedicated first aid room".

The camp itself is located on the site of a former quarry to the south of the Al Hafiya Reserve in the Hajar Mountains. The sustainably designed accommodation is made up of wooden cabins with 20 dorm rooms with six beds per room and six en-suite twin rooms, making it ideal for group adventure, corporate and school stays. The site boasts a very large, high quality commercial kitchen with onsite chefs, covered dining area and large bathrooms with hot running water.

Kalba offers a wide range of activities both on water and land. The camp contains the most comprehensive UK certified high ropes course in the UAE, along with a low ropes course, archery range, and mountain bike skills track. The dedicated water sports centre down by the mangroves offers guided canoe tours, stand-up paddle boarding tours, kayaking, and night visits to view turtle nesting and hatching.

A trip to Kalba really does provide an unrivalled eco-adventure in this region. Only here can you discover a world of rare wild flora and fauna, watch over endangered wildlife, hike in the mountains, camp near the sea, and indulge in watersports all within a few kilometres.

Want to visit Kalba? Book a trip with Absolute Adventure! Get in touch with them through www.adventure.ae or +971 4 3926463





GRAVITY JUNKIES

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LIFESTYLE

AU NATURAL: HEALTH POWERHOUSE

START FERMENTING NOW!

Foster good bacteria in your gut by eating probiotics in their most natural form

Words + Photos By: Ivana Chiles

It is autumn, my favourite season of the year. Not only because I love fresh air and running through the coloured leaves, but also because of the abundance of fruits and vegetables ready to be harvested and some of them stored for winter.

I know we do not particularly feel the changes in seasons in Dubai, but perhaps you have noticed a sudden variety of apples, sugar rich plums or figs in the shops. It is because nature is preparing us for tough times and theoretically we should load up on nutrients to survive. It is natural that many of us gain a few extra kilos as part of this process. Extra sugar is stored as fat (in the form of triglycerides) to be used up later in winter whenever needed. If you have an opportunity and a few extra kilos of apples or plums come your way, dehydrate them. They will serve as a delicious snack on your hikes!

Our ancestors were well aware of these tricks, that's why they started preserving foods for winter by fermenting. Until today this is the simplest way of loading up on probiotics and vitamins to keep you healthy. We have proof that Julius Caesar fed his forces sauerkraut because he believed in its magical health benefits. The Japanese ferment soy beans into natto and umeboshi plums that can kill many harmful bacteria in an upset stomach. Koreans make kimchi and eat it pretty much with every meal, because it shields them from getting sick from possible bacteria in fish.

Your health starts from a healthy gut!

Have you ever heard saying that almost 80



percent of your immune system is in your gut? That your health starts from a healthy gut? Scientific evidence shows that the types of food that you eat will directly determine the levels of certain bacteria in your gut. Your intestines are home to many different kinds of bacteria and some non-bacterial organisms as well. Together they are called the "gut microbiome." They come from the food you eat and whatever else gets into your mouth. Therefore, your gut immune system needs to be thriving and healthy in order to avoid illness.

Your gut microbiome aids digestion and produces vitamins and other compounds that affect your health. It seems to play a role in many other health-related functions, including metabolism, cardiac health and mood. New evidence shows that the bacteria in our gut also interact with our immune systems, and might even influence the body's immune reaction to vaccines.

I come from a small mountain town in the Czech Republic, and making sauerkraut has been an autumn tradition for my family. Until now my Mum would spend pretty much half a day chopping cabbage, Dad would bring a massive 20-litre clay pot from the cellar, and the process of making this delicious, super healthy delicacy would start. This massive amount of fermented cabbage would slowly be consumed by my family throughout winter in salads, soups and as parts of



many traditional dishes. Raw juice helps constipation, I don't think we really fully appreciated its unique benefits.

Today I will teach you how to optimise your gut flora by making fermented vegetables at home, in your own kitchen. If you have never eaten fermented vegetables before, I recommend you start introducing them gradually. A large portion may provoke a healing crisis. This process occurs when the probiotics kill off pathogens in your gut. When these die, they release potent toxins into the blood stream making you feel unwell (headache, for example).

Why we should eat fermented foods:

- They are considered one of the healthiest foods on the planet.
- Fermentation does more than simply preserve the food. It can also make nutrients inside the food more bioavailable. This is one of the most important benefits of the entire fermentation process. The vitamin C in sauerkraut (fermented cabbage) is about six times higher than in the unfermented cabbage approximately one week after fermentation begins. This is because vitamin C is no longer bound in the cellulose structure after fermenting.
- Fermented vegetables are the only source of vitamin K2, essential for bone strength, the health of arteries and blood vessels. It plays a role in other biological processes, including tissue renewal and cell growth. By using certain starter cultures or probiotics, you will multiply the amount of K2 in your fermented vegetables.
- They are loaded with enzymes (more than raw vegetables) and provide your gut with healthy probiotics.





- They are amongst the most digestible foods on planet. They help digest heavy meals, proteins and fats and you should always eat them along with meat.
- Fermented vegetables heal any sort of disease from digestive tract issues, skin problems, diabetes and autoimmune diseases to all kinds of allergies and even cancer.
- Some nutrients from fermented vegetables, for example iron, are much more absorbable compared to iron from other food sources.
- They are easy to make and do not go off easily!

Whilst there is always the easier option of getting sauerkraut from any supermarket (even in Dubai), you should know a little fact: Commonly available sauerkraut, which is pasteurised, has almost zero benefits. All enzymes, lactobacillus and temperature sensitive vitamins, were killed during the process of pasteurisation. Therefore we cannot call it a "probiotic food" any more.

Are you ready to put in a small amount of effort and reap the massive health benefits of fermented vegetables? Well here are two of my favourite recipes!

You will need:

- Good quality vegetables (preferably organic)
- Sea salt
- Herbs and spices (I prefer caraway seed)
- Glass jars
- Good knife and chopping board
- Large bowl to mix the veggies
- Juice extractor or blender (optional)
- Fermented Daikon Radish & Beetroot
- 2 large daikon radishes (thinly sliced)
- 4 medium beetroots (roughly grated)
- 2 tspn caraway seeds
- 2 tspn Celtic salt

Mix all ingredients together. Take 1/2 cup

of chopped vegetables, mix them with 1/2 cup of cold fresh spring water and blend in a blender, creating brine. Add to the rest of mixture and work through it with your hands.

Pack tightly in a glass jar container with a wide neck. Place a clean, flat plate (large enough to cover most of the vegetables) and put a heavy rock on the top. You will need to boil the rock in water for few minutes to sanitise it.

Let it ferment for about three days (or more) at room temperature. Once you are happy with the flavour, place the vegetables in smaller glass containers with lids and keep in the refrigerator. This will slow the fermentation process down and lock in the flavour, texture and tartness. Good for about 6-8 months.

Tips:

You can add in any hard root vegetables of

your liking, such as carrots or turnips. Peel your veggies as the skins can impart a bitter flavour.

Always use a clean spoon to take out what you're eating. Never eat out of the jar, as you will contaminate the entire batch with bacteria from your mouth. Make sure the remaining veggies are covered with the brine solution before replacing the lid.

Should you still find it too confusing and complicated, you can always join one of my workshops, where I will teach you how to make your fermented vegetables step by step. You can contact me on my Facebook page Health Powerhouse or via email at info@ivanahph.com and I will be happy to help!

Interesting facts: Do I need a starter culture or probiotics to make my fermented vegetables?

Surprisingly, Mother Nature populated nearly all organic fruits and vegetables, the dust covering soil, and all plant matter with Lactobacilli (lacto-fermenting bacteria). Fresh organic cabbage leaves, for example, are covered in Lactobacilli. Therefore you do not have to add a starter culture, if not available.



Ivana Chiles has been living in UAE for over 15 years. Her passions are nutrition, healthy cooking and gardening. Ivana is a certified holistic health coach and member of American Association of Drugless Practitioners. Find various healthy tips on her website www.ivanahph.com or Health Powerhouse on Facebook.

PRESS PAUSE

Words By: Keith Pereña
 Photos By: Wouter Kingma

It was all too real – sitting on a camping chair inside Adventure HQ while the audience deposited their phones inside a cooler box to “disconnect” from the digital world for the next few hours. There were some who were hiding their phones in their bags, afraid to be away from them, and some who were more than eager to feel what the star and director of the film experienced – to be completely disconnected with the world. This was when Project Pause began to roll.

The film is a self-made documentary about Wouter Kingma's decision to disconnect from the world – no emails, no laptops, no WiFi, clients, calls – discarding forms of communication for a week to see how it feels to be away from the gadgets we use every day. In his own words the film is more about his pursuit of “having nothing to do, no to-do lists and just having fun”. I for one believe that he made that point quite clear in the film.

With only a camera and a satellite phone (which was never even used) as his only gadgets, he stayed for a whole week in the Empty Quarter, cooking his own meals, reading books, writing, sleeping, biking, running and even braving a sandstorm — things that according to him he didn't have the time to enjoy that much back in civilization. He's very proud to say that “I

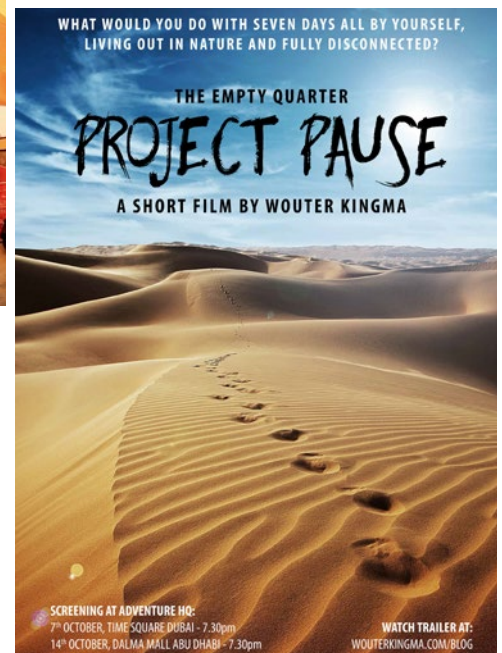


read books. I normally fall asleep when I try to read books, but being there is just different, there's so many things to do and so much time. It felt great to be able to enjoy myself away from everything.”

I love how the film becomes a call to disconnect from technology and social media without it being its primary goal. Wouter's goal was just to have things to do and enjoy, and it just so happened that the film's humility worked very well as it promoted such a strong message – a message that is highly relevant today.

Those who will see this short film should expect to be taken away by the film's simplistic beauty. The daily documentation of the actor's activities in the Empty Quarter is a must-see as he explores and finds peace within himself in a world where it is quite difficult to find because of all the external factors that surround our daily lives. The film fiddles lightly on the heartstrings – it's not a tearjerking drama, but it's more of

Film: Project Pause
 Directed and Starred By: Wouter Kingma



a gentle reminder that we are all human and that sometimes, we deserve to do the things that we want to do away from the corporate world, technology and all the other distractions that there may be. In conclusion, this film is a kind reminder to all of us that sometimes all we need is nature and some time away from our gadgets and we're in for the experience of a lifetime.

Know more about the man and the film at www.wouterkingma.com



HABITUALLY HEALTHY

Sous-Vide Salmon and Carrot Textures

Words + Recipe By: Chef Patrick Ikinofu

What's up guys? It's been 3 months since I started with this column and that means it's time for another menu change down at the bistro. We use seasonal ingredients to portray Mother Nature at her best and source most of our vegetables from our local supplier, Green Heart Organics.



The price may be higher, but the product is surely worth it. To be honest, it's been a tough three months: breaking old habits of the team and trying to inspire the chefs with a fresh new set of eyes and a whole different style of cooking. But we are getting there.

This time around we have listened to our customers and brought back more salads and kept things fresh and honest. Of course though that gets a little boring - a simple salad in a bowl with the same usual dressings, I've added a few quirky gimmicks. We have a slammin' super food salad on offer served in a sexy glass jar and a flower pot salad served like a little pot plant with

edible everything, I'm sure this one will be a hit.

I've also purchased a sous-vide machine from the Vauxxia shop in Dubai. Make sure to go and check them out for all your hospitality supplies both commercial and private, their range is extensive and of top quality.

Sous-vide cooking is one of my favorite techniques especially for seafood and vegetables. You basically set your water bath to your desired temperature, vacuum pack the item you're cooking with all the flavors you want and place it in the bath for the time it requires to cook. It's pretty foolproof and the results are exactly to what you set the temperature to.

I suggest you get on down to Vauxxia and grab yourself one so you can try out this month's recipe:

Ingredients:

- 180gm Salmon
- Dill
- Orange
- Maple
- Baby carrots
- Large carrots
- Cucumber
- Clams

Method:

1. Remove the skin and bones from your salmon fillet and portion it into a 100gm steak. Keep the remaining 80gms for a skewer which will be chargrilled to add another element to the dish.
2. Place the 100gm piece into a vacuum pack bag with some maple syrup, orange zest, dill and a little orange juice. Seal the bag and cook sous vide at 61 degrees for 15 mins.
3. Peel and blanch the baby carrots and sauté with a touch of cardamom and keep aside.
4. Place the cut down peeled larger carrot with vegetable stock, orange peel and ginger into another vacuum pack bag and cook sous vide at 85 degrees for 45 mins. This will keep the colour and give it a very nice ginger and orange flavour which goes very well together.
5. Simply steam open your clams in a hot pan with a little lemon juice and then remove the meat. Cut your cucumber into different shapes and sizes for garnish and arrange your plate to your desire.



The Cycle Bistro

GPS location:

Latitude: N 25° 02.792

Longitude: E 055° 14.384

Phone: 04 425 6555

WORLD'S FIRST KAWASAKI CAFÉ IS LAUNCHED BY LIBERTY AUTOMOBILES IN DUBAI

Legendary rally champion Mohammed Ben Sulayem inaugurates the Café that offers premium coffees and snacks in a Kawasaki-themed setting

Words By: Keith Pereña
Photos By: Jung Francisco

Kawasaki Café, the world's first Kawasaki-themed café, has been launched above the Kawasaki showroom on Sheikh Zayed Road by Liberty Automobiles Company, the exclusive authorised distributor of Kawasaki in the United Arab Emirates.

The elegantly designed café was inaugurated by Mohammed Ben Sulayem, the UAE's legendary motor sport champion, President of the Automobiles and Touring Club of the UAE and FIA Vice-President. He was joined by Sheikh Khalid Abdul Aziz Al Qasimi, Chairman of Liberty Group, H.E. Hisashi Michigami, Consul General of Japan in Dubai and Takeshi Tanigawa, a senior official from Kawasaki Heavy Industries. The opening was celebrated in the presence of a large number of Kawasaki enthusiasts and invitees.

Present in the event was Mr. Ravi Nair, Divisional Head of Liberty Kawasaki, whom we had the pleasure to speak to. Commenting about the Café, Mr. Nair states that this is the sole place in the region where one can



Mohammed Ben Sulayem, President of Automobiles & Touring Club of the UAE and FIA Vice-President, inaugurating the Kawasaki Café in Dubai, flanked by Liberty Group Chairman Sheikh Khalid Abdul Aziz Al Qasimi, along with Japanese Consul General H.E. Hisashi Michigami, Takeshi Tanigawa, a senior official from Kawasaki Heavy Industries, and senior officials from Liberty Kawasaki UAE.

expect the "best coffee and the excitement of Kawasaki." He expounds on this by relating it to the recently launched Kawasaki Ninja H2 which was unveiled by Sheikh Ben Sulayem himself. The Ninja H2 is the world's first and fastest supercharged bike and is on prominent display at the adjoining Kawasaki Accessories and Merchandise centre.

"Well, since it's the Kawasaki Café; and the cafe culture is popular here in Dubai, it's a place where like-minded people can gather and discuss their future plans. It's a nice hangout," Mr. Nair adds, elaborating on how the newly-opened Café can serve as a platform for riders to spend their downtime in.

The Kawasaki Café, which offers hot and cold coffees from the renowned Italian brand 'Illy' and a choice of snacks, including cakes, pastries, salads and sandwiches, is open to the public daily from 7:30 a.m. to 10:00 p.m. Also on the list are ice cream coffees and other premium coffee creations from 'Illy'.

"As the exclusive dealer of Kawasaki in the UAE, Liberty Automobiles is thrilled to launch the world's first Kawasaki-themed café here in Dubai," said Sheikh Khalid Abdul Aziz Al Qasimi. "Kawasaki is a brand that spells fun and youthfulness. We have tried to create an enchanting world of Kawasaki in this café, while offering some of the finest coffees and foods in this busy commercial area of Dubai."

Kawasaki Café boasts an ambience that celebrates several winning features and USPs of Kawasaki bikes. Displayed at the café entrance is a 1983 Kawasaki Ninja, the model that was used in the Hollywood movie "Top Gun" starring Tom Cruise. The interiors of the café portray larger-than-life images of the latest Kawasaki Ninja H2, the fastest supercharged bike in the world.

The café is served by a fully-equipped kitchen and staffed by professionals from the hospitality industry.

Entry to the café is currently through the Kawasaki showroom which features an extensive range of 2016 models of Kawasaki bikes, quads, jet skis and all-terrain vehicles (ATVs). Soon, a dedicated escalator will be installed to take customers directly to the café.



"We have designed Kawasaki Café as a friendly hangout, not just for bikers and bike enthusiasts, but also for families looking for a relaxing venue to enjoy premium coffee and refreshments. The atmosphere inside takes the guests to the bewitching world of Kawasaki, where they can get the latest Kawasaki bikes and other vehicles in the showroom below or shop at the adjoining Kawasaki accessories and merchandise centre," said Mr. Nair.





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HUMAN PERFORMANCE. MULTIPLIED.



ADVENTURE **HQ**

Natural History

LIFESTYLE

THERE'S A REAL JUNGLE OUT THERE!

Words + Photos By: Dan Wright

"If you go down in the woods today, you're sure of a big surprise..." and as the song says, you really could be in Nepal. With two big National Parks set in thousands of acres of jungle, you'll never know what you're about to bump into!

Tigers and leopards and one-horned rhinos are allowed to roam in vast protected areas, and with the Nepal Army running anti-poaching patrols there are plenty of people looking out for them. Sadly poaching still happens and the majority of endangered wildlife trafficked body parts are destined for an expensive Chinese medicine that doesn't actually do what it says on the tin (Unlike Ronseal!).

It's also very simple to visit Nepal and to get to the jungle. Really - you only need a long weekend holiday to make the trip, and the range of wildlife you can experience in that time is enormous.

The most popular area for visitors is Chitwan National Park which was established in 1973 by Royal Decree. It is set in sub-tropical lowlands that range from 110 to 850 metres in height and is fed by three major rivers which means you have plenty of opportunities to see crocodiles, turtles and riverside birds. You can do this by either taking an elephant back tour (and they walk in the water too), or a dugout tree trunk canoe trip. The dugout canoe is the most stable platform if you want to photograph riverside birds (like kingfishers or painted cranes) but you can't really stop. The elephant back



trips allow you to pause at good spots to watch for longer but they are a much less stable platform when moving to take pictures from.

If the river is a place you want to spend more time then you can also go down in the mornings after the elephants finish their group rides, and help them to wash themselves. This usually involves a lot of water getting sprayed so make sure you wear swimming clothes to get wet in!

Getting to Chitwan from the UAE is as simple as taking a return ticket with one of the country's budget airlines which will set you back around 1500 AED per person. The flight there and back is just under four hours each way and with a departure on a Wednesday evening that gets you to Kathmandu for 8:00 p.m. and a return flight that leaves Nepal at 10:00 p.m. on a Saturday and gets back to the UAE at 1:30 p.m. the next morning, you can get at least two and a half full days in Nepal from a four-day weekend. Most nationalities can get their visa on arrival in Nepal and this includes the passport photo which is done automatically when you get there. A four-day trip needs the shortest visa which is 10 days and costs just 25 USD. Below is a sample itinerary for you to get an idea of what you can do in that timeframe:

Wednesday night – Arrive Kathmandu between 8:00 or 9:00 p.m. Visa at airport (Take 10kgs hand luggage only to avoid the

congestion at the luggage carousel – this is a 3rd world country and sometimes your luggage doesn't arrive until the next day). Airport transfer to your hotel (Thamel is the tourist sector with all the shops and restaurants and entertainment in one main place), dinner, bed.

Thursday – Have breakfast, after walking the Thamel streets for an hour. Then take a taxi to the domestic airport for a 10:00 a.m. flight to Chitwan. Arrive at Chitwan and most big hotel/tour companies in Chitwan (if you pre-book) will send a car to collect you. Drive to Sauraha which is on the banks of the Rapti River and the main tour village just outside the park gates (you can't stay in the park anymore). Here you will find most of the hotels and lodges. Some of them back onto the jungle but have electric fences to deter marauding wildlife. Others line the banks of the Rapti River and are great for bird watching. After you are shown your rooms you'll be given lunch and then you'll head out for your first trip into the park. Usually this is a walking tour around the river's edge and the Elephant Breeding Centre. Be sure to take a small pair of binoculars with you and if you want wildlife pictures you'll need a telephoto lens of some sort. It's also a good idea to wear drab colours such as greens and browns so that you blend into the background and surrounding jungle better. Your guide will give you a briefing on what to do if you





encounter a rhino or a big cat, and the guides are very highly trained and experienced so listen to them!

When you return to the lodge you'll take dinner and this is followed by a walk into town to the Cultural Theatre to watch the Tharu people put on a display of local dances and entertainment which is a really fun evening that usually ends in everyone getting up and dancing on stage too!

Friday – Wake up at 5:00 a.m. with a coffee and slice of toast and head out either for an Elephant back safari or dugout canoe safari. The early morning is a great time to see wildlife at the watering holes and along the river banks. When you return to the lodge you'll have a proper breakfast and then head down to the river in the centre of the village to watch the elephants being washed (and take part yourself!). Usually people then take a stroll back through the town centre to look at souvenir shops and maybe walk around the traditional village areas to see the painted houses and the elephants in their stables (VERY BIG stables!).

Back at the lodge you have time for lunch and then there is normally a vehicle to take you to the airport for the flight home.

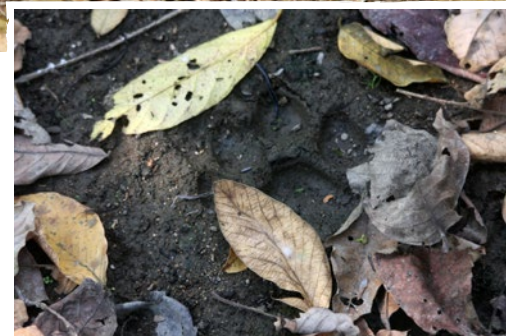
You'll reach Kathmandu and your hotel by late Friday afternoon and most people then just want to chill out in a café or walk the Thamel streets to see the little hidden temples in peoples' courtyards. You can also buy knock off outdoor clothing, pashminas, jewellery, books or any one of the myriad items available in all their colours and smells on the streets!

Saturday – This is the perfect opportunity to head out and get some culture! You can usually fit in two locations and these can include Swayambhunath Buddhist Stupa (also known as the Monkey Temple due to all the monkeys hanging out there). The steps up one side are long and arduous but well worth it for the views of Kathmandu

valley from the top. This is the biggest Buddhist stupa in the world outside Tibet. You can then take lunch and head on to Pashupatinath Temple, which is the Oldest Shiva temple in the world, and is also where all the dead are taken to be burned before their remains are pushed into the Bagmati River to continue with their circle of life. It's a very evocative place especially in the evenings, and you'll meet many wandering Sadhus (monks) and Yogis there who for a small tip (around a dollar) will tie themselves into intricate knots for you to photograph!

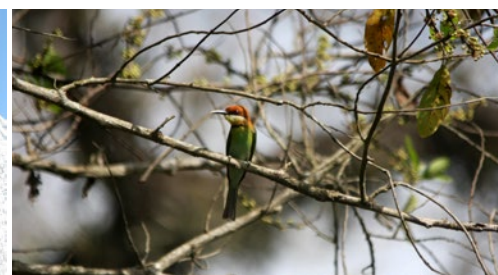
You'll need to get to the airport three hours before your flight to get through the long process of checking in (often aggravated by a lack of electricity due to load shedding). The departure lounge has a few souvenir shops (at inflated prices) and a couple of places to get a coffee and slice of banana bread.

If you take a package like the one described here for two days and one night, then all your accommodation, food, activities, park entry and guides / drivers will be included for anything between 75 USD per person to 500 USD per person, depending on how luxurious you want your trip to be. Most people aim for the 110-150 USD



range. Your domestic flights are around 99 USD each way and you need to carry money for drinks, souvenirs and tips as well.

Nepal is recovering from the two major earthquakes and is now designated as safe to visit again by the major embassies around the world. It is a beautiful destination full of wonderful people, delicious food and interesting things to see and do. Now is the time that Nepal really needs our support through the return of tourism to help them rebuild their economy, so every dollar you spend in Nepal will help achieve this. Please tip generously, buy things to take home and take part in lots of activities. Nepal is the sort of place that you will return to again and again, so go on, book a trip there now and see what you can bump into in the jungle!



Dan Wright is a freelance Wilderness Guide in the UAE and Asia. He has a degree in Environmental Science. Dan has been on several International wildlife and exploration expeditions with UK Radio stations and writes for a range of publications in Asia and the Middle East. His wife is the former Nepal National Mountain Bike Champion, Nirjala Tamrakar. They live in Dubai with their son Percy and spend all their spare time exploring the UAE!



LIFESTYLE

Lytro Illum Camera Launches in the Middle East

Photos By: Jung Francisco

Redefining the art of photographic technology, National Stores announced the launch of Lytro Illum into the Middle East market at a well-attended event on 29th September at the Shangri-La Hotel. The press conference and launch was led by National Stores' executives. The presence of award winning photographer Khaled Abu Dahab also raised the ante for the Illum's stellar launch.

Distinctly different from traditional cameras, Lytro introduces to the region its unique concept of "Living Pictures", courtesy its revolutionary Light Field Technology, pushing shutterbugs to experiment with diverse images, whether it is the rugged beauty of the mountains or the serene flow of the desert sands. The breakthrough camera holds a wide appeal for people from different backgrounds, ranging from professional photographers to outdoor enthusiasts who love to document their amazing journeys behind the lens.

Commenting on the launch, Mr. Salah Khoory, General Manager, National Stores said: "The launch of Lytro in the MENA region, particularly the United Arab Emirates, is a momentous occasion for us. The market is very receptive to electronic gadgets and appreciates quality which is why we are confident that Lytro will thrive well in this conducive environment. With a multitude of



General Manager Mr. Salah Khoory



platforms that require photography, Lytro's entry will give users a worthwhile option that scores high in terms of monetary value and user satisfaction, as is evident by the testimonials from shutterbugs around the globe".

Lytro was built upon the vision of Ren Ng, whose research on light field imaging won Stanford University's prize for best thesis on computer science in 2006. 2012 saw the company's first publicly available light field camera. The Illum is the second generation of the California-based firm's camera, with the first one being the 2012 iteration. The company prides itself to hold the cameras that are the first to harness the entire light field, which enables photographs to retain richness and depth of scene. It also enhances the camera's ability to render full-colour, 3D pictures.

"Like any other creative art, photography is a passion and those who understand it also realise the value of the right tools required for the optimum result. This is why Lytro, with its futuristic approach, is increasingly becoming the preferred choice for professionals across the globe. There is something truly exciting and incredible about creating beauty that is a sight to behold, and this is exactly what Lytro as a brand strives to achieve and succeeds. We feel proud to have brought such unique technology and a quality brand to the people of Middle East", commented Mr. Ateeq A. Shamsi, Director of Sales and Marketing at National Stores and one of the representatives that spoke during the conference.





Explore Musandam with Sheesa Beach!

Only two hours from Dubai and three hours from Abu Dhabi lies one of the greatest escapes for city dwellers - the Musandam!

Sheesa Beach Dive Centre and Dhows Cruises have been operating since 2010 and 1995 respectively and have attained a reputation for outstanding customer satisfaction and empathy. What makes Sheesa Beach unique is that we provide all services under one roof thus eliminating the middle man and allows us to pass off those savings to our clients. Our fleet of dhows consists of two 85 foot live aboards, five 75 foot double deck open dhows and a traditional single deck as well as two diving speedboats and five tender boats that accompany our dhows on trips. This allows us to offer arrange of itineraries for our clients from a day trip to overnight safaris of up to seven days.

Our diving centre offers a range of courses for those wishing to try scuba for the first time or those wishing to further their education. We offer both private group trips as well as sharing trips. Our monthly sharing trips are designed to showcase the best of the Musandam and the trips range from a two day/two night trip to a four day/four night trip. Adding the extra days over the traditional two day trips allows us to reach dive sites that are rarely if at all dived. Amazing marine life and the total ban of commercial fishing promotes a diving sanctuary and marine heaven. Whale sharks, sharks, dolphins, sun fish to name a few as well as those macro subjects that we love to look for on the colourful, vibrant reefs. Making new mates and being entertained by dive guides who believe that 70% of their day consists of entertaining and educating you while the 30% is found on the dives. We have assembled a group of instructors and guides that are unparalleled in Oman and the UAE. Professional and knowledgeable

with the emphasis on safety and enjoyment is what you can expect from our guides on every trip. The proof lies in an 82% rate of returning guests. "Arrive as a client and leave as a friend" is every staff member's motto. Each of them is trained in first aid and we run regular workshops to update and our staff's knowledge. This allows you, our valued guest the peace of mind to enjoy the trip.

We are also privileged to use Outdoor UAE as a platform to introduce a new concept at Sheesa and that is our freediving centre. In association with some of the leading names in freediving, we will now be offering those purists a chance to dive on some of the most spectacular reefs in the world. Far from the madding crowd and closer to nature than our bubble blowing brethren, with our luxury live aboards, double decks and top quality equipment we are now in a position to focus on apnea diving and the life- long friendships it creates. World class instructors to train you to dive safely and serenely while staying within safety limits and the security of having professional safety divers watching you at all times. Relax after a day of diving with a beverage of your choice and a catering that is fit for a king. The holistic nature of the trips lends to a very healthy alternative to a weekend in the city.

For the non-divers we offer a day cruise out into the Musandam. A chance to unwind, indulge in some fishing, go snorkelling, read a book while lazing on the comfortable majlis seating, enjoy a delicious Arabic buffet lunch and even collect sea shells whilst doing a bit of beachcombing is available on a Tuesday, Friday and Sunday. We also offer overnight pleasure trips on our live aboards and double decks for those looking to escape the grind of city life. With little to no light pollution, stargazing under the Musandam skies is spectacular. We offer banana boats, kayaks, traditional Omani hand line fishing and snorkelling on all our trips. Delicious meals are

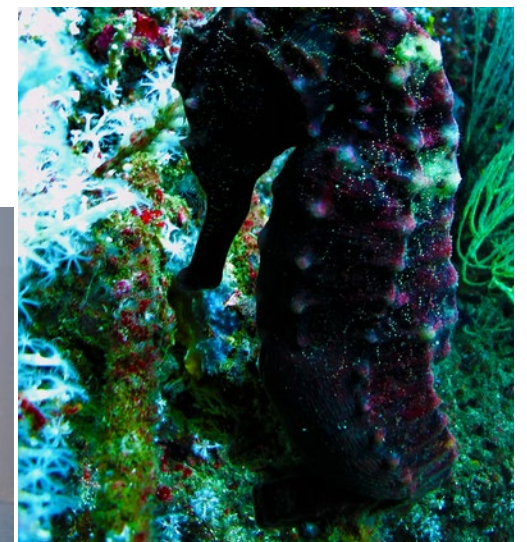


served up by our in-house chefs and a top notch crew to look after your every need.

Why not try a spot of camping with your family or friends and combine that with a day of diving or relaxing on our day trips. Our plantation camp which is open during the winter months offers a quiet getaway for a weekend. Relax on the majlis seating or sit around the fire pit while our chefs serve up a range of delicious cuisine to suit every palate.

So you have selected your trip and are wondering about crossing from the UAE into Oman? We have a dedicated team to assist you. UAE residents only need to submit a copy of their passport and visa to us at least two days in advance of their arrival. Tourists only need to supply us with their name, passport number and nationality and nationals only need to produce their UAE residency card. You will be met at the checkpoint by our PRO and assisted through the checkpoint. From there it is only a five minute drive to our offices which is conveniently located within the port.

If you have read this story, then it is time to give us a call at **02 683 6551** or **050 333 6046** to book your next adventure. For more information visit www.sheesabeach.com.



PRODUCTS

A ROUND-UP OF QUALITY PRODUCTS AVAILABLE RIGHT HERE IN THE UAE

Millet Hybrid Climbing Shoe

465 AED/QAR, 50.500 OMR

Available exclusively at all GO Sport stores

Technical climbing shoe for sport climbing on cliffs, boulders and indoors: perfect combination of comfort, feel and grip

Features:

- Straight toe.
- Unlined, 1.6mm split leather upper.
- Comfortable padded tongue with overlap coating.
- Padded collar.
- Convenient, effective closure with triple Velcro system.
- Reinforced toe pad for crack jamming.
- Heel support with built-in EVA anti-shock insert: highly effective on boulders and alpine routes.
- Ultra-sticky MILLET 4PointsGrip™ rubber.



Millet Daypack Activist 22

335 AED/QAR, 36.400 OMR

Available exclusively at all GO Sport stores

Versatile, modern daypack for sport hiking and Millet lifestyle

Features:

- Main compartment has U-shaped access zip, with padded inside compartment.
- Zipped secondary compartment.
- Two zipped outside pockets (one with key ring).
- Two expandable side mesh pockets.
- Pole holder.
- Side compression straps.
- Comfortable, aerated ACTIVIST Back™ in 3D mesh.
- Ergonomic shoulder straps.

Size and Weight

- 22 L
- 0.650 kg



Millet Rock Up 10 Climbing Rope

549 AED/QAR, 59.700 OMR

Available exclusively at all GO Sport stores

The LOW IMPACT programme applied to the ROCK UP family is about simplicity: it eliminates treatment, drying and machine transfers.

Features:

- Fewer temperature rises = respect for the yarn + energy savings.
- Single rope.
- Cable core.
- Ideal for cliff and indoor use. Highly versatile diameter, and highly affordable.
- Very enjoyable to use, at the club or with friends.
- Eco-friendly production: dry rope with advanced technical characteristics.

IMPACT FORCE	820 daN
NUMBER OF FALLS	8
EXTENSION	38%
STRANDS	40

Size and weight

- 60 m / 70 m / 80 m / 200 m / 400 m
- 63 g/m



Millet Easy Up Junior Climbing Shoe

255 AED/QAR, 27.700 OMR

Available exclusively at all GO Sport stores

Junior beginner's shoe for outdoor and indoor climbing: ideal for discovering the vertical dimension in comfort

Features:

- Straight shape, pointed toe
- Polycotton upper with linen lining for comfort
- Slim, comfortable junior fit, with removable heel pad for two-size extended lifespan
- Velcro buckle closure
- Ultra-sticky MILLET 4PointsGrip™ rubber.



PRODUCTS

Ocean SEA Sunglasses

245 AED

Available at yallaoutdoor.com, selected Adventure HQ stores

Ocean SEA Sunglasses are one of the coolest looks in the Ocean collection. A wide range of fresh new frame colours and new stunning coloured lenses are available to add edge to your style. You can choose a colour for each day of the week! Their polarized lenses will protect your eyes from the harmful UV rays with ATOM system. In addition, they are made of polycarbonate; a lightweight material.



Five Ten Freerider VXi

525 AED

Available at yallaoutdoor.com, selected Adventure HQ stores

The Freerider VXi is an all-mountain shoe featuring the new Stealth® Mi6™ rubber, which mathematically gives you the most efficient pedal stroke possible on flats. Additionally, our smooth Mi6™ Contact™ outsole ensures 100% pin engagement, wringing out even more efficiency, and uses a stiffer midsole to increase power transfer. Designed for all mountain flat pedal riders, they also hold up to countless laps in the park.



The Strap

276 AED

Available across the UAE

Strap your GoPro to your hand, wrist, arm or leg to capture hands-free ultra immersive POV footage, one-of-a-kind seels and more. Includes an extended strap that ts around your arm, leg or larger objects. Features 360° rotation and tilt that let you adjust your capture angle on the y. Ideal for countless activities and fully adjustable to t a wide range of adult sizes, The Strap is one of our most versatile mounts.



Alpinestars BNS Tech Carbon Neck Support

1,100 AED (Before 1,350 AED)

Available at Al Yousuf Motors across the UAE)

Specification:

- Constructed from an advanced, high-performance carbon polymer compound to offer structural integrity and frame strength against heavy impact energies during a crash
- Ultra-lightweight performance and comfort while riding
- Resilience to low temperatures (below 0 degrees C)
- Lycra-laminated foam padding kits; adaptable and interchangeable EVA foam pads allow compatibility with body protection systems
- Incorporates a bio-organic engineering design for superb ergonomics
- Rear stabilizer promotes PFR (Progressive Force Relief) and dissipates energy loads by transmitting them across the back and shoulders and away from spine
- Innovative quick-release locking system for rapid and efficient fitting/removal offers secure and convenient closure
- Compressed EVA foam compound padding to distribute the impact force over the widest area, yet remain lightweight





EXPLORE THE OUTDOORS.

#MYUAEADVENTURE



Sun & Sand Sports, the region's leading sports retailer, offers over 90 diverse sports brands and is seen through over 60 stores across the GCC region.

The Outdoor category was launched this season and offers hiking, camping, skiing and travel gear.

Sun & Sand Sports' aim is to enable the leisure enthusiast to better explore the outdoors, with this in mind, SSS have brought the following brands to the region with some of them being exclusively available.

Leading with core brands, like The North Face and Columbia, SSS now brings a wider variety of technical gear from Craghoppers, Jack Wolfskin and Mountain Hardwear.

In addition, to ensure the best offer for a complete adventure, SSS presents a new range of accessories from high quality outdoor blankets from Rumpl, sleeping bags and tents from Solex, to cook ware, padlocks and duffel bags from Lifeventure.

SSS also understands the need for being technically equipped in the outdoors and offers an award

winning range of portable power and solar chargers from Powertraveller for electronic devices including cell phones, GPS systems and laptops.

Last but not least no adventure is complete without the ever famous Go Pro.

Visit Sun & Sand Sports stores today for a full outdoor experience.



TENT: **SOLEX AUTO TENT**

An ideal two men tent for campers who appreciate extra room and ventilation. This traditional tent is easy to setup and pack, perfect for short getaways and weekend adventures.



AED 525

HIKING BOOTS:

CROSSWIND TEXAPORE 02
+ LOW HIKING BOOT

Highly breathable, sporty hiking shoe. Alongside the low weight and high level of climate comfort, this shoe offers great stability.

The low weight is down to the sophisticated construction: the foot is surrounded by a soft, flexible sock which is reinforced on the outside by a lightweight, very sturdy framework.



BACKPACK:
THE NORTH FACE
STORMBREAK 35

AED 495

The Stormbreak backpack has just the right features, functionality and size for quick missions or long outdoor adventures.

With fast-access panel loading, essential side compression straps and water bottle pockets, this is your go-to technical daypack. Combining technology and comfort ticks all the boxes!



AED 475

SLEEPING BAG:

THE NORTH FACE
ALEUTIAN 50/10 SLEEPING BAG

Get the lightweight warmth you need when backpacking in the warmer months with this one-season bag that weighs in at less than 1KG.

Please visit sssports.com/outdoors or our stores to find out more.

PRODUCTS

Oztrail 4 Piece Snatch Kit

580 AED

Available at Adventure HQ

Ideal starter recovery kit - shackles, snatch strap, gloves & storage bag

Kit contains:

- 2x 3250kg rated (Working Load Limit) Bow Shackles
- 1x 8000kg rated (Minimum Breaking Strength) Snatch Strap
- 1x Pair of Leather Recovery Gloves
- 1x Heavy Duty Storage Bag

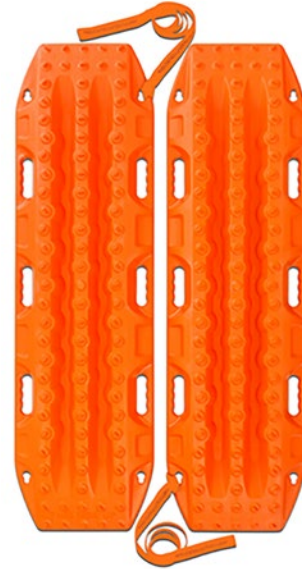


Maxtrax Sand Ladder

1,600 AED

Available at Adventure HQ

Maxtrax Sand Ladders are an excellent recovery tool for virtually any vehicle. It is the step between having a Recovery Rope and a Winch. It is an inexpensive alternative to installing a winch that requires many modifications.



PARA'KITO™ Protection Roll-On

89 AED

Available at Adventure HQ, Go Sport and many more retailers (store locator at www.mapyr.com)

Number one natural prevention against mosquito bites, PARA'KITO™ products combine natural ingredients with patented technology and is extremely easy to use. Dermatologically tested.

Traveling into an infested area? No worries. PARA'KITO™ protection gel has been formulated for this purpose. Available in a roll-on for fast and precise application without spreading, you can adjust the quantity applied according to infestation level or skin sensitivity.

With an efficacy of up to five hours against tiger mosquitoes, PARA'KITO™ is the partner to protect against insect bites when enjoying outdoor activities.



Line-X Spray-on Protective Coatings

Price upon inquiry

Available at select locations in Dubai and Abu Dhabi. Check @LINEXUAE Instagram page for updates

LINE-X is a world-leading developer and provider of environment-friendly durable spray-on protective coatings. Top notch material, highly-advanced technical development, and superior attributes make LINE-X a leader in protection against corrosion, impact, and abrasion, along with the other benefits like chemical resistance, being anti-slippery, and having a very fast setting time. LINE-X applications span various areas like automotive lining, industrial, commercial, agricultural, oil and gas, military, as well as custom applications.

LINE-X permanently bonds to your truck's bed protecting it from just about anything you or mother nature can dish out. LINE-X also protects truck covers, rocker panels, fenders, bumpers, etc.





Jim Crossley

Speed windsurfer and all round water man

Jim has been windsurfing for 32 years and enjoys nothing more than being at the forefront of the development and technology of the sport. For the last few years Jim has been competing internationally in the speed world with great success, most notably achieving his fastest speed of 49.6 knots on UK waters. In 2014 Jim was nominated for UK windsurfer of the year.

"There is no sport like it for pushing my limits and that of the equipment. I just want to go faster all the time and now the bar is set higher than I ever dreamed possible. My goal for the coming year is to find that extra half knot and break the 50knot (92km/h) barrier on UK waters."

Speed sailing is all about having the flattest water with extreme winds with the ultimate in equipment. Being in the right place at the right time is paramount. Windsurfing has taken Jim to every corner of the globe in search of great conditions but when the conditions aren't right for speed he can often be found enjoying windsurfing the waves a little closer to home.

"I have selected to use the **AQUA AQ2** as I need a watch that can not only cope with some extremely harsh conditions such as freezing temperatures and sandstorms but huge impacts on the water if I wipe out at 50 knots. It's great to have the perfect watch for this and it still turns heads in the bar!"

We will be sure to keep you updated with Jim's progress as he looks to break the 50 knots barrier and should you wish to find out more and then do take a look at Jim's website here: www.jim-crossley-windsurfing.co.uk/



Available at
Instagram: [@almekshah](https://www.instagram.com/almekshah)
Facebook: www.facebook.com/almekshah
Mobile: +971 55 9898954 



QATAR EXPLORER

MOUNTAIN BIKING IN QATAR?

Yes You Can!

Words By: Eulogy van Dyk
Photos By: Edgardo C. Bacay

To be brutally honest, there are no mountains in Qatar, but has this ever stopped a true mountain biker at heart? Instead of “mountain biking” perhaps a more accurate term would be “off-road biking”, but I am still happy to report that you will find a very large mountain bike community here that like to take their bikes off-road.

It all comes down to adding a bit of creativity to your ride and that is what makes it fun out here! There are a couple of locations where you can go for a ride and the different riding terrains give each location its own unique experience. If you ever wanted to take a fatbike out for a ride, Qatar just has the perfect setting for you to enjoy proper desert pleasure!

Duhail (GPS: 25.392972, 51.485957) is an area in Doha where the mountain bike community has mapped out their own track, which consists of short sections of Jeep track, and some single tracks with short inclines to make the legs tired after a few laps. The ground is mostly hard packed sand with some rocky sections. Take note not to cycle here after a rainy day as the surface becomes very soft and muddy and riding is not possible. It is best to ask one of the local riders to take you to the start of this course as there are no sign posts to the track.

Fuwairit Beach (GPS: 26.078392, 51.358784) has a small rock section where you can ride up and down to practice some technical skills. For a longer ride, hit the desert road up to the north and ride all the way to Al Mafjar beach and back (about a 30km ride). It is a flat terrain with some sandy sections but if



you combine it with a headwind you will get a good work out all together!

Al Khor (GPS: 25.705915, 51.535194) In front of the Al Khor community grounds on the beach side there is also a track made by fellow mountain bikers if you want to go for a ride outside Doha that is not too far to drive. It is also a short loop so you can do a few laps for some training. The terrain is a combination of hard packed sand with a few inclines and a surprise sand patch or two.

Zekreet (GPS: 25.485944, 50.846111). This is the area where you can cover some good miles. Located on the west coast of the country, with the famous mushroom-like limestone formations, this is where you can have some fun in the sun! You can start at the village or drive a bit further and start your ride at the gate of the nature reserve. There are some landmarks like the mystery village or film city to see and if you are lucky enough, you can spot some wildlife — such as the iconic Oryx — that makes the drive out worthwhile. There is no marked trail so you can just hit the road for some proper mountain bike exploring. Remember to pack your BBQ and swimsuit so that you can relax and cool down after your ride at the beach.

Inland Sea (GPS to Sealine Beach Resort 24.862465, 51.514583) is the playground for your fatbike (or mountain bike)! Located in the south of the country, this is where you will find the natural sand dunes. You can start at

Sealine Beach Resort and follow the “desert highway” all the way to the Inland Sea. If you are on your fatbike, be sure that you go off the beaten track and try to ride out some of the sand dunes along the way. It is good to have a support vehicle with you as there are many day visitors that visit the area in their 4x4's. Also remember to always carry enough water with you — there are no water points along the way!

The best time to ride of course is during the winter from mid-October to mid-April when the temperature is cooler and less humid. However, if you are really keen to get out during the summer months, the best thing to do is some night riding (with a head light of course) or start really early before 5:00a.m.

When planning a mountain biking trip to Qatar, it is best to get in touch with the local cycling groups. The most popular groups are Qatar Chain Reaction, United Filipino Mountain Bikers Qatar (UFMBQ) and Qatar Cyclists. All of these groups have Facebook pages where you can connect with likeminded riders, and as you know mountain bikers are “friendly bikers” so they are always happy to welcome new riders or visitors in the country!

Every year more and more events are added to the cycling calendar and this includes mountain biking. Most events are in lap race format which adds to the excitement and also makes it more user-friendly for spectators to join for the day. The most popular event at this stage is the “Inland Sea Traverse” which takes place normally towards the end of the cycling season in April, where you race from the Sealine Beach Resort to the Inland Sea over six sand dunes. Proper mountain biking desert fun! Do keep an eye on the cycling group community pages for updates on all local events.

I truly believe that if you are currently living in the Middle East and like to explore new countries, you should use this opportunity and come and explore Qatar on your bike! Although we have no mountains there is always a desert that provides a good challenge.





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OUR EXPERTS

THE ARABIAN WRECKS

Words + Photos By: Jake Lyle

There is something enchanting about shipwrecks, whether it is just due to the fact that it's so unusual seeing something that should otherwise be above sea level, resting on the bottom of the ocean, collecting life and character, or maybe it's the history that's hidden within these vessels; what caused the ship to sink?

Was anybody on board? Are there any hidden possessions within? Regardless, there is enchantment in these ruins that once glided on top of the ocean, transporting people, supplies, or maybe something precious—enchantment that draws divers from all around the world.

The Middle East is home to the birthplace of civilization, and home to many of the pioneers of modern society, including the pioneers of sea-going vessels. For centu-

ries, Arabia has been engaged in the fishing industry, creating a culture of sea travel and ocean exploration. It's with this culture that ships have been able to travel around the Arabian seas, from around the Persian Gulf, to the outskirts of Oman, and somewhere along the way, some of these ships have lost their seaworthiness and have consequently sunk or been sunk. As soon as these ships sink, they are transformed. No longer are they vessels transporting fish from Iran to the United Arab Emirates or ferries moving people from Bahrain to Qatar, they are now boundless playgrounds for any diver with a sense of adventure and an underwater flashlight. These are the Arabian wrecks.

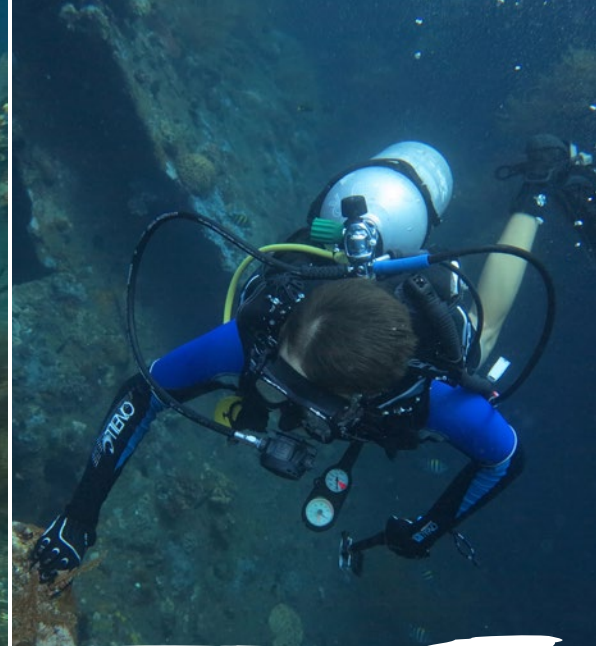
For someone who hasn't experienced one of these fascinating phenomena, it is hard to imagine the surreal effect of diving in a shipwreck. It's almost similar to floating around the International Space Station, gliding through corridors and cabins that men and women once walked through and slept in, as they made their voyage. The feeling of weightlessness and of an absolute absence of gravity, together with the feeling of intrigue and fascination makes the experience

something worth remembering.

Although the experience is flooded with intrigue and fascination, there also lies an element of danger. Often within these wrecks there are sharp rusted edges that jut out in narrow corridors, or loose objects suspended in the walls that could easily fall as a diver swims by. There is even the possibility of dangerous forms of marine life. In the Middle East especially, shipwrecks have a plentiful supply of honeycomb eels. Although quite timid, usually only sticking their head out of cracks without venturing out, getting too close to one of these wreck-dwellers could end badly – the danger made all the more significant when you're swimming along one of the narrow hallways. With that, caution should certainly be taken when entering these underwater exhibits and the proper qualifications should be held.

Danger aside, the experience is magnificent. Luckily, for those living in the Middle East, we have a plethora of shipwrecks at our fingertips. One of the greatest wrecks here in the Middle East is the Al Munassir in Muscat, sunk in 2003 by the Royal Navy of Oman. This 3000-ton, 150ft vessel sits upright on the sea floor and given its length, the depths of this dive range from 6m to 30m. One of the greatest things about this ship is its durability, allowing it to stay virtually intact and complete, unlike a lot of wrecks, which fall apart and collapse. The site is only a short boat ride from the shore, or from one of the many dive operations based out of Muscat. As you descend toward the ship, the exterior becomes visible, starting off as an enormous shadow and eventually progressing into the mighty shape that few seagoing vessels can boast. On a calm day with clear waters, most parts of the ship are visible, and the sight is awe-inspiring. Certainly, seeing such a gargantuan object sitting on the bottom of the ocean isn't usually something you get to experience on your average dive, but then again, this isn't your average dive. With this vessel especially, large schools of snapper and goatfish





tend to frequent the interior, often forming false walls on the deck or within the corridors, that as you swim into them slowly separate and allow you a path through. Fish like these and many others often hover around the inside of shipwrecks, as if they were just as fascinated with this alien object in their territory as we are. They remain still, suspended in their schools. Swimming past these schools and around the wreck, you're able to take in and absorb the great expanse of the ship, investigate, study and examine the exterior and all the fine details of the craftsmanship, as well as the creatures that have made their homes in the walls.

Getting closer and subsequently more curious, the urge to enter the legendary liner intensifies. Beginning on the deck, there are a number of routes that can be taken for an exploratory path around the ship. One of the greatest areas to spot life such as eels along the semi-open corridors that run along either side of the ship, and from those, a direct path inside can be taken. There are a number of doors and holes that may look inviting, but before choosing one, it's best to evaluate the point of entry so that your equipment will have the least chance of getting caught. When the path into the interior presents itself, the venture inside begins.

It's often incredibly dark within these wrecks, especially if you travel quite far within, so in order to be able to examine the inner craftsmanship, as well as find your way out, it's best to be equipped with an underwater flashlight. Entering the wreck with the flashlight directed forward, the first swim through is the most daunting, since you're entering a world of uncertainty, with only one



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Wreck diving is one of the most exciting and intriguing forms of diving that should appeal to anyone with the qualification.

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small faintly lit path in front of you. Depending on the activity within the ship, it's not uncommon for a fish to quickly swim in front of you, reflecting the light that the inside of this vessel seldom sees with its polished scales, which can result in a little bit of a scare. Buoyancy control is of paramount importance while diving in these wrecks; too buoyant and it could lead to a cut on the back of the head from the rusted roof, too heavy and a dragging depth gauge could disturb a stationary eel resting on the floor. So moving through the wreck, observing the intricacy of the ship and concentrating on buoyancy will need to be undertaken simultaneously. Whilst swimming through the corridors, it's difficult not to imagine the state of affairs that would have been occurring along these corridors when the ship was sea-worthy and in full motion: passengers walking from room to room, crew members rushing through completing their duties or

even the captain on his way to his post. Now, the corridors are flooded, dark and dilapidated. The only resident forms of life are sea creatures, corals and aquatic plants. Where people once walked along, a diver now glides through weightlessly, in a darkness only broken by a single stream of light. The feeling of moving around the International Space Station comes back into mind, being suspended in a medium, unrestricted and free, and without the inconvenience of gravity. Why travel thousands of kilometres into space to feel an absence of gravity inside a metal metropolis when you can descend just a few meters below the ocean instead?

The air inside the tank doesn't last forever, so there comes a time when an exit is due. Either finding a new way or retracing the swim in, leaving the ship, the light returns, as does the buoyancy freedom. The schools of fish hovering over the deck are largely all still in place, as they were before going in. Moving away from the dormant vessel, its enormity and commanding authority over its surroundings becomes clear again. The awe-inspiring, mighty ship, although stationary, still expels power and intimidation over anything within its territory. Ascending, the ship becomes only a shape, and then soon just a shadow, as it waits patiently for its next visitors.

The Al Munassir is just one example of the many shipwrecks that are scattered throughout the Middle Eastern waters, all of which are waiting to be investigated, explored and celebrated. Wreck diving is one of the most exciting and intriguing forms of diving that should appeal to anyone with the qualification. It takes a normal dive and adds thrill, history and fascination. There is, like a lot of things, danger involved, but nothing that cannot be overcome with the necessary precautions. These wrecks are sunken containers of history, which should be studied and surveyed; the excitement involved is just a bonus. There are few places on this earth that haven't been explored by man, making it a very small place indeed. These wrecks however are the outliers, with some of them having had very few divers explore them. So before the world hasn't shrunk too much, and whilst there are still unexplored pieces of history out there, go and find one, and discover the undiscovered.



OUR EXPERTS

MOTORSPORT MARSHALLING IN OFF-ROAD EVENTS

Words By: Marina Bruce

Photos By: Tim Ansell

Here in the car loving UAE there are many opportunities to become a motorsport marshal, but for this article I shall concentrate on off-road events.

Emirates Desert Championship

It's a Friday morning, late in October, at 6:30 a.m. The rising sun peers over the dunes to the sounds of motorbikes revving. We are at Lahbab, the location for the second round of the Emirates Desert Championship where an impressive field of almost 100 moto and 20 auto participants are preparing for a morning of racing.

The Baja comprises two circuits, a 14km track for cars and a 19km one for bikes, over some tricky and technical sand dunes; the winner in each class will typically complete five circuits.

My husband Neil and I have joined the event as marshals and we are allocated Moto C passage control – our job is to ensure that all bikes pass through the three sets of cones which mark our point and to provide a point of human contact on the course. The third season of the EDC sees all the bikes being fitted with tracker

devices, meaning that Rally Control knows where each competitor is on the course, however occasionally technology fails so we note down the numbers of the bikes and quads as they pass through, just in case a biker gets "lost."

The weather is rather warm for autumn and a stiff breeze lifts the sand to give us a free exfoliation treatment; we retreat to

the car – the first time we have needed to do this in five years of off-road marshalling! Our post sees two or three bikes pause for a short while to let their machines cool down and the rather busy sweep team waves as they pass by to collect a few broken down bikes which dot the course. By 10:30 a.m. the action is over and the only thing left to do is to drive the course and pick up the "lollipops" which mark the route through the dunes.

Not all the marshals are "out in the field", those who are not off-road drivers are put to good use in the pit lane which is a hive of activity for the duration of the event. Marshals are given a small allowance which should cover their petrol as well as the chance to camp overnight and chill out by the campfire with the other marshals.

Future Events: Friday 13th November 2015, Friday 12th February 2016, Friday 4th March 2016, Single Day Rally Friday January 29th 2016.

Abu Dhabi Desert Challenge

The ADDC is arguably the premier





motorsport event in the UAE

– well certainly if you are an off-road enthusiast! The week long challenge attracts many of the world's top cross-country drivers as they compete in this amazing event which sees one Super Special Stage in Abu Dhabi followed by five Special Stages through the spectacular deserts of Liwa.

A major event in the FIA and FIM cross-country rally calendar, the desert terrain pitches man and machine against some of the largest sand dunes in the world, and sees competitors travel over 1500kms off-road.

Back in 2011, I signed up for marshalling for one day, found out they were short of marshals once I was at the event so offered to do the full five days and have been part of the ADDC volunteer team ever since. From 2013 to 2015 I have been lucky enough to head the team of drivers who ferry Eurosport cameramen around the course, a task which on the negative side, requires very early starts to be in the sand ahead of the start, but on the plus side means my team get to drive over the course, often with the back of the pack, and as a bonus I am always at a good point to snap some action shots.

There are many positions to be filled such

as Passage Control teams who like their counterparts in the EDC are there principally to provide a form of human contact on the course. Typically there are three teams each day, many in remote spots which often involve overnight camping on the previous evening. If you do not drive a 4x4 you can perhaps get a lift with a friend or ask to be placed in a non-driving post.

Next year's event takes place from 3rd-7th April and soon the management team will be on the look-out for volunteers who should be able to commit for at least a couple of days, preferably the whole week. They will receive event goodies such as t-shirts and hats, food at the rally HQ in the Liwa area, and petrol. It is a great opportunity to meet like-minded people and indeed, some of my favourite driving buddies these days are people I first encountered on the ADDC.

Without volunteer marshals working hard these events would not happen; and it is the same all over the world – every marshal you see is a volunteer who is there purely because motorsport is their passion. Come and join the fun – register your interest by using the contact form on www.emiratesdesertchampionship.ae.



OUR EXPERTS



ON THE ROAD WITH A PRO CYCLING TEAM BEHIND THE SCENES WITH BORA-ARGON'18

Words by: Helle Bachofen von Echt
Photos by: Usman Oluwaseyi

A strong voice booms from the YAS Marina F1 circuit loudspeakers: "Attention all cyclists! No riders are allowed on the F1 track!" Riders and management look at each other somewhat bemused. It's midday on a Tuesday in the blistering heat of Abu Dhabi and I have joined the German pro team Bora-Argon18 for a training ride.

The pro teams have been invited to gather in the paddocks for a pre-tour ride around the YAS Marina Circuit. Now denied at a seemingly short notice to use the track, the teams decide to hit the public roads on YAS Island as an alternative. I hooked on to the back of the young Bora-Argon18 team, made up of six riders, including the German

National Champion Emanuel Buchmann, and we made our way out into the midday sun. None of us really know where we are going. The streets of YAS Island are deserted and all we pass are countless numbers of speed bumps, traffic lights and a few other pro teams. The randomness of the route seems to result in us riding in circles, but at least with my admittedly limited ability to understand German, I am able to pick up on the riders' spontaneous direction choices. "Links, rechts, geradeaus." After 1.5 hours of cruising around in temperatures averaging 43 degrees C and to my relief, never at any pace higher than what I can comfortably keep up with, we returned to the F1 paddocks. The boys on the team are very friendly and engaging and appear genuinely interested in knowing what life is like in the United Arab Emirates.

Bora-Argon18 is one of the pro teams competing in the Abu Dhabi Tour, the final tour of the UCI road cycling season. This team has come to Abu Dhabi with high expectations: aspiring — the race team manager advises me — to perhaps even win the tour. The Abu

Dhabi Tour will provide the Bora-Argon team with the opportunity to race against some of the best riders in the world.

I am fortunate enough to have the opportunity to spend some time behind the scenes with the Bora-Argon18 team during the tour. I am curious to understand a little more of the roles relating to a race team's support staff, the logistics involved during a day of racing and the riders' routines.

The Support Team

The entire German/Austrian team visiting Abu Dhabi consists of six riders and eight support staff. The Team Manager, who travels with the team for approximately 100 of 180 days of racing in total, is responsible for the team's budget and finances as well managing the team's relationships with its sponsors. His personal assistant always travels with him and has joined the team in Abu Dhabi. The Sports Director's main responsibilities include race planning for the season and race tactics both before and during the races. He is always present in the support car, prepared to swiftly amend and come up with new race strategies for the riders and keep them informed with how the race is unfolding. Sport Directors are often ex-professional riders themselves with an abundance of race experience.

Team Bora-Argon18 travels with three physiotherapists, one of them female. In general their job requires them to look after the health and well-being of the riders, managing and planning the prevention and rehabilitation of any injuries the riders may sustain during a race. On tour, the physiotherapists provide hands-on treatment and massage to the riders in line with their individual needs at any time. Treatments are usually completed before each rider's evening meal, or if the day's racing finishes late, after the meal. In the unfortunate event of a rider being involved in a crash, the physios will test, assess and treat each individual and, in extreme circumstances, advise whether it is healthy for the rider to continue racing. The physio team also assists in the daily organisation and packing of the refuelling needs as well as providing support at feeding zones.

Bora-Argon18 has two world class mechanics on this tour. Their busiest time of the day is after each day of racing where they are responsible for performing a full check of the



fleet and ensure the state-of-the-art Argon18 bikes are ready and running perfectly for the following day. If there are no specific problems to attend to, their work is usually completed within ninety minutes. However, if there have been crashes and serious damage to bikes, their work can extend long into the night. One of the mechanics will always be on the road during the race, riding in the support car and ready to attend to any mechanical problems that may occur.

What You Don't See on TV

It's day two of the tour - the Capital Stage, a 130km flat stage across Abu Dhabi City, starting at YAS Marina Circuit at 1:00 p.m., with temperatures already touching 40 degrees C. I am ensconced in the passenger seat of one of the team's two support vehicles along with the sports director and one mechanic. Part of the team's strategy for this stage is for one of the riders to break away and collect sprint points as he currently leads the intermediate sprint classification. Our car is due to follow the breakaway group in order to provide support to that rider. Only one kilometre into the race and the breakaway is initiated and we are informed once the gap to the main peloton has reached one minute and we have the green light to follow the breakaway. The two team support cars coordinated and stopped briefly, enabling our car to quickly grab the respective spare bike for the breakaway rider. We sped past the long train of support vehicles and past the peloton, before reaching the breakaway which consists of six riders.

The radio in the car is constantly buzzing with the female UCI commissar's continuous updates, advising of the race's progression. Information provided includes the distance covered by the riders, which riders are leading the peloton, the gap to any breakaway, landmarks passed, which riders are asking for assistance or water and of course, any major incidents like crashes or disqualifications. The mechanic tells me the supporting job is much lighter in the terrain of Abu Dhabi than, for example, the Paris-Roubaix which takes place in part over cobblestones. It is easier to manoeuvre the car to the riders on the exceptionally wide roads and the riders are also faced with less mechanical breakdowns and punctures on the smooth roads of the UAE. One of the challenges however, in the high temperatures is to organise sufficient ice-cold water bottles and ice socks (for cooling down the riders' bodies) and to ensure they remain ice-cold both for both the duration of the race as well as any extra travel time.

With temperatures in the 40's, even reaching over 50 degrees Celsius, the riders are calling for cold water for the team



approximately every 15 mins. On the radio, the commissar is calling a support car to the bunch every few minutes. On average each team use 150L of water per day.

As we have passed the first of today's two intermediate sprints, the sports director makes his calculations as to how these will affect the overall points classification and the breakaway rider is subsequently fed tactics for the 2nd sprint.

I am amazed by the skills of the support driver. He is required to manoeuvre the car very close to the riders from behind and then continue driving whilst feeding information and tactics as well as supplying and changing water bottles. All the while the driver must retain the overview of both the safety of the team's own rider at the side of the car and the rest of the riders in any group. This is noteworthy multi-tasking.

I was lucky to have front seat view of the front of the race and the intermediate sprints and the time in the car flew by like a gripping blockbuster in the cinema.

The Argon18 Team Fleet

This team is sponsored by Canadian bike



manufacturer Argon18, existing since 1989. The preferred choice of race bike for four of the team riders is the NitrogenPro model, which is their flat, stiff and aerodynamic weapon. It's the bike for powering down the front and finishing in a sprint. The Nitrogen Pro aero frame is versatile and one of very few frames that will also allow for a top end of the spectrum time trial and triathlon set up.

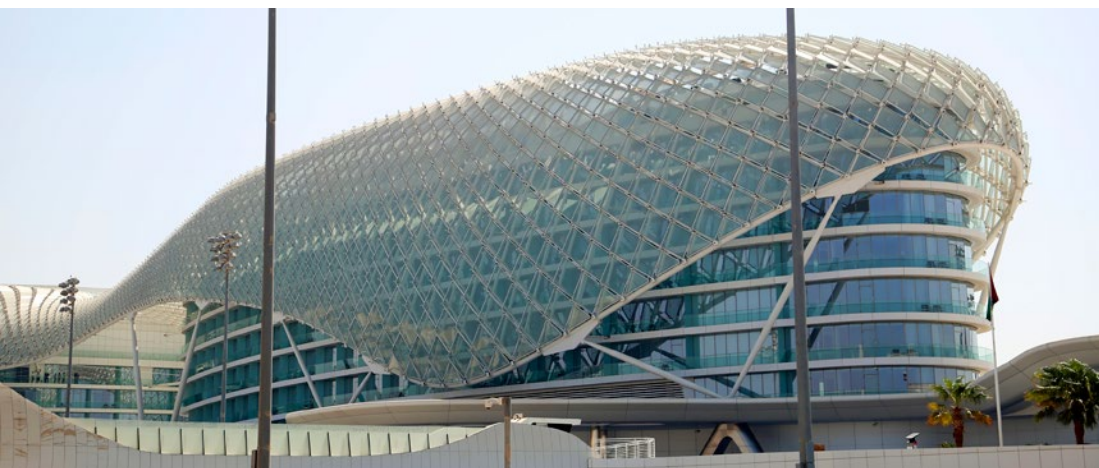
The remaining two riders are on the Gallium Pro, which is Argon 18's super lightweight frame (weighing in at only 800g); it is stiff and great for climbing. Argon18's technology addresses performance, with the Gallium Pro's bottom bracket part of the frame stiffened to ensure power and stiffness whilst the top part brings comfort to the rider.

Both bikes have a versatile saddle adjustment system and 3D head sets. Find out more about these pro peloton bikes at the Dubai and Abu Dhabi based shops of Be-Sport Bike Shop.

Immense Energy

It's hard not to love having these top athletes in town. The energy they bring is incredible. They set an admirable example of health, athleticism, courage and team work, as well as a desire to succeed. Some of these riders have certainly reached celebrity status among their fans; there is hunger for their media and fan interaction. As the tour finishes and the riders and their teams leave Abu Dhabi, most of them to take their well deserved end of season holidays, I feel a sense of emptiness. Luckily Dubai Tour 2016 is only four months away and we look forward to welcoming all the teams back to the UAE for another fantastic pro tour.

Helle Bachofen von Echt is a Dubai-based sponsored Elite Road Cyclist competing in both local and international events. When she is not training, she is helping others achieve their health and fitness goals by running her own personal training services as well as giving indoor cycling classes. Helle loves travelling with her bike and you can follow her adventures and racing on Instagram @thegirlwhocyclesinthedesert.



OUR EXPERTS

Changing Gears

Words + Photos by: Kit Belen

This coming season, I plan to change things a bit with the tackle I will be using and will more often than not fish from shore more than I would with the Porta-Bote or Redbird. There are a lot of areas to explore in and around the United Arab Emirates and with that, I'm going back to basics – rock hopping, shore fishing and long road trips!

This was the type of fishing I was doing when I first moved to Dubai and I have to admit, after a few years paddling around and walking flats, it's really a refreshing break to be back to the basics.

This year however, we will be doing a few things a little differently. The rods we use to fish the rocks are rods designed specifically for this type of fishing. There are quite a few variables to consider in this type of fishing – weight is your enemy. The lighter your gear, the longer you should be able to sustain this type of fishing. The weight of your rod and reel should be considered because it will make you last longer – casting heavy lures long distances with weighty gear will wear you down



Light but strong reels are needed to be able to fish for a long time and when you finally hook up, have the brakes to stop the fish

faster than you think. With that in mind, we are looking at rods and reels that are

towards the top end of the scale – bad news for most of us.

Rods

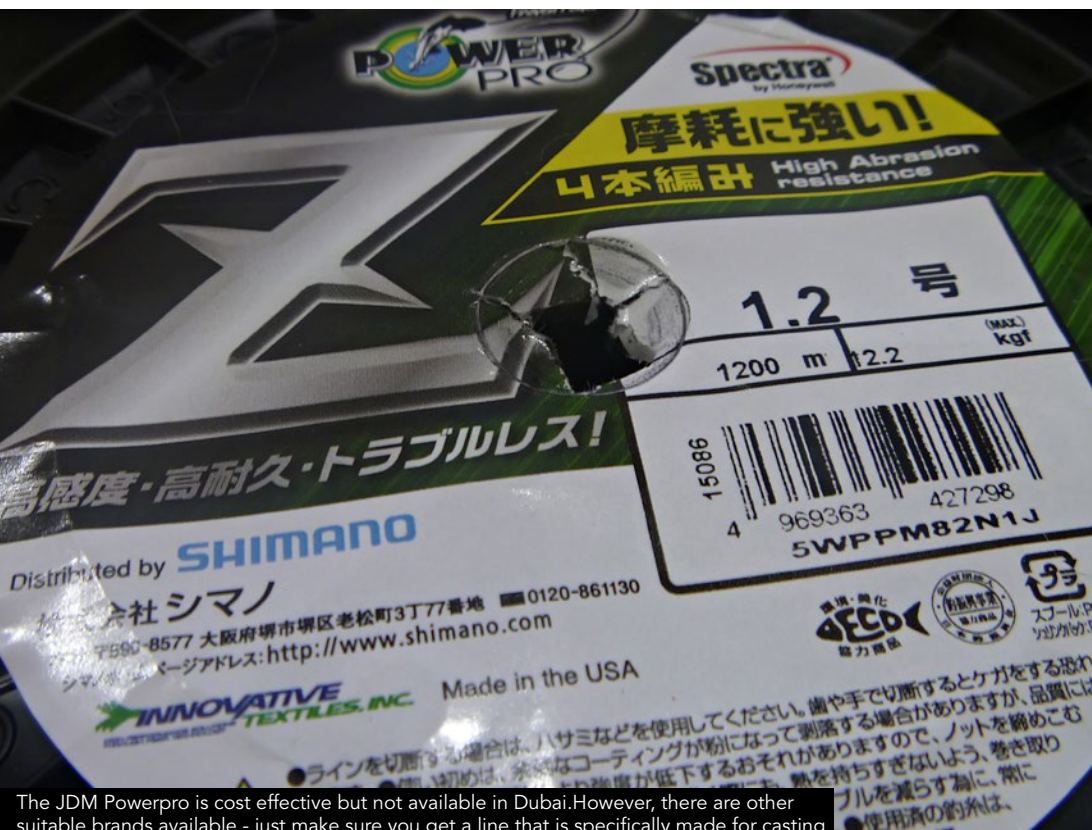
Since long casts are almost always the order of the day, the rods we use are long – 290cm at the very least with some as long as 335cm. These rods are designed to cast small heavy lures to distances in excess of 150 metres. While shore jigging and light shore jigging are not in any means a new way of fishing, the equipment has come a long way and there are now whole systems dedicated to this type of fishing, refined and further honed by the Japanese, who are the main proponents of this style of fishing.

The higher you go up the cost ladder, the lighter and stronger they are – take it from me, buy the lightest and longest rod you can afford, and always choose the one that doesn't have an obscure brand to avoid heartaches. There is nothing worse than starting your fishing and having your main rod break on you on your 5th cast.

Some good brands are Yamaga, Majorcraft, Tenryu and Palms.

Reels

I've never really considered the weight of the reel as a factor before, yet, it became evident with this type of fishing because you have to be absolutely mobile. You hop from rock to rock and you move around a



The JDM Powerpro is cost effective but not available in Dubai. However, there are other suitable brands available – just make sure you get a line that is specifically made for casting



Light, long and strong rods are needed to cast far and fight sizable fish

lot while casting, then its cast after cast after cast. Some of my old school reels were just a tad too heavy, so I had to get some reels to enable me to last longer. You also have to consider that the fish you're targeting aren't really small fish, so the reels have to be up to the task. Reels that are in the level of Shimano's Stella, Twin Power, Sustain or at the very least, Biomaster, are the reels to look for. They are light, sturdy and most importantly, they have the drag to stop hard running fish.

Lines

The lines we use are pretty thin, again, to maximise casting distance. General type braid is good enough, however, to make casting more efficient, there are braids specifically produced for casting. More often than not, they are thinner and smoother than the braids used for jigging, as the rough texture of some braids creates friction that slows your cast down. This is why casting braids are almost always very slick and don't create a lot of drag with the guides. There are a lot available, from top end brands like Varivas to the relatively low cost JDM Powerpro.

Lures

You can get pretty creative with this – we basically chuck everything out there – from sinking stickbaits to jigs of all shapes and sizes. Remember not to overload your rod and always check the casting weight rated on the rod, as overloading these rods will snap them and will be quite a costly experiment on your side.

Leaders

When you do find a spot and have already determined what swims there, the next decision you will have to tackle is the leader. We have found some spots that let us get away with just a mono or fluorocarbon leader, however, there are some spots that require the use of wire. Although wire is sometimes needed, when you explore a new area, it's always a good idea to go with a straight fluorocarbon leader and get more strikes to know what you're up against. Wire is so visible that most of the time your strike rate will be pretty low when you have a length tied on. It's a tough call to make some-

times, but as a matter of preference, we almost always go with straight fluorocarbon leaders when we first wet lines in a new spot, even if there is a risk of encountering toothy fish. When you do this type of fishing and exploration, lures should be considered as consumables. It gets expensive, but like most types of fishing that aren't too popular, it's a fun learning process.

Lightweight Heavyweights

My main combos are a Majorcraft 290cm rod paired with a Twin Power 4000 – the combo with the light is about 430 grams total. My heavier combo is a Yamaga 295cm rod paired with a Biomaster 5000 which weighs in at an even 500 grams. Although the reels are quite small for a lot of peoples' taste, you would be surprised at what kind of fish it can pull. This method is by no means a method for small fish, and when you finally get that strike, you will be thankful that the tiny expensive reel you have on the rod is equipped with the brakes to stop them.

Casting Out

This is not the be all and end all of shore fishing by any means. As with anything else, it's really just another way of trying to catch fish. As with most methods, it has its good days and it also has its share of bad days. For now, this is what we find most challenging and most entertaining, and we will stick by it until we get bored or find something else to do.

Do it at your own risk (which is mostly a risk for your wallet). If you find success with this method, send me an email, as I would love to see what you've caught!

Until the next tide,

Kit

Our fishing pro who shares his experiences and expertise with OutdoorUAE through his regular column.
thefishingkit@gmail.com

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Mo Rahma

Age: 28

Nationality: Emirati

Occupation: Etihad Airways

Call it a twist of fate, but Mo Rahma really wanted to be a rugby player. Surfing came later. So we sit down with him and ask: "Why the sudden change?"

We read that you first wanted to be a rugby player, tell us about it...

Well it is a long story. At the start, when I was a kid, I didn't know what rugby or any other sport was, except for football because that's what we only used to play in school, watch on TV at home, play with friends and play with family during family gatherings. So as a start football was my passion and I played for Dubai Football Club in the Men's First Division. When football went pro, I did too, but a year later I started university. Uni and football clashed and I had to choose what I want to do, so I chose uni. Once I started uni I had the opportunity to try different sports. I was curious about different sports, so I played them all, from bowling, to cricket, to rugby; you name the sport and I played it, with the exception of extreme sports, as I didn't know about them at the time. Out of all the sports, I enjoyed rugby the most, and started playing it until I became the first UAE national rugby player to play for the Arabian Gulf - they were the former UAE National Team. I made to the Rugby World Cup 2008 squad. However, a severe, career-defining injury ruled me out of rugby. Doctors told me that I wouldn't be able to play the sport or run, and I was determined to get back on my feet.

Would you consider your injury as a twist of fate that led you to surfing?

Definitely! I'm an injury magnet, as I'm very

active and love the outdoors, so you I'm constantly getting injured. But this injury was a blessing from the skies as it introduced me to surfing. Surfing is an amazing sport, and I wish I'd known that something called surfing existed when I was a kid.

Where do you usually practice in the region?

I usually practice at Wadi Adventure in Al Ain, as it is a great training ground especially since we don't have many waves in the UAE. So when it is flat I'm in Al Ain and when there are waves I'm surfing at sunset.

What should our readers, especially Emirati readers, know about surfing?

Surfing is more than a sport, it is a lifestyle. Surfing is such a fun and adrenaline-packed sport. To me, it is everything. It is my therapy. When I'm stressed, I grab my board and paddle out and it relaxes me and calms me down. Surfing is my travel motivation, and my inspiration to push my limits in competitions and in my day-to-day activities.

Are you involved in other outdoor activities?

Yes, I love outdoor activities, that's what I do when I'm not surfing. I'm a very curious guy and I love trying new activities.

What other training do you do for surfing?

I do a lot of water training, like rock running underwater, swimming, paddling on the board and stand-up paddle boarding. Outside the water I do a lot of fitness and workout at Pride Fitness Gym. I also go skateboarding often.

As the first surfer to come from the UAE, what do you think is your duty?

To represent my country in a good way and become an ambassador of the sport to UAE nationals and younger generations. I also want to spread awareness of surfing. When competing internationally I make sure to represent my country in a positive way, as it is such a great country. I explain and show people the beauty of our traditions and the beauty of our country. I show them how our leaders have changed the UAE from a yellow desert to what it is right now.

How has surfing impact your life?

Surfing has changed my life a lot. Firstly it allowed me to travel the globe, meet new people and make new friends. Surfing has changed my lifestyle for the better. I'm a more relaxed, stoked, and fun person because of it.

Are you preparing for any events?

What's next? Yes I am currently training for Taiwan. It is the start of the WSL World Surfing League World Qualification Series event. I'm very excited for this event as I have never been to Taiwan before. I heard that the waves in Taiwan are amazing, and this is my last competition for this year.

Lastly, what's your dream surf spot?

My dream surf spot would be the Pipeline in Hawaii

What competitions did you represent UAE at?

I have competed and represented the UAE at the ISA World Games of Surfing - this was my first competition, and took place in Peru. Then I competed in Spain, in the Pantin Classic Pro, and my third competition was in the Maldives. Finally, I went to Japan to compete at the Hyuoga Pro.

Which competition was your favourite and why?

It is hard to say. Every competition had its memories and its moments. But my favourite, I would say, is the ISA World Games of Surfing, as I have met a lot of new people and made so many friends. At that competition I won three heats and the waves in Peru were amazing. I caught the best and the biggest wave of my life so far!



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LOCATIONS



THE HIDDEN FALLS OF OMAN

Words by: Eranga Yasas
Photos by: Fazly Farook

Ever since I stepped into the United Arab Emirates, Eid holidays have been something we all anxiously wait for. Of course, we don't have the privilege of planning a trip in advance as the days will only be declared few days beforehand.

Apart from the good side of having a holiday there is also the problem that most of the regular or known outdoor spots are overcrowded during long weekends and not the very best choice for a family camping trip. Keeping that in mind we decided to turn our sails to a less known part of Omani territory, a few kilometres away from the famous Hatta pools.

The plan was to reach our first camping spot at Wadi Shuwayhah at a decent time to set camp. It is a rich wadi that heart can

be reached by four wheels. The wadi wall reminds me of a carefully crafted colonial hotel lobby. Its walls have been naturally polished by the gushing waters over the years and now look like Italian marble walls. The cave-like formations in the walls are ideal to set up a BBQ and tables for food. Not only that, they can also give shelter to a few grown men during showers or from the hot sun, though of course it is not advisable to be in a wadi bed during showers, due to flash floods.

The time caught us by surprise, even though the drive was a short one. By the time we reached the village of Ash Shiyah, the daylight was slowly swallowed by the darkness and twilight painted a perfect picture of mountains in the background and the giant shadows of the washed-off tree branches and roots. Perfect light settings orchestrated by a professional photographer for a romantic photo shoot would be the closest example. It was crucial that we take the correct turn from the Ash Shiyah loop as the other exit would take us to the top of the canyon through the village and not



to the intended wadi bed with water. It was another 20 minutes from the village before we reached the final left turn towards Wadi Shuwayhah. As we turned to the wadi bed, we spotted bright lights emerging from the other end; it didn't take me much time to identify the convoy. We all stepped out of our vehicles for a minute and exchanged greetings with our good friends: Ooman, Pradish and crew.

The information from friends, who had just returned from the pools just a few minutes before us, was that the water levels were just fine for families to enjoy. These were encouraging words as we had a few young kids on board. Our convoy advanced through the dark valley, and a few minutes into the drive, some frogs broke the silence. We came to a point where the gravel track came to an end, and then the fun began. Each driver checked the terrain and it was not as bad as we thought. We followed an





easy route through a few palm trees which had stood strong against several flash floods in the past. The wheels started rolling over the occasional water puddles and rocks without disturbing the surroundings. We saw a few water scorpions losing their calm with our footsteps disturbing their relaxing evening. The final destination was finally in front of our eyes at a decent time to set up camp. This time the BBQ was handled by Mitch with the usual meat items and a rich and colourful Greek salad with sweet potato mash. Can anyone ask for anything better in the middle of nowhere?

As time passed by, the guitars and the drums made their way to the bonfire and the evening became colourful for the eyes and music to the ears. We also noticed some rare wildlife whilst singing around the bonfire. The team spotted an Arabian/Sand fox and another crawly creature slithering through the rocks on the wadi wall. This created fear amongst some of the family members and they decided to sleep in their vehicles instead of their tents. We said goodbye to the clear starry skies at around 5:30 in the morning.

It's was an out of the world feeling to be woken up by birds and not a silly alarm. The noisy frogs had taken a complete day off., the water was crystal clear and everyone wanted to be soaked. This was the kind of experience one could not buy off the shelves or by checking in to an expensive hotel, coming as it does with a bit of pain and

determination. Such trips not only make you happy it also give you a sense of adventure mixed with ambition.

As usual, what we call a 'lazy breakfast' was served — sausages, egg, butter, and cheese with bread. The task was to pack up as fast as possible and reach the second camping spot before lunchtime. This was the day everyone on the team was waiting for. The drive was supposed to be extreme and we were in search of a hidden water basin in the middle of a wadi. The reason we insisted on reaching the point at midday was that the hidden basin of water has to be approached with extra caution and daylight was our only saviour.

As we started crawling our way out of the wadi, we met a British couple who were up for bit of an adventure and started following us. It was the usual gravel track all along until we came to a point where we had to put our fully loaded rigs through a test. The route became challenging every yard we drove. Narrow passages and technical turns meant that the slightest miscalculation could have caused a disastrous rollover to the bottom of a wadi. At most of the points, we had spotters to guide the drivers to the correct path. The passengers were asked to go by foot to also make sure that the weight was correctly distributed in the 4x4s. The SLOL team believes that "an accident free trip will always remain a good memory". We gave enough time to our beloved vehicles to negotiate the rough patches. Based on their





capabilities, some vehicles opted for alternate routes. We finally passed the small Ghaf tree patch to the left side of the wadi and came to the final destination for the day; the "VIP Ghaf tree" as we called it. Located in the middle of nowhere at the beginning of a rocky descent, it is the ideal camping spot.

Some started preparing the lunch while others walked down to the hidden pool. As we mentioned earlier, the way down was not easy, so we had to settle the small ones and some of our family members in other pools before reaching the main one. It was so nice to see all the kids, including my one year old daughter, splashing in the water. The hidden pool was such an amazing place, it was a slightly bigger pool where a few people can

swim. Five grown men can sit and have a natural Jacuzzi experience. Water flows from one end and circles inside the basin before it creates another small fall to the next pool. It's clear and the right temperature. Though we wanted to spend more time in the pools, we decided to reach the safe zone before the darkness set in.

As it was a very special occasion (my daughter's first birthday), we had a cake covered with a layer of chocolate and a small dinky toy, plus a candle to mark her age and another small one singing happy birthday. The guitars and drums harmonised the birthday tune as my one year old daughter cut her first birthday cake. The dinner was served at around 7:30 p.m. and was perfect timing for a sing-a-long session. After a couple of hours of singing and chitchatting, we retired to bed quite early. Around two in the morning we saw a skulk of desert foxes sniffing around the camp site. I am sure the smell of leftovers invited them.

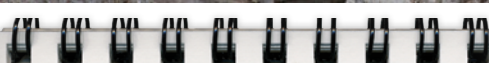
We knew that the next morning was going to be a relaxed one as we had only one more place to reach before our trip ended. Some got up early and started serving breakfast, this time Sri Lankan style curries with bread. A heavy breakfast is the usual remedy for a long day. There was another one and half kilometres of off-roading left to cover before we hit the newly paved blacktop. It's a pity; a few years ago the whole road coming from Hatta pools was a dirt track that was busy with 4x4s, but is now a main road connecting Hatta and Buraimi. The waterfall is located by the road. From the flat grounds, we parked the vehicles and had a great view of the waterfall. Small streams of water gently fell in to a larger pool of clear water, and from the first pool another smaller fall was created on the bed of the main wadi. Nature has created beauty in such a way that the main pool can only be reached by climbing a short but very difficult section. However, this climb is worth the dive in to the deep pool. The women and the kids found a spot near the second fall and had great time.

We started packing up just before lunch and thought that we would head out to the UAE and have lunch, but it never worked as intended because the restaurants were all closed due to the holidays. We finally found a place open in International City. After three



days of wilderness we got to sit around a table and have a meal. We bid our goodbyes after the meals with a note of sadness that we had to return to our routine lives again the next day; however we hope that another great trip will be planned soon.

It was another great family trip put together by Sri Lankan Outdoor Lovers in UAE. Stay tuned for more outings. #forbetteroutdoors.



Things to Prepare

- A solution for mosquitoes.
- A medicine or a rub for wasp stings.
- Plenty of drinking water.
- Proper cushion/padding for sleeping in the tents as the terrain is rocky.
- Emergency Lamps and a torch (It is really dark in the wadis).

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WILD CAMPING AND A BUMPY RIDE

Off-road trip in the mountains and wadis of Fujairah

Words + Photos By: Cynthia Briesen

I love extremes. Last weekend we stayed in a 5 star luxury hotel where the hotel slippers and chocolates were waiting for us next to our kingsize bed before we went to sleep. The next weekend we spent the night inside a tent in a wadi (Arabic word for river valley).

"If we need to wait for the men to take any action, nothing will happen, so let us fix it Cynt", were the words of my friend. Together with the book "Advanced Off-Road Adventure Routes for the UAE and Oman" by Mike Nott on our lap, we decided to take Route 11 - Hot Rock. We became really enthusiastic after reading the following quote in the book: "The wadi route is

technically demanding and you are likely to give your car a couple of bumps and scratches, or worse if you're careless".

And so we went with nine cars and 17 people towards the east coast of the UAE for a two-day camping trip through the wadi and mountains. No mobile coverage, no asphalt roads and no sanitary facilities — back to basics. It didn't take long before the first car experienced difficulty on the way up. Deep holes, gravel and massive boulders were lying in our way. To get more grip underneath the cars, we needed to lift boulders in 40 degrees Celsius. Actually, lifting boulders turned out to be our exercise for the coming days. We felt like the Flintstones.

At some point when we were standing in a train of cars waiting for each other, I heard the noise of a chain saw. I got out of the car, turned round, and there I saw one of my friends pulling branches from a

tree in order for us to continue our journey "branchless". I never expected we would need a chainsaw, and it appeared that we even needed it twice. Further ahead we encountered a big bush/small tree which was sitting there in the middle of the road. There was no way of by passing it and we couldn't have pulled that one out with our hands for sure.

The route demanded utmost concentration. Little steep slopes and descents where at some point the wheels of the cars came loose from the ground. There was no better way of testing one's driving skills. Since I love driving and adventure (my driving instructor once called me Michael Schumacher), I wanted to see if I would be able to manoeuvre the car through this rough and bumpy terrain. Small detail: it's the company car of my partner, so I couldn't do a lot of freestyling. Every person who is in a relationship, knows what's coming; tumult in the car:

"Cynt, keep your steering wheel straight!"

"I am keeping it straight!"

"No, you are not keeping your steering wheel straight!"

"Yes I am!" [sigh].

"Keep right! Keep right!"

"That's what I am doing!"

"No, you are not."

"Keep your foot on the brake!"

"What do you think I'm doing?!"

After some time, when my partner figured out that the bumper was still on the car and that I really could drive over these massive boulders, it became quiet in the car (despite the techno music) and we continued to drive further in peace.



When the trip had almost come to an end and when we all thought we made it without flat tyres and too many scratches on the cars, a group member yelled through the walkie talkie: "my break hoses broke-down!" This happened right before the car (a lifted pick up with a lot of fancy stuff on it in different colours) had to descend a steep hill. Some cars were already at the bottom of the hill and we were still standing on top with three cars left. Luckily in first gear, you are able to get far enough, even without the brakes!

Tips:

- From Dubai take the E611 towards Sharjah, then take the E88 towards Al Dhaid and Masafi. At the end of the E88 there is a roundabout (you face the mountains), go left and head towards Dibba Al Fujairah. You will drive along a scenic coastline towards Dadna. Just before Dadna you will see a petrol station on your left hand side (last chance to fill up with gas) and the entrance to the trip is on your right hand side immediately after the petrol station. You will drive through a small village first before entering the mountain area.
- Check out the weather forecasts. When driving this route, you'll be driving through wadis. Although wadis are at a dry stage during most parts of the year, during sudden rain showers can mean that the wadi gets filled up with water pretty quickly. This can happen quite unexpectedly and at a fast pace. Never go into the wadi when you see dark clouds or expect rain.
- Always drive in a group.
- Make sure you drive a 4x4 and have AT tyres.
- You can choose to deflate your tyres. We chose not to do this and it didn't affect the driving negatively. None of us experienced a flat tyre.
- You may need the following tools: jack, shovel, saw, working/garden gloves and a compressor.

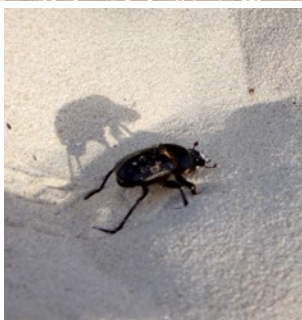


- Make sure every car contains a walkie talkie. It's essential that while driving you can maintain contact with the other drivers (in case someone gets stuck, foresees problems or wants to give any driving tips). You won't have any signal on your mobile in the mountains, and walkie talkies work much faster.
- Make sure the front, middle and last car contain experienced drivers so that they can guide the group and can keep an eye on everybody.
- It is strongly advised that on the tricky parts a couple of people get out of the car and walk ahead to explore the road, provide guidance to the driver and lift boulders in order to have the cars pass more easily.
- On the route map a campsite is mentioned. If you reach the campsite early in the afternoon, you can continue driving to the next waiting area, which is a wadi. It is a very nice camping spot for a big crowd. Since you will be camping in between rock faces, you will have a longer shade in the morning. Please note: this spot is only safe when it's dry weather and there is no chance of any rain!
- Do bring a thick carpet to put underneath your tent. Since you will be setting up your tent partly on stones, it won't be the most comfortable night when your air mattress deflates.



THE SUGAR DUNES

A pristine, untouched, unspoilt pocket of Oman — the most breathtaking desert I have ever seen!



Words + Photos by: Aimee Davidson

Making the most of a much needed long Eid weekend, I jumped at the opportunity to explore anew area of Oman slightly off the beaten track and away from the main Eid tourist hot spots. A plan was formulated with a group of friends in several cars to have a road trip leaving from Dubai, taking in the old favourite of the Ras Al Hadd

area beaches, before moving south through Wahiba Sands, to end up at the area known as the Sugar Dunes.

As with all the best made plans, various people dropped out at the very last moment, leaving us free to do a solo blast driving through the night, and so avoiding the holiday queues at the Al Ain border.

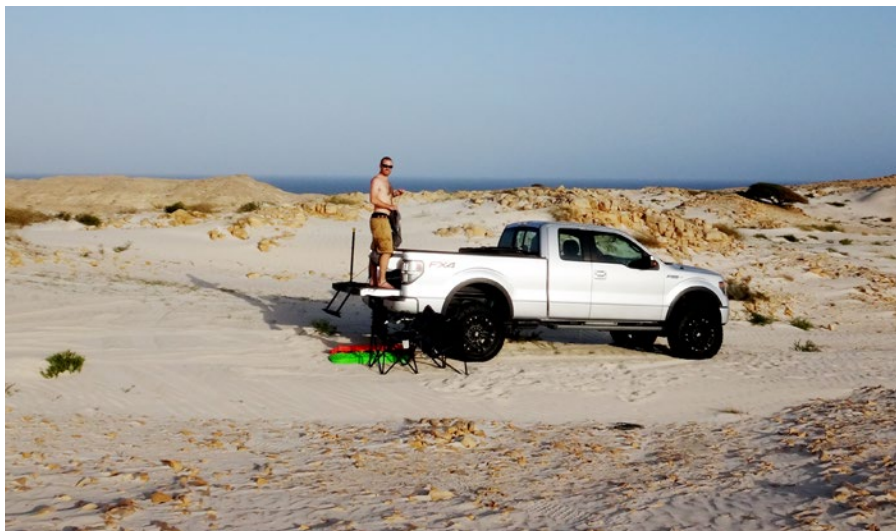
We arrived at our favourite beach near Ras Al Hadd at 3:30a.m. and went to bed to the sound of waves, accompanied by turtles digging their nests in the nearby sand. After a peaceful day and night on the beach, with only the turtles and one of the

resident Giant Crab Spiders for company, we decided to carry on with the original plan, and cross the Wahiba Sands desert, solo.

This is not a decision to be taken lightly, however we were very experienced in desert driving, had enough water, supplies, shade and all the necessary recovery gear. We also had good routes and knew what to expect after supporting the first fatbike crossing of Wahiba a year or two earlier. The vastness, isolation and massive horizons of Wahiba Sands are always breathtaking; we made the full 140km crossing from north to south without incident and without seeing another car! This really demonstrates the need to be fully self-sufficient on such a crossing.

The ultimate goal of the trip was to reach the area known as Sugar Dunes, just to the south of the isolated fishing village of Al Khaluf. On the approach to Al Khaluf the





landscape turns to a harsh moonscape with white sand interspersed with dark jagged bedrock, before eventually, with the ocean on the left, the village of Al Khaluf comes into view with a large fleet of fishing dhows moored offshore. The village has a nice authentic character with many out buildings skilfully made with thatched walls of dried palms, something I have not seen in any other areas of Oman.

After passing through Al Khaluf, the route to the Sugar Dunes ventures off-road for about 15km along the beach where the sand is very soft, requiring tyres to be adequately deflated and momentum to

be maintained at all costs. Unfortunately the beach was littered not only with the ubiquitous plastic bottles and flotsam and jetsam, but also countless dead turtles, no doubt falling victim to the plastic waste that now seems to blight even the most remote corners of the oceans.

This coast is often windy and a favourite for kite surfers, sheltered from the largest swells by the more well-known kite surfing destination of Masirah Island.

Although known as the Sugar Dunes due to the beautiful bright white crystalline nature of the dunes, the sand is actually much better described as flour due to its

super soft and fluffy nature, which, although almost impossible to drive through, is just made for walking barefoot. Even on a hot summer's day the sand is so reflective it stays relatively cool to the touch!

A visit to the Sugar Dunes is highly recommended during your time in the Gulf. You and your 4x4 need to be capable for off-road, and it is highly recommended that you are at least a two car convoy as the sand is soft and the chances of getting stuck are high. It's a long 8-9 hour drive direct from Dubai, but the rewards are an area of endless untouched beaches that most people haven't even heard of!



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TIPS & TRICKS

Beyond First Aid

Words by: Jon Edwards

Whenever undertaking adventure activities in the outdoors, it's wise to carry some form of first aid kit. They can come in all shapes and sizes. However, they are often not compiled with much "real practicality" for use in adverse outdoor conditions.



First aid kits in waterproof bags still contain non-waterproof items and are likely to be soaking wet and falling off shortly after application. Diving, surfing, kayaking, sailing, canyoning and mountaineering are all activities where first aid kits often fall down and all too late you discover that they are not fit for purpose. Here are some proven tips, tricks and recommendations on carrying items beyond or in place of many items in a conventional first aid kit that can be worth their weight in gold in harsh environments.

Echo112

This free smartphone app should be a necessity for everyone. It will send your exact location coordinates as an SMS to local emergency services anywhere in the world, and will often get transmitted even when there isn't enough signal for a voice call to be made. Your exact location is by far the single most important piece of information you can pass on to the emergency services. However, if you're in a relatively remote location, it would be wise to commence a self-rescue despite sending an SOS.



"If you at all think, heart attack coming on? Call 911, then chew an aspirin."

Duct Tape

For harsh environments a quality silver duct tape is an ideal alternative to anything in any medical aid that has a self-adhesion aspect. Any makeshift non-adhesive patch on the actual wound will stop the centre of a duct-tape plaster sticking. You can make super-strong steri-strips for wound closures, strained ligaments can be supported with duct taping just as a physiotherapist would use adhesive tape.

Tampons

Tampons are ideal for carrying extremely small packed-size sterile wound dressings but with highly absorbent properties for deep lacerations or deep puncture wounds and come in waterproof packaging.

Inner Tube Bandages

Used inner tubes sliced open make reusable waterproof bandages that are phenomenal as compression support bandages, wound dressing covers or tourniquets. Pieces of inner tube can also be set a light to create black smoke when signalling for help.

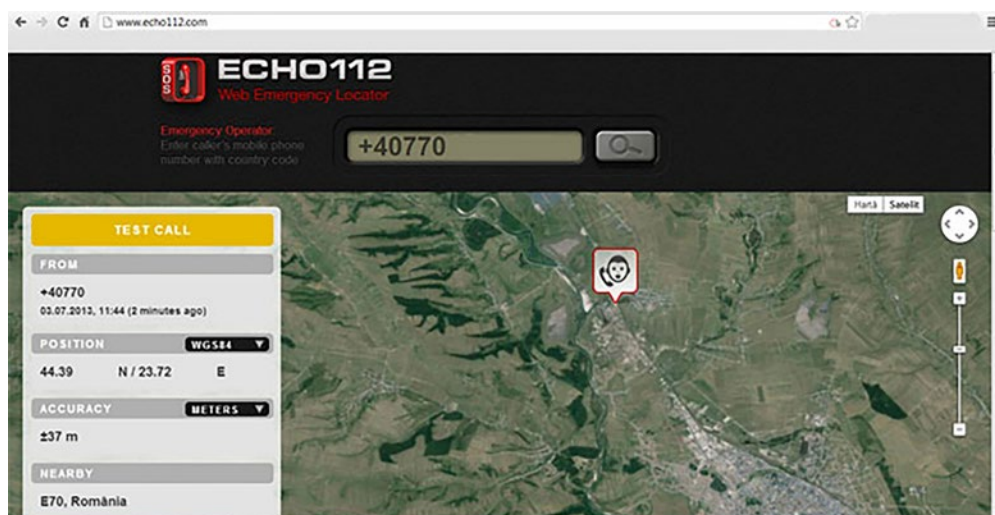
Superglue

Superglue has its origins in combat casualty care from the Vietnam War and nowadays medical superglue is one of the most effective wound closures in minor injury units. The medical variant is very expensive and doesn't store well, and the aim even with medical



Soluble Aspirin

For its size, cost and extraordinary benefits this medication should be in every office and home desk drawer, let alone a first aid kit. If someone develops any symptoms that leads you to think "Heart Attack!" then they should invariably chew a 300mg soluble aspirin without delay. Proven to increase the chances of survival from a heart attack by 23%, aspirin has been known in some cases to actually clear damaging clots from the blocked blood-vessels. In a suspected heart attack there are almost no contra-indications. Many health-care systems promote the life saving advice;



superglue is to avoid getting glue inside the wound but instead glue together two sides of intact skin having brought the sides of a wound back together after a deep cut. Non-medical superglue is reputed to have harmful toxins; however, it can regularly come into contact with unbroken skin with little harmful effect. In a harsh environment and when needing an effective method of closing a laceration I would definitely consider using normal superglue! Do bear in mind that it does degrade in water. A wound only needs a short period of closure for the body's own repair system to commence.

Bepanthen Nappy Rash Ointment

This amazing ointment has anti-septic, anti-bacterial and anti-fungal properties to name just a few, but it's also designed to work in the harshest of environments imaginable - inside a dirty nappy - so dirty river water is no match for this ointment. It is ideal for smearing on skin grazes or burns if you're in wet or dirty environments, or inside any wound dressing. Often in hot climates the inside of a dry dressing can become moist due to perspiration, so whether you are in a wet or dry environment it's worth considering the wound will be moist and prone to infection. Hence, consider Bepanthen until you are back in a safe and clean environment.

Silicone Sealant

If you have any skin wound that will be subjected to prolonged immersion in water then you might wish to consider applying a barrier of a silicone sealant over the wound. However, you should choose a food-safe or marine-safe version as they contain less toxins. Plumbers will tell you how this stuff sticks well and many will often use it to protect small hand and finger wounds so that they can continue working.

Ibuprofen/Paracetamol Piggyback

You often hear in healthcare the complaint; "I've taken a paracetamol but it still hurts". This complaint is very likely true, as paracetamol and ibuprofen work by accumulative doses as the body can only process so much of the associated toxins over a given time. The pain relieving effect from paracetamol or ibuprofen doesn't wear off after four hours, but this is the recommended rate at which

you can safely take more to keep increasing the pain relieving effect. For best effect, combine paracetamol and ibuprofen together, staggering their intake by taking two paracetamols then two ibuprofens two hours later. After that, follow the individual dosing for each medication. The accumulated effect of piggybacking paracetamol and ibuprofen can provide a remarkable amount of adequate pain relief. Both medications are excellent for reducing high temperature which can be the deciding factor of whether a bad cold or flu leaves you bedridden or able to keep functioning.

Concave Stanley Knife blade

These can have a multitude of uses, notably digging out splinters or using the blades' locating grooves for hooking and prising ticks off your skin (do not use the blade itself). Using the straight tip end for drilling holes through nails to relieve the pressure and pain from nail-bed blood blisters is (trust me) much less painful than using a red hot poke. With a competent medical professional handy, a Stanley Knife blade can be invaluable for any time-critical life saving emergency procedure.

Eye Lotion

Sand or dust in your eye is a common unwelcome experience to most participating in outdoor activities, particularly mountain biking. The offending foreign object has likely already been expelled from your eye by the excess tears but it can leave a minute abrasion on the cornea that feels like the object is still there. Chloramphenicol or Dexamethasone based eye lotions eases the discomfort which in turn eases the excess tears aiding the healing process and allowing you to become mobile again.

Expanding Foam

Expanding foam used inside plastic bags or an orange survival bag can turn an extremely small packed size into anything from small limb splints up to a fairly effective full length stretcher, and combining the foam with some micronetting can help with re-enforcing the stretcher for extreme circumstances. Expanding foam does not work underwater but if you needed to make an emergency buoyancy aid you'd fare much better spraying expanding foam into a plastic bag or clothing than



using just air (expanding foam requires air to activate hence some trial and error should be experienced before trying this in a real incident).

What is NOT Absolutely Necessary in a First Aid Kit

Your skin (unless you have a fresh open wound) has a natural protective barrier, hence if you have no surgical gloves or facemask but a casualty needs your help to stop them bleeding or to breathe for them, please do not hesitate! The greatest risk of infection from bodily fluids is from being splashed in the eye, so I would prefer the protection given by my sunglasses instead of the protection from gloves or facemasks. Foil thermal blankets are difficult to handle in windy conditions and neither cool, nor warm casualties up so are only really useful as an emergency shade, although they can easily tear. Rehydration salts and water purification tablets should not belong in a First Aid Kit. Rather, they belong in everyone's normal kit and should be used to prevent you from having to resort to first aid.



Take Note

- Anything applied to the body, medical or non-medical, can cause a reaction. Always test first.
- Sterile products do not remain sterile in non-sterile environments.
- Qualified pharmacists should be consulted about medications.





Exercises for Rock Climbing II

Words By: Milos Rankovic
Photos By: Jung Francisco

This month, we look at more rock climbing exercises to help you get ready for the outdoor season and to help you progress further.



1. Leg Raises

This is a great exercise that develops both grip and core strength—these aspects of strength are very important in climbing.

How to do it:

- Grab a bar and just hang. Let the momentum disappear and do nothing until your body is still and the legs are straight.
- Flex all your muscles, especially your lats and muscles surrounding your elbows.
- Slowly raise your feet up to the bar, remembering to keep your legs straight.
- Lower your legs with control.

Perform the exercise with flexed knees if the original movement is difficult initially. Perform 2-4 sets with 5-15 repetitions, depending on your fitness level.



2. Single Leg Romanian Deadlift

The single leg Romanian deadlift strengthens the posterior chain. The gluteus muscles, hamstrings and adductor magnus are strengthened dynamically while synergistically working together to extend the hips. The lower back extensors function as stabilisers and are strengthened isometrically. The single leg stance requires balance and proprioception and makes the exercise more sport-specific.

How to do it:

- Hold a dumbbell in the opposite hand of the supporting leg. If the exercise is performed with more weight, hold a barbell in an overhand grip with both hands. Keep the back straight and the torso tight. Look straight ahead. The shoulder blades should be retracted.
- Lower the upper body by bending at the hip. Keep the back straight. Lower the dumbbell or slide the bar down the thigh and shin of the supporting leg. Push the hips back and slightly bend the knee during the descent.
- Swing the free leg back so it stays in line with the torso.
- Lower the upper body until a mild stretch is felt in the hamstrings.
- Return to the starting position. Do 3-4 sets for 10-15 reps each leg.

3. Dips

Dips are perhaps the best exercise for developing complete upper body pushing strength. It engages all upper body pressing muscles such as the chest, shoulders and triceps whilst at the same time increasing the stability demands through the whole range of motion.

Dips can be remarkably useful for climbers in building upper body strength to assist with climb-ups and drop downs.

How to do it:

- Grab the bars and jump up. Balance yourself with locked elbows.
- Dip. Lower your body by bending your arms. Lean your torso slightly forward.
- Break parallel. Go down until your shoulders are below your elbows at the bottom.
- Rise up. Lift your body back up to the



starting position by straightening your arms.

- Lockout. Balance yourself with your shoulders over your hands. Lock your elbows.

Although weight training is beneficial for increasing your climbing efficiency, that alone isn't going to translate perfectly into strength on the mountain, so emulating some real-world conditions is a must. Training with your mountaineering clothing, boots and gear on, including that loaded pack, will help you to bring your strength with you from the flat lands to the cliffs.

In other words, if you want to be a better climber, do more climbing, no matter how strong your body is – the rule of specificity still matters.

And that means that if you want to be good at a certain activity, you need to do that specific activity. And you need to do it often!



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7 Seas Diving Center, Khorfakkan,
+971 92387400, www.7seasdivers.com
Sharjah Wanderers Dive Club, Sharjah, +971
50784 0830, www.bsac406.com
Sheesa Beach, Dibba, Musandam,

+971 503336046, www.sheesabeach.com
Sky & Sea Adventures, Dubai, Hilton, Jumeirah
Beach Road, +971 43999005,
www.watersportsdubai.com
The Dive Shop, 34G, European Center, Green
Community, Dubai, UAE,
+971 48135474, www.thediveshopdubai.com
Clubs
Atlantis Underwater Photography Club,
Dubai, +971 44263000
Desert Sports Diving Club, Dubai,
www.desertsportsdivingclub.net
Emirates Diving Association, Diving Village, Al
Shindagha, Dubai,
+971 43939390, www.emiratesdiving.com
Filipino SCUBA Divers Club (FSDC),
Dubai, UAE, +971 566952421,
www.thefilipinoscubadivers.com
Freediving UAE, Dubai, Abu Dhabi, Fujairah,
contactus@freedivinguae.com,
www.freedivinguae.com
Sharjah Wanderers Dive Club, Sharjah, +971
507840830, www.bsac406.com

Fishing & Kayaking

Equipment

Al Boom Marine, Abu Dhabi & Dubai,
+971 42894858, www.alboommarine.com
Al Hamur Marine and Sports Equipment,
Jumeirah Beach Road, Dubai,
+971 43444468
Al Masaood Marine, Dubai, Sheikh Zayed
Road, +971 43468000,
www.masaoodmarine.com
Al Yousuf Motors, Dubai, Sheikh Zayed Rd,
+971 43390621, www.aym.ae/yamaha
Arabian Divers and Sportfishing
Charters, Al Bateen Marina Resort,
Abu Dhabi, +971 506146931,
www.fishabudhabi.com
Barracuda Fishing and Outdoor, Dubai, Street
13A 1, Al Safa 1, +971 43466558,
www.barracudadubai.com
Blue Waters Marine, Shop 11,
The Curve Bldg., Sheikh Zayed Road, Dubai,
+971 43808616 / +971 553899995,
www.bluewatersmarine.com
Challenging Adventure, Wadi Al Bih -
Ras Al Khaimah, +971 561060798,
contactus@challengingadventure.com
Global Climbing Trading LLC,
Dubai Investment Park 1, Dubai,
+971 48829361, www.globalclimbing.com
Ocean Active, Dubai, Garden Centre,
+971 502898713, www.oceanactive.com

Operators

Absolute Adventure, Dubai,
+971 43459900, www.adventure.ae
Al Boom Diving, Le Meridien Al Aqah Beach
Resort, Fujairah, +971 43422993
Al Hamra Marina and Yacht Club, Al Hamra,
Ras Al Khaimah, +971 72434540,
www.alhamramarina.com
Al Mahara Dive Center,
Downtown Abu Dhabi, +971 50118125,
www.divemahara.com
Al Wasl Charter & Fishing, Airport Road, Al
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2394760-61, www.cruiseindubai.com
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www.arabiaoutdoors.com
Barracuda Diving Centre, Fujairah
International Marine Club, +971 9222558
Belevari Marine, Abu Dhabi, +971 26594144
Captain Tony's, Yas Marina, Yas Island, Abu
Dhabi, +971 26507175, www.captaintonys.ae
Fun Beach Water Sports, Dubai,
+971 53244550, www.funbeachsports.com
Happy Days Sea Cruising LLC, Dubai,
+971 558961276, +971 503960202,
www.happydaysdubai.com
Hiltonia Beach Club, Hilton Abu Dhabi Hotel,
Abu Dhabi, +971 26811900
Le Meridien Al Aqah Beach Resort,
Dibba Road, Fujairah, +971 92449000,
www.lemeridien-alaqah.com
Nautica 1992, Dubai, +971 504262415,
www.nautica1992.ae
Noukhada Adventure Company,
Villa 332/7, Al Meena Street, Abu Dhabi,
+971 26503600, www.noukhada.ae
Ocean Active, Dubai, Garden Centre,
+971 502898713, www.oceanactive.com
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+971 503336046, www.sheesabeach.com
Soolyman Sports Fishing, Dubai,
Umm Suqeim, +971 508866227,
www.soolymansportsfishing.com
Summertime Marine Sports, Dubai,
+971 42573084, www.summertimeamarine.com
Xclusive Yachts, Dubai, Dubai Marina,
+971 44327233, www.xclusivayachts.com
Clubs
Abu Dhabi Camping, Fishing & Kayaking
Club, mohamed.almahrouky@gmail.com
Dubai Surf'ski & Kayak Club, Kitesurfers'
Beach, Umm Suqeim 1, Dubai,
+971 554986280, www.dskc.hu

General Sports Equipment Distributors

Adventure HQ, Dubai Times Square Center,
Sheikh Zayed Rd, Toll free: 800-ADVENTURE,
www.adventurehq.ae
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+971 43390621, www.aym.ae/yamaha
800 Sport, Al Quoz, Dubai
+971 43467751, www.800sport.ae
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www.flipflop-arabia.com
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www.goalzero.ae
Highbury Trading, Dubai, UAE,
www.highburytrading.ae
Jack Wolfskin Mirdif City Centre Dubai,
+971 42840228; Al Wahda Mall Abu Dhabi,
+971 44437802
Ocean Sports FZE, +971 559352735,
www.kitesurfsup.com
PORTABLE SHADE UAE, Jebel Ali, Dubai,
UAE, +971 4 3469600,
www.portable-shade.net

Sakeen General Trading, +971 47094224, www.sakeen.ae
Sport in Life Distribution, Nad Al Hammar Rd., Ras Al Khor, Dubai, UAE, +971 42896001, +971 42896002, info@sportinlife.ae, www.sportinlife.ae
Tresspass, The Dubai Mall 2nd floor above ice rink, +971 43398801

Horse Riding

Equipment

Al Asifa Horse Equestrian & Requisites Trading, Al Khawaneej 1, Dubai, +971 554733110, www.asifa.ae
Black Horse LLC, Abu Dhabi, +971 26422237, www.blackhorseuae.com
Bonjour Equestrian Supplies, Nad Al Hammar Rd., Ras Al Kho, Dubai, UAE, +971 42896001, +971 42896002, info@bonjourerequestrian.com, www.bonjourerequestrian.com
Cavalos Equine Care and Supplies, 16th Street, Al Khalidiyah, Abu Dhabi, +917 22222433, www.cavalosuae.com
Emirta Horse Requirement Centre, Sheikh Zayed Rd, Dubai, +971 43437475, www.emirtahorse.com

Equestrian Clubs/Centres

Abu Dhabi Equestrian Club, Al Mushrif, Abu Dhabi, +971 24455500, www.adec-web.com
Al Ahli Riding School, Al Amman Street, Dubai-Sharjah Rd., +971 42988408, www.alahliclub.info

Al Forsan International Sports Resort, Abu Dhabi, +971 25568555, www.alforsan.com
Al Jiyad Stables, Behind Dubai International Endurance City, Dubai, +971 505995866, info@aljiyad.com, www.aljiyad.com

Al Sahara Desert Resort Equestrian Centre, Dubai, +971 44274055, equestrian.centre@alsahra.com
Desert Equestrian Club, Mirdif, Dubai, +971 503099770 / +971 501978888

Desert Palm Riding School, Near Al Awir Road (going to Hatta-Oman), Dubai, +971 43238010, www.desertpalm.peraquum.com
Dubai Polo Academy, Dubai, +971 508879847, www.dubaipolacademy.com

Dubai Polo & Equestrian Club, Dubai, Arabian Ranches, +971 43618111, www.poloclubdubai.com
Emirates Equestrian Centre, Dubai, +971 505587656, www.emiratesequestriancentre.com

Ghantoot Polo & Racing Club, Exit 399, Abu Dhabi/ Dubai Highway, Abu Dhabi, +971 25629050, www.grpc.ae

Golden Stables Equestrian Club, Al Khawaneej, Dubai, (Nouri) +971 555528182, www.goldenstables.ae

HoofbeatZ, located just inside the Dubai Polo & Equestrian Club, Dubai, +971 501810401, www.hoofbeatz.com

Mushrif Equestrian and Polo Club, Mushrif Park, Al Khawaneej Road, Dubai, +971 42571256, www.mushrifec.com
Qudraland Community, info@qudraland.com, www.qudraland.com

Riding for the Disabled, Dubai,

lessons@rdad.ae, www.rdad.ae,
Sharjah Equestrian & Racing Club, Sharjah, Al Dhaid Road, +971 65311188, www.serc.ae
Racecourses
Abu Dhabi Equestrian Club, Al Mushrif, Abu Dhabi, +971 24455500, www.adec-web.com
Ghantoot Racing & Polo Club, Exit 399, Abu Dhabi/ Dubai Highway, Abu Dhabi, +971 25629050, www.grpc.ae
Jebel Ali Racecourse, off the main Abu Dhabi - Dubai Highway (Sheikh Zayed road) beside the Emirates Golf Club, Dubai, +971 43474914
Meydan Grandstand and Racecourse, Al Meydan Road, Nad Al Sheba, Dubai, +971 43270000, www.meydan.ae
Sharjah Racecourse, Al Dhaid Road, Sharjah, +971 65311155, www.serc.ae

Jet Ski

Dealers

Al Masaood Marine, Dubai, Sheikh Zayed Road, +971 43468000, www.masaoodmarine.com
Al Yousuf Motors, Dubai, Sheikh Zayed Rd, +971 43390621, www.aym.ae/yamaha
Japan Marine General Trading, Al Garhoud Road, Liberty Building, Dubai, +971 559299111 / +971 42828255, uday@japanmarine.jp, www.japanmarine.co
Liberty Kawasaki, Dubai, Interchange 4, Sheikh Zayed Road, +971 43419341, www.libertykawasaki.com

Motocross & ATV's

Dealers

Al Badayer Rental (Rental), Dubai-Hatta Road, +971 507842020, www.albadayerrental.com
Al Shaali Moto, Ras Al Khor, +971 43200009, sales@alshaalimoto.com, www.alshaalimoto.com
Al Yousuf Motors, Dubai, Sheikh Zayed Rd, +971 43390621, www.aym.ae/yamaha
Golden Desert Motorcycles Rental (Rental), Dubai-Hatta Road, Dubai, +971 551532550, www.goldendesert-dubai.com
Just Gas It, Hatta Rd., Al Aweer, Dubai, UAE, +971 509192394, www.JustGasIt.net
KTM, Dubai, Sheikh Zayed Road, exit 42, +971 4323151, www.ktm.com
Liberty Kawasaki, Dubai, Interchange 4, Sheikh Zayed Road, +971 43419341, www.libertykawasaki.com
Polaris UAE (atv's), Ras Al Khor, Nad al Hamar Road, Al Ghandi Complex, Dubai, +971 42896100, M4, Sector 13, 10th Street, Mussafah Industrial, Abu Dhabi, +971 25555144, www.polarisuae.com
Sebsports, Al Quoz Industrial Area 1 Dubai, +971 43393399, www.sebsports.com
Wild X Adventure Shop, Dubai, +971 48321050, www.wildx.ae

Equipment

Desert Road Tourism, Al Khor Plaza - 503, Dubai, +971 42959429, www.arabiantours.com
Sandstorm Motorcycles (Rental), Al Quoz, Dubai, +971 43470270, www.sandstorm-motorcycles.com
Sebsports, Dubai, Al Quoz Industrial Area 3, +971 43393399, www.sebsports.com
2XWheeler, Motorcity Dubai, +971 44548388, www.2xwheeler.com
Wild X, Dubai, Um Al Ramoul Industrial Area, +971 42852200, www.wildx.ae
Workshops and Services
Moto-X and Quad, PO Box 476214, Dubai, UAE, +971 50 6169727, www.gasgasmotos.me

Motorcycling

Distributors and Dealers

Al Yousuf Motors, Dubai, Sheikh Zayed Rd, www.aym.ae/yamaha
Ducati, Mussafah 4, Street 10, Abu Dhabi, +971 25535771, info2@ducati.ae, www.ducati.ae
Duseja Motorcycles, Dubai, Al Quoz, +971 43476712, www.dusejamoto.com
Harley-Davidson, Mussafah 4, Street 10, Abu Dhabi, +971 25540667, hd.auh@harley-davidson.ae, www.harley-davidson-abu-dhabi.com
Liberty Kawasaki, Dubai, Interchange4, Sheikh Zayed Road, +971 42822144, www.libertykawasaki.com
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2xWheeler Adventures, Dubai, +971 44548388, www.alainraceway.com
Yas Marina Circuit, Abu Dhabi, www.yasmarinacircuit.com

Off-Road

Dealers

Bling My Truck, +971 503634839 / +971 505548255, info@blingmytruck.com, www.blingmytruck.com
4x4 Motors LLC, Shk. Zayed Rd, Dubai, +971 43384866, www.4x4motors.com
Liberty Automobiles, Dubai, 800 5423789, www.libertyautos.com
Repairs and Services
AAA Service Centre, Al Quoz, Dubai, UAE, +971 4 285 8989, www.aadubai.com
Icon Auto Garage, Dubai, +971 43382744, www.icon-auto.com
Mebar Auto, Al Quoz, Industrial Area 2, Dubai, UAE, +971 4 3469600, www.mebaraauto.com
Off Road Zone, Dubai, Al Quoz, +971 43392449, www.offroad-zone.com
Saluki Motorsport, Dubai, +971 43476939, www.salukimotorsport.com

Equipment

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Icon Auto Garage, Dubai, +971 43382744, www.icon-auto.com
Mebar Auto, Al Quoz, Industrial Area 2, Dubai, UAE, +971 4 3469600, www.mebaraauto.com
Wild X Adventure Shop, Dubai-Hatta Road, Dubai, +971 48321050, www.wildx.ae
Yellow Hat, Nad Al Hamar, and Times Square Center, Dubai, +971 42898060, www.yellowhat.ae
Tour Operators
Arabian Adventures, Dubai & Abu Dhabi, +971 43034888, www.arabian-adventures.com
Desert Road Tourism, Al Khor Plaza - 503, Dubai, +971 42959429, www.arabiantours.com
Oasis Palm Dubai, Dubai, +971 4 2628832 or 4 2686826, www.opdubai.com
Clubs
Abu Dhabi Off- Road Club, www.ad4x4.com
ALMOST 4x4 Off-Road Club, +971 507665522, www.almost4x4.com
Dubai Offroaders, www.dubaioffroaders.com
JEEP Wrangler JK Fun Club, suffian.omar@yahoo.com, www.jk-funclub.com
ME 4X4, www.me4x4.com

Running

Clubs

ABRASAC, Dubai, www.abrasac.org
Abu Dhabi Tri Club, Abu Dhabi, www.abudhabitriclub.org
Abu Dhabi Striders, admin@abudhabistriders.com, www.abudhabistriders.com
Al Ain Road Runners, Abu Dhabi, +971 504188978, alainroadrunners@yahoo.co.uk
Mirdif Milers, Dubai, www.mirdifmilers.info
Dubai Creek Striders, www.dubaicreekstriders.org

Stand up Paddling, Kite & Surfing, Wakeboarding

Equipment

Al Boom Marine, Abu Dhabi & Dubai, +971 42894858, www.alboommarine.com
Al Masaood Marine, Dubai, Sheikh Zayed Road, +971 43468000, www.masaoodmarine.com
Ikonic Brands, Suite 509 Düsseldorf Business Point Al Barsha Dubai, UAE +971 506874178, info@ikonicbrands.com
Kitesurf Dubai, Kitesurf Beach, Umm Suqeim and Jumeirah 3 +971 505586190, www.kitesurfdubai.ae
Pearl Water Crafts, Dubai Marina Yacht Club, +971 553749398, www.pearl-watercrafts.com
Picnico, Jumeirah Beach Road Opposite Sunset Mall, Dubai, +971 43941653
Surf Dubai, Dubai, Umm Suqeim, +971 505043020, www.surfingdubai.com
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Operators
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Surf School UAE, Umm Suqeim Beach and Building 1, Al Manara Road (East), Interchange 3, Dubai, +971 556010997, www.surfschooluae.com
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Clubs
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UAE SUP www.uaesup.com

Water Parks

Aquaventure Atlantis, Dubai, Palm Jumeirah, +971 44260000, www.atlantisthepalm.ae
Dreamland Aqua Park, Umm Al Quwain, Emirates Road, +971 67681888, www.dreamlanduae.com
Wadi Adventure, Jebel Hafeet, **Al Ain**, +971 37818422, www.wadiadventure.ae
Wild Wadi Water Park, Dubai, +971 43484444, www.wildwadi.com

Other leisure activities

Abu Dhabi Golf Club, Abu Dhabi, +971 25588990, www.adgolfclub.com
Al Tamimi Stables, Sharjah, +971 67431122 / +971 44370505, www.tamimistables.com
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Children's City, Creek Park Gate No.1, Dubai, +971 43340808, www.childrencity.ae
Dolphin Bay Atlantis, Dubai, +971 44260000, www.atlantisthepalm.ae
Dubai Dolphinarium Dubai, Creek Park Gate No. 1, +971 43369773, www.dubaidolphinarium.ae
iFly Dubai, Dubai, Mirdif City Centre, +971 42316292, www.iflyme.com
Sadiyat Beach Club, Abu Dhabi, Saadiyat Island, +971 25578000, www.sbgolffclub.ae
Sharjah Golf and Shooting Club, Sharjah, +971 43999005, www.golfandshootingshj.com

+968 26730813, www.dolphinkhasabtours.com
Go Dive Oman, Capital Area Yacht Club (CAYC), Sidab Muscat, +968 99289200, www.godiveoman.com
Nomad Tours, PO Box: 583, Postal Code 100, Muscat, Oman, +968 95495240, www.nomadtours.com
Oman Trekking Guides, PO Box: 917, NIZWA, Oman, +968 95741441, www.omantrekkingguides.com

Diving

Equipment

Al Marsa Musandam, PO Box: 44, Dibba, Sultanate of Oman, +968 26836550, www.almarsamusandam.com
Al Sawadi Beach Resort, PO Box: 747, Barka - Al Sawadi, Oman, +968 26795545, www.alsawadibeach.info
Diving UAE & Oman, www.dive-uae-oman.com
Euro Divers CAYC Oman, Marina Bandar Al Rhowda, PO Box: 940, Muscat, Oman, +968 95035815, www.euro-divers.com
Extra Divers Musandam, PO Box: 498, PC 811 Khasab, Musandam, Oman,

SkiDubai, Dubai, Mall of The Emirates, +971 44094000, www.skidxb.com
Spacewalk Abu Dhabi, Abu Dhabi, +971 24463653, www.spacewalk.ae

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Safety Lessons

Marine Concept Yacht Charter & Sea School, Rania Business Centre, Dubai, +971 559603030, www.marine-charter-concept.com
Safety & Leisure Training Middle East,

+968 99877957, www.musandam-diving.com
Global Scuba LLC, +968 24692346, www.global-scuba.com
Moon Light Dive Center, P.O. Box: 65, Madinat Qaboos, Muscat Oman, +968 99317700, www.moonlightdive.com
Oman Dive Center Resort, PO Box: 199, Medinat Sultan Qaboos, Oman, +968 24824240, www.omandivecenter.info
Omanta Scuba Diving Academy, Al Kharija Street, Al Shati Area, Muscat, Oman, +968 97700564, www.omantascuba.com
Oxygen Diving and Adventures, PO Box: 1363 PC130 Alazaiba, Muscat, Oman, www.o2diveoman.com
Seaman, PO Box: 2394, RUWI PC 112, Oman, +968 24181400, www.seaoman.com
Sub Aqua Dive Center, Hilton Salalah Resort, PO Box: 699, Salalah 211, Oman, +968 99894031, www.subaqua-divecenter.com

Stand Up Paddling, Kite & Surfing, Wakeboarding

Equipment, Operators

Kiteboarding Oman, Sawadi Beach,

PO Box: 5048, Doha, Qatar, +974 66304061, www.dohasubaquaclub.com
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GoSport, City Centre Mall, 3rd Floor, Qatar, +974 44631644; Villaggio Mall, Qatar, +974 44517574, www.facebook.com/gosport.qatar
Pearl Divers, PO Box: 2489, Doha, Qatar, +974 44449553, www.pearl-divers.org
Poseidon Dive Center, Ras Abu Abboud Street, Al Emadi Suites, Showroom #2, PO Box: 11538, Doha, Qatar, +974 66084040, www.pdcqatar.com
Qatar Scuba Center, 187 Al Mansoura Street, Al Mansoura Area, Doha, Qatar, +974 66662277, www.qatarscubacenter.com
Q Dive, Souq Al Najada cnr of Grand Hamad and Ali bin Abdulla Str., Al-Odeid Aisle numbers 129-132, +974 55319507, www.qdive.net
World Marine Centre, PO Box: 6944, Doha, Qatar, +974 44360989, www.worldmarinecenter.webs.com
Pearl Divers, Al Mirqab Al Jadeed Street, Doha, Qatar, +974 4444 9553, www.pearl-divers.org
Poseidon Dive Center, Ras Abu Abboud Street, Al Emadi Suites, Showroom #2, PO Box: 11538, Doha, Qatar, +974 66084040, www.pdcqatar.com
Qatar Divers, Marriott Hotel Marina Near Old Airport, Ras Abu Abboud Area, Doha, Qatar, +974 44313331, www.qatardivers.com
Qatar Marine, Go Sport City Center West Bay, PO Box: 16657, Doha, +974 553199507, www.qatarmarine.net
Qatar Scuba Centre, 187 Al Mansoura Street, Al Mansoura Area, Doha, Qatar, +974 66662277 / +974 44422234, www.qatarscubacenter.com
Qdive Marine Center, PO Box: 16657, Doha, Qatar, +974 44375065, www.qdive.net
World Marine Centre, Old Salata Street, near the Qatar National Museum, Doha, Qatar, +974 55508177

Fishing & Kayaking

Equipment

Al Khasht, Fishing and Hunting Equipment, Souq Waqif, next to the Falcon Souq,

Dusseldorf Business Point, Al Barsha 1, Dubai, +971 44502418, www.sltme.com
Sport and Health Centres
Bespoke Wellness, Dubai, +971 553724670, www.bespoke-wellness.com
Original Fitness Co., C6 Tower Al Bateen Bainunah St, Abu Dhabi, +971 2406 9404, www.originalfitnessco.com
Orthosports, 5B Street, Jumeira Beach road, Dubai, +971 4355060, www.orthosp.com
The Physio Center, Suite 405, Building 49, Dubai Healthcare City, Dubai, +971 44370570, www.physiocentre.ae

PO Box: 133, PC 118, Muscat, Oman, +968 96323524, www.kiteboarding-oman.com
Oman's Kite Center, +968 94006007, www.kitesurfing-lessons.com

Camping & Hiking

Tour Operators

Safari Desert Camp, PO Box: 117, Postal Code 421, Bediyah, Ghabbi, Oman, +968 99310108, www.safaridesert.com

Fishing & Kayaking

Equipment

Az'Zaha Tours, +968 99013424, www.azzahatours.com
Water World Marine Oman, PO Box: 76, Muscat, 113, Sultanate of Oman, +968 24737438, www.waterworldoman.com

Boating & Sailing

Manufacturer

Saphire Marine, PO Box: 11, Post Code 118, Muscat, Oman, +968 99877243, www.sapphire-marine.com

+974 66724828

Al Mamzore Marine Equipment, PO Box: 6449, Old Salata, Doha, Qatar, +974 4444238, almamzore@qatar.net.qa
Extreme Adventure, Shop 3, 4 Ahmed Bin Ali Steet, Doha, +974 44877884, www.extreme.qa
Fish World, PO Box: 1975, Doha, Qatar, +974 44340754
State of Qatar (QatarSub), Souq Waqif, next to the Falcon Souq, +974 4431234, www.stateofqatar.com
Operators
Paddle Qatar, +974 55490895, www.paddleqatar.com
Entalek, +974 3023 3207, www.entalek.org

Motocross & ATV's

Dealers

Qatar Adventures, Barwa Village, Building # 9 Shop # 11, Doha, Qatar, +974 77700074

Stand Up Paddling, Kite & Surfing, Wakeboarding

Equipment, Operators

Fly-N-Ride, Ras abu Aboud, Doha, +974 33117089, www.fly-n-ride.com
Flo Kite School, Westbay, Doha, +974 55041039, www.flokiteschool.com
Kitesurfing Qatar, +97430179108, www.kitesurfingqatar.com
QSUP, Qanat Quartier, Costa Malaz, The Pearl-Qc, Doha, Qatar, +974 66602830, www.qsup.me

Cycling (Road & Off Road)

Bike Servicing, Equipment

Carbon Wheels Bike Shop, Al Maha Center 10, Salwa Road, Doha, +974 44419048, www.facebook.com/CarbonWheelsQTR
Flash Bike Shop, Mesaeed New Souq, Shop C.06, +974 6600 9116, www.flashbikeshop.com
Skate Shack, Salwa Road, South Doha, +974 44692532, www.skate-shack.com
Galaxy Sport, City Centre Mall, 3rd Floor, +974 44822194; Villaggio Mall, +974 4456 9143; Ezdan Mall, +974 4492 2827, www.galaxysportqatar.com;
Sportswell, Salwa Road, South Doha, +974 40165155 / 40165156

QATAR DIRECTORY

Adventure tours and desert safaris

Al Mulla Travels, PO Box: 4147, Doha, Qatar, +974 44413488, almullatrivs@qatar.net.qa
Alpha Tours, PO Box: 13530, Doha, Qatar, +974 4837815, info@alphatoursqatar.com
Al QAYED Travel & Tours, PO Box: 158, Doha, Qatar, +974 44072244, www.alqayedtravel.com
Arabian Adventures, PO Box: 4476, Doha, Qatar, +974 44361461, www.arabianadventureqatar.net
Black Pearls Tourism Services, PO Box: 45677, Doha, Qatar
East Marine, West Bay, Doha, Qatar, +974 55200078
E2E Qatar Travel and Tours, PO Box: 23563, Doha, Qatar, +974 44502521, www.e2eqatar.com
Falcon Travels, PO Box: 22031, Doha, Qatar, +974 44354777, www.falcontravelqatar.com
Gulf Adventures, 29, PO Box: 18180 Qatar, +974 44221888, www.gulf-adventures.com
Net Tours Qatar, PO Box: 23080, Doha, Qatar, +974 4310902, www.nettours.com.qa
Regency Travel & Tours, +974 4434 4503/4718, www.regencyholidays.com
Qatar Adventure, PO Box: 13915, Doha, Qatar, +974 55694561, www.qataradventure.com
Qatar Desert Gate, Doha, PO Box: 18496 Ad Dawha, Qatar, +974 55594016, www.qatardesertgate.com
Qatar Inbound Tours, PO Box: 21153, +974 77451196, www.inboundtoursqatar.com
Qatar International Tours, PO Box: 55733 Doha, Qatar, +974 44551141, www.qittour.com
Qatar Ventures, Doha, Qatar, +974 55776679, www.qatar-ventures.com

Clubs

Cycling, Running & Triathlon

Doha Sailing Club, Katara Beach +974 44439840/+974 55649995 www.qmsf.com

Qatar Chain Reaction, www.qatarchainreaction.weebly.com
Qatar Sandstromers, +974 77775207 / +974 77776634, www.facebook.com/QatarSandstromers
Velostar Doha, <https://www.facebook.com/groups/587539064642288/>
Doha Bay Running Club, www.dohabayrunningclub.com
TriClub Doha, www.triclubdoha.com

General Sports

Equipment Megastores

Galaxy Sport, City Centre Mall, 3rd Floor, Qatar: +974 44822194; Villaggio Mall, Qatar: +974 44569143; Ezdan Mall, Qatar: +974 44922827, www.galaxysportqatar.com
GO Sport, City Centre Mall, 3rd Floor, Qatar: +974 44631644; Villaggio Mall, Qatar: +974 44517574, www.facebook.com/gosport.qatar
Sun & Sand Sports, City Centre Mall, Qatar: +974 44837007; Dar Al Salam Mall, Qatar: +974 44932973, www.sunandsandsports.com

Boating & Sailing

Equipment

Regatta Sailing Academy, Katara Beach +974 55503484 www.regattasailingacademy.com
Distributors and Dealers
Speed Marine, Speed Marine, Museum Road, PO Box: 9145 Doha, Qatar, +974 44410109, www.speedmarinegroup.com

Horse Riding

Equestrian Clubs/Centres

Al Shaqab, PO Box: 90055, Doha, Qatar, +974 44546320, www.alshaqab.com
Qatar Racing & Equestrian Club, Racing and Equestrian Club, PO Box: 7559, Doha, Qatar, +974 44197664, www.qrec.gov.qa

Diving

Equipment/Centres

Al Fardan Marine Services, Najma Street (near Al Fardan Exchange), Doha, Qatar, +974 44435626
Doha Sub Aqua Club, Doha Sub-Aqua Club,

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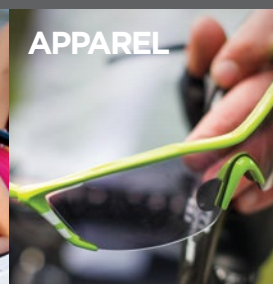
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