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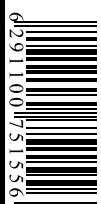
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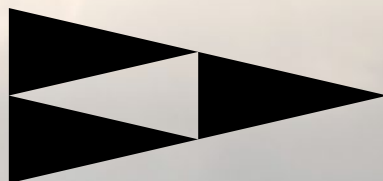
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EDITORIAL

Success, failure and the never ending challenge

It was a bittersweet day back in May when I completed the Edinburgh Marathon, my fourth. After months of training and a well controlled race, I took three minutes off my personal best. However, disappointment added to both mental and physical exhaustion on that unusually warm Scottish Spring day; for I had missed my target by just fourteen seconds.

Those fourteen seconds cost me a 'Good for Age' place in the London Marathon next year, meaning that once again, and as I had done throughout my childhood, I would be watching the race unfold on screen, rather than as a participant. Yes, a month later, I'm still annoyed with myself.

It's inevitable, whether you're a runner, a diver, a swimmer, a cyclist...whatever your passion is, that you're going to experience disappointment and frustration at some point. The very pursuits that can give us soul soaring highs can also deliver the most bitter lows, and the process of accepting, learning and moving on is all par for the course. Those 'what if' moments and the narrow miss of what we identify as success are either the things that cause us to give up or incite us to get stronger, better, and reflect upon with humility further down the line. There's been quite a few articles written, on runners in particular, that discuss how we're never satisfied. After all, if you're an average runner like me, there's always going to be someone who can run faster and for longer...the competition

gets turned inward, onto yourself, and success is defined by the expectations that we as individuals set. And that's not necessarily a bad thing.

This month, you'll get to read about some incredible people who have overcome so many obstacles to achieve success. Delight with them as they share their highest points, and understand, as they share their lows, that it happens to us all. The parameters of 'success' and 'failure' may move, but they're shared by elites and novices alike.

The drive to push harder and challenge ourselves is inherent in most of us, and even in our perceived failures, is responsible for success. Perhaps we're all just too hard on ourselves?



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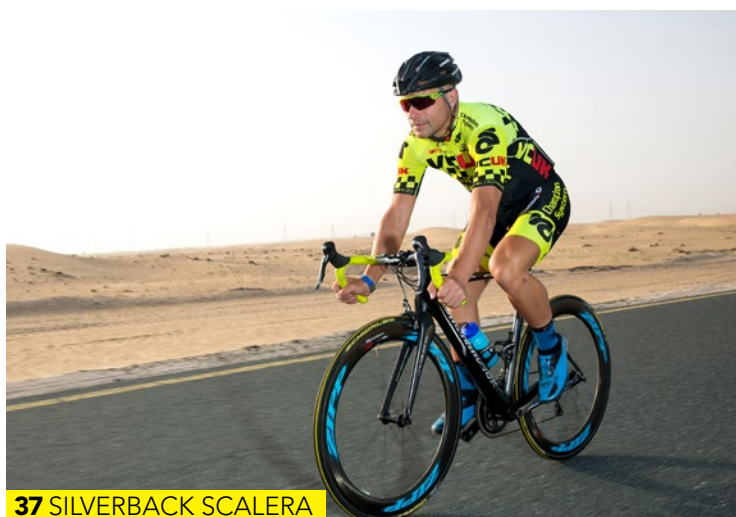
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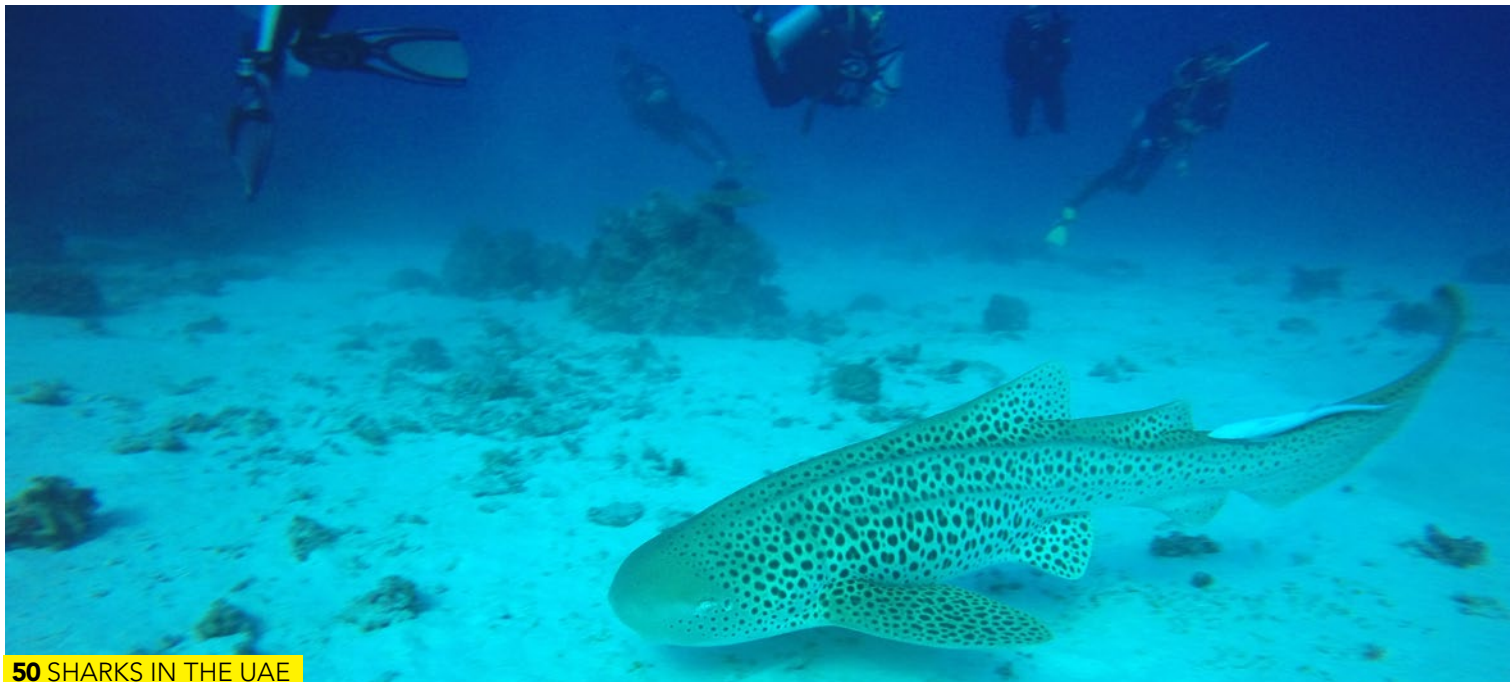
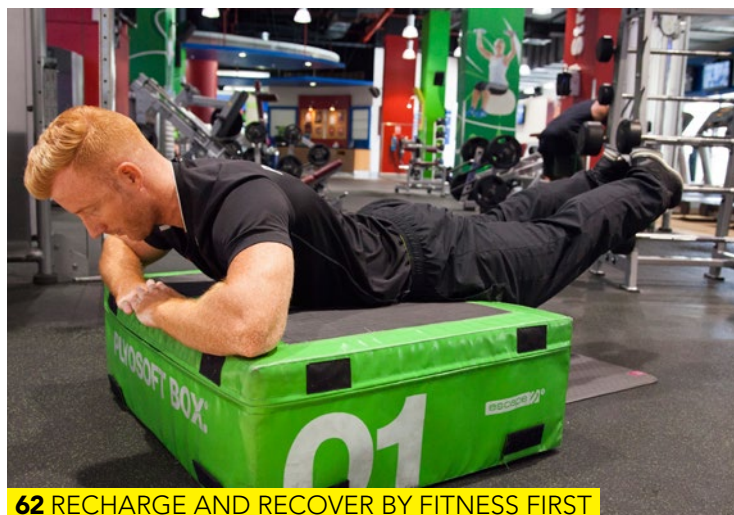
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EVENTS CALENDAR

STAY UP-TO-DATE WITH THE LATEST EVENTS

JULY 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 31



07 JULY

Oman 'Surfari'

Say 'Aloha Arabia' and escape the heat on a Summer Surf Tour in Oman.

When: 7th - 11th July**Where:** Al Ashkarrah, South East Coast of Oman**Contact:** Email info@alohaarabia.com or visit www.alohaarabia.com

01 JULY

Dubai Sports World

Continuing throughout July, Sports World provides air conditioned relief and a wide range of activities.

When: June 5-August 27**Where:** Dubai World Trade Centre**Contact:** www.dubaisportsworld.ae

02 JULY

iTrain Saturdays

Run or walk in the comfort of an air conditioned environment at this casual event.

When: 2nd and 9th July**Where:** Abu Dhabi Sports Council Summer Festival at ADNEC**Contact:** www.premieronline.com

JULY 01

Dubai Kartdrome Summer Special

A range of four-day karting courses for children aged between 7 and 12. Special offers for adults also.

When: Throughout July**Where:** Dubai Autodrome**Contact:** www.dubaiautodrome.com/kartdrome

JULY 04

Polar Event Workshop at Beyond Fitness

Learn all about what it takes to be a runner at this informative session, complete with personalised run programme.

When: 4th July**Where:** Beyond Fitness, Me'aisem City Centre**Contact:** Email sandile@sportinlife.ae to RSVP

JULY 01

Plan for next season

Look ahead and start entering events for the 2016-2017 season; some sell out fast!

When: Various dates**Where:** Events for runners, cyclists and everyone in between**Contact:** www.premieronline.com

JULY 15

'Conquer the Game' football tournament with Sun & Sand Sports

Submit your team now to play in this 16-hour football tournament, complete with cash prizes for the winners.

When: 15th July**Where:** Koora, Al Wasl Club, Oud Metha, Dubai**Contact:** www.sssports.com

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: **S. Suddeesh**, **Sam Bennett** and **Muthu Krishna**. Well done!



S. Suddeesh
Al Aqah Milky Way



Sam Bennett
Windsurfing in Jebel Ali



Muthu Krishna
Sunpath Dubai Airshow

EVENT REPORT

NASST 10KM

Words by: Rachael Bruford

When you enter a race during Dubai's summer months, it's bound to be a hot and humid affair, no matter what the time of day. And so it was with the Nad Al Sheba Sports Tournament 10km road race, which took place at 10:15pm on the 24th June. Despite the harsh conditions, around 850 athletes of various nationalities lined up on the start line at the Falcon Heritage Centre in Meydan.

With categories including Elite Non-Resident, Elite Emirati and Open, the event attracted both local and international runners who were provided with two 'misting stations' along the route and water stations



every two kilometres in a bid to keep them cool and hydrated. Furthermore, finishers were rewarded with an athletes' village which included further opportunities for post-race hydration, as well as a recovery station offering protein shakes, massages, air-conditioned lounges, ice baths and therapy zones.

But before all this, there was a race to be run.

Moroccan Ahmed Tamri was the first Elite Non-Resident Male in an impressive time of 29:44, closely followed by Ethiopians Nigatu Getinet Bedane (29:47) and Ashenafi Moges (29:56). Tamri's fellow countrymen dominated the men's open category, with Samir Jouaher in first place (30:23), Anouar Al Ghouz second (30:23) and Brahim Slimani third (30:42). The race between Jouaher and Al Ghouz was particularly exciting, with the final result requiring a photo finish.

The Elite Non-Resident Female category was also dominated by one particular country, this time with Ethiopians Berhe Hafe (30:22), Demiesa Berhan (35:30) and her sister Aregawi Berhan (35:31) claiming the podium spots.

In the women's open category, Dubai based Anne Mari Hyrylainen had a comfortable win in a time of 35:50. Having recently qualified to represent her native Finland in the 2016 Olympics in Rio this summer, Hyrylainen will no doubt be thrilled by her performance. The Finn was joined on the podium by Belainesh Yami Gurm (37:44) and France's Latifa Essarokh (38:24).

Finally, the elite Emirati category was won by Mubarak Rashid Hassan Al Marashda (32:37), with Obaid Mohammed Al Nuaimi in second (32:43) and Khalifa Mohammed Obaid Al Nuaimi (33:22) completing the line up.

RESULTS

Elite Non-Resident Male

1. Ahmad Tamri (Morocco — 29:44)
2. Nigatu Getinet Bedane (Ethiopia — 29:47)
3. Ashenafi Moges (Ethiopia — 29:56)
4. Taufiq Allam (Morocco — 30:06)
5. Hassan Ghachoui (Morocco — 30:12)

Elite Non-Resident Female

1. Berhe Hafe (Ethiopia — 30:22)
2. Demiesa Berhan (Ethiopia — 35:30)
3. Aregawi Berhan (Ethiopia — 35:31)

Open Male

1. Samir Jouaher (Morocco — 30:23)
2. Anouar Al Ghouz (Morocco — 30:23)
3. Brahim Slimani (Morocco — 30:42)
4. Mohammad Ait Mamas (Morocco — 30:49)
5. Ismail Ssenyange (Uganda — 31:01)

Open Female

1. Anne Mari Hyrylainen (Finland — 35:50)
2. Belainesh Yami Gurm (Ethiopia — 37:44)
3. Latifa Essarokh (France — 38:24)
4. Maryam Lamure (France — 39:47)
5. Liz Verheyden (Belgium — 40:20)

Elite Emirati

1. Mubarak Rashid Hassan Al Marashda (32:37)
2. Obaid Mohammad Al Nuaimi (32:43)
3. Khalifa Mohammed Obaid Al Nuaimi (33:22)
4. Ali Khalifa Hamad Saeed Al Wahshi (33:24)
5. Abdul Aziz Yaqoub Ahmad Al Ali (33:42)

EVENT REPORT

NASST CYCLING

Words by: Rachael Bruford

The annual Nad Al Sheba Sports Tournament's 75km cycling race proved to be a thrilling event on 16th June. The race, which took in five 15km loops around the Meydan racecourse, saw victory for Trek's Ali Awad Mussabah Al Ketbi in the men's event and OutdoorUAE's very own Helle Bachofen Von Echt in the hotly contested women's race.

It was UAE national Al Ketbi's first competitive race, and victory was not certain until the finishing straight saw a sprint finish with Expo 2020's Ali Abbas Abdullah Ghulam Al Baloushi. "This is such a special moment for me," said Al Ketbi after the victory. "It is less than two years since I started training. This is a huge push for

me to take this sport more seriously as I can see myself developing in the next few years."

In the women's event, spectators were treated to a thrilling finale, with no clear leader until Denmark's Von Echt powered over the finish line in a final burst of energy. "This is the third time in three years that I am participating in this race," said Von Echt. "I was determined to win it this time after two disappointments in the past couple of years. In the first year I was involved in a crash and last year I finished second last as I was fatigued after over-training. But this year everything fell into place and I am so thrilled to be on the podium at last." Last year's winner, Aimee Wright, came third, whilst second place on the podium belonged to Sarah Maina.

Hassan Al Mazrouei, Tournament Director of NAS Ramadan Sports Tournament, and Osama Al Shaffar, president of the UAE Cycling Federation, gave away the prizes to the winners.



RESULTS

Men's 75km

1. Ali Awad Mussabah Al Ketbi (Trek UAE — 1:47.22)
2. Ali Abbas Abdullah Ghulam Al Baloushi (Expo 2020 — 1:47.28)
3. Ahmad Mohammad Humaid Al Ali (Trek UAE — 1:47.36)
4. Rashid Mohammad Ghulam Murad Ali (Expo 2020 — 1:47.49)
5. Majid Khalfan Al Jahowari (Abu Dhabi Team — 1:48.19)
6. Jassim Al Muhairi (UAE — 1:48.19);
7. Khalid Al Suwaidi (Team Sabri -1:48.20)
8. Nayef Hassan Ahmad Al Marzooqi (Abu Dhabi Team — 1:48.20)
9. Ahmad Al Marri (Heavy Pedal — 1:48.20)
10. Abdullah Hussain Farhan (UAE — 1:48.20)

Women's 75km

1. Helle Bachofen Von Echt (2:00.13)
2. Sarah Maina (2:00.14)
3. Aimee Wright (2:00.14)
4. Natasha Leask (2:00.14)
5. Johanna Van Hattum (2:00.14)
6. Rosin Bridget Thomas (2:00.14)
7. Najlaa Al Jeraiwi (2:00.14)
8. Akemi Hoshimaikranz (2:00.15)
9. Tafra Mohammed Habash Bamere (2:00.15)
10. Shaikha Eisa Juma Rashid (2:00.15)

ACTIVITY REPORT



THE CORTINA TRAIL 2016: A TRAIL RUN IN THE DOLOMITES

Words by: Nico de Corato

Photos by: Nico de Corato and provided

The Cortina Trail is an extreme trail run that allows participants to run longer than a classic marathon in a charming mountain setting. Nico de Corato shares his experience.

This month, there were three separate trail running events featuring both short and longer routes, therefore offering as many as 3,400 runners from 64 nations an opportunity to race along the Dolomite trails around Cortina d'Ampezzo. Located in the North East of Italy in the regions of Trentino Alto Adige and Veneto, the trails, which take in the Dolomite mountain range, have significant elevation changes yet are still suitable for outdoor enthusiasts of all skill levels, ability and experience. Participants came from all over the world for this incredible race that embraces the most spectacular parts of the Alps that offer challenging high-altitude treks with interlinked paths and a quiet and peaceful atmosphere.

The most challenging race of the three is the The North Face® Lavaredo Ultra Trail (LUT). With a total distance of 119 km and a variation in altitude of 5,850 meters the LUT is part of the "Ultra-Trail World Tour", the international network that gathers the 12 most famous races in the world, selected according to 5 criteria:

- Long distance trail running races of at least 100km
- Emblematic venues
- Popular races (a minimum of around 500 runners)
- International events (a minimum of 20 countries represented)
- Minimum 2 realised editions

The second race is the Cortina Skyrace. Now in its second year, it takes place along paths in the Dolomite Mountains, covering a distance of about 20 km and with a variation in altitude of 1000 meters. The route allows you to discover the entire Ampezzo valley and provides a fantastic view of Cortina and the mountains that surround it; the race is for expert excursionists.

I decided to take part in the third event; the Cortina Trail. At 47km with a variation in altitude of 2,650 meters, this is extreme trail running. I confirmed my entry only four weeks before the event, when my training should have been at its peak. However, the goal was to enjoy a new challenge, so I spent those four weeks training on the rocks in JBR to simulate the trail ride on the steep terrain of the Dolomites, and training on the stairs to simulate the variation in altitude. Ultimately, I decided not to have too many intense workouts, because of the lack of proper training time before the race.

The morning of the race began with a fantastic surprise. I found out that one of the organisers of the race was my friend Antonio Colli, with whom I had the pleasure of trying cross-country skiing for the first time in Cortina. Shortly before departure Antonio asked me what my expectations were for this race.

3, 2, 1..., the race started and I began to run very slowly for the first few kilometers. It was going to be a long run and I didn't want to force my pace. I enjoyed the view while running, but felt my lack of training on the climbs and the "technical" slopes.

During the race athletes had to pass some rivers





Unexpectedly, I found that we had to wade through several streams; luckily I had spare socks and insoles.

Unfortunately, one of the competitors fell, suffering a nasty gash to her forehead. Being a rescuer, I supported her together with other people until the arrival of medical personnel. After a wait of about thirty minutes and some brief refreshments, I continued the race with Daniel, who initially helped the fallen runner. During long races it's not unusual to make new friends. After several kilometers we reflected on the need to pass a check point within three and a half hours, under penalty of exclusion from the race. It was then that I decided to force the pace and leave Daniel behind. At one of the refreshment stops I was informed that I had 20 minutes of walking ahead of me before the check point, with only 23 minutes available, so I did not even stop or refill the water in an effort to make it on time.

Next, whilst running on a technical slope I got a (slight) sprained ankle! Daniel reached me shortly thereafter and escorted me for the next 2km, up to the refreshment point. There, I asked the medical staff to get me a tight bandage. I wanted to try to finish the race despite the still difficult path and 16km separating me from the finish. With difficulty I reached the last refuge. There was still 9km to go, which was all downhill and very technical, and only 90 minutes before the cut-off time. I didn't know what to do, but



At the medical point at 16km



Carabinieri were always ready to support athletes

a few minutes later one of the volunteers, Gianluca Buccioli, pushed me to go on and offered to escort me to safety.

We set off again, with the next four or five kms being quite slow because of the terrain. Suddenly, the ground became less technical and then something happened in my mind: I started running again despite the pain in my ankle. I passed several competitors from both the Cortina Trail and the Lavaredo Ultra Trail (the two paths overlap in the final stage). With about 2km to go, I slowed down, but one of the competitors of the LUT gave me a pat on my shoulder and screamed, "Do not give up! Run with me!"

I accepted the invitation. With about 1km to go he went ahead by about a hundred meters. However, in the last 500 meters, as we made our way through downtown Cortina, my brain gave me the command and I start running like never before. At about 50 meters from the finish line I reached the guy who initially spurred me on, and I took him by the arm and screamed, "Let's speed up! Fast! Come on!"

We passed the finish line together and fell into an emotional embrace before Antonio Colli handed me the microphone and asked me my feelings. After a few minutes, Gianluca came and I received another hug. Upon seeing me at the finish line, he realised that I must have covered the last 5km by running. I am among the last finishers, but I feel the same thrill as the winner.

After that my body reminded me I spent had spent 12 hours working out, including 18km with a sprained ankle. Maybe



With Gianluca one of the volunteer who supported me following my run after my distortion



With Daniele, a new friend met during the race

I needed a medical check, but in my mind was just one thought: I did it!

I would like to thank the Cortina Trail Organisation for this fantastic experience and impeccable organisation, Cortina Marketing SE.AM, Hotel Ambra and Restaurant Il Passetto for the hospitality, my water sponsor Monviso for the support and all those friends who made this experience unforgettable.



Filling my bottle

Damaniyat Island Tripping



Words by: Ally Landes

Photos by: Simone Caprodossi and Ally Landes

We're really very lucky to have the Daymaniyat Islands situated so close to the UAE. It's easy enough to make the most of a getaway weekend in Oman, and the convenience of getting yourself over to the Millennium Resort Mussanah and dive these underwater island wonders with the Oman Sail's dive centre is second to none.

The Millennium Resort Mussanah booked us in to their hotel apartments that are located just above the dive centre with a view overlooking the marina. The nice thing about the apartments is that they are

equipped with kitchenettes, so you have the option of catering for yourself should you wish to stay in the comfort of your room.

The Daymaniyat Islands

There are nine islands in the archipelago of the Daymaniyat Islands Marine Nature Reserve, which is a UNESCO protected marine park. They are renowned in the region for their unique ecosystem, migratory birds and nesting turtles. Whale sharks (*Rhincodon typus*), leopard sharks (*Triakis semifasciata*), large honeycomb moray eels (*Gymnothorax favagineus*) and rays are often spotted and it's just a matter of being in the right place at the right time!

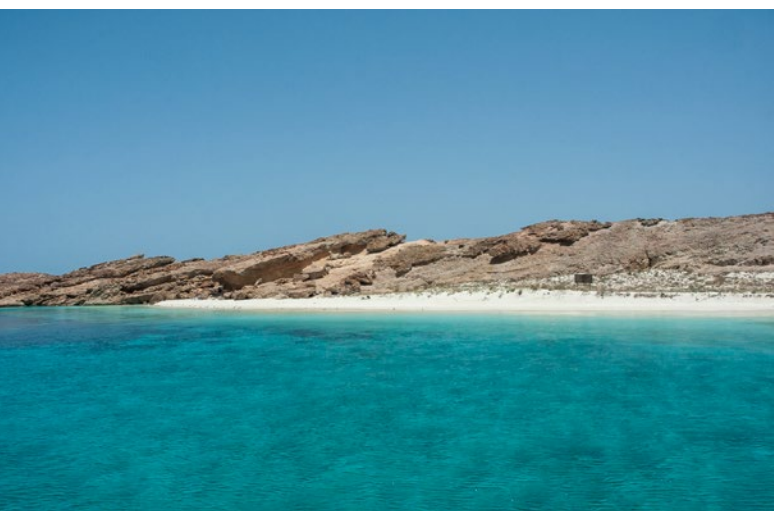
Seaman Dive Centre by Oman Sail

The dive centre offers Nitrox so if you are certified to use it, it is advised to book your tanks in advance. The dive boat leaves at 0800 daily and returns around 1600 after

two dives. It takes an hour to get to the closest dive site, Sira, and 1.5 hours to get to Aquarium, the furthest one away. The dive boat is perfectly adapted to store all your equipment, and is spacious and comfortable. There is a smaller upper level with an elevated view which is a nice touch if there are many people aboard, meaning that you can spread out.

As you are going to be out most of the day, you will want to think about having some lunch organised to take with you, or it will end up being a long time since you last ate something at breakfast. That is, if you are a person able to eat first thing in the morning. The dive centre organises plenty of drinking water on-board, and they alternate with tea, coffee and biscuits one day and a selection of fruit another.

The hotel can arrange lunch boxes at 85 AED each that consist of a bottle of water, a sandwich (vegetarian option available),





some fruit, a small salad and a selection of pastries. You end up being the envy of other divers aboard if they haven't arranged food for themselves. The only thing you have to remember is to go to the reception in the main hotel to pick your lunch boxes up, or you will delay the boat departure as we did on the first day. It won't make you popular.

The Dive Sites

1. Aquarium

11:09 | 23.3m | 26°C

Our first day out and the visibility was fantastic, with clear views up to 30m. We saw three hawksbill turtles (*Eretmochelys imbricata*) on this first dive and as usual Simone managed to get a few star poses from some of them on our trip! A few minutes later, a couple of large honeycomb moray eels (*Gymnothorax favagineus*) peering out of a nook, entwined in conversation, gave us an approving right of passage. A school of ring-tailed cardinal fish (*Ostorhinchus aureus*) made for some fantastic shots too.

Towards the end of the dive, some curious batfish came over to hang around and get their photos taken in the awesome viz. It was a nice introductory dive to the trip.

Aquarium is the top rated dive site of the Daymaniyats, and rightly so. However, on this particular day, there weren't as many things to see as there have been when I've dived it in the past. Everything you normally see here appears to be dosed on steroids. If you get to plan the trip as a long extended weekend and get an extra day in which to dive Aquarium more than once, you will definitely see more of this dive site's magic.



Moray eels (*Gymnothorax favagineus*) are often spotted and it's just a matter of being in the right place at the right time



2. Sira**13:13 | 16.3m | 27°C**

We had an epic start to this dive. It's the cuttlefish mating season and we dropped down on a whole load of them. There is nothing cooler than a cuttlefish, and if anyone says any differently, they haven't spent time hanging around these alien looking creatures and witnessed the functions of their vessel-shaped bodies up close and personal. It's a good job there were lots of them around, as no one had to fight over photographing a subject. I may have got a little too close filming my pair and got the wrath of ink projected at me in my rude intrusion of the female's egg laying. It had not been my intention to disturb her in her labour and she had made it perfectly clear that I had.

There seemed to be a lot of scorpionfish on this particular dive, or I had just been made more aware of them when one very attractively camouflaged specimen, cushioned on the polyps of a soft coral, was situated just below me while filming yet another cuttlefish. Scorpionfish are not always the most interesting of fish to photograph, especially when they're bland in colour and look no different from their backdrop resting place, but Simone managed to get a good shot of this one against the contrast of its throne. I then inevitably began to spot them throughout the rest of the dive, making sure not to place any of my body parts on one while filming.

3. Doc's wall**9:42 | 14.9m | 27°C**

Visibility on the second day was not as great as the first day, but we were still veering towards 15 metres. The water was a little bit more on the cloudy front this time around.

Big schools of snappers hung in the foreground of many of the seascapes just about everywhere, creating amazing formations in their poetic motion. Unfortunately, the depth of field was lost in the photo and video due to the thick texture of the water, unless you could get right in between them. It was tough to get close though, as the



closer you got, the further away they swam, being pesky and fidgety little models.

Crown-of-thorns starfish (*Acanthaster planci*) had moved into the area and we came across quite a few of these big purple monsters scattered about the hard corals. There was no obvious damage from them at this stage and with it being a reserved marine park, one assumes the municipality will tackle the problem if one arises.

Surface interval on Junn island

There is no better way to do a surface interval than in crystal clear turquoise water, overlooking a white sandy beach! A pure joy and a touch of paradise. Your lunch break will never feel as good as that once you're back at work.

4. Mouse trap**12:02 | 15.8m | 27°C**

Mouse Trap is the closest dive site to the turtles' nesting beach, and we saw six or seven hawksbills feeding on the corals.

We finally got to see a medium sized black spotted stingray, also known as a marbled stingray (*Taeniurus meyeni*) hanging out under a small school of fusiliers. We

would have easily missed it if Simone hadn't looked down and gone to get a shot of it, as it was below us when we were coming up to the shallows to hang out for our safety stops. Rays are regularly sighted at the Daymaniyats, but were scarce this particular weekend, as were the leopard sharks!

Once back up on the surface, the sea turned within seconds and started to churn up some mean waves. We had had flat calm seas up until this point, and the call to close the day's dives was upon us. With a tough clamber back onto the boat, we patiently waited for the other dive group to come up from their dives.

It was a choppy ride back to the Millennium, but the rough sea didn't slow the journey down. I had to make sure to ask for late check outs so we could get back to shower and properly pack our gear away before the drive back to Dubai.

Drive or fly over

The choice is yours as to whether you prefer driving or flying to Oman. If you fly, you lose out on a day of diving and you need to be aware the hotel is about an hour's taxi drive from Muscat's International Airport. With the option of flying, you get out of driving back tired with 4 or 5 hours of road ahead of you both ways! It really is a personal preference. We don't like missing out on the dives, so for us it's an easy decision to make.

OUR RECOMMENDATION

The Millennium Resort Mussanah and SEAOMAN Dive Centre are located 85km north of Oman's capital city, Muscat and an hour closer to the UAE.

A very big thank you to both the Millennium hotel and SEAOMAN for hosting our trip and looking after us so well!

Millennium Resort Mussanah
Email: reservations.mrm@millenniumhotels.com
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TRAVEL & ADVENTURE

Unwinding in Ubud: Two days of yoga and relaxation in Bali's cultural heart

Words + Photos By: Rachael Bruford

Whilst Bali's image might have been tarnished of late due to the growth of mass tourism and the continuing development of resorts along the coast, Ubud has always intrigued me; although popularised by 'Eat, Pray, Love', it seemed the perfect place to spend a couple of days before heading to the more unspoilt Indonesian island of Lombok.

I decided to pay a flying visit to Ubud in order to relax and unwind after a couple of hectic months. I was also keen to investigate the various restaurants offering vegan food, and to attend a couple of yoga classes. Two days would of course not be enough time to see everything, but I had every intention of just soaking up the atmosphere, rather than rushing round trying to tick boxes of all the 'must sees'.

I was travelling solo, which excited me, as it was a long time since I had felt the rush of having only myself to rely on in a new and unfamiliar place. An eight hour night flight awaited me on the Saturday evening, and I touched down in Jakarta early the following Sunday morning. Jakarta is three hours ahead of Dubai time, with Bali being an extra hour ahead of that. I had no intention of staying in Jakarta, and had booked the next available Air Asia flight from there to Denpasar. This involved a change of terminal at Jakarta airport, which was very simple. After paying \$25 for a tourist visa, I collected my bag, exited terminal 2 and jumped on the free yellow shuttle bus to take me to terminal 3.

Well, terminal 3 left A LOT to be desired (as I had expected), and I did what I usually do when arriving somewhere strange and new: I went to the only familiar thing I could



Raw vegan lasagne - delicious!

see, a Starbucks. As a rule I do eat the local cuisine when I'm visiting a different country, but airports aren't the best place to sample new foods, plus I was in desperate need for a latte! A large one. With vanilla syrup. Oh yes.

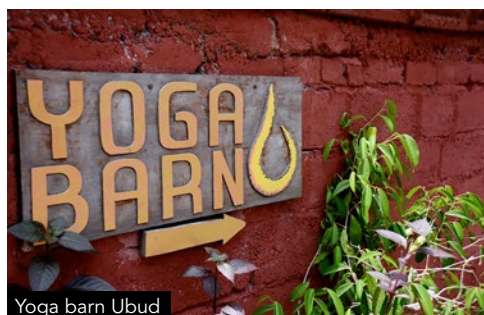
Whiling away the time by writing in my book, it was soon time to board my flight to Denpasar, Bali. A short one hour and 45 minutes later, I was ready to fully embrace Indonesia!

Getting there...and time to relax!

I had already done some research into how to get from the airport to Ubud, and knew that it was going to be relatively straightforward. I simply went to the taxi station and gave my destination, and was told that I could pay the 270,000 IDR upon arrival at my destination. Despite it being an hour and a half away, I was surprised to discover that by distance it was only a mere 50km from the airport. This was explained by the roads – all long and winding, littered with multiple scooters that made it impossible to travel very fast. As I battled travel sickness sat in the back, I was relieved to make the trip in just over an hour.

I stayed at Sungu Resort and Spa, which was a little way out of the main part of town. A free shuttle bus was offered (approximately a 5 minute drive), or it was a 20 to 30 minute walk from Ubud town center, with some narrow winding roads and no

footpath. The resort included breakfast, and I stayed in one of the most basic rooms, which still proved good value for money. A huge selling point for me was the outdoor bathroom! A large bed was surrounded by a mosquito net, which the hotel staff put down each evening when I was out. Free wifi was just about accessible from my room,



Yoga barn Ubud



Offerings in Ubud



Rice paddies outside of the main streets



and the hotel grounds were relaxing – just what I needed.

Relaxing in the room, I went to have a late lunch in the restaurant. The food was delicious and all the staff were incredibly friendly. I took the free shuttle into Ubud that evening for a walk. Despite being alone, I did not feel unsafe at any time, and noticed that there were many foreigners, both solo and in mixed groups. After eating dinner, I popped into the local shop for some water and asked them to call the hotel for me to pick me up in the shuttle. After this, it was time for bed and a much needed sleep!

A perfect day of exploration and yoga

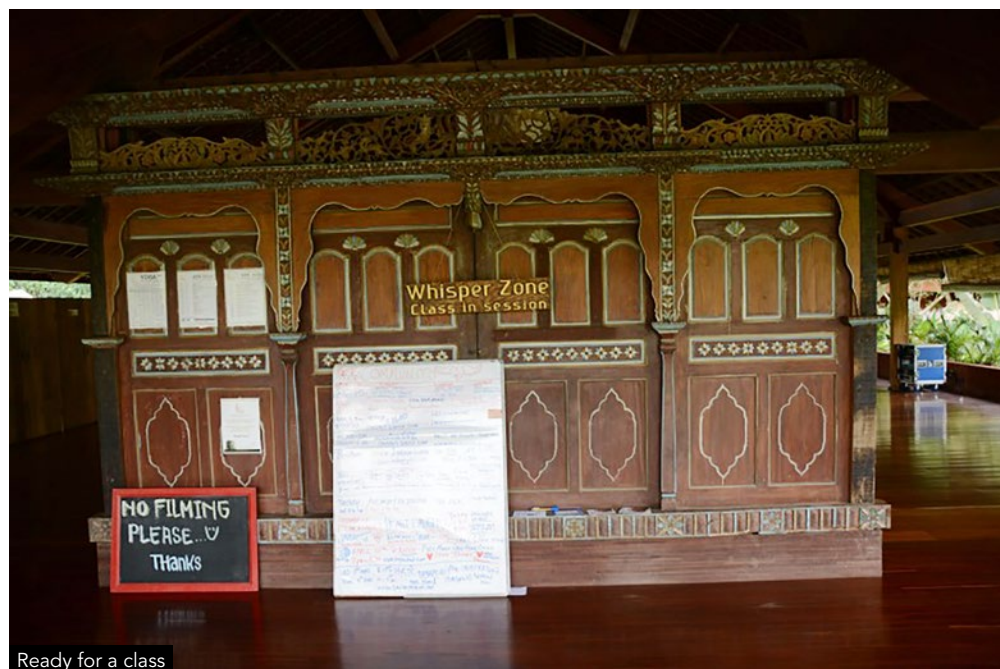
The following morning, I woke early to walk the rice paddies that surround Ubud. I was amazed to discover that these were a mere stone's throw away from the bustling streets that twisted their way through the town. It was as if I had immediately been transported somewhere else, as field upon field unfolded, dotted with farmers, and the skyline punctuated by hills and mountains. Traversing the fields, I was able to spot the young rice, and marvelled at the reflections of the unique houses in the murky water.

After a quick breakfast (ok maybe not

that quick, I recall it containing about 3 cups of Balinese coffee), I made my way to the Monkey Forest on foot. I'm not the biggest fan of monkeys, but it seemed like a good chance to do some wildlife photography and hopefully come away with some decent pictures. From the monkey forest, I made my way to the Yoga Barn, an amazing yoga centre/retreat, and signed up for two classes that day: Introduction to Ashtanga and Yin yoga. The first class was outside in a covered area, and the second class downstairs in a room with large, sliding windows. I certainly wished that I had applied my mosquito repellent for the second class, as dusk fell and I could feel myself being bitten by the little critters!

Between classes, I ate fabulous healthy food at the restaurant, and I soon wished that I had stayed in the Yoga Barn's accommodation so that I could practice yoga each day! There was certainly a feeling of peace, and strangers became friends over raw vegan food and sun salutations.

Reluctantly, I made my way back through town in order to prepare for my early morning 30 minute flight to Lombok. Feeling refreshed and relaxed (and rather flexible!) I was in the perfect frame of mind to continue the holiday on Bali's unspoilt sister island.



Ready for a class



Monkey forest

PYRAMID LAKE: Fly fishing for desert trout

Words By: Rasmus Oversen



Pyramid Lake, in the state of Nevada, is home to the world's largest cutthroat trout. Below, Rasmus Ovesen takes you to the desert lake, which once was a vast inland ocean, and which offers a rather unique form of fly fishing where ladders are part of the basic outfit.

I'VE DONE MANY STUPID THINGS IN MY LIFE, and as a fly fisherman I've often stooped shockingly low – lower than I'd normally be willing to admit. Nonetheless, I never thought that my obsession with catching big trout on flies would one day see me towering idiotically from a stepladder in the middle of an American desert lake; thoughtlessly staring at an inanimate strike indicator the size of a small buoy. But here I am: in the bitter cold of winter, like an apathetic hunter in a hochsitz, with my fly rod in a flaccid grip and a crackling electrical feeling of shame trickling down my spine. This has nothing to do with fly fishing!

In order to prevent the feeling of stupidity from completely engulfing and overwhelming me, I give the bright orange Styrofoam ball out there a little tug, to make the nymphs below twitch a little – and to give the impression that I'm actually fishing (and not just sitting down looking down).

The worst thing is that I'm not alone with all these feelings. Several other fly fishermen have climbed atop stepladders along



the lake's dramatic depth curves. They speak gleefully to each other, laugh out loud, and whip their disproportionately big indicators out in front of their ladders with abrupt coarse fishing-like fly casts – without the slightest intimation of shame or ethical scruples.

They're all doing it! But as I sit here, soaring above the water, I can't help but feel a bit like a little silly. There are no mitigating circumstances, no cheap points to be scored on casting style or technique – and contrary to

a lot of the other fishermen, I can't seem to get a single bite. This is an all-time low in my fly fishing career, and the thought of having endured 36 hours of traveling to get here rips and tears inside me.

I'M AT PYRAMID LAKE in the western corner of the American state of Nevada. The lake is a remnant from a past long gone, a withering oasis in the middle of the desert surrounded by rusty-red plains and towering ridges clad in glittering newly fallen snow. Under the same monochrome sky and its bottomless pit of cobalt blue once lay a massive ocean – the Lahontan Sea.

Now there's nothing left but a modest lake of about 48 x 14 kilometres staged by intricate limestone formations, rocky shorelines and big sandy beaches. In the lake, the world's largest cutthroat trout are swimming about, but I find it hard to concentrate!

MY INDICATOR is right in front of my glorified observation post, a few meters out, according to my guide, Chris Evison's, strict orders. Chris is a very pleasant guy, who knows the lake like the back of his hand. He sits comfortably reclined on his stepladder, keeping a keen eye on his strike-indicator while self-indulgently delivering a longer monologue about the fishing in Pyramid Lake: something to the effect that the season has really come to an end, that the weather and wind conditions aren't very favourable, and that I should have been here three weeks ago – or, alternatively, that I should come back in March.

I've heard this kind of talk before, but before I manage to strike back with one of the many bad guide jokes that I have picked up during my dubious career as a trout bum, the impossible happens. Chris's yellow bobber

gets pulled under – as if by an invisible force, and suddenly his fly rod arcs and bends straight into the handle.

FIVE MINUTES LATER, after competently conducting the fight with a dangerously bent rod tip, a six-kilo cutthroat trout is thrashing about below Chris's ladder, and I net the fish. Wow! So this is what they look like, these ancient trout: built like pit bulls with massive spotted tails, powerful olive-green and orange-red flanks, big transparent burgundy fins, and over-dimensioned heads with blushing gills, glaring eyes and toothy jaws.

We shoot a couple of pictures of the impressive creature before releasing it, and I then find my place up on the ladder again. I lax into the seat and place my indicator, leader and two flies out near the drop off with a dreamy roll cast. But nothing happens, and it doesn't take long before the tingling euphoric feeling subsides and I'm overpowered by restlessness and impatience.

Apparently, it takes more than a six-kilo trout to nail me to a stepladder! And the rest of the trip, I'm stubbornly stripping streamers along the lake's depth curves – like the

weathered Scandinavian coastal angler I was born.

"1, 2, 3, 4, 5..... 26, 27, 28, 29, 30"; I count inside my head, once I have cast out the sinking line. It is now at a suitable depth, and I proceed to retrieve the flies along the bottom with quick double-strips. I'm waist deep right at the edge of a sandbar, where the bottom drops off to three or four meters, and I have already had a couple of decent followers.

I'm about to recast, when – suddenly – a ghostlike figure shoots forward in the water behind my Minkie Suspender fly and inhales it. A redeeming pull propagates through the fly line followed by series of convulsive carbon fibre shocks. I'm now connected with one of the lake's fiery-tempered cutthroat trout – a fish that spirals towards deeper water with the thick fly line trailing behind it.

A series of surges and a lot of hectic rolling on the surface later, I net a stunningly beautiful cutthroat trout of about 3 kilos – a fish that signals the beginning of some incredible fishing.

DURING THE LAST TWO DAYS where

I'm wading and casting on my own, I catch several hard-fighting fish along the lake's sandy drop offs. They all range from 50 to 60 centimetres – meaning they'd be considered trophy fish anywhere else in the world – and they're supplemented by catches of a few cui cui, which is a peculiar looking but remarkably powerful bonefish-like species that only lives in Pyramid Lake.





During the course of the last couple of days I also witness the catch of an additional three big cutthroat trout - including an impressive 8-kilo warrior caught by a rather shocked young man from California. Unfortunately, I never get to experience a doomsday-strike from one of the lake's mastodons. But that just means I won't have to look for a stupid excuse to go back...

Fact file - Pyramid Lake

Pyramid Lake embodies the remains of the Lahontan Sea, which for thousands of years made up a massive water reserve in the western part of Nevada's desert, covering an area of about 22.000km².

Because of intense evaporation caused by climate change in the late Pleistocene era, water levels started declining, and today only three substantial water reserves remain – and Pyramid Lake remains the biggest with a surface area of about 490km² and depths of more than 100 meters.

Pyramid Lake is fed by the Truckee River and there is no drainage. Even so, the water levels continue to drop due to evaporation, and in the process minerals accumulate in the lake's water. As a result, Pyramid Lake is

rather alkaline and the salinity is about 6 per mille (Approximately one sixth of sea water).

Pyramid Lake has earned its name because there are many pyramid-like limestone-formations in and around the lake –especially along the eastern shorelines. They have been formed by subaqueous springs through a process of mineral depositing, and they have since been exposed due to evaporation.

Besides cutthroat trout, Pyramid Lake is home to carp, Sacramento perch, tui chub and the very special cui ui (*Chasmistes cujus*), which is found nowhere else in the world.

Pyramid Lake is situated inside the Paiute indian reservation, an hour's drive from the city of Reno, and fishing licenses can be bought via the following link: www.pyramid-lake.us/pyramid-lake-permits.html

The fishing season starts on October 1st and lasts until June 30th, with the first three weeks of October and March being considered the peak seasons.

Fact file - Lahontan Cutthroat Trout

Pyramid Lake is home to the world's largest cutthroat trout: the unique Lahontan cutthroat trout, which historically exceeded 25 kilos in weight. The fact that they're still present in Pyramid Lake is rather miraculous, however, and it deserves a little background information.

In 1903 the Derby Dam was built in order to divert water from the Pyramid Lake drainage, The Truckee Lake, to farming land in Fallon. This not only lowered the water levels in the lake dramatically, it also blocked access to the upper parts of the Truckee River where the Lahontan cutthroat trout had spawned through decades. In 1939 the Pyramid Lake cutthroat trout was declared extinct, and they were replaced by cutthroat trout from Summit Lake in the north-western corner of Nevada. These fish quickly settled in the lake, but being differently genetically coded, these fish never reached sizes comparable to that of the original Lahontan strain.

Then in 1979 – more than 75 years after the species was declared extinct –biologist Dr Robert Behnke, from Colorado State University, stumbled upon a small population of Lahontan cutthroat trout in a tiny creek near Pilot Peak on the Utah border. What he found was an incredibly vulnerable population of trout that had been planted by a local farmer at the end of the 19th century – a

trout population that wasn't DNA-verified as genetically pure descendants of the Pyramid Lake Lahontan cutthroat trout until some 25 years later.

In 1995 biologists freighted fertilised Lahontan cutthroat trout eggs from the Pilot Peak creek to a hatchery in Gardnerville, and it was at the very last minute. A few years later, massive forest fires in the Pilot Creek area killed every living thing in the creek.

After many years of dedicated hatchery work, the first genetically pure Lahontan cutthroat trout were ready to be reintroduced into Pyramid Lake, and the rest – as they say – is history. The fish have settled in, they grow rapidly, and nowadays fish weighing more than 10 kilos are caught on a regular basis. If the fishery is managed well and the developmental and conservational efforts continue, it isn't unrealistic that fish pushing 20 kilos will be caught once again in the lake.

Fact file – Fly Fishing Pyramid Lake

When fishing Pyramid Lake you'll typically be using conventional 6 – 9 weight single-handed rods in combination with strike indicator nymph or streamer techniques.

For indicator fishing you'll need a 9'6" or 10" rod, a WF-floating line and a four meter long tapered leader ending in a 10-12lb fluorocarbon tippet. 2.5 – 3 meters below the indicator you attach a weighted nymph or buzzer and an additional half a meter below you tie on a so-called Balanced Leech. The flies are then fished along the lake's depth curves – typically at 3 – 4 meters of depth, and they are fished rather statically with just a few tugs and strips here and there.

For streamer fishing 9 – 9'6" 7 – 9 weight fly rods in combination with 300 – 350 grain sinking lines, like – for instance - Scientific





Angler's Streamer Express, are used. At the end of the fly line a 5'5" leader with a 15lb tippet is attached. At the end of this leader, a streamer is tied on – for instance a tui chub imitation or a Clouser Minnow, and the leader is then prolonged with an additional meter of 12lb tippet material. This is done using a blood knot, which leaves the Clouser Minnow dangling from an "excess trim" of about 10 – 15 centimetres. At the very end of the tippet a foam fly with good buoyancy qualities – such as the Pyramid Beetle or a Tadpole fly - is then attached.

When streamer fishing at Pyramid Lake it's important to know the sink rate of the fly line. It should be "counted down" to ensure that the flies are fishing at the right depth – right along the sandy bottom. The whole point is to make the dropper-fly drag or bounce on the bottom while the buoyant point fly hovers and lifts itself above the bottom.

The retrieve is very important. A lot of the locals swear by really abrupt and



aggressive strips that provoke the fish into striking. Double-handed retrieves work really well when the fish are just following the fly – and they do that a lot in Pyramid Lake. For the same reason, it is important not to recast too soon, and to always finish each full retrieve with a short break before the fly is recast. Oftentimes, the fish will hit the fly right at your feet!

The flies that are used most frequently at Pyramid Lake, include: Pyramid Lake Beetles, Popcorn Flies, Tadpoles, emergers, buzzers, Wolly Buggers, Clouser Minnows, Mahalo Nymphs, Booby Flies, Silver Bead Eyes and – not least - Balanced Leeches.

A guide can be an important helping hand

on this massive and unsettled lake, and in this regard Pyramid Lake Fly Fishing's guide service is highly recommended:

www.pyramidlakeflyfishing.com

Fact file—Transport, logistics and lodging

If you're planning a trip to Pyramid Lake, you can book a plane ticket and fly to Reno (via San Francisco). From Reno, there's only an hour's drive to the lake. Lodging possibilities are limited out by the lake, so consider a hotel in Reno – the "Biggest Little City in the World". The grand, but very affordable, Nugget Casino and Resort, is worth staying at if you're looking for an authentic Reno hotel experience: **www.nuggetcasinoresort.com**



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NOMAD'S ROAD: Overlanders for Life

The final chapter

Words + Photos by: Grég Trastour

Egypt

The country of the Pharaohs was one of the most difficult to enter and exit. We arrived by ferry from Aqaba in Jordan to Nuweiba in the Sinai Peninsula.

To get the authorisation to cross Sinai and Suez with a 4 wheel drive vehicle is a challenge, but even with the approval in place, you can still find yourself stuck in the port for few hours due to paperwork issues. Once we entered Egypt, we drove to the most southern part of Sinai to discover what some people describe as the 'jewel' of Egypt, Sharm El Sheikh. What we discovered was a deserted town that was not ideal for travelers such as us, who needed an open, secure place to deploy our equipment. Unfortunately there was no such place like this in Sharm El Sheikh and this was something

that repeated itself throughout our journey in Egypt.

We spent a couple of days in Sinai before crossing the Suez Canal to reach Cairo and fix the issue with our 'Carnet De Passage' that we had at the border. After obtaining all the necessary documents to be able to exit Egypt without any problems, we hit the road again and drove North East to the Mediterranean Sea at Port Said, following the coast to Alexandria; the city of Alexander the Great where some historic places remain, such as the Qaitbay Citadel.

After this loop in the Northern part of Lower Egypt, turning around the large estuary of the Nile, we drove straight to Giza, south of Cairo, to discover the Pyramids. As the main attraction of Egypt, which everybody wants to see when visiting the country, we expected a site full of people, but there were no more than a hundred. We had the Pyramids more or less to ourselves, but locals working with tourists were rather pushy, all fighting to get the few tourists who were present, meaning that our visit was not particularly peaceful or enjoyable.

After this experience we decided to drive south towards our next destination; Sudan. It was the first time on our trip that we had wanted to leave a country so quickly. From Giza we drove East to follow the Red Sea down the coast. After passing places such as Hurghada, we turned West to follow the Nile to the border with Sudan.

On the way we stopped at the famous city of Luxor, where there is plenty of sightseeing to be done, such as the temples of Karnack and Luxor. The Valley of the Kings and the Valley of the Queens were impressive and beautiful. After that we drove a couple of kilometers south to reach Aswan, where we applied for our visas to visit Sudan, which took five days. During that time we found a



nice spot beside the Nile to stop and make some maintenance on our vehicle. Here we met some Nubians who came to enjoy the shadows of the mango trees and swim in the cool waters of the Nile. We took time to observe nature and do some bird watching. On the river we saw some Feluccas, the traditional Egyptian boats, and a huge tourist boat going up and down the river, unfortunately with not many people on it.

Egypt is definitely not a country for travelers like us, but for those who want to discover the historic sites at a low rate, it's the right time as all accommodations need tourists, and so have adjusted their prices accordingly.

Exiting Egypt with our vehicle took a while, but we knew from previous travelers that this border is one of the most difficult in Africa. We spent all day between Egypt and Sudan carrying out the customs, police and immigration process. But now, we're on our way to Sudan. Thanks for sharing in our journey through the Middle East!

The Trastours are a family that have been overlanding the planet for as long as they can remember! Made up of Greg and Magali as well as their daughters Natasha and Anastasia, The Trastours are a family filled to the brim with an unstoppable sense of adventure for the ultimate goal – to explore the world. You can check out their next stop at www.nomadsroad.com or look for Nomads Road on Facebook and Twitter.



TRAVEL & ADVENTURE

MAGELLAN'S EXTREME MAKEOVER: A 4X4 ENTHUSIAST'S DREAM

Words + Photos By: Chris and Amanda Fraser

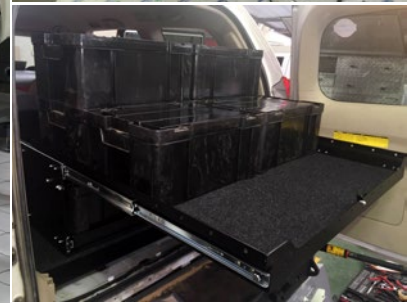
The month we have been dreaming about and planning for years has now arrived. As explained in the first article, we decided on the Prado 150 series as the vehicle to take us safely and comfortably on this mammoth journey from Durban to Dubai.

To get our iron horse Africa ready would require some major modifications. The following is a detailed account of how we prepared and re-built "Magellan" into the home and machine required for such an adventure.

Fuel: Magellan has a 4.0L petrol engine, and whilst this suits Dubai living, it's not the most ideal for Africa. Unfortunately petrol is not always readily available in Africa, and when it is, the quality is questionable. To resolve this problem, we looked at increasing the capacity which would allow us to extend the distance covered per tank. Next, we fitted an auxiliary tank of 125L which was beautifully handcrafted by Long Range Automotive Australia. The service and quality were brilliant. From there, we installed a secondary fuel filtration system made by Racor, with all fitment completed in South Africa by Craig Day of Midlands Safari Centre. Once again, we had absolutely brilliant service, and it helped that Craig is an expert in his field.

Suspension and Tyres: Combining previous off road experience with ample research, it became clear that there was only one tyre choice for this trip; BF Goodrich All Terrain. We increased the tyre size by one from the factory fitted tyre. The latest BFG AT "265/75/R17" KO2 is a brilliant tyre, operating quietly on the road. We also opted to take 2 spares for safety reasons, including the times when Amanda may misjudge the road! This came with its own complication as to where we would carry the second spare. Thanks to the masterminds at ICON 4x4 Dubai, this problem was easily resolved.

The suspension was probably one of the



most critical items of the set-up for our vehicle. This system would need to carry all the weight of the car and new accessories over thousands of kilometers of Africa's toughest terrain—so we opted for the best. TJM Australia kindly provided the suspension and the shocks. Stay tuned as we will certainly report back on the comfort of the suspension.

Front and Rear Bumpers: The rear bumper was never on my list to replace; however, with the introduction of the dual rear wheels came the custom made rear bumper from Icon 4x4 Dubai. Completing the project within two weeks, their service and workmanship were flawless.

The front bumper was supplied by the renowned TJM Australia. Their reputation for quality and strength did not disappoint. The bumper is absolutely incredible and looks like we could challenge whatever Africa has to throw at us. Within the front bumper, we have installed a Warn 10000 Tabor winch and LED spot lights, all supplied and installed by Safari Centre South Africa. Unfortunately, the pictures don't do this masterpiece justice!

Storage and Space: The diversity of landscape and climate, as well as Amanda's inevitable trinket collection, presented a

storage issue. With the right planning we have managed to utilise every last centimetre of space Magellan has. We first removed both sets of rear seats, turning the vehicle from a 7 seater to 2—sorry friends and family, you'll be strapped to the roof when visiting! We then approached Front Runner South Africa, who provided a dual pull out drawer system for the rear of the vehicle. This system would allow us to fit 12 black ammo boxes to store our belongings for life on the road. In front of the drawer system we made a flat wooden deck in which we've installed the auxiliary batteries (2 x 140AHR Discover). These batteries will run the 2 x 40L fridge and freezers supplied by Snowmaster. These units look incredible and will allow us to keep all our food and drinks cold and fresh.

Tents and Awnings: This choice was a no-brainer as Chris's father is the founder of the Howling Moon camping range. With his guidance, we've opted for the Howling Moon 1.4 Stargazer roof top tent and a Howling Moon 270 degree awning. We simply could not ask for better accommodation. All the above has been mounted on the Front Runner slimline rack system.

Water and Showers: We have installed 2x55L water tanks in front of the roof top tent. This will serve as shower and washing water. Directly behind the seats we have installed a 45L water tank, purely for drinking water.

There are many more modifications and gadgets that have been installed to make Magellan Africa ready; however, to keep the article shorter than a novel, we've only outlined the process. If anyone has any questions, please feel free to send us an email at dead2travel@gmail.com.



TRAVEL & ADVENTURE

ADVENTURE FOR A CAUSE: WOMEN ONLY HIMALAYAN MOTO EXPEDITION

Words by: Agata Gregorek

Many female climbers have conquered the Himalayas since the 1970's, including Wanda Rutkiewicz; the first female to summit K2. None of them accepted the conventional idea of women being inferior. They blazed a trail that women have been following ever since, and it is no longer unusual to hear about women climbing 8000 meter peaks.

Just like Wanda Rutkiewicz, there are women who love mountains, love the Himalayas, and love motorcycling. Wanting to show the world that despite being considered to be 'fragile' creatures, they can be strong and they too have their own Everests to climb, a group of passionate and intrepid motorcycle travel enthusiasts will kick off a "women only" Himalayan Moto Expedition in August this year.

Each one of them has their own personal goals, but one goal that they all share is to face and overcome real challenges, experience riding in extreme conditions and visit



the Himalayas, all whilst drawing attention to a great cause. Because this adventure represents more than their enthusiasm. What makes it even more extraordinary is a decision to dedicate their Himalayan Expedition to helping children in need. They believe that with their unique project they can effectively draw more attention to the plight of children who are currently in a coma.

Although they live in different countries around the world, most of the women taking part in the expedition are Polish, and therefore wanted to support a Polish NGO. Their choice was a charitable foundation begun by a well-known Polish actress, Ewa Blaszczyk, that supports a revolutionary clinic called "The Alarm Clock Clinic". Specialising in treating children who are comatose as a result of serious brain injuries, The Alarm Clock Clinic has received support on many fronts and has, in the last two years, awakened 21 children.

The majority of participants have years of extensive experience riding motorcycles. They participate in other motorcycle tours, ride off road for fun or use motorcycles as their means of transportation; it all accounts for the preparation process. That also includes choosing the right gear for the expedition. Such a trip requires light packing and limiting items to essentials only (forget about the heels!). Apart from the first and the last night, and maybe two nights somewhere on the way, specially prepared camps will be their home for most of the time, which is as exciting as it is challenging due to the high altitudes that they will face. Therefore, necessary medical equipment and even oxygen, for those not used to such an environment, will be also provided.

By day, these women work in banks, offices and hospitals in countries around the world. They have husbands, partners, children and everyday responsibilities. They live normal lives. They come from France,



Germany, Hungary, Ireland, Italy, Poland, Spain and Switzerland with one of them living in Dubai who will represent the U.A.E. on the expedition (the bios are available on their webpage). What connects and distinguishes them is their passion.

The originator and driving force behind the expedition is a woman with tons of experience in coordinating motorcycle touring expeditions around the world who is also the co-founder of Advfactory, an adventure touring fulfillment company. Contacting all her female friends, she offered them the





opportunity to participate in this Himalayan expedition and, given their shared passion for motorcycle touring, spots were quickly filled. The enthusiastic response was overwhelming, and a second group had to be created, with an additional two weeks scheduled that will take the official completion date to August 27th.

Various participants have been devoted to getting the expedition off the ground over the past few months, working together and contributing their individual skills to make this "women only" Himalayan Expedition something truly special. It has been challenging, as they are all scattered around the world, but distance does not matter when you are working for a cause like theirs. Their

combined effort has produced a webpage, logos, t-shirts, stickers, and many more promotional materials – all for the cause, all freely given, and all very exciting!

The expedition participants will be riding the legendary Royal Enfield Bullet 500 through the highest mountain range in the world, and traversing some of the highest passes accessible to vehicular traffic. Motorcycles will be rented from a local supplier in India, who have also provided a support car that will transport part of the luggage, spare parts and the necessary equipment for camping.

Across the 3500km that the expedition will tour - including dozens of mountain passes between 4000 and 5000km above sea level - the riders will visit schools in remote mountain areas visiting children who are literally 'at the end of the world' to bring joy and smiles to their lives.



Working in conjunction with "The Alarm Clock Foundation", the women of the expedition are committed to raising funds for this extraordinary cause by spreading the word about the expedition and by partnering with others who share their enthusiasm. "Children are our future" is their shared belief and helping children in need is a common goal.

Donors wanting to support the cause have 2 ways to contribute:

- Matching kilometers driven on the expedition between August 4th and August 27th 2016 with 1 Polish Zloty, (PLN) or 1 UAE Dirham per kilometer

- Choosing a fixed amount to donate

Contact Moto Women Only Himalayan Expedition Team representative based in UAE today for more information, if you wish to support them and that amazing cause!

Expedition webpage:

www.motowomenonly.com

Foundation: www.klinikabudzik.pl/en

Contact:

Agata Gregorek (Dubai)
agata.gregorek@gmail.com
 +971528243021

A GUIDE TO PLANNING SHORT BREAKS FROM THE UAE

Words + Photos by: Rachael Bruford

Residents of the UAE are all too familiar with hectic lifestyles. Living in this glitzy, glamorous metropolis seems to have an unwritten rule: you'll work hard, putting in long hours and feeling under pressure; and you'll play hard too, with your free time full of socialising, keeping active, and making the most of all the fantastic outdoor opportunities that come with living in this part of the world.

Every now and again, it can all get too much, and no amount of sumptuous spa treatments can relieve the feeling of needing to get away from it all, even if only for a little while. Fortunately, the UAE is in the ideal location for heading off and spending a few days exploring somewhere completely different, culturally and geographically. It takes approximately the same amount of time to fly to Thailand as it does to fly to the UK, and there are ample places to explore between these two destinations. Moreover, the number of public holidays that are often tagged on to UAE weekends mean that on some occasions you don't even have to use your hard earned vacation days. It is more than possible to visit a number of destina-

tions over just a four-day weekend, arriving back in Dubai feeling revived, fresh and ready to give one hundred percent again.

There are, however, some tricks to making the most of short breaks from Dubai, in order to ensure that you manage to explore and relax before landing back in the sandpit.

Do your research before booking anything

Whilst spontaneous travel can be exhilarating, this is more suited to trips longer in duration. The idea of a short break is to maximise your time whilst not spending too much money or coming back feeling like you need another holiday. For example, flights to the Maldives from Dubai can often seem reasonably priced, and at under five hours long, the trip is manageable. However (and this is a big however), what one must consider is that this initial flight will merely get you to the capital, and not the island paradise you may have been dreaming of. To do this requires further transport, which can be costly and time consuming. Some

islands may not serve alcohol, meaning no sundowners on the beach unless you travel to a resort elsewhere. Who really wants to spend their relaxing island get away constantly thinking of boat timings and prices? This is just one example and a reason why beach short breaks can often be more difficult than city breaks, even if the flight time may at first appear to be shorter.

Look carefully at flight times

Flight times can often be the biggest factor in deciding where to go for a short break. It goes without saying that you need to be back in time for work, but you also need to make sure that you arrive at your destination relatively refreshed. If you can sleep on a night flight, it's best to maximise your time by flying late in the evening after work. Do check (particularly if you're travelling alone) that you won't land somewhere completely random at 3am the following morning.

If, however, you're not a fan of night flights, it's best to wait until early the following morning to make your trip. That way,

Train travel in Sri Lanka



Budapest





Tranquility in Lombok



Transport in Milan

you can enjoy a good night's sleep and not arrive feeling irritable due to being up all night. The time you miss will not be wasted and will allow you to really make the most of the time you do have, rather than sightseeing whilst feeling exhausted.

Decide what type of break you want

After you've done some initial research and looked at flight times, you should have come up with a list of potential destinations, all with their own benefits and disadvantages. One of the most common dilemmas is whether to opt for a beach holiday or a city break. Cities can be more easily accessible, but may not be the most soothing of places. On the other hand, if you want to experience some culture, then a city may present more opportunities than a beach. This decision really is up to you, and the good news is that the options will still be available to you on future trips.

Check visa and passport requirements

The importance of checking these can not be underestimated, and can make the difference between enjoying your trip or not even being allowed to fly in the first place. Some countries do not give visa on arrival to all nationalities, and if this is the case you will

need to visit the embassy beforehand. Also check that your passport does not expire within the next six months and that it has plenty of space for stamps and visas – some of them take up a whole page!

Investigate local transport options and links

How you're going to get around during your short break is something that you must consider as it can make or break the trip. Ensure that the airport you are arriving at is either close to your ultimate destination or has good links for getting to where you want to go. Not all airports are as conveniently placed as Dubai International, and some may actually be quite far away. Destinations such as Amsterdam and Hong Kong have excellent train links that take you to the city swiftly and directly.

Similarly, have a think about how you will get around once you are there. Do you plan on hiring a bike? Walking? If so, is where you are going friendly to cyclists and pedestrians? Or perhaps you aim to use public transport; if this is what you intend to do, see if you can get day or multiple day passes to give you unlimited journeys and save money. Ensure that public transport is

frequent if you have your heart set on doing a lot of exploring, as this will save you precious time.

Decide where to stay

Whether you're staying on a picturesque beach or in a vibrant city, hotels can be expensive. Look into other options such as Air BnB or a small beach villa, and choose your location wisely, making sure it is in the same vicinity as the things that you are interested in seeing and doing. Make sure there are places to eat that are within your budget nearby, and that the all important transport options are readily available to you.

So...what are you waiting for?

We are so privileged to live in the UAE, not only because of the year round sunshine and warm sea, but because of its proximity to so many unique destinations. By following this advice, you can arrange a short break which is exactly that: a break from the routines and stresses which we are all bound by. However, by failing to plan and consider some of the pitfalls you may face, you may come back from your 'break' feeling even more exhausted and on edge than you were before you left.



Yerevan, Armenia

LIFESTYLE

Finding motivation

How can we maintain a healthier lifestyle?

Words by: Rachael Bruford
Photos by: Supplied

They say it's not the destination, but rather the journey that matters. For many people this rings true, especially in regard to adopting a healthy lifestyle that, we are told, is so important for our physical and emotional well being. But what about the starting point?

How can we take those first steps and continue on the path ahead without giving up at the first setback or beating ourselves up when we do something that is not in keeping with our healthy regime? It's easy to have good intentions, but it's much harder to see them through when faced with the stresses and temptations of every day life. Below, we discuss some of the things that can help you stay motivated in your quest for a healthier lifestyle. By taking small

Arrange healthy pursuits with friends and hold yourself accountable



Social media is a great way to find inspiration, but be aware of its limitations

steps each day, you can make it just that; a lifestyle that you actually enjoy, rather than something that must be endured for a specific amount of time.

Look to those around you

Inspiration is everywhere for those who seek it. Obvious starting points are the social media accounts of people who you admire and whose achievements you aspire to. This may not necessarily be the lithest yogi or the guy who seems like a real-life action man; there are plenty of people out there who are more 'normal' and relatable, yet have still made huge progress in terms of their health and general way of life. This may be to do with exercise, food, mindfulness, travel, or even a combination of everything – the main idea here is to learn from their experiences and how they now live their lives. Be aware that, of course, not everything you see on social media or on blogs will necessarily be an accurate picture. There's been a lot about

how people portray themselves on social media compared to how they actually live in the news recently – just take everything you see as an example and don't try to compare yourself.

Similarly, the 'real' people around you can also be great motivators. Even if they're stronger, leaner, faster or more accomplished than you could ever dream to be, it's their progress and general achievements that should inspire you. Don't compare things like times, trophies, weight loss or fat to muscle ratio. Instead, look at the amount of effort they put in to achieve their dreams, and how they are rewarded. This is where you will find inspiration; in the belief that everybody, no matter who they are, can make huge improvements to their lifestyle if they are only willing to try.

It's all about balance

Having said all of this, there is one important word to keep in mind: 'balance'. Adopting



Start by making healthy additions



Remember that rest and recovery are crucial

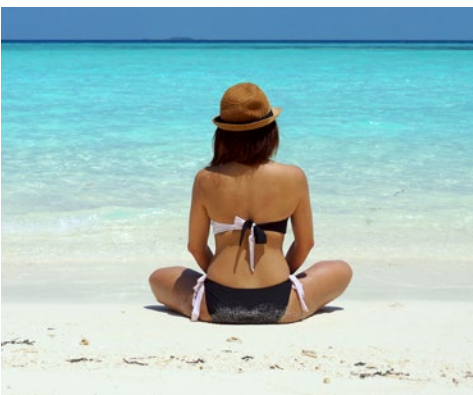


Don't compare yourself to others, but draw from their achievements

a healthier lifestyle 100 per cent of the time is not only impossible, but can lead to you feeling like a failure if you make a mistake. And we all know that there's nothing like feeling that you have failed at something to make you want to give up all together. Moreover, your new, healthier habits will take time to become second nature, and may feel a little alien at first. Stick with it, and before too much longer you'll find that smarter choices will come naturally. When you're eating more healthily and exercising frequently, it doesn't matter if occasionally you enjoy an entire pizza by yourself or take a couple of days off training. It's not going to somehow 'undo' all your good work. In all likelihood, you'll be eager to get going again after having the occasional treat. Start small, with simple changes everyday. It could be something as easy as adding vegetables to every meal, or swimming for ten minutes in a morning. Whilst getting started is often the hardest step to take, this is also the time you'll see the most progress, which in itself is highly motivating.

Strength in numbers

Joining a club or class can be intimidating, but it can also work wonders. Firstly, a club is a great way to make friends with like minded people who will motivate you to keep making changes, and who you might even find yourself getting a little competitive with. Secondly, getting involved in whatever makes you happy and healthy, be



Treat yourself when you hit your goals

it a running club, an art class or a yoga or nutrition workshop, will increase not only your knowledge and skills, but hopefully also your drive to achieve and progress. It's easy to think we're not good enough, but the truth is that people aren't the same, and yes, of course some will be better than others; but you might also discover that you're better than you originally believed.

Involving others in the things that improve the overall quality of your lifestyle also holds you accountable; nobody wants to be the person who drops out at the last minute and lets everybody else down. In time, you may even look forward to whatever you do as part of a group, be it a sunrise walk on the beach or an 80km cycle at Al Qudra on the weekend – and you'll miss it on the rare occasions that you can't make it. By making plans and arranging times, you'll know exactly when you'll be putting the effort in, rather than leaving it to 'when you feel like it'. If Saturday evenings are dedicated to food preparation for the week ahead, then you know that time will be taken up. You'll also know that you'll therefore have more time free after work, as most of your meals will already be prepared.

Relax and reward

Adopting a healthier lifestyle isn't all about hard work. Rest and recovery are key for both mind and body. Make sure you spend time relaxing and embrace some time away from technology. Whilst social media and the internet can be a great source of

motivation, it's easy to lose hours dreaming rather than doing. Marathons are not run by reading about them, and healthy food is not prepared by drooling over pictures, so it's important to keep a check on the amount of time you spend sat in front of a screen. Moreover, sitting in front of a tablet or other device is exactly that; sitting. Quite possibly one of the worst things you can do for your health is to spend too much time sitting. It messes with your posture and makes it far too tempting to believe we're hungry and snack on things that might not be the best choice. Get up and move, stretch, and try to accomplish a little, then a little more, each day.

Reward yourself with whatever makes you happy after you have achieved the mini goals that you have set. It may be new workout gear for the gym or a juicer for the kitchen. Whatever you do, make sure you've earned it. That way, you're more likely to wear the said work out gear and use the juicer thanks to your newly formed habits, rather than letting them sit in the cupboard alongside your foot spa from 1993.

It's hard to write about motivation. Being something that comes from within a person, it cannot be taught or bought. Rather, a spark needs to form that will eventually ignite as the small changes towards health become part of everyday life. So go out there, and start today. There's no such thing as the perfect time; something will always get in the way. Instead, relish the challenge and start making changes. And remember, one day you too will be somebody else's inspiration.



LIFESTYLE

AU NATURAL: HEALTH POWERHOUSE

How important is a good night's sleep?

Words + Photos by: Ivana Chiles

Dear readers,

Summer is here, and unless you are privileged enough to be spending it away from the UAE, then you are sure to be looking for some different (indoor) activities to try.

Why not use this time of the year to think about how you can take your health to the next level? We tend to be less active in summer as we become frustrated and tired of the scorching heat outside and the indoor air conditioning. But have you ever really thought about how to enhance your sleep quality? Did you know that a good mattress

can do wonders for your overall health? If you are still suffering from symptoms that you cannot explain, even though your diet is clean and your lifestyle is generally healthy, look no further, because I have done some research for you!

How important is good sleep?

A good night's rest is one of the pillars of health. Impaired sleep can aggravate medical problems and interfere with the body's natural ability to heal itself. Science has now established that a sleep deficit can have serious, far reaching effects on your wellbeing. Interrupted or impaired sleep can dramatically weaken your immune system, accelerate tumour growth and cause a pre-diabetic state, making you feel hungry even



if you've already eaten, which can wreak havoc on your weight. Even a single night of poor sleep—meaning sleeping only 4 to 6 hours—can impact your ability to think clearly the next day, impair your performance on physical or mental tasks, and decrease your problem solving ability. Lost sleep is lost forever, and persistent lack of sleep has a cumulative effect when it comes to disrupting your health.

Although there are many factors that facilitate restful sleep, including room environment and body position, mattresses and pillows are often overlooked, even though they are a key contributor to a good night's sleep.

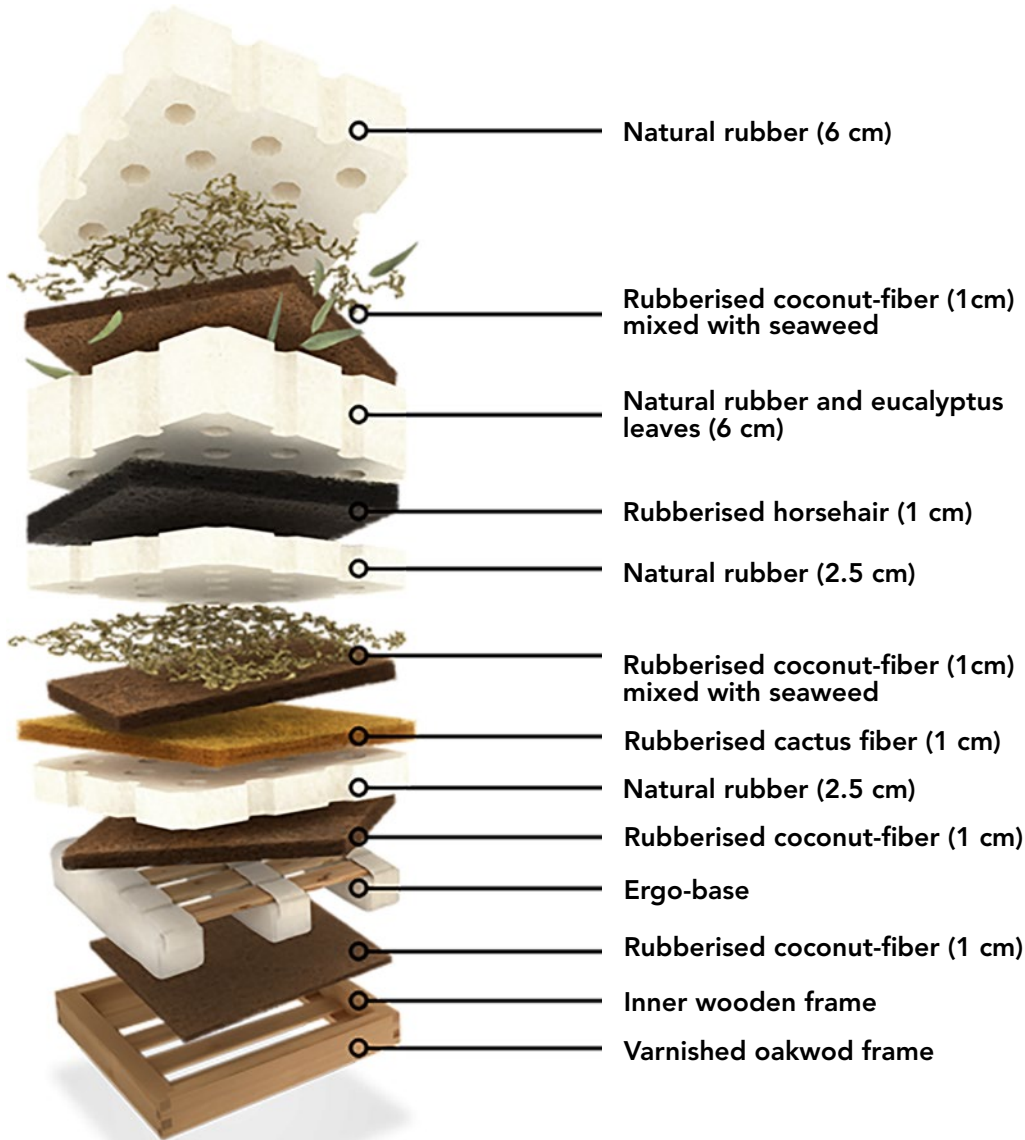
I first started researching this topic in a desperate hope to find the healthiest organic mattress for our new baby. Extensive internet searches for UAE retailers lead to disappointment, so we ended up buying the cot mattress abroad and bringing it all the way here. We then started considering buying a new bed and mattress for ourselves, so the search continued, and to our great pleasure, we found what we were looking for.

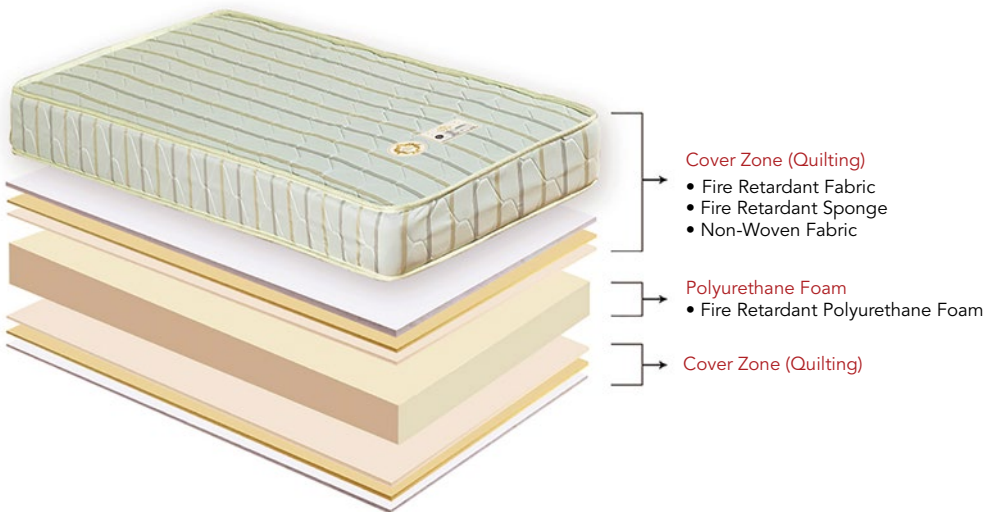
Being well informed about what we wanted and knowing what a healthy mattress consists of, our steps lead to six different leading mattress shops in the UAE. It did not take long for us to realise that the sales consultants have almost zero knowledge about what they are selling, or what is considered natural or organic.

What is really inside your mattress?

The contents of a conventional mattress are not something we tend to think about. However, over 90 percent of mattresses contain toxic chemicals. Some common ones include polybrominated diphenyl ethers, boric acid, formaldehyde and antimony.

All traditional mattresses are treated with flame-retardant chemicals to prevent fires. Polyurethane foam is widely used in conventional mattresses. It breaks down into different VOC's (volatile organic compounds) that are released into the air, which you then





breathe in at night. As polyurethane begins to break down, it can release polybrominated-biphenyl-ethers (PBDEs), which are incredibly toxic chemicals. These chemicals can stay in the environment for a long time and have been shown to cause neurologic, thyroid and other developmental problems. 97 percent of people in the U.S. have been found to have levels of PBDEs in their blood — and it has also been found in the breast milk of new mothers!

The lining of the common mattress contains boric acid. Acute exposure to a large dose of boric acid can result in convulsions, blistering of the skin, and even comas. Long-term exposure has been known to cause developmental and neurological problems. Furthermore, inhalation of boric acid may result in damage of the upper respiratory tract.

Formaldehyde is a colourless, strong-smelling chemical that is often used in mattresses. High levels of formaldehyde in the air can lead to a burning sensation in the eyes and nose, coughing, nausea, and skin problems. Long-term exposure can cause neurotoxicity, Cancer, damage to the lymphatic system or liver toxicity.

Antimony is a chemical similar to arsenic.

It has been shown to cause reproductive problems, including problems with fertility and miscarriage. It can also cause damage to the liver and the heart if people are exposed long-term. There is some evidence that Sudden Infant Death Syndrome (SIDS) may be related to toxic chemicals from crib bedding. One 1998 study found high levels of antimony in the blood of babies who had died from SIDS.

Finally, latex is frequently used in mattresses, including organic ones, although the jury is out regarding its safety. Latex is produced by either the Talalay process, which uses more harmful, carcinogenic VOC's (Volatile Organic Compounds), or the Dunlop process, which produces mattresses that are considered too firm for many consumers. This chemical process is needed to turn the rubber sap from trees into mattress-friendly latex rubber. While some of these compounds are washed out once the rubber is solidly formed, some toxic VOCs remain. Latex mattresses are either 'blended' — a combination of pure and synthetic latex — or 'natural', containing a higher concentration (up to 95 percent) of pure rubber. Just know that there is NO such thing as a 100 percent pure latex mattress.



Did you know???
We spend about 1/3 of our lives in bed?

Organic Mattresses

As you can see, traditional mattresses are made with a variety of toxic chemicals. Not only are you putting your health at risk by exposing yourself regularly to these chemicals, but studies have shown that those who sleep on natural fiber mattresses tend to toss and turn less, resulting in a better night's sleep. There are several options for non-toxic materials in organic mattresses, wool and cotton to name a few. For me, Coco-Mat was the mattress of choice. Coco-Mat's founder, Paul Efmorfidis, who also happens to be a keen biker, believes that whatever Mother Nature provides for us has a reason and a function. Made from 100 percent natural and environmentally friendly materials, Coco-Mat beds consist of multiple layers of natural materials from renewable sources, such as coco fibre, natural rubber, virgin wool, organic cotton, seaweed, horsehair, wood and goose down.



Ivana has been living in the UAE for 16 years. She is a qualified Health Coach and member of the American Association of Drugless Practitioners. Her passions are nutrition, organic gardening, healthy cooking and homemade organic skin care. She runs weekly workshops on the above topics. For more information, visit her Facebook page, Health Powerhouse.

HABITUALLY HEALTHY

Hydrating for health



Words by: Chef Patrick Ikinofa

Hey guys! I hope that everyone had a blessed Ramadan, and that you are now back in the swing of things.

As it's the middle of summer and the heat is very warm to say the least, this month I will share with you the benefits of staying hydrated and some super cool recipes to quench the thirst that's among us.

Water does much more than just satisfy your thirst and regulate your body's temperature; it also keeps the tissues in your body moist. You know how it feels when your eyes, nose, or mouth gets dry? Keeping your body hydrated helps it to retain optimum levels of moisture in these sensitive areas, as well as in the blood, bones and brain. In addition, water helps protect the spinal cord, and it acts as a lubricant and cushion for your joints.

Adequate water intake also enables your body to excrete waste through perspiration, urination, and defecation. The kidneys and liver use it to help flush out waste, as do your intestines. Water can also keep you from getting constipated by softening your stools and helping move the food you've eaten through your intestinal tract. However, it should be noted that there is



no evidence to prove that increasing your fluid intake will cure constipation.

Your body loses fluids when you engage in vigorous exercise, sweat in high heat, come down with a fever or contract an illness that causes vomiting or diarrhea. If you're losing fluids for any of these reasons, it's important to increase your fluid intake so that you can restore your

body's natural hydration levels. Your doctor may also recommend that you drink more fluids to help treat other health conditions, such as bladder infections and urinary tract stones. If you're pregnant or nursing, you may want to consult with your physician about your fluid intake because your body will be using more fluids than usual, especially if you're breastfeeding.

So after all that, how much water do you really need? There's no hard and fast rule, and many individuals meet their daily hydration needs by simply drinking water when they're thirsty, according to a report on nutrient recommendations from the Institute of Medicine of the National Academies. In fact, most people who are in good physical health get enough fluids by drinking water and other beverages when they're thirsty, and also by drinking a beverage with each of their meals, according to the Centers for Disease Control and Prevention. If you're not sure about your hydration level, look at your urine. If it's clear, you're in good shape. If it's dark, you're probably dehydrated.

Now that you know why you need to stay hydrated and the need of that amazing substance H₂O in your life, here are a couple of easy flavored water recipes to keep you hydrated in this Dubai summer heat.

Do it for the love of cooking - The Paleo Chef

Cucumber and Lemongrass Water

You'll Need

- 4 cups water,
- ½ cucumber, and 1 stalk lemongrass.

Directions

- Using a vegetable peeler, peel the cucumber into ribbons. Place cucumber ribbon into pitcher.
- Peel away the rough outer edge of the lemongrass with your hands. Cut in half, lengthwise. Add to the pitcher.
- Fill pitcher with water and give it a little stir. Chill for at least 1 hour. Serve and enjoy!



Pineapple and Mint Water

- Because it's a superfood!



You'll Need

- Water, 1 cup sliced pineapple, and a sprig of mint.

Directions

- You can either leave the sprig whole, or remove the mint leaves from the sprig. Either way, be sure to gently bruise them in the palms of your hands before adding them to the pitcher. Add pineapple and water.

Blueberry and Lemon Water

- Blueberries are high in antioxidants and also turn this drink a pretty purple hue.

You'll Need

- Mix together water, 1 cup of blueberries, 1 sliced lemon, and lavender to garnish. Chill and enjoy!



The Cycle Bistro

GPS location:

Latitude: N 25° 02.792
Longitude: E 055° 14.384
Phone: 04 425 6555



CELEBES ORGANIC COCONUT WATER

Words by: Rachael Bruford
Photos by: Lara Antoinette Tan

As somebody who is always striving to improve in her sport, I am well aware of the importance of not only training consistently, but of giving my body the best chance to repair itself and prepare for the rigours of training through adequate nutrition and hydration.

Now, the nutrition part is something I'm constantly working on (my love of pizza and ice cream is often something I curse myself for during races), however, I'm pleased to say that hydration is something I do get right 99 percent of the time. I drink litres of water every day, a coffee or two in the morning, and avoid soft drinks altogether. Yes, I am one of those strange people who actually enjoy water and can't get enough of it.

Having said this, there are times, particularly after a long run on a Friday morning, that I need something more. It's hard to explain, but after a couple of hours running, I feel that something is lacking in my body; something that needs to be replenished.



Enter coconut water. Not to be confused with coconut milk, this liquid is actually the juice found inside a fresh coconut. Teaming with naturally occurring electrolytes, it's the perfect way to not only rehydrate, but to also replace these vital components, which include Magnesium, Calcium, Sodium and Potassium. Electrolyte imbalances can cause muscle weakness and cramping, which is not exactly what you want to endure during or after physical activity. Other reported benefits of coconut water are that it can help to kill intestinal worms, prevent urinary tract infections, and treat kidney and urethral stones. Furthermore, as coconut water is low in fat and contains no cholesterol, you can enjoy it without feeling guilty!

One look at the supermarket shelves in the UAE reveals several different brands of coconut water. Celebes Organic Coconut Water stands out as it is the only organic coconut water available in the UAE, and I was therefore keen to try it.

Originating from the Philippines, Celebes Organic Coconut Water is gathered and transformed using packaging and pasteurizing methods that allow the coconut water to remain organically pure, so that there is no need for nasty preservatives within the conveniently sized cartons. Available in 330ml and 500ml sizes. I enjoy drinking it either on its own, or by adding it to a whole range of juices and smoothies that I make at home. It's the perfect way to liven up a green juice and stop it from tasting quite so 'green'.

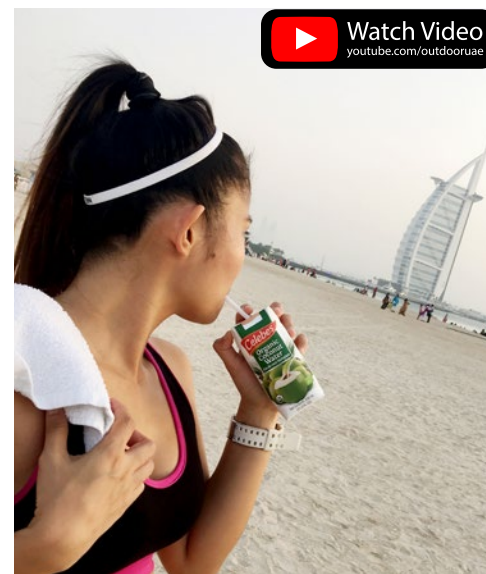
I enjoyed the taste of Celebes Organic Coconut Water; it didn't taste as sweet as



some of the other brands, which for me is much more preferable. It was the perfect way to quench my thirst after a tough training session, providing me with a little more than water can give, both in terms of taste and nutrients. The environmentally friendly cartons allow me to keep a larger bottle in the fridge, whereas the 330ml size is more portable and can be taken with me as a reward for all my hard efforts.

Mr. Abdul Nasser, Sales and Marketing Manager at Aramtec, says "There is a huge gap in the organic segment that continues to grow as demographics change sharply in the region. More and more people are looking to embrace a healthier lifestyle and the increasing demand for healthy products is growing exponentially. This is where our Celebes Organic Coconut Water comes in. It is the best buy in the UAE market since it is the only organic coconut water on the supermarket shelves."

So, the next time you're thirsty and feel tempted to reach for a soft drink, have some Celebes Organic Coconut Water ready and waiting. Your body will thank you for it!



[Watch Video](https://www.youtube.com/watch?v=outdooruae)
youtube.com/outdooruae

JUICE IN TIME! Removing the hassle, keeping the nutrients

According to recent research conducted by YouGov, office workers in the UAE are spending longer hours at their desks than they were five years ago. For those of us who are spending most of the day at the office, healthy eating habits aren't always easy to maintain.

All of the above factors have resulted in an increased number of companies continuously monitoring their employees' workplace experiences and looking for innovative ways to promote a healthy lifestyle and cultivate healthy eating and drinking habits.

Brazil is one such country where consumers are incorporating healthier practices into their daily regimes. Nutritious juices and fruit smoothies are the central attractions here. Maybe this is the reason why it is here that the unique idea of a capsule-based juice machine originated.

Juice in Time Technology is now introducing their new concept in the UAE, by declaring that you don't need extra minutes in your day to add 100 per cent natural juices to your diet. They offer a solution of smart and convenient juicing systems for both offices and homes.

Very much resembling a coffee machine, Juice in Time has produced quite small appliance which will fit perfectly on your kitchen table top. The idea is simple, yet genius. Using specially designed capsules which are filled with fruit pulp, with no added sugar, flavorings or colourants, you can prepare a 300ml glass of juice in just one minute.

No cutting fruits, no washing. What makes it extremely hygienic is that there is no direct



Pineapple



Grape



Lemon



Orange



Passion fruit



Acai, Banana & Guarana



Pineapple & Mint



Acerola & Orange



White tea, Apple & Hibiscus



Green tea, Pineapple & Ginger

contact of the machine parts and fruit purée - the jet of water will do the job by melting and smashing the fruit pulp inside the cup itself. In order to retain the nutritional content of the fruit, the capsules are blast frozen at -42°C. This stops any bacterial activity and helps to avoid adding preservatives to the formula, keeping it 100 per cent natural.

Juice in Time believes that placing this machine in the office pantry or at home might encourage you to rethink your drink and make the move to healthy and nutritious hydration. In our dynamic era it is crucially important.



Based on Brazil's natural bounty and the Amazon's incredible biodiversity, they offer ten flavours and blend mixtures. Among these are exotic fruits, such as Acai and Passion Fruit.

Besides convenience in juice preparation, the Detox Tea Line has been created, offering Green and White Iced Tea which is so handy in our tropical climate and low in calories. These healthy fusions contain Mint Leaves, Ginger, and Hibiscus; all ingredients which can increase your metabolism, making it a strong ally in weight loss.



No doubt, healthy lifestyle is a long-term vision and should include all aspects from diet and exercise to motivation. That is easier said than done, of course, but some simple tips and solutions like this convenient Brazilian juicing system can help you tackle even the most indulgent and hardest-to-kick habits, to move further to a healthy and bright life.



The **Juice in Time** showroom welcomes any visitors in the UAE for a demonstration and free degustation.

Dubai, Oud Metha, Office Court Building, 3rd floor, Office 310. Tel.: +971 567993411
askme@juiceintime.net | nicolas@juiceintime.net

Website: www.juiceintime.com

Check out Juice preparation video on YouTube: search "Juice in Time Dubai"

PRODUCTS

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

Popbands™ hair bands and headbands

From 49 AED

Exclusively available at Beyond Fitness in Me'aisem City Centre

Get active with Popbands™ - the ultimate hair bands and headbands for girls and women of all ages. Kind on your hair and cute on your wrist, these delicious, soft, stretchy 'no dent' hair bands hold your hair up tight and still leave it fresh and kink-free when you take it down. A great way to stay on trend and not blow the budget is to accessorise your look with a versatile and colourful Popband™. The release of the new season Popbands™ encapsulates many of the season's trends, and with numerous designs to choose from there is something for everyone. Perfect for a gym, barre or yoga session, Popbands™ boldly printed hair ties and headbands in beautiful colours and styles will jazz up your luscious locks and stay secure whatever the jump, leap or pose.



The Nathan Hipster (waist pak)

135 AED

Available at Beyond Fitness in Me'aisem City Centre (near Sports City)

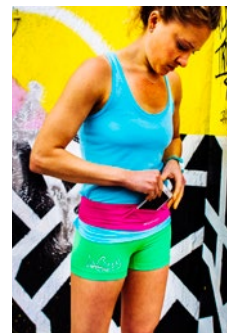
Multiple pockets keep your essential items snug and secure, in this super-soft step-through belt that can be worn at the gym, on the run and around town. Comfortable and stylish, The Hipster stretches to fit your individual contours and best of all, it fits your iPhone 6 Plus! Available in a variety of vibrant colours - Very Berry, Cockatoo and Black - to match your outfit.

Product features:

- Super-soft stretch step-through belt
- Sized to fit comfortably around your waist
- Individually separated pockets keep your essentials in place
- Fits up to iPhone 6+

Sizing Information:

XS (26in to 28in) (66cm to 72cm)
S (29in to 31in) (73cm to 80cm)
M (32in to 34in) (81cm to 87cm)
L (35in to 37in) (88cm to 94cm)
XL (38in to 40in) (96cm to 102cm)



Jobe Conflict Wakeboard - 2016 collection

(It's a champion's choice. Part# 272316008)

1,645 AED | Was: 2,195 AED

Available Sizes: 127 to 145

Available only at Al Yousuf Motors across the UAE

Specification:

"A large nose is the mark of a brisk, strong and dependable man," a wise Frenchman once said. We're guessing the same goes for boards made by Frenchmen! Julian gave his 2015 pro model a nose and tail with as much surface area as possible, making the Conflict not only super strong but also fast, consistent and balanced on rails... especially when pressing! The 2015 Conflict also showcases a 3-stage rocker and a H.I.T. base, giving this year's model even more pop off kickers and fleon rails. Its long and deep channels run all the way from tip to tail and work in unison with its sharp and hard edges, giving you the kind of grip you'll need to boost air tricks like JuJu!

Features:

- 3-Stage construction
- ABS Sidewall
- Blended Core
- Flex
- Hit Base
- Slider Fins
- Press technology



Kingii (Floatation Aid)

(Made in the USA. Part# KIN-2000)

445 AED | Was: AED 495

Available only at Al Yousuf Motors across the UAE

Specification:

Kingii is the new wristband for all those who love water! If you need help to stay afloat, pull the lever and an inflation bag will help you to surface.

Includes: Two CO2 cylinders free



* Offer is valid until 31st July 2016

LUM-TEC COMBAT B24 CARBON



This limited edition watch is perfect for those who want to look stylish, yet need a product that is durable and reliable. The Lum-Tec Combat B24 Carbon is certainly all of these things, but perhaps its most interesting feature is the super precision tuned 28,800 BPH Miyota 9015 movement, which is visible through the sapphire caseback.

Specifications:

- 43mm width excluding crown
- 22mm lug width
- 12.5mm thick
- Weight of leather strap: 74 grams/2.61 oz
- Carbon composite case with a titanium core and case back
- 200m/660ft water resistance
- LUM-TEC MDV® technology
- Ultra precision tuned 28,800 BPH Miyota 9015 Japan automatic movement with automatic winding and hack feature

- Thick sapphire Crystal
- Clear anti-reflective coating
- Threaded sapphire caseback
- Screw-lock crown with double diamond sealing system
- High tech Viton® gasket
- Top grade leather strap included
- Molded rubber strap included
- One year limited warranty
- Limited numbered series of 250
- Free lifetime timing adjustments



Available at

Instagram: [@almekshah](https://www.instagram.com/almekshah)

Facebook: www.facebook.com/almekshah

Mobile: +971 55 8008829 



SILVERBACK SCALERA

Words by: Paul Cheetham

Photos by: Barry Morgan Photography

Having raced at a decent level for many years for a number of different teams, each with their own bike sponsors, it is always interesting to throw my leg over a brand that is completely new to me. There is always a little trepidation about how the bike will feel and perform. Comparisons to old favourites. Will the geometry work for my riding style? Will I be able to set the bike up to my perfect riding position?

The **Silverback Scalera** landed with me at the end of 2014 and on looks alone it is a winner.

Super aero and aggressive looking, with the horizontal top tube and seat stays coming in low on the seat tube, it looked fast without even moving! Silverback make a whole range of road bikes and the Scalera falls firmly into the 'aero' category. However, looks mean nothing without the performance to back them up, so the first step was to set up the bike. The 550mm top tube on my size medium meant that with a 130mm Zipp stem and a bit of saddle fore and aft adjustment I was exactly where I needed to be. Now for the real fun.

The first ride on a new bike is a telling experience. If it feels totally wrong, then it can be a long road to making it feel right. Fortunately for me the Scalera felt 'right' from the off, and by 'right' I mean fast and responsive, with predictable cornering and no flex in the frame during out of the saddle efforts. A blast round Dubai Autodrome with some 40kph laps told me some of what I needed to know, but only time and many kilometres would reveal the full story.

The first big test for the Scalera was to be the UCI 2.2 Stage race, The Tour of Sharjah. Sadly this didn't go to plan, with a massive high-speed crash on the second stage leaving me with a separated shoulder and three cracked ribs. However, the Scalera came out of the carnage with nothing more than scuffed bar tape and saddle; the massively over engineered bottom bracket and head tube making it a super tough piece of kit. Phew, that would have been a bit of a downer, a wrecked new bike!

Since that initial 'almost' disaster, Strava tells me that I have done over 30,000kms on the Scalera in the UAE, Bahrain, Qatar, Spain and the UK. We have ridden solo, ridden in massive pelotons, ridden for fun, ridden for coffee, raced, been in breakaways, chased breakaways, climbed, hit speeds in excess of 100kph on descents, sprinted, ridden super-fast criteriums, ridden in head winds, cross winds (lots of cross winds!) and tailwinds. We have even spent over six hours together doing the 220kms of the UAE's Coast to Coast more than once. We even qualified for the UCI Gran Fondo World Championships. All without missing a beat.

Tyres, chains and cassettes have come and gone. Different colour schemes have come and gone, but the heart and soul of the machine remains the same. Strong and dependable, giving back what the rider puts in.

So since my first dalliance with a brand better known in South Africa than Europe, and better known for their prowess in producing mountain bikes than road bikes, a couple of things have happened. Firstly, I am now on my second Silverback, a Scalera SBC equipped with Shimano Dura Ace Di2 (think BMW M3 as opposed to a top of the range 3 series!). Secondly, we have become a two Scalera household as my Scalera now has a little sister, resplendent with hot pink stickered Zipp wheels and hot pink handlebar tape. Again, the Scalera was a doddle to set up and has proved comfortable (and fast) right from the off.

I know it's easy to say that all carbon bikes are made in the same factories and that they can all be 'much of a muchness', but the lay-up of the carbon, the shape of the tubes,



the geometry of the frame all go to give a bike a slightly different feel from the next make and model, and that is a tangible thing that does matter. The other serious consideration is value and what you actually get for your hard-earned cash. A lot of the bigger brands have 'in-house' component manufacturing capabilities, which means they are able to cut corners on the finish and spec. of the bike you are buying. With a smaller brand you get the full groupset (brake callipers and hubs are not replaced by non-branded alternatives for example), and the finishing kit tends to be aftermarket brands too. This all adds up to a much better value product as the big brands don't pass this saving on to the customer, it just gives them a better profit margin!

For the type of riding that I do here in the UAE day in, day out, Silverback's Scalera has proven itself to be ideally suited, highly competent and incredibly resilient. All in all, a mighty fine bicycle among some pretty serious competition.

Silverback lightweight performance bicycles are distributed by Sport In Life Distribution. Retail partners include Go Sport, Probike, Beyond Fitness and Sport In Life. Scalera 1.0 with award-winning Scalera frame, full Shimano Ultegra Di2 11 Speed and Fulcrum Racing Quattro wheel set 14,499 AED and Scalera 2.0 with award-winning Scalera frame, full Shimano Ultegra 11 Speed and Fulcrum Racing Quattro wheel set 11,499 AED



PRODUCTS

CycleOps MAG Trainer

1,095 AED/QAR

Available at GO Sport

Stick to your fitness plan year round with the help of the Mag+ trainer. It's the perfect way to keep yourself cool when it's boiling hot, and safe when it's too dark to ride outside. It's easy to turn your bike into your go-to calorie burner no matter the season.



Silverback Strela Comp Road Bicycle

3,215 AED/QAR (on promotion)

Available exclusively at GO Sport

The Strela Comp road bicycle is a great option for those who want a high performance aluminium bike. Strela sports has a sophisticated hydroformed alloy tube set that boosts pedaling stiffness for efficient power transfer while still offering a comfortable experience for long days in the saddle.



Garmin Forerunner 735XT

2,159 AED/QAR

Available at GO Sport

Be a better athlete on the track and in the water with Forerunner® 735XT. This GPS multisport watch is for athletes who want in-depth data as they train and compete. With a smaller form and comfortable band, the 735XT will get you through your workout and your workday. It even doubles as an activity tracker to count your steps, calories and sleep.



SIC X 12.6 Air-Glide Inflatable SUP

4,725 AED/QAR

Available exclusively at GO Sport

Perfect for family fun, fitness and for competing in the 12'6" inflatable race class. The X-12.6 Air-Glide is the stiffest board in its class at 20 PSI. While this board is great for recreational fun, it is also the fastest race board in its class. The board is kitted with all the standard accessories offered in the SIC Air-Glide series - most importantly is the dual action, high pressure pump.



fi'zi:k R1B Uomo:

Top of the range cycling shoe
with Volume Control Technology



fi'zi:k's range of road cycling shoes is developed in collaboration with leading professional cyclists and used to great effect by WorldTour, Olympic and World Championship riders. The best technologies, materials, R&D, testing and manufacture techniques are used to deliver the best shoes for road riding and racing.

R1B is the top of the range; the optimum in performance cycling shoe design and the perfect blend of comfort and lightweight, fit, power transfer and aerodynamic efficiency.

Features:

- fi'zi:k's new proprietary Volume Control technology: whereby the shape of each shoe can be changed individually and adapted to any rider's foot for optimum fit and comfort
- fi'zi:k's Extended Power Strap, a system adjusting the fit of the heel cup around the rider's foot, resulting in increasing power transfer. Both the Volume Control and Extended Power Strap are micro-adjustable using Boa IP1 closure controls.
- The R1B's outsole is fully uni-directional carbon fiber – with built-in ventilation that further enhances both cooling and aerodynamics. It combines with the proven

supportive and comfortable fi'zi:k Cycling Insole with sculpted footbeds and supportive heel to ensure that every precious watt goes straight into your pedals.

- Hard-wearing yet light and resilient microfiber upper, with enough flexibility to ensure that the Volume Control technology works to shape the shoe to every rider's foot, but strong enough to withstand the demands of racing – without any weight penalty.
- Diamond-shaped laser-cut perforations help temperature management, in harmony with the sole's air duct.
- R1B Uomo weighs just 227g (size 42.5).



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Motor City, Dubai, UAE





YAMAHA VX WAVERUNNER

The perfect choice for families or versatile use

Photos By: Nela Macovei

Last month we had a look at Yamaha's strongest and fastest wave runner; the FZR. With a 1.8l engine, it's used by professional racers and speed lovers. However, most people will not look for top speed, they will look for a good watercraft offering everything at a reasonable price.

The best selling VX Series has been re-designed from the ground up with Yamaha-exclusive innovations, advanced technologies and sleek, new profiles that push them even further ahead of the competition. This family-friendly series now comes standard with a long list of premium features found on Yamaha's luxury watercraft, at a price that makes them the best buy in the industry.

RiDE is easy, fun and intuitive. Pull the right lever to accelerate, and the left lever to decelerate and to reverse. Release the levers for neutral. Pull them in any combination and the system reacts with precise control. Operation is simple with no manual shifting, no gears and no complicated processes. Benefits include enhanced handling and smooth deceleration in changing conditions. Decelerations might not sound important but watercrafts usually have no breaks, so controlled deceleration is an important safety aspect since it allows stops within a shorter distance.

The new and redesign NANOCEL hull



and deck is lighter than the previous model and the competitor models which provides easier handling and a more fuel efficient and fun ride. The fuel efficient 1045cc three cylinder four stroke engine combined with a bigger 18.5l gallon fuel tank allows more time on the water covering a longer distance and of course it also saves you some money. The open Loop and Maintenance-free Cooling System is a further money saver since no coolant is required and the system is maintenance free. Therefore the VX models have the lowest maintenance cost in the industry.

The digital meter provides a quick read on speed, RPM, fuel level with low fuel warning, low oil pressure warning, hour meter and check engine light with self-diagnostic function to keep on easy overview of all the important information related to your waverunner.

The VX has a storage capacity of 26 gallons and a watertight compartment under the seat to keep your belongings safe and dry.

The new extended and low rear platform makes it easy and comfortable to access the VX from the water. The VX provides up to three seats (depending on the specification) to have fun with family or friends. Providing yet another opportunity to enjoy the water, the tow hook allows for easy, secure towing.

So the VX waverunner provides everything you need to have fun on the water. The RiDE system in particular makes it very easy for absolute beginners to have perfect control over the waverunner even for maneuvers like berthing or driving on to a trailer in windy and wavy conditions. Owning a watercraft is very easy and affordable. Technical testing and registration, which is valid for two years, can be done at RTA in Dubai at a cost of approximately 800AED, or at DOT in Abu Dhabi. What's more, if you buy your waverunner from Al Yousuf they will help you with the whole process and you will be ready to hit the water in no time.

NEW AND IMPROVED

- ✓ RiDE™ BY YAMAHA
- ✓ REDESIGNED NANOCEL® HULL AND DECK*
- ✓ EXTENDED REAR PLATFORM WITH HYDRO-TURF® MATS
- ✓ MULTI-FUNCTION INSTRUMENTATION
- ✓ CHROME ACCENTS
- ✓ LONGER 3-PERSON SEAT FOR MORE COMFORT
- ✓ DEEPER REBOARDING STEP
- ✓ UNDER-SEAT STORAGE

*VX Cruiser® and VX® Deluxe only



For more details visit Al Yousuf Showrooms across the UAE or visit www.aym.ae.

PRODUCTS

Nathan TrailMix Plus Insulated Hydration Belt - 20oz / 600ml

310 AED

Available at Adventure HQ and Beyond Fitness

Keep fluids cooler for longer with this lightweight, fully-adjustable two-flask belt that offers a bounce-free, chafe-free ride. Bring what you need, as the large storage pouch has room for your running essentials and large smartphones like the iPhone 6 Plus.

Features:

- Two 10oz / 300ml Fire & Ice Reflective and Insulated Flasks with Push-Pull caps
- Ergo-shaped, soft monofilament belt offers multi-directional stretch that eliminates bounce
- SpeedFit™ holsters provide easy, one-handed, on-the-fly access to hydration and nutrition
- Large zip pocket with key ring clip and front stash pouch for running essentials
- Fits up to iPhone 6 Plus
- Weight: 10.2oz / 289g
- Storage Capacity: 33 cu in / 0.50 Litres
- Size: OSFM, 26-44 in / 66-112 cm



MuleBar Energy Bars

15 AED

Available at Spinney's, Adventure HQ, Sport In Life, Beyond Fitness and Go Sport

100% natural, organic and Fairtrade energy bars that taste seriously good. Eaten anytime as a healthy and uplifting snack, MuleBars are designed to be easy on the stomach and digestion. Their flavours will change your opinion on all other dull-tasting energy bars after one bite. Plus, they are packed with exciting and wholesome ingredients that you can identify with and trust to never let you down on a 100km bike ride or when out on a walk with your dog. MuleBar's names like Apple Strudel, Jimmy's Choc Orange and Mango Tango speak of superb taste and real food. Try one!

Features:

- No synthetic ingredients, artificial preservatives, colourings, flavourings or palm oil
- Fairtrade certified and suitable for vegetarians
- Available in eight original and tasty flavours



Javelin 12'6" X28 Carbon

9,000 AED

Available at www.kitesurfsup.com

Performance Racing

Javelin Carbon boards are race designs suitable for ambitious racers and professional competitions. They feature a state-of-the-art rocker line and newly developed deck and bottom shape for lightning fast acceleration and ultimate gliding speed.

Available in 24", 26" and 28" widths, the newly refined Javelins feature a carbon construction, which makes for an incredibly lightweight and stiff board with even more direct board feel.

Engineered with a recessed stance area, the new shapes bring the center of effort lower, increasing rider stability without adding additional width to the body. The center double-concave bottom also maximises directional stability, while increased tail volume and tucked edges optimise board positioning for controlled, yet aggressive buoy turns with faster recovery.

The advanced dihedral nose shape allows water to instantly release instead of wrap, forcing water to split off the sides of the board instead of toward the riders' feet. This creates more lift when pearling, allowing the rider to continue their smooth pace without interruption.



Naish Park HD 14m Kite

5,351 AED

Available at www.kitesurfsup.com and GO Sport

Designed for aggressive freeride and freestyle riders, the all new the Park HD is now in High Definition, thanks to its open arc and high aspect ratio of 4.6. It fuses high performance with easy handling for an incredibly forgiving ride in nearly every condition. The static bridle platform provides great acceleration through turns, crisp bar feel and ensures stability—even in extreme conditions.

Unhooked, the Park HD delivers a great "pop and slack" combination, which helps riders nail their next big trick. While hooked-in, riders will appreciate the instant power and lift generated when jumping.

Sizes:

5, 6, 7, 8, 9, 10, 11, 12, 14



Natural History



Beautiful UAE 4X4 trail



Rock crawling on the Rubicon Trail



My Terios in the desert with off road kit

REDUCING THE IMPACT of off road driving

Words + Photos By: Dan Wright

The UAE and in fact the Arabian Peninsula as a whole is a wonderland of 4x4 and off-road driving experiences, and many expats and locals in this region buy vehicles specifically for this purpose. A common tourist activity is to go "Dune Bashing", and as its name suggests it's a pretty destructive sport.

Inland sand dune ecology is pretty delicate and the wildlife and plants that inhabit these hot and dry regions have had to make some pretty drastic adaptations to survive the climate. All too often enthusiasts will randomly crisscross areas of outstanding natural beauty with trails, leaving burned out vehicles, oil and petrol spills, burst tyres, abandoned spare parts, fire pits, BBQ's and a trail of assorted glass, paper, plastic and food rubbish in their wake. This has an enormous impact on the local wildlife which will try to eat anything to stay alive and will also crawl under or into anything to escape the sun. On top of this, the extensive hole and burrow networks that these creatures dig to escape the harsh sun and scorching temperatures collapse under the weight of vehicles churning through the sands above them. Whole areas of plants are destroyed by wheels running over them and huge amounts of firewood is illegally cut from desert trees. In short, the indiscriminate use of off-road vehicles anywhere in the UAE is little short of an environmental disaster...but it doesn't have to be.

As I have mentioned in the past, until recently I had a Landrover Discovery that was fully kitted out for off-road expeditions. Even now we have a Daihatsu Terios which is also equipped for expeditions and driving off-road. I am not suggesting that we ban off-road driving, but I do believe that it is time for some legislation to be developed in order to really protect the wild areas outside

the city. The simplest argument is of course to designate specific areas for off-road enthusiasts to go. The precedent for this can be seen all over the UK, Europe, Australia, USA and Canada etc in the form of National Parks that restrict access, and "Driving Trails" that encourage access. A great example of this is the famous "Rubicon Trail" in the High Sierras, California, USA. I have worked three summer seasons in the High Sierras as a Wilderness Guide and most of it was spent within 4kms of the Rubicon Trail. Aside from the occasional gunshot from an overexcited co-driver who thinks he "saw a bear", or an engine that is over revved to get up a steep incline, you wouldn't really know it was there unless you actually stumbled across it on foot. There are several organisations that are dedicated to keeping the trail open, and at just 22 miles in length it represents a tiny fraction of the National Park space available for everyone to enjoy, including the wildlife. Along its length there are controlled campsites and Park Rangers are frequently seen on horseback in the high seasons, riding

Credit to David Streaky Chambers - spare tire trash backpack



Government sign in popular camping area

down the flanks of the trail to ensure that nobody breaks off it. On top of this, a very effective educational campaign has been waged and the majority of people who use the trail are both responsible in their actions and keen to ensure that the trail stays open for the benefit of everyone. 22 Miles might not sound like a very long trail, but in fact when the average speed is 2-7 miles a day and the term "Rock Crawling" is taken literally (see pictures) you can see why the trail basically becomes a long caravan of enthusiasts partying and filming each others' hair raising exploits, driving modified Jeeps worth hundreds of thousands of dollars. This is one of the most popular trails in the USA, if not the world!

The question is – can we do the same here in the UAE?

According to one avid UAE off-road enthusiast, yes we can:

"So, it boils down to: Education, education, education. Perhaps everyone who either gains a driving license or who transfers their foreign one should go through a compulsory hour's education on the behavior to be adopted when going off-road. The desert does not consume plastic, glass or metal. The traveler's mantra of 'take only photographs, leave only footprints' could be adapted to 'take only photographs, leave only tyre prints' and of course sticking to set routes on prepared tracks (not roads)." Mike Nott

There are some areas that are more popular than others and these could be focused on. The Fossil Rock area at Maleha is one such location, and another is the road between Dubai and Hatta, and of course most of us are familiar with the giant sand dunes at Liwa. In every Emirate there are then smaller areas which locals and expats living there like to use, for example the sand dune and camping area at the intersection of the 311 with the RAK exit on the truck road to Al Hamra.

A very important factor for ensuring that people stick to the designated areas and understand why they should do so is to release an educational campaign. In Australia the National Four Wheel Drive Council released a Code of Conduct - for Off Road Driving, which stated:

1. Obey the laws and regulations for Recreational Vehicles that apply to public lands.
2. Respect the cultural, heritage and environmental values of public/private land, by



Campsite on Rubicon Trail



Some cars are not really made for the desert



Hiking in desolation wilderness needs a permit

obeying restrictions that may apply.

3. Respect our flora and fauna. Stop and look, but never disturb.
4. Keep to formed vehicle tracks.
5. Keep the environment clean. Carry your own, and any other, rubbish out.
6. Keep your vehicle mechanically sound and clean to reduce the environmental impact.
7. Adopt minimal impact camping and driving practices.
8. Seek permission before driving on private land. Do not disturb livestock or watering points, leave gates as found.
9. Take adequate water, food, fuel, basic spares and a first aid kit on trips. In remote areas travel with another vehicle and have Royal Flying Doctor Service, or equivalent emergency contact by radio or satellite.
10. Plan ahead and lodge trip details with a responsible person.
11. Enjoy your recreation and respect the rights of others.
12. Support four-wheel drive touring as a legitimate family activity.
13. Consider joining an affiliated four-wheel drive club.

This campaign was delivered through a mixture of radio and TV commercials and leaflet distribution, especially to garages selling and servicing 4x4 vehicles. It was also connected to the various National Parks, highlighting the areas that drivers could legally use and areas that were supposed to be left untouched.

In the UAE it is good to start a campaign demonstrating the importance of taking your own rubbish out of an area, but actually getting everyone to do this is much harder. A simpler step could be to designate certain locations as start and finish points for trails or "Dune Bashing" areas, and provide proper garbage skips which are regularly emptied. In a similar way to the track at Al Qudra in Dubai, toilets, showers, a café, a 4X4 shop, car park etc could also be set up and these can include a first aid post with a tourist information section to educate people on how to go off-road safely.

Trails will need to be marked, especially if they also cover areas that need to be protected. The old Mtnlandcruiser trails from before the 1971 Union will need

government warning signs, way mark points and signs for drivers to follow. This in turn needs an organisation to run it, and like in the Rubicon Trails case, an action group of volunteers made up of drivers and enthusiasts is the best way to not only run this but also police it for everyone's enjoyment.

The main problem with getting these ideas into action is that there is a general feeling between both locals and expats that they have the right to "go anywhere" and "do anything" (unless it is obviously owned by someone and fenced). This has given rise to a culture of camping anywhere you can get to and with the issue of rubbish being left everywhere it has meant that the UAE has now got a massive amount of rubbish and waste in all areas of natural beauty. This practice needs to be stopped for the sake of future generations' enjoyment of this beautiful country, and the damage already done needs to be addressed and mitigated. Cleanup volunteer teams can be deployed into the desert, to try to bring out as much rubbish as possible. Although this process will take time it is feasible that in less than a decade the joint measures of **Education**, **Defined Off Road Trails** and **Cleanup** can once more return the desert and mountains to almost pristine condition and protect them for their Natural History and for the off-road enjoyment of future generations.

(Check out more about the Rubicon Trail Foundation on their FB page: www.facebook.com/RubiconTrailFoundation/?fref=ts)



Desert glamping can create a lot of garbage

Dan Wright is a Wilderness Expedition Guide and a Fellow of the Royal Geographical Society (FRGS). He has a degree in Environmental Science and works as the Project Manager of the ADAPT Adventure & Field Studies Center, based in RAK. Dan writes for a range of publications in Arabia and Asia on Environmental Issues and Personal Development. His wife Nirjala is the former Nepal National Mountain Bike Champion and their son Percy is an adventurer in the making! They spend all their spare time exploring the UAE.

OUR EXPERTS

SUMMER DESERT DRIVING IN THE UAE

Words by: Marina Bruce

Photos by: Marina Bruce, Manhar Dalal and Donald Matheson

Many moons ago, when we first started driving off-road in the UAE, many people told us that Liwa is a no-no for off-roaders during the summer. They said that the extreme heat of 50C+ coupled with soft sand made the area too dangerous for anything other than winter trips. "Don't do it, you'll die," some said before we embarked on our Ramadan trip back in August 2012. But we didn't - and we have driven in Liwa EVERY summer since.

Having said that, we do not approach these trips lightly; desert driving is potentially dangerous at any time of year, but particularly so in the hottest months of the summer. If you are heading into remote desert in July or August, here are some steps I recommend taking to ensure your safe return.

Prepare your cars and off-road equipment - they should be in tip-top condition:

- Make sure your tyres are in good condition, including the spare
- Top your radiator up – the cooling system could be tested to the max
- Ensure your recovery points, both front and rear, are firmly attached
- Check your recovery equipment is complete; it is very easy to lose a shovel and not notice until you need it again
- Take at least two compressors per convoy as you may well need one and even the most expensive ones can fail without warning

Pack your cars carefully. If we are going out for 6 hours we take enough water and food for at least 12 hours, just in case:

- Take at least one box (24 x 0.5 litre) of water per person

- It is good to have some rehydration sachets with you and packs of salty/sugary snacks are good to take too
- You might even consider taking a small stove and the means to cook pasta, just in case you are stuck overnight
- A small backpack can be useful if you have to climb to the top of a dune to get a mobile phone signal. Take a couple of bottles of water with you even if you are only going 500 metres from the car

Communications matter:

- Charge your mobile phone before you go and if it is pay as you go, ensure you have adequate – I suggest at least 50 AED - credit on it
- Check and double check that you have the numbers of your potential rescue team saved on both your sim and your phone.
- Use an Etisalat sim card if you are in Liwa – Du coverage is patchy there
- Take a sat phone if you have one

In the event of a breakdown or getting impossibly stuck, then always stay with your car until help arrives:

- Your car will provide some shade for you - if you take a small tarpaulin you can create even more
- If you need to be rescued by the UAE Authorities (more about that later) then a car is so much easier to spot from the air than one or two people walking
- You can draw from your water and food store to keep you hydrated throughout the day
- If your car is not running – i.e. no a/c – use your shovel to burrow under your car and move the hottest layer of sand away thus creating a slightly cooler shaded area – check for beasts before you crawl in though!

Make sure everyone in the convoy is in good health - we would never undertake a summer off-road trip if we, or any of our passengers, were ill:

- The summer heat of the desert puts



OASIS off-road August 14



You can have the desert all to yourselves in summer



Liwa crescent in August



The desert looks good all year round

immense strain on a healthy body, so only go out if you are in good health, and keep hydrated

- We try to avoid taking people suffering from chronic illnesses on our summer trips
- We also avoid taking rookies – drivers or passengers – out with us on Liwa summer trips, as if things go wrong we will need to work as a team to get out. Experience counts at these times!

Advance planning is key; I rarely go out on the sand without a rough plan regardless of the time of year, but especially in summer. An hour or two's research could mean the difference between life and death. We never just take off into the desert over unknown territory, but instead prefer to use a known route:

- Use an existing route – one either you or your friends has done in the last 6 months – so that you know the journey is possible and there are no fences or other obstacles to spoil your trip or cause long delays
- Spend a few hours at your computer

pre-trip searching for exit routes on google earth and plot these

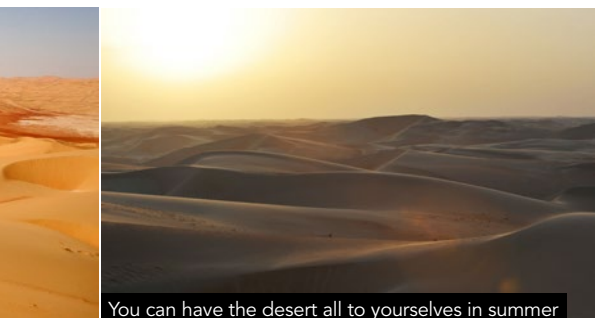
- We always download birds eye imagery for our Garmin Montana, although these days, google maps/earth will suffice in places you receive a phone signal
- Work out a trip plan and have some friends on standby to mount a rescue mission or alert authorities, just in case
- Consider your convoy size carefully. We often drive with just two cars but appreciate that this carries a risk. We recommend a minimum of three cars with a maximum of five – the more cars you have the more people will get stuck, and you will spend more time out of your car in the searing heat.

Consider your trip timing:

- The hottest time of the day is always between noon and 3 pm, so I would recommend starting early and aim to be back to the pool by 11 am. When we off-road in July or August, you will always find us at the deflation point, half an hour before sunrise, eating our breakfast and waiting for the sun to appear above the horizon

- Another option is to hit the sand late in the afternoon, around 3 hours before sunset, although if you are delayed you could end up driving off the desert in the dark.
- Do not underestimate the importance of shadows; it is very hard to navigate on light coloured sand when the sun is overhead and this is another reason to plan being by the pool at the height of the day
- The desert, Liwa in particular, is wonderful in the summer. So few people are there that you will often see more wildlife than in the winter; but I would never suggest a long 6-8 hour trip when the temps are 40-55C. The long overlands, I believe, are best kept for the winter, with summer trips lasting 3-5 hours at the most.

Having been brought up in the highlands of Scotland, I was well used to hearing reports of mountaineering tragedies in the news on winter Sundays. Despite the almost polar opposites of the weather conditions, the message for hillwalkers and climbers there is much the same as for summer off-roaders in the Emirates.



You can have the desert all to yourselves in summer



Fringe toed lizard

PREPARE

- Be properly equipped
- Make sure someone knows where you are going and when you are due back
- We try to minimise any chance of requiring rescue by the UAE Police, as we feel that every such rescue could be another step nearer to legislation restricting off-roading in the Emirates. That being said, if you are in a life threatening situation, they are the ones to call!

OUR EXPERTS

MID SUMMER PROJECT: GREENLAND PADDLE FOR THE NEW KAYAK

Words + Photos by: Kit Belen

This year, I want to get back on the kayak after almost a couple of years of shore fishing and exploring. As I've previously stated, I will be paddling instead of pedaling on the new kayak. There is really nothing wrong with pedal kayaks, it's just that I like the simplistic approach of paddling more than pedaling.

One of the biggest discoveries for me was the fact that with paddle kayaks, you need to choose one that suits your frame more than anything else. This means that although you might want a big, stable kayak as your fishing platform, it might not be the right fit for you.

I am not by any means an expert in Kayak design or kayaking in general, but after a few years and a lot of reading, you learn a few things. Originally, a kayak was built for one single user. This means that you cannot really use another person's boat and expect it to perform the way you want it to; the boat will do exactly what it wants – because it was made with the requirements of only one person in mind.

In the age of the plastic navy, you cannot expect a company to create a kayak specifically suited for you. They have standardised things to make mass production a reality.



After the planing I needed to cut the shape out with a jigsaw

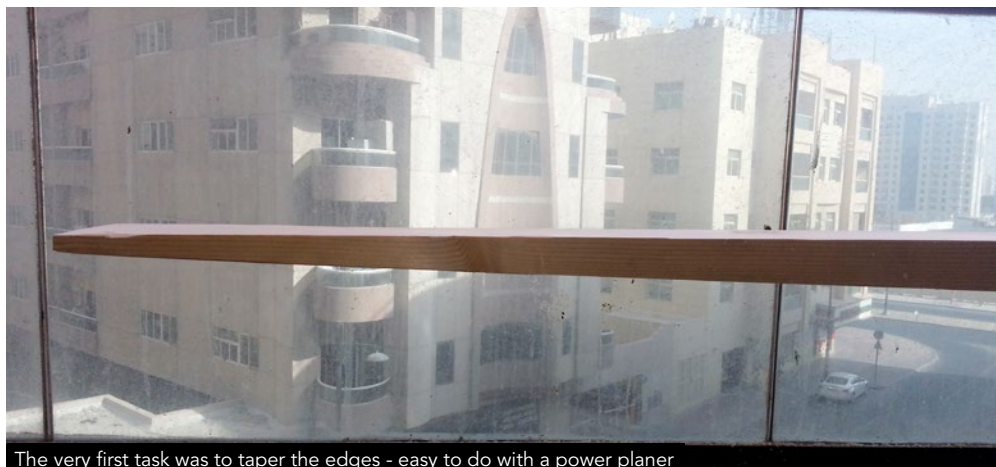


It was not easy even with the jigsaw, but with some patience, I got the job done

So you can have a standardised kayak that you can modify to give you the comforts and functionalities you want, but it doesn't

really mean that it's the right one for you. The sad thing is, unless you have the pocket and the patience to test out different kayaks, you wouldn't know the difference! Not a single seller here would be able to answer your question of which one is right for you because most of them don't really know that kayaks were made that way – all they know is that they need to sell their products – so, if you go to a manufacturer and point to a 3 meter kayak that is about a meter wide, and ask him if this kayak will be perfect for you and your fishing, the likelihood of them answering "yes" will be quite high. Or they may try to sell you something else. In reality, there are less than 10 kayak models that would fit the fishing category. None of them are wider than 74cm.

I almost died in my first kayak here in Dubai – on my first trip in it! It was too big for me, yet not a single soul told me that it



The very first task was to taper the edges - easy to do with a power planer

was not right for me. My second one was pretty good and this was only because I took it upon myself to see which one was ideal for me. Another consideration is of course the cost; a lot of people think that the cheapest one they can get is the most practical. You can't argue with that, but if I cannot afford a brand new boat that is closest to my ideals, I would rather look for a pre-owned kayak...or look for a manufacturer that has better rates.

The only thing that you would be able to dictate is your paddle; this is the reason why there are quite a few lengths available, but even the ready made ones are not a guarantee that you will get what is exactly right for you.

This brings us to what I set about doing before I even received the kayak I ordered last month. Since I was going to be traveling long distances, I wanted a paddle that would fit me perfectly and one that would slow the rate at which I fatigued. This search led me to the Greenland paddle; this is the paddle of choice for the people that invented the kayaks, with over a few thousand years behind them – it is virtually a no brainer.

A quick trip to Ace Hardware and about an hour of choosing a usable plank of wood later, I was on my way home with the straightest plank I could find and a few hand tools I didn't already have. Mind you, I am not looking for perfection on this first build; this is a test to see if I can build one, or if I

should import one from one of the expert makers in Europe or America.

After a few hours of carving out the shape, I took a break and bought two cheap power tools: a planer and a sander. This made the work faster and I was able to finish the paddle in two afternoons. After this experience, I think I will look for better wood and make some improvements.

The paddle length is measured for my height, and the loom (the part where you hold the paddle) was measured according to the distance of my arms at rest. It honestly feels good in my hands.

I did this project with very few tools and I could have made it with hand tools if I had the time and patience. As you can see in the images, I made this on my balcony, and if you have a better place to do it, you will do a better job than I did for sure. If you want to make your own, email me at thefishing-kit@gmail.com and I can share the resources I used for this build.

Till the next tide change,

Kit

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

 **the fishing kit**



After cutting one side, I had to do the same with the other side, at this point, I was wishing I had a better work table

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OUR EXPERTS

WOMEN ON WHEELS

Take your cycling indoors this summer!

Words + Photos by: Helle Bachofen von Echt

Indoor cycling is not just for cyclists, explains our expert and flywheel instructor, Helle Bachofen von Echt.

A dark room full of sweaty, panting, groaning people pedalling like crazy to a heavy beat blasting from the speakers with an instructor shouting orders from the stage. Sounds mad, right? Well it is, in the most awesome way.

Indoor cycling has been the most consistent part of my personal regular exercise routine for the past 18 years. I have never stopped riding indoors and, despite being a competitive road cyclist and training at least four days per week outdoors on my road bike, I still ride indoor cycling classes several times a week. Eight years ago I made the transition from participant to instructor, and of all the various jobs I do and have done within the fitness, health and sports industry, I can reveal that indoor cycling has always been my favourite.

Indoor cycling in a nutshell

Indoor cycling is an organised activity within a group fitness format. Classes focus on endurance, strength, intervals, and high intensity training using a special stationary exercise bicycle with a weighted flywheel, all in a classroom setting.

A typical class runs from 45 minutes to an hour, with a single instructor in front of the class who leads the participants through a carefully designed riding programme simulating a ride through undulating terrain. This will include hill climbs, sprints, intervals and periods of recovery. A good instructor will carefully plan a program with a variety of music and use visualisation, enthusiasm and personal experience to motivate, encourage and guide participants through a structured session whilst allowing every individual to ride at his or her own suitable level.

Every participant is in full control of their own levels of resistance on the bike's flywheel, and therefore is in charge of their own physical and cardiovascular output.

10 reasons why you'll love indoor cycling...

There are so many benefits that I hardly know where to start. I may be biased as I am an indoor cycling instructor, but indoor cycling has proved to me to be the number one most efficient, effective, euphoric and safe cardiovascular exercise session completed within 45 minutes. These are just some of the benefits of indoor cycling:

1. Escape the Summer heat

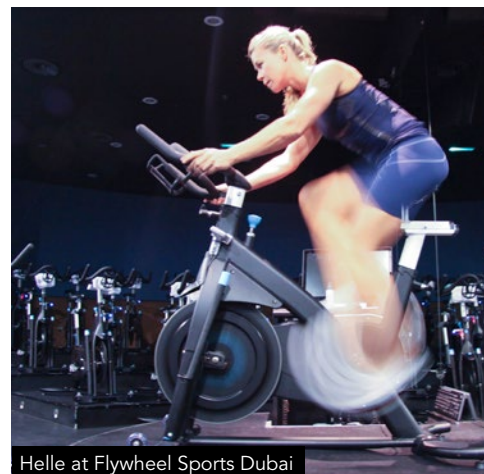
From personal experience, it's very simple: outdoor sessions during the hot summer months in the UAE are draining. In comparison, the indoor sessions are refreshing and energising, as they are usually performed in an air conditioned studio. If you are looking for a good quality training session and you want to feel great after too, indoor sessions are perfect.

2. It's YOU time

For 45 minutes, you will forget all about the real world. The focus is on YOU. This is your time and your opportunity to make yourself feel amazing. Nothing else matters.

3. Building mental strength

When the muscles are burning, the stomach is turning and you feel your heart in your throat - and there are still another 30 seconds left (just 30 seconds) of your interval, you have two options: you can quit early or you can push through the discomfort. It's all about mental strength. You build it inside the studio, but you can then put it into practice when faced with real life obstacles.



Helle at Flywheel Sports Dubai

4. Calorie burning

As an instructor, I get asked the "how many calories will I burn" question frequently. There is no specific answer. It is completely individual. Amongst other things, your calorie burn will depend on your current fitness level, your ability to push towards your maximum, your basic metabolic rate and your weight. However, indoor cycling sessions are in general built around 'high intensity interval training' and you get out what you put in. My best advice is to forget about the calorie burn and avoid counting numbers. You have 45 minutes to give your best; to build yourself stronger mentally and physically. As you continue to push limits and increase muscular and cardiovascular capability, you will grow into a high calorie burning machine.

5. Community feel

You will make new friends; with fellow riders, instructors and staff. Friends with the same desire and mindset as you. And if you are not quite there yet, you will get immensely inspired by the people around you in the room. Should you become hooked, your cycling studio will become your second home. An indoor cycling studio is buzzing and the energy in the room is created by all the people around you. You are all in it together.

6. Motivation / Energy / Guidance

Indoor cycling classes couldn't possibly be any more convenient. You just have to turn up on time, follow the instructor's guidance and give it your best. Everything else is



provided for you; the bike, the music, the carefully structured training program, the encouragement and motivation, the expertise - and some cycling studios also provide clip-in cycling shoes, drinking water, showers, towels and a comfortable lounge area to relax in before or after all the hard work is done.

7. Release of endorphins

That feeling when you walk out the door after completing 45 minutes of intense interval training is the number one reason why I have continued to take part in indoor cycling for 18 years. The buzz, the sweat, the happiness, the satisfaction, the energy, and the way you feel about yourself. You are high on euphoria and ready to take on the world, and that's exactly why you will come back for more.

8. Time efficient

It is a fact that outdoor cycling is a time consuming sport here in Dubai. It involves driving out to a dedicated cycle track, a few hours of riding and then a drive back home. If you are pressured for time and have other responsibilities in life to attend to, then indoor cycling is one of the most effective and time efficient cardio workouts you can get.

9. Risk free / Low impact on joints and ligaments

One of the huge benefits of cycling is the low impact on joints and ligaments. Many physiotherapists will refer clients to cycling as their first form of exercise after injuries and treatments. We also see many previous runners transitioning to cycling after experiencing problems from the high impact on their joints.

10. Suitable for any age group and ability

From a complete beginner to a top athlete, you will experience a range of benefits. Whether you are younger or older, age has no limit when it comes to exercising in a safe environment, releasing endorphins and feeling good about yourself.

Other benefits include a lowering of stress levels and improvement in sleep, as well as cardiovascular health and muscular endurance.

Can you substitute your outdoor cycling training with indoor cycling classes?

It depends on your goal. If your goal



Whilst indoor cycling is not the same as riding outdoors, it is a great way to build and maintain cardiovascular strength over the summer months. (Photo by: Annette McCusker)

is to build basic cardiovascular fitness, or maintain current fitness, feel good, do an effective cardio session in a short period of time, or you are looking for a change, a guaranteed motivational environment, an instant boost, or you simply want to escape the heat, then YES, you can substitute your outdoor session in an indoor environment. Indoor cycling is basically 'fitness on a bike'.

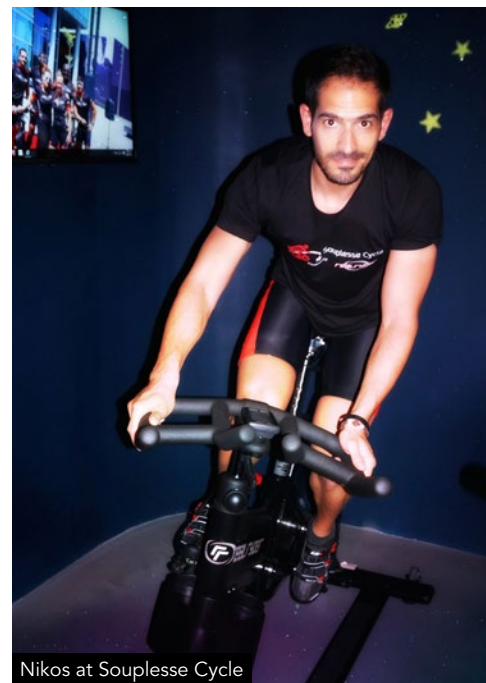
It is unlikely, however, that you'll become an Ironman or win your next cycle race from doing only indoor cycling classes. All outdoor cycling disciplines require a certain level of skill such as bike control, being visually aware, avoiding obstacles, use of core control, being confident riding close to other riders and adapting to different weather and terrain. Mountain biking for instance requires incredible skills and technique on rough and technical surfaces. Individual time trialling (the bike discipline of a triathlon), requires perfect positioning, core strength and exceptional endurance. Climbing a mountain on a road bike requires long and consistent heavy pedal power on a low cadence and a big dose of mental strength. Manoeuvring around a road cycling peloton requires some guts, extensive bike handling skills and an ability to read the environment for optimal positioning in the field as well as anticipating the moves of other riders.

Indoor cycling is fantastic for building your cycling base, your confidence, basic fitness, mental strength, as well as allowing you to become comfortable with pushing out of your comfort zone and learning about effort versus recovery. However, in order to master a cycling discipline well or become a competitive athlete, specific skills and training

programmes in the real authentic environment is necessary.

Where can you find indoor cycling classes?

Most mainstream and stand-alone fitness facilities offering group exercise classes will also offer 'indoor cycling'; check out your local gym. Group classes are usually included in the gym membership. Dubai also hosts a few cycling specific studios with a more comprehensive timetable, a consistent concept and specifically trained instructors. These studios include Flywheel Sports, Souplesse Cycle and Bespoke Ride, who all offer both pay-per-class and membership options.



Nikos at Souplesse Cycle



Helle Bachofen von Echt is a Dubai based amateur road cyclist competing in both local and International events. She is team leader of a UAE based female amateur cycling team and she is also an Indoor Cycling Instructor at Flywheel Sports Dubai. Helle loves travelling with her bike and you can follow her adventures and racing in pictures on instagram [@thegirlwhocyclesinthedesert](#) and her blog page [www.hellebve.com](#)

OUR EXPERTS

SHARKS of the Middle East

Words + Photos by: Jake Lyle

For 400million years, sharks have called this planet their home. Throughout this time they've scoured the oceans and maintained their position of power as the top predators of the seas. With over 440 different species of sharks, they vary in shape, size, behaviour and location; and with their vast spread over multiple different habitats, some of them have landed here, in the UAE.

It's no surprise that many different types of sharks call the UAE home, at least for a few months of the year, as the UAE and its neighbouring countries are blessed with a rich and vibrant level of biodiversity. And as with any healthy ecosystem, sharks are there to maintain it. Although the UAE and Dubai in particular wouldn't be considered a hospitable place for sharks, in reality, it's quite the contrary. Though the vast majority of sharks inhabit either offshore or deep water, there are also species that occasionally venture in a little closer to shore. This was evidenced through the spotting of a large whale shark that had wandered into the Marina earlier this year (which residents claim is almost an annual occurrence), or the two hammerheads spotted off JBR, close to the Palm, back in 2011. It's certainly clear that sharks are living among us here in Dubai and in the UAE, but exactly which species of sharks are the most common?

Common species in the UAE

One of the most common species of sharks that lives in the Gulf is the White Tip Reef Shark. The White Tips are generally small, growing only to a maximum of 2.5 meters with a slim and streamlined body shape. These smaller variations of sharks frequent the Indo-Pacific area, putting them right in the trajectory of the UAE. The waters in the gulf are perfect for these small sharks, as they prefer warm and shallow seas – typically between 8 and 40 meters deep. Like many species, the White Tips are a social species so they'll often be seen in groups, lying on the sandy bottom, or under crevices and in caves. I have encountered these sharks on a number of different occasions, and most of the time they're laying on the ground under a small cave refusing to come out, making taking their picture a very difficult task! With their calm and docile nature, these sharks pose very little threat to

people and are certainly not something to be feared.

Black Tip Reef Sharks are very similar to White Tips, both in their size and their behaviour. Black tips can reach a length of 2.9 meters and interact well with people. Divers all over the world encounter these sharks often and have no problems swimming alongside them. They are however quite shy, and will avoid people if they can. Their habitats are very similar to White Tips, preferring both shallow and warm waters and mainly inhabiting coral reefs.

Another very common species is the Zebra Shark. The appearance of this shark is one of the most distinctive throughout the whole shark family tree. When they are young, they will have light-coloured stripes wrapped around their bodies all the way down to the tail, and then as they get older these stripes progress into spots, mimicking a leopard – and so with that, they're hard to miss. Similar to White Tips, the Zebra Shark frequents the Indo-Pacific area. Their size

however differs, as the Zebra Sharks can reach lengths up to 3.5 meters and generally have a much wider girth. Unlike White Tips, Zebra sharks are bottom feeders, also known as 'carpet-fish', and so most of their diet encompasses what lies on the seabed, including things like small fish and crabs. With those behaviours and dietary requirements, the Zebra Shark poses an even lesser threat to humans than White Tips. My first encounter with one of these was in Oman, where we found one laying still on the sand behind a rock wall. He was perfectly happy for a few of us divers to get quite close and take in his spectacular coat, as well as snap a few pictures of him. In fact, he remained so still that he only moved after my dive buddy proceeded to tickle his tail (I wouldn't advise touching a shark in any situation), after which point the shark decided he wanted to search for a more quiet place to sleep, and off he swam.

Progressing a little (or more aptly, a lot) in size, a list of sharks that inhabit the Gulf

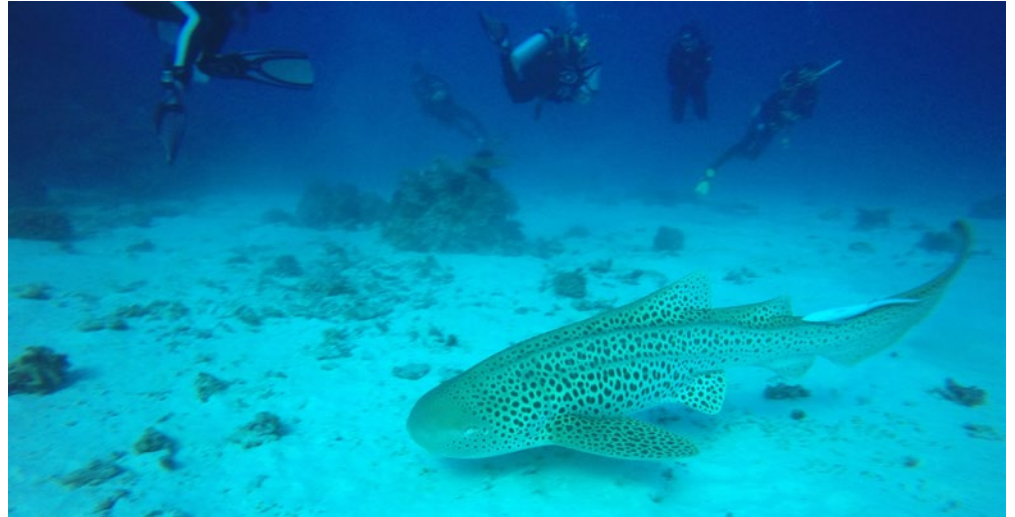


wouldn't be complete without mentioning the famous gentle giants: the Whale Sharks. These could possibly be one of the most frequently sighted sharks in the area (it makes it easier when they're so very large); with divers, swimmers and, strangely, pedestrians and residents in the Marina reporting sightings every year. The largest recorded Whale Shark reached an unprecedented length of 12 meters, which is roughly the same length as a London double-decker bus. Moreover, these goliaths can reach weights of 20 tonnes – which is almost the same as two double-decker buses! It's these dimensions that have earned this giant the title of 'the largest fish in the sea'. Despite their size however, they pose almost no threat to people, as they are filter feeders, and feed only on the very small invertebrates suspended in water, like plankton. My first experience with one of these creatures was in Oman, at the end of a dive, very close to the surface. The huge shark circled us and enjoyed the feeling of the bubbles we were expelling tickling his belly. As these sharks often do frequent the surface, they're easy to spot, so next time you're out on the water, keep your eyes open!

Something to fear?

There are many other species of sharks that live in the Gulf and possibly even in the waters surrounding the UAE. Over the years people have spotted species such as Tiger Sharks, Hammerheads and Mako Sharks. These species have been known to be more aggressive and therefore dangerous, but more often than not this is only a result of being provoked. Species like these frequent waters further offshore and much deeper, so encounters with people are rarer. Most of the aggressive interactions that take place between sharks and people here in the UAE occur only with fishermen who accidentally catch these sharks through by-catch. In fact, in 2014 the International Shark Attack File found that in the entire history of the UAE, there have been only 2 shark attacks. This, in comparison with Australia's number of 572, is a good record.

Fears about sharks are often misguided, as sharks are far less dangerous than movies like Steven Spielberg's 1975 classic 'Jaws' depict. A shark's instinct when discovering that humans are near is to turn the other



way – because more often than not, the average sized person will be much bigger in size than most sharks, and so they won't want to face off with anything bigger than them. Even the larger variations will do their best to avoid us because we simply aren't a part of their food chain. It may be a hard concept to grasp, but sharks really don't see us as an item on their menu, and so they present very little danger. This has been proven to me time and time again whilst swimming with them. I've had the opportunity to swim alongside some of the world's most 'dangerous' sharks, like Tiger Sharks and Hammerheads – and as I swim beside them, or as they swim above me, or around me, I seldom experience fear, as I don't feel like I'm in any danger. Instead I feel quite certain that these sharks aren't even interested in my presence at all. In a similar situation, whilst diving in the Maldives, me and three other divers had just descended quite deep, to roughly 35m, when suddenly a grey reef shark swam out from below us. Admittedly it was quite a shock, but then as we turned around it seemed the Grey Reef wasn't alone, but rather part of a cluster of about 30 different sharks made up of Grey Reefs, White Tips and Black Tips. Even as these sharks began to form a wide circle around us, I still did not feel threatened. It is through experiences like this that I have been made aware of the symbiotic relationship that is possible between sharks and humans. We have very little fear of them,

but it is them rather, who have much to fear of us.

Unfortunately, 100 million sharks are killed every year, either through bycatch, illegal fishing, or to harvest their fins and oils for shark fin soup. In comparison, sharks kill 12 people per year – which is almost always cases of mistaken identity when the shark has mistaken a person for its real prey, due to things like cloudy water or rough seas. So if the ratio is so heavily in our favour, who do we still carry such fears? The only sensible fear that we should experience is the fear that shark populations may decline to a rate that will cause irreversible damage to the ecosystem. The presence of sharks in an ecosystem indicate that that ecosystem is healthy; which shows the coral reefs surrounding the UAE and further spread out over the Gulf aren't doing too bad, as the shark populations are stable. Sharks play a crucial role in maintaining the health of a habitat by 'cleaning up' the reefs and preying on the sick and weak fish populations, keeping coral reefs free of disease and strengthening the gene pool of the rest of the populations. This keeps the fish healthy and strong, which in the long term will benefit us. As well, by regulating the fish populations through preying on them, sharks keep the food chain in place and prevent certain species growing out of proportion and causing damage to the environment themselves.

The integral role that these sharks play however is threatened, as are their populations. There are sadly many species of shark in different parts of the world that are currently vulnerable to extinction. Before the Gulf is overfished and the shark populations greatly threatened, our ecosystems and our neighbour's ecosystems can be spared. This requires the help of people like you: avoid buying any products with elements of shark in them, eat only the fish that have been dubbed as 'green' or sustainable to eat by organisations like the WWF, and spread awareness of the importance of sharks and the need for conservation. And if you feel as though you want to experience what it's like to swim alongside them, to understand the harmony in which we can both live, and to truly experience the absence of the fear that you thought you would feel – get out there, start diving, and keep your eyes peeled!



OUR EXPERTS

A DIFFERENT ENVIRONMENT. LEARNING OUTSIDE OF THE CLASSROOM



Words + Photos by: Haydon Kerr

Why is Outdoor Education of such great benefit to students? The discussion between some teachers, schools and parents often revolves around how much impact trips have on curriculum time during the academic year. This then begs the question of 'what exactly is education?'

In my opinion, there is so much inherent learning for students when they are exposed to new adventures and experiences outside of the regular classroom. A study conducted by the University of Exeter looked at whether school children's learning about their local environment would influence the way they treat it. They found that not only was this the case, but high quality, out-of-classroom learning also influenced how students behaved and the lifestyle choices they made. It shows the potential for Outdoor Education trips not just to change individual lives, but the lives of whole communities.

The same could be said for anywhere else in the world, including the UAE! School camps that expose students to some of the fragile marine and terrestrial ecosystems help

to foster a sense of wonderment as well as understanding of their environment. A kayaking trip around mangroves not only teaches a fun new physical skill but also about the interaction of species in these extremely productive ecosystems. A snorkeling group might not only get to swim with turtles, but also learn about the impact of plastic bags in the ocean and how they fatally get mistaken for food by the very turtles they enjoy swimming alongside. A visit to the desert dunes or one of the amazing wadi systems can be a great place to conduct a trek or spend the night in tents as a school group, but it also creates the perfect teaching opportunity to talk about the impact humans have with regards to litter or construction. The list could go on with the amount of learning that takes place when education is put into a context that students can observe, touch and interact with.

There are also some more subtle abilities that children develop when away with their class or year group. For example, there is probably only one time (if any) for some students during the academic year when they are away from their parents for more than just a night or two. Life skills are enhanced on a school camp or trip abroad such as how to manage a shared dormitory room with several others, understanding how to resolve issues when friendships are tested and forge new relationships with new potential friends.

When student groups are on a school trip to another country, there is another level of learning that takes place. Seeing the Egyptian Pyramids, the Mona Lisa or the Northern Lights for the first time would be an experience etched in anybody's memory. However, educational trips abroad can also impart the life skills of budgeting, with individuals having a finite amount of spending money to last

them while away. There are usually no parents around to top up the wallet once the Euros, Pounds, Rupees or Dollars etc. are spent on a round of ice-creams and an expensive must-have piece of handicraft from the night markets. Individual maturity and independence is developed when students are travelling to any destination, and upon return many parents make remarks at how impressed they are with their child's emotional growth.

Ask a student in decade's time to share a memory about the book they studied for a classroom test and about the school trip they took to Nepal for project work. I would imagine that more stories and details will come spilling out about how awesome it was to become part of a team helping to rebuild village communities following a disaster (such as an earthquake), about what it means to be a leader when encouraging others in the group while white water rafting or the simple skill of bargaining for that extra few Rupees off the cost of a singing bowl.

So, when a school camp or a trip abroad is questioned for its timing during the academic year, I would like to think that there is learning happening on many levels. I also believe it should not always be limited to teachers directing the learning when opportunities present themselves. With the summer holidays upon us, there will be many families travelling to all parts of the globe and there will be an infinite number of times mum or dad could talk about how every animal has its place in the environment or how important it is to keep our ecosystems healthy..... or even about how to manage the dirhams they might be lucky enough to spend each week.

Watch this space for more learning taking place in lots of exciting destinations with loads of outdoor adventures!.....



PEOPLE

ZEESHAN MIRZA

Age: 30

Nationality: Pakistani

Occupation: IT Manager

Interview by: Bandana Jain

Photos by: Juan Mayer

“Nothing brings me more joy than hurling down towards the earth at a speed of 250kph. When I finally land, I am more alive than any other moment and every jump gives me a special sense of accomplishment,” reckons Zeeshan Mirza. The avid skydiver and wingsuit flyer envisages taking it forward by introducing the sport in his home country, Pakistan. Below, we find out more about what drives Zeeshan, and the other activities that he enjoys when he's not surfing the skies.

Which adventure sports are you into?

I'm really passionate about motocross, snowboarding, mountaineering (I've climbed both Everest and Annapurna Base Camp and summited Kala Patthar and Gokyo Peak in Nepal). I am into wingsuit flying (USPA D license holder with 800 plus skydives).

Not many people know about wingsuit flying...Please tell us more about it.

A wingsuit is a special kind of jumpsuit whose design has been inspired by the squirrel. A wingsuit adds surface area to the body and hence allows significant increase in lift; meaning you get a lot more flying time (90 seconds or more) compared to a normal skydiving freefall, which is roughly just 50 seconds.

Amongst a wide range of adventure sports, what made you passionate about skydiving and wingsuit skydiving? For how long have you been doing these?

I did my first skydive in 2013, and since then have been actively involved in the sport. From the beginning, my goal was to become a wingsuit pilot. So I started skydiving only to get into wingsuit flying, which is a prerequisite. A few years back, when this sport was still evolving, I enjoyed watching videos of wingsuit pilots from around the world. That's what inspired me to try this out for myself. It was thrilling to watch world champions with sponsors like Red Bull doing amazing stunts

in the mountains and valleys of Europe and America.

What is the experience like?

People often relate skydiving with the 'thrill' and 'adrenaline rush' of jumping out of a perfectly good plane and then being able to fly in the sky. For me, skydiving is much more than any thrill or adrenaline rush. It is therapeutic, for this is the only moment when I am truly disconnected from everything else and just focused on the present. The whole experience is just so fulfilling, especially when it goes as planned.

How has skydiving and wingsuit diving helped you in life?

They have taught me to focus and believe in myself. I have learnt to keep pushing my limits and make the most out of every moment that life offers.

Any memorable moment related to skydiving that you would love to share?

My first wingsuit jump! It was like a dream come true. Finally I had taken the first step to accomplish my dream of BASE wingsuit flying.

Also, it goes without saying that I have many memorable moments of wingsuit jumps with world-class athletes at Skydive Dubai, which is my home drop zone. Their coaching and skills always leave me more passionate about achieving my goals as a wingsuit pilot. Indeed, Skydive Dubai is one of the top notch drop zones in the world, where utmost importance is given to safety and training standards.

Any advice for newcomers or for people contemplating these sports?

I would like my fellow skydivers who are new to this sport to know that their skills and comfort level will keep improving and obviously, the fear factor reduces with every subsequent skydive. So just hang in there during the initial few stages.

What's next?

Currently, we don't have the facility to practice skydiving in my home country, Pakistan. I am now highly motivated to introduce skydiving there. Hopefully, one day we will be able to skydive there and I would love to represent Pakistan at national and international level. I'd also love to give BASE jumping a try!

How would you like to play an active role in it?

It would be a matter of pride for me to be able to play facilitate the setup of skydiving facility in Pakistan. I have teamed up with a few Pakistani skydivers to create awareness and promote skydiving out there. As of now we are trying to promote the sport through social media and for this purpose, I have been involved in few projects, such as making skydives with our national flag.

Skydiving is obviously a dangerous sport. What are your thoughts on this?

We all indulge in everyday activities that could be as dangerous (if not more) than skydiving. For example, a lot of research has been done to compare the risks of skydiving versus driving a car. Statistics reveal that the fatality rate for skydiving is 0.006 per 1,000 jumps, according to the U.S. Parachute Association.

What's your motto in life?

Just believe in yourself and then watch how the 'impossible' transforms into 'possible'!



PEOPLE

Myrna Saliba

An inspiration to us all

Interview by: Rachael Bruford
Photos supplied by: Myrna Saliba

How many of us will admit to using age, gender or nationality as an excuse, or cite it as being a barrier impeding success? It's probably something a lot of us do, perhaps subconsciously, in the same way that we often find reasons why we didn't perform as well as we had planned, be it in everyday life or in sporting endeavors.

Myrna Saliba, a female Arab endurance athlete and triathlete in her 60s, is certainly not one of those people. Being a woman with so many accolades, we were keen to find out the 'secret' behind her success, despite all the perceived barriers that could have potentially held her back. The answer? There is no 'secret', but rather a love of outdoor sports that allow a special bond with family and friends, plus a hefty amount of dedication and self belief. Read on for one of the greatest doses of inspiration that you may possibly ever receive...

Have you always lived a healthy, outdoor lifestyle? If not, what led to this change? How has this developed throughout the years?

In my childhood I was a tomboy; always playing outdoors and riding my bike. But then I got married young, and with marriage came the responsibility of a house and raising children. In 2000, I was diagnosed with



At the finish line with the Bahraini flag

Osteoporosis and had to warm up with running before my weight lifting sessions. Running was quite new to me, but in no time, I became an avid marathoner against my doctor's advice (he thought I might break my frail bones due to the heavy impact). This only reinforced my resolve to run marathons, and so far I've completed over 20 marathons and a couple of ultras, let alone Ironman and double Ironman races. Thank God I haven't broken any bones due to running.

What motivated you to get involved with triathlons, and when/where was your first event?

What sparked my interest in triathlons was a documentary about Ironman Busselton in Western Australia (IMWA). I told my husband I wanted to do an Ironman. He too had never heard of the sport so I explained to him and he giggled saying, "but honey, you don't know how to swim!" I said I will learn, and I learned, just to do an Ironman. The only swimming stroke I have mastered up until this day is freestyle, because I am not a swimmer; I just need to swim to move on in the race. My first ever triathlon race was none other than that race; the IMWA in 2009.

I do not consider myself a fully-fledged triathlete. I am just an endurance athlete with a lot of guts, patience and determination, setting out to conquer her athletic goals.

What is it about endurance events that appeals to you?

Endurance events allow you to disconnect from mundane activities, to get in tune with yourself and to nurture your inner soul. You are closer to nature, and when those endorphins kick in, you are pumped up for hours to come. It is quite a refreshing and energetic feeling.

What do you consider to be your proudest achievement or moment?

Some of my proudest moments are in races I did not medal in, races where against all odds I finished a job no one believed I could do. Endurance races are long and unpredictable.



Fouad and Myrna on the podium in Quebec, celebrating coming 1st and 2nd in their respective age groups



At one with nature and disconnecting from everyday life



2km race at the 5K Endurance race in Montreal

able; you can be well trained physically but how you cope with what comes your way in a long race forges your proudest achievements. When you are at that start line, you have one goal and that is reaching the finish line. How you get to the finish line is between only you and your will to overcome obstacles, and that makes it so sweet, so personal and so special.

How does it feel to be so successful, particularly as a female and as an Arab? What do you hope your legacy is for future generations?

I would like to be remembered as a vivid example of the power of one's mind. I would like to be a role model of discipline, of courage, and of believing in one's self. I would like to tell every female out there in the GCC and the Arab world, and every Arab athlete of a certain age working hard towards their goals in sport to stay the course and to keep believing in themselves, even if no one believes in them. There are occasions when an older person's results are far better than a younger competitor, and that catches the media's attention and people applaud. We are grateful to be in the spotlight because we have a message to carry, but we don't want people to praise us, we want people, especially the younger generation, to learn from us and follow in our footsteps.

Our Grandchildren are so excited to do what we do. It is really such a joy for us to be mentors and role models for these kids and to be able to share some precious sporty family moments with them. I wish all parents and grandparents can do the same with their youngsters, it's a wonderful way of bonding and growing closer as a family.

What you do with your success, how you use it to give back to the sport community and how you help others reinforce their trust in their own capabilities is what matters most to me.

Mental strength can be equally as important as physical strength in endurance events. How do you cope when things get tough?

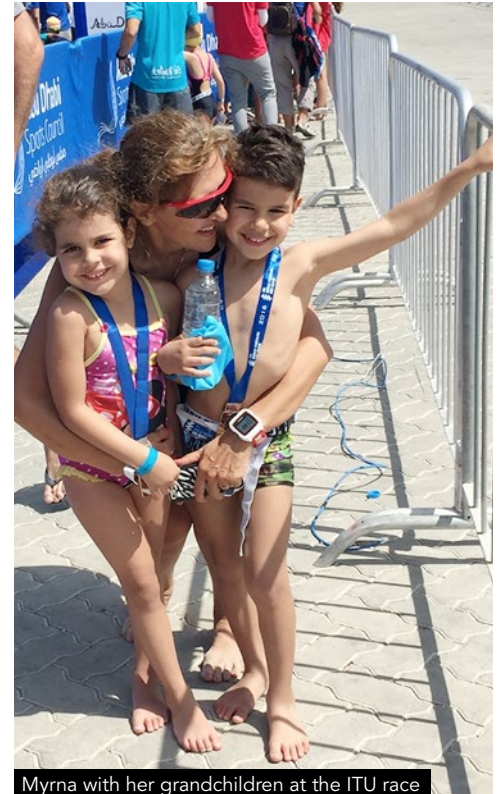
Mental strength is more important than physical strength; endurance sport is more about what's between the ears than about what's in the tank and how well you are physically prepared. When it gets tough, it becomes a mind game. Everyone has their own ways to handle such times. This cannot be taught; this is instinctive and based on who you are. One of the tricks I use to help myself keep moving forward is visualising the finish line. I lock that vision in my mind and I recall it in tough times. The finish line is where the journey ends, this is the only place where I am allowed to stop and call it a day. This is my way to pay respect for my hard work and my commitment to doing this sport!

What are your biggest challenges when training, and what do you find the most difficult discipline of a triathlon?

The most challenging for me is training on my own. I coach myself and I train 90% of the time alone, and that can be daunting. All disciplines are difficult when you are not particularly good at any one of them. I turned athlete by coincidence in 2000, but I try to see the positive aspect of things when I am racing and I tell myself that although I don't have the experience and the exposure of those who started earlier in life, my body is less beaten up than theirs and that's somehow an advantage.

How does nutrition play a role in your training and performance in competitions?

It plays a huge role. How many athletes including defending champions bonked because of nutrition issues while racing? They say the sport of triathlon is three disciplines; it is in fact five because if you don't master the art of transition and rehearse your nutrition before, during and after a race, you will face serious issues which could damage your training and your race performance. How to achieve an ideal nutrition is a long discussion. There are different schools of thought, but the general consensus is that you cannot survive without carbohydrates in endurance sports. You need to try out in practice and weeks before race day. It is a bit of a tedious trial and error process since our bodies process food differently and what works for one may not work for another.



Myrna with her grandchildren at the ITU race

Many people feel that they simply aren't capable of achieving even half of what you've achieved. What would be your advice to them?

Anyone, young and old, can achieve what I achieved and probably more. I am not a superhero, I am simply someone with unsurpassable commitment to their dreams. I work hard to make them reality, and I know if anyone, especially the younger generation, can seriously and smartly commit to their goals, they will be as successful as I have been. I never give up on my dreams in spite of changing life circumstances and years passing by.

It may seem difficult in the beginning, but like anything else in life there is an adjustment to be made. The key is to be conservative and logical in your approach. You cannot ask your body to run for one hour if you have never ran before. My advice to any beginner is to learn the proper technique for any sport they do, and to work diligently even if it's only for half an hour a day; it is far better than three hours a day and then skipping a couple of days. In my motivational speeches, I tell people this: "Believe in the power of your mind, know your inner self and discover your physical potential. Then...with a little bit of passion and a whole lot of determination, everything is within reach."

In South Africa





Arabs with Altitude: MAKING HISTORY ON THE SEVEN SUMMITS

Interview by: Rachael Bruford
Photos by: Supplied

When Sheikh Mohammed Bin Abdullah Al Thani, Raed Zidan, Masoud Mohammad Kalafchi and Suzanne Al Houby summited North America's Mount Denali on 3rd June, there was extra cause to celebrate. Not only did this mountain mark the quartet's successful completion of the Seven Summits (something which less than 350 people have ever achieved), it also represented something even more important.

Hailing from Qatar, Palestine and Iran, Mohammed, Raed and Masoud became the first people from their respective countries to successfully complete all seven summits. Suzanne became not only the first Palestinian woman, but also the first Arab woman ever to conquer the world's toughest mountains.



Mohammed and Masoud have been friends since childhood, both meeting Raed at a car rally in 2009. In 2010 the three men met Suzanne through climbing friends. Although Suzanne summited the first six peaks on separate occasions to Mohammed, Masoud and Raed, all four conquered the final summit together. In fact, Suzanne's

prior experience of climbing the world's tallest mountain was something that they learnt from, with Raed explaining, "Naturally, as a person who had already climbed Everest, we needed her advice."

It was a friendship that was to continue, and eventually see all four summiting Denali, their seventh summit, together. "I've always said it; our key to success has been the team. All being together is what makes the difference, and being such close friends with great synergy is just the extra mile. We look out for each other, and give each other support," Masoud explains. Suzanne agrees, saying, "I am so glad that my seventh and final summit was with them. The caring, support, memories, comfort, laughter and tears we shared make this my most memorable climb."

For Mohammed and Masoud, the goal





was to climb the seven summits from day one. Raed and Suzanne however, only began to consider the possibility once they had climbed their first two mountains. Facing challenges such as winds of over 140 km an hour, freezing cold weather, crevasses and knife-edges, the summit attempts were certainly not without an enormous risk. Below, we asked these four pioneers all about their incredible experiences on the summits, and how it feels to have made history.

What motivates you to achieve so highly?

Mohammed: Once I set a goal, that's it! I do everything I can to achieve it. It is just the way I am.

Masoud: The challenge to reach the summit alone is demanding. Challenging yourself, your body, your mind, your patience - it's very rewarding.

Raed: In our normal lives we are all successful business people who love to challenge ourselves, and we are all highly motivated. I think it's just part of my personality. I'm

always looking for that next challenge.

Suzanne: This is hard to define really. I am driven by pushing perceived limits. I am driven by the thrill of trying new things, by exploring, by venturing into unknowns... but most importantly, I am driven by my own dreams. I follow them!

Mental strength is a big component of such a challenge. How did you prepare yourselves emotionally, and how did you make it through the hard times and moments of doubt?

Mohammed: What is important is to find inner peace before you go. You have to be focused and avoid distractions at all costs.

Masoud: Mental strength is probably the biggest obstacle on a climb. I have been strong throughout all our trips but even I have been hit hard by doubt. There is nothing you can do to stop it, but thanks to Moe and Raed I was able to overcome those moments.

Raed: It's really another advantage of climbing with my best friends. When I have



THE CLIMBERS

SHEIKH MOHAMMED BIN ABDULLAH AL THANI (Qatar)

Age: 34

Favourite summit: Vinson Massif

Biggest challenge: Everest

What completing the seven summits means to you and your nation:

Setting a goal so high, that has only been achieved by around 350 people in the world, and working so hard to realise it.

RAED ZIDAN (Palestine)

Age: 44

Favourite summit: Everest

Biggest challenge:

Telling my family that I was going to climb yet another mountain; especially when we climbed Denali as they thought that after I climbed Everest I was done.

What completing the seven summits means to you and your nation:

I've never had self-doubt and believe that I can accomplish anything I put my mind to. Completing the seven summits reinforced that. My country joined the nations that have mountaineers who have completed the challenge, and I am proud to be the person who did it.

MASOUD MOHAMMAD KALAFCHI (Iran)

Age: 35

Favourite summit: Vinson Massif

Biggest challenge: Everest

What completing the seven summits means to you and your nation:

Memories to last a lifetime.

SUZANNE AL HOUBY (Palestine)

Favourite summit: Both standing tall and proud on the summit of Everest, and standing tall and proud on the summit of Denali after finishing my seven summits quest.

Biggest challenge: On the climbs there are lots of challenges. Actually there are only challenges! Altitude, cold, camping conditions, food etc. Everything becomes a challenge.

What completing the seven summits means to you and your nation:

Privileged and honoured. Proud and humbled.





doubts my friends are there pushing me and I do the same for them.

Suzanne: One has to really want it to endure the hardship... and this is what will help when there are moments of doubt. Mountains are not for everyone; the risks are high and the hardship is pretty intense. One has to be tough mentally and be able to always look fear in the eye and face it and challenge it.

How did you train for the seven summits, and where? The summits all vary in difficulty and the technical skills needed; how did you prepare for this?

Mohammed: Training was quite strenuous, especially for summits such as Aconcagua, Denali and Everest. I would train an average of three hours a day, seven days a week. My training was mostly at the Sharjah Golf & Shooting Club, Altitude Gym. There is an altitude chamber there, which helps a lot. I also used to swim and run on the track as well as train in the desert. I was taught some technical skills on the mountain during expeditions, and I then used them whenever they were needed on other mountains.

Masoud: Training and exercise have been a part of my daily routine since 2000. When a mountain comes into the picture, the intensity and exercises change about six months before the departure date. There's a lot more cardio and specific core training. On each mountain you gain a different set of skills and learn different techniques. All these techniques eventually come in handy

on mountains like Everest and Denali.

Raed: As we climbed mountains we gained more and more experience. Each mountain is different and requires certain technical skills, which you gain as you climb other mountains and from taking certain courses. Training for long hours six or seven days a week is always challenging physically, but it also requires lots of planning and sacrifice to allocate those hours. The climbs are demanding physically and mentally. Spending so much time climbing is really hard on your body, and in the last climb I lost almost 10 kg in 23 days. It's also hard mentally as you are at high altitude away from your family and loved ones and with no real connection to the world.

Suzanne: The majority of the training is in a gym environment, following a very strict and specific program depending on the nature of the climb. Training outdoors, as well as hiking, is something that helps tremendously; unfortunately this can be done only when the weather permits. We do get stronger with every mountain as well, and this drives us to work harder and endure the painful training.

How do you hope your achievements have inspired others?

Masoud: Our summits were a personal goal; a challenge to ourselves which we set and achieved. It just shows that if you want something you aren't going to get it by sitting around. You've already done 50 per cent of the work by wanting it, but to make sure you get it you have to do the other 50

per cent and work hard to reach to it. Some people don't even know what they want.

Mohammed: I hope it sends a message to others that no dream is too high, it just needs persistence, determination and a bit of stubbornness to make it come true.

Raed: My main hope is that I have inspired my kids, but people in general need to

THE SUMMITS

Mount Kilimanjaro (Africa)

5,895m above sea level

A non-technical climb, although the altitude can sometimes pose a problem
Summited on 25th February 2010

Mount Elbrus (Europe)

5,642m above sea level

In the Caucasus, on the border of Russia and Georgia. Involves climbing glaciers.
Summited on 28th August 2012

Mount Kosciuszko (Australia)

2,228m above sea level

Considered the lowest of the seven summits, and the easiest to climb
Summited on 11th October 2012

Vinson Massif (Antarctica)

4,897m above sea level

Just 1,200km from the South Pole
Summited on 25th December 2012

Mount Everest

8,848m above sea level

The most famous mountain in the world; and a challenging climb
Summited on 22nd May 2013

Mount Aconcagua (South America)

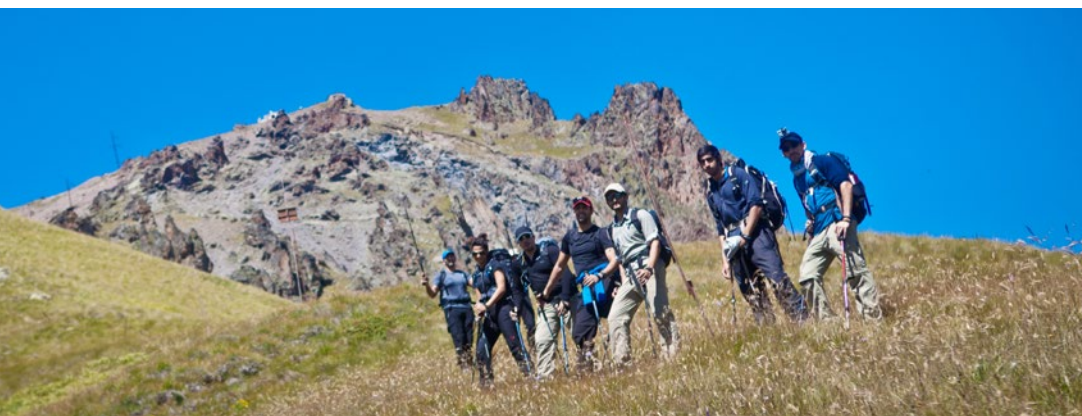
6,962m above sea level

In the Argentinian Andes, it is generally considered technically easy, although it can be extremely cold
Summited on 5th January 2015

Mount Denali (North America)

6,194m above sea level

A very technical climb. The high elevation and high latitude poses a high risk of altitude sickness
Summited on 3rd June 2016





understand that there is nothing you can't achieve as long as you work hard for it and prepare for it. Surrounding yourself with people that share the same dreams always helps.

Suzanne: I hope I've shown people to dream big. That nothing is impossible.

What does it mean to be the first person from your country to have accomplished such a challenge?

Suzanne: It's a privilege and an honour.

Masoud: I'm honoured to be the person to have raised the flag on every summit.

Mohammed: It's a great honour to be recognised to be a first.

Raed: It's really just another reminder of how hard it is and how proud we are to achieve our goals.

Suzanne, as a female, did you face any specific challenges during the entire process?

Of course. In some areas I simply had to stop thinking about gender. I would just think of it as a human need. On other occasions I had to think about gender, such as if I am carrying loads like everyone else – loads equally distributed – that meant that I am carrying 70 per cent of my body weight while a man would be carrying 30 per cent of his body weight! I had to develop a thick skin and not shy away from mentioning that proportion matter. I am 162cm tall and my stride is different from a 180cm man. To put it simply, I don't need to prove that in order for me to be a strong climber I have to have the same stride as a man!

So, what's next for our intrepid 'Arabs with



Altitude'? After all, how do you possibly follow on from such a ground breaking accomplishment? One thing's for sure; they're not going to stop now. For Suzanne, it's all about reflecting on her experience and "figuring out what else is calling me out there." Masoud isn't sure, "but something is

bound to come up soon, and I'm definitely not going to stop climbing." Mohammed has a new goal, and one that sounds like a fantastic reward for all his efforts: visiting the top seven beaches in the world. Whatever the future holds for these four incredible people, we're sure that Raed speaks for all of them when he assures us that it will be "fun, challenging and as life changing as the seven summits."

Raising awareness

For our climbers, simply making history was not enough. There were also charitable efforts associated with their already impressive achievements. For Mohammed and Masoud, it was about raising awareness for ROTA (Reach Out to Asia), a charity under Qatar Foundation of which Mohammed is an ambassador. Their mission is to provide education in areas around the world that are in need. Suzanne has climbed Kilimanjaro ten times; each time for a different cause. She says, "I am driven by causes that are close to my heart, and these are about children's wellbeing and underprivileged or victimised women." Raed used his climbs to draw attention to the plight of Palestine.



PEOPLE

SIMONE RUFFINI

Age: 26

Nationality: Italian

Occupation: Long distance swimmer

Interview by: Nico de Corato

Photos by: Nico de Corato and provided

Simone Ruffini is an Italian long-distance swimmer who specialises in the 5km event. Having had a place on the Italian national team since 2007, when he participated in the European Junior Swimming Championship in Milan, he went on to win bronze in the 3km team competition at the European Junior Championship the following year. In 2009 he was part of the team that represented Italy at the World Championships in Rome, coming ninth in the 5km.



On the podium - from the web

It was in 2010 that Simone began to build upon his achievements, winning the Italian Championships in both the pool and open water, and placing third and second in the 5km and the team 5km respectively at the European Swimming Championship in Budapest.

Highlights of 2011 included winning the gold medal in China at the Shenzhen Universiade 10km in a time that was over two minutes faster than the silver medalist. Four years later, the 2015 World Championships in Kazan saw Simone snatch victory once again, receiving the gold medal after swimming an amazing 25km in the open water competition.

Having now qualified for the 2016 Olympics, Simone recently paid a brief visit to the UAE in order to take part in the FINA/HOSA 10km Marathon Swim in Abu Dhabi. Fellow countryman, Nico de Corato, caught up with him for a brief chat.

city you are in. My trip to the United Arab Emirates was no different. It's such a shame, because this sport allows us to travel around the world, and it would be beautiful to meet different people and observe different lifestyles and religions. In the end, instead, you normally don't see anything but the pool or the water where you will race.

What would be your advice for those who are interested in long-distance swimming?

I would just advise to try it, even if it might be an intimidating sport in the beginning. Try it and enjoy the feeling of freedom that pools cannot give you; wouldn't you rather spend the racing weekend in the sea than in the pool?

Keep on swimming!



What pushes you to swim 5, 10, or even 25km?

I began long-distance swimming with my first trainer, Massimo Russo, as an attempt to swim longer than the 1500m. I soon moved on to racing in lakes and the open sea in addition to pool swimming.

Which race do you remember with the most satisfaction?

The 10km of Kazan that granted me the Olympic place. That competition represented a great achievement and allowed me to dream of Rio.

Have you been able to visit any of the United Arab Emirates in addition to the competition site?

Unfortunately, no. As is the case for any competition, everything happens so quickly as soon as you arrive: training, technical meetings, and commitments with various organisations. You don't have time to visit the



Fina Marathon Abu Dhabi 2016: selfie with Simone



THE OFF-ROADERS

CORNER



Steve's Land Rover LR4: A car fit for a prince

Name: Steve Baker

Nationality: British

Occupation: Technical

and Projects Manager at Reflections Technologies FZCO

Ride: 2012 Land Rover LR4 V8 SE in Baltic Blue

There's an interesting story behind Steve Baker's LR4, which has well and truly become a part of the family. Used as a daily driver and for a way to explore the terrain of the UAE, Steve's vehicle is the perfect accompaniment to life in the Emirates. Below, Steve tells us all about the history of the car, and the slight modifications he has made.



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

I bought the car at fourteen months old from a Saudi prince who had tired of it. I drove it for 18 months in Saudi Arabia before I relocated to Dubai. It would have cost too much to replace it here, and I loved and knew it intimately anyway, so I exported it from Saudi and imported it into UAE. I've not regretted that decision at all.

The car is my daily driver, and it has covered almost 170,000 to date, so it's just about 'run in'. It has reliably and dependably taken me, and the family, all across Arabia on numerous occasions in air cushioned comfort.

Could you tell us all about the modifications that were made, performance and cosmetic-wise?

The car is totally stock from a mechanical point of view, with the exception of 3-way adjustable suspension rods from Green Oval Experience in Australia. I've recently had a full suite of underbody protection plates fitted from the same company as well – front bash plate, transmission plate, air compressor plate and rock sliders.

Do you have something that you would consider to be a "special feature" of your car?

Land Rover's Terrain Response System. It makes off-roading almost embarrassingly easy. I have a good knowledge of off-roading techniques and hacks, which were learnt the hard way over the years, or at the hand of select mentors. This does come in handy such as when I am 'advised' to take my feet completely off the pedals when

descending a 1 in 2 gradient on a slippery surface! I know what the car is doing and why, but I still have to 'believe' that everything is under control, and that I can manually control the speed of descent using the cruise control adjusters.

What were your other options before you bought this car?

Well, I had an LR3 for 7 years before this car, so realistically there was no other option (unless money was no object).

How do you spend time with the car, and how often do you use it?

At weekends and during holidays, I love to hit the mountains, wadis and utility trails that litter Fujairah and Ras Al Khaimah. I'm not opposed to sand, but physics comes into play in a significant way with a vehicle nudging 3 tonnes, so dune bashing is out. It's a very rare day when I don't use the car at all. Commuting, shopping, exploring – it's my go to choice for them all!

Are you planning any modifications in the future?

I'd like a set of 18" rims for it, so that I can get some sidewall height and more suitable off-road rubber to play with. I currently have the 20" rims that the car came with, but that hasn't really stopped play; I just have to be constantly mindful of punctures - which is not a bad thing - and let the electronics compensate for the higher tyre pressures at times when my sidewalls should be showing chubby cheeks.

What 4x4 do you dream of owning?

For a pure off-roading vehicle, I'd love to have a Mercedes Unimog. For an overland expeditioning vehicle, it would have to be a Mercedes Zetros.

Expensive? Yes, but then I am dreaming...

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Recharge! Low intensity exercises for summer

Words by: Nicky Holland
Photos by: Jung Francisco

As the temperature outside starts to increase for summer here in the Middle East, many people use July to take holidays and recover. For this month's edition, we will look at how your body can recharge. Now, that doesn't mean that you can have the month off from exercise, no no no...but it does mean you can do a series of low intensity exercises that will still burn calories and help your fitness, without exerting too much energy.

If you like to train hard and give 100 percent all the time, it is important that you give your body enough recovery time. The muscles need time to grow so you can focus on other elements of your training such as balance, core strength, back strength and flexibility.



1) Single leg stork test

This exercise will work the proprioceptors in the ankle and the knee. Balancing on one leg is harder than it looks. First, start by standing on the ground, lifting one leg off and balancing on your standing leg. Once you can do this, the next stage is to close your eyes. Suddenly the exercise becomes more challenging as you rely on what you can feel, rather than what you can see. The progression from this is to go from a stable surface to an unstable surface. Using the BOSU, attempt the same exercise one leg at a time. Aim to complete 3 sets of 30 seconds on each leg.



2) Walking plank

Core strength can be improved in many ways. For the walking plank, start in the plank position on your elbows, with your back flat and knees off the floor. From here, push your hands from a bent to an extended position, one arm at a time, so that your chest moves up and away from the floor. Then lower your body, one arm at a time, back down. The key here is to not rock the hips and to brace the core so that the back remains straight throughout the movement. Aim to do 3 sets of 10 reps with a short rest in between.



3) Back extension leg lift

Imagine you are a mermaid and both of your legs are stuck together. Lie face down, and using your lower back muscles, try to lift both legs off the floor. You should feel this working your lower back along with your glutes. This is a great exercise for the postural chain and the back of the body. It's imperative that the movement is slow and controlled. Try to complete 3 sets of 10 reps.



4) Hamstring / Glute flexibility

At the end of a workout, many people forget to stretch. Stretching will help with muscle soreness, tightness and fatigue. From a seated position, with both legs out straight, bend one leg into the other thigh and ease down slowly to touch your toes. Hold this stretch for 20 seconds then change legs. The second stretch is a great one for the back of the leg and the gluteus maximus. Lying on your back, bend both legs. Cross one leg over the other and reach both hands behind the bent leg. Gently pull in towards your chest. You should feel a nice stretch on the back of the body. Hold for 20 seconds then change sides.

For all of the exercises above, think about the intensity. Try to keep the intensity low, which will keep your heart rate low. This will help your body recover from all the hard sessions you have put yourself through. Relax, recharge and enjoy the summer!



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Adventure HQ, Dubai Times Square Center, Sheikh Zayed Rd, Toll free: 800-ADVENTURE, www.adventurehq.ae
Al Yousuf Motors, Sheikh Zayed Road, Dubai, +971 43390621, www.aym.ae/yamaha
800 Sport, Al Quoz, Dubai, +971 43467751, www.800sport.ae
Flip Flop Arabia, +971 556881793, 501084010, www.flipflop-arabia.com
Global Climbing Trading LLC, Dubai Investment Park 1, Dubai, +971 48829361, www.globalclimbing.com
Highbury Trading FZE LLC, P.O. Box 16111, RAK Free Trade Zone Authority, Ras Al Khaima, +971 526799506, www.highburytrade.com
Jack Wolfskin, Al Wahda Mall, Abu Dhabi, +971 24437802
Ocean Sports FZE, +971 559352735, www.kitesurfsup.com
Picnic General Trading, near Sharaf DG Metro Station, Sheikh Zayed Road, Dubai, +971 43951113
Portable Shade UAE, Jebel Ali, Dubai, UAE, +971 508897125, www.portable-shade.net
Sport in Life Distribution, Nad Al Hammar Rd., Ras Al Khor, Dubai, UAE, +971 42896001 or 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 Equipment & Requisites Trading, P.O. Box 77282, AL Khawanij 1st, Dubai,

+971 554733110, www.asifa.ae
Black Horse LLC, Baniyas West, Near Empost Abu Dhabi, +971 25866205, www.blackhorseuae.com
Bonjour Equestrian Supplies, Nad Al Hammar Rd., Ras Al Kho, Dubai, UAE, +971 42896001, +971 42896002, info@bonjourequestrian.com, www.bonjourequestrian.com
Cavalos Equine Care and Supplies, 16th Street, Al Khaldiyyah, Abu Dhabi, +971 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 Sahra Desert Resort Equestrian Centre, Dubai, +971 44274055, equestrian.centre@alsahra.com
Desert Equestrian Club, Mirdif, Dubai, +971 503099770 or 501978888
Desert Palm Riding School, Near Al Awir Road (going to Hatta-Oman), Dubai, +971 43238010, www.dubaipoloclub.com
Dubai Polo Academy, Dubai, +971 508879847, www.dubaipoloacademy.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 Khawanej, Dubai, (Nouri) +971 555528182
Hoofbeatz, located just inside the Dubai Polo & Equestrian Club, Dubai, +971 569424551, www.hoofbeatz.com
Mushrif Equestrian and Polo Club, Mushrif Park, Al Khawanej Road, Dubai, +971 42571256, www.mushrifec.com
Rahal Ranch, Al Wathba Racing Area, Abu Dhabi, +971 565066741, www.rahalranch.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.masaooodmarine.com
Al Yousuf Motors, Sheikh Zayed Rd., Dubai, +971 43390621, www.aym.ae/yamaha
Japan Marine General Trading, Al Garhoud Road, Liberty Building, Dubai, +971 44426395, uday@japanmarine.jp, www.japanmarine.co
Liberty Kawasaki, Interchange 4, Sheikh Zayed Road, Dubai, Direct: +971 45019442, 45019412 or 43419341, www.libertykawasaki.com

Motocross & ATV's

Dealers

Al Badayer Rental (Rental), Dubai-Hatta Road, +971 68861161 or 507842020, www.albadayerrental.com
Al Shaali Moto, Ras Al Khor, +971 43200009, www.alshaalimoto.com



Al Yousuf Motors, Dubai, Sheikh Zayed Rd, +971 43390621, www.aym.ae/yamaha
Golden Desert Motorcycles, P.O. Box 47912, E-44 Hatta road, Al Badayer Madam, Sharjah, +971 529484616 or 505 033 800

Just Gas It, Hatta Rd., Al Aweer, Dubai, UAE, +971 559031664, www.JustGasIt.net
KTM, Dubai, Sheikh Zayed Road, exit 42, +971 43468999, www.ktm.com
Liberty Kawasaki, Interchange 4, Sheikh Zayed Road, Dubai, Direct: +971 45019442, 45019412 or 43419341, www.libertykawasaki.com

Motoventure, Hobbies Club, Al Awir, Hatta Road, Dubai, +971 555437392, www.motoventure.net
mxDubai, Al Ain Road Dubai, +971 55 2090832, www.mxdubai.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 26441478, www.polarisuae.com
Sebsports, Al Quoz Industrial Area 1 Dubai, +971 43393399, www.sebsports.com
Equipment

Sandstorm Motorcycles (Rental), Al Quoz, Dubai, +971 43395608,
Sebsports, Dubai, Al Quoz Industrial Area 3, +971 43393399, www.sebsports.com
2XWheeler, Motorcity Dubai, +971 44548388, www.2xwheeler.com

Motorcycling

Distributors and Dealers

Al Yousuf Motors, Sheikh Zayed Rd., Dubai, +971 43390621, www.aym.ae/yamaha
Ducati, Al Salam Street, Abu Dhabi, +971 24918593, www.ducati.ae
Duseja General Trading Co. LLC, Warehouse No: B3, Alquoz Ind Area #3, Umm Suqeim Road next to Max Garage Diagonally opposite Lulu Hypermarket Al Barsha, +971 43476712, www.dusejamoto.com
Harley-Davidson, Mussafah 4, Street 10, Abu Dhabi, +971 25540667, hd.aeh@harley-davidson.ae, www.harley-davidson-abu-dhabi.com
Liberty Kawasaki, Interchange 4, Sheikh Zayed Road, Dubai, Direct: +971 45019442, 45019412 or 43419341, www.libertykawasaki.com
Polaris UAE, Al Ghandi Complex, Nad al Hamar Road, Ras Al Khor, +971 42896100, www.polarisuae.com
Tristar Motorcycles, Al Awir Road, Nr Oman Transport, +971 43330659, www.tristaruae.com
Workshops and Services
Al Forsan International Sports Resort, Abu Dhabi, +971 25568555, www.alforsan.com
Dubai Autodrome, Dubai, +971 43678700, www.dubaiautodrome.com
Emirates Motorplex, Umm Al Quwain, +971 67681166
2xWheeler Adventures, Dubai, +971 44548388, www.alainraceway.com
Yas Marina Circuit, Abu Dhabi, 800 YAS (927) or +971 26599800, www.yasmarinacircuit.com

Off-Road

Dealers

Bling My Truck, +971 503634839 or 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 2858989, www.aaadubai.com
Icon Auto Garage, Dubai, +971 43382744, www.icon-auto.com
Mebar Auto, Al Quoz, Industrial Area 2, Dubai, UAE, +971 43469600, www.mebarauto.com
Off Road Zone, Dubai, Al Quoz, +971 43392449, www.offroad-zone.com
Saluki Motorsport, Dubai, +971 43476939, www.salukimotorsport.com
Equipment
Advanced Expedition Vehicles, Dubai & Abu Dhabi, +971 43307152, www.aev.ae
Al Yousuf Motors, Sheikh Zayed Road, Dubai, +971 43390621, www.aym.ae/yamaha



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 R.A.K - Tel: 07-2351592 | Fujairah - Tel: 09-2221188
www.aymotorsports.com

Bling My Truck, +971 503634839 or 505548255, www.blingmytruck.com
Heartland UAE, Al Mafraq Industrial, Abu Dhabi, +971 569796524 or 506472447, www.heartlanduae.com
Icon Auto Garage, Dubai, +971 43382744, www.icon-auto.com
Mebar Auto, Al Quoz, Industrial Area 2, Dubai, UAE, +971 4 3469600, www.mebarauto.com
Wild X Adventure Shop, Dubai-Hatta Road, Dubai, +971 48321050,
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.desertroadtours.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.abudhabitrifclub.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
Desert Road Runners, www.desertroadrunners.club

Stand up Paddling, Kite & Surfing, Wakeboarding

Equipment

Al Boom Marine, Abu Dhabi & Dubai, +971 42894858, www.alboommarine.com
Al Masood Marine, Sheikh Zayed Road, Dubai, +971 43468000, www.masaoomarine.com
Kitesurf Dubai, Kitesurf Beach, Umm Suqeim and Jumeirah 3 +971 504586190, www.kitesurfdubai.ae
Picnico, Al Fairdooni Building, Sheikh Zayed Road, Near Sharaf DG Metro Station and Mall of Emirates, +971 43951113
Surf Dubai, Umm Suqeim, Dubai, +971 505043020, www.surfingdubai.com
Surf Shop Arabia, Building 1, Al Manara Road (East), Interchange 3, Dubai, +971 564716180, www.surfshoparabia.com
Surf School Arabia, +971 556010997, www.surfschoolarabia.com
UAE Kite Surfing, +971 505626383, www.ad-kitesurfing.net
Distributors

Kitepeople Kite & Surf Store

International City, Dubai, +971 504559098, www.kitepeople.ae
Ocean Sports FZE, +971 559352735, www.kitesurfsup.com
Operators
Al Forsan International Sports Resort, Abu Dhabi, +971 25568555, www.alforsan.com
Dubai Kite Surf School, Umm Suqeim Beach, Dubai, +971 504965107, www.dubaikitesurfschool.com
Duco Maritime, Dubai, Ras Al Khaimah and Abu Dhabi, +971 508703427, www.ducomaritime.com
Dukite, Kitesurf Beach, Umm Suqeim, Dubai, +971 507586992, www.dukite.com
Kite Fly, Dubai, +971 502547440, www.kitesurf.ae
Kitepro Abu Dhabi, Yas Island and Al Dabbayyah, Abu Dhabi, +971 505441494, www.kitepro.ae
Nautica1992, Dubai, +971 504262415, www.nautica1992.ae
Shamal Kite Surfing, Umm Suqeim Dubai, +971 507689226, www.shamalkitesurfing.com
Sky & Sea Adventures, Dubai, Hilton, Jumeirah Beach Road, +971 43999005, www.watersportsdubai.com
Surf School UAE, Umm Suqeim Beach and Building 1, Al Manara Road (East), Interchange 3, Dubai, +971 43791998, www.surfschooluae.com
Watercooled, Jebel Ali Golf Resort and

Spa, Dubai, +971 48876771, www.watercooleddubai.com
Water Cooled, Watercooled Sports Services LLC, Hilton Beach Club, Abu Dhabi, +971 26395997, www.watercooleduae.com
Clubs
Abu Dhabi Stand Up Paddle, www.abudhabisup.com
UAE SUP and Surf Association, +971 26665588, www.ridersuae.com

Water Parks

Aquaventure Atlantis, Dubai, Palm Jumeirah, +971 44260000, www.atlantisthepalm.com
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, P.O. Box 51234, Sas Al Nakhl, Abu Dhabi, +971 28853555, www.adgolfclub.com
Al Tamimi Stables, Sharjah, +971 67431122 or 44370505, www.tamimistables.com
Blokart Sailing, Nad Al Sheba, Dubai, +971 556101841, www.blokartme.com
Children's City, Creek Park Gate No.1, Dubai, +971 43340808, www.childrencity.ae
Dolphin Bay Atlantis, Dubai, +971 44262000, www.atlantisthepalm.com
Dubai Dolphinarium Dubai, Creek Park Gate No. 1, +971 43369773, www.dubaidolphinarium.ae
iFly Dubai, Dubai, Mirdif City Centre, +971 42316292, www.iflyme.com
Saadiyat Beach Golf Club, Abu Dhabi, Saadiyat Island, +971 25578000, www.sbgolfclub.ae
Sharjah Golf and Shooting Club, Sharjah, +971 65487777, www.golfandshootingshj.com
SkiDubai, Dubai, Mall of the Emirates, +971 44094000, www.skidxb.com
Spacewalk Indoor Skydiving, Abu Dhabi, +971 26577601, adcountryclub.com/spacewalk/about-spacewalk/

Health, Safety & Training

Safety Lessons

Marine Concept Yacht Charter & Sea School, Rania Business Centre, Dubai, +971 559603030, www.marine-charter-concept.com
Sport and Health Centres
Bespoke Wellness, Dubai, +971 553724670, www.bespoke-wellness.com



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P.O. Box 126469, Office 508 The Fairmont
Dubai, Sheikh Zayed Road, Dubai,
+971 43116571 www.originalfitnessco.com

Orthosports Medical Centre, 5B Street,
Jumeira Beach road, Dubai, 800 ORTHO
(67846), www.orthosp.com

The Physio Center, Suite 405, Building 49,
Dubai Healthcare City, Dubai,
+971 44370570, www.physiocentre.ae

OMAN DIRECTORY

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Bike and Hike Oman, P.O. Box 833, Ruwi,
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www.bikeandhikeoman.com
Dolphin Qasab Tours, P.O. Box 123, P.C. 811,
Khasab City, Musandam, Oman,
+968 26730813, www.dolphinkhasabtours.com
Go Dive Oman, Marina Bander Al Rowdha
Dive Center, +968 9548 3813 or 98194444,
www.godiveoman.com
Khour Shem Tourism, Oman,
+968 91713449, www.khourshemtours.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,
http://omantrekkingguides.tumblr.com
Cruise Operators
Sheesa Beach, Dibba, Musandam,
+968 26836551, www.sheesabeach.com

Diving

Equipment
Al Marsa Musandam, PO Box 44, Dibba,
Sultanate of Oman, +968 26836550; UAE: +971
502124100, www.almarsamusandam.com

Al Sawadi Beach Resort, P.O. 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, P.O. Box 940, Muscat, Oman,
+968 97899094, www.euro-divers.com
Extra Divers Musandam, PO Box 498,
PC 811 Khasab, Musandam, Oman,
+968 99877957, www.musandam-diving.com
Global Scuba LLC, +968 24692346,
www.global-scuba.com
Khasab Musandam Travel & Tours,
P.O. Box 786, PC No. 811, Khasab,
Musandam, Sultanate of Oman,
+968 91713449, info@tourkhasab.com
Al Mouj Marina, Muscat, Oman,
+968 24534554, www.almoujmarina.com
Moon Light Dive Center, P.O. Box 65,
Madinat Qaboos, Muscat Oman,
+968 99317700, www.moonlightdive.com
Nomad Ocean Adventures,
+968 26836069, Dibba, Oman; Fujairah,
+971 508918207, www.discovernomad.com
Diving Centres
Euro-divers Marina Bandar Al Rowdha,
P.O. Box 940, Postal Code 100 Muscat,
Sultanate of Oman, +968 98194444,
www.euro-divers.com
Extra Divers Zigby Bay, Oman,
Musandam, +968 26735555,
www.extradivers.info
Moonlight Dive Center, Near Grand Hyatt

Muscat, Shati Al Qurum, Oman,
+968 99317700, www.moonlightdive.com
Oman Dive Center, Muscat, Oman,
+968 24284240, www.omandivecenter.com
Oman Dive Center Resort, P.O. Box 199,
Madinat Sultan Qaboos, Oman,
+968 24824240, www.omandivecenter.info
Omanta Scuba Diving Academy,
Al Kharija Street, Al Shati Area,
Muscat, Oman, +968 99777045,
www.omantascuba.com
Oxygen Diving and Adventures,
P.O. Box 1363 PC130 Alazaiba, Muscat,
Oman, +968 92537494 or 9723 2661,
www.o2diveoman.com
Scuba Oman, Oman, +968 99558488,
www.scubaoman.com
Seaoman, P.O. Box 2394, RUWI PC 112,
Oman, +968 24181400, www.seaoman.com

Stand Up Paddling, Kite & Surfing, Wakeboarding

Equipment, Operators
Kiteboarding Oman, Sawadi Beach,
P.O. 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,

P.O. Box 117, Postal Code 421,
Bediyah, Ghabbi, Oman,
+968 99310108, www.safaridesert.com

Caving

Muscat Diving & Adventure Centre,
Oman, +968 24543002,
www.holiday-in-oman.com
Oman World Tourism, Oman,
+968 24565288, www.omanworldtourism.com

Fishing & Kayaking

Equipment
Az'Zaha Tours, +968 99425461,
www.azzahatours.com
Water World Marine Oman,
P.O. Box 76, Muscat, 113, Sultanate
of Oman, +968 24737438,
www.waterworldoman.com

Boating & Sailing

Manufacturer
Sapphire Marine, PO Box: 11,
Post Code 118, Muscat, Oman,
+968 24568887, 24566566, 24561619 or
24568881, www.sapphire-marine.com
Marinas
Marina Bandar Al Rowdha, Muscat, Oman,
+968 24737286 (ext 215),
www.marinaoman.net

QATAR DIRECTORY

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Alpha Tours, P.O. Box 13530,
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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,
P.O. Box: 45677, Doha, Qatar,
+974 44357333
E2E Qatar Travel and Tours,
PO Box 23563, Doha, Qatar,
+974 44516688 or 444515995,
www.e2eqatar.com
Falcon Travels, PO Box 22031, Doha,
Qatar, +974 44354777,
www.falcontravelqatar.com
Gulf Adventures Tourism LLC, P.O. Box
18180, 29 Aspire Zone Street, Aspire Zone
Al Ryyan City, State of Qatar
Switchboard: +974 44221888,
www.gulf-adventures.com
Net Tours Qatar, P.O. Box 23080, Doha,
Qatar, +974 4310902, www.nettours.com.qa
Regency Travel & Tours, +974 44344444,
www.regencyholidays.com
Qatar Adventure, P.O. Box 13915,
Doha, Qatar, +974 55694561,
www.qataradventure.com
Qatar Inbound Tours, P.O. Box 21153,
+974 77451196, www.inboundtoursqatar.com
Qatar International Tours, P.O. Box 55733
Doha, Qatar, +974 44551141,
www.qittour.com
Qatar Ventures, Barwa Village Bldg #12
Shop #33, Doha, Qatar, +974 55776679,
www.qatar-ventures.com

Clubs

Cycling, Running & Triathlon
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www.qatarchainreaction.weebly.com
Qatar Sandstromers, +974 77775207
or 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, The Pearl(Parcel 9) +974
40027513, Souq Jabor +974 44430322.
Office: +974 44417935,
www.galaxysportqatar.com
GO Sport Qatar, City Centre Mall, 3rd Floor,
+974 44631644; Villaggio Mall,
+974 44157463,
www.facebook.com/gosport.qatar
Sun & Sand Sports Qatar, City Centre Mall,
+974 44837007; Dar Al Salam Mall,
+974 44510179; Mustafawi Exhibition,
+974 44935183, en-ae.sssports.com

Boating & Sailing

Equipment
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+974 55503484
www.regattasailingacademy.com
Distributors and Dealers
Speed Marine, Speed Marine, Museum
Road, P.O. Box 9145 Doha, Qatar,
+974 44410109,
www.speedmarinegroup.com
Marinas
Four Seasons Marina, Doha, Qatar,
+974 44948899, www.mourjanmarinas.com
Lusail Marina, Lusail City, Qatar,
+974 55843282,
www.mourjan-lusailmarina.com
The Pearl-Qatar Marinas, Doha, Qatar,
+974 44953894, www.ronauticame.com

Horse Riding

Equestrian Clubs/Centres
Al Shaqab, P.O. Box 90055, Doha, Qatar,
+974 44546320, www.alshaqab.com
Qatar Racing & Equestrian Club,
Racing and Equestrian Club,
P.O. Box 7559, Doha, Qatar, +974 44197704,
www.qrec.gov.qa

Diving

Equipment/Centres
Al Fardan Marine Services, Najma Street
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+974 44435626
Doha Sub Aqua Club, Doha Sub-Aqua Club,
PO Box: 5048, Doha, Qatar,
+974 50483794, www.dohasubaclub.com
Extreme Adventure, P.O. Box 33002, Shop
3, 4 Ahmed Bin Ali Street (Bin Omran), Doha,
Qatar, +974 44877884, www.extreme.qa
GoSport, City Centre Mall, 3rd Floor,
Qatar: +974 44631644; Villaggio Mall,
Qatar: +974 44517574,
www.facebook.com/gosport.qatar
Pearl Divers, P.O. Box 2489, Doha, Qatar,
+974 44449553, www.pearl-divers.org
Poseidon Dive Center, P.O. Box: 11538,
Ras Abu Abboud Street, Al Emadi Suites,
Showroom #2, 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 Marine Centre, Souq Al Najada cnr
of Grand Hamad and Ali bin Abdulla Street;
+974 55319507 or 4375065, www.qdive.net
World Marine Centre, PO Box 6944,
Doha, Qatar, +974 44360989,
www.worldmarinecenter.webs.com
Qatar Divers, Marriott Hotel Marina Near Old
Airport, Ras Abu Aboud Area, Doha, Qatar,
+974 55246651, 40405156,
www.qatardivers.com
Qatar Marine, Go Sport City Center
West Bay, P.O. Box 16657, Doha,
+974 55319507, www.qatarmarine.net
Qatar Scuba Centre, 187 Al Mansoura
Street, Al Mansoura Area, Doha, Qatar,
+974 66662277 or 44422234,
www.qatarscubacenter.com

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Equipment, Souq Waqif, next
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Al Mamzooe Marine Equipment,
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+974 44444238, almamzooe@qatar.net.qa
Extreme Adventure, Shop 3,4
Ahmed Bin Ali Steet, Doha,
+974 44877884, www.extreme.qa
Fish World, P.O. Box 1975, Doha, Qatar,
+974 44340754
State of Qatar (QatarSub), Souq Waqif,
next to the Falcon Souq, +974 4431234,
www.stateofqatar.com
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www.paddleqatar.com

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+974 33117089,
Flo Kite School, Westbay, Doha,
+974 33155628, www.flokiteschool.com
Kitesurfing Qatar, +97430179108,
www.kitesurfingqatar.com
QSUP, Qanat Quartier, Costa Malaz,
The Pearl-Qc, Doha, Qatar, +974 66602830,
www.qsup.me

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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
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