



SIR BANI YAS
FORUM 2025

ACTIVITIES

(11 - 15 DECEMBER)

Please visit the activities desk in the Qasr Al Sarab hotel lobby to book an activity.
Guests are encouraged to book any sunrise activity (06:15 pick up) the night prior and any sunset activity (16:15 pick up) by 15:00.
All activities take place daily unless specifically stated otherwise.

Ezba Cultural Experience 2-3 hrs

Saturday 13 December

Shuttle: every 30 mins

First shuttle from hotel lobby: 15:00

Last shuttle from hotel lobby: 17:30

Last shuttle from Ezba: 18:00

Animal experience
(Falcon, Owl, Salukis and Camel)

Date tasting - variety of local dates, date
pudding and chai latte sauce, mamool cookies
and date seed coffee

Oud player

Henna

Local hand crafts and storytelling

Live traditional Emirati coffee making

Live cooking station

Activity Recommendations:

- Drop-off back to hotel every 30 mins
- Arrive at the assembly point 15 mins before pick-up time

Short Camel Ride 45 - 60 mins

09:00 pick up | 10:45 pick up | 14:00 pick up

Let the 'ship of the desert' take you on an unforgettable journey across the empty quarter.

Activity Recommendations:

- Comfortable shoes, sunscreen and long pants
- Not permissible during pregnancy

Long Camel Ride 1:30-2 hrs

06:15 pick up | 16:15 pick up

Let the 'ship of the desert' take you on an unforgettable journey across the empty quarter.

Activity Recommendations:

- Comfortable shoes, sunscreen and long pants
- Not permissible during pregnancy

Desert Drive - Soft Drive 1:30-2 hrs

*06:15 pick up | 09:00 pick up | 10:45 pick up
14:00 pick up | 16:15 pick up*

Hop into our specially adapted 4x4 and let our guides take you one scenic adventure through the dunes.

Stop on some of the tallest dunes around to snap incredible photos as you learn about indigenous plants and animals on our desert safari.

Activity Recommendations:

- Comfortable shoes, hat and sunscreen
- Avoid eating prior to the desert drive
- Not permissible during pregnancy

Desert Walk 1:30-2 hrs (45 mins walk)

06:15 pick up | 16:15 pick up

Explore the Rub' Al Khali with a guided desert walk as you learn about the area's history, heritage flora and fauna.

Activity Recommendations:

- Sport shoes, hat, sunscreen
- Not permissible during pregnancy



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Fat Biking (Manual) 30-45 mins

06:15 pick up

Thrill-seeking guests are invited to take their pick from different treks, exploring the awe-inspiring desert on a fat bike. This bike is designed for the sand dunes, this is perfect for all riders.

Activity Recommendations:

- Helmet is mandatory, sportswear, sunscreen and sports shoes
- Not permissible during pregnancy

Ezba Tour 45-60 mins

09:00 pick up | 10:45 pick up | 14:00 pick up

Experience Ezba, a unique educational farmhouse and cultural center, with a breathtaking desert landscape, an array of flora and fauna, and showcasing many cultures and traditions of the Emirates.

Activity Recommendations:

- Comfortable shoes, hat, sunscreen

Fat Biking (E-Biking) 60 mins

06:15 pick up | 09:00 pick up

Thrill-seeking guests are invited to take their pick from different treks, exploring the awe-inspiring desert on a fat bike. This bike is designed for the sand dunes, this is perfect for all riders.

Activity Recommendations:

- Helmet is mandatory, sportswear, sunscreen and sports shoes
- Not permissible during pregnancy

Archery 45-60 mins

09:00 pick up | 10:45 pick up | 14:00 pick up

Follow in the footsteps of the Liwa tribesmen and try your hand in archery. Featuring set targets at the shooting range.

Activity Recommendations:

- Comfortable shoes, hat and sunscreen
- No loose clothing

Falcon and Saluki Show 1-1:30 hrs

14:00 pick up | 16:15 pick up

Marvel at the UAE's ancient sport of falconry and Saluki hunting. Starring the cultural symbol of the regions, falcons, desert eagle owl, Harrison hawk and the country's long-time hunting companions, the agile Saluki. This live show includes demonstrations of hunting techniques and engaging stories.

Activity Recommendations:

- Comfortable shoes, hat and sunscreen
- Not permissible during pregnancy

Laser Clay Shooting 45-60 mins

09:00 pick up | 10:45 pick up | 14:00 pick up

Step into the stillness of the desert and take aim under the open skies with our new laser clay shooting experience. Using state of the art, recoil free rifles, enjoy the thrill of competition with up to five guests. A refined twist on the classic sport.

Activity Recommendations:

- Comfortable shoes, hat and sunscreen



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Horse Riding (Beginner) 1-1:30 hrs (60 mins on horseback)

06:15 pick up | 09:00 pick up | 10:45 pick up
14:00 pick up | 16:15 pick up

Discover the Middle East's centuries-old equestrian passion and traverse the Liwa desert on horseback. As flame coloured dunes surround you, our trainers will ensure that no matter if you are a novice or seasoned rider, you will leave with a memorable experience that is tailored to suit your ability.

Activity Recommendations:

- Full length pants, sunscreen and closed shoes
- Helmet
- Not permissible during pregnancy
- Max weight limit: 85kg

Horse Riding (Intermediate) 1-1:30 hrs (60 mins on horseback)

06:15 pick up | 09:00 pick up | 10:45 pick up
14:00 pick up | 16:15 pick up

Discover the Middle East's centuries-old equestrian passion and traverse the Liwa desert on horseback. As flame coloured dunes surround you, our trainers will ensure that no matter if you are a novice or seasoned rider, you will leave with a memorable experience that is tailored to suit your ability.

Activity Recommendations:

- Full length pants, sunscreen and closed shoes
- Helmet
- Not permissible during pregnancy
- Max weight limit: 85kg

IMPORTANT NOTE

Arrive at the assembly point 15 minutes
before pick-up time



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WELLNESS ACTIVITIES (11 - 15 DECEMBER)

Please visit the activities desk in the Qasr Al Sarab hotel lobby to book an activity.
All wellness activities will take place in the Wellness Centre.

Sun Salutation Yoga 60 mins

Thursday 11th December | 07:00 - 08:00

A sequence of 12 poses that can be done as a standalone practice or as a warm-up.

Known in Sanskrit as Surya Namaskar, which translates to "sun" (Surya) and "to bow down" or "adore" (Namaskar).

Often practiced in the morning, traditionally facing the rising sun.

Mat Pilates 45 mins

Thursday 11th December | 16:00 - 16:45

Saturday 13th December | 16:00 - 16:45

A low-impact workout focused on core strength, flexibility, and posture using bodyweight exercises on a mat.

Vinyasa Yoga 60 mins

Friday 12th December | 07:00 - 08:00

A dynamic yoga style linking breath with flowing movement for strength, flexibility, and mindfulness.

Yoga and Breath Work 60 mins

Saturday 13th December | 07:00 - 08:00

A calming practice combining gentle movement and controlled breathing to promote relaxation and mental clarity.

Hatha Yoga 60 mins

Friday 12th December | 16:00 - 17:00

Sunday 14th December | 07:00 - 08:00

A gentle yoga practice combining basic poses and breathing for flexibility, strength, and relaxation.

Myofascial Release and Posture Class 60 mins

Sunday 14th December | 17:00 - 18:00

An empowering and educational session that helps you understand your body's imbalances and provides practical tools to restore harmony in daily life. Through simple yet powerful techniques, you will learn how to release tension, free your fascia, and enhance mobility—guided with Julien's intuitive expertise. Many participants experience immediate relief and newfound freedom of movement, making this class both instantly beneficial and deeply transformative over time.

Meditation and Qigong Immersion 60 mins

Monday 15th December | 07:00 - 08:00

A bespoke session blending ancient Qigong, mindful breathwork, and guided meditation. Each class is intuitively tailored, introducing you to the subtle language of energy and helping you reconnect deeply with your inner self. Occasionally accompanied by the soothing resonance of Tibetan bowls and the soulful melodies of the Indian flute.



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FITNESS ACTIVITIES

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Please visit the activities desk in the Qasr Al Sarab hotel lobby to book an activity.
All wellness activities will take place in the Fitness Centre.

Body Pump and Full Body Conditioning 60 mins

Thursday 11th December | 10:00 - 11:00
Thursday 11th December | 17:00 - 18:00
Saturday 13th December | 10:00 - 11:00
Sunday 14th December | 17:30 - 18:30

Body Pump: A high-rep, barbell workout for full-body toning and endurance.

Full Body Conditioning: A mix of strength and cardio exercises to improve overall fitness.

Flexibility and Mobility 60 mins

Friday 12th December | 17:00 - 18:00
Sunday 14th December | 10:00 - 11:00

A session focused on stretching and joint movement to enhance range of motion and reduce stiffness.

Balance and Stability 60 mins

Friday 12th December | 10:00 - 11:00
Saturday 13th December | 17:00 - 18:00
Monday 15th December | 10:00 - 11:00

A low-impact session focused on improving coordination, core strength, and overall body control.
