

# ACTIVITIES

FROM THE MOUNTAINS, TO THE SEA, AND BEYOND

Jumeirah  
MUSCAT BAY



IN-RESORT ACTIVITIES

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HAMACLAND FLOATING LOUNGE | 1 HOUR | 09:00 - 18:00

Private floating lounge to disconnect from the world and spend quality time with your loved ones.

OMR 25 (per hour)

OMR 15 (Occasion decoration)

STAND UP PADDLE BOARD RENTAL | (30/45 MIN) | 10:30 - 17:00

Savour serene vistas of the bay and the Gulf of Oman as you enjoy a full-body workout.

OMR 5/7

KAYAKING | (30/45 MIN) | 10:00 - 17:00

Explore and paddle through the scenic bay.

OMR 5/7

E-FOILING | LESSONS | 40 mins / 1 hour

RENTAL | 40 mins / 1 hour

OMR 60/80

OMR 40/60

E-SURFING | LESSONS | 40 mins / 1 hour

RENTAL | 40/1 hour

OMR 50/70

OMR 35/55

SUP SAFARI | 1 HOUR

Explore the untamed charm of the coastlines around Jumeirah Muscat Bay through a guided stand-up paddle safari.

OMR 25

SOFA BOAT RIDE | 30 MIN

OMR 25

BANANA BOAT RIDE (UP TO 4 PERSONS) | 30 MIN

OMR 55

WAKEBOARD/WATER SKI (UP TO 2 PERSONS)

OMR 65

SWIMMING LESSONS | 45 MIN

Children will learn the basic water skills, such as floating, blowing bubbles, leg and arm movements, as well as exploring the water. Available on request.

OMR 10

All prices are in Omani Rials and are exclusive of all applicable service charges, local fees and taxes. Terms and conditions apply.





YOGA & WELLNESS

# YOGA & WELLNESS

## PRIVATE YOGA | 1 HOUR

An ancient traditional Vedic practice, the synchronization of physical movement and breathing techniques.

OMR 25

## MEDITATION | 1 HOUR

Meditation is a practice of training the mind to be focused, aware and encourage emotional stability.

OMR 25

## WIM HOF FUNDAMENTALS WORKSHOP | 6 hours

The Wim Hof Method has gained widespread recognition for its potential to boost physical and mental performance, increase energy levels, and promote a deeper connection with oneself and the surrounding environment through a series of breathing techniques and cold exposure.

OMR 60

## GROUP YOGA | 45 min

Complimentary group yoga sessions for in-house guests, on Monday, Wednesdays and Fridays.

## PERSONAL TRAINING | 45 MIN

A customized fitness workout for all levels of expertise.

OMR 25



TENNIS &  
COACHING

# TENNIS & COACHING

## TENNIS LESSONS

Improve your skills, focus on the cardio, technique and strategy or just have a friendly match with our LUX Tennis Pro.

- 30 MIN OMR 20
- 60 MIN OMR 32
- 90 MIN OMR 45
- Add a player OMR 8

## BEAT THE PRO | 90 MIN

OMR 45

Challenge our LUX Tennis Pro in a full match. If you manage to win the game, you will win the next session for free.

## FAMILY PACK TENNIS | 10 x 60 MIN

OMR 288

Enjoy the court with private or group sessions for yourself, family, or friends.

## TENNIS COURT RENTAL | 60 MIN

OMR 20

Including access for two players. Advanced reservation is required for tennis court rentals.

# DIVING & SNORKELLING TRIPS

## DOLPHIN WATCHING TRIPS | 2 HOURS

A truly memorable experience, sightings are not guaranteed, but Common and Spinner dolphins are spotted on 90% of our trips. Minimum age of 6 years old.

OMR 23

## SNORKELLING TRIPS | 2 HOURS

Snorkelling trips are conducted daily. A fantastic chance to see turtles, moray eels, rays, and a variety of colorful fish native to the local waters.

OMR 23

## COMBINED TOUR | 3 HOURS

Enjoy a special excursion out on the deep blue sea with dolphin watching combined with a snorkeling tour in the nearby Turtle Bay.

OMR 34

## COASTAL TOUR

It is also possible to delve into the Bandar Khayran area.

OMR 23

## DIVE PACKAGE (3 days/6 dives) | 08:30 – 13:00

Multiple days of diving for certified divers. Meeting time is 8:00 at the dive centre.

OMR 155

## DIVE PACKAGE (4 days/8 dives) | 08:30 – 13:00

Multiple days of diving for certified divers. Meeting time is 8:00 at the dive centre.

OMR 202

## DIVE PACKAGE (5 days/10 dives) | 08:30 – 13:00

For those who never miss a single day of diving during their holiday. Multiple days of diving for certified divers.

OMR 241



# DIVING & SNORKELLING TRIPS

## NIGHT DIVE (Available on request)

The Ocean at night is a fascinating place, as the daytime marine life settles down for another day, experience the transformed reef in the magic of the night.

OMR 40.5

## PRIVATE GUIDED DIVE (1 dive) | 1 HOUR | 08:30 - 14:30

Private Guided Dive is perfect if your last dive was a long time ago, or you are a keen photographer.

OMR 50

## MORNING BOAT TRIP (2 dives) | 08:30 - 13:00

Leisure dives for certified divers - meeting time 8:00 at the dive centre. Discover the beauty of Bander Khayran & Fahal Island.

OMR 54

## AFTERNOON BOAT TRIP (2 dives) | 14:30 - 17:00

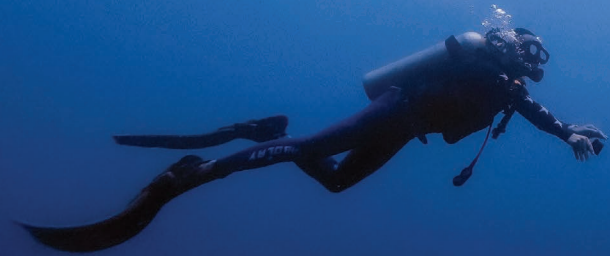
One single dive for certified divers, friends and family can join the boat trip and snorkel. Meeting time is 14:00 at the dive centre.

OMR 34.5

## AFTERNOON BOAT TRIP (3rd dive of the day) | 14:30 - 17:00

After the two dives in the morning, there is the option to join the afternoon dive at a discounted price. Meeting time is 14:00 at the dive centre.

OMR 26



DIVING COURSES &  
TRAINING WITH SSI

# DIVING COURSES & TRAINING WITH SSI

## TRY DIVE – BUBBLEMAKER (1 dive) | 14:00 – 16:30

This is the very first step to enjoying scuba for the little ones.  
Best suited for children from the ages of 8-9 years old.

OMR 68

## TRY DIVE – BUBBLEMAKER (2 dive) | 08:00 – 13:00

This is the very first step to enjoying scuba for the little ones, single dive in the morning with an extra fun dive session.  
An amazing experience for youngsters, best suited for children from the ages of 8-9 years old.

OMR 89

## BASIC DIVER - INTRO DIVER (1 dive) | 14:00 – 16:30

Perfect opportunity to try diving if you do not have the time to attend a full course.  
The Intro Diver program is the best option to experience diving for the first time.

OMR 68

## BASIC DIVER - INTRO DIVER (2 dive) | 08:00 – 13:00

Perfect opportunity to try diving if you do not have the time to attend a full course.  
The Intro Diver program is the best option to experience diving for the first time.

OMR 89

## SCUBA DIVER

1x CONTAINED SESSION & 2x OPEN WATER DIVES - 2-3 HALF DAYS

OMR 145

# DIVING COURSES & TRAINING WITH SSI

## UPGRADE SCUBA DIVER TO OPEN WATER DIVER

OMR 145

1 x CONTAINED SESSION & 2 x OPEN WATER DIVES 2-3 HALF DAYS

If you are a certified Scuba Diver, you can continue your training to become an OPEN WATER DIVER.

The Upgrade program will let you reach the first full level certification, max depth: 18 meters.

## REFERRAL

OMR 155

Depending on the number of sessions you have attended in your previous dive school, you can attend REFERRAL course with us to complete all remaining sessions and finally become an Open Water Diver.

## OPEN WATER DIVER

OMR 244

1 x CONTAINED SESSION & 4 x OPEN WATER DIVES 3-4 DAYS

This is the first full-level of training: an open water diver license allows you to dive to a max depth of 18 meters, worldwide without an expiry date.

Complete training to become a more conscientious and autonomous diver.

## ADDITIONAL TO THE TRAINING

### ONLINE TRAINING

OMR 42

Additional fee for digital training (online through [www.divessi.com](http://www.divessi.com) and offline using MySSI App for mobiles & tablets) and digital certification for all levels.

## SSI SUPPLEMENT

OMR 12

A supplement is applied only on Scuba Diver, Open Water Diver and Stress & Rescue.





DIVING &  
SNORKELLING TRIPS

# SPECIALITY DIVE COURSES

## NITROX SPECIALITY

AVAILABLE AFTER COMPLETING OPEN WATER DIVE COURSE 2 HOURS

Extend your dive time, reduce the nitrogen gas and enjoy the extra safety.

OMR 55

## STRESS & RESCUE

Learn critical life-saving skills, test yourself or simply improve your knowledge in the quest to become an experienced and safe diver.

OMR 247

## DEEP SPECIALITY 2 half days

Extend your depth limitation, and unlock new experiences: max depth 40 meters.

OMR 113

## ADVANCED WRECK SPECIALITY

This course gives all the information to expertly plan a wreck dive

OMR 247

## NIGHT SPECIALITY (AFTER SUNSET) 2 days

Extend your dive specialties by exploring the marine life at night.

OMR 100

## OTHER SPECIALTIES (2 dives)

A wide range of specialties are available: Perfect Buoyancy,

Wreck, Underwater Navigation, and much more.

OMR 80

## ADVANCED ADVENTURER

License: 30 meters, total 5 Adventures. Covering the basics of each.

OMR 191

## ADVANCED DIVER BUNDLE

This license includes 4 full specialties: maximum depth of 40 meters.

This is a complete plunge into the specialties, to gain the best experience, skills, and knowledge possible.

OMR 235

## REACT RIGHT

Learn the skills of primary and secondary care, not just to help divers but also for everyone around you: this training can be attended by non-divers too.

OMR 63



DIVING EQUIPMENT RENTAL

# DIVING EQUIPMENT RENTAL

## NITROX FILL

Enriched air has more oxygen than air, which reduces the percentage of nitrogen. As a result, you inhale less nitrogen throughout the dive than if you're using regular air. Our dive instructors will be able to provide more information.

OMR 25

## SIDE MOUNT

Divers typically dive in a back mount system: Side mount instead allows divers to carry the tank/s alongside the body – for better streamlining and more flexibility.

OMR 10

## TORCH/SMB/HOOD/RASHVEST (per piece)

All basic dive accessories are required.

OMR 35

## MASK & SNORKEL (per piece)

One of the most important items for diving & snorkelling.

OMR 4

## FINS / BC / REGULATOR (per piece)

The instructors will teach you how to properly handle and use the equipment.

OMR 3/5

## DIVE COMPUTER/WETSUIT (per piece)

Depth, dive time, safety-stop, no decompression limits, and more. The dive computer displays all information for you, learn how to use it with us – while keeping yourself warm with our thermally insulated neoprene wetsuits.

OMR 5

## PACKAGE FULL SET

The full set of equipment required for your dive.

OMR 21





LAND TOURS

# LAND TOURS

|  |             |
|--|-------------|
| MUSCAT CITY TOUR   HALF DAY / FULL DAY       | OMR 120/180 |
| JABAL AL AKHADAR & BIRKET AL MUOZ   FULL DAY | OMR 220     |
| NIZWA SOUQ, JABEL SHAMS   FULL DAY           | OMR 220     |
| WADI SHAB, SINK HOLE   FULL DAY              | OMR 220     |
| WAHIBA SANDS, WADI BANI KHALID   FULL DAY    | OMR 220     |

- Duration: approximately 8 hours between 08:00 - 17:00.
- Prices quoted for a private car including lunch at a local restaurant for 4 guests.
- There will be a charge of OMR 25 for every additional passenger including lunch.
- For private tours, we use comfortable 4x4 SUVs. (Ex: Nissan, Patrol, Tahoe, Landcruiser, or similar)
- Departure time for private trips will be set during the booking process with the guest.



EXCLUSIVE SEA EXCURSIONS

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Private boat trips can accommodate a maximum of 67 passengers excluding the Dhow Experience

EXCLUSIVE BOAT TRIP | STARTING FROM 2 HOURS

OMR 168

Additional hour

OMR 73

Select from the below enhancement experience

-Coastal Tour (minimum 1 - 2 hours)

-Fishing experience (minimum 1 hour)

-Snorkeling (minimum 1 hour)

-Dolphin Watching

-Scuba Diving up to 4 divers certified divers (minimum 2 hours per dive)

Surcharge for non-certified divers

OMR 72

GAME FISHING TRIP | STARTING FROM 4 HOURS

OMR 335

Additional hour

OMR 90

THE JEWEL OF MUSCAT SEA (DAMANYIAT ISLAND | 6 HOURS

OMR 515

TRADITIONAL DHOW EXPERIENCE | STARTING FROM 2 HOURS (40 50 pax)

OMR 350

OLD MUSCAT SUNSET EXPERIENCE | STARTING FROM 2 HOURS

OMR 205



## TERMS AND CONDITIONS

- Please note that booking must be done and confirmed before the activity commences.
- Those timings are applicable until next revision.
- Children under the age of 16 must be accompanied by an adult and all Minimum age is based on physical abilities.
- Activities are subject to availability and weather conditions and may be cancelled or rescheduled with a short notice.

## CANCELLATION POLICY

- Morning activities should be cancelled before 19:30 the night before.
- Afternoon activities should be cancelled before 12:00 noon on the same day.
- Any no-show and last-minute cancellations will be charged to your room at full price and any changes in number of participants should be advised according to the above cancellation policy.

\*All prices are in Omani Rials and are exclusive of all applicable service charges, local fees and taxes. Terms and conditions apply.

For reservations and more information, please contact Recreation Team on +968 24931000 or email [jmufitness@jumeirah.com](mailto:jmufitness@jumeirah.com)



Scan this QR code to start a conversation with our dedicated e-butler team



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