



ABU DHABI -Travel Guide-



SPARTANTM 20
WORLD CHAMPIONSHIP 20
HOSTED BY ABU DHABI SPORTS COUNCIL

Travel tips, tricks and recommendations



Your epic Spartan adventure awaits..

Abu Dhabi, the capital of the United Arab Emirates, sits off the mainland on an island in the Persian Gulf. This city has always been a special place. Today more and more overseas visitors are discovering this unique and captivating destination!

Meaning 'Land of the Gazelle' in Arabic, Abu Dhabi was founded when a young antelope led a wandering tribe to fresh water, on an island with no more than 300 palm ('barasti') huts, a few coral buildings and the Ruler's fort. This simple island settlement has since been transformed into the modern, cosmopolitan city of Abu Dhabi and the high-rise capital of the United Arab Emirates.

FROM THE WORLD TO ABU DHABI



More than 50 airlines service Abu Dhabi International Airport (AUH), which sits about 20 miles east of Abu Dhabi city on the mainland near the bridge to Yas Island. You can rent a car at the airport, or you can take a taxi – you should expect to pay around 70 to 80 AED (roughly \$19 to \$22 USD) to get from the airport to Abu Dhabi city.



[Check out the many flight options through - visit Abu Dhabi!](#)



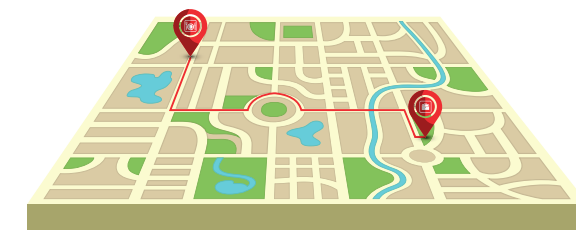
Getting Around

The best way to get around Abu Dhabi is by car, especially if you plan on spending a lot of time outside of Abu Dhabi city. The emirate's major highways are easy to navigate, although maintenance efforts can cause construction-related traffic. However, if you intend to spend the majority of your vacation in and around Abu Dhabi city, you'll fare just fine with taxis and the public bus system. Cabs are a relatively affordable means of transit, and you can easily flag them from the street.

Map your route!

To help you find your way around, you can rely on interactive map services provided by DARB.ae, which can help you plot your car and bus routes.

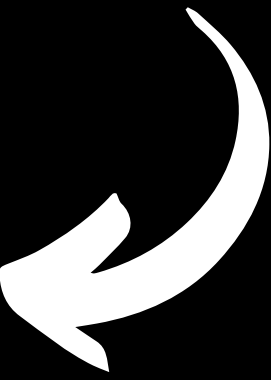
Try out the interactive map below!





Where to stay

Find your Abu Dhabi
City hotel here



**Spartan host hotels & onsite camping
options coming soon!**

Stay in Abu Dhabi City to experience this
amazing destination or sleep under the stars
near the Spartan Race venue

WHAT TO WEAR

Abu Dhabi has a sub-tropical, arid climate. Sunny blue skies and high temperatures can be expected most of the year. The cooler months, November to April, are the most pleasant time to visit, when temperatures are around 24C (75F) during the day and 13C (56F) at night. Sure to make for some great obstacle course racing weather!



Although the attitude towards dress is fairly liberal throughout the Emirates, a healthy amount of respect for local customs doesn't go amiss, especially when shopping or sightseeing. Short or tight clothing may be worn, but it will attract attention - most of it unwelcome. In the evenings, restaurants and clubs usually have a mix of western, Arabic and Asian styles. Ladies are advised to take a pashmina or jacket because of cold air conditioning. Tourists aren't expected to wear traditional clothing, unless you're inside a mosque.



SAFETY

Abu Dhabi is a very safe place to visit; the UAE does not get involved with conflicts taking place in other parts of the Middle East. Women traveling to Abu Dhabi should feel safe exploring on their own, but note that Emirati men have been known to stare (most likely out of curiosity than disrespect). Abu Dhabi is considered a very safe city and crime rate is very low. Even though crime rate is near to zero, city police still maintain tight control over security and safety issues. Therefore, it has become one of the lowest crime rate cities in the world.

CURRENCY

The UAE's official currency is the Emirati dirham. While credit and debit cards are commonly accepted in Abu Dhabi, many of the local markets and smaller shops only accept cash so you'll want to make sure you have some of the local currency on you. You can exchange your money at licensed exchange offices, banks and hotels with your passport.

WHAT TO EAT?

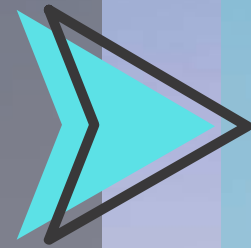
The UAE's seat on the Persian Gulf prompts a heavy reliance on fish, and Middle Eastern spices like saffron, cinnamon, cardamom and turmeric are featured prominently. Other popular ingredients include chick peas, rice, yogurt and meats like chicken and goat. Also, don't be surprised to see camel on the menu, though "ships of the desert" are valued more for their milk than their meat.

When planning for dinner on the town, keep in mind that Emiratis eat later than Americans; generally, locals will sit down to dinner around 10 p.m. or later. Also, you should feel free to leave behind a 10 to 15 percent tip, though gratuity is typically factored into the bill.



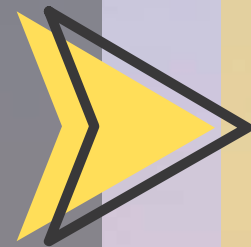
ENTERTAINMENT & RECREATION

WATER ADVENTURES



From wake-boarding to surfing and parasailing, from cruising in a traditional pearling boat to kayaking through our natural mangrove forests, from zooming to the pace of a speedboat tour to diving, cruising, snorkelling or swimming, the emirate's waters are yours to discover.

CULTURE



Abu Dhabi's culture is firmly rooted in Arabia's Islamic traditions, creating a shining example of Islam's true commitment to tolerance and hospitality. Find out more about Abu Dhabi's religion and traditions with a visit to one of the world's most impressive landmarks, the stunning Sheikh Zayed Grand Mosque.

THRILLS



Visit Yas Island where you can burn rubber at Yas Marina Circuit – home to the annual Formula 1 Etihad Airways Abu Dhabi Grand Prix, - Ride the world's fastest roller coaster at Ferrari World Abu Dhabi, have a giant splash at Yas Waterworld, or play Arabia's only links course and relax on a white sandy beach.

Explore more Abu Dhabi activities here!



PHOTOGRAPHY

Know your surroundings

While normal tourist photography is acceptable, it is polite to ask permission before taking photos of people, particularly women. Photographs of government buildings, military installations and ports and airports should not be taken. Also, cameras may be banned in public areas designated for women and children only.



EXCHANGES

Local Customs

While visiting markets, restaurants and other public places make sure you take all items with your right hand – this is the rule of the local etiquette. Giving money to sellers, waiters and taxi drivers should be also done with the right hand.

TIPS & ESSENTIAL INFORMATION

[FIND ADDITIONAL TIPS HERE](#)





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