

A woman in a black wetsuit is water skiing on a lake, leaning back and holding a tow rope. She is smiling and looking towards the camera. A large splash of water is behind her. In the background, a city skyline is visible across the water.

JUMEIRAH

MUSCAT BAY

ACTIVITIES

FROM THE MOUNTAINS, TO THE SEA, AND BEYOND



IN-RESORT ACTIVITIES

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STAND UP PADDLE BOARD RENTAL | 30/45 mins | 10:30 to 17:00

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

OMR 6/8

KAYAKING | 30/45 mins | 10:00 to 17:00

Explore and paddle through the scenic bay.

OMR 6/8

E-FOILING | LESSONS | 40 mins/1 hour

RENTAL | 40 mins/1 hour

OMR 60/80

OMR 40/60

SEABOB RENTAL| 20 mins

OMR 25

SEABOB SAFARI | 45 mins

OMR 50

E-SUP RENTAL | 30 mins

OMR 20

SUP YOGA | 1 hour

OMR 25

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 mins

OMR 25

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

IN-RESORT ACTIVITIES

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

OMR 55

WAKEBOARD/WATER SKI (UP TO 2 PERSONS)

OMR 65

SWIMMING LESSONS | 45 mins

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 20



YOGA & WELLNESS

YOGA & WELLNESS

PRIVATE YOGA 1 hour	OMR 25
An ancient traditional Vedic practice, the synchronisation of physical movement and breathing techniques.	
MEDITATION 1 hour	OMR 25
Meditation is a practice of training the mind to be focused, aware and encourage emotional stability.	
WIM HOF FUNDAMENTALS WORKSHOP 6 hours	OMR 60
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.	
ICE PLUNGE THERAPY 3 hours	OMR 35
PERSONAL TRAINING 45 mins	OMR 25
A customised fitness workout for all levels of expertise.	
DAILY GROUP YOGA 45 mins	OMR 8
Complimentary group yoga sessions for in-house guests on Sundays and Fridays	
GROUP FITNESS CLASS 45 mins	OMR 8
Complimentary sessions for in-house guests on Tuesdays and Thursdays	

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TENNIS & COACHING

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TENNIS LESSONS

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

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

BEAT THE PRO | 90 mins

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 mins

OMR 288

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

TENNIS COURT RENTAL | 60 mins

OMR 20

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

TENNIS CLINIC | 60 mins

OMR 8

A fun and active session for children aged 4 -14 years. Designed for small groups, with a minimum of 2 and a maximum of 8 participants.

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DIVING &
SNORKELLING TRIPS

DIVING & SNORKELLING TRIPS

DOLPHIN WATCHING TRIPS | 2 hours

OMR 19

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. *Tour meeting time 07:30 in the hotel lobby.

SNORKELLING TRIPS | 2 hours

OMR 19

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. *Tour meeting time 14:00 in the hotel lobby.

COMBINED TOUR | 3 hours

OMR 28

Enjoy an excursion out on the deep blue sea with dolphin watching combined with a snorkeling tour in the nearby Turtle Bay. *Tour meeting time 09:30 in the hotel lobby.

COASTAL TOUR

OMR 19

Delve into the Bandar Khayran area.

DIVE PACKAGE | 3 days/6 dives | 08:30 to 13:00

OMR 126

Multiple days of diving for certified divers. Meeting time is 08:00 at the dive centre.

DIVE PACKAGE | 4 days/8 dives | 08:30 to 13:00

OMR 164

Multiple days of diving for certified divers. Meeting time is 08:00 at the dive centre.

DIVE PACKAGE | 5 days/10 dives | 08:30 to 13:00

OMR 196

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

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DIVING & SNORKELLING TRIPS

NIGHT DIVE | Available on request

OMR 33

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.

PRIVATE GUIDED DIVE | 1 dive | 1 hour | 08:30 to 14:30

OMR 49

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

MORNING BOAT TRIP | 2 dives | 08:30 to 13:00

OMR 44

Leisure dives for certified divers. Meeting time 08:00 at the dive centre. Discover the beauty of Bander Khayran & Fahal Island.

AFTERNOON BOAT TRIP | 2 dives | 14:30 to 17:00

OMR 28

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.

AFTERNOON BOAT TRIP | 3rd dive of the day | 14:30 to 17:00

OMR 21

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.



DIVING COURSES &
TRAINING WITH SSI

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TRY DIVE – BUBBLEMAKER | 1 dive | Available on request

OMR 28

This is the very first step to enjoying scuba for the little ones, best suited for children from the ages of 8 to 10 years old.
Ocean swimming pool only.

INTRO DIVER | 1 ocean dive | 14:00 to 16:30

OMR 68

From the ages of 10 and up. For non-certified divers or a perfect opportunity to try diving if you do not have the time to attend a full course.

INTRO DIVER | 2 ocean dives | 08:30 to 13:00

OMR 89

From the ages of 10 and up. For non-certified divers or a perfect opportunity to try diving if you do not have the time to attend a full course.

SCUBA DIVER | 1 x contained session & 2 x open water dives | 2 to 3 half days

OMR 118

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DIVING COURSES & TRAINING WITH SSI

UPGRADE SCUBA DIVER TO OPEN WATER DIVER

OMR 118

1 x contained session & 2 x open water dives | 2 to 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 to 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 29/20

A SSI certification fee of OMR 29 for Scuba Diver, Open Water, Upgrade, Referral and Rescue, for all other specialities the SSI certification fee will be OMR 20.

SSI SUPPLEMENT

OMR 12

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

SPECIALITY DIVE COURSES

<p>NITROX SPECIALITY 2 hours</p> <p>(AVAILABLE AFTER COMPLETING OPEN WATER DIVE COURSE)</p> <p>Extend your dive time, reduce the nitrogen gas and enjoy the extra safety.</p>	OMR 45	<p>REACT RIGHT</p> <p>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.</p>	OMR 51
<p>DEEP SPECIALITY 2 half days</p> <p>Extend your depth limitation, and unlock new experiences: max depth 40 meters.</p>	OMR 92	<p>STRESS & RESCUE</p> <p>Learn critical life-saving skills, test yourself or simply improve your knowledge in the quest to become an experienced and safe diver.</p>	OMR 200
<p>NIGHT SPECIALITY - AFTER SUNSET 2 days</p> <p>Extend your dive specialties by exploring the marine life at night.</p>	OMR 81	<p>ADVANCED WRECK SPECIALITY</p> <p>This course gives all the information to expertly plan a wreck dive.</p>	OMR 200
<p>OTHER SPECIALTIES 2 dives</p> <p>A wide range of specialties are available: Perfect Buoyancy, Wreck, Underwater Navigation, and much more.</p>	OMR 65		
<p>ADVANCED ADVENTURER</p> <p>License: 30 meters, total 5 Adventures. Covering the basics of each.</p>	OMR 155		
<p>ADVANCED DIVER BUNDLE</p> <p>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.</p>	OMR 190		

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LAND TOURS

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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 to 17:00.
- Prices include a private car with 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.

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EXCLUSIVE SEA EXCURSIONS

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EXCLUSIVE BOAT TRIP | starting from 2 hours | 7 people only OMR 168

Additional hour OMR 73

Select from the below enhancement experiences

- Coastal Tour (minimum 1 to 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

OLD MUSCAT SUNSET EXPERIENCE | starting from 2 hours OMR 205

TRADITIONAL DHOW EXPERIENCE | starting from 2 hours | 40 to 50 persons OMR 350

- Private boat trips can accommodate a maximum of 7 passengers only (Excluding the Dhow Experience).

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TERMS AND CONDITIONS

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

CANCELLATION POLICY

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

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Terms and conditions apply.

For reservations and more information, please contact the Recreation Team on +968 2493 1000, email jmufitness@jumeirah.com or scan the QR code below to start a conversation with our dedicated e-butler team.

