



Activities for thrill-seekers and adrenaline junkies

It's well-known that Dubai – with its wealth of spas, luxurious hotels and high-end restaurants – is a haven for those in search of relaxation, but a side of the city that doesn't get much coverage is its substantial offering for adrenaline junkies. From skydiving to dune bashing, there's there is no shortage of thrills among the luxury.

Skydiving with a view

Skydive Dubai

By its very nature, skydiving is a spectacular activity. After all, how could jumping out of a plane at 13,000ft not be? However, the factor that can really elevate a skydive from exhilarating to completely unforgettable is the view. It just so happens that the jump zone at Skydive Dubai offers one of the most incredible views in the world - The Palm Jumeirah.

Inexperienced or even first-time skydivers can jump tandem, safe in the knowledge that they are attached to an expert. Just hold on tight and enjoy that unforgettable view.

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Desert FWD Adventures

Desert Safari with Arabian Nights Tours

Dubai's rugged desert terrain means there are plenty of thrills to be found on terra firma as well as in the air. Dune-bashing - driving up and down the soft sand dunes in high-powered FWD cars – is one such thrill. With the cars often sliding down the dunes sideways, it's guaranteed edge-of-the-seat excitement.

For those who aren't experienced dune drivers, the best way to go dune-bashing is by booking in to a desert safari. Dozens of operators offer this type of trip, with a typical desert safari consisting of dune-bashing on the way out to a desert base camp, where a barbecue is served and traditional dancers provide entertainment.

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Extreme waterpark action

Aquaventure, Atlantis The Palm

It might not be quite as extreme as high-speed desert driving or jumping out of a plane, but Atlantis The Palm's waterpark Aquaventure has a few attractions that will give even the most hardy thrill-seeker a run for their money.

Laid out into two main towers (Poseidon and Neptune) surrounded by a lazy river that transports riders between slides, Aquaventure boasts some of the most adrenaline-pumping rides of any waterpark in the world. Recent installations in the Tower of Poseidon have added more fear-factor: the terrifying Poseidon's Revenge is perhaps the most daunting, with riders enclosed in a transparent vertical tube before a trapdoor opens, sending them plummeting towards the ground. One of the park's original slides, The Leap of Faith, is a wide-open, near-vertical drop that only the bravest of riders dare undertake.

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La Baie Lounge | The Ritz-Carlton

Best for: Daytime peace and quiet followed by upbeat evenings

A peaceful escape from the hustle and bustle of JBR's perennially busy beach, The Ritz-Carlton's La Baie Lounge is an elegant restaurant perfect for chilled-out dinner and drinks.

Jumeirah Beach Residence - The Walk

Cove Beach | Jumeirah Beach Hotel

Best for: Brilliant Burj Al Arab views

Found in the grounds of the distinctive wave-shaped Jumeriah Beach Hotel, Cove Beach is a high-end beach club offering fantastic Mediterranean-inspired food and a tranquil atmosphere in which to enjoy it. The biggest selling point is undoubtedly the location: right next to the iconic Burj al Arab.

Jumeirah Beach Hotel

Zero Gravity | Dubai Marina

Best for: Those who want to experience skydiving without taking the plunge

With a beach, garden, lounge, and restaurant, there is something for everyone at Zero Gravity. The venue overlooks the drop zone at Sky Dive Dubai, so not only can guests look out over Dubai Marina and The Palm, but they are also treated periodically to the breath-taking sight of skydivers plunging towards the ground next to them.

Dubai Marina, Skydive Dubai Drop Zone, Al Sufouh Road

Barasti | Le Meridien Mina Seyahi Beach Resort

Best for: A buzzing atmosphere every night of the week

A Dubai institution, Barasti is a legend of the city's lively outdoor nightlife scene. Located in the Le Meridien Mina Seyahi Beach Resort, the famous venue, which is set over multiple levels and often hosts live music and sports screenings, is the go-to place for a fun-filled day or night.

Al Sufouh Road - Jumeirah Beach

Nasimi Beach | Atlantis the Palm

Best for: Unique location and big-name live acts

With the iconic arches of Atlantis The Palm as a backdrop on one side and the captivating Dubai Marina skyline on the other, it's difficult to beat Nasimi Beach in terms of location. Daytime is all about relaxing on one of the plush daybeds, while come sunset live music from international guest Djs keeps the crowds entertained into the evening.

Crescent Road, The Palm, Dubai