EMIRATES PALACE
MANDARIN ORIENTAL
ABU DHABI

FOR YOUR ULTIMATE

LEISURE EXPERIENCES



Whether you're chasing adrenaline or seeking balance, our sport and leisure experiences are designed to move you.
Dive into action witth state-of-the-art indoor facilities or soak up the sun in our expansive outdoor spaces.
Let the experience begin.

+971 2 690 7311
moauh-leisure@mohg.com









MANDARIN & ORIENTAL POOL

The Mandarin Pool features family-friendly amenities including water slides and a lazy river, a for fun-filled leisure. The Oriental Pool offers a more tranquil setting, with in-water loungers and a poolside bar—perfect for unwinding in style.

Available daily
Mandarin Pool: 7am to sunset, Oriental Pool: 7am to 9pm

WATERSPORTS

Dive into endless excitement with our eco-friendly range of motorised and non-motorised water sports, all powered by renewable energy. Experience the thrill of the water while minimising your environmental footprint through sustainable, high-adrenaline adventures.

Available daily, 9am to sunset

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moauh-marina@mohg.com
vnair@mohg.com





AQUA FUN PARK

Fuel your adrenaline with ocean-view workouts at our Aqua Fun Park. Conquer floating obstacles, slides and climbing towers—all with the Palace in sight. Perfect for bonding with friends and family.

Open daily, 9am to sunset

BEACH CABANAS

Relax in style at the beach with our premium cabanas—your personal oasis for the perfect beach day. Enjoy refreshments from Cascades and beat the heat with the portable air conditioner.

Available daily, 9am to sunset





KIDS PALACE

Step into Kids Palace—the miniature version of Emirates Palace Mandarin Oriental, Abu Dhabi designed for little fans aged 10 months to 12 years. This haven inspires creativity, encourages learning and delights with hands-on activities like cooking classes, arts & crafts and outdoor adventures. Join our seasonal Kids Palace camps or celebrate your birthday with a fully personalised, unforgettable experience.

Open daily, 8am to 6pm

BEEKEEPING TOUR

Discover our dedication to sustainability and biodiversity with an immersive beekeeping tour. Visit our on-site beehives, where we harvest homegrown honey that is served fresh at breakfast and available for purchase at Episodes.

Available upon request

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THEME PARKS

Experience record-breaking thrills at Ferrari World Yas Island, Abu Dhabi, enjoy splash-tastic fun at Yas Waterworld Yas Island, Abu Dhabi, embark on heroic adventures at Warner Bros. World™ Yas Island, Abu Dhabi, and explore unique discoveries at SeaWorld® Yas Island, Abu Dhabi.

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AQUAFIT

Join us for Aqua Fit, where you experience a 45-minute full-body burn with aqua cycling or a full-body workout performed in water. Boost endurance, build strength and burn fat with low-impact, high-resistance underwater workouts.

Available on Saturdays and Sundays 9 to 9:45am





MANDARIN & ORIENTAL GYM

Take your pick between two indoor state-of-the-art fitness centers. Elevate your workout experience with cutting-edge equipment designed to optimise every move.

From high-tech machines to personalised amenities and services, we provide everything for the ultimate fitness journey.

For added support and motivation, certified personal trainers are available to help you reach your goals with tailored guidance.

Open daily, 24 hours
Staff available from 6am to 8pm

OUTDOOR GYM

Mix up your routine at the Muscle Up outdoor gym—stay fit and build muscle while soaking in sea views and the Palace garden.

Available daily, 7am to sunset



PADEL & TENNIS COURTS

Reserve our state-of-the-art beachfront padel court, vintage court, or premium tennis courts – each offering an exceptional playing experience for enthusiasts of all skill levels.

Available daily, 7am to 10pm (timing can be adjusted upon request)



BEACH VOLLEYBALL

Enjoy a game of beach volleyball with the Arabian Gulf and the majestic Palace as your backdrop — perfect for relaxed matches or professionally organised tournaments.

Available daily, 7am to sunset





ICE BATH

Experience cold water immersion, a highly effective recovery method to reduce muscle inflammation, alleviate soreness and accelerate recovery after physical activity.

Available daily, 6am to 8pm

CYCLING

Embark on a scenic bicycle ride through picturesque landscapes of our expansive resort with a thoughtfully designed trail offering a peaceful and invigorating way to explore the Palace.

Available daily, 7am to sunset





PILATES & YOGA

Unwind and reconnect with your mind, body and spirit through our Lagree Pilates and yoga sessions at the Palace. With the guided practices provided, experience restoration, balance and enhance flexibility.

Dependent on availability

YACHT CHARTER EXPERIENCE

Set sail on a bespoke journey with our Yacht Charter Experiences. Tailored entirely to your desires, where world-class hospitality meets the serene beauty of Abu Dhabi's coastal waters.Please note prior bookings are required.

Dependent on availability

moauh-marina@mohg.com
smendoza@mohg.com



SUSTAINABLE COOKING CLASS

Experience an intimate cooking class in our Organic Garden, using freshly picked ingredients to create vibrant vegan and vegetarian dishes. Ideal for groups up to 8, with flavours inspired by European, South American and Asian cuisines.

Dependent on availability
moauh-cascades@mohg.com



FIFA ACCREDITED FOOTBALL PITCH

Train and compete on our FIFA-accredited football pitch, perfectly suited for professional training camps, health training programs and corporate tournaments.

Available daily, 9am to 12am (timing can be adjusted upon request)





AIR DOME

A state-of-the-art, climate-controlled sports facility designed to offer a versatile indoor environment for year-round training, tournaments and events. Engineered for all-weather use, the Air Dome provides a consistent and comfortable setting while upholding the highest standards of safety and athletic performance.

12 meters high and 40x60 meters

Available daily, 9am to 12am (timing can be adjusted upon request)

CLUB HOUSE

Our fully equipped Club House features secure lockers, 2 changing rooms, a dedicated player's lounge, private meeting rooms as well as steam and massage facilities available at for post-activity relaxation and recovery.

Available daily, 7am to 10pm



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