

CYCLE TRACKS IN ABU DHABI

There are many ways to combine fitness and fun, but nothing compares to cycling. Cycling is an excellent way to keep healthy, but one of the biggest drawbacks is that it can be very dangerous if you decide to do it on the roads.

Thankfully, Abu Dhabi isn't short of cycling options, places which are bicycle friendly for people of all abilities. In some cases, you don't even need your own bike.

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CYCLING CLUB نادي أبوظبي للدراجات

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AL DHAFRA REGION



Al Dhafra region is by far the largest in the area, and thus a rather remote zone of the emirate of Abu Dhabi, as it embraces a beautiful road capped deep into the desert.

A branch of ADCC is located in Al Dhafra | +971 50 302 6231

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AL AIN CYCLING TRACK



A pleasant cycling track for beginners and professionals, a clean well lit place with stunning scenery!

A branch of ADCC is located in Al Ain

1

YAS MARINA CIRCUIT



Top of our list is Yas Marina Circuit. TrainYAS runs every Sunday and Tuesday evening between 6pm and 10pm and are excellent, no stress ways of getting on the bike.

2

AL WATHBA CYCLE TRACK



The route weaves through small sand dunes and is at its most scenic at sunrise and sunset. It gets better: the course is fitted with solar-powered lights so you can ride into the night and an ADNOC Oasis store is en route so you can stop for refreshments.

3

CORNICHE BIKE TRACK



A dedicated cycle path runs the 12km length of the Corniche from Port Zayed all the way around to Marina Mall and is the ideal route of choice if you want to embrace the bustling heart of the city.

4

AL HUDAYRIYAT ISLAND TRACK



The newly developed Al Hudayriyat Island is a whole island dedicated to sports and beach activities. It was opened in the summer of 2018 and features a 5km and 10km cycle track with scenic sea and city views.

5

QASR AL SARAB SAND DUNES



It's a whole lot of fun to ride those bikes with their 4.8 inch wide tyres (which gives the bikes their name). Don't miss this unique opportunity to tackle the dunes of the Empty Quarter, which is the world's largest desert.

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JEBEL HAFEET



The incline is as steep as 30 per cent in parts and even by Tour de France standards, it's as gruelling as it is spectacular. Be warned, this route is not for beginners or for those with heart problems.