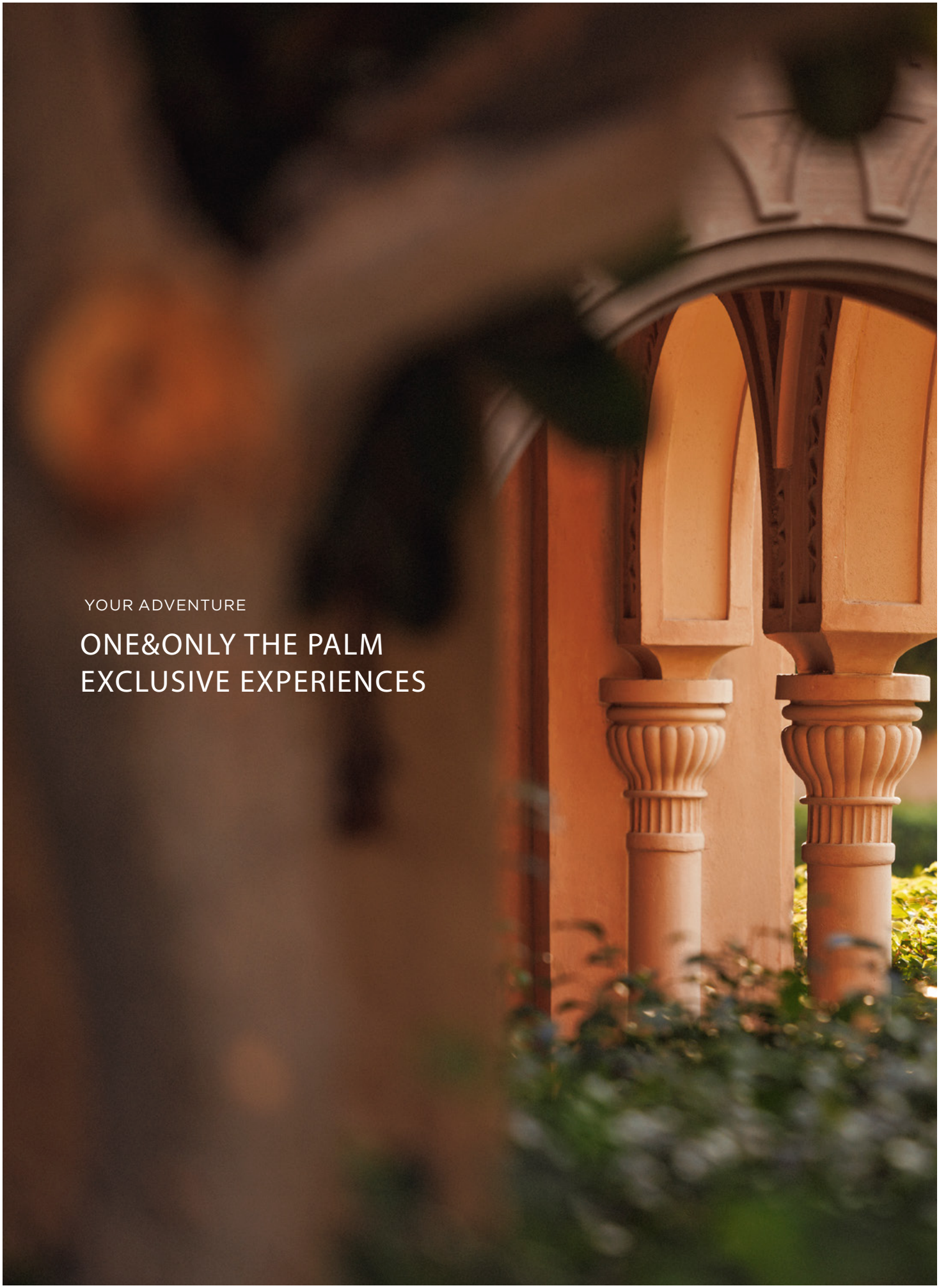


YOUR ADVENTURE

ONE&ONLY THE PALM
EXCLUSIVE EXPERIENCES



EXPLORE

True travel goes beyond mere observation;
it’s about immersive experiences that
ignite your senses and stir your soul.
With our curated selection of illuminating
excursions and hands-on activities, you’ll
uncover hidden facets of Dubai’s vibrant
landscape and culture, while simultaneously
connecting with a deeper part of yourself.
From breathtaking desert safaris to bespoke
culinary journeys and exclusive spa rituals,
every moment spent with us promises to be
an unforgettable exploration of inspiration,
and personal discovery.



TABLE OF
CONTENTS

DISCOVERING EMIRATES

Camel Race 6
Bedouin Safari 6
Al Shindagha Historical Museum 6
The House of Pearls Tour 6

ADVENTURES BY LAND

Desert Safari 8
Jebel Jeis Ziplining 8
X Rally - Reid Buggy 8
Arabian Horses 9
Hatta Hiking & Biking 9

ADVENTURES ON AIR

Hot Air Baloon Adventure 12
Skydiving Over Palm Jumeirah 12

ADVENTURES BY SEA

Azure Elegance 14
Tranquil Tides 14
Fishing Trips 14
Discover Scuba Diving 14

CANVAS FOR CREATIVITY

Art Classes 16
Arabic Caligraphy 16

A SPIRITUAL JOURNEY

Sunset Yoga & Meditation 18
Paddle Board Yoga 18
Soundbath Meditation 18
Little Yogi 18

TIME TO RECONNECT

Bonfire 20
In-Villa Cinema 20
Moonlit Movies On The Beach 20

ARTISANAL KITCHEN

Arabic Cooking Classes 22
Chocolate Making 22
Become a Pizzaiolo 22

SENSORY GASTRONOMY

Chef In-Villa 24
Candle Light Dinner 24
Dinner Under The Stars 24

GRAPES & GRAINS

Wine Tasting 26
Whiskey Tasting 26

FIT & PLAY

Tennis Clinic 28
Golfing 28
Personal Fitness Program 28





DISCOVERING EMIRATES



CAMEL RACE

Embark on a thrilling journey into the world of camel racing at the Al Marmoom Camel Racetrack. Witness exhilarating races, intricate training sessions, and gain insight into Dubai's racing culture. Our expert guides provide in-depth explanations, answering all your questions about the sport. Enjoy exclusive access to explore camels up close, for a truly immersive and enlightening experience.

Available upon request

BEDOUIN SAFARI

Led by expert Conservation Guides, explore the Dubai Desert Conservation Drive, discovering desert flora and fauna. Opt for a nostalgic journey aboard the Vintage Land Rover, evoking the golden era of the UAE's beginnings in the 1950s or immerse yourself in the footsteps of Bedouin ancestors for a truly authentic experience, with a camel safari, honoring the cherished heritage of the UAE's desert culture. Enjoy a mesmerizing falconry performance at sunset, followed by a delectable Emirati dinner and traditional entertainment.

Private or group experience Maximum 6 persons per car

AL SHINDAGHA HISTORICAL MUSEUM

Step into the vibrant past of Dubai at the Al Shindagha Historical Museum. Explore the rich history and traditional culture that have shaped the city, discovering tales of resilience, hospitality, and creativity. From ancient artifacts to immersive exhibits, uncover the treasures of Dubai's heritage and the stories behind its modern identity.

Available upon request

THE HOUSE OF PEARLS TOUR

Step aboard for an extraordinary encounter with one of the UAE's oldest traditions. At Al Suwaidi Pearl Farm in Ras Al Khaimah, the last active pearl farm in the nation, guests are invited to uncover the mesmerising journey of the Arabian pearl. Led by expert guides, this immersive experience weaves past and present, from ancient diving practices to modern cultivation, offering rare insight into the region's rich maritime heritage. Drift through the tranquil mangroves, discover the secrets of natural and cultured pearls, and indulge in a traditional lunch overlooking the shimmering lagoon.

Available upon request
Minimum 2 persons

ADVENTURES BY LAND



DESERT SAFARI

Embark on an inspirational journey with our Private Desert Safari—a luxurious exploration of Dubai's majestic dunes. Glide through the desert in your private Range Rover, witness the mesmerizing falconry show, and ride into the sunset on a camel. With 60 minutes of immersive nature exploration, let this safari ignite your spirit and leave you with lifetime memories.

Private or group experience
Maximum 6 persons per car

JEBEL JAIS ZIPLINING

Prepare for an unparalleled thrill as you soar along the World's Longest Zipline at Jebel Jeis. Spanning an astonishing 2.83 kilometers, equivalent to 28 soccer pitches, this exhilarating experience offers an unmatched rush of adrenaline. Feel the wind rush past you as you glide through the sky, taking in breathtaking views of the rugged mountain landscape below. With each heart-pounding moment, you'll be immersed in the sheer excitement of this extraordinary adventure, leaving you with memories to cherish for a lifetime.

Available upon request

X RALLY-RAID BUGGY

Get ready for an adrenaline-fueled adventure with our Private X Rally-Raid Buggy experience. Feel the thrill of the desert rally as you navigate rugged terrain in custom-built buggies crafted by a former rally driver. Whether you're a seasoned off-road enthusiast or a first-time adventurer, our private excursion promises an exhilarating ride. Buckle up and unleash your inner rally driver for the ultimate off-road adrenaline rush!

Private or group experience
Maximum 4 persons per buggy

ARABIAN HORSES

Immerse yourself in Arabian culture with our Horse Riding adventure in Dubai. Discover the grace and beauty of Arabian horses as you ride and interact in the tranquil desert setting. Our expert guides ensure a memorable experience as you explore the sands, forging a deeper connection with Arabian heritage. Ride amidst the breathtaking desert landscape, leaving an indelible mark on your soul.

Available upon request

HATTA HIKING & BIKING

Venture beyond the city into the dramatic landscapes of Hatta, where winding trails and rugged mountain paths invite you to hike or bike through nature's raw beauty. Surrounded by the jagged peaks of the Hajar Mountains and the tranquillity of the Hatta Dam, this is an escape into the UAE's wilder side - ideal for those seeking adventure, challenge, and moments of pure connection with the land. Whether you follow scenic cycling tracks or ascend hidden hiking routes, every turn reveals a new perspective on the region's natural allure.

Available upon request





HOT AIR BALLOON ADVENTURE

Experience a journey of unmatched splendor and enchantment with our Hot Air Balloon experience over Dubai's captivating landscapes. Customize your flight with a private charter featuring an in-flight falcon show—an exquisite blend of nature's majesty and human ingenuity. Surrender to the tranquility as you gracefully traverse endless golden dunes, witnessing the iconic Dubai Desert sunrise and spotting native wildlife below. This unforgettable experience will linger in your memory, infusing your soul with lasting wonder and delight.

Private or group experience
Maximum 10 persons

A HELICOPTER VOYAGE OVER DUBAI

Take to the skies for a breathtaking perspective of Dubai's dazzling skyline and the shimmering shores of the Arabian Gulf. From the comfort of a private helicopter, soar past iconic landmarks—from the sailshaped silhouette of Burj Al Arab to the palm-fringed archipelago that is home to our secluded retreat. With every turn, the city unfolds in a symphony of light and structure, offering moments of awe that linger long after you've landed.

Private or group experience
Maximum 6 persons

SKYDIVING OVER PALM JUMEIRAH

For those who crave the extraordinary, nothing compares to the rush of skydiving over Dubai's most iconic landmark. Feel your heart race as you soar above the Palm Jumeirah, taking in panoramic views of the Arabian Gulf, the city skyline, and the world-famous fronds below.

Available upon request
Must be 18 years or over



AZURE ELEGANCE

Set on sail for a journey across the waters of the Arabian Gulf. Your private experience starts from the pontoon in front of our overwater 101, you'll be treated to an adventure showcasing the stunning Dubai skyline. Glide past iconic landmarks such as the Palm Jumeirah and Jumeirah Beach, soaking in panoramic views that will leave you in awe. As you cruise, indulge in a bottle of bubbles accompanied by a carefully curated hamper with delicacies inspired by the cuisine of our 101 restaurant, adding a touch of luxury to your experience.

Available upon request (Minimum of 2 hours)

TRANQUIL TIDES

Navigate the azure waters of Dubai's enchanting coastline. Let the gentle breeze guide you as we explore the pristine beauty of the shoreline. Immerse yourself in pure bliss as we anchor at a secluded oasis near Antarctica Island in The World Islands. Here, amidst crystal-clear waters and untouched splendor, you'll have the chance to swim, unwind, and savor a gourmet lunch.

Available upon request (4 hours)

FISHING TRIPS

Embark on a fishing trip in Dubai, blending modern luxury with maritime adventure. Cast your line into the Arabian Gulf's sparkling waters and reel in the thrill of the catch against stunning coastal landscapes. Join us for an unforgettable experience that combines nature's tranquility with Dubai's coastal lifestyle.

Available upon request
Maximum 10 persons

DISCOVER SCUBA DIVING

Designed for explorers aged 10 and above, this aquatic adventure is and introductory session offering a thrilling glimpse into the mesmerizing world beneath the waves. Begin with a comprehensive safety briefing and equipment orientation before dipping beneath the surface to discover the wonders of the underwater realm.

Available upon request (2 hours)
Reception
Maximum 6 persons



ART CLASSES

Designed to inspire and ignite your imagination, learn a variety of techniques and mediums, from painting and drawing to sculpture and mixed media. Immerse yourself in the creative process as you express yourself through color, form, and texture. With a focus on experimentation and individual expression, our classes offer a supportive and nurturing environment for artists of all levels.

Available upon request
Maximum 6 persons

ARABIC CALIGRAPHY

Delve into the intricate world of brushstrokes, curves, and lines that define Arabic script. Learn the history and significance of each letter as you master the techniques of this timeless art form. From the graceful curves of Thuluth to the bold lines of Kufic, unlock the beauty and precision of Arabic Calligraphy.

Available upon request
Maximum 6 persons

THE FLORIST'S TABLE

Step into a world where creativity blooms with every petal. Guided by our expert florist, immerse yourself in the delicate art of floral design—selecting, arranging, and hand-tying your own bespoke bouquet using the season's freshest stems. Whether crafting a romantic gesture or simply celebrating the beauty of nature, this sensory experience invites you to slow down and express yourself through colour, fragrance, and form.

Available upon request
Maximum 6 persons



SUNSET YOGA & MEDITATION

Join us for a serene sunset yoga and meditation session on the private shores of Palm Jumeirah. Flow through gentle movements as the sun dips below the horizon, guided by the rhythm of the waves. Embrace stillness and balance, connecting mind, body, and spirit with the healing energy of the sea and sky.

Available upon request (90 minutes)
Must be 18 years or over
24 hours advanced reservation is required

PADDLE BOARD YOGA

Embark on a journey of balance and tranquility with our One Sport - Paddle Board Yoga experience. Drift into a state of serene bliss as you float atop the calm waters of Palm Jumeirah, guided by the gentle rhythm of the sea. Find your center and connect with the natural flow of the ocean, as you engage in a series of yoga poses designed to harmonize mind, body, and spirit. With each breath, feel the tension melt away and a sense of calm wash over you, as you become one with the soothing embrace of the water.

Available upon request (1 hour)
Maximum 10 persons
Must be 18 years or over
24 hours advanced reservation is required

SUNSET YOGA

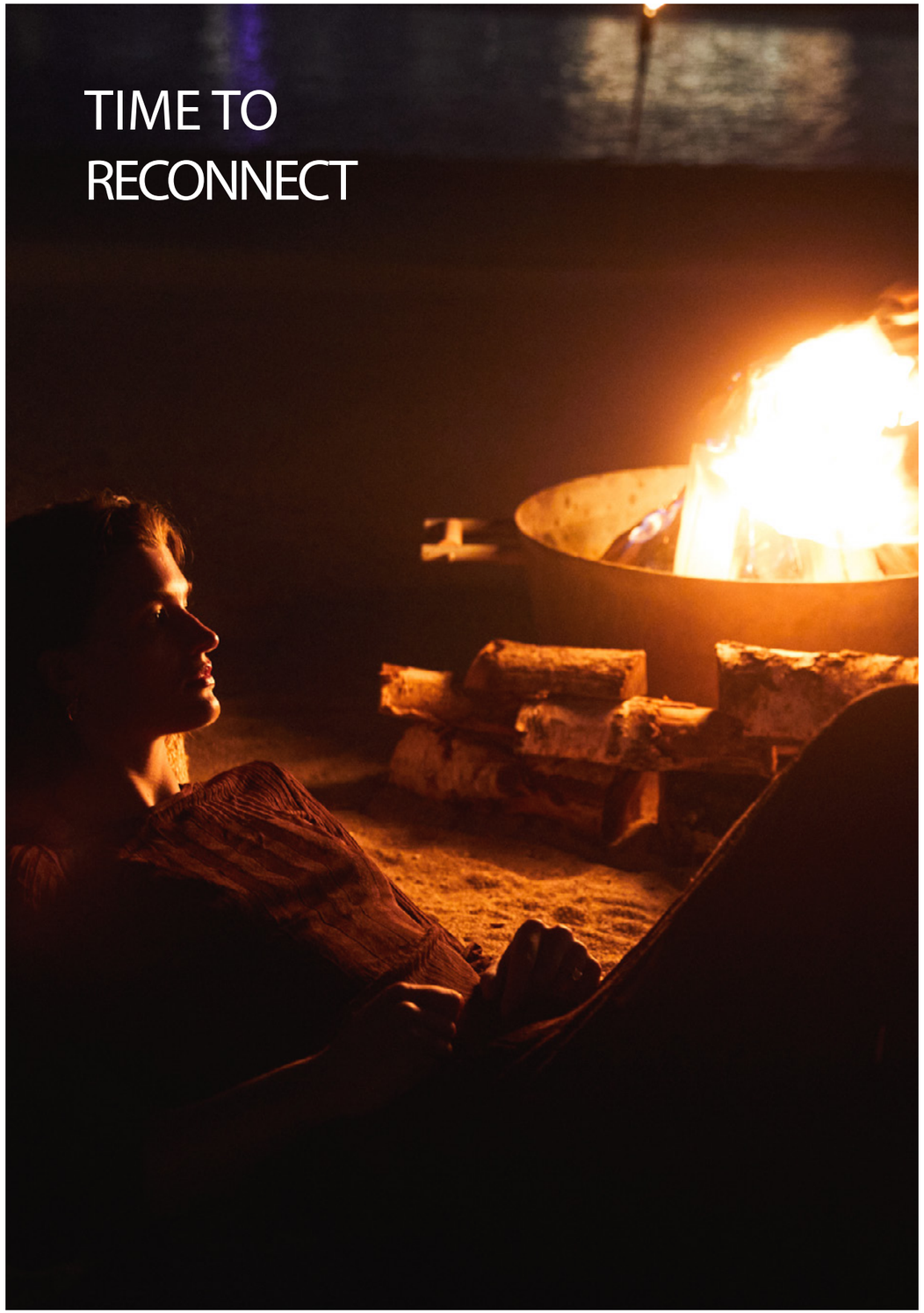
Immerse yourself in the soothing rhythms of our Sound Bath Meditation at Safina. As the sun sets over the shimmering waters, let the gentle vibrations of singing bowls and the ocean's natural harmony wash over you. Each tone invites deep relaxation, restoring balance to mind and body while twilight envelops the shoreline in golden calm. Surrender to the serenity of the moment and let sound guide you into stillness.

Available upon request (1 hour)
Maximum 15 persons
24 hours advanced reservation is required

LITTLE YOGI

A playful and enriching experience tailored for young yogis. Guided by our experienced instructors, children will explore breath, movement, and mindfulness in a supportive environment. Through fun poses and interactive activities, they'll develop balance, strength, and focus while cultivating essential life skills. Join us as we empower to find joy and well-being through yoga.

Available upon request
Maximum 10 persons
24 hours advanced reservation is required



STARGAZING

The stars we admire tonight are the same stars that once guided Emirati sailors home. Step aboard Safina for an enchanting evening where the heritage of the UAE meets the magic of the night sky. As the city lights fade behind you, gaze up at the glittering sky, trace the patterns that guided them home, and let the calm of the sea and the stillness of the night carry you into a moment of pure wonder. Join us for an unforgettable one hour experience of stargazing, where the spirit of the Emirates comes alive beneath the stars.

Safina
Maximum 7 persons

IN-VILLA CINEMA

Step into your own personal movie theater, where every seat is the best seat in the house, and the silver screen comes to life against the backdrop of the Arabian Gulf. Choose from a curated selection of blockbuster hits, timeless classics, or your favorite films, and settle in for a night of cinematic bliss with your loved ones. Sit back, relax, and enjoy the show under the stars, as the sound of the waves provides the perfect soundtrack to your movie night in paradise.

Available upon request (2 hours) In the privacy of your villa

MOONLIT MOVIES ON THE BEACH*

As the sun dips below the horizon and the shoreline takes on a golden glow, the beach transforms into an open-air theatre unlike any other. With your feet in the sand and a gentle sea breeze in the air, gather for an evening where storytelling meets nature. Watch captivating films projected beneath the night sky, accompanied by gourmet snacks and the rhythmic hush of the waves. Whether you're joining fellow guests for a relaxed night by the sea or reserving the experience entirely for yourself, our beachfront cinema promises a setting as unforgettable as the stories on screen.

*Not available during summer time
Beach
Maximum 8 persons



ARTISANAL KITCHEN

ARABIC COOKING CLASS

Embark on a culinary journey steeped in tradition with our Arabic Cooking Class. Led by expert chefs, this hands-on experience invites you to discover the secrets of authentic Emirati cuisine. From aromatic spices to time-honored techniques, learn to create signature dishes that have been passed down through generations. Delve into the vibrant flavors of the Middle East as you master the art of crafting savory mezze, succulent kebabs, and decadent desserts. Immerse yourself in the sights, sounds, and scents of our kitchen as you chop, mix, and sauté your way to culinary mastery. Whether you're a seasoned chef or a novice cook, we promise you an enriching and delicious experience.

Available upon request In the privacy of your villa

THE ART OF FRENCH CUISINE

Step behind the scenes at STAY by Yannick Alléno and uncover the poetry of French gastronomy in an intimate cooking class led by our talented chefs. From delicate techniques to signature sauces, each session invites you into the refined world of culinary craftsmanship, where precision meets passion, and tradition is reimagined. Whether mastering a classic or exploring contemporary creations, you'll leave not only with new skills, but with a deeper appreciation for the elegance of every plate.

Available upon request
In the privacy of your villa

CHOCOLATE MAKING

Indulge your sweet tooth and unleash your creativity with our Chocolate Making Class led by our talented Pastry Chef. Dive into the delectable world of chocolate as you learn the art of crafting decadent treats from scratch. Discover the secrets behind tempering chocolate, and creating delightful confections. From silky smooth ganaches to rich, velvety bonbons, each creation is a masterpiece in the making. Whether you're a seasoned chocolatier or a novice enthusiast, this hands-on class promises to ignite your passion for all things chocolate.

Available upon request
Zest
Maximum 6 persons

SENSORY GASTRONOMY



CHEF IN-VILLA

Indulge in a culinary masterpiece within your private garden oasis, nestled just steps away from the pristine beach, where the tantalizing aroma of sizzling barbecue awaits. Under the expert guidance of our skilled chef, savor a feast of succulent grilled delicacies, prepared to perfection right before your eyes. From juicy steaks and tender seafood to vibrant grilled vegetables, each dish is a symphony of flavors crafted with the finest ingredients. As the sun sets over the horizon, gather with your loved ones around the flickering flames and toast to unforgettable moments in paradise.

Available upon request (90 minutes)
In the privacy of your villa
Maximum 2 persons
Must be 18 years or over

CANDLE LIGHT DINNER

Nestled amidst the lush surroundings of our resort, your private cabana awaits, adorned with flickering candles and draped in billowing fabrics. As the sun sets and the stars emerge overhead, immerse yourselves in the intimate ambiance. Savor a gourmet meal prepared by our expert chefs, featuring a delectable array of dishes inspired by the finest culinary traditions. With personalized service and breathtaking views of the poolside, let the magic of the moment sweep you away as you toast to love and create cherished memories together.

Available upon request (2 hours)
Pool Cabanas
Maximum 2 persons

DINNER UNDER THE STARS

Set against the backdrop of the shimmering sea and beneath a canopy of twinkling stars, your private table awaits. Immerse yourself in the tranquil ambiance of the beach as you savor a gourmet meal crafted by our expert chefs. Let the gentle lull of the waves serenade you as you dine under the open sky. Celebrate a special occasion or simply savor a moment of tranquility

Available upon request (2 hours)
Beach Cabana
Maximum 8 persons

A VILLA BBQ EXPERIENCE

As the evening air begins to soften and your private terrace glows in candlelight, our chefs arrive to transform your villa into a haven of laid-back indulgence. Watch as curated cuts, market-fresh seafood, and seasonal accompaniments are grilled to perfection before your eyes, flavours elevated by open flames and warm conversation. Whether it's a family gathering or a romantic evening for two, this is barefoot dining at its most personal.

Available upon request (2 hours)
In the privacy of your villa



CHEESE & WINE TASTING

Savour the finer things in life with our Wine & Cheese Tasting experience. Embark on a journey of indulgence as you explore a curated selection of exquisite wines paired with artisanal cheeses. Guided by our expert sommelier, uncover the harmony between flavours, aromas, and textures, each pairing revealing a new layer of craftsmanship and refinement. Whether you are a passionate connoisseur or simply curious, this intimate tasting promises to delight the senses and elevate your appreciation for the art of wine and cheese.

Available upon request (60 minutes)
Lobby Lounge
Maximum 2 persons
Must be 18 years or over

FIT & PLAY



TENNIS CLINIC

Refine your tennis skills and elevate your game with our exclusive Private Tennis Clinic. Led by experienced tennis professionals, this personalized session offers tailored instruction to players of all levels. Dive into the fundamentals of technique, footwork, and strategy as you hone your strokes and improve your court craft.

Available upon request
Tennis Court
Maximum 4 persons

GOLFING

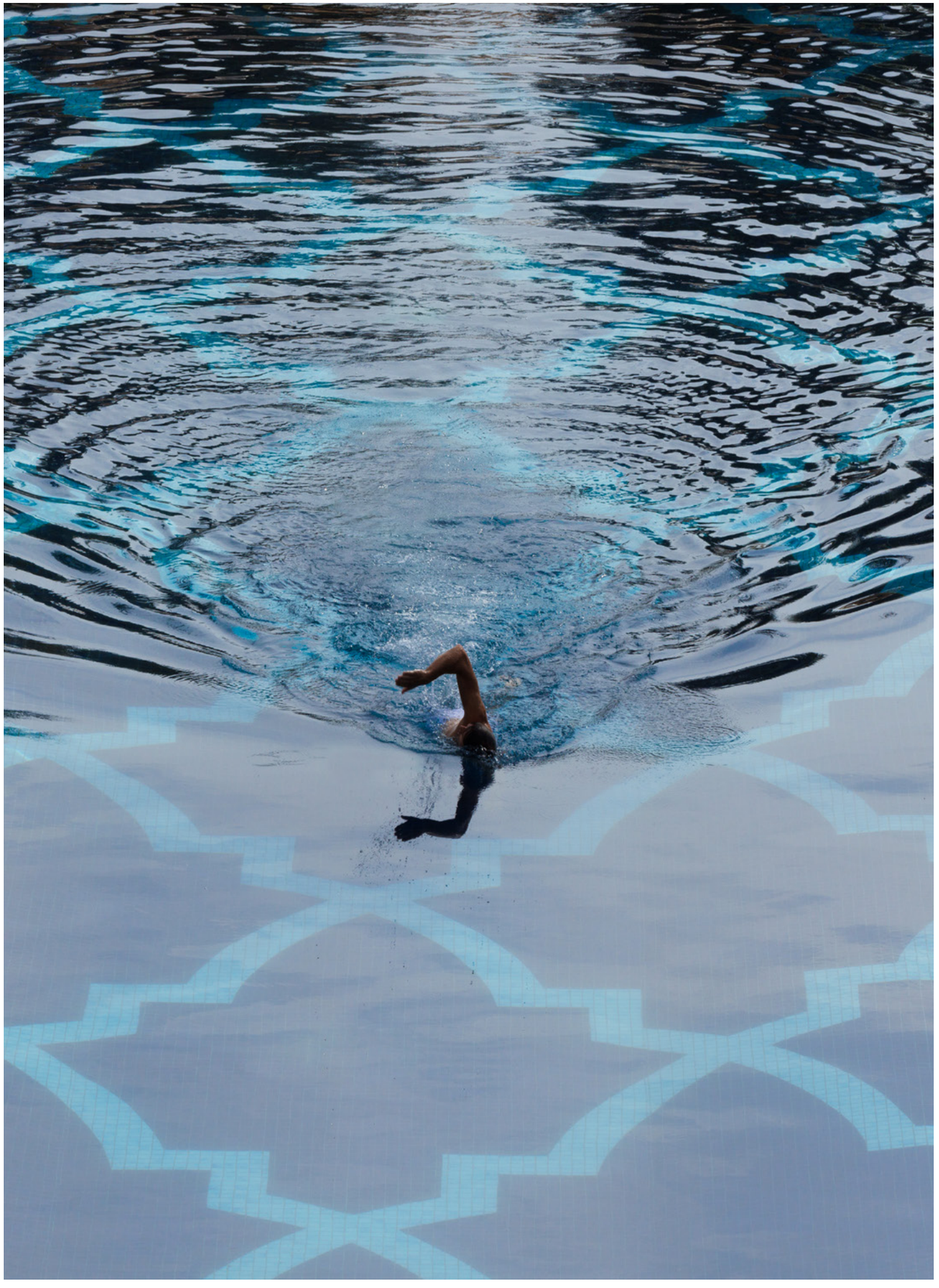
Nestled amidst the stunning landscape of the Dubai Golf Club, this exclusive golfing experience promises an unparalleled blend of sophistication and excitement. Take your game to new heights as you navigate the world-class fairways and greens, surrounded by breathtaking views and impeccable course conditions. Join us for a day of unforgettable golfing thrills at the prestigious Dubai Golf Club Championship, where every swing is a masterpiece in the making.

Available upon request Maximum 8 persons

PERSONAL FITNESS PROGRAM

Tailored to your individual goals and preferences, these personalized programs offer a holistic approach to health and wellness. Whether you're looking to build strength, improve flexibility, or enhance overall fitness, our experienced trainers will design a regimen specifically for you. From one-on-one sessions to group classes, nutritional guidance, and more, we're here to support you every step of the way on your path to a healthier, happier you.

Available upon request
3 and 5 sessions, 30 and 60 minutes
Fitness Centre
Maximum 2 persons
Must be 16 years or over



EVERYTHING YOU NEED TO KNOW

TERMS & CONDITIONS

MEETING POINTS

Meeting point of each activity can be found on the resort map included in this booklet. Should there be any changes, you will be advised of the meeting point for each activity at the time of booking.

CANCELLATION POLICY

Cancellation policies may apply for certain experiences. A 100% cancellation fee will be incurred for any activity not cancelled at least 8 hours prior to its commencement, while for certain activities, cancellation within 24/48 hours will incur a 100% charge. Please check at time of booking. For complimentary activities, we kindly request you to give 24 hours' notice of any cancellation.

Please note, on some occasions, activities can be affected by inclement weather conditions. For any activities cancelled or postponed by One&Only The Palm management due to inclement weather, cancellation fees will not apply.

BOOKING

All activities must be booked 24 hours in advance.

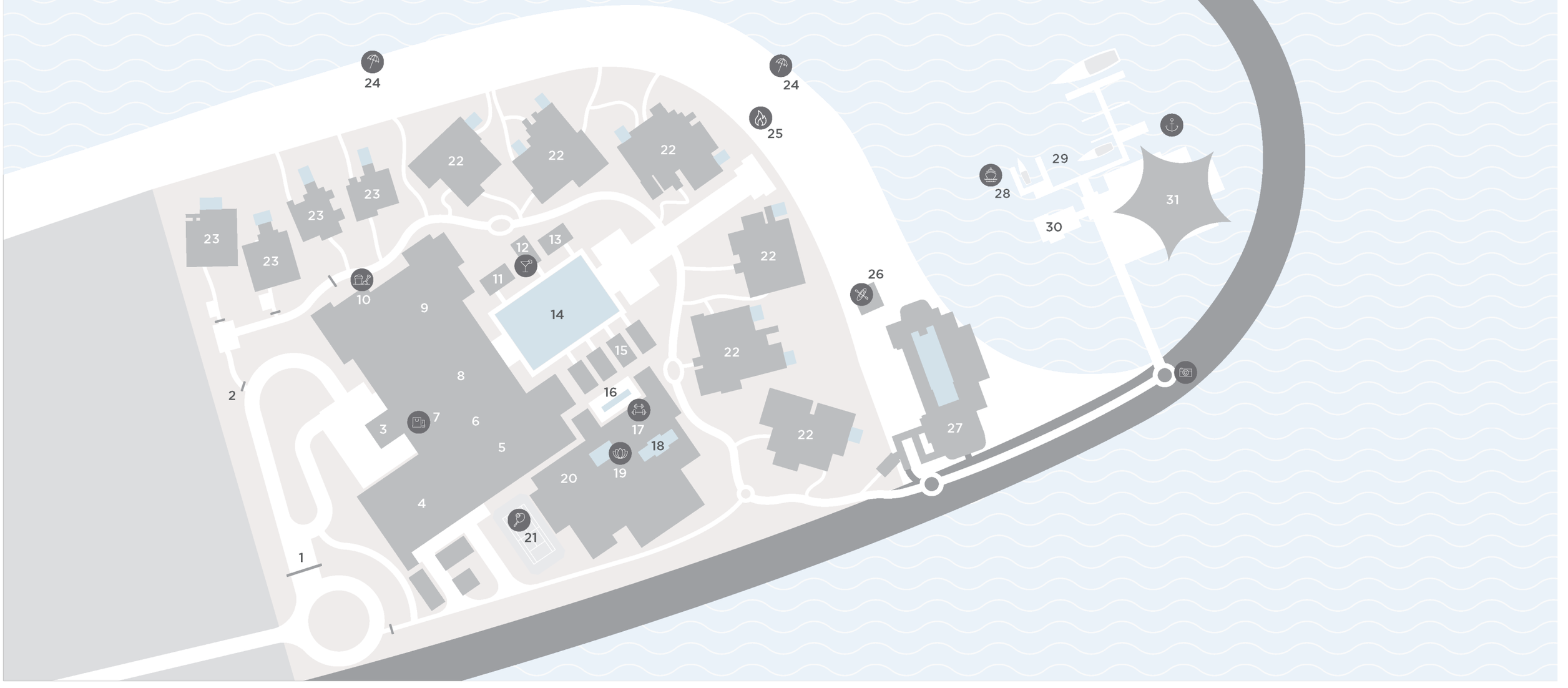
CLOTHING & WHAT TO BRING

For fitness activities, we recommended you to dress in appropriate athletic/hiking outfit attire, with closed shoes. Please bring sunscreen, hat or cap and insect repellents to all outdoor activities.

AGE RESTRICTIONS

Participants must be 10 years or over, unless otherwise stated.

1 MAIN GATE
2 PRIVATE VILLA ENTRANCE
3 HOTEL ENTRANCE
4 RECEPTION HALL
5 ZEST
6 THE LOUNGE
7 NEO BY SOUK SECRET
8 MANOR HOUSE
9 STAY BY YANNICK ALLÉNO
10 KIDSONLY CLUB
11 POOL CONCIERGE
12 QUAINT BAR
13 THE ROYAL CABANA
14 GRAND POOL
15 POOL CABANAS
16 SPA COURTYARD
17 FITNESS CENTRE
18 ADULT ONLY POOL
19 GUERLAIN SPA
20 PEDI:MANI:CURE STUDIO BY BASTIEN GONZALEZ HAIR SALON
21 TENNIS COURT
22 MANSIONS
23 VILLAS
24 BEACH
25 BONFIRE
26 WATERSPORTS
27 SAFINA
28 BOAT TRANSFER TO ONE&ONLY ROYAL MIRAGE
29 PRIVATE MARINA
30 101 PRIVÉ
31 101







ONE&ONLY THE PALM WEST CRESCENT PALM JUMEIRAH
DUBAI UNITED ARAB EMIRATES +971 4 440 10 10 INFO@
ONEANDONLYTHEPALM.COM ONEANDONLYTHEPALM.COM