



**#YOGAANDKAYAK**  
**#HATTAADVENTURES**



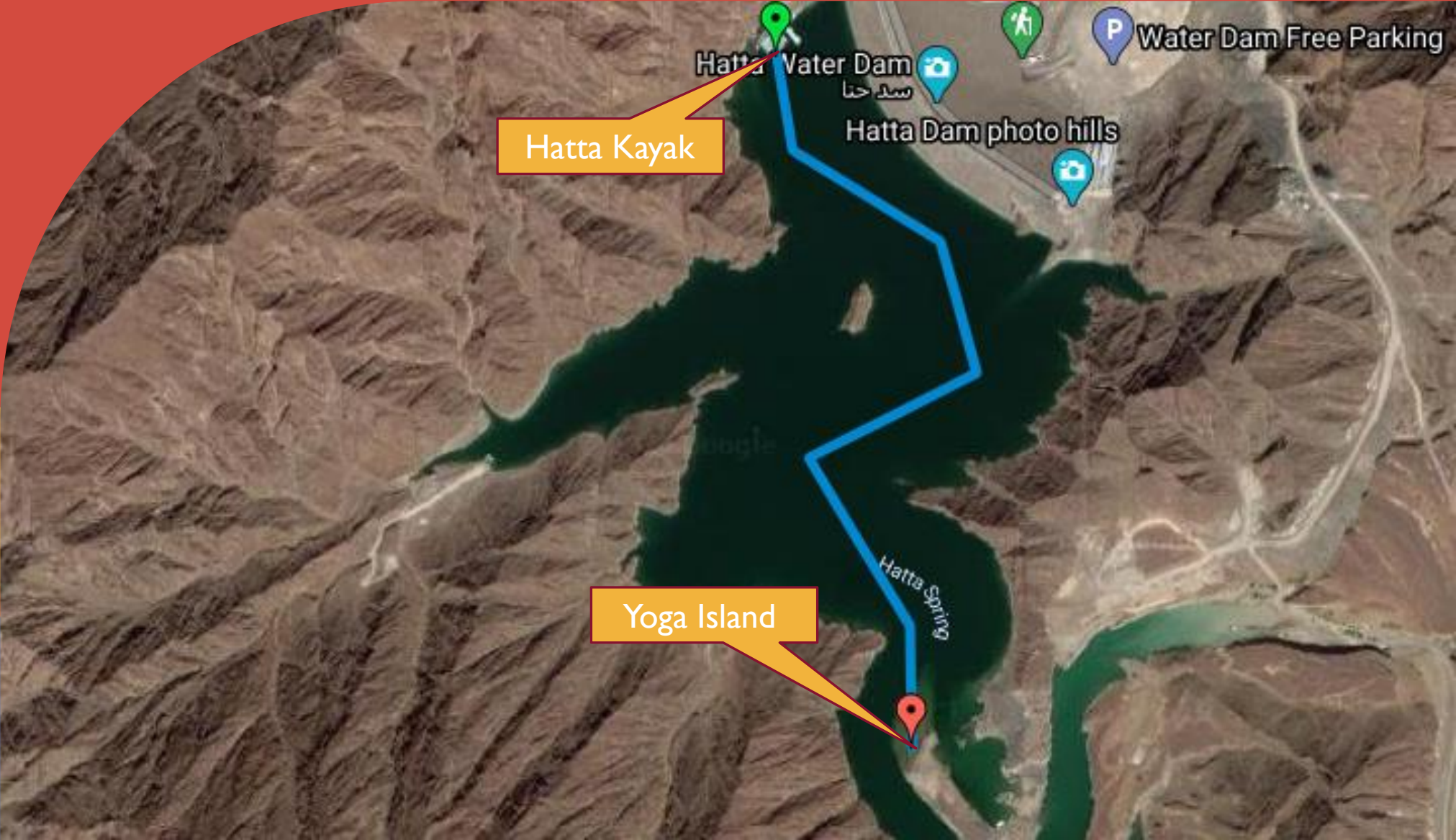
# YOGA



# KAYAK



# BREAKFAST



**Event Map**

**Kayak 1km**  
**Yoga 60mins**  
**Kayak 1km**



- **Please arrive at Hatta Kayak 30 minutes before event start time.**
- **Due to COVID-19, all temperatures will be checked prior to entry being permitted into Hatta Kayak.**
- **Event starts at 08:00 sharp from Hatta Kayak.**
- **All kit will be checked at registration on Friday morning. If you do not have the required kit, kit will be provided for you.**
- **Please see mandatory kit section for the full kit list.**

**MORNING OF THE EVENT**



- **Hatta Adventurers are providing all event day logistical support including, but not limited to, route signage, marshals, support vehicles, kayaks, buoyancy vests, water and breakfast!**
- **Breakfast will be included in the event registration fee and served in the newly opened Al Hajarain Restaurant in Hatta Heritage Village.**

**EVENT DAY SUPPORT**



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## EVENT RULES

- **All participants must follow the guidance of the Hatta Adventures Team while kayaking on the Dam.**
- **A 1-hour yoga session will commence at 9:00am sharp, so arrive to Yoga Island at 8:30am to get set up and capture the best Instagram photos!**
- **The yoga event is led by a fully qualified and respected instructor.**
- **Respect the local environment and bring all litter back to the finish line with you.**
- **Please assist any fellow participant who may be in difficulty and report it to the closest event marshal.**
- **The Event Director's decision is final in the event of any dispute.**



- **The kayaks can be used for an indefinite time after the yoga session, so you have time to explore Hatta Dam and capture more amazing photos for Social Media.**
- **Breakfast will be served to each participant and there is no fixed time for you to be at the restaurant. You can explore Hatta and get some food before hitting the road back home.**
- **T-shirt will be provided as part of the Event Pack**

## **PARTICIPATION INFO**



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- **Yoga mat. If you do not have one, we will provide a yoga mat for you as part of registration.**
- **Yoga block. If you do not have one, we will provide one for you as part of registration.**
- **Comfortable clothes – yoga specific is preferred.**
- **Any personal yoga aids you may need to complete the yoga session.**
- **Bring your own towel.**
- **It is chilly in the mornings, so bring a jumper to keep warm.**
- **Water bottles. Water will be provided for refills.**
- **\*All mats and blocks will be sanitized prior to your arrival.**

## OPTIONAL KIT LIST





- **Participants undertake Yoga & Kayak at their own risk.**
- **Please familiarise yourself with the event briefing document that will be sent via email prior to the event.**
- **Please observe warning signs, flags and whistles, race stewards' advice.**
- **Participants must adhere to all COVID-19 measures put in place by Government Authorities which includes social distancing and wearing masks at all times outside of taking part in the activities.**

**EVENT SAFETY**



# RESPECT THE ENVIRONMENT

- **Please respect the areas in which the event will take place.**
- **Anyone found littering in any section of the course will be immediately removed.**
- **Feel free to report to our marshals if you see anyone littering. We are lucky to be able to hold this event in Hatta, so please respect this privilege.**



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## How do I register for the Event?

- You can register for the event online. Spaces are limited to 50 places, so register now not to be disappointed.

## What does the registration fee include:

- Dubai Sports Council Event T-shirt.
- Kayak rental – unlimited time to explore Hatta Dam.
- Access to Yoga Island and Hatta Dam.
- One-hour Yoga Session on Yoga Island led by a top Yoga Instructor.
- Sponsored products.
- Professional Photography.
- Breakfast in Al Hajarain Restaurant. Juices not included.
- A great atmosphere and a fun day out.
- Fully marshalled and supported event.

## Is there a bag drop facility available?

- Unfortunately, we are unable to provide bag drop facilities at the event.

## Do I need any specialist equipment?

- No. Apart from the Optional Kit List, there are no specialist items required. We will provide you with a kayak, paddle and buoyancy aid.



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## **What level of Yoga experience is required?**

- **The event is specifically designed to facilitate all levels of yoga from beginner through to seasoned yogis. Our Professional Instructor will incorporate different variations of each move that will challenge all ability levels. The aim of the event is for everyone to have fun and enjoy a new experience reconnecting with nature in the foothills of the Hajar Mountains.**

## **What is your refund policy?**

- **When entering the event it is part of the terms and conditions that it is a non-refundable payment policy.**

## **Is there any water available at the event?**

- **Yes. We provide water for you.**

## **Where will I start?**

- **All participants will start from Hatta Kayak, you must be present 30 mins before start time.**

## **Do I need my own kayak, buoyancy aid or paddle?**

- **No. The event organisers will provide all kayaks, paddles, and buoyancy aid. Competitors will not be allowed to bring their own Kayaks due to the remote location of the Kayak stage.**



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## **How can I contact Arabian Quest Team if I have any more questions?**

- **Feel free to contact us with any questions by emailing [info@arabianepic.com](mailto:info@arabianepic.com) or call 058 527 6605.**

## **Who can register for the event?**

- **The event is open to everyone between the ages of 17 to 60+.**

## **How much does it cost to enter?**

- **Standard Price (20<sup>th</sup> Oct – 18<sup>th</sup> Nov 2020)**
  - **AED 249.00**

## **When does the event take place?**

- **Event will be held on Friday, 20<sup>th</sup> November 2020.**

## **Are there accommodation options in Hatta?**

- **We do not provide accommodation as part of the event, however, there are plenty of camping and chalet options in Hatta Wadi Hub, hotel options with JA Hatta Fort Hotel, and independent hospitality options with some local farm stays like The Palm House.**



**Feel free to contact us in the lead up to the big day with any enquiries or questions you have:**

- **Telephone: 058 527 6605**
- **Email: [info@arabianepic.com](mailto:info@arabianepic.com)**

**The Arabian Quest Adventure Race Team**

**CONTACT US**



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