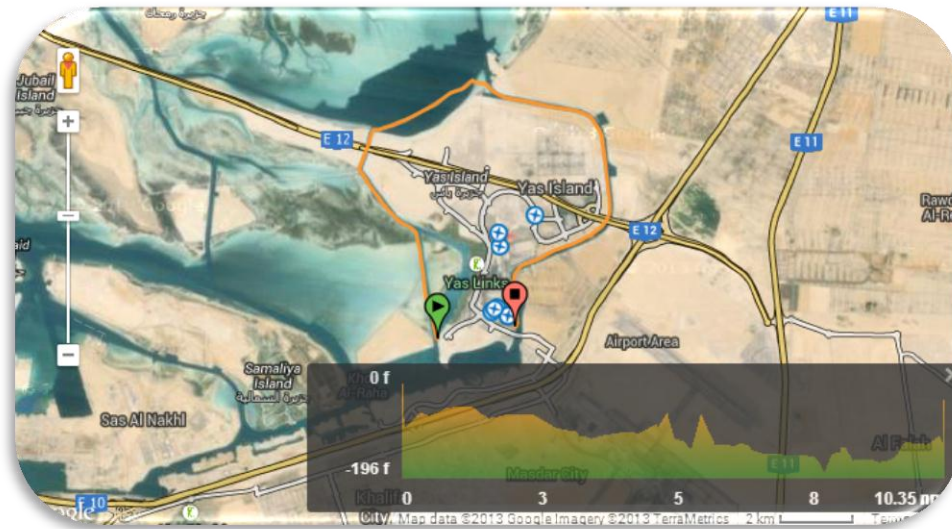




## Paddling around Abu Dhabi

A growing list of kayak and surf ski routes in the UAE



### Stars and Bars loop

10 ½ mile loop  
Difficult

Starts from the dock in front of the Stars and Bars. Nice paddle through the mangroves behind the golf course. Tides can be strong next to kite beach when entering the open bay. Nice calm waters and views when paddling through the canal next to the race track.



### Saadiyat Channel Loop

6 ½ mile loop  
Moderate paddle

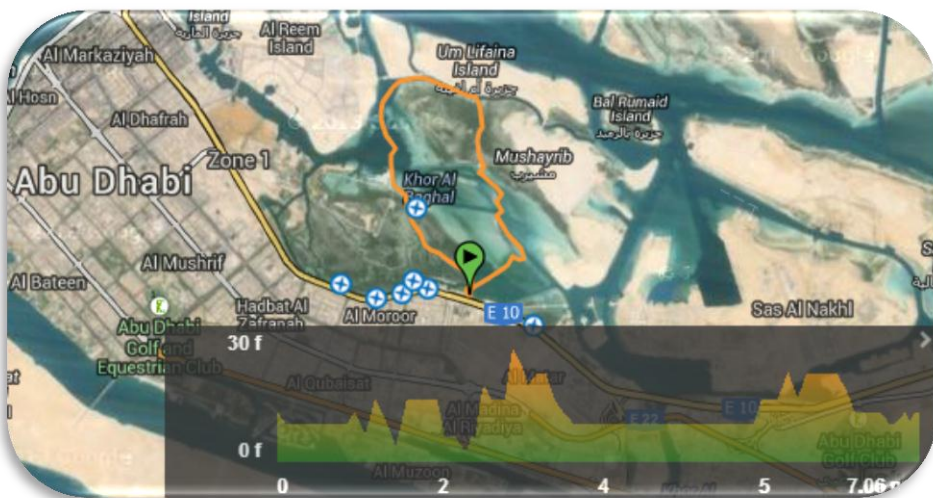
This starts from the boat launch across the sand lot. I have security guards give me problems here. Nice shallow streams through the mangroves. When crossing under the freeway there is a water duct. I had to carry my surf ski for about 5 minutes. I believe this is where the route may enter a private nature reserve. I saw several gazelle but did not have any problems with security.



### Saadiyat to Shellilah

18 mile one way  
Difficult

Paddle starts from the public(?) boat launch on Saadiyat. Starts with an easy channel paddle and the passes through stronger currents on the way to Ras Ghrab island. Nice ocean paddle but can get rough. On my day there were white caps so I needed go farther out from the shore. Good area for spotting dolphins and turtles and general wild life. Easy channel to follow at the end back to Shellilah.



### Eastern Mangrove loop

7 mile loop  
Moderate

Paddle starts from the kayak tour launch area off the east cornice road. Good route for spotting flamingos across the bay. After the bay the track goes through an isolated channel cut through a mangrove. It then loops around and goes through the main mangrove channel where most of the tours go before arriving again at the launch.



### Rock Shellilah

3 mile paddle  
Easy

This departs from the Shellilah cornice down the road from Al Rahba. Mind the jet skis when crossing the channel. Quickly turns to shallow flats which you need to navigate carefully. Good place for spotting sting rays. Route u-turns around a rock which is a nesting area. On the return a side trip into the mangrove through a shallow inlet can be easily be made.