

A romantic couple is shown in profile, looking out towards the sea at sunset. The man, with a beard and dark hair, is wearing a white linen shirt and has his arm around the woman. The woman has long dark hair and is wearing a white linen dress. The background shows a calm sea and a city skyline in the distance under a warm, golden sky.

From Moments To Memories

ACTIVITY PROGRAMMING BROCHURE

JUMEIRAH

MUSCAT BAY
OMAN





A Personal Welcome

The Water Odyssey in the Heart of Muscat

It is my pleasure to welcome you to Jumeirah Muscat Bay, a tranquil beachfront retreat nestled between the majestic Al Hajar Mountains and the shimmering waters of the Arabian Sea.

During your stay, we invite you to discover the beauty of Oman - its rich heritage, timeless traditions, and the natural wonders that surround our bay. Whether you choose to explore, unwind, or simply pause to take in the views, every moment here is designed to reflect the spirit of this remarkable destination.

Welcome to your coastal haven, where the stories of sea and mountain meet.

Warm Regards,

Gianluca Priori

General Manager

A man in a white thobe and ghutra is walking from right to left, slightly out of focus. In the background, a large potted palm tree stands next to a white wall with a large archway. The archway reveals a view of a rocky, hilly landscape under a clear blue sky. The overall scene is bright and sunny, with warm tones.

Arrival & Welcome

Welcome to the shores of Muscat, where sea
and mountain meet, and every moment invites calm
connection and discovery.



Warmth of Omani Hospitality

Indulge in the warmth of Omani hospitality from the very moment you arrive. Be greeted with a heartfelt “Marhaba,” an Arabic welcome that embodies the joy, generosity, and genuine spirit of our people.



A touch of Oman

Be welcomed with the authentic taste of Oman, the warmth of freshly brewed Omani coffee, the sweetness of dates, and the genuine smiles that embody the spirit of true Omani hospitality.

Transportation Services

Experience refined comfort and timeless style as every journey unfolds with effortless grace. Your dedicated chauffeur ensures a seamless and stress-free ride, thoughtfully tailored to your every preference. Sit back, relax, and indulge in sophisticated travel where each detail reflects ease, elegance, and distinction.



Majlis Moments

Resort experiences linger long after your stay, much like conversations shared in a welcoming majlis.

Each moment is thoughtfully curated to spark curiosity, nurture connection, and create space for reflection. Here, encounters are not only memorable, they become part of a shared story, one that continues well beyond your time with us.



Meet and Greet Service

From the moment you arrive, guests are personally escorted through immigration, customs, and baggage collection, before being guided seamlessly to their awaiting chauffeur. This attentive, stress-free service transforms airport formalities into a graceful welcome, setting the stage for a refined and unforgettable journey from the very first step.

RATE:

OMR 50 per person

For reservations or to view the full schedule of daily activities, please use our e-Butler service.

Culinary Experiences

Every dish is thoughtfully prepared to reflect a sense of place and season. Discover menus that blend international inspiration with the distinctive flavours of Oman, crafted with locally sourced ingredients that honour the region's heritage and traditions.





Signature Dining at Brezza

Experience the true flavours of Italy, masterfully brought to life by our Chef de Cuisine. Each dish, rich in style and aroma, tells its own story. Begin your evening with a signature sip at the rooftop bar, as the golden sunsets of Muscat paint the sky before your dinner.

LOCATION: Brezza Restaurant and
Rooftop Bar, 6th floor
TIME: Daily, sunset to 22:30
RATE: À la carte



Boat to Table Concept

Step aboard our 'Boat to Table' experience and embark on an authentic culinary journey. Each Friday, our Culinary Director joins local fishermen from the nearby Qantab village to select the day's freshest catch. Guests are then invited to roll up their sleeves in an interactive cooking session, before indulging in a leisurely seaside lunch where the flavors of Oman come alive, framed by the serene coastal backdrop.

LOCATION: Peridot Restaurant
TIME: Every Friday at 11:00

A person in a white shirt is applying oil to a client's back using a glass dropper. The client is lying on their side, and the background is softly blurred. The text 'Wellness & Fitness' is overlaid in the center.

Wellness & Fitness

Welcome to Talise, a space for self-discovery where every moment invites reconnection and balance. Blending time-honoured practices with contemporary therapies, each experience is thoughtfully designed to restore calm, nurture inner peace, and inspire a deeper sense of wellbeing.

Scan below to find out more:





Essence of Oman: Sense of Place

A spa journey, which evokes a true sense of place. Discover the power of Oman's nature with medicinal frankincense from the earth and sea salt from the ocean. Prepare your skin with an exfoliation followed by an indulgent full body massage with therapeutic Frankincense oil.

LOCATION:

Talise

DURATION:

90 minutes

RATE:

OMR 70

Muscle Recovery Ritual

A flowing, rhythmical massage designed to ease tension and restore balance to overworked muscles. Focused on the back of the body, this treatment helps relieve stiffness, improve circulation, and leave you feeling renewed and at ease.

LOCATION:

Talise

DURATION:

90 minutes

RATE:

OMR 75



The Sleep Ritual

Every moment is a quiet journey towards wellbeing. Each experience in Talise, is thoughtfully designed to help you reconnect, restore balance, and find calm within. Blending time-honoured healing traditions with contemporary therapies, our treatments nurture vitality, encourage mindfulness, and leave a lasting sense of renewal.

LOCATION:

DURATION:

RATE:

Talise

90 minutes

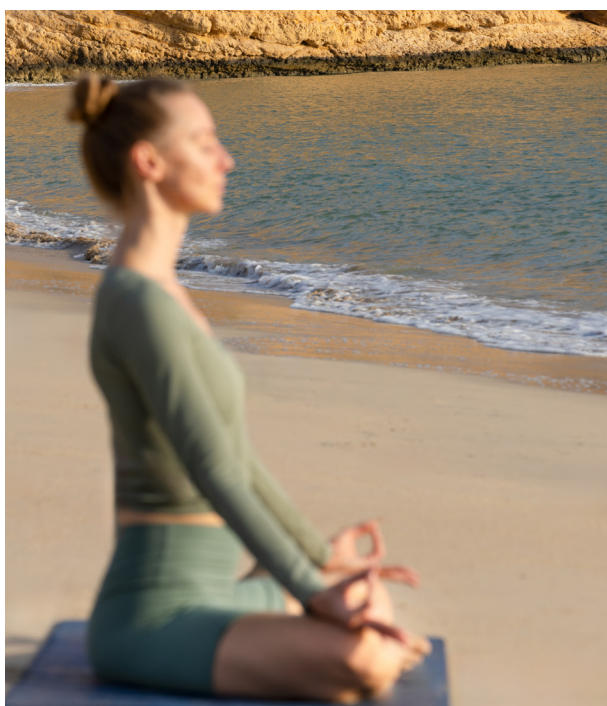
OMR 70



Private Yoga On The Beach

Listen to the soothing rhythm of the ocean as you immerse yourself in the ancient Vedic tradition. Guided by our in-house Yogi, harmonise mindful movement with conscious breathing, awakening both body and mind in perfect synchrony.

LOCATION: Beach
DURATION: 60 minutes
RATE: OMR 25 per person



Meditation

Find stillness by the serene waters and let your mind drift into calm. Our guided meditation sessions invite you to reconnect with your inner self, cultivate mindfulness, and embrace a deep sense of tranquillity. Each moment becomes an opportunity to breathe, reflect, and awaken a profound sense of balance and clarity.

LOCATION: Beach
DURATION: 60 minutes
RATE: OMR 25 per person

Ice Plunge Therapy

Awaken your senses and invigorate your body with the transformative power of Ice Plunge Therapy. This exhilarating experience stimulates circulation, boosts energy, and sharpens mental focus, while promoting deep recovery and overall well-being. Immerse yourself in the crisp, refreshing waters and feel tension melt away as your body and mind are revitalised, leaving you renewed, resilient, and fully present in the moment.

LOCATION: Lawn
DURATION: Three hours
RATE: OMR 35 per person



Group Yoga

Our group yoga sessions on the beach invite you to connect with your body, mind, and surroundings, cultivating balance, flexibility, and inner calm. Guided by expert instructors, each session transforms the natural beauty of the coastline into a space of mindfulness, energy, and rejuvenation.

LOCATION:	Beach
DURATION:	45 minutes
RATE:	OMR 8 per person

The Wim Hof Method

Renowned for its transformative potential, the Wim Hof Method enhances physical and mental performance, elevates energy levels, and fosters a deeper connection with both oneself and the surrounding environment. Through a carefully guided combination of breathing techniques and cold exposure, each session invites you to awaken vitality, cultivate resilience, and embrace a profound sense of clarity and balance.

LOCATION:	Lawn
DURATION:	Five hours
RATE:	OMR 60 per person



Tennis & Coaching by Lux Tennis

Perfect your technique with a private lesson from our luxury tennis provider, Lux Tennis, or embrace the thrill of the game alongside a professional. Every session is thoughtfully tailored to challenge, inspire, and elevate your experience on the court.

DURATION: Starting from 30 minutes
STARTING FROM: OMR 20

For reservations or to view the full schedule of daily activities, please use our e-Butler service.



Junior Tennis Session

A lively and engaging session for children aged four to 14, designed for small groups of two to eight participants. Young players can develop their skills, build confidence, and enjoy the spirit of the game in a fun, supportive environment.

DURATION:

60 minutes

RATE:

OMR 8 per child



Family Pack Tennis

Enjoy the court with private or group sessions, designed for you, your family, or friends. Share the joy of the game, create lasting memories, and experience tennis in a fun, engaging, and luxurious setting.

DURATION:

60 minutes x 10 sessions

RATE:

OMR 288



Kids' Paradise of Play

From creative workshops to exciting games,
our Kids Club offers a world of fun and discovery,
thoughtfully designed to delight children of all ages.

CREATIVE ORIGAMI	RELAY GAMES
ARM/ FACE PAINTING	TOWEL ART
KIDS KAROKE	MOVIE UNDER THE STARS
TEENS GROUP FITNESS	SAND CASTLE MAKING
HENNA TATTOO	PAPER CUT HAT



Creative Adventures

Dive into the thrill of the sea and embrace the spirit of adventure at Muscat Bay. From kayaking along serene coastlines and snorkeling in vibrant reefs, every activity is designed to awaken your senses and ignite your curiosity.

Glide into Adventure

Discover the beauty of Muscat's coastline from the water. Glide across the sea on kayaks and stand-up paddleboards, feel the lift of the e-foil, or experience the thrill of the Seabob and e-surfboard. Each experience is thoughtfully designed to inspire exploration, connection, and a renewed appreciation for the ocean.

STAND UP PADDLE BOARD	30 MINUTES OMR 6
KAYAKING	30 MINUTES OMR 6
E-FOILING	40 MINUTES OMR 40
SEABOB SAFARI	50 MINUTES OMR 50
SWIMMING LESSONS	45 MINUTES OMR 65
SUP YOGA	60 MINUTES OMR 25
SOFA BOAT RIDE	30 MINUTES OMR 25
BANANA BOAT RIDE	30 MINUTES OMR 55
WAKEBOARD	OMR 65
WATER SKI	OMR 65



Wakeboarding

Whether you are new to the sport or looking to refine your skills, our wakeboarding experiences offer personalised guidance, quality equipment, and the stunning backdrop of Muscat's coastline.

DURATION:

Starting from 25 minutes

STARTING FROM:

OMR 45

Water Skiing

Water skiing experiences combine expert guidance, pristine conditions, and seamless service, allowing you to master the glide while taking in breathtaking coastal views.

DURATION::

Starting from 25 minutes

STARTING FROM:

OMR 45







Destination & Inspired Escapes

Set sail along Oman's breathtaking coastline on a private boat, where turquoise waters meet rugged cliffs and hidden coves. Relish serene moments, discover secluded beaches, and soak in panoramic vistas, an intimate journey blending luxury, adventure, and coastal beauty.



Muscat City Tour

Uncover the essence of Oman's capital on a curated city tour. Wander through historic streets, marvel at architectural treasures, and immerse yourself in the sights, sounds, and stories that make Muscat unforgettable.

DURATION:

Full Day

RATE:

OMR 180 per vehicle

Exclusive Boat Trip

Set sail along Oman's breathtaking coastline on a private boat, where turquoise waters meet rugged cliffs and hidden coves. Relish serene moments, discover secluded beaches, and soak in panoramic vistas, an intimate journey blending luxury, adventure, and coastal beauty.

DURATION:

Two hours

RATE:

OMR 168 (7 persons only)



For reservations or to view the full schedule of daily activities, please use our e-Butler service.



Explore the beauty of Oman

Descend Oman's striking cliffs with expert guidance and take in the quiet beauty of the landscape from a new perspective. Each descent reveals hidden coves, sweeping views, and a sense of calm discovery along the coast.

DURATION:

Full Day

RATE:

OMR 220 per vehicle

JABAL AL AKHDAR & BIRKET AL MUOZ EXCURSION

Embark on a journey to the majestic Jabal Al Akhdar, where rugged mountains meet lush terraces and timeless Omani villages. Traverse winding roads that reveal breathtaking vistas, fragrant orchards, and the serene beauty of the Saiq Plateau.

WADI SHAB & SINKHOLE

Discover the hidden treasures of Oman on an adventure to Wadi Shab, where turquoise pools, dramatic cliffs, and cascading waterfalls await. Hike through lush landscapes, swim in crystal-clear waters, and feel the thrill of exploring nature at its most pristine.

NIZWA SOUQ, JABEL SHAMS

Step into the heart of Omani heritage at the vibrant Nizwa Souq, where centuries-old traditions come alive. Wander through narrow lanes lined with artisanal crafts, fragrant spices, and the rich colours of handwoven textiles, and experience the warm hospitality of local merchants.

WAHIBA SANDS, WADI BANI KHALID

Venture into the rolling dunes of Wahiba Sands, where the golden desert stretches as far as the eye can see. Experience the thrill of dune driving, witness a breathtaking desert sunset, and feel the serene stillness of this vast, timeless landscape.



Wadi Mibam Abseiling

Guided by our experts, descend Oman's dramatic cliffs and discover the coastline from a new perspective. Each journey reveals hidden coves, sweeping views, and a quiet balance of challenge and calm.

For reservations or to view the full schedule of daily activities, please use our e-Butler service.

Create your memorable moments:

