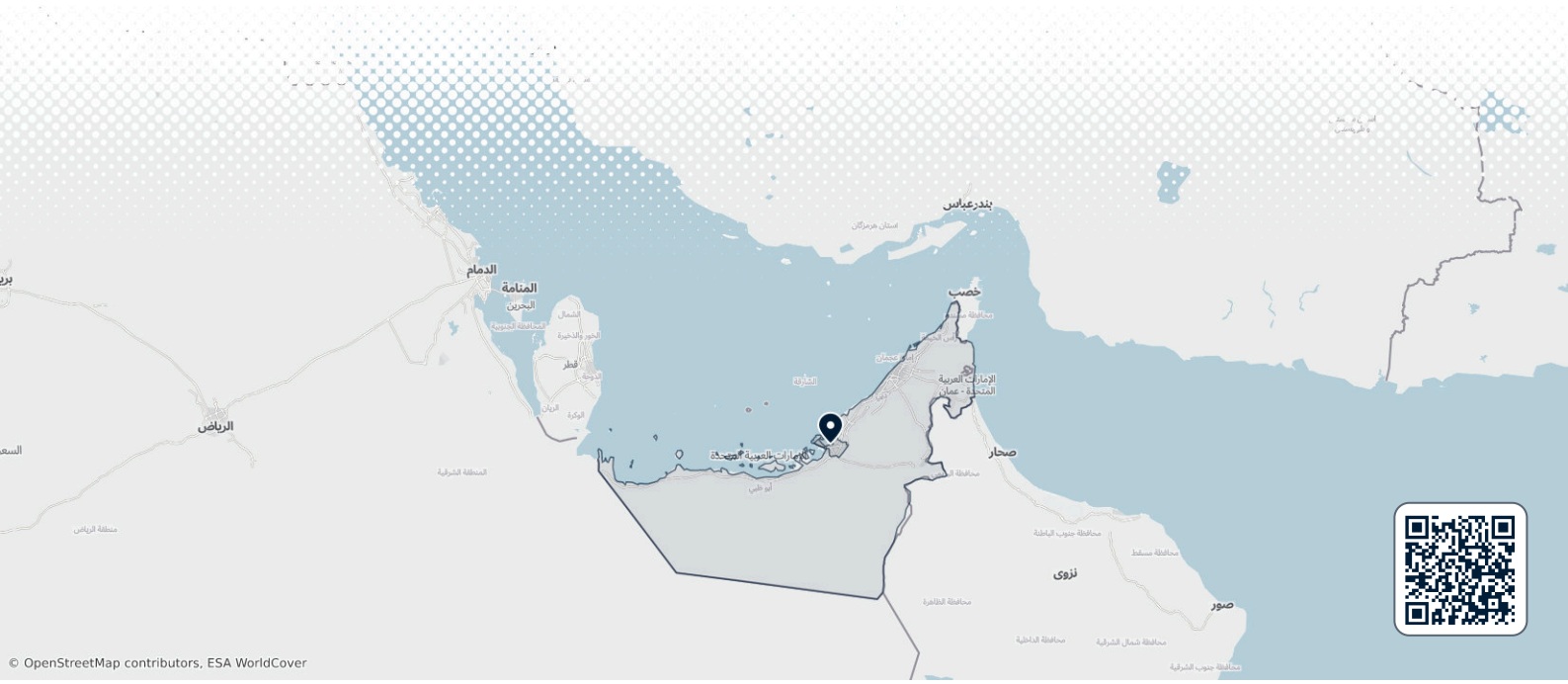
Abu Dhabi City

United Arab Emirates

TRAVEL GUIDE

Tripomatic



Overview

Abu Dhabi is the capital of the United Arab Emirates. The city sits on an island joined to the mainland by bridges.

Glass towers and big museums stand next to a working waterfront. The pace is calmer and more formal than in Dubai. Yas Island suits families, and Saadiyat Island has museums and beaches.

Official visitor information: Visit Abu Dhabi.

When to visit

November to March is the best time. Days are warm and evenings are cool. April is already hot, so plan outdoor visits for the morning.

From May to October it is extremely hot and humid. Sightseeing is only comfortable early in the morning or after sunset. The sea is warm from April to November.

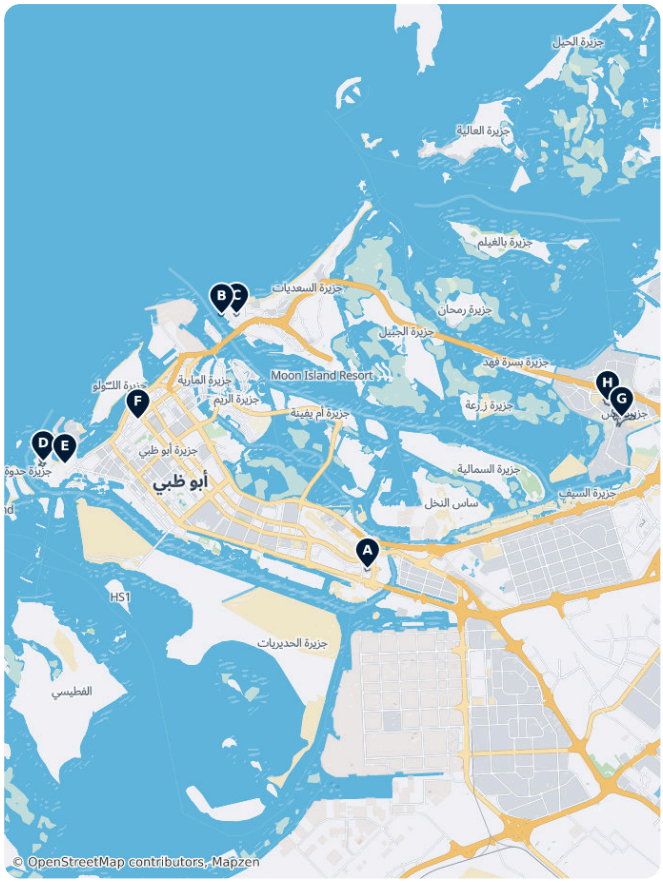
The Formula 1 Grand Prix is held in early December. Hotels fill up and prices rise that week.

MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Great Great for sightseeing	23° / 27°	15° / 12°	21 sunny days · Dry air
February	Great Great for sightseeing	25° / 31°	16° / 12°	21 sunny days
March	Great Great for the beach	28° / 35°	18° / 14°	22 sunny days · UV 8 (Very high)
April	Great Great for the beach	33° / 38°	22° / 18°	22 sunny days · Humid air · UV 9 (Very high) · Up to 7 days above 35°
May	Great Great for the beach	37° / 40°	26° / 22°	27 sunny days · Muggy, humid air · UV 10 (Very high) · Up to 24 days above 35°
June	Great Great for watersports	39° / 42°	28° / 24°	27 sunny days · Oppressive humidity · UV 10 (Very high) · Up to 29 days above 35°
July	Great Great for watersports	40° / 43° Feels like 44°	30° / 27°	20 sunny days · Oppressive humidity · UV 10 (Very high) · Up to 31 days above 35°
August	Great Great for watersports	41° / 43° Feels like 44°	30° / 28°	24 sunny days · Oppressive humidity · UV 10 (Very high) · Up to 31 days above 35°
September	Great Great for watersports	38° / 41° Feels like 42°	28° / 25°	27 sunny days · Oppressive humidity · UV 9 (Very high) · Up to 30 days above 35°
October	Great Great for the beach	35° / 38°	25° / 22°	29 sunny days · Oppressive humidity · Up to 15 days above 35°
November	Great Great for the beach	30° / 33°	21° / 18°	25 sunny days · Humid air
December	Great Great for watersports	26° / 29°	18° / 14°	21 sunny days

Best months: January, February, March, November, December

Climate data: NASA POWER + Copernicus ERA5-Land and ERA5 · 1996–2025

Top sights



- A Sheikh Zayed Grand Mosque is the largest mosque in the country. White marble, gold details, and huge chandeliers fill the halls. Visitors of any faith can enter outside prayer times. **Cover your arms and legs**, and women must cover their hair.
- B Louvre Abu Dhabi sits under a large perforated dome that scatters light over the galleries. Art and objects from different civilizations are shown side by side instead of by region.
- C Zayed National Museum tells the story of the UAE and its founding ruler, Sheikh *Zayed bin Sultan Al Nahyan*. The building was designed by *Norman Foster*.
- D Qasr Al Watan is the presidential palace, with part of the building open to visitors. An evening light show is projected onto its front.
- E Emirates Palace is a luxury hotel under a huge gilded dome. Non-guests can visit for coffee or afternoon tea.
- F Qasr Al Hosn is the oldest stone building in the city. It began as a watchtower in the 1760s.
- G Ferrari World Abu Dhabi is on Yas Island. It has a red roof shaped like the Ferrari badge. It is home to Formula Rossa, one of the fastest roller coasters in the world.
- H Warner Bros. World Abu Dhabi is an indoor park with six themed lands. It is a good choice when it is too hot outside.

Abu Dhabi City – Plan Your Trip

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What to experience

- Watch the Formula 1 season finale at Yas Marina Circuit. Concerts are held on Yas Island the same weekend.
- Join a desert safari: dune driving by 4x4, sandboarding, and dinner at a camp.
- Walk or cycle along the Corniche at sunset, when many local families come out. Corniche Park is a waterfront park with paths.
- Learn about the old way of life at Heritage Village, a small heritage village on the waterfront.
- Spend a beach day on Saadiyat Island.

Day trips

- **Al Wathba Wetland Reserve**: about 45 minutes by car. Flamingos are easiest to see in winter. The reserve is open only from October to April, on set days, so check before you go. A car or tour is needed.
- A Al Ain: about 1.5 hours by car. An oasis city with old forts, palm gardens, and a mountain road up Jebel Hafeet.
- B Dubai: about 1.5 hours by car or taxi, a little longer by bus. Many visitors see the Burj Khalifa and the old souks in one long day.
- **Liwa Oasis**: about 2–3 hours by car. Villages sit next to some of the tallest sand dunes in the world. It is best on a guided tour or an overnight desert camp.



Where to explore

- Yas Island has the theme parks, the race circuit, and beach hotels.
- Saadiyat Island is the museum and beach island, home to Louvre Abu Dhabi and Zayed National Museum.
- Mangrove Marine National Park has mangrove channels where you can paddle a kayak.
- Al Ain is the green inland city, worth a day or a night.
- Dubai and Sharjah are also reachable by road. Sharjah is known for museums and a quieter, more traditional feel.

Getting there

- **By air**: Zayed International Airport (AUH) is the main airport, about 30 km from the city center. A taxi takes about 30–40 minutes, and public buses also run to the city. See Zayed International Airport for flights and services.
- **Via Dubai**: Many travelers land at Dubai International Airport (DXB) and continue by road to Abu Dhabi.
- **By bus**: Intercity buses connect Abu Dhabi with Dubai, Al Ain, and other emirates.

Getting around

- **Bus**: The city bus network covers the main districts and Yas Island. Pay with a rechargeable Hafilat card; cash is not accepted on board. Plan trips at Abu Dhabi Mobility.
- **Taxi**: Metered taxis are cheap and easy to find. Ask the driver to start the meter.
- **On foot or by bike**: The Corniche and Yas Island have walking and cycling paths. Elsewhere the city is spread out along wide roads, so walking between districts is not practical, especially in summer.

Getting around on foot & by bike

WALKABILITY

Moderate

Walkable within areas like the Corniche and downtown, but the city is spread out, so getting between districts usually means a taxi or bus.

CYCLING INFRASTRUCTURE

Moderate

Cycling paths run along the Corniche and on Yas Island, but summer heat limits riding to early morning or evening for much of the year.

Driving

- **Is a car worth it?**: Not for the city center. A car helps for Yas Island, Saadiyat beaches, and desert day trips.
- **Parking**: Street parking is run by the Mawaqif system. Pay at machines, by SMS, or in the Darb app. Many hotels and malls have free parking.
- **Tolls**: Darb toll gates read number plates by camera. There are no barriers. Rental companies usually add tolls to your bill later.

Food & drink

Abu Dhabi has Emirati food and the cooking of many communities who live here, from Lebanese grills to South Asian curry. For Emirati dishes, try machboos (spiced rice with meat or fish) and luqaimat (fried dough balls with date syrup).

For casual meals, try shawarma and grilled meat at neighborhood Lebanese restaurants. Seafood is best near the Corniche and the Mina Zayed fish market.

What to eat & drink

BREAKFAST

Khameer Bread · خبز خمير (Khameer)
A slightly sweet, saffron-scented flatbread often eaten with cheese or honey at breakfast.

DINNER

Machboos · مجبوس (Machboos)
Spiced rice with meat or fish, the most common Emirati main dish, similar to biryani but with local spice blends.

Harees · هريس (Harees)
A slow-cooked porridge of wheat and meat, popular during Ramadan and weddings.

SNACKS & STREET FOOD

Shawarma · شاورما (Shawarma)
Spit-roasted meat wrapped in flatbread with garlic sauce and pickles, a ubiquitous quick meal.

SWEETS & DESSERTS

Luqaimat · لقيمات (Luqaimat)
Small deep-fried dough balls drizzled with date syrup or honey, a popular dessert especially during Ramadan.

DRINKS

Karak Tea · شاي كرك (Karak)
Strong, spiced milk tea influenced by South Asian chai, sold at roadside cafeterias across the country.

Arabic Coffee · قهوة عربية (Qahwa)
Lightly roasted coffee flavored with cardamom, traditionally served with dates as a gesture of hospitality.

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Safety & health

Abu Dhabi is one of the safest capital cities to visit. Violent crime against visitors is rare. The most common problem is pickpocketing in crowded places.

Alcohol is served only in licensed venues, such as hotels. Dress modestly away from the beach and pool, and avoid public displays of affection. In summer, drink water often and avoid the midday sun.

History

Abu Dhabi began as a small pearling and fishing settlement on an island. A freshwater well drew people here in the 18th century. A watchtower built in the 1760s to guard that well grew into Qasr Al Hosn.

Oil exports began in the 1960s. Sheikh *Zayed bin Sultan Al Nahyan* used the new wealth to build schools, hospitals, and roads. He led the creation of the United Arab Emirates in 1971, with Abu Dhabi as its capital. Zayed National Museum tells his story, and Wahat Al Karama honors those who died serving the country.

Country facts

Quick practical facts for the United Arab Emirates:

CURRENCY
AED AED

EMERGENCY
112

ELECTRICITY



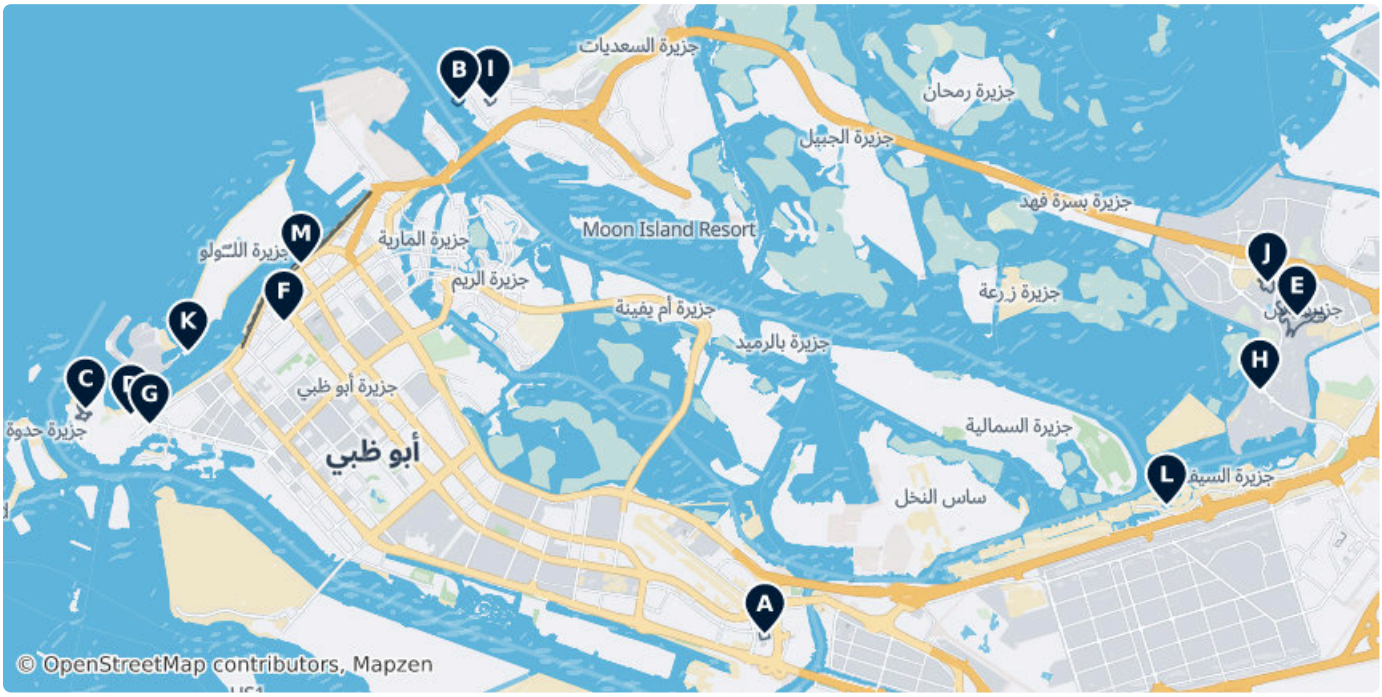
Type C / Type G
220 V · 50 Hz

LANGUAGES
Arabic

TAP WATER
Safe to drink

Abu Dhabi City Essentials

Abu Dhabi combines historical landmarks with pioneering modern architecture. The Sheikh Zayed Grand Mosque features white marble domes and intricate Islamic design, while Qasr al-Hosn stands as the city's oldest stone structure. Cultural highlights include the Jean Nouvel-designed Louvre Abu Dhabi and the presidential palace, Qasr Al Watan. On Yas Island, the city hosts the world's fastest rollercoaster at Ferrari World and the Yas Marina Formula 1 circuit. The skyline is defined by the circular Aldar Headquarters and the five-tower Etihad Towers, complemented by the waterfront Corniche Park.





A Sheikh Zayed Grand Mosque

The Sheikh Zayed Grand Mosque is located in Abu Dhabi, the capital city of the United Arab Emirates.

5th St, Abu Dhabi, UAE (24.41242, 54.47508)

visitabudhabi.ae/ar-ae/what-to-see/nati... , +971 2 4191919



B Louvre Abu Dhabi

Modern art museum with expressionist architecture designed by Jean Nouvel, showcasing a diverse collection of artworks that connect Eastern and Western art traditions.

Jacques Chirac St 133, 22600 Abu Dhabi (24.53337, 54.39900)

Tu–Su 10:00–18:30

louvreabudhabi.ae, +971600565566



C Qasr Al Watan

Working presidential palace and cultural landmark showcasing national heritage, governing traditions, and craftsmanship. The site features grand architecture and interactive exhibitions focusing on the history and spirit of the United Arab Emirates.

Al Ras Al Akhdar 91-2, United Arab Emirates (24.46339, 54.30595)

Mo–Su 11:00–19:00

qasralwatan.ae, +971600544442



D Emirates Palace

The Emirates Palace Mandarin Oriental, Abu Dhabi is a luxury five-star hotel in Abu Dhabi, United Arab Emirates.

(24.46204, 54.31716)

emiratespalace.ae, +971 2 690 9000



E Ferrari World Abu Dhabi

Indoor amusement park featuring over 40 rides and the world's fastest rollercoaster. It is recognized as the second largest indoor theme park in the world.

Yas Leisure Drive, أبو ظبي (24.48441, 54.60768)

Mo–Su 11:00–20:00

ferrariworldabudhabi.com, +971 2 4968000



F Qasr al-Hosn

The Qasr al-Hosn is a historical landmark and the oldest stone building in the city of Abu Dhabi, the capital of the United Arab Emirates.

Zayed the First St, Abu Dhabi, UAE (24.48324, 54.35534)



G Etihad Towers

Etihad Towers is a complex of buildings with five towers in Abu Dhabi, the capital city of the United Arab Emirates.

Bainunah St, Abu Dhabi, UAE (24.45993, 54.32187)

etihadtowers.com



H Yas Marina Circuit

A brand new Formula 1 circuit offers a unique and unforgettable experience! Come and see one of the races!

Yas Island, Abu Dhabi, UAE (24.46765, 54.59840)

facebook.com/yasmarinacircuit, +971 2 659 9800



I Zayed National Museum

Cultural institution and memorial dedicated to the history, culture, and economic transformation of the United Arab Emirates. It features six permanent galleries and an outdoor garden showcasing a collection of over 3,000 artefacts.

22601 Abu Dhabi (24.53361, 54.40679)

zayednationalmuseum.ae, +97124440444



J Warner Bros World Abu Dhabi

Large indoor theme park featuring six immersive lands and over 29 rides based on iconic movie and cartoon franchises. The facility includes themed areas such as Gotham City, Metropolis, and Bedrock.

أبو ظبي (24.49203, 54.60031)

wbworldabudhabi.com, +971600511115



K Heritage Village

A place where you can discover Islamic traditions, see what life in Abu Dhabi was like in the old days and explore its souq and mosque.

(Unnamed Road), Al Ras Al Akhdar 91-2, United Arab Emirates (24.47643, 54.33142)

Mo–Th	09:00–16:00
Fr	15:00–21:00, 07:30–12:00
Sa–Su	09:00–16:00

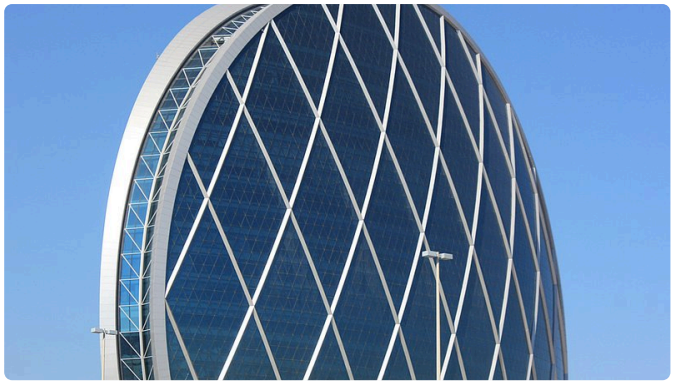
+971 2 681 4455



M Corniche Park

The Corniche is located in the city of Abu Dhabi, the capital of the United Arab Emirates.

Corniche Road, Abu Dhabi, UAE (24.49629, 54.35956)



L Aldar Headquarters Building

The Aldar Headquarters building is the first circular building of its kind in the Middle East.

Aldar Plaza, Abu Dhabi, United Arab Emirates (24.44165, 54.57515)

+971 2 810 5555

Cultural Landmarks

Abu Dhabi's cultural landscape is defined by the Sheikh Zayed Grand Mosque's white marble domes and the Louvre's innovative floating dome designed by Jean Nouvel. Visitors can explore the UAE's history at the Zayed National Museum and the Heritage Village, or witness the country's governance at the Qasr Al Watan presidential palace. The list also includes the Wahat Al Karama war memorial, featuring 31 leaning aluminum tablets, and the Mary, Mother of Jesus Mosque in Al Mushrif. These sites highlight the city's blend of Islamic tradition and contemporary architectural design.





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visitabudhabi.ae/ar-ae/what-to-see/nati... , +971 2 4191919



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louvreabudhabi.ae, +971600565566



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zayednationalmuseum.ae, +97124440444



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Mo–Su 11:00–19:00

qasralwatan.ae, +971600544442



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Mo–Th 09:00–16:00
Fr 15:00–21:00, 07:30–12:00
Sa–Su 09:00–16:00

+971 2 681 4455



F Wahat Al Karama

National war memorial and monument dedicated to Emirati soldiers and individuals who have served the nation since 1971. The 46,000-square-metre site features a central structure composed of 31 leaning aluminum-clad tablets.

(Unnamed Road), Al Maqtaa 29, United Arab Emirates (24.41362, 54.47907)

Mo–Su 09:00–22:00

+97126681000



G Mary, Mother of Jesus Mosque

Mary, Mother of Jesus Mosque, also called in Arabic, Maryam Umm Eisa Masjid is a mosque located in Al Mushrif, a central neighborhood in...

(Unnamed Road), Al Mushrif 19, United Arab Emirates
(24.44977, 54.38584)

H Manarat al Saadiyat

Visit this unique cultural centre located on Saadiyat Island and admire exhibitions with international collections.

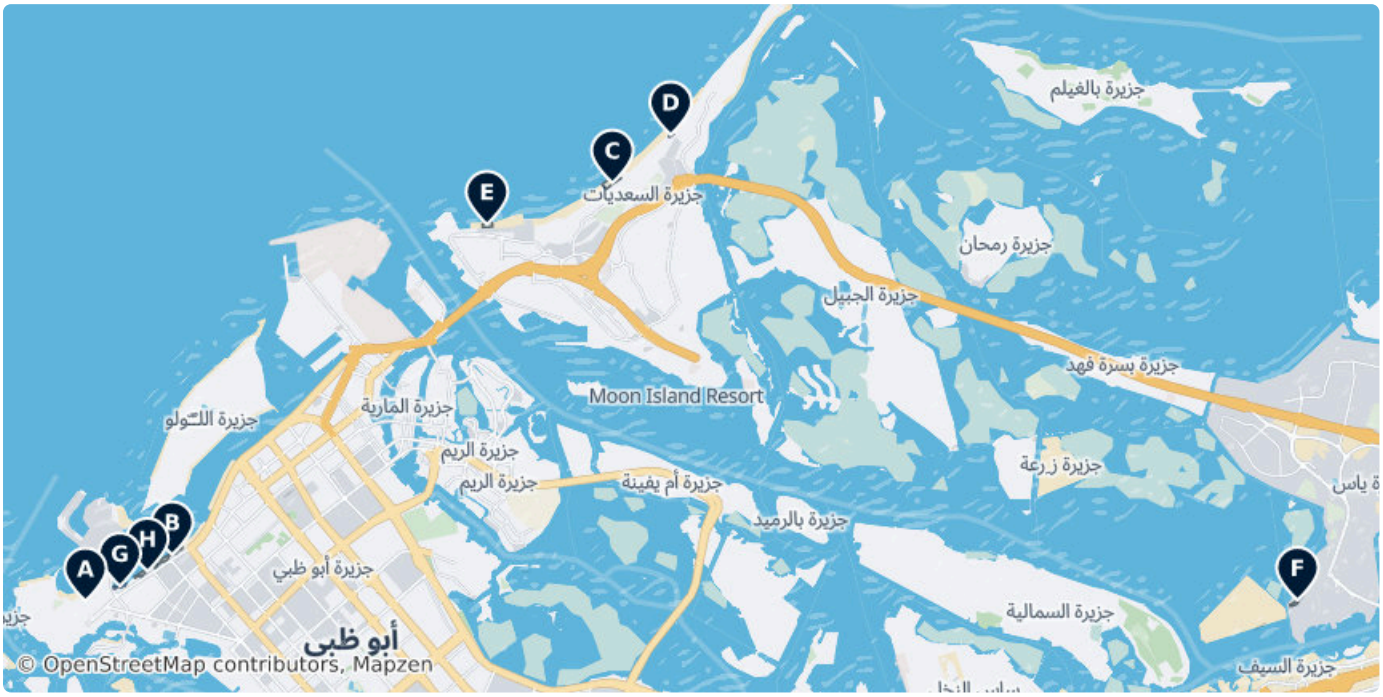
Saadiyat Island, Abu Dhabi, AE (24.53453, 54.41870)

Mo–Su 09:00–20:00

saadiyatculturaldistrict.ae/en/manarat-al... , + 97126575800

Best Beaches & Beach Clubs

Abu Dhabi's coastline spans from the manicured Corniche to the natural sand dunes of Saadiyat Island. This selection highlights the city's diverse waterfront, including Blue Flag-certified stretches and protected nesting grounds for Hawksbill turtles. It features luxury destinations like the Emirates Palace Mandarin Oriental alongside modern developments like Mamsha Al Saadiyat's Soul Beach and the family-oriented sports facilities at Al Bahar and West Bay.





A Emirates Palace

The Emirates Palace Mandarin Oriental, Abu Dhabi is a luxury five-star hotel in Abu Dhabi, United Arab Emirates.

(24.46204, 54.31716)

emiratespalace.ae, +971 2 690 9000



B Corniche Beach

Blue Flag-certified public beach with dedicated sections for families and singles. It features a seaside boardwalk, sports facilities, and views of the Lulu Island skyline.

Al Khalidiyah 73, United Arab Emirates
(24.47161, 54.33684)

C Saadiyat Public Beach

Eco-conscious sandy beach known for turquoise waters and Hawksbill turtle nesting sites. Facilities include sun loungers and showers, with access managed to protect the surrounding dune ecosystem.

United Arab Emirates (24.54831, 54.43675)

D Saadiyat Beach Club

High-end club on Saadiyat Island featuring an outdoor infinity pool, private cabanas, and fitness facilities. It offers exclusive access to a private stretch of natural white sand.

Saadiyat Island, Abu Dhabi (24.55828, 54.44997)

saadiyatbeachclub.ae, +971 2 656 3500

E Soul Beach

Located within the Mamsha Al Saadiyat development, this manicured beach features a 1-kilometer shoreline with sunbeds, situated adjacent to a waterfront promenade of restaurants.

أبو ظبي (24.53981, 54.40829)

Mo–We	06:00–19:00
Th	07:00–19:00
Fr–Su	06:00–19:00

visitabudhabi.ae/en/where-to-go/beac... , +971 50 929 0936

F Yas Public Beach

Managed beach on Yas Island offering white sands, an outdoor pool, and water sports rentals including kayaking and sailing.

(24.46222, 54.59223)

G West Bay Beach

Urban beach at the western end of the Corniche featuring a wave pool, zip line, and an outdoor climbing wall alongside traditional swimming areas.

(24.46516, 54.32497)

H Al Bahar Beach

Community-focused beachfront at the Corniche featuring outdoor gym equipment, volleyball courts, and a variety of retail and dining outlets along the promenade.

(24.46821, 54.33121)

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