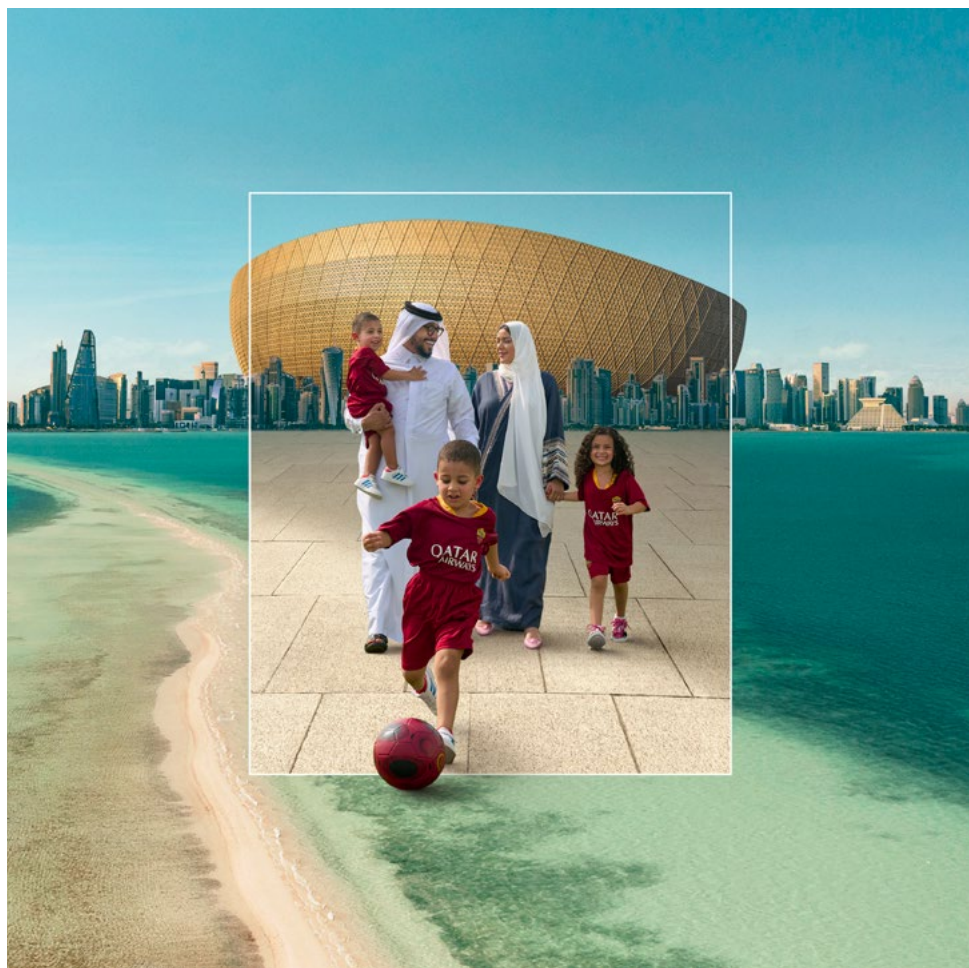


WINTER

# QATAR NOW

2022



FIFA WORLD CUP QATAR 2022™ SPECIAL





Welcome to this special tournament edition of *Qatar Now*, your ultimate guide showcasing Qatar's offering for the FIFA World Cup Qatar 2022™ and beyond.

Hosting the FIFA World Cup Qatar 2022™ is a historic moment for the State of Qatar and the Middle East. More than one million visitors will be able to immerse themselves in the culture, and experience first-hand the warm hospitality of the Qatari people. Tradition and modernity blend perfectly in harmony, with our country offering something for everyone at incredible value, whether it's sun, sea and sand, art and culture, family experiences or a cosmopolitan city break. I welcome and encourage those who visit us for the FIFA World Cup Qatar 2022™, as well as the millions who transit through Qatar every year, to create long lasting memories.

This FIFA World Cup Qatar 2022™ will also be one of the most convenient and accessible for our visitors – with about half of the world's population within a 6-hour flight radius. With Qatar Airways and Hamad International Airport now rated as the World's Best Airline and World's Best Airport, and offering the world's best-value stopover packages, Qatar is the perfect gateway and tourist destination.

As a useful companion to your visit, or inspiration for your next adventure to our beautiful country, we are pleased to offer you edition 2 of *Qatar Now*.

Akbar Al Baker

Chairman  
Qatar Tourism



مرحباً بكم في هذا الإصدار الخاص بالبطولة من "فطر الآن"، والذي سيكون دليلكم الإرشادي الكامل لعروض فطر خلال بطولة كأس العالم لكرة القدم قطر 2022™ وما بعدها.

لا شك أن استضافة بطولة كأس العالم FIFA قطر 2022™ هي لحظة تاريخية لفطر وللشرق الأوسط بأسره. وسوف يستقطب هذا الحدث العالمي أكثر من مليون زائر إلى دولة قطر حيث سنتاح لهم الفرصة لمعايشة أجواء ثقافية فريدة والاستمتاع بكرم الضيافة وحفاوة الاستقبال التي يتميز بها الشعب القطري. ولأن فطر وجهة رائدة تمتاز فيها أصالة الماضي وحدانية الحاضر في تناغم تام، فهي قادرة على إدهاش الجميع بما تقدمه لهم من عروض ومزايا وتجارب محببة للنفس، سواء بأجوائها المشمسة أو شواطئها الصافية أو رمالها الذهبية أو بمشاهدة الفن والثقافة أو الأنشطة العائلية الممتعة أو العطلات السياحية التي تقدمها مدينة عالمية. وأود أن أرحب ترحيباً خاصاً بأولئك الذين سوف يحلون ضيوفاً علينا لحضور البطولة وكذلك بالملايين الذين يتوقفون في فطر خلال رحلتهم الجوية، وأدعوهم ألا يفوتوا هذه الفرصة الرائعة لتسجيل ذكريات لا تُنسى.

إن مناسبة كأس العالم لكرة القدم قطر 2022™ المرتقبة ستكون إحدى أبرز البطولات التي يسهل الوصول إليها من قبل زوارنا؛ حيث لا يفصل نصف سكان الكرة الأرضية تقريباً عن فطر سوى 6 ساعات طيران. وبينما تغطي الخطوط الجوية القطرية ومطار حمد الدولي حالياً بلقي أفضل شركة طيران وأفضل مطار في العالم، وتقدمان معاً للمسافرين أفضل باقات رحلات التوقف في العالم، فإن فطر هي بوابتهم المثالية للعالم ووجهتهم السياحية.

ويسعدنا أن نضع بين أيديكم الإصدار الثاني من دليل "فطر الآن" الذي يمكن أن يكون خير رفيق لكم خلال رحلتكم، أو مرشدكم في رحلتكم القادمة إلى بلادنا الجميلة.

أكبر الباكر

رئيس فطر للسباحة

# WELCOME





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# ON THE COVER

Meet Hamad Al Amari: “I’m a comedian, father, husband, entrepreneur and football fanatic.” Hamad will be hosting fan zones at this year’s FIFA World Cup™, and if you’re curious about what to expect, he says his comedy is based on everyday life in Qatar.

“Qatar is a huge melting pot. There are 160 nationalities that live here and Qataris are a minority making up just 8% of the population – I find that fascinating,” he says. “So for me, there’s nothing funnier than different cultures interacting together. My inspiration is being able to witness how people get along.”

Hamad, his wife Eman and their three children – daughter Almezna (5) and sons Ali (3) and Jassim (2) – appear on the cover of this special World Cup edition of *Qatar Now*. This marks another first for this World Cup, which is already the first to be held in the Arab world and the first to be held during the European winter. While Hamad is no stranger to the stage, this time he’s sharing the limelight with his family for the first time.

“I’m very excited that the World Cup is coming here, and I’m honoured to be sharing a very important part of myself, which is my family – it’s the most important thing for me,” he says.

It’s no secret Hamad loves football and he says watching it among fans is a whole different experience to watching it on your own. “I love doing fan engagement and being on stage, so I’ll be hosting fan zones and cracking some jokes and meeting people from all over the world during the World Cup. I’ll see you there!”

Follow Hamad @hamadalamari



“  
I’m honoured to  
be sharing a very  
important part of  
myself, which is  
my family.”

– Hamad Al Amari



## CONNECT WITH US

### WEBSITE

Explore more at:  
[visitqatar.com](http://visitqatar.com)

### VISIT QATAR APP

Scan the QR code to download the Visit Qatar app for the latest calendar of events, as well as 360° views of popular attractions. You can also personalise your trip, create a favourites list and learn more about what’s on.



### SOCIAL MEDIA

Follow @VisitQatar on Instagram and Visit Qatar on Facebook. Don’t forget to tag us and use #VisitQatar for your chance to be featured.

# ABOUT QATAR

## Qatar may be a compact country...

But it has an immense history and rich culture that spans centuries. Once sparsely inhabited, Qatar is now one of the wealthiest countries in the world, with a growing population of around 2.8 million people. The Gulf nation is a melting pot that's home to a huge expat population – around 160 nationalities in total. In fact, Qatari nationals make up only 8% of the total population. The influences of the Arab world, the sub-continent, Africa, Europe and beyond can be seen in everything from the striking architecture to the country's art collection, diverse food scene and burgeoning kite surfing culture.

With more than 560 km of coastline that frames the windswept desert, it's home to beaches, lagoons, the other-worldly Inland Sea, and mangrove islands that thrive in the salty Gulf waters, where pearl divers and fishermen have made their livelihoods for centuries. It's also one of the few places in the world where the desert meets the sea. Not long ago, there were only palm trees





and undulating dunes punctuating the long stretches of desert, but today the Doha skyline glitters like that of any other cosmopolitan city.

The oil boom of the 1960s fuelled Qatar's rapid growth, social progress and prosperity, but the country hasn't lost its traditional way of life. Yes, there are fine-dining restaurants, luxury hotels and international artworks at every turn, but echoes of the past live on. Qatar remains a place where heritage, hospitality, honour and family are revered, and a genuine experience awaits at every turn.

The ancient Souq Waqif, for example, nestles up to Doha's trendy new Msheireb design district, blending past, present and future within the space of a few city blocks. Similarly, the futuristic National Museum of Qatar, designed by renowned French architect

Jean Nouvel, is built around the Old Amiri Palace, whose Arabesque archways remain intact at its core. Across the country, ancient forts and a UNESCO World Heritage Site lie unchanged by time, while Doha has exploded from a small meeting place in the desert to a global centre for art, business and now travel and sport.

Playing host to the FIFA World Cup 2022™ marks yet a new era for the country. Most impressive are the eight football stadiums that simultaneously pioneer ingenious sustainable design, while acknowledging the old way of life with Arabic and Bedouin design motifs woven into their structures.

Conveniently positioned as a gateway to both Europe and Asia Pacific, Qatar's compact environment means it's diverse and easy to get around whether you're here for a stopover or it's your final destination. In the same day you could watch the sunrise over the desert, be swimming on the coast at lunchtime, and be back dining at one of Doha's top tables in the evening.



# THE SHIFTING SANDS OF TIME

In Qatar, you'll find two very different types of deserts. In the north, there's the *hamada*, or rocky desert, a surreal landscape of ethereal rock formations and monoliths like the ones found at Zekreet. In the south, rolling sand dunes curve towards the turquoise waters of the Khor Al Udaid, also known as the Inland Sea. These undulating dunes are an extension of the Rub-al-Khali desert, also known as the Empty Quarter, which has captivated explorers for generations as the world's largest sand desert.

In the *hamada*, US artist Richard Serra's formidable sculpture *East-West/West-East* rises out of the rocky plains, while in the south, the Inland Sea is the main attraction. Qatar is one of the rare places in the world where the desert meets the sea, and a 4WD journey across the sand dunes to the Inland Sea is a must-do. The best time to visit is between October and May, when temperatures are moderate (around 20°C) compared to the rest of the year. During this time, you can experience the traditional desert lifestyle with activities such as camel riding and spending a night in a Bedouin tent.





# ABOUT DOHA

It's hard to believe that just a few decades ago, Doha was a small seaside town.

Today, gleaming skyscrapers light up the night sky while 4WDs whiz around the city's newly built highways like grains of sand propelled on the desert wind. Qatari men dressed in perfectly pressed *thobes* (tailored white tunics with stiff shirt collars) and women in flowing *abayas* (robes) and *shaylas* (headscarves) gather in chic coffee shops and restaurants.

As it ripens, Doha remains a city of pleasant contradictions where tradition and modernity coexist. Vast collections of Arabian antiquities and modern art are housed in the city's museums and galleries – iconic structures designed by the biggest names in architecture. Despite the desert setting, lush outdoor spaces are oases of green among the sun-drenched palette of limestone and mud-daube buildings. People gather in air-conditioned hotels and malls, while wooden dhow boats bob along the Corniche, a relic of Qatar's pearling past.

The country's rapid growth and prosperity may be powered by the energy business, but it has put Doha on the world stage as a destination for innovative art, design, fashion and dining on the doorstep of the desert.



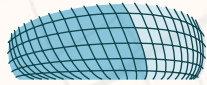
**Above:**  
Doha city skyline at West Bay.



**SOUQ WAQIF, DOHA**

Al Bayt Stadium ↑

Place Vendôme

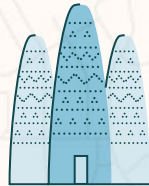


Doha Golf Club

Lusail Stadium

LUSAIL

THE PEARL-QATAR



KATARA  
CULTURAL  
VILLAGE

AL SAFLIYA  
ISLAND

# DOHA



EDUCATION  
CITY

Education City Stadium

Ahmad Bin Ali Stadium



SOUQ  
WAQIF

WEST  
BAY

THE  
CORNICHE

Museum of  
Islamic Art

Doha Port

MSHEIREB

National  
Museum of  
Qatar

Stadium 974

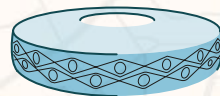


BANANA  
ISLAND



ASPIRE  
ZONE

Khalifa International Stadium



Al Thumama Stadium

Hamad International Airport

Al Janoub Stadium ↓





# DOHA'S DIVERSE NEIGHBOURHOODS

## KATARA CULTURAL VILLAGE

Nestled between the golden stretch of Katara Beach and the green peaks of Katara Hills, Katara Cultural Village is a family-friendly waterfront area. There's a Greek-inspired amphitheatre, museum and shopping mall, plus shops, restaurants and the Tasty Street outdoor food market. Explore Katara Mosque and the iconic cone-shaped Pigeon Towers that were designed to collect pigeon droppings to use for fertiliser on local farms.

## THE CORNICHE

In the 1970s, the futuristic pyramid silhouette of The Sheraton Grand Doha was the only building that rose from the waterfront at the Corniche. Now, the area is home to countless luxury hotels and skyscrapers offering Doha's best fine dining. At the southern tip of the Corniche, you'll find The National Museum of Qatar, Museum of Islamic Art and MIA park overlooking the Arabian Gulf. Nearby, Souq Waqif is the city's historic heart, the rebuilt market overflowing with pearls, spices, fabrics, food stalls, cafes and shisha lounges. Pull up a seat for a refreshing glass of fruit juice or local karak tea and enjoy the people watching as the souq comes alive at night.

## MSHEIREB DOWNTOWN DOHA

The sleek limestone streetscape of Msheireb is the result of the regeneration project around Souq Waqif. Explore this pedestrian-friendly design district by foot, as you peruse the

galleries, boutiques and contemporary cafes and restaurants. This is the heart of Doha's thriving coffee scene, with a host of coffee shops, bakeries and patisseries.

## THE PEARL-QATAR

An elegant reclaimed island to the north of West Bay that brings a touch of Europe to the Middle East. Peruse the waterfront pathways and Spanish-inspired plazas rimmed with cafes and restaurants serving everything from karak tea to Lebanese to Mediterranean fare.

## LUSAIL

Dubbed 'Future City', Lusail is a newly developed district that's the showpiece in Qatar's Vision 2030 sustainable development plan. There's the gleaming Lusail Stadium with its golden mesh façade that will host the closing FIFA World Cup™ match, as well as the Parisian-inspired Place Vendôme Shopping Mall and Lusail marina waterfront.

## ASPIRE ZONE

Inland, Aspire Zone is Qatar's home for sport. Featuring stadiums and facilities, as well as Doha's biggest park – Aspire Park, which is a popular spot for outdoor activities and picnics.

## EDUCATION CITY

This is Doha's centre for research, and home to university campuses, Qatar National Library and Qatar Foundation HQ. It's a green expanse with a golf course and football stadium.

1. The view of Fanar – the Abdulla Bin Zaid Al Mahmoud Islamic Cultural Center – from Souq Waqif.
2. The Pearl-Qatar.
3. The Katara Mosque and Katara Pigeon Towers in Katara Cultural Village.
4. Ceremonial Court, Education City.



# GETTING AROUND

## Public transport, taxis and ride-share.

The easiest way to get around is via the new state-of-the-art Doha Metro. There are three lines covering most of the city and connecting the FIFA World Cup™ stadiums – Red, Green and Gold, all converging at Msheireb Station. It's fast, safe, cheap and clean. There are three types of carriages: standard, gold, and family. Anyone can travel in standard, but you must have a goldclub card to use the first-class gold carriages. Families and solo females have the option to travel in safe family carriages. Trains come every six minutes and the journey between stations is roughly three minutes.

The Lusail Tram connects to the Doha Metro, and there's also the comprehensive Mowasalat bus network covering most of Doha and neighbouring areas. You'll need a Karwa Smart Card to ride. These are available from ticket machines at Doha Bus Station, Hamad International Airport, Qatar Mall, and The Pearl-Qatar. Tap the card on the reader when entering and alighting from the bus.

Karwa Taxi is Qatar's state-owned taxi company. Pick a taxi, pay for a ride, and track your driver in The Karwa Taxi app. Ridesharing services like Uber and Careem are very common and affordable.

Beyond Doha, renting a car is a practical way to travel around the country. Fuel is cheap and the roads are excellent. If you are heading into the desert, we recommend going with an experienced local driver, as it involves off-roading.

## DOHA METRO & TRAM LINE

### LINES

Boasting some of the fastest driverless trains in the world, the Doha Metro has three lines.

**Red** (coastal) line connects Hamad International Airport to West Bay, Katara Cultural Village, Qatar University and Lusail.

**Green** (educational) line connects Hamad Hospital, Al Bidda Park, Qatar Foundation's Education City and Mall of Qatar.

**Gold** (historic) line runs through Khalifa Stadium, Villaggio Mall, Souq Waqif and the National Museum of Qatar.

### HOURS

Saturday-Wednesday: 06:00-11:00  
Thursday: 06:00-00:00 (midnight)  
Friday: 14:00-00:00 (midnight)

### METRO SHUTTLE SERVICES

Metrolink is a free bus network that operates within 5 km of metro stations. For timetables, visit: [qr.com.qa/metrolink](http://qr.com.qa/metrolink)



### TRAVEL CARDS

Sila brings together the State of Qatar's public modes of transport into an integrated network. This includes the metro, bus, tram and taxi.

The Doha Metro uses reusable travel cards that you can top up with credit. If you have a Hayya card, public transport is free. Children aged five and above will need a travel card, with fares the same for children and adults. Standard travel cards are available at vending

machines in all metro stations, as well as from five licensed retailers: Al Meera, Carrefour, Family Food Centre, Jumbo Electronics and Lulu Hypermarket.

Goldclub cards are available from goldclub offices in metro stations. Top up your metro card at vending machines in stations, through the Qatar Rail app, or online at [qr.com.qa/top-up](http://qr.com.qa/top-up)



# HELPFUL INFORMATION

## SAFETY

Qatar is an extremely safe country and you can travel with peace of mind. In fact, in online database Numbeo's 2022 rankings, the country was rated as the safest in the world.

## EMERGENCY

For police, ambulance and fire dial **999**.

## WEEKENDS & OPENING TIMES

In Qatar, shops, businesses and restaurants generally open late and stay open late into the evening. The souqs (markets) are quieter in the middle of the day and come alive in the evening, too.

Like other countries in the Arab world, the weekend is Friday and Saturday.

Prayers take place five times a day, and businesses and activities halt for prayer time. You'll hear the call to prayer coming from mosques across the city at dawn (*fajr*), noon (*dhuhr*), mid-afternoon (*asr*), sunset (*maghrib*) and nightfall (*isha*). The exact times vary according to the position of the sun.

Additionally, on Fridays, all businesses close for two hours (10:00-12:00) for Friday prayers.

## HOW TO DRESS

Being an Islamic country, conservative dressing is recommended, especially in residential neighbourhoods, public buildings and places of worship. Both men and women should be covered from shoulders to knees. This applies to public beaches too, but regular swimwear, such as bikinis and swim shorts, is fine inside hotels and private beach resorts.

## LOCAL CUSTOMS

Qatar is a country with strong social traditions and a melting pot of nationalities – about 160 different expat populations call the country home. Qataris are incredibly welcoming and polite, and you will come across many people who will greet you with a smile and wish you well, offering you tea or coffee. Using greetings and formalities at the start of any conversation is standard practice.

Alcohol is served in licensed establishments such as hotels and bars to those over 21 years. Public intoxication and the use or possession of illegal drugs are strictly prohibited.

During Ramadan, it is appreciated if you are respectful of those fasting and refrain from eating and drinking in public.

## WHEN TO VISIT

The best time to visit is October to May, when temperatures are at their most moderate and comfortable, the humidity is down, and outside activities are enjoyable. During the summer, temperatures can reach up to 40°C in the desert and in the city.

## LANGUAGE

Arabic is the official language of the country, but you can easily get by with English, which is widely spoken as a second language.

You don't need to learn Arabic to get around, but a few key phrases here and there will help you to get to know the locals.

## USEFUL PHRASES

|   |                         |
|---|-------------------------|
| General greeting<br>(‘peace be upon you’) | <i>Assalam a'laykum</i> |
| Good morning                              | <i>Sabah al khair</i>   |
| Good afternoon / evening                  | <i>Massa al khair</i>   |
| Goodbye<br>(‘go in peace’)                | <i>Ma'a salaamah</i>    |
| Thank you                                 | <i>Shukran</i>          |
| Please &<br>Excuse me                     | <i>Law samaht</i>       |
| Congratulations!                          | <i>Mabrook!</i>         |
| How much is this?                         | <i>Kam hatha?</i>       |
| This is delicious!                        | <i>Wayed heloo!</i>     |
| Bon appétit                               | <i>Bilafya</i>          |

## AT A GLANCE

### WHAT TO WEAR

It is generally recommended for men and women to ensure their shoulders and knees are covered and dressing conservatively is recommended.

### THE WEEKEND

The weekend is Friday and Saturday. Businesses close for 2 hours on Friday 10:00-12:00 (midday).

### DRINKING ALCOHOL

Alcohol is only served in licensed establishments, such as hotels and bars to those over 21 years of age. Drinking in public is not permitted.

### RAMADAN (HOLY MONTH)

During Ramadan, Muslims fast from sunrise until sunset, breaking their fast with Iftar meals. During Ramadan, many locals take holidays and eating and drinking in public during the day is not allowed.

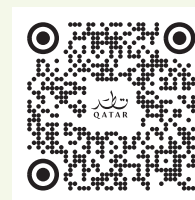
### HAGGLING

Bargaining in souqs is encouraged. You do not need to pay the first price offered, friendly haggling is part of the experience.

### PHOTOGRAPHY

Please refrain from taking photos of people you do not know in public, especially those in national dress.

For more info, scan the QR code for our 'First-time visitors' guide'.







# LET THE GAMES BEGIN

The countdown is over as the greatest sporting event on earth kicks off in Qatar with FIFA World Cup 2022™ ambassador David Beckham.

Welcome to the 22<sup>nd</sup> FIFA World Cup™ – a World Cup of many firsts. The 2022 tournament is the first ever to be held in the Arab world. It's also the first to be held in the Northern Hemisphere winter (this is when the temperatures are most moderate in the host country). Adding to that, Qatar is also the smallest host nation on record. And this is a good thing. The country's compact size means that for the first time in event history, fans will be able to attend multiple games in one day.

Qatar has been gearing up for this historic moment. The new state-of-the-art Doha Metro will effortlessly transport people between the country's eight climate-controlled football stadiums, as well as the most popular city sites and districts. Speaking of districts, the newly developed Lusail City in Doha's north has been purpose-built as a future city with ground-breaking sustainable planning. It's also home to the showpiece Lusail Stadium

– the largest of the eight arenas and the location where the tournament crescendo of the final match will be played.

Sustainability has been a key strategy in Qatar's World Cup game plan. Most stadiums are modular – Stadium 974 is made from shipping containers and is completely demountable – with 170,000 seats set to be donated to countries in need of sporting equipment at the end of the tournament.

“

*This is the first World Cup to be hosted in the Middle East, which is very exciting.*

”







1. Qatari fans take a selfie in the stadium.
2. David Beckham with a team from the Qatar Community Football League.
3. FIFA World Cup™ countdown installation at the Corniche.



When it comes to infrastructure Qatar is also setting new benchmarks for sustainable design, with pioneering advancements in climate control, water management, energy emissions and building materials.

David Beckham is an Official Ambassador of the FIFA World Cup Qatar 2022™ and says this is an exciting moment for Qatar to unite the best players from the region, while showing off its rich history and culture to the rest of the world. The England football legend may no longer be scoring goals on the field, but he is still at the heart of the action for this edition of the FIFA World Cup™. The former England football team captain has played three World Cups, and his latest role sees him embracing a new position as a global ambassador for Qatar – an opening that he hopes will enable him to help grow the game in the region. Ahead of the first match in Al Bayt Stadium, we caught up with Becks to speak about two of his greatest passions – football and travel.

### WHAT'S UNIQUE ABOUT THIS FIFA WORLD CUP™?

This is the first World Cup to be hosted in the Middle East, which is very exciting. The World Cup is the greatest sporting tournament on earth and to see it hosted in this region is something we can all look forward to.

### WHAT WAS YOUR FIRST IMPRESSION OF QATAR?

I've seen the friendly hospitality – the people are so welcoming. You can feel the excitement that the World Cup is coming and the pride the locals have in welcoming visitors to this region and their country.

### HOW POPULAR IS FOOTBALL IN QATAR?

Qatar has a great football culture, the people love the sport and are passionate about the game. Hosting an event like the World Cup is going to have a lasting legacy on the overall growth of the game in the region. There is no tournament quite like it, and to see it take place in your own country is going to be incredibly inspiring for the young people.





Above:  
Qatar football team.

### HOW WILL THIS TOURNAMENT BE DIFFERENT TO OTHERS?

The fact that the stadiums are so much closer together is going to make a huge difference to both the players and fans. From a player's point of view, there won't be lengthy travel times between games, and fans will be able to travel between stadiums more easily and even see multiple matches in a day.

### WHAT ARE YOU MOST EXCITED ABOUT FOR 2022?

I am obviously excited about watching England play. They are a strong team, a young team and having made the finals of the UEFA Euros last year, there is a lot of excitement around how they will do in this World Cup.

### YOU'VE SPOKEN ABOUT FOOTBALL BEING A FORCE FOR GOOD, HOW WILL THIS BE THE CASE IN QATAR?

I have always spoken about the power of football in bringing people together, particularly around global tournaments. I've played football in many countries and have seen how football engages and unites people across different cultures and that's the great opportunity that Qatar has.

### WHAT'S YOUR ADVICE FOR PEOPLE WHO ARE VISITING QATAR FOR THE VERY FIRST TIME?

There's so much to experience here in respect to culture and traditions – the souq, the desert, the city, the coast, and the history of the whole area. There's something for everyone – young and old. It's a chance for people to explore not just Qatar, but the entire region. It has been a great experience and I really look forward to coming back with my family.

“

*I have seen how football engages and unites people across different cultures and that's the great opportunity that Qatar has.*

”



DAVID AT THE  
DOHA WATERFRONT



# 5 OF THE BEST... DAVID BECKHAM'S QATAR



## 1. FOOD & DINING

I am a self-confessed foodie and loved visiting the spice markets in Souq Waqif, as well as trying all the different foods that Qatar has to offer. I recently visited Blended Cafe by chef Noor Al Mazroei (pictured above).



## 2. FIFA WORLD CUP™

The tournament is ideal for fans as the compact set-up means you'll be able to see multiple games in a day. I can't wait to be watching games in any of the eight stadiums – the atmosphere is going to be incredible.



## 3. HISTORY & CULTURE

The new 3-2-1 Qatar Olympic and Sports Museum near Khalifa International Stadium is incredible. It is full of interactive exhibitions and activities, and celebrates many sports from Qatar and around the world.



## 4. OUTDOORS & ADVENTURE

Riding my motorbike around The Pearl-Qatar in the sunshine on my last visit was a definite highlight. There are plenty of cafes and restaurants at The Pearl-Qatar to stop at for a break.



## 5. FOR FAMILIES

There's so much to experience in Qatar in respect to culture and traditions – the souqs, the desert, the city and the coast. Being able to visit the desert is such a special experience, and one the whole family can enjoy.

“

*You can feel the excitement and pride the Qatari people have in welcoming visitors to their country.*

”

**Right:**  
David at Katara Cultural Village.





# STADIUM GUIDE

The action will play out in eight stadiums that pioneer sustainability and cutting-edge design while paying homage to the host region.



## LUSAIL STADIUM

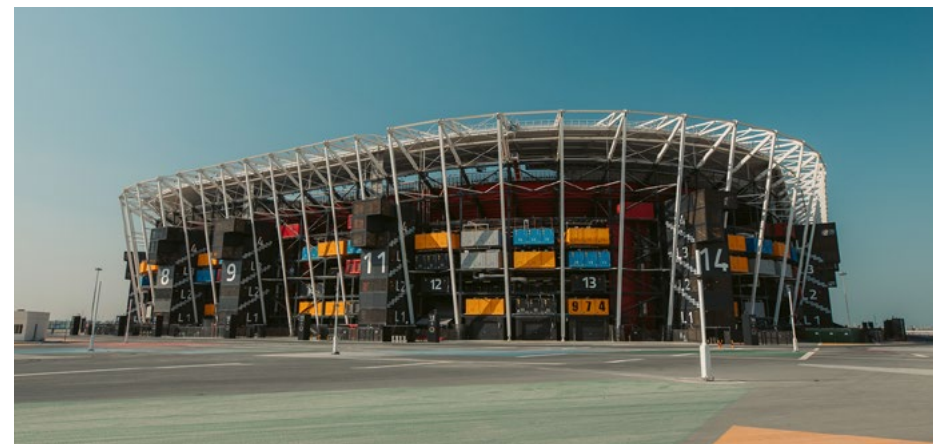
The jewel in Qatar's FIFA World Cup 2022™ crown and one of the centrepieces of the newly developed Lusail City, this is the largest of all eight arenas and the stage where the FIFA World Cup Qatar 2022™ final will be played out. The façade is inspired by decorative motifs on bowls characteristic of the golden age of art and craftsmanship in the Arab and Islamic world. At night, the stadium will glow like a traditional *fanar* lantern to welcome approaching fans.

**CAPACITY:** 80,000

**ECO-DESIGN:** A state-of-the-art Polytetrafluoroethylene (PTFE) material used for the roof protects the stadium from warm wind, keeps out dust and allows in just enough light for the pitch to grow, while providing shade to reduce the burden on the stadium's air conditioning system.

**GETTING THERE:** Lusail QNB Metro Station (Red line) is a 14-minute walk.

**NEARBY:** Have a coffee or indulge in a spot of retail therapy at Place Vendôme, the new Paris-inspired shopping mall. Every night on the hour from 19:00-23:00, enjoy The Dancing Fountains light show. Lusail Boulevard will also be alive with street performers, light shows and places to eat and drink.



## STADIUM 974

Built near Qatar's port, across the water from Doha's dazzling West Bay skyline, Stadium 974 symbolises Qatar's industrial history, as well as the country's important place in worldwide trade. Constructed from 974 shipping containers and modular steel elements, the stadium is the first-ever fully demountable FIFA World Cup™ venue, and is set to host matches up to and including the round of 16 during the tournament.

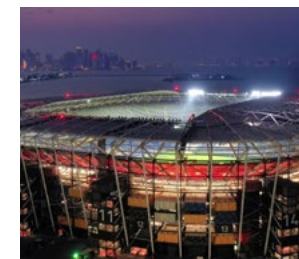
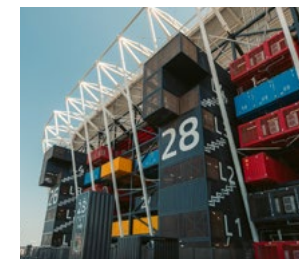
**CAPACITY:** 40,000

**ECO-DESIGN:** The venue is a landmark in sustainable stadium design and construction. The stadium's modular nature helped minimise construction time and building waste, and improved water efficiency by 40%.

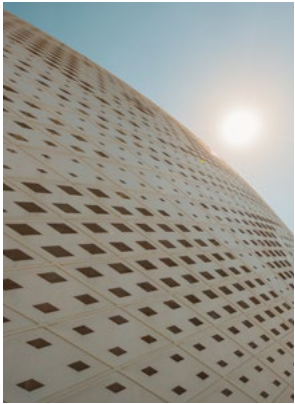
974 also set new standards in the building and usage of sustainable venues. Its demountable nature means the stadium can be rebuilt with the same capacity in a different location, or can be divided into multiple smaller venues using the same materials for alternative purposes post-2022.

**GETTING THERE:** Ras Abu Abboud Metro Station (Gold line) is a 20-minute walk.

**NEARBY:** 974 is the closest stadium to central Doha – located just 2 km to the south – so all of the sights of the Souq Waqif neighbourhood, Msheireb Downtown Doha and the Corniche are within easy access after the game.







## AL THUMAMA STADIUM

Al Thumama Stadium is named after the area in which it is located, which, in turn, took its name from a tree that grows locally. With its elegant façade, this stadium weaves Arab culture into the FIFA World Cup™. The bold, circular design of the stadium reflects the *gahfiya*, a traditional woven cap worn by men across the Middle East. The gahfiya forms a fundamental layer of the traditional clothing of the region. It is also a symbol of dignity and independence.

**CAPACITY:** 40,000

**ECO-DESIGN:** Al Thumama Stadium is surrounded by 50,000 m<sup>2</sup> of park area, with native vegetation and trees covering 84% of the landscape, which will be irrigated by recycled water from the stadium.

**GETTING THERE:** Shuttle bus services will run from Free Zone Metro Station (Red line). Allow 16 minutes for the journey.

**NEARBY:** Al Thumama is 12 km from central Doha, and is home to the Kahramaa Awareness Park. This futuristic complex is dedicated to raising awareness about electricity and water conservation via augmented reality exhibitions, 3D films and interactive games.

## AL JANOUB STADIUM

Located in the southern coastal city of Al Wakrah, which has long been Qatar's centre for pearl diving and fishing, the futuristic design of Al Janoub Stadium, with its innovative cooling system and retractable roof is the genius of architect Zaha Hadid. Its shape is inspired by the form of traditional dhow boats, which are central to both of these seafaring industries.

**CAPACITY:** 40,000

**ECO-DESIGN:** The stadium's retractable roof makes the stadium energy efficient, particularly in warm weather. When closed, no cool air will be lost from the top of the

structure, and consequently, less time and energy will be needed to cool the stadium.

The water generated from the air-conditioning systems is then reused to support the stadium's various water needs.

**GETTING THERE:** Shuttle bus services will run to and from Al Wakra Metro Station (Red line). Allow 10 minutes for the journey.

**NEARBY:** The fishing village of Al Wakrah is one of Qatar's oldest continuously inhabited areas. Explore the Souq Al Wakrah and cool off at Al Wakrah Beach – a popular spot for families to swim, eat, play and relax. MDLBEAST is also coming to Al Wakrah as part of the World Cup – the mega music festival is set to attract 5,000 fans.





## AL BAYT STADIUM

Inspired by the traditional tents (*bayt al sha'ar*) historically used by nomadic people of the Gulf region, the design of the stadium pays tribute to Qatar's past and present.

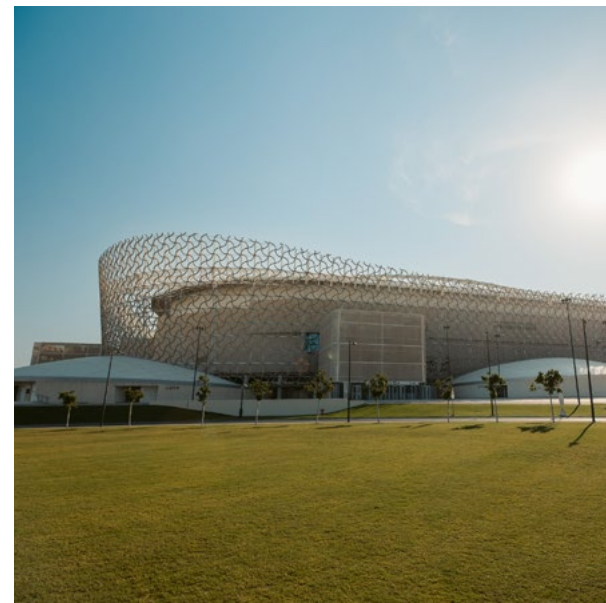
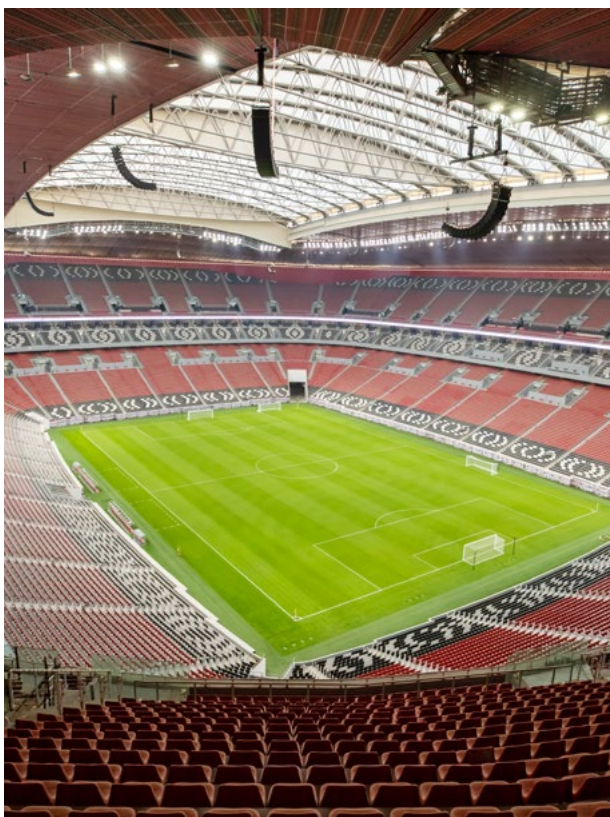
**CAPACITY:** 60,000

### ECO-DESIGN:

Al Bayt boasts a range of sustainability features. The light-coloured external membrane reduces heat absorption and supports the efficient use of cooling technology, while the see-through retractable roof reduces the need for energy consumption and allows natural sunlight to help the turf grow.

**GETTING THERE:** Shuttle bus services run to and from Lusail QNB Metro Station (Red line). Allow 28 minutes for the journey.

**NEARBY:** Al Khor city is the perfect jumping off point for nature lovers to explore Purple Island and Al Thakhira Beach – both renowned for their pristine mangroves and kayaking. In the evening, stroll the Al Khor Corniche and watch the sunset over the water before you take a seat at one of the many restaurants for dinner.



## AHMAD BIN ALI STADIUM

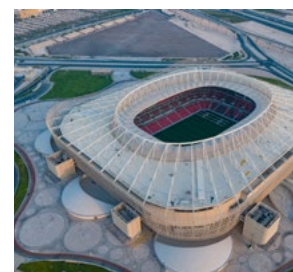
Located in Qatar's football heartland, this stadium is built on the site of the former venue with the same name. Once the FIFA World Cup™ concludes, it will become the new home of the hugely popular local football team Al Rayyan Sports Club. The geometric symbols on the glowing façade represent different aspects of Qatar – the importance of family, the beauty of the desert, and the history of trade. The facilities surrounding the stadium also echo the landscape, with dune-shaped structures recalling the desert that lies to the west.

**CAPACITY:** 40,000

**ECO-DESIGN:** More than 90% of the previous site has been recycled or reused in the new design.

**GETTING THERE:** Al Riffa Mall of Qatar Metro Station (Green line) is a 5-minute walk.

**NEARBY:** Make the most of Al Rayyan's prime position as a gateway to the desert. Check out US artist Richard Serra's towering installation *East-West/West-East*, then pass the surreal rock formations en route to Zekreet Beach, where you can cool off in the crystal clear water.





## EDUCATION CITY STADIUM

The ultra-modern curves of this stadium are a symbol of innovation and progress set among the greenery of Qatar's Education City, located 13 km west of Doha. The façade features triangles that form complex, diamond-like geometric patterns, and the stadium design represents quality, durability and resilience.

**CAPACITY:** 40,000

**ECO-DESIGN:** The stadium boasts a range of eco-friendly features, including a design that helps maintain a comfortable temperature, use of sustainable materials, with 55% sourced locally, an efficient irrigation system, native and drought-tolerant flora, as well as energy-efficient LED lighting systems.

**GETTING THERE:** Education City Metro Station (Green line) is a 7-minute walk.

**NEARBY:** Education City is a hub for Qatar's leading universities and research centres. Also in the area, explore the large collection of contemporary Arab art at Mathaf: Arab Museum of Modern Art, then take a leisurely stroll around Oxygen Park.



## KHALIFA INTERNATIONAL STADIUM

First built in 1976, Khalifa International Stadium sits at the heart of Aspire Zone, Doha's Sports City, and is the cornerstone of Qatar's sporting tradition. The original stadium was renovated for the FIFA World Cup™. The stadium's dual arches remained intact following the redevelopment and have now been complemented by a wide canopy below, which supports the stadium's integration of the new cooling system.

**CAPACITY:** 40,000

### ECO-DESIGN:

The stadium's proximity to public transport, as well as sourcing materials regionally and the fact it was renovated rather than built from scratch, makes it a highly sustainable venue. Its energy-efficient cooling technology uses an energy recovery system to reduce energy consumption.

**GETTING THERE:** Sports City Metro Station (Gold line) is a 3-minute walk.

**NEARBY:** Attached to the stadium via a walkway is the new 3-2-1 Qatar Olympic and Sports Museum – one of the largest sports museums on the planet. The Aspire Zone is also home to The Torch Doha hotel – a distinctive skyscraper built for the 2006 Asian Games that watches over the arena. There's also Doha's tallest structure, the Aspire Tower, and Villaggio Mall.



## FIFA FAN FESTIVAL™



The FIFA Fan Festival™ is the greatest football party in the world, and the most exciting way to watch the matches outside of the stadiums. Head to Al Bidda Park on the Corniche and unite around massive screens and live entertainment as you celebrate the action in the company of other fans.

To find out more, scan the QR code below.





# MATCH SCHEDULE

## GROUP MATCHES

All times are local times and are subject to change.

|  |  |   |   |   |   |   |  |
|--|--|---|---|---|---|---|--|
| <b>GROUP A</b><br>Qatar (QAT)<br>Ecuador (ECU)<br>Senegal (SEN)<br>Netherlands (Ned) | <b>GROUP B</b><br>England (ENG)<br>IR Iran (IRN)<br>USA (USA)<br>Wales (WAL) | <b>GROUP C</b><br>Argentina (ARG)<br>Saudi Arabia (KSA)<br>Mexico (MEX)<br>Poland (POL) | <b>GROUP D</b><br>France (FRA)<br>Australia (AUS)<br>Denmark (DEN)<br>Tunisia (TUN) | <b>GROUP E</b><br>Spain (ESP)<br>Costa Rica (CRC)<br>Germany (GER)<br>Japan (JPN) | <b>GROUP F</b><br>Belgium (BEL)<br>Canada (CAN)<br>Morocco (MAR)<br>Croatia (CRO) | <b>GROUP G</b><br>Brazil (BRA)<br>Serbia (SRB)<br>Switzerland (SUI)<br>Cameroon (CMR) | <b>GROUP H</b><br>Portugal (POR)<br>Ghana (GHA)<br>Uruguay (URU)<br>Korea Republic (KOR) |
| <b>QAT v ECU</b><br>20-11-22 - 19:00<br>AL BAYT STADIUM                              | <b>ENG v IRN</b><br>21-11-22 - 16:00<br>KHALIFA INT. STADIUM                 | <b>ARG v KSA</b><br>22-11-22 - 13:00<br>LUSAIL STADIUM                                  | <b>DEN v TUN</b><br>22-11-22 - 16:00<br>EDUCATION CITY STADIUM                      | <b>GER v JPN</b><br>23-11-22 - 16:00<br>KHALIFA INT. STADIUM                      | <b>MAR v CRO</b><br>23-11-22 - 13:00<br>AL BAYT STADIUM                           | <b>SUI v CMR</b><br>24-11-22 - 13:00<br>AL JANOUB STADIUM                             | <b>URU v KOR</b><br>24-11-22 - 16:00<br>EDUCATION CITY STADIUM                           |
| <b>SEN v ENG</b><br>21-11-22 - 19:00<br>AL THUMAMA STADIUM                           | <b>USA v WAL</b><br>21-11-22 - 22:00<br>AHMAD BIN ALI STADIUM                | <b>MEX v POL</b><br>22-11-22 - 19:00<br>STADIUM 974                                     | <b>FRA v AUS</b><br>22-11-22 - 22:00<br>AL JANOUB STADIUM                           | <b>ESP v CRC</b><br>23-11-22 - 19:00<br>AL THUMAMA STADIUM                        | <b>BEL v CAN</b><br>23-11-22 - 22:00<br>AHMAD BIN ALI STADIUM                     | <b>BRA v SRB</b><br>24-11-22 - 22:00<br>LUSAIL STADIUM                                | <b>POR v GHA</b><br>24-11-22 - 19:00<br>STADIUM 974                                      |
| <b>QAT v SEN</b><br>25-11-22 - 16:00<br>AL THUMAMA STADIUM                           | <b>ENG v USA</b><br>25-11-22 - 22:00<br>AL BAYT STADIUM                      | <b>ARG v MEX</b><br>26-11-22 - 22:00<br>LUSAIL STADIUM                                  | <b>TUN v AUS</b><br>27-11-22 - 13:00<br>AL JANOUB STADIUM                           | <b>ESP v GER</b><br>27-11-22 - 22:00<br>AL BAYT STADIUM                           | <b>BEL v MAR</b><br>27-11-22 - 16:00<br>AL THUMAMA STADIUM                        | <b>CMR v SRB</b><br>28-11-22 - 13:00<br>AL JANOUB STADIUM                             | <b>KOR v GHA</b><br>28-11-22 - 16:00<br>EDUCATION CITY STADIUM                           |
| <b>NED v ECU</b><br>25-11-22 - 19:00<br>KHALIFA INT. STADIUM                         | <b>WAL v IRN</b><br>25-11-22 - 13:00<br>AHMAD BIN ALI STADIUM                | <b>POL v KSA</b><br>26-11-22 - 16:00<br>EDUCATION CITY STADIUM                          | <b>FRA v DEN</b><br>26-11-22 - 19:00<br>STADIUM 974                                 | <b>JPN v CRC</b><br>27-11-22 - 13:00<br>AHMAD BIN ALI STADIUM                     | <b>CRO v CAN</b><br>27-11-22 - 19:00<br>KHALIFA INT. STADIUM                      | <b>BRA v SUI</b><br>28-11-22 - 19:00<br>STADIUM 974                                   | <b>POR v URU</b><br>28-11-22 - 22:00<br>LUSAIL STADIUM                                   |
| <b>NED v QAT</b><br>29-11-22 - 18:00<br>AL BAYT STADIUM                              | <b>IRN v USA</b><br>29-11-22 - 22:00<br>AL THUMAMA STADIUM                   | <b>KSA v MEX</b><br>30-11-22 - 22:00<br>LUSAIL STADIUM                                  | <b>TUN v FRA</b><br>30-11-22 - 18:00<br>EDUCATION CITY STADIUM                      | <b>CRC v GER</b><br>01-12-22 - 22:00<br>AL BAYT STADIUM                           | <b>CAN v MAR</b><br>01-12-22 - 18:00<br>AL THUMAMA STADIUM                        | <b>CMR v BRA</b><br>02-12-22 - 22:00<br>LUSAIL STADIUM                                | <b>KOR v POR</b><br>02-12-22 - 18:00<br>EDUCATION CITY STADIUM                           |
| <b>ECU v SEN</b><br>29-11-22 - 18:00<br>KHALIFA INT. STADIUM                         | <b>WAL v ENG</b><br>29-11-22 - 22:00<br>AHMAD BIN ALI STADIUM                | <b>POL v ARG</b><br>30-11-22 - 22:00<br>STADIUM 974                                     | <b>AUS v DEN</b><br>30-11-22 - 18:00<br>AL JANOUB STADIUM                           | <b>JPN v ESP</b><br>09-08-22 - 22:00<br>KHALIFA INT. STADIUM                      | <b>CRO v BEL</b><br>01-12-22 - 18:00<br>AHMAD BIN ALI STADIUM                     | <b>SRB v SUI</b><br>02-12-22 - 22:00<br>STADIUM 974                                   | <b>GHA v URU</b><br>02-12-22 - 18:00<br>AL JANOUB STADIUM                                |

## ROUND OF 16

|  |                         |   |                         |        |
|--|-------------------------|---|-------------------------|--------|
| 03-12-22 - 18:00<br>KHALIFA INT. STADIUM   | 1 <sup>ST</sup> GROUP A | V | 2 <sup>ND</sup> GROUP B | WINNER |
| 03-12-22 - 22:00<br>AHMAD BIN ALI STADIUM  | 1 <sup>ST</sup> GROUP C | V | 2 <sup>ND</sup> GROUP D | WINNER |
| 04-12-22 - 18:00<br>AL THUMAMA STADIUM     | 1 <sup>ST</sup> GROUP D | V | 2 <sup>ND</sup> GROUP C | WINNER |
| 04-12-22 - 22:00<br>AL BAYT STADIUM        | 1 <sup>ST</sup> GROUP B | V | 2 <sup>ND</sup> GROUP A | WINNER |
| 05-12-22 - 18:00<br>AL JANOUB STADIUM      | 1 <sup>ST</sup> GROUP E | V | 2 <sup>ND</sup> GROUP F | WINNER |
| 05-12-22 - 22:00<br>STADIUM 974            | 1 <sup>ST</sup> GROUP G | V | 2 <sup>ND</sup> GROUP H | WINNER |
| 06-12-22 - 18:00<br>EDUCATION CITY STADIUM | 1 <sup>ST</sup> GROUP F | V | 2 <sup>ND</sup> GROUP E | WINNER |
| 06-12-22 - 22:00<br>LUSAIL STADIUM         | 1 <sup>ST</sup> GROUP H | V | 2 <sup>ND</sup> GROUP G | WINNER |

## QUARTER-FINALS

|   |  |  |
|---|--|--|
| QF1<br>09-12-22 22:00<br>LUSAIL STADIUM         |  |  |
| QF2<br>10-12-22 22:00<br>AL BAYT STADIUM        |  |  |
| QF3<br>09-12-22 18:00<br>EDUCATION CITY STADIUM |  |  |
| QF4<br>10-12-22 18:00<br>AL THUMAMA STADIUM     |  |  |

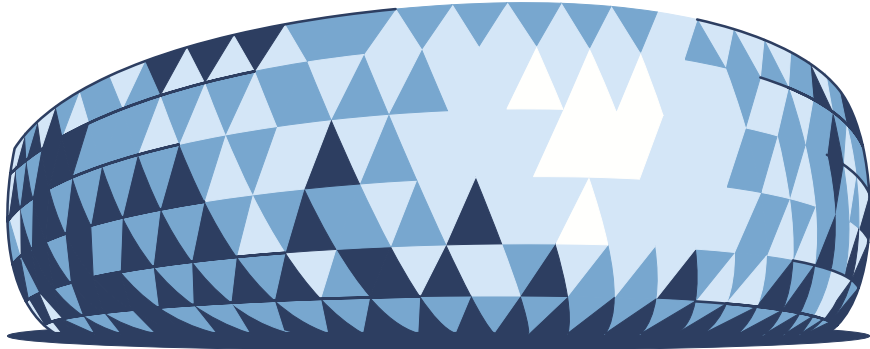
## SEMI-FINALS

|   |  |  |
|---|--|--|
| SF1<br>13-12-22<br>22:00<br>LUSAIL STADIUM  |  |  |
| SF2<br>14-12-22<br>22:00<br>AL BAYT STADIUM |  |  |

## 3RD PLACE & FINAL

|  |  |  |
|--|--|--|
| <b>FINAL</b><br>WINNER SF1<br>VS<br>WINNER SF2<br>18-12-22<br>18:00<br>LUSAIL STADIUM                            |  |  |
| <b>3<sup>RD</sup> PLACE PLAYOFF</b><br>LOSER SF1<br>VS<br>LOSER SF2<br>17-12-22<br>18:00<br>KHALIFA INT. STADIUM |  |  |

# FIFA WORLD CUP™ 2022 IN NUMBERS



## FIRST FIFA WORLD CUP™

held in the  
Arab world



64

MATCHES

32

TEAMS

29

DAYS

08

STADIUMS

80,000

seats in Lusail Stadium – the largest of Qatar's eight FIFA World Cup™ stadiums. Lusail Stadium will host the final match

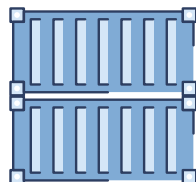
170,000

stadium seats will be donated to countries in need of sporting infrastructure after the World Cup



974

containers used in Stadium 974 – the world's first fully demountable FIFA World Cup™ stadium



30%



The stadiums are **30% more energy efficient** than international benchmarks

40%



The stadiums use **40% less water** when compared to International Plumbing Code requirements, with recycled water used for dust control, irrigation and flushing toilets

5°C

**Temperature drop** inside Al Bayt Stadium by changing the colour of the façade from black to white

18-24°C

**Cool and comfortable** stadium temperatures will be maintained using cutting-edge cooling technology, such as under-seat diffusers, targeted spot cooling and retractable roofs

2 HOURS

**It only takes 2 hours** to cool stadiums before an event thanks to innovative and environmentally friendly cooling technology

16,000

trees planted around the new stadium precincts



20  
23

FIFA WOMEN'S  
WORLD CUP™

Australia &  
New Zealand

1,000,000+

Visitors to Qatar  
for the FIFA World Cup™







DISCOVER





# EXPERIENCE OF A LIFETIME

Beyond the world of football, there is plenty to explore. From beach days to desert safaris, a wealth of art, culture and history, or family-friendly activities, discover all the action off the field.

**Left:**  
Souq Waqif, Doha.

## TIMED ITINERARIES

Hamad Al Amari shares his hitlist to make the most of your time in Qatar.

- 54 ► 24 Hours in Qatar
- 58 ► 48 Hours in Qatar
- 62 ► 96 Hours in Qatar

## SPECIAL INTEREST

We've rounded up the best experiences by special interest so you can choose your own adventure.

- 66 ► Food & Dining
- 82 ► Art & Culture
- 96 ► Families & Children
- 106 ► Sports & Adventure
- 116 ► Sun, Sea & Sand
- 128 ► Fashion & Shopping
- 136 ► Health & Wellness



# MASTER OF CEREMONIES

Hit the ground running with Qatari stand-up comedian, Hamad Al Amari.



An Irishman, a Qatari and a Liverpool fan walk into a bar... This is not one of Qatari comedian Hamad Al Amari's stand-up routines, this is his biography to date.

Our cover star for this issue is equal parts charismatic, irreverent, sharp, down-to-earth and downright hilarious, so who better to show us around? Read on for his must-do itineraries whether you have 24 hours, 48 hours or 96 hours (4 days) in Qatar. But first, let's get to know the comedian, entrepreneur and father of three, who is one of the leading names in Qatar's comedy scene.

On stage as in person Hamad is extremely relatable and appeals to a global audience. "I'm all about realism and situational comedy and I mostly do jokes about how people of different backgrounds interact with each other. It's my perspective on the world around me. The little things that frustrate us all, from traffic to shopping to school to being a parent, husband or brother," he says.

So, what's with the Irish accent? "I grew up in Ireland and went to school there. That's why I'm often called the Qatari-Irishman!" he laughs in a Dublin accent as thick as treacle. After Ireland, Hamad moved to Wales to study

Biomedical Sciences at Cardiff University with dreams of becoming an orthopaedic surgeon. But, as with all good plans, it didn't go to plan, and he cut his time in the UK short to return to Doha, where he discovered his calling as a comedian and met his wife, Eman.

When he's not writing jokes and MCing events, you'll find Hamad running his successful business solutions brand, taking his three young children to the beach or mall with Eman, playing golf, or watching the football with the boys. "I love football and I'm a die-hard Liverpool fan – a habit I picked up from living in Ireland," he explains.

For the FIFA World Cup™, Hamad will be channeling his football fever and hosting fan zones – free public areas with entertainment and screens where the games will be played.

"I'm very excited that the World Cup is coming here. Not just because Qatar is hosting, but for the whole region. This is the first time the World Cup is being played in the Arab world. In the past, the impression was that people would only come here to work, but now they will come to experience our culture and see what this part of the world is all about," says Hamad.



## 09:00 Nomad Coffee

"I'm a huge coffee fan, and Doha's coffee game is extremely strong," says Hamad. "Coffee is more important to me than air, and if you're a coffee-holic like myself, you'll find the right place in Msheireb." In Msheireb, he'll head to Nomad, a sleek, modern coffee spot brewing Yemeni beans – try the pour over, which you can have hot or on ice. He also recommends Japanese export % Arabica and pioneering Qatari coffee boutique Flat White.

## 10:00 Rusk Artisanal Bakery

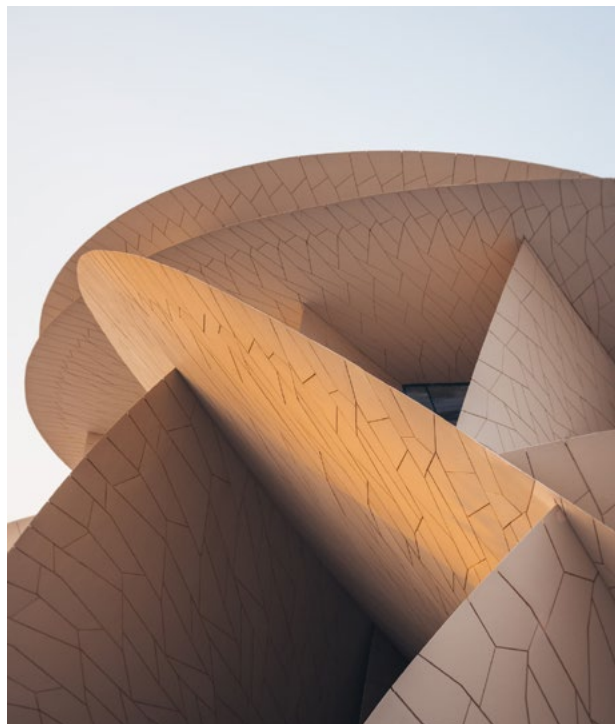
There's no need to get up early with Rusk's all-day brunch menu. Located in Msheireb – Doha's sleek new walkable design district – you'll find inventive cafe fare served in a modern setting. Breakfast like a king with great coffee and braised beef cheek eggs Benedict. Then order a zaatar and feta sourdough focaccia, or almond croissant to-go and you'll be set for the day.



## 11:00 Aspire Park

"My typical weekend involves a family trip either going to the mall for lunch or to Aspire Park for a family picnic so the kids can have a run around while Mum and Dad grab a coffee and have a great walk around the park," says Hamad. Aspire Park is located in Aspire Zone and is Doha's biggest green space. It's a huge green oasis with running and walking tracks, children's playgrounds, sporting facilities, open fields and a cafe by the lake.





## 13:00 National Museum of Qatar

“Check out the National Museum of Qatar to get an understanding of Qatar’s history, as well as the aims and goals for this country into the future,” says Hamad. To get to this architectural icon on the Corniche, he recommends taking the Doha Metro (the National Museum Metro Station is on the Gold line). “It’s clean, which isn’t the first thing that comes to mind when speaking of public transport, and comfortable and riding the metro is an experience in itself. I find it fascinating,” he says.

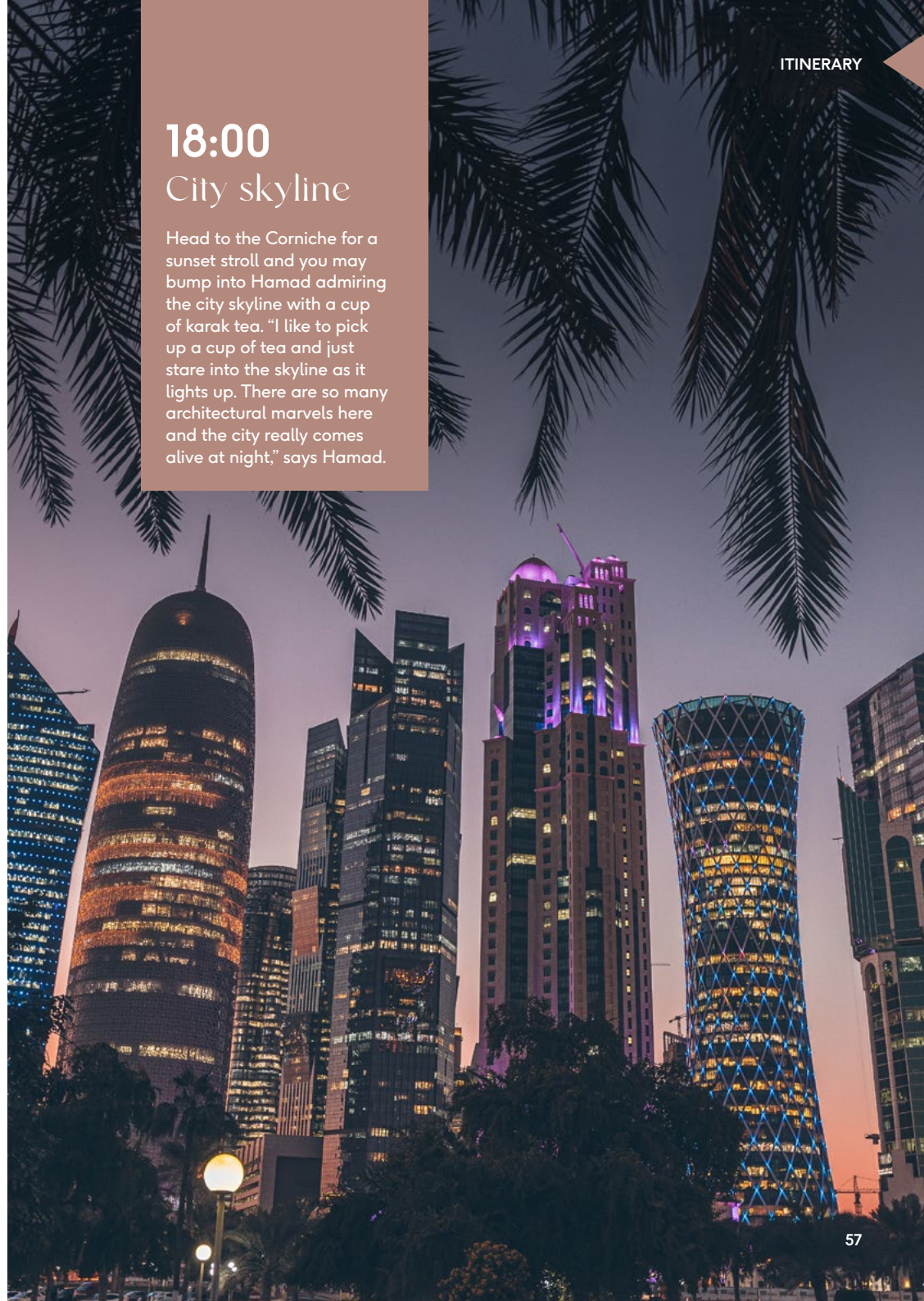
## 20:00 Al Nasr Street

Nestled among the tailors, perfumeries, barbers and grocery stores on this busy shopping strip, you’ll find Doha’s best shawarma. Order the spicy chicken with garlic sauce from Turkey Central (pictured right), one of the city’s longest-running Turkish eateries. Hamad’s other top picks for shawarma in Al Nasr include Jabal Lebanon, Mashawi Al Arabi, Petra and Marmara Istanbul Restaurant.



## 18:00 City skyline

Head to the Corniche for a sunset stroll and you may bump into Hamad admiring the city skyline with a cup of karak tea. “I like to pick up a cup of tea and just stare into the skyline as it lights up. There are so many architectural marvels here and the city really comes alive at night,” says Hamad.







# START UP JOHN +

## 10:00 Villaggio Mall

On the weekend, Hamad and his wife Eman take their three children to one of the city's impressive shopping malls. "Whether it's Villaggio Mall, which looks like Little Venice with its canals and gondolas, Qatar Mall or Festival City Mall, there are plenty of activities, soft play areas and arcades for kids to enjoy," says Hamad.



12:00

## Doha Golf Club

"I love golf, so there is a high chance you will bump into me on the green when you're here," says Hamad. There are two golf courses in Doha – Education City and Doha Golf Club. "The Doha Golf Club has a very special place in my heart because that's where I spent most of my youth and I am still challenged by the course any time I play it," he says.



15:00

## Kayaking

There are plenty of opportunities for kayaking in Qatar. Banana Island Resort (pictured right) is a 20-minute boat ride from central Doha, and if you're not checking in to one of their thatched over-water villas, you can still visit for the day. There's a long, golden stretch of beach to explore and water sports including kayaking, a children's water park and surfing in the wave pool. On the mainland, Katara Beach is family-friendly and centrally located, while Purple Island in the north-east of Qatar offers kayaking through mangroves.



19:00

## Souq Waqif

"Souq means market in Arabic," explains Hamad. There are plenty of these traditional marketplaces in Qatar, and Souq Waqif in downtown Doha is one of the oldest and most cherished. Peruse the alleyways with shops selling everything from spices and sweets to brightly coloured fabrics, gold, local pearls and even birds. Refresh with karak tea or grab a taste of two local dishes *madrouba* and *harees* on the go. Shay Al Shomous cafe is legendary for its traditional Qatari all-day breakfast, or head to Damasca One for Syrian fare. As the sun sets, food vendors set up stalls selling *ragag* (Arabic crepes).



22:00

## Public House

Being a fervent football fan (a self-confessed "die-hard Liverpool supporter", for those wondering), who better than Hamad to recommend the best sports bars where you can catch the action outside of the stadiums. Public House at Marsa Malaz Kempinski at The Pearl-Qatar has a relaxed US diner vibe, while SkyBox61 in Kempinski's sister hotel at West Bay is the highest bar in town with sweeping views over the city. Champions Bar in Marriott Marquis City Centre is one of Doha's original sports bars and remains one of the most popular. "This is always one of the best hangouts for football," says Hamad. "If I'm not watching the game at home or the majlis, this is where you'll find me."





## 08:00

### The northernmost tip of Qatar

The northernmost tip of Qatar offers an endless expanse of pristine coastline to explore. Al Shamal means 'north' in Arabic, and it's the most northern beach in Qatar – and a favourite of Hamad's. "It's quiet and not very busy. If you're an early riser, you'll get a chance to see horses on the beach. There are stables nearby and they take the horses out for a run at sunrise. It's just wonderful to

go and sit there and watch," he says. In the nearby port of Al Ruwais, visit Arsan Cafe 'the northernmost cafe in Qatar' for coffee with a panoramic view. Here, check in to Zula Wellness Resort by Chiva-Som (*pictured*) – for a luxe wellness experience based on traditional Arabic and Islamic medicine and indigenous ingredients. There are two sanctuaries, with a separate resort for families.





10:00

## Kite surfing

With regular winds, warm crystal-clear water and plenty of sheltered flat lagoons, Qatar is a kite-surfer's paradise. There's kite surfing on the west coast at Zekreet and in the north at Fuwairit Beach. "Salty Kites offer kite-surfing trips and lessons in Fuwairit Beach, so if you are an adrenaline junkie that's something that you really should experience," says Hamad. "I have yet to even stand on the board, but whatever level you are, it's still fun!" Stay at Fuwairit Kite Beach (FKB) a brand-new dedicated kite centre and boutique hotel.



14:00

## Desert dune bashing

Desert off-roading aka 'dune bashing' is the most exhilarating way to explore the vast sand dunes in the south of Qatar. The Inland Sea, also known as Khor Al Udaid, is a popular destination for a desert daytrip. In this ethereal landscape, undulating mountains of sand topple into the crystal blue waters of the Inland Sea. "There are only a handful of places in the world where the desert meets the sea, so it is well worth your time to visit here, and get the adrenaline pumping with quad bikes and dune bashing in 4WDs," says Hamad.



17:00

## Al Wakrah Souq

For a daytrip out of Doha, visit Al Wakrah Souq on Qatar's southeast coast. This charming seaside market is a nod to Al Wakrah's heritage as a fishing village. Travel back in time as you explore the winding alleyways that lead to the beach and Corniche. "You have to go to Al Wakrah Souq to really get an idea of the history of this country and how trade happened," says Hamad. A number of restaurants line the beachfront, and seafood is certainly the order of the day. Try Danat Al Bahar BBQ Fish.



## QATAR CALENDAR



November 1 - March 31  
**WEST BAY NORTH  
BEACH EXPERIENCE,  
WEST BAY NORTH BEACH**

Pristine beaches, sumptuous all-day dining and a lively atmosphere make this experience one to remember.



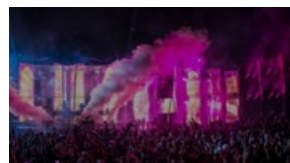
November 18 - December 18  
**OUR LIFE, AL THAKHIRA,  
SEALINE, AL-QALAYEL,  
AL WAKRAH SOUQ**

FIFA World Cup™ fans can enjoy various sports and youth activities at these out-of-town locations.



December 16  
**QATAR FASHION  
UNITED BY CR RUNWAY,  
STADIUM 974**

This event that's held between the matches will celebrate fashion, art, music and more like never before.



November 20 - December 18  
**ARAVIA BY MDLBEAST,  
AL WAKRAH**

The mega music festival MDLBEAST is set to attract 5,000 fans to Al Wakrah as part of the FIFA World Cup™.



December 5 - 18  
**FESTIVAL IN MOTION,  
PUBLIC SPACING &  
HERITAGE SITES**

Celebrate the performing arts and Qatar's architecture with local and international artists.

## FIND OUT MORE

Qatar hosts a wide range of events and activities on a monthly basis, and over the FIFA World Cup™ period, there is a packed schedule of special events not to miss. For the latest updates on these events and to check out all

other FIFA World Cup™ events, check out Qatar Calendar. This is the most up-to-date source of information for all that's going on in the country.

To visit Qatar Calendar and to find out more, scan the QR code.





# FOOD & DINING





# QATAR ON A PLATE

Qatar has a vibrant mix of cultures and you'll find a wealth of international cuisines around the country, but local cook Shams Al Qassabi is championing the dishes of her heritage.

"Food plays a big role in our cultural identity," explains our host Shams as she loads our table with an edible tetris of flatbread, eggs, beans and other plates that make up a traditional Qatari breakfast. The endearing cook and grandmother of 14+ is a local legend. She was the first woman to open a business in Souq Waqif nearly 20 years ago – and today her cafe Shay Al Shomous serves Qatar's most famous breakfast. Guests have included international sports stars, celebrities, world leaders and even HH The Father Amir Sheikh Hamad bin Khalifa Al Thani and Her Highness Sheikhha Moza bint Nasser.

While Shams is known for bucking traditions and cultural norms, she is passionate about preserving the cherished food traditions of her childhood. "The sofra, or dining table, is the place where family and friends once gathered, but now people eat in restaurants trying many different cuisines," says Shams.

Whilst authentic food is still important in the community, these days it's less popular commercially. "So, it was really important for me to maintain this authenticity for generations to come," Shams remarks.

Shams' menu is a celebration of Qatar. It's designed to share, there's no fusion or anything with a twist, and that means you won't find any hummus, falafel or avo toast. Rather, Shay Al Shomous is an edible history lesson on Qatar, and that tastes like hearty plates of eggs scrambled with tomato and spices, *ragag* flatbread, slow-cooked *luba* (beans), *balaleet* (vermicelli noodles doused with ghee, saffron and cardamom), and steaming cups of karak tea and pale, lightly roasted Arabic coffee.

"You will eat and you will taste your great grandmother's dish because you will feel the love," smiles Shams as she squeezes another plate onto our table.





# FINE DINING

## Qatar's most coveted dining destinations take global flavours to new heights.

Qatar's food culture is steeped in humble dishes and generous hospitality, and now contemporary fine-dining adds to the rich tapestry of flavour. You'll find global outposts of world-renowned fine-dining restaurants serving everything from modern Japanese to Peruvian, Cantonese, Mediterranean and beyond.

### NOBU, DOHA

The Doha outpost of the world's most exclusive dining destination is a curved oyster-shaped restaurant that sits on its own private beach. The design is a celebration of Qatar's pearl diving past and the menu pays homage to Japanese-Peruvian cuisine. Must-try dish: miso marinated black cod. Nobu's Friday brunch is also one of the hottest in town. +974 4494 8500

### ALBA BY ENRICO CRIPPA, DOHA

Michelin-starred Italian chef Enrico Crippa has opened his first restaurant outside of Italy and it's here in Doha. Head to Raffles Doha at the iconic Katara Towers in Lusail to dine on typical Italian dishes with a contemporary twist. The menu will feature all the flavours of Italy, including truffles from Alba in the northern Piedmont region. [raffles.com](http://raffles.com)

### LOBITO DE MAR, DOHA

Dani Garcia's breezy new seafood restaurant and tapas bar at The Pearl-Qatar is inspired by Spain's *chiringuitos* (casual beachfront seafood eateries). Be transported to the Mediterranean as you dine on tuna carpaccio, squid ink croquettes, perfectly grilled fish and seafood paella in the lush gardens at the elegant Marsa Malaz Kempinski. +974 3100 0373

NOBU, DOHA



## LA MAR, DOHA



## LA MAR, DOHA

Savour Peru's national dish of ceviche (raw fish marinated in lime juice) and national drink, the Pisco sour, with waterfront views at acclaimed-chef Gastón Acurio's Peruvian restaurant. The indoor-outdoor seating at La Mar at InterContinental Doha creates a laidback coastal vibe, while the menu heroes the gastronomy of Peru – fresh seafood, zingy flavours and charcoal-grilled meats. Try the tiradito tuna dashi (pictured left), which is Peruvian-style Japanese sashimi, flavoured with yellow chilli 'leche de tigre' sauce. +974 4484 4098

## HAKKASAN, DOHA

A global favourite for authentic Cantonese flavours in a sophisticated setting. Located in the lush gardens of the St. Regis hotel, Hakkasan features an elegant main dining room, Ling Ling lounge, and terrace where you can sample their famous dim sum (steamed dumplings), Peking duck and Wagyu beef ribs. Tip: book in for the Friday brunch. +974 4446 0170



# CASUAL EATS

Fuel up and dine with the locals at these relaxed cafes and casual restaurants.

Breakfast to dinner covered and everything in between with these no-fuss venues that span traditional dishes, healthy eats, great coffee, pizza and Indian flavours.



## SHAY AL SHOMOUS, DOHA

A must-do in Qatar, head to this popular cafe in Souq Waqif, where cook/owner and local legend Shams Al Qassabi dishes up an all-day Qatari breakfast. Feast on hearty plates of *luba* (baked beans), *balaleet* (sweet vermicelli noodles with omelette), *shakshuka* (scrambled eggs with tomato) and *ragag* (Arabic crepes). +974 5551 5561

## GAHWETNA, DOHA

Designed in classic Khaleeji style, this cafe serves authentic bites. Enjoy *madrooba kubba* (fried patties) filled with spiced chicken, tannour pizzas, or Gahwetna Fattah, their signature salad of eggplant, chickpeas and pomegranate. Tip: save room for the kunafa. +974 3329 0600

## CAFE #999, DOHA

This one is for lovers of art and pizza. Check out the installations at Doha Fire Station – the city's hottest boutique art gallery – then head to Café #999 with its vibrant pop-art decor to fill up on woodfired pizzas and pasta. Chef Alain Ducasse is behind the new menu. +974 4452 5650

## ADRIFT ANDA, DOHA

If you love Italian comfort food, head to celebrity chef David Myers' new Italian concept restaurant at Le Royal Meridien Doha. Start with antipasti, then move on to woodfired pizzas and delicious pastas as you watch the chefs slinging pizza bases in the open kitchen. +974 3100 0983

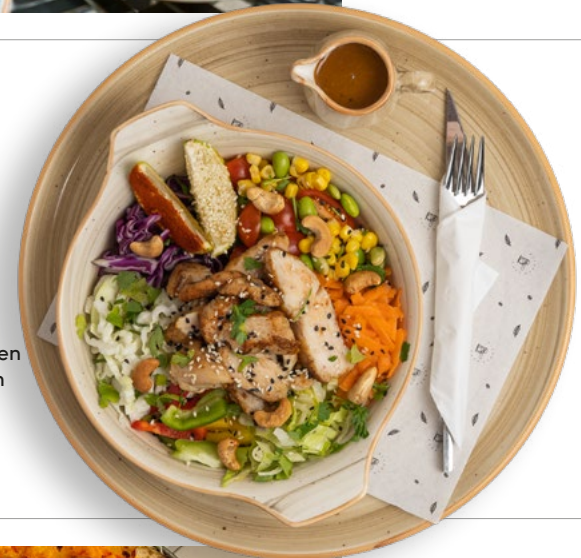


## BAYT SHARQ, DOHA

Experience traditional Qatari home-cooking at this local favourite, offering casual dining in a heritage-listed Qatari house on the Doha Corniche. Local chef Noor Al Mazroei of Blended Cafe says it's one of her favourite places to eat out. Why not order the dips, falafel, balaleet, grilled meats, chicken biryani and seafood machboos to see for yourself? +974 7770 4589

## BLENDED CAFE, DOHA

This contemporary cafe by local chef Noor Al Mazroei is a cosy spot for those looking for healthier options – think vegan, gluten-free and low-sugar treats. The menu features the likes of a colourful grilled chicken salad, hearty sandwiches, halloumi shakshuka, and even a healthy sugar-free take on the classic Arabian sweet baklava. There's great coffee, too. +974 5075 9590



## CRUST BY RUSK, DOHA

A buzzy new pizzeria in the cool Msheireb design district from the same team behind Doha's favourite brunch spot, Rusk Artisanal Bakery. There's a fun American diner vibe and a concise menu of snacks – we love the jalapeño poppers – woodfired pizzas, soft drinks and desserts. +974 6664 4830



# STREET FOOD

Hit the streets to discover a world of hidden gems, global snacks and local delicacies.

The food scene in Qatar is broad and diverse, with influences spanning the Middle East, India, Asia, Europe and South America. You'll find all these global flavours in the country's street food, including the coolest food trend of the moment – watermelon ice cream.



1. Kunafa at Nafeeseh Sweets.
2. Karak tea at Bayt Sharq.
3. Watermelon Ice Cream from Icy Melon at Tasty Street in Katara.

## RAGAG

These wafer-thin Arabic crepes are folded or rolled into cones and come plain or topped with cheese, eggs or honey. They're served with anything from karak tea to kebabs. Head to the central square in **Souq Waqif** where local women cook the crepes out in the open in the evening. Also in the souq, **Shay Al Shomous** serves some of the best karak and ragag in town.

## KARAK TEA

Karak is an essential part of everyday life in Qatar, with cafes and households brewing pots of this sweet tea all day long. Karak is black tea that is boiled with milk, sugar and cardamom and served in small glass cups – similar to India's chai. In fact, it's a tradition that came via the sub-continent, brought to Qatar by Pakistani and Indian workers in the 1950s.

## FALAFEL

There is no shortage of falafel in Doha. **Falafel Al Akawi** is a hugely popular takeaway joint with various locations across town. The Jordanian falafel at **Abo Shariha** in Souq Waqif are also a hot favourite. Order yours to eat on-the-go served in a sandwich with hummus, or take a seat and enjoy a falafel platter with *foul* (beans) and salad.

## SHAWARMA

Follow your nose (and the crowds) for a taste of the Middle East's most famous fast food. Shawarma is juicy spit-roasted beef or chicken wrapped in pita bread. Popular spots include **Mashawi Al Arabi** in Old Airport area, **Jabal Lebanon** in Al Nasr Street, **Al Bisana** in Katara, **Petra** (various locations), **Turkey Central** (Qatar's oldest Turkish joint) and **Marmara Istanbul**.

## AREPAS

A surprising taste of Venezuela in the heart of Qatar. Located on Salwa Road, **Doha Roastery** was born out of a love for specialty coffee and now doubles as a destination for Venezuelan street food. Swing by to try empanadas (crispy filled pastries) and arepas – pillowy corncakes, charred on a grill and stuffed with either pulled beef, chicken or cheese.

## KUNAFI

Kunafa is a classic Levantine dessert that's served across the Middle East. It's a moreish combination of crispy fried kataifi pastry stuffed with stretchy cheese, doused with sugar syrup and topped with crushed pistachios. Renditions are served across Qatar, and one of the best is at **Nafeeseh Sweets**, where they make it fresh daily layered with either cheese, chocolate or custard. Tip: try the baklava here, too.

## INDIAN STREET FOOD

Indian cuisine has greatly influenced Qatar's food scene, and you'll find classic and modern Indian flavours on menus around town. **Bombay Cutting Chai Restaurant** is a favourite for Bombay-style street food. Try the savoury pav bhaji rolls and sweet chocolate samosas. Don't miss the piping hot masala chai served in India's ubiquitous cutting chai glasses.

## JERK CHICKEN

From chargrilled jerk chicken to golden fried plantain and filled Jamaican patties, **Ray's Jerk Shack** in Bin Omran is pioneering Caribbean food in Qatar. Chef Ray marinades chicken and seafood for 24 hours in his special jerk sauce (a classic Jamaican marinade for meat), then grills it on a drum barbecue imported from Jamaica for a delicious smoky flavour.

## WATERMELON ICE CREAM

Sweet, cooling, refreshing and totally Insta-worthy – what could be a better snack than ripples of fruity soft serve atop a frozen fruit 'cone'? Visit **Tasty Street** outdoor food market in Katara to try Doha's coolest food trend. There's the famous watermelon ice cream at **Icy Melon**, and a tangy mango version at **Origami**. We love both!



# BEST BRUNCHES

Shall we do brunch?  
Welcome to Doha's  
hottest dining trend.

Friday marks the start of the weekend in the Arab world, and to celebrate, hotels and restaurants offer lavish brunch menus Fridays and Saturdays. We round up the best spreads, followed by buzzy rooftop bars to keep the good times rolling.

## LIANG, DOHA

Serving Cantonese classics in the heart of Msheireb Downtown, feast on dim sum and Peking duck in this opulent Asian dining room. +974 4008 8888

## SPICE MARKET, DOHA

From sushi to wontons, the Asian-inspired street-food brunch at Spice Market offers fun times and big flavours, and makes this W Doha eatery a firm favourite. +974 4453 5135

## COYA DOHA

Also located at W Doha, head to this fine-diner for elevated Peruvian fare and free-flowing drinks with live DJ sets. +974 4453 5416

## ELEMENTS AT FOUR SEASONS DOHA

The coveted Friday brunch features an abundance of international dishes. On Saturday, it's the BBQ brunch. +974 4494 8888

## LEVANTINE BREAKFAST AT LUXE LOUNGE, DOHA

Lebanese and Syrian dishes feature at this family-style brunch at Westin Doha, served with coffee and tea. +974 3359 8514

## KAIA BEACH CLUB

Pack your swimsuit for Qatar's only pool party brunch. Make a splash with unlimited drinks, sushi, poké bowls and sliders. +974 5572 2235



SPICE MARKET, DOHA

## ROOFTOP DRINKS



### SKY VIEW AT LA CIGALE HOTEL, DOHA

Happy hour at this luxe rooftop bar (pictured above) with its Antoni Gaudi-esque design has a chilled lounge vibe followed by themed DJ nights. +974 4428 8204

### VERTIGO, DOHA

Located on level 28 at Banyan Tree Doha, this is one of the highest clubs in town with incredible 360-degree views of Doha's skyline. Come for happy hour drinks, stay for a dinner of pan-Asian flavours, then hit the dancefloor with live DJ sets. +974 3990 5558

### THE SECRET GARDEN, DOHA

Perched atop the Marsa Malaz Kempinski hotel, this lush rooftop garden offers panoramic views over The Pearl-Qatar waterfront and Doha skyline. +974 4035 5011



# 5 OF THE BEST... QATARI DISHES

By local food stylist, blogger and photographer, Mohammed Al Ansari.



## 1. MACHBOOS

This rich and flavoursome rice dish is the national dish of Qatar, making it a must-try. Similar to biryani, it's made with chicken or meat cooked with rice and fragrant spices. Look out for seafood versions.



## 2. SALOONA

This tomato-based stew is classic Arabian comfort food. It's made with chicken, meat or vegetables and flavoured with a blend of spices. You'll find it served with rice or bread to mop up the sauce.



## 3. MADROUBA

A savoury rice porridge, similar to Italian risotto, that's eaten for any meal. Meaning 'beaten rice', Madrouba is flavoured with chicken and spices like turmeric, ginger, cardamom and cinnamon.



## 4. LUQAIMAT

These mini doughnuts are traditionally served during Ramadan. Flavoured with sugar, cardamom and saffron, they're served with Arabic coffee on Iftar tables at sunset to break the fast.



## 5. BALALEET

A sweet-savoury breakfast dish of contrasting flavours. It's made from vermicelli noodles that are sweetened with cardamom, rosewater, saffron and sugar, and topped with omelette.



“  
Traditional food  
is special for me  
as it is connected  
to memories of time  
and place.  
”



# ART & CULTURE







# THE NEW GUARD

Qatari contemporary artist Shouq Al Mana takes us inside Qatar's booming art and design scene.

Shouq Al Mana is the artist behind the new sculpture *Egal* on the Lusail waterfront in Doha. Grounded in a bedrock of Qatari heritage, Shouq's work is a symbol of the country's wider art scene – authentic yet progressive, classical yet contemporary.

"I chose the *egal* – a national headpiece worn by men on top of the *ghitra*, a white square headscarf – to emphasise Qatari identity and culture," she says. "The sculpture is inspired by elements from the past and my aim was to emphasise the role that the Qatari *egal* plays in terms of identity, unity and cultural preservation."

The 26-year-old is a graduate of Qatar's highly respected arts and design school VCUarts Qatar. She uses symbols that represent Qatari culture to convey the identity of her homeland to a wider audience, and the *egal* is a recurring motif throughout her work.

"I find it fascinating that the *egal* has been worn throughout the Arab region

for generations, but each one is different and unique. For instance, the Qatari *egal* is distinguished by the presence of the *karkoosha*, a tassel attached to a long thin wool fabric. History and culture have always played a big role in my creative process."

It was in 2017, during her artist residency at Doha Fire Station, that the diplomatic crisis happened in the Gulf region. Shouq says this was a defining moment in her journey as an artist, inspiring her to incorporate themes of nationalism and unity in her artworks.

"I hope to showcase my artwork internationally and invite viewers to learn more about my culture and how proud we are of it," she says.

Shouq's sculpture *Egal* is part of Qatar's prolific public art programme that includes works from local and international artists. Head to Lusail Marina where the elegant artwork appears to dance in the wind that blows in from the Gulf. Read on for Shouq's top art destinations around Doha.



# ART GALLERIES & PUBLIC ART

From murals and sculptures that adorn public spaces and punctuate wild landscapes, to visiting international exhibitions and emerging local talent, there's a world of art in Qatar.



## FIRE STATION GALLERY, DOHA

Located in a repurposed fire station near Al Bidda Park, this is regarded as one of the best spots for contemporary art in Doha. The industrial space houses emerging Qatari talent via their artists in residence programme – *Egal* artist Shouq Al Mana is an alumni – and has played host to big names such as Picasso, KAWS and Virgil Abloh. There's a gift shop with art supplies and Café #999 for mod, casual bites and great coffee.  
+974 4422 4222



## THE ARTIST'S VIEW

Qatari contemporary artist Shouq Al Mana shares her top art spots to visit in Doha.

**The National Museum of Qatar** is one of my favorite destinations. Inside the desert rose-inspired building, there is an incredible collection that celebrates Qatar's heritage.

**Al Markhiya Gallery** is another great art destination that I visit frequently as it hosts exhibitions that focus on art specifically from the Arab world.

**The Heritage Library at Qatar National Library** has several hidden gems in the archives, from rare antiquarian Arabic books, maps, globes and atlases to historical photographs and navigational tools.

**Museum of Islamic Art** contains collections that represent Islamic art from across three continents over a span of 1,400 years.

## EAST-WEST/WEST-EAST, BROUQ NATURE RESERVE, ZEKREET

You'll have to leave town to experience US artist Richard Serra's haunting desert installation *East-West/West-East* (pictured left). It's a sight to behold as four steel monoliths emerge from the martian landscape of Brouq Nature Reserve, which is also punctuated by naturally occurring rock formations. The drive is about 1.5 hours west from Doha and we recommend visiting at sunset.

## QATAR MUSEUMS GALLERY – AL RIWAQ, DOHA

Near the Museum of Islamic Art, this temporary exhibition space hosts a changing roster of contemporary art, from Jeff Koons to Damien Hirst.  
+974 4452 5555

## MATHAF, ARAB MUSEUM OF MODERN ART

Modern art aficionados can head to Mathaf, Arab Museum of Modern Art for an Arab perspective on contemporary art. Housed in a former school building in Doha's Education City, it's home to one of the largest collections of sculptures and paintings by Arab artists in the world – around 9,000 in total. The vast collection provides a compelling insight into the Arabian world and other regions historically and geographically connected to the Gulf Peninsula, such as Iran, Turkey, India and North Africa.  
+974 4402 8855

# ART & ABOUT

## 1. *LE POUCE* ('THE THUMB') BY CÉSAR BALDACCINI

Look out for the giant bronze thumb as you explore Souq Waqif, Doha's oldest marketplace. *Le Pouce* acts as a meeting spot in the market and means 'the thumb' in French.

## 2. *FALCON* BY TOM CLAASSEN

This striking gold rendition of Qatar's national bird perches outside the departures hall of Hamad International Airport (HIA).

## 3. *EGAL* BY SHOUQ AL MANA

Local artist Shouq Al Mana's elegant sculpture at Lusail Marina depicts the *egal* (the traditional headdress worn by Qatari men).

## 4. *7* BY RICHARD SERRA

Doha's tallest public art piece, located in the Museum of Islamic Art Park, is a celebration of the spiritual and scientific significance of the number seven in Islamic culture.

## 5. *FAMILY REUNION* BY ABDULAZIZ YOUSEF AHMED

The Doha-based artist's mural adorns the Msheireb Metro Station and illustrates the Qatari tradition of extended family gatherings, spanning generations.

## 6. *MAMAN* BY LOUISE BOURGEOIS

Located at Qatar's National Convention Centre, this giant bronze spider carrying a sack of marble eggs is an ode to motherhood.



1



3



2







# STROKES OF TIME

Meet Bouthayna Al Muftah, the Qatari artist who created the artwork for the official FIFA World Cup™ posters.

The lead poster depicts a scene that will be played out across the country throughout the tournament – traditional headwear being thrown in the air in a gesture of celebration and football fandom. Supporting posters also showcase the Arab world's love of football.

Bouthayna's distinctive monochromatic aesthetic is inspired by printmaking and typography, and the motif of Arabic calligraphy weaves throughout the posters.

"The writings that are embedded in my work today are Arabic typography," explains Bouthayna. "I'm drawn to how type can help communicate the messaging and tone of a design, and how it can be used artistically to create interesting compositions."

Bouthayna was born in Tunisia and grew up for most of her life in the town of coastal town of Al Wakrah in Qatar. Her artwork focuses on Qatar's collective memory.

"As an approach to resuscitate and reconstruct past moments and memories into contemporary settings, I often find characters and stories that transform into the abstract results seen in my work today," she says.

On what inspires her: "I would have to say stories inspire me. Poetry as well. The Arabic language and letters, objects, certain experiences and memories."

Like her contemporary Shouq Al Mana (who created the *Egal* sculpture), Bouthayna's work connects past and present – a prolific theme for the country's modern art scene, which Bouthayna describes as "thriving".





# MUSEUMS

Discover the past, present and future of the Gulf region in Qatar's fascinating museums.

1. National Museum of Qatar, Doha.
2. Museum of Islamic Art (MIA), Doha.

## NATIONAL MUSEUM OF QATAR, DOHA

Designed by renowned French architect Jean Nouvel, the National Museum of Qatar is an architectural masterpiece. A geometric exterior of angled discs orbit the Old Amiri Palace and pays homage to the desert rose crystal – a natural mineral formation found in Qatar's desert indicating the presence of water below.

As with the desert rose crystal, it's what lies beneath this striking exterior that is most important. Inside the museum, antiquities, artworks and preserved everyday household items tell the story of Qatar, past, present and

future. Don't miss the Pearl Carpet of Baroda, which is embroidered with some 1.5 million Basra pearls – a link to Qatar's pearling industry. +974 4452 5555

## FBQ MUSEUM, DOHA

Housed in a fort just out of Doha, the Sheikh Faisal Bin Qassim Al Thani Museum (FBQ Museum) is a private collection of curiosities that provides a glimpse into Sheikh Faisal's fascinating life. Featuring everything from his huge collection of vintage cars (around 600) to carpets, coins, weapons and other pieces collected on his travels, this is a must-visit. +974 4490 2340



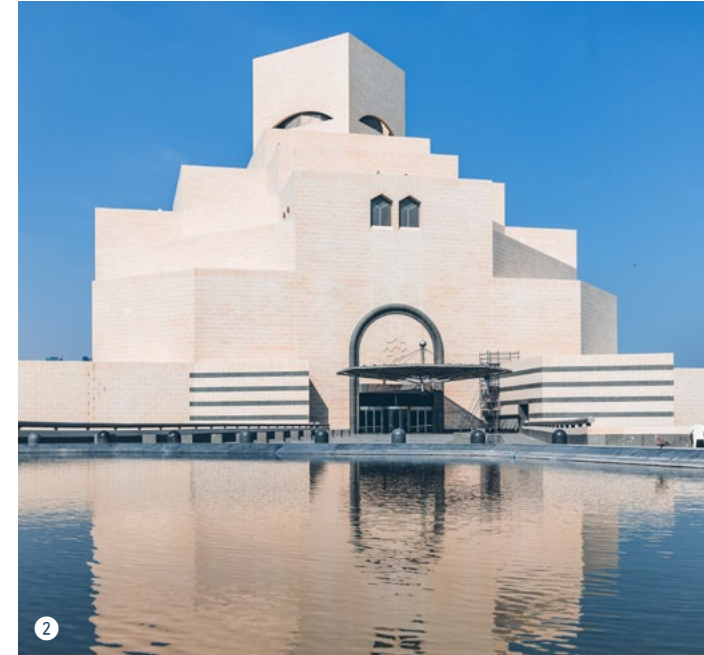
“  
The architecture of  
the National Museum  
is a piece of art in  
itself. The way it has  
been built around  
the old palace is  
beautiful.”

– Bouthayna Al Muftah

## MUSEUM OF ISLAMIC ART (MIA), DOHA

From the outside, the city's iconic Museum of Islamic Art is an arresting geometric pyramid that rises from the water at the Corniche. It's the work of famed architect I. M. Pei, who also designed the glass pyramid at the Louvre in Paris. Inside, geometric patterns on the building's lofty interior echo the motifs of the artworks, which span centuries of Islamic art. The experience continues outside in MIA Park, one of the most beautiful green spaces in the city and home to US artist Richard Serra's monumental 7 sculpture.

+974 4422 4444



## 3-2-1 QATAR OLYMPIC AND SPORTS MUSEUM (QOSM), DOHA

As the FIFA World Cup Qatar 2022™ marks many firsts for the Arab world, so too does the recent opening of QOSM. A must-visit for sports fans of all ages, it's one of the largest sports museums on earth and is the first Arab institution to join the Olympic Museums Network. The museum entrance resembles a running track, and the design echoes the Olympic rings as well as the neighbouring Khalifa International Stadium.

Inside, exhibits include a life-size F1 race car, the bobsled used by the Jamaican team at the 1988

Calgary Winter Olympics, Muhammad Ali's signed boxing gloves, and mementos belonging to the fastest man on earth, Usain Bolt.

It's fun and interactive for both kids and adults. Inside the Activation Zone, AI technology allows you to sample ancient Greek archery, golf and stand-up paddle boarding without breaking a sweat. Learn about traditional Qatari traditions like falconry, pearl diving and camel racing, before refuelling with green juice, super salads and courgette cookies at 3-2-1 Cafe, or fine-dining with a clean-eating twist at Nava. +974 4452 5200



# FAMILIES & CHILDREN



# FAMILY FUN DAY OUT

Qatar has long been a drawcard for families seeking something new, from adventures to cultural inspiration.

From jaw-dropping rides in theme parks to inspiring cultural institutions, lush outdoor parks, safe beaches and child-friendly culinary flavours, there's plenty for families to enjoy in Qatar.



## 08:00 Power up

Fuel up for your day in Qatar with a buffet breakfast at Deli Kitchen Doha. Children are well catered for with waffles, pancakes, fruit, cereal and more. Children up to four years dine free and breakfast is half price for children under 12. Once the little one's tummies are full, it's time to broaden their minds with a trip to the new 3-2-1 Qatar Olympic and Sports Museum. This cutting-edge facility is a go-to for sports fans where the whole family can put their physical abilities to the test in the interactive Activation Zone.



## 11:00 Free range

For wide-open spaces, fresh air and a breathtaking panorama of West Bay, head to MIA Park next to the Museum of Islamic Art and let the kids play. There are three playgrounds designed for different age groups, from two years right up to 16 years. You can also hire bikes, scooters or get bouncing on bungee trampolines. Nearby on the Corniche, you can take a sunset cruise on a traditional wooden dhow boat.





## 14:00

### Make a splash

Cool off at one of Doha's family-friendly beaches. On the mainland, head to picturesque Katara Beach, a vast and safe family-friendly beach with plenty of water sports, from kayaking to pedal boats. Not to miss: from 17:00 daily you can take a ride on the iconic Italian Gondola. The beach at Banana Island Resort (*pictured*) is a long golden crescent of sand perfect for families.



## 17:00

### Ride of a lifetime

For the ride of a lifetime, Quest is an incredible theme park located in the contemporary precinct of Msheireb. Step into Quest and discover more than 30 rides and attractions sure to appeal to the thrill seekers in the family, such as the popular Epiq Coaster and Magma Blast. Before heading to your hotel for the night, soak up the sights, sounds and aromas of the bustling open-air market, Souq Waqif, where children will discover the cultural past of Qatar with street dancing, traditional music, local food, the scent of spices in the air and more.

## 19:00

### Sweet life

Head to Tasty Street outdoor food market in Katara, where stalls offer everything from shawarma and burgers to ice cream. The mango ice cream from Origami is a crowd favourite.



## 21:00

### Island vibes

Escape the energetic bustle of Doha with a stay at one-of-a-kind Banana Island Resort Doha by Anantara – home to Doha's first and only over-water villas. It's young-at-heart heaven with a swag of attractions – a bowling alley, dive centre, surf pool and cinema, along with kids' clubs for little ones and teens. Dotted across the island, the spacious villas are perfect for families.



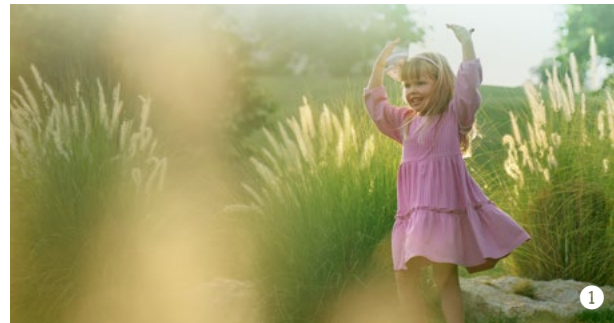


# THE GREAT OUTDOORS

Don't be fooled by the desert setting, Qatar blooms with public parks and beautiful green spaces where kids can roam free while parents relax.



MIA PARK, DOHA



## KATARA HILLS

With panoramic views of Katara Beach and Katara Cultural Village, the rolling hills of this sprawling green space are the perfect place to escape the heat and the crowds. This is one of Doha's largest free public parks, and is a great vantage point to spot landmarks like Katara Mosque and Pigeon Towers.



## ASPIRE ZONE

Also known as Doha Sports City, Aspire Zone boasts a collection of sporting venues dotted across 250 hectares. It's home to Khalifa International Stadium – one of the earliest stadiums built in Qatar – with swathes of green space edging an expansive lake. In fact, Aspire Park is the largest park in Doha at an impressive 88 hectares. Take a stroll along one of the many paths or watch your children frolic in the dedicated play zones.

## MIA PARK

This beautiful pocket of nature has one of the most iconic views of Doha – the glittering skyline of West Bay. Hire a bike to pedal along the palm-tree lined promenade, admire the architectural marvel of the Museum of Islamic Arts (MIA), or lounge on the lush green grass with a picnic from MIA Cafe.

## THE CORNICHE

This iconic waterfront promenade in Doha hugs the curve of Doha Bay and boasts some of the best views of the city skyline. Take a stroll along the crescent-shaped path soaking up the views, photograph the bold Pearl Monument or linger for a meal in one of the many cafes and restaurants. The Corniche begins at the Museum of Islamic Art and finishes at the Sheraton hotel to the north – Sheraton Park has a pyramid-shaped hill that kids love to climb and is a lovely spot to relax.

## AL BIDDA PARK

With rolling green lawns and colourful flower beds, Al Bidda is one of the largest and most beautiful parks in the city. It's also a haven for happy children with sandpits, climbing frames, ziplines and more. There are two mazes to explore and plenty of paths for cycling or roller skating. Take time to enjoy a grilled lunch at one of the many barbecue stations and admire the pretty Water Plaza with cascading water and sparkling fountains.

1. Katara Hills, Doha.
2. Aspire Zone, Doha.



# 5 OF THE BEST... THEME PARKS & PLAY CENTRES



## 1. DESERT FALLS WATER & ADVENTURE PARK

Make a splash at one of the largest theme parks in the Middle East. With sprawling cave-like structures housing more than 56 attractions, it's made for aquatic adventures. +974 4423 6416



## 2. SNOW DUNES

Skiing in the desert? Yes! Nestled inside the Doha Festival City entertainment precinct is the first snow experience in Qatar, with snowy slopes that wrap around an imaginary city. +974 4042 0444



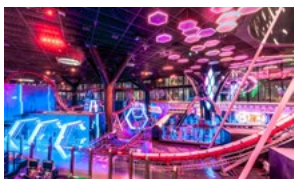
## 3. ANGRY BIRDS WORLD

This adventure park themed around the iconic gaming sensation of Angry Birds is a fun fantasy land brimming with 35 rides and colourful play zones inside Doha Festival City. +974 4042 0444



## 4. LUSAIL WINTER WONDERLAND

London's favourite Christmas-themed amusement park comes to Doha with festive attractions, activities, music, entertainment and delicacies at Al Maha Island in Lusail. Al Maha Island, Lusail City



## 5. DOHA QUEST

One of Doha's newest theme parks, Quest takes you on a journey through time and is divided into three dimensions – past, present and future. The best bit? It's indoors and fully air-conditioned. +974 4410 3444

“  
Cool off at Desert Falls  
slide, one of the  
largest theme parks  
in the Middle East.

”  
Right:  
Desert Falls Water & Adventure Park.





An aerial photograph of a lush green mangrove forest. A winding waterway with turquoise water cuts through the dense vegetation. In the lower center of the frame, a person is kayaking in a red kayak. The text "SPORTS & ADVENTURE" is overlaid on the right side of the image in a white serif font, with a large, light blue ampersand symbol integrated into the design.

# SPORTS & ADVENTURE



# DESERT SAFARI

A paradise for lovers of the great outdoors, Qatar offers once-in-a-lifetime adventures across land and sea on a desert safari.

The Qatari desert is a landscape of surreal beauty. It's one of the few places in the world where the desert meets the sea, and is home to iconic wildlife, including camels, flamingos and Arabian oryx – the country's national emblem. In the west at the Zekreet Peninsula, also known as the Ras Abrouq Peninsula, jagged wind-eroded limestone monoliths beckon hiking and bouldering. While in the south, undulating sand dunes spill into the turquoise waters of the Arabian Gulf.

Qatar's desert is only accessible by 4WD, and a host of travel operators offer private or group half-day, full-day and overnight desert safaris. We recommend 356 Adventures (+974 3339 3323). Here's what to expect.

## CAMEL RIDES

It may not be the fastest way to get around, but a camel ride across the dunes conjures all the romance of a desert safari. Camels play an important role in Qatari culture, where they have been a mode of transport across the desert for centuries.





## INLAND SEA

Khor Al Udaid – the beautiful Inland Sea on the southeastern tip of Qatar – is one of the country's major natural attractions. Get the adrenaline pumping with a thrilling 4WD ride through the dunes (the only way to access this area) and keep it up with sand skiing, sand boarding and quad biking, then relax with a picnic on the turquoise shores. Tip: From November to March spot the flocks of migrating pink flamingos that spend the winter here in the warm waters of the inlet.



## ART IN THE DESERT

The beauty to be found in the desert is both natural and man-made. US artist Richard Serra's haunting installation *East-West/West-East* emerges from the rocky ground of Brouq Nature Reserve on the Zekreet Peninsula. It's a sight to behold as four towering steel monoliths pierce the barren landscape. Visit at sunset for stunning photos. In Doha, check out the artist's similarly striking sculpture, *Z*, at the Museum of Islamic Art Park.



## DESERT CAMP

After a day exploring, swimming and dune-bashing, dine under the stars in a traditional Bedouin camp. In days gone by, Bedouin traders moved from place to place, setting up camp and grazing their animals, and this tradition of camping remains an integral part of Qatari culture. It's an unforgettable way to spend the night – feast on an authentic barbecue dinner followed by star-gazing. In the morning, wake up to a majestic sunrise across the sand dunes as you sip your morning coffee or karak tea.

## SAND BOARDING

Forget about waves, you can surf the sand in Qatar. The Khor Al Udaid Inland Sea is the most popular spot, with majestic sandhills spilling into the Arabian Sea. Also in the country's south, about 40 km south-west of Doha, you can surf the 'singing dunes' – a rare natural phenomenon where the dunes 'sing' as the sand shifts in the wind. Sand boarding can also set off the 'singing' as it causes the sand particles to vibrate.



## DUNE BASHING

While desert travel was once via camels, modern-day safaris are carried out by expert drivers in powerful 4WDs (with the added bonus of air-conditioning!) or quad bikes. Desert off-roading or 'dune bashing' is a nature tour like no other and the most exhilarating way to explore

the vast sand dunes of the south. Dune bashing defies gravity and road rules as you navigate the curves of undulating sand dunes and coastlines. Tip: Go with an experienced driver who is familiar with the area and can safely captain you as you spin, skid and slide across the sand.



# NATURAL WONDERS

Mangroves have been growing in Qatar for hundreds of years, where they thrive in the salty waters of the Gulf. Rent a kayak to explore them in all their green glory.

Al Thakhira Mangrove Forest, aka Purple Island, is one of Qatar's oldest and largest mangrove forests. You'll find it located in the north of the country near the city of Al Khor. It's a popular destination for bird-watching, with more than 100 different types of birds calling the area home, and migratory birds, such as flamingos, stopping by throughout the year. From hiking to biking, swimming and kayaking, adventure and wildlife abound in this fascinating eco-system.

## QATAR'S PURPLE ISLAND

Despite the name, Purple Island is surprisingly emerald green. Mangroves spill into the clear waters of the lagoon where fish, crabs and other wildlife flourish. Nature-lovers can take a daytrip here from Doha to explore the island via kayak. The appeal is that it feels a million miles away from the hustle and bustle of city life, but is only a one-hour drive from Doha. Saying that, you'll need to pack your own food, water and supplies as the island is uninhabited. So, why 'purple'? The island gets its name from the time it was a prominent site for dye production during the Kassite Period (1400-1100BC), particularly a purple dye obtained from a local sea snail.



## WATER WORLD



The Pearl-Qatar and Katara Beach offer easy kayaking and paddleboarding in the heart of Doha. You can catch a spectacular view of the Doha city skyline as you paddle at The Pearl-Qatar, while at Katara Cultural Village, there's a shack in the middle of the beach where you can rent kayaks, canoes and sea pedal boats. Here, there are plenty of motorised water activities too, including parasailing, jetskiing, and waterskiing. There are sunloungers to relax in, plus food trucks, cafes and restaurants serving up all manner of global flavours. Tip: There's a dress-code at Katara Beach and modest wear is preferred.



# THE WINGS OF TIME

The art of falconry is more than a fixation – this national sport offers a glimpse into Qatar's past.



“

*The Bedouins introduced the tradition of falconry to Qatar, where the sport now lives on.*

”

It's a rare bird that has its own passport, sleeps in an air-conditioned house and can travel business class on a plane. A rare bird indeed, that can mesmerise a human and is immortalised on a national currency (Qatar's 500 riyal note, to be precise). Meet the falcon: Qatar's national bird.

While the World Cup is the word on everyone's lips right now, falconry remains Qatar's most-prized sport. The tradition originated around 5,000 years ago and was introduced to Qatar through Bedouin tribes, who used the raptors for hunting. The desert nomads discovered it was easier to work with the falcons – with their top-speed of 389 km per hour – to hunt migrating birds, rather than compete with them for food.

Today, the art of falconry is recognised by UNESCO as a Living Human Heritage, and the millennia-old sport is kept alive by Qatar's elite, who spend countless dollars and hours training their birds. The best raptors can cost as much as a small car, and many are traded by private dealers, who issue them with passports to ensure they are not stolen or taken out of the country illegally. You can get up close and personal to these noble birds of prey in downtown Doha at the Falcon Souq in Souq Waqif. Or why not attend one of the many competitions or festivals organised by Qatar International Falcons and Hunting Festival (known as Marmi)?

## DID YOU KNOW?

In Doha's Falcon Souq you'll be fascinated by the majestic falcons for sale, perched on stands wearing leather hoods. They are hooded to keep them calm and to allow their 'master' to control their experiences. At the Falcon Souq you will also find falconry equipment, accessories and a dedicated falcon hospital.

## QATAR'S UNICORN: THE ARABIAN ORYX



It's said that Qatar's national animal, the Arabian oryx, is believed to be the inspiration behind the unicorn with its long spear-like horns. True or not, these graceful white antelopes hold great significance to the Qatari people, and you'll even recognise the oryx as the face of the country's national airline, Qatar Airways.

Native to the deserts of the Arabian Peninsula, the oryx will rest in shaded areas during the heat of the day and become active at night. In the cool of the night, they will feed on grass and vegetation, and travel as far as 50 km before dawn.

Your best chance of seeing an oryx is on a desert safari, or at one of the wildlife reserves. Visit Al Shahaniya – about half an hour west of Doha – or The Arabian Oryx Sanctuary, also known as Al-Maha, near Zekreet. It's a breeding place where the animals live in a protected environment with plenty of room to roam.



# SUN, SEA & SAND





# QATAR'S BEACHES

With more than 560 km of coastline dipping into the warm waters of the Gulf, there are endless possibilities for dreamy beach days in Qatar.

From pretty pink-hued sands on the northern tip to breezy beaches on the west coast perfect for kite surfing, Qatar has more than 560 km of diverse coastline.

Families flock to vibrant city beaches such as Katara Beach, where little ones can splash in shallow waters, while older children tackle water sports. Intrepid explorers might like to venture inland to Khor Al Udaid where a picturesque desert-bound sea beckons, or go west to Zekreet Beach famed for its kite surfing. Chic inner-city beaches at the Ritz-Carlton or Marsa Malaz Kempinski enjoy a modern Mediterranean vibe, while the Hilton Salwa Beach Resort has 3.5 km of private beaches, a water park and hosts one of the only pool parties in Qatar.

Nature lovers will prize secluded Umm Bab, known as Palm Tree Beach, or Al Maroona Beach, where starfish and hermit crabs are easy to spot in the clear pools.



## BEST BEACHES FOR...

### Luxury

Four Seasons Hotel, Doha  
The Ritz-Carlton, Doha  
Marsa Malaz Kempinski, Doha  
West Bay, Doha  
Hilton Salwa

### Families

Katara, Doha  
Sealine  
Simaisma  
Al Ghariya  
Farkieh  
Al Wakrah

### Sports & Adventure

Zekreet  
Inland Sea  
Fuwairit  
Al Ruwais

### Nature

Umm Bab  
Fuwairit  
Al Thakhira

### Remote & Untouched

Azerbaijani Beach  
French Beach (Maroona Beach)





# BEACH RESORTS

Feel the sand between your toes at these luxury resorts with private beaches.



HILTON SALWA RESORT



## SHERATON GRAND DOHA RESORT & CONVENTION HOTEL

A sprawling oasis in the centre of Doha, the Sheraton is one of the city's original hotels and a favourite destination for international visitors as well as locals who come for the day to enjoy the pool, beach and family-friendly weekend brunch. The futuristic pyramid form of the hotel rises from the lush gardens at this West Bay location, and you can spot some of the city's best architecture along the Corniche as you take a dip. Exceptional service, large rooms, plenty of swimming options, the opulent lobby and an epic breakfast buffet that spans Arabic, Indian, European and Western food are all drawcards. +974 4485 4444



## HILTON SALWA RESORT

The epic location and sheer size of this resort wows. Emerging like a gleaming seaside city along 3.5 km of private beachfront in Qatar's sunny southwest, Hilton Salwa is one of the Middle East's largest resorts and has its own theme park – Desert Falls Water and Adventure Park. With an oasis of blue and white cabanas, villas and sparkling swimming pools edging the sand, the complex has a Mediterranean feel and hosts the dazzling Kaia Beach Pool Party brunch. A favourite staycation spot for locals, too. +974 4423 6666







### BANANA ISLAND RESORT DOHA BY ANANTARA

Just a 25-minute complimentary catamaran trip from Doha, Anantara Resort on Banana Island is a tranquil tropical paradise that feels a world away despite its proximity to Downtown Doha. Maldives-style overwater bungalows jut out of the aquamarine waters of the Arabian Gulf, as a jet boat full of laughing guests curves across the sea. There's a world-class wellness centre, private dining options, a VIP cinema, surf pool and a golden crescent of sand measuring 800 metres for endless beach days. Don't forget to snap a photo on the Insta-worthy seaside wooden swing on the beach.

+974 4040 5050



### MARSA MALAZ KEMPINSKI

Lovers of 5-star luxury can escape to this opulent island resort in the heart of the city. Set on The Pearl-Qatar man-made island, this palatial resort is the definition of European grandeur. Fanning out from the Arabic Venetian-style 'palace' is a collection of Tiffany-blue swimming pools and a lovely private beach lined with comfy lounges and umbrellas.

+974 4035 5555



### THE RITZ-CARLTON SHARQ VILLAGE AND SPA

Have it all at this lavish beachfront destination that's surrounded by crystal blue water, but still in a convenient location for exploring the attractions of Doha. With classic Arabian architecture and modern amenities, The Ritz-Carlton Sharq Village is renowned for five-star decadence and a romantic ambiance. Located beside the marina, which bobs with boats and jet skis, the resort has three outdoor pools and a private beach with a momentous view over Doha West Bay and the Ras Abu About FIFA World Cup™ stadium. Inside, there's an excellent wellness spa and luxurious suites with floor-to-ceiling windows framing the palm-fringed coastline.

+974 4425 6666





# HOTEL POOLS

Cool off in one of the many opulent hotel pools in Qatar. What makes them truly stand out is their coastline or skyline views, modern Arabic designs and luxury poolside cabanas. From classic lap pools carved into rooftops to oasis-style lagoons, lounging poolside is a must-do pastime in the Gulf. Most hotels offer pool day passes so tourists and locals alike can enjoy a day of swimming, eating and rejuvenating by the water. Let's dive in!

## 1. MANDARIN ORIENTAL DOHA

Located in the centre of Msheireb within walking distance of major attractions, there are two rooftop pools (plunge or classic lap) and comfy cabanas with city views.  
+974 4008 8888

## 2. GRAND HYATT DOHA

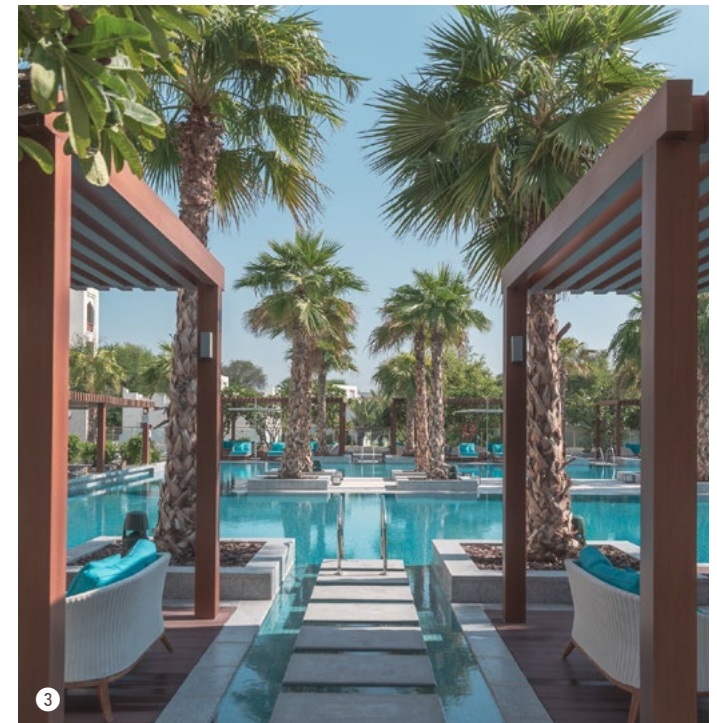
What sets this large complex of four outdoor pools apart, is that they overlook one of the largest private beaches in Doha on the West Bay shoreline.  
+974 4448 1234

## 3. AL MESSILA

Feel like a VIP at this vast outdoor pool complex nestled in a luxurious oasis at this sprawling health and wellness spa resort.  
+974 4445 0000

## 4. KAIA BEACH CLUB AT HILTON SALWA (SEE BEACH RESORTS)

Make it a 'daycation' as you dance and dip at this buzzy pool party with live DJs.  
+974 5572 2235





# WATER SPORTS

From kite surfing to scuba diving, experience Qatar from a different angle with these water sports.

## KITE SURFING

With a consistent north wind, Qatar's peninsula has the ideal kite-surfing conditions year-round, whether you are a beginner or pro. Fuwairit beach is an hour's drive from Doha and boasts a sandy beach and open water ideal for all levels. Zekreet on the west coast is one of the top spots for this exhilarating sport. You can also kite surf the often empty beach of Al Wakrah to the east when the wind is blowing north-east. Book a tour with 365 Adventures. +974 3339 3323.



## STAND-UP PADDLEBOARDING (SUP)

Why not get off the beaten track and paddle the quiet canals of the Qanat Quartier at The Pearl-Qatar? Blue Pearl Experience offers a sunset SUP tour of The Pearl-Qatar as well daytrips that take you further afar to Qatar's glistening beaches and pristine islands. +974 6660 2830

## JET SKI TOUR, DOHA

For an adrenaline-fueled adventure with jaw-dropping views at every turn, book a guided tour with Qatar Water Sport and speed around the coastal edges of the city on a jet ski. Fly along on a Sea Doo WAKEPRO SuperCharge 230cc, feel the sea spray on your skin and see Doha's sparkling skyline from a whole new angle. +974 3011 1676

## SCUBA DIVING

Rich marine life flourishes in Qatar's warm waters. Scuba diving in the calm, clear Gulf is popular and there are plenty of dive spots from onshore man-made reefs to secluded offshore dives. Just imagine diving into the breathtaking Inland Sea at Khor Al Udaid, encircled by desert and sand dunes! Poseidon PADI 5 Star IDC Dive Centre offers tours and training. +974 6608 4040

## WHALE SHARKS OF QATAR

Each year Qatar is home to one of the largest congregations of whale sharks on earth. From April to September, hundreds of whale sharks flock to the warm waters in the north-east. It's a prime feeding ground for the whale sharks, which feed on plankton and fish eggs.

Until now, this area has been closed to the public, but this spectacular natural phenomenon is now accessible, brought to you exclusively by Discover Qatar.

Day-tours and luxury private boat charters allow you to get up close and personal to these endangered sea creatures, famed for being the largest fish in the ocean. Accompanied by a whale shark expert, you'll learn about these mysterious and majestic giants before you head out to the spotting deck to see them with your own eyes. This is a once-in-a-lifetime experience not to miss. [www.discoverqatar.qa](http://www.discoverqatar.qa)





# FASHION & SHOPPING





# SOUQS & MARKETS

The spirited souqs of Qatar have long been an epicentre for trade. Today, these historic marketplaces maintain an eclectic ambiance bustling with local vendors and shoppers.

## SOUQ WAQIF

It's the aromas that come first: heavy scents of Arabia snaking through the maze of alleyways that make up this historic market. As the perfume of oud hangs heavy in the air, you spy the mounds of spices, strings of pearls, hanging lanterns and swathes of colourful fabric against the mud-daub buildings. A beacon of Qatari tradition, Souq Waqif is a dazzling market where the Bedouin nomads who inhabited the Arabian deserts once traded. Today, tourists and locals flock for the old-world atmosphere, artisan crafts, local delicacies and the theatre of the adjoining Falcon Souq.

## GOLD SOUQ

One of the best places to get seriously bejewelled is the Gold Souq, just a 'precious' stone's throw from the iconic Souq Waqif. You'll find platinum, silver and white gold, as well as traditional yellow-gold jewellery, famed for its quality craftsmanship. One of the must-have pieces to take home is a pendant with your name engraved in Arabic. Gold prices are significantly more reasonable here, as they are calculated by weight on the day's market price.

## SOUQ AL WAKRAH

A traditional seaside market located just 30 minutes south of Doha, Souq Al Wakrah is a celebration of Al Wakrah's fishing and pearling history. Children play in the sand while parents shop, chat and drink tea. The old souq follows the Wakrah beachfront for about 3 km, offering many traditional goods such as fabric, jewellery, spices, dates, honey and more. There are also plenty of cafes and restaurants serving global fare with water views. TIP: Grilled seafood is a specialty, try Danat Al Bahar BBQ Fish.

## SOUQ TOUR WITH EMBRACE DOHA

For a true insider experience, you can tour some of Qatar's souqs with Embrace Doha. The organisation offers authentic Qatari cultural experiences, workshops and tours, and their walking tour of Souq Waqif is a highlight. Expert guides will lead you through the souq, and you'll stop to taste local delicacies and shop local goods. Embrace Doha also hosts sessions to educate visitors and expats on topics such as business etiquette, local customs, and traditional clothing. [embracedoha.com](http://embracedoha.com)

?

### DID YOU KNOW?

Souq comes from the Arabic word 'sūq' meaning bazaar or marketplace.





# DOHA DESIGN DISTRICT

Doha Design District lies at the heart of Qatar's design revolution. It's a cluster of galleries, pop-ups and modern hotels in the Msheireb Downtown Doha district. Here, creatives gather for inspiration – and great coffee.

“

*Studio 7 at M7 is a design studio and concept store deeply rooted in Arabian culture.*

”



Walking distance from Souq Waqif, the carefully planned neighbourhood of Msheireb Downtown is a contemporary cultural hub with buzzy cafes, restaurants, boutiques, museums and galleries. The sleek limestone and concrete architecture echoes the desert colour palette, but is a stark contrast to the traditional design of the neighbouring souq.

Discover Qatar's past at **Msheireb Museums** – a series of four historic houses that bring to life the stories of the past, from the oil boom to Islam and slavery. Check into luxury hotels **Mandarin Oriental** and the **Alwadi Hotel Doha** – **MGallery** with its glistening rooftop pool and alfresco pool bar. Savour excellent coffee at **Nomad**, **Rusk Artisanal Bakery**, **Toby's Estate** and **% Arabica**, and peruse local art and design at the **Studio 7** concept store at cutting-edge design hub **M7**. Visit Studio 7 to pick up unique contemporary design pieces that are distinctly 'made in Qatar'.



## LOCAL TREASURES TO TAKE HOME



### FRAGRANCE FROM AL JAZEERA PERFUME

Take home the spellbinding signature fragrance of Qatar – oud, with its sweet, woody, leathery scent. Find it at Doha's iconic Al Jazeera perfumerie. +974 5544 2290

### KAFTAN FROM LORENAA MICHELLE

Talented Qatari designer Lorenaa draws inspiration from her childhood, crafting flowing pieces for the modern nomad. For her next pop-up, follow @lorenaammichelle on Instagram.

### SADU WEAVINGS FROM SOUQS

Reflecting the Bedouin tribe's rich culture with bright geometric designs, *sadu* is a traditional fabric handwoven from camel and goat hair and available at local markets. Join one of Embrace Doha's Sadu Weaving Workshops held at their Cultural House in Souq Al Wakrah. [embracedoha.com](http://embracedoha.com)

### ARABIAN LAMP FROM SOUQ WAQIF

These delicate, mosaic lamps bring a whimsical atmosphere to any space – choose from petite hanging lamps or elegant table lamps made from coloured glass or beaten brass.



# LUXURY SHOPPING DESTINATIONS

In Qatar, luxury shopping is serious business. Here are the top picks for the fashion-savvy.



## PLACE VENDÔME

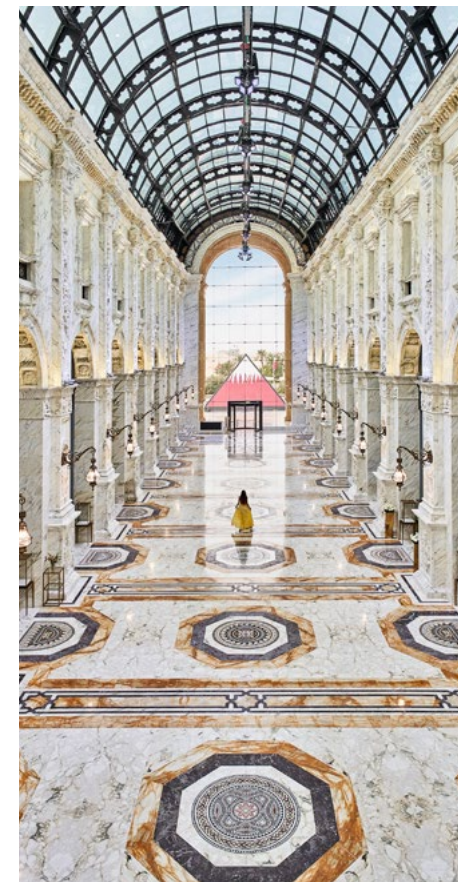
The new home of luxury shopping in Qatar, Place Vendôme (pictured left and above), is vast in size and big on Parisian style. Over four floors, discover more than 580 high-end and mid-range stores, from Gucci and Valentino to Zara and H&M. There's also the largest Louis Vuitton and Sephora stores in the Middle East. Outside every night from 19:00-23:00 on the hour, enjoy the whimsical Dancing Fountains show in the courtyard.

## GALERIES LAFAYETTE

Luxury lovers from across the globe are captivated by the array of designer goods at 21 High Street in Katara – home to prestigious Parisian department store, Galeries Lafayette. There's also a curated collection of world-renowned fashion, watches and jewellery boutiques, from Cartier to Joseph. Expect a first-of-its-kind outdoor shopping experience in a cool, regulated environment, then head to Katara Hills for sunset.

## THE PEARL-QATAR

This man-made island just a 15-minute drive from the city centre, is a mix of luxurious residential villas overlooking the Arabian Gulf, with prestigious shops and supercar dealerships. A fun precinct where super yachts are moored in view of boutiques such as Alexander McQueen, you'll see homegrown designers thriving alongside global brands, and the young Qatari style set hanging out. Find chic sneakers at Loft, delicate threads from Elie Saab or a luxury car from Ferrari.



## AL HAZM

Step back in time to the grandeur of Europe with the added bonus of outdoor air-conditioning. This mall is a feast for the senses with gleaming marble walkways, lush 600-year-old olive trees imported from Italy and Spain, along with heat-absorbing floors and a state-of-the-art ventilation system to keep shoppers cool. There's a sophisticated line-up of retail outlets – Glam District, Kashperia, Arabian Notes, De Beers and Palazzo Nero selling stunning abayas. Shop until you drop, then get a mani at Aldo Coppola before coffee at Rosemary Café.



# HEALTH & WELLNESS





# WELLNESS RESORTS

Recharge your mind, body and soul at these serene wellness destinations across Qatar.

You'll find some of the finest spas in the world located here in Qatar. Take traditional Arabic therapies, mix with the newest health technologies and you have the most innovative spa destinations for the modern wellness warrior. From a secluded desert oasis on the most northern tip of Qatar with a focus on wellness for families, to a sleek women's-only sanctuary in the heart of Doha, it's easy to invest in your health and wellbeing while travelling in Qatar.



**ANANTARA SPA  
AT BANANA ISLAND**  
Perched on the edge of the Arabian Gulf, this over-water pavilion houses a welcoming wellness sanctuary, just a 20-minute boat ride from downtown Doha. The luxurious treatment menu melds ancient Thai healing and Arabian rituals with bountiful skin-loving ingredients from land and sea. The team also run comprehensive wellness programs such as detoxes, and there are 14 treatment rooms including couple's treatment spaces, plus an immersive Turkish Hammam. Before and after your treatment, spend time relaxing in the steam room, jacuzzi or shimmering outdoor pools.  
+974 4040 5158





#### ZULAL WELLNESS RESORT BY CHIVA-SOM

From the pioneering company behind world-renowned global spa Chiva-Som, comes this revolutionary wellness destination located on the most northern tip of Qatar. The huge resort offers two- and five-night transformative retreats for adults and families in two distinct spaces. Zual Serenity is designed for guests over 16 years seeking lasting lifestyle change, while Zual Discovery offers programmes for families to reconnect on a journey towards good health. The entire complex is designed for calm contemplation with a soothing neutral palette, glittering lagoon and state-of-the-art treatment rooms. +974 4477 6500

#### AL MESSILA LADIES WELLNESS RETREAT

One of the most luxurious hotels in Qatar, Al Messila Resort & Spa, houses a unique spa sanctuary exclusively for women. From the awe-inspiring architecture that invites the sunlight inside, to the unique hydro-wellness areas named The Worlds – Mineral World, Oriental World and more – this spa is truly breathtaking. The treatments draw on ancient Eastern heritage and the latest wellness technologies for rejuvenation and radiance. A signature treatment is the Diamond Facial, which coaxes glowing skin with bio-magnetic components and an LED face mask. +974 4445 1916

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*The treatments at Al Messila draw on ancient Eastern heritage and the latest wellness technologies.*

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# BEST DAY SPAS

With decadent decor and designer treatments, these day spas will transform weary travellers.

## ESPA SPA MONDRIAN DOHA

Be pampered head to toe inside this magical haven where luxury reigns from the décor to the treatments. With separate male and female spa spaces, ladies can rejuvenate with a facial or massage in a contemporary, snowy white treatment room and then pop to the Beauty Box for a manicure or pedicure.

The bold navy hues of the male spa house a VIP treatment suite, wet and dry steam rooms and heated daybeds. A centrepiece of this resort is the extraordinary pool house with an expansive stained-glass dome, striking black and white checked tiles and white pod chairs to relax in after your treatment. **+974 4045 5555**



## W HOTEL SPA DOHA

Be pampered with skincare, makeup and even a haircut at this elegant day spa from French luxury house Sisley. Paris meets Qatar at this sumptuous enclave inside the bold W Hotel Doha. It's the largest Sisley Spa in the world and all treatments utilise the powerful, plant-based potions from Sisley-Paris. In addition, there is a full-service hairdresser using Hair Rituel by Sisley offering haircuts and styling for both men and women. Indulge in a treatment such as the six hands massage or the phyto-aromatic rejuvenating eye treatment, then stock up on products to take home in the Sisley-Paris boutique. For men, Sisley offer anti-aging facials, body scrubs and relaxing massages. **+974 4453 5000**



## THE SPA AT MANDARIN ORIENTAL

The Spa at Mandarin Oriental is based on ancient Oriental philosophy and the balancing of the five elements, promising to unearth your 'zen'. Along with face and body treatments, the team also offer yoga and meditation for a true mind-body rejuvenation. The menu beautifully resonates with the local history and landscape – *Harmony of Pearls* uses pearl powder and frankincense, and the innovative *Singing Sand Dunes* includes singing bowls and a warm quartz sand treatment bed. With a soothing neutral palette and gleaming marble floors, there are six private treatment rooms and separate relaxation spaces for men and women.

**+974 4008 8888**





# 5 OF THE BEST... HOLIDAY DETOXES



## 1. YOGA CLASS

Get bendy while you unwind and de-stress at a restorative yoga practice. The team from **Evolve Mind Body Soul** run a number of yoga classes held in various locations across Doha.

+974 5040 3234



## 2. COLOUR THERAPY

Gentle wave vibrations of colour boost your emotional wellbeing in the Colour Therapy Room at the **Four Seasons Hotel Doha**. The innovative space is available to all spa guests.

+974 4494 8888



## 3. GET YOUR GLOW ON

**Botany Lab** is a modern beauty spa for men and women with skin treatments that incorporate Botany's own vegan and organic products, as well as fresh ingredients and the latest beauty tech.

+974 3131 8058



## 4. EAT YOUR GREENS

Refuel with nutritious food at Doha's first dedicated vegan cafe and juice bar, **Evergreen Organics**. Here, plant-based ingredients are locally sourced – try the labneh toast (pictured above).

+974 4472 0437



## 5. THE SWEET LIFE

**Mylk** dishes up plant-based and gluten-free sweets, from raw chocolates (pictured above) to vegan ice cream (pictured right), cookies and cakes. Coffee is made with their own 'mylks' (plant milks).

+974 4001 2748

“  
Mylk offers life's  
simple (plant-based)  
pleasures, from  
vegan ice cream to  
gluten-free cookies.

”











[visitqatar.com](http://visitqatar.com)