



Recreation Information in Yemen

(Sana'a)

Sports Clubs

The clubs in Sana'a all belong to groups of a certain nationality or are part of a hotel. They all have different facilities so know what you are looking for and what you are willing to pay.

British Club:

A club with a small cold pool, a tennis-court, a few dart boards and a snooker billiard, with bar and basic restaurant facility. The club is meant for British Embassy staff and British nationals but other nationals can become associate members. They charge 200 US\$ for a family as one year's membership fee.

Taj Sheba Hotel:

The Hotel has a swimming pool, a Jacuzzi and some work out facilities. Their pool is well kept.

Sheraton Hotel:

Offers a large heated swimming pool, two tennis courts, a fitness room (men and women separate) a sauna and a whirlpool. The cost is US\$ 1.000 a year for a family. You can also get in on a daily basis for which you will pay YR 2.000 per person. There is a tennis coach who gives lessons.

Movenpick Hotel:

A fully comprehensive spa and beauty facility is available for men and women. Here you will find a gym featuring a wide range of the latest cardiovascular and weight-training equipment. There are separate sauna and steam rooms and Jacuzzi, plus a squash court and indoor and outdoor swimming pools.



Sports in Yemen

People play various kinds of **sports in Yemen**. To encourage more and more youth in Yemen sports, clubs and training schools are being started in various parts of this Middle East nation. Even schools are being asked to provide primary learning facilities in various sports to the young enthusiasts.

The main sport of Yemen is football or soccer. To promote the sport, there are many clubs that provide training and organize various tournaments. The country has some of the finest soccer stadiums. Various tournaments are organized all around the year. The finest of all soccer players represent their nation in international matches.

Due to the existence of different land forms in Yemen, one can also enjoy various adventure sports here. Some of the most prominent adventure **sports in Yemen** include diving, trekking, sailing and so on. Trekking can be carried out in the high mountains whereas diving can be carried out in the Red Sea and Arabian Sea. One can also go out for fishing in the water bodies of Yemen.

Tennis is a favorite sport in Yemen, and courts and teachers are in abundance in Sana'a. The Yemen Tennis and Squash Federation have 6 courts and 2 are under construction, with lessons provided and competitive events also hosted. There are two courts at the Sheraton Hotel and also a teacher is available upon request, (YR 750 for 45 minutes). A court is also available at the Hadda Hotel. Nabil is their tennis marker. He is also willing to come to the British Club in case you want your lessons there (currently charges 500YR per hour). He became tennis champion of Yemen for the fourth of fifth time this year. He is also good in teaching children.

Hiking is a major physical activity in Yemen. Anything from an hour's walk to a weeks-long trek through the Central Highlands will be a rewarding experience. For the longer treks you'll want a guide.

There is some horse-riding in Sana'a (on Taiz Road in southeast Sana'a near the Porsche workshop), it is possible to arrange skydiving and hang gliding, scuba diving in Mukallah and Kamaran, snorkeling, riding water scooters in Aden. Camping and cooking gear can be rented locally.



Sports and Activities for Children:

Karate Classes:

For those who want to join in fighting sports the Diplomatic Centre is a good choice. They offer karate classes and taekwondo or judo. Their school is in the Hadda/Attan area. Females will also join here. Join a few free lessons to see whether it is suitable for you or your children.

Judo Classes:

If above mentioned Diplomatic Centre does not offer what you want then check on the French Cultural Centre at the Circular Road. They also offer judo classes. Their teacher is a champion and insists a lot on a discipline.

Ballet:

A Russian lady gives ballet lessons in Sana'a. She has her studio on the Medina Sekenia in one of the first blocks on your right when entering the Medina from Hadda Road.

Gyms:

- **Ben Weider** (01-514098)

- **Sheraton Hotel** (01-237500)

(<http://www.starwoodhotels.com/sheraton/property/features/index.html?propertyID=491>)

- **Movenpick Hotel** (01-546666)

(http://www.moevenpick-hotels.com/en/pub/your_hotels/worldmap/sanaa/sports_leisure.cfm)



- **Taj Sheba Hotel** (01-272372)

(<http://shebahotel.com/facilities.htm>)

Hotels in Yemen

- **Sheraton Hotel (5 Stars)** (01-237500)

http://www.starwoodhotels.com/sheraton/search/hotel_detail.html?propertyID=491

- **Movempick Hotel (5 Stars)** (01-546666)

http://www.moevenpick-hotels.com/en/pub/your_hotels/worldmap/sanaa/overview.cfm

- **Taj Sheba Hotel (4 Stars)** (01-272372)

<http://shebahotel.com/Default.htm>

- **Hada Hotel (4 Stars)** (01-415213)

- 5 km to old city, 15 km to airport.
- Restaurant, coffee-shop.
- Rooms with bath, telephone, satellite TV.
- Swimming pool, 2 tennis courts, games, fitness center.
- Sauna, garden.
- 2 conference rooms, travel agency, 2 shops.

- **Shahran Hotel (4 Stars)** (01-418320)

- 5 km to old city, 15 km to airport.
- Rooms with bath, telephone, satellite TV, air-condition.
- Coffee shop, restaurant.
- Pool and health club.
- Business center, conference room.



Amusement Parks:

- **Hadeeqat Al-Sabi'een:** In the same complex/area as KFC, Pizza Hut and Baskin Robbins, the park is in between 45 Meter Road and 60 Meter Road, near the President's Mosque.
- **Fun City:** Next to Al-Mesbahi Circle near
- **Hadeeqat Al-Thawrah:** In the Hasabah district, it is a traditional park with a kiddie amusement park. Rides are 50 riyals (25 cents) a piece (bumper cars, ferris wheel, kiddie roller coasters, buccaneer style boat ride, carousel and more.
- ❖ There are also other smaller neighbor parks throughout Sana'a.

Find out more by visiting: www.giay.org
Email us at: info@giay.org
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