

## EXPLORER – SUMMER 2009

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Testosterone-fuelled activities for the UAE's rugged half.

**Keep Your Irons In The Fire**  
Summer in the UAE is tough for outdoor sports fans, but there is a definite bonus for golfers – reductions in green fees at all of the top courses. Summer rates run at most clubs until the end of September.

**Abu Dhabi Golf Club:** Dh.390 (peak), Dh.325 (off peak), with a Dh.250 twilight rate. Until end of August. [www.adgolfclub.com](http://www.adgolfclub.com), 02 558 8990

**Arabian Ranches:** Dh.340 (Thursday-Saturday), Dh.285 (Sunday-Wednesday). [www.arabianranchesgolfdubai.com](http://www.arabianranchesgolfdubai.com), 04 366 3000

**Dubai Creek Golf & Yacht Club:** Dh.400 (Thursday-Saturday); Dh.300 (Sunday-Wednesday). [www.dubaigolf.com](http://www.dubaigolf.com), 04 295 6000

**Emirates Golf Club:** Dh.400/Dh.300 (Majlis/Faldo course). [www.dubaigolf.com](http://www.dubaigolf.com), 04 380 2222

**Four Seasons:** Dh.415. [www.fourseasons.com/dubaigolf](http://www.fourseasons.com/dubaigolf), 04 601 0101

**The Els Club:** Dh.450. [www.elsclubdubai.com](http://www.elsclubdubai.com), 04 425 1010

**The Montgomerie Golf Club:** Dh.395 (Thursday-Saturday); Dh.350 (Sunday-Wednesday), plus 'Beat The Heat' offers. [www.themontgomerie.com](http://www.themontgomerie.com), 04 390 5600



**Follow Hayes While The Sun Shines**  
Escaping the heat by heading off to cooler climes has long been a migratory pattern for UAE expats, but one Dubai resident is taking that concept to extremes this year. British UAE-based explorer Adrian Hayes is spending his summer break in Greenland, no less, where, alongside fellow adventurers Devon McDiarmid and Derek Crowe, he will spend more than two months crossing the length of the country from the Atlantic Ocean to the Arctic Ocean in the north, using wind-powered kite skis. The Emirates NBD Greenland Quest will be an attempt at setting the record for the longest ever unassisted Arctic polar journey, as well as a platform for promoting sustainability and 'One Planet Living'. You can follow a blog of Hayes's adventures throughout June and July at [www.greenlandquest.com](http://www.greenlandquest.com), and find out more about the concept of One Planet Living at [www.bioregional.com](http://www.bioregional.com)

Left to right: Derek Crowe, Adrian Hayes and Devon McDiarmid embark on their Greenland adventure

**THE RACE IS ON**  
Another deal for golf fans worth taking advantage of is the free spectator tickets offer for the Dubai World Championship, the inaugural event to be held at the new Earth Course, Jumeirah Golf Estates, in November. The competition is the culmination of The Race to Dubai, in which the European Tour's top players compete in 51 tournaments in 27 destinations around the globe in a season-long contest. The top 60 players will take part in the championship, which will be held from 19-22 November. You can register now for free course tickets for the whole event at [www.dubaiworldchampionship.com](http://www.dubaiworldchampionship.com).

**An Expat's Place Is In The Kitchen**  
If all that sport and spa action has left you feeling hungry, check out [thefatexpat.blogspot.com](http://thefatexpat.blogspot.com) – a great collection of recipes, restaurant reviews and general food-related features put together by two Dubai residents, Alexander and the intriguingly monickered Half Man Half Beer, with some other contributions along the way. It contains some inspired ideas for when you're out to impress with your culinary skills, or for just cooking something a little different for yourself.