



INTERCONTINENTAL®

RAS AL KHAIMAH  
MINA AL ARAB RESORT & SPA

# LEISURE GUIDE

Welcome to InterContinental Ras Al Khaimah  
Fitness and Fun for all the Family!

## SPA INTERCONTINENTAL

Recharge with relaxing massages, facials and body treatments.

10:00 am - 07:00 pm

[View Spa Menu Here](#)

## WATERSPORTS

Jet Ski, Kayak, Banana Boat and much more!

09:00 am - Sunset

Fitness Centre and Tennis Court  
Whirlpool & Sauna

06:00 am - 09:00 pm

Beach, Swimming Pool  
and Kids Pool

08:00 am - Sunset

Planet Trekkers Kids Club  
and Teens Club

Monday to Friday  
10:00 am - 07:00 pm

Saturday to Sunday  
10:00 am - 08:00 pm



For more information and bookings please dial (0)  
from your room, or call +971 7 202 6666.