



# Tabuk

Photo: Tim Sheerman-Chase



Mario Micklisch

From snowy mountains to the deep blue sea, the province of Tabuk in Saudi Arabia is home to some of the most varied natural landscapes in the country, offering possibilities for beach holidays, island hopping, Red Sea diving, mountaineering and, of course, sightseeing. The region holds some of the nation's highly treasured historic and archaeological sites, a rich heritage left behind by ancient civilizations of foregone eras.

*NOTE: This Guide has been limited to 20 points of interest per section. For the full guide, please visit [ArrivalGuides.com](http://ArrivalGuides.com)*



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## Top 5



### Beaches

The Tabuk Region boasts a long, continuous stretch of land by the Red Sea, a...



### Diving

The Red Sea harbors some of the world's richest marine life, and with Tabuk ...



### Mountain Climbing

Tabuk is a region of varied landscapes, and its mountainous areas provide en...



### Parks

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### Tabuk City

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## THE REGION



ADEL AL-OMRANI (image cropped)

The earliest mentions of Tabuk (known back then as "Taboo") date back to 1500 BC, but events of historic significance have started unfolding here as early as 8000 years ago. Tabuk is believed to have been home to prominent Islamic figures such as Prophet Shuaib and Prophet Moses - the natural springs used by the latter are still open to the public today, and are just one of many sacred sites in the region.

The province's major towns include Umluj, Tayma, Al Bada, Haql, Duba, Magnah, Wajh and, of course, Tabuk City - the region's capital. Although the majority of state-run attractions are located in Tabuk City, recreation and pastime opportunities abound all over - from seaside towns with beaches stretching along the Red Sea coast to the elevated mountainous areas inland, where snowfall during winter is a common occurrence, in stark contrast to the rest of the country.

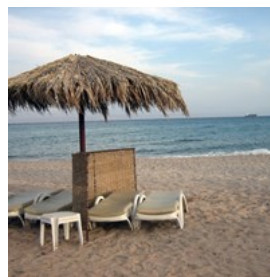
## DO & SEE



Matt Kieffer (image cropped)

Those looking for an active holiday can choose between climbing up the mount of Jabal Al-Lawz and trekking or island hopping along the coast and descending underwater for diving sessions conducted by one of many professional dive centers. If you prefer to stay on land, venture upstate to the region's capital - Tabuk City, or pay a visit to the historic town of Al Bida that still holds evidence of ancient presence in its mountain caves. Other archaeological sites include those in the towns of Al Muwailih, Al Khuraibah, Rawwafa and Al Muzim.

### Beaches



The Tabuk Region boasts a long, continuous stretch of land by the Red Sea, a large part of which is taken up by picture-perfect beaches frequented by holiday-makers. Some of the more popular locations include the Sultaniyah beach, Shareeh beach, Ba'r Almashi beach in Hegl and the Qiyal beaches. Some known beaches north of Duba include the Sherma, Khiraibah, and Muwalij. Ras Al Sheik Humaid beaches are found to the south of Bid'a, and the area of Umluj is home to the highly popular destination of Al Hisis.



Photo: Prince Roy (image cropped)

Address: Tabuk Region, Saudi Arabia

## Diving



The Red Sea harbors some of the world's richest marine life, and with Tabuk Region having so much coastal area in its possession,

opportunities for underwater exploration are endless (one prominent destination is Al Hisis, to the south of Umluj). There are a few dive shops that offer certified diving courses and excursions in Tabuk.

### Tabuk Divers

Photo: Joi Ito (image cropped)

Address: Al Jada Street, Tabuk

Phone: +966 4 450 0365

Email: tabukdivers@hotmail.com

## Mountain Climbing



Tabuk is a region of varied landscapes, and its mountainous areas provide endless opportunities for exploration. Jabal Al-Lawz

is, perhaps, the most prominent peak (at 2580m above sea level). Campers frequent the eastern mountainside during warm seasons; the mountain stands snow-covered in winter.

Photo: mindgrow (image cropped)

Address: Jabal Al-Lawz, Tabuk

## Parks



There are several green parks located throughout the province of Tabuk, the most prominent one inland being the Prince Fahd Bin Sultan Park in Tabuk City - a family-friendly recreation area in town. Some coastal parks include Lotus Park and Mountain Orchard in Dhiba, Nakheel Park in Hegl and the Degm Park in Umluj.

Photo: James Burke (image cropped)

Address: Tabuk Region, Saudi Arabia

## Tabuk City

Located about a 2 hours' drive away from the coast and only an hour away from the Saudi-Jordan border, Tabuk City is a developing town with a distinctly laid-back, rural feel. Main attractions include (among others) Tabuk Fortress, Hijaz Railway Station, the Museum of Antiquities and Traditional Heritage, the Prophet's Mosque, and ancient natural springs dating back to the pre-Islamic era.

Address: Tabuk City, Saudi Arabia

## DINING



Christina J Hauri/Shutterstock.com

Grains such as wheat or rice and meats (such as lamb) constitute the bulk of Saudi cuisine (pork is normally not served in the country, as its

consumption is forbidden by Islam). Yogurt is often used in local cooking, and dates constitute a dessert staple. There is a lot of variation within the province of Tabuk, with coastal cuisine being known especially for "Al-Sayyadiyah" - a signature local fish and rice dish served with spices. Restaurants often feature separate seating areas for families and single diners.

### **Al Qriah Al Tarithia**

Located opposite the Hala Hotel, the Al Qriah Al Tarithia restaurant serves primarily Saudi Arabian dishes with an emphasis on chicken, lamb and camel meats. The restaurant's decor aims to recreate the insides of a historic Saudi home, which adds to the authenticity of the dining experience.

Address: King Khalid Street, Tabuk  
More Info: Opposite Hala Hotel

### **Jandofly**

Jandofly is known to be one of Tabuk's finest seafood restaurants - dishes served include fish, shrimp, seafood soups and more. The menu features a variety of dishes prepared on grill.

Address: King Abdulaziz Road, Tabuk  
More Info: Opposite King Khalid Military Hospital

### **Al Bustan Restaurant**

Al Bustan Restaurant has a long history in Tabuk. Its menu includes both Arabic and International dishes, with Middle Eastern cuisine as the focal point. Al Bustan is one of the finer establishments on the relatively limited restaurant scene of Tabuk.

Address: King Fahd Street, Tabuk  
Phone: +966 55 313 7257  
Internet: [www.facebook.com/pages/Al-Bustan-Restaurant/141082179295166](https://www.facebook.com/pages/Al-Bustan-Restaurant/141082179295166)

### **Mariposa**

The upscale Mariposa restaurant features separate sections for families and singles. Its menu startles with variety of flavors, some of which include not only Middle Eastern, but also international (Italian and Moroccan). Desserts and fresh juices are also on offer.

Address: King Saud Road, Tabuk  
Phone: +966 144251614

### **CAFÉS**



*JOAT/Shutterstock.com*

There are quite a few cafés to be found in the city of Tabuk, many of which serve western-style foods and coffees, but feature local menu items such as hot tea, local desserts and fresh fruit juices. Cafés serving shisha often turn into evening social hot spots teeming with visitors.

### **Bufiya Al Ihalas**

Bufiya Al Ihalas serves Yemeni fare, and is a highly popular spot for breakfast in Tabuk. It opens early (5am) and features a selection of dishes and drinks unique to this restaurant only.

Address: Prince Sultan bin Abdulaziz, Tabuk  
More Info: Next to Jada Mall

### **Barn Café**

Barn Café is a Saudi-wide chain with a couple of locales in the city of Ta'if. Meals are not served here, as the establishment specializes rather on hot and cold beverages (coffee in particular), but

a selection of baked goods are available for purchase.

Address: King Fahad Road, Tabuk  
Internet: [www.barncafe.com.sa](http://www.barncafe.com.sa)

### **Bella Sera**

Bella Sera is pleasant café serving a variety of hot and cold drinks, as well as light foods, pastries and exquisitely plated desserts. The menu features salads and sandwiches, cakes and tarts, well-crafted coffees, traditional tea, juices and shakes.

Address: Prince Sultan bin Abdulaziz, Tabuk  
Internet:  
[www.facebook.com/pages/Bella-Sera/164174087127256](https://www.facebook.com/pages/Bella-Sera/164174087127256)

### **Sham Café**

Sham Café is both a café and shisha bar, with (non-alcoholic) drinks, food and shisha service. The airy, dimly lit outdoor seating area centered around a small fountain tends to get full with patrons enjoying mocktails and water pipes after sundown.

Address: Prince Fahd Ipn Sultan Branch Road, Tabuk  
Internet:  
[www.facebook.com/pages/Sham-Cafe/172127339526291](https://www.facebook.com/pages/Sham-Cafe/172127339526291)

## **BARS & NIGHTLIFE**



*Sophie James/Shutterstock.com*

The cultural environment in Saudi Arabia is highly conservative. Religious law forbids the sale or consumption of alcohol throughout Saudi Arabia, so there are no bars or nightclubs. Instead evening social activities are centred on shopping or dining out in one of the region's many restaurants or cafés whilst indulging in a delicious mocktail (a mix of fresh fruit juices) or strong Arabic coffee.

## **SHOPPING**



*Philip Lange/Shutterstock.com*

Shopping opportunities abound in Tabuk, where tradition (old "souks" or markets) meets modernity (modern shopping malls), often in the space of one city block. Tabuk City features a number of shopping centers representing international and local brands, as well as an entire pedestrian-only shopping street of Prince Fahd bin Sultan. Small shops and stores are scattered throughout the entire province, and so

are traditional markets. Local crafts include woodwork, weaving, stone inscriptions and more.

### The Souks

Traditional markets, or "souks", can be found all across the province of Tabuk - even in smaller towns outside Tabuk City (Umlij, Tyma, Minakha, Wejh and others). In Tabuk itself, the Thursday Souk and the "Windmill Souk" (Twaheen) in the Old Quarter are some of the more popular.

### Prince Fahd bin Sultan Avenue

The shopping street of Prince Fahd bin Sultan is closed off to traffic, and is somewhat of an open-air shopping center packed with stores and boutiques selling all manner of items. From discount clothing to high-quality gold jewelry, it can all be found (and haggled for!) here.

Address: Prince Fahd bin Sultan Avenue, Tabuk

### Al Hokair Mall

The Al Hokair Mall is one of the finer malls in Tabuk, representing a number of international brands such as Mango, The Body Shop, Claire's Aldo and many more. The mall also houses several eateries, Baskin Robbins ice cream being a definite highlight.

Address: King Khalid Road, Tabuk

### Tabuk Center

Tabuk Center is an imposing shopping mall packed with shops and boutiques, eateries and even featuring entertainment areas for the entire family. Its central location and very close proximity to the airport make it a shopping and recreational hot spot in Tabuk.

Address: King Abdulaziz Road, Tabuk

## ACCOMODATION



*cambo photography/Shutterstock.com*

Although hotels may be hard to locate in some of the province's remote areas, accommodation options are available in most of the region's larger cities and towns, with the biggest selection present in Tabuk City.

## ESSENTIAL INFORMATION



*Land Rover MENA (image cropped)*

### Tabuk Regional Airport



The Tabuk single-terminal airport serves national and a select few international destinations. The airport is located in close proximity to the town. The best way of getting to and from the airport is via a pre-arranged transfer or car hire.



Photo: Juan Garces

Address: Tabuk Airport Road, Tabuk

Phone: +966 14 422 1501

### Cultural Norms

When strolling and exploring the city please make sure you wear the appropriate attire.

Women should be covered from neck to ankle and in certain areas scarves are used to cover the face and head. Shorts and tank tops should not be worn outside of your accommodation by women. For men, loose clothing is recommended and shorts are prohibited.

When visiting, please make sure you respect and abide by the laws and culture of the country.

### Public Transport

Tabuk SAPTCO Station:



Photo: Pierre-Luc Auclair

Address: Prince Sultan Road, Tabuk

Phone: +966 144225357

Internet: [www.sapcco.com.sa](http://www.sapcco.com.sa)

More Info: Near Makarim Hotel

### Taxi



Tabouk Transportation

Co. +966 4 423 1515

Saud A. Al Arjani Co

+966 4 421 7939

### Pharmacy



Al Dawaa Pharmacy +966  
9200 00828 Prince Fahad  
Ibn Sultan, Tabuk City Al  
Nahdi Pharmacy +966 14  
443 1727 King Fahd Rd,  
Al Ulaya, Tabuk City

Photo: Gemma Garner

### Post Office

Saudi Post



Photo: Andy Fuchs

Address: King Khalid Road, Tabuk

Phone: +966 9200 05700

Internet: [www.sp.com.sa](http://www.sp.com.sa)

### Telephone

+966 country code 14  
city code



Photo: Jardson Almeida

### Electricity

127/220 V, 60 Hz, mostly  
three-pin British style  
plugs



Photo: Stirling Tschan

**Population**

Tabuk Region 791,595 (2010)

**Currency**

Saudi Riyal

**Opening hours**

The working week is generally from Sun-Thu with some businesses open Saturday mornings. Government Offices: 7.30am-2.30pm. Banks: 9.30am-4.30pm. Private Businesses: 8am-noon and 4pm-8pm. Some shops close 4 times a day for half hour prayers, and often work "split days" closing for a few hours between noon and 4pm.

**Newspapers**

Saudi Gazette

Al Jazeera

**Emergency numbers**

Emergency 999

**Tourist information**

The Headquarters of the Saudi Commission for Tourism and National Heritage in Tabuk

Tel: + 966 14 4239696

P. 4499 Tabuk

Email: [khrisin@scth.gov.sa](mailto:khrisin@scth.gov.sa)