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## Leisure Activities

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- Overview** In Egypt, there is a wide range of leisure activities that suit all tastes and ages, proving that Egypt has much more than antiquity sites. Egypt has long fantastic beaches and vast stretches of desert land where diving, horseback riding and fishing activities abound. Entertainment and activities include cinema and theatre, amusement parks and night life. Also, one may choose to go for an enchanting Nile cruise at night, or practice sports and fitness activities. ☺
- Health Clubs** Egyptian health clubs offer saunas, whirlpools, massages, gymnasiums, dance classes, etc. Generally most of the Egyptian hotels have health clubs, e.g. *Conrad International, Nile Hilton, and Swiss Hotel*. There are also specialized clubs, e.g:
- *Gold's Gym, Creative Dance and Fitness Centre and In Motion Health Club*  
Maadi Palace Mall  
Tel: 02-378 5592/ 375 3601
  - *Creative Dance and Fitness Centre*  
13 B, Road 254, Digla, Maadi  
Tel: 02-519675
  - *In Motion Health Club*  
Located in Smash Tennis Academy, Heliopolis  
Tel: 02-2670779 / 2670467
- Sports Club** There are numerous sports clubs in Egypt. Some of the most well known are: *Ahly, Zamalek, Gezira* and *El Seid* clubs in Cairo and *Sporting Club in Alexandria*. These clubs offer swimming, tennis, soccer, basketball, volleyball, horseback riding, hockey, etc. To become a member, one only needs to contact the head office of the club for application and fees. ☺☺
- Cinema and Theater** Cinema and theatre production is one of the main industries in Egypt and cinemas and theatres (both private and publicly owned) are located all over the country.
- There has been a growing trend of establishing movie theatres inside shopping malls as in *City Stars mall, Genena mall, City Center, Wonderland mall, and Hilton Ramses mall*. Moreover, grand cinema centres with multiple screens are gradually emerging, such as *Galaxy Cinema Centre*. Often foreign movies have similar opening dates as in Europe and America.
- Theatres in Egypt offer mainly Arabic language programs. *El Hanager, El Zayim*, and the *National Theatre of Cairo* are among the most important.



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Thanks to Egypt's agreeable climate, golf can be enjoyed year round. Golf is not yet a major sport in Egypt, but it is developing fast. There are four courses in and around Cairo.

- **The Gezira Club** is an 18-hole course in Zamalek.  
Tel: 02-341 5270/ 340 6000
- **The Mena House Hotel and Golf Club** is an 18-hole course in Giza, within sight of the Pyramids.  
Tel: 02-3833444 / 3222
- **The Dreamland Golf Course** is an 18-hole course in the desert some eight kilometers (five miles) beyond the Pyramids. ☺  
Tel: 011- 400577
- **The Katameya Heights Golf and Tennis Resort** has a 27-hole course near Heliopolis  
Tel: 02-758 0512  
Website: [www.katameya.com](http://www.katameya.com)

There are also some golf courses such as Solaymaneya Golf in Cairo, Alexandria Sporting Club in Alexandria, Royal Valley Golf Club in Luxor and Golf Club Gouna in Sinai.

**Diving** Egypt possesses some of the most beautiful beaches in the world, renowned for their rich and amazing sea life and serving as havens for diving centers such as those located in Sinai and the Red Sea.

The pleasure of diving is available not only for diving experts but also for novices through the many diving schools available, such as **Red Sea Diving College, Divers International and Divers Network**.

**Horseback Riding** Horseback riding in the desert is an amazing experience not to be missed. There are many horse stables in Egypt, especially in the area of Sakkara, Giza, where one can rent horses or camels and take them for a ride. **Arabian Horses and Rekoub Al-Sorat Stables** in Giza, and **Hotel Sofitel Stables** in Sharm El-Sheik are the well known.

**Fishing** There are numerous fishing sites in Egypt such as Lake Nasser, the Gulf of Suez, the Red Sea, and the Mediterranean Sea. Usually one-day and several day trips are offered. ☺

**Rowing** There are several rowing clubs in Cairo, concentrated on the east bank of the River Nile between Giza and Embaba. It is possible to join a crew at **Al-Nil Sporting Club**, near Kubabri 'Abbas on the Corniche at Giza.  
Tel: 02-3934350. For those who just want to watch, Friday is the big day.



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## Nile Cruises

Many hotels arrange enchanting Nile cruises, serving lunch or dinner according to the time of day. These include *Sonesta Nile Goddess*, *Sonesta Sun Goddess*, *Sheraton Nile Cruises*, and *Nile Maxim*. There are also stationary floating restaurants such as *Le Pasha*, *El Saraya*, *Nile City* and *Blue Nile*.

## Amusement Parks

Amusement parks, a common feature of Egypt's entertainment scene, continuously integrate state-of-the-art technologies. They offer a myriad of games, restaurants and/or cafeterias and souvenir shops. The top amusement parks in Egypt are: Dreampark, Gero-Land, and most recently, the Islamic style park, "Al-Azhar Park" in Cairo.

## Night Life

Cairo comes alive at night, the best time to shop, eat delicious Middle Eastern cuisine, or simply watch the world go by from a pavement cafe. One can choose to dine in a floating restaurant on the Nile, sample a shisha at a coffee shop or see oriental dancers and cabarets at a luxury hotel.

The splendid *Opera House Complex* encompasses the Museum of Modern Art and concert halls. The Opera presents and promotes the performing companies affiliated with the National Cultural Center: *Cairo Symphony Orchestra*, *Cairo Ballet Company*, *Cairo Opera Company*, *Cairo Opera Choir*, *Arabic Music Ensemble*, *National Arabic Music Ensemble* and the *Cairo Opera Children's Choir*. Listening to Arabic music under the stars in the open-air theater is a magical experience.

*At El-Ghuriya*, in the heart of Islamic Cairo, one can watch folk musicians and whirling dervish dancers.

*Sound and light show* performances are held in Arabic, English, French, Japanese and German. The pyramids, temple walls, and the Sphinx are used as projection screens with music and narration accompaniment. It can be seen at the Giza Pyramids in Cairo, as well as at the Temple of Karnak in Luxor and at the Philae Temple in Aswan throughout the year.

## References:

- Egypt's Guide online for Travel and Tours: <http://www.tour.egypt.net/>
- Egyptian Tourism Network: <http://www.tourism.egnet.net/>