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## Dubai in 7 Days

# Trip Summary

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## Dubai in 7 Days

### Day 1 – Tall, Taller, Tallest

Burj Khalifa - Burj Khalifa  
Dubai Mall - Dubai Mall  
The Dubai Fountain - The Dubai Fountain  
Fine Dining - Fine Dining  
Dubai in 7 Days

### Day 2 – Old Dubai

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Al Seef  
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Al Khayma Heritage Restaurant

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Desert Dining - Desert Dining

### Day 4 – Marina Selfies & Big Wheels

Dubai Marina - Dubai Marina  
Ain Dubai — the world's biggest Ferris wheel. Bigger is better here.   
JBR Beach - JBR Beach  
Pier 7 — seven floors, seven restaurants. Take the lift up, roll down after dinner.

### Day 5 – Culture Shock (The Good Kind)

Museums - Museums  
Art Galleries - Art Galleries  
Dubai Opera - Dubai Opera  
Tresind Studio — where dinner feels like performance art and the bill could buy you another Abra.

### Day 6 – Theme Park Mayhem

IMG Worlds of Adventure - IMG Worlds of Adventure  
Legoland Dubai - Legoland Dubai  
Legoland Water Park - Legoland Water Park  
Global Village - Global Village  
Street Food - Street Food

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## Day 7 – Atlantis Finale

Palm Jumeirah - Palm Jumeirah

Aquaventure Waterpark - Aquaventure Waterpark

Underwater dinner at Ossiano. Fish will watch you eat fish. Slightly awkward, but worth it. 

Nightlife: WHITE Dubai rooftop club or Zuma cocktails. Warning: your bank account may not approve.

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# Dubai in 7 Days



*Warning: Dubai has so much going on, you'll need a holiday to recover from your holiday. Seven days is just enough to leave you dazzled, dehydrated (thanks desert heat), and desperate to come back for more.*

## Day 1 – Tall, Taller, Tallest



- **Morning:** Start at the **Burj Khalifa** — world's tallest building. You'll spend more time queuing for the lift than at the top, but once you're up there, the views are jaw-dropping 🤩.
- **Afternoon:** Wander the **Dubai Mall**. It's not just shops — you'll find an aquarium, ice rink, and probably someone buying a Rolex "just because it's Tuesday."
- **Evening:** The **Dubai Fountain Show** dances every 30 mins. It's like Vegas but with more dignity and fewer Elvis impersonators.
- **Eat:** — fancy Indian inside the Burj Khalifa. (Yes, your curry comes with a view.)



### Burj Khalifa

Soaring 828 metres above Dubai and currently the world's tallest building, the Burj Khalifa represents a union of art, engineering and heritage. It's home to ample office space, private residences, the 160-room Armani Hotel and "At the Top" observation decks on the 124th and 148th floors. There are also more than 1,000 specially commissioned works of art throughout the building.



**Burj Khalifa**



### Dubai Mall

Discover one of the world's most visited destinations, The Dubai Mall. Located at the foot of Burj Khalifa, this shopping metropolis features more than 1,200 retail outlets, restaurants (some with views of the Dubai Fountain), an indoor aquarium, spas and even an ice rink. Fashionistas won't want to miss the fashion extension or the iconic Level Shoes, while kids will flock straight to Reel Cinemas, or Kidzania.





## Dubai Mall



### The Dubai Fountain

Witness water dance at the iconic Dubai Fountain, located at the base of the Burj Khalifa. One of the largest fountains in the world, the sound and light show shoots 83,000 litres of water as high as 150 metres in the air. Each brightly illuminated jet sways in time to music, producing what has become one of Dubai's most popular shows. Situated outside The Dubai Mall, make time to shop between evening water shows, which begin every 30 minutes. The show is free. However, to get the best view you can get on one of the boats cruising the fountain water, or book a spot on the footbridge.



### The Dubai Fountain



### Fine Dining

With celebrity chefs, rooftop terraces, spectacular cuisine — foodies can taste delicious concepts in Dubai's amazing fine-dining establishments. Try Peruvian cuisine at Coya, French favourites at LPM Restaurant, Italian classics at Cipriani or superb seafood at Pierchic. If you're looking for fine dining with Arabian flair, options offering both gourmet cuisine and a world-class atmosphere include Al Nafoorah, Ninive and Ewaan.



### Fine Dining



### Dubai in 7 Days

*Warning: Dubai has so much going on, you'll need a holiday to recover from your holiday. Seven days is just enough to leave you dazzled, dehydrated (thanks desert heat), and desperate to come back for more.*

## Day 2 – Old Dubai

- **Morning:** Dive into the **Gold & Spice Souks**. Remember: if you don't haggle, the shopkeepers will think you're broken. 
- **Afternoon:** Ride an **Abra** across Dubai Creek for 1 dirham (about 20p). Cheaper than bottled water and infinitely more fun.
- **Evening:** Dinner in **Al Seef** — heritage vibes, twinkling lanterns, and Instagram filters set to maximum.
- **Eat:** **Al Khayma Heritage Restaurant** — proper Emirati food that makes you wonder why hummus ever needed supermarket tubs.

## Souks

Lavish gold jewellery, hand-woven fabrics, oud fragrances and bargain knick-knacks — you'll find it all in our bustling souks, or Arabian markets. While the emirate lives up to its reputation as a thriving modern city, the souks have been a crucial part of daily life and trade for centuries. For an immersive cultural experience, visit the gold, spice, perfume and textile souks in Dubai's historical neighbourhoods of Deira and Bur Dubai and, for a modern take, visit Souk Madinat Jumeirah or Souk Al Bahar.



**Souks**

## Dubai Creek

Dubai may be famous for the glitz and glamour of its sky-high towers, but the real heart of the city is, and always will be, the creek. The saltwater estuary is the original site where the Bani Yas tribe settled, and its waters were vital for what used to be Dubai's main forms of economy: pearl diving and fishing.

The area is home to the Dubai Museum and Shindagha Museum, the waterside heritage retail area Al Seef, as well as the labyrinthine alleyways of the gold, spice and textile souks. While at the Creek, a ride across the water on a traditional abra is a must.



**Dubai Creek**

**AI Seef**<https://www.visitdubai.com/en/places-to-visit/al-seef>**Emirati Cuisine**

While modern flavours and techniques influence Emirati food, the cuisine still retains much of its traditional character. A medley of aromatic spices such as cinnamon, saffron, turmeric and nutmeg take centre stage alongside dried fruits and fresh herbs like coriander, mint and thyme. Try traditional harees, mandi and karak tea at restaurants like Logma at The Dubai Mall and Al Fanar Restaurant & Cafe at Dubai Festival City.

**Emirati Cuisine****AI Khayma Heritage Restaurant**<https://alkhayma.com/restaurant/al-khayma-heritage-restaurant-dubai>**Day 3 – Desert Madness**

- **Morning:** Pool, sun, smug selfies.

- **Afternoon:** Strap yourself in for a **desert safari** — dune bashing feels like a rollercoaster designed by someone who forgot about health & safety. 
- **Evening:** Camel rides, belly dancing, and a BBQ under the stars. You'll get sand in places you didn't know existed.
- **Eat:** At camp. Think kebabs, kebabs, and more kebabs. (Not that anyone is complaining.)

## **AURA Skypool**

Prepare to bask under open skies like never before at AURA Skypool, the world's first and highest 360-degree infinity pool. The elegant pool-and-lounge destination is perched on the 50th floor of The Palm Tower, with an 'oasis in the sky' feel thanks to its nature-inspired decor and uninterrupted city views. Bring your friends along to enjoy an unforgettable swim and Pan-Asian plates from the refreshing menu.



### **AURA Skypool**

Entry from St Regis Hotel, The Palm Tower  
+971 4 566 2121

## **Desert Safaris**

If there is one thing you cannot miss it's an Arabian Adventures desert safari. Take a back seat (unless, of course, you prefer to sit at the front of your 4x4), strap in and hold on tight as an experienced driver takes on the rolling dunes, teetering on the edge of seemingly sheer drops, before dipping down sandy slopes and back up again. There are a couple of stops for photos before you're safely whisked away to a traditional-style Bedouin camp, where a sumptuous Arabic buffet awaits.



### **Desert Safaris**

## **Desert Activities**

There are a few cities in the world that have both the desert and beach right on their doorstep. To Dubai's advantage, the azure coastline and sun-burnt dunes are only about an hour's drive apart, meaning you can surf in the morning and sand board in the afternoon. The most common desert activity is a safari, which often includes off-roading, camel rides and a taste of Emirati cuisine. Other activities include stargazing, falconry experiences, sandboarding and camping or glamping.



### Desert Activities



### Desert Dining

There are many ways to dine in the desert. Heritage dinner safaris teach you how to cook a local dish, while desert safaris offer off-roading followed by a barbecue meal at a desert camp. For comfy views of the desert, upscale resorts feature live cooking stations, wood-fired ovens and traditional majlis-style seating. Try luxurious Bedouin camping and spend the night with dinner, a hot breakfast and a drive to see the local wildlife at dawn.



### Desert Dining

## Day 4 – Marina Selfies & Big Wheels



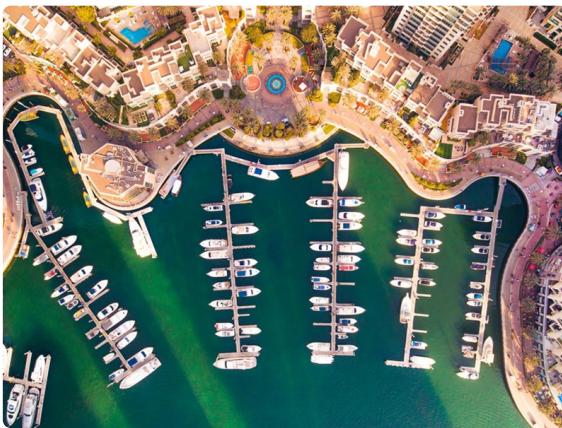
- **Morning:** Coffee at **Dubai Marina Walk**. Pretend one of the yachts is yours.
- **Afternoon:** Ride **Ain Dubai** — the world's biggest Ferris wheel. Bigger is better here. 🌈
- **Evening:** Sunset on **JBR Beach**. Watch people pose for selfies in outfits that definitely weren't made for sand.
- **Eat:** **Pier 7** — seven floors, seven restaurants. Take the lift up, roll down after dinner.



### Dubai Marina

Dubai Marina is a waterfront city, the emerald-green waters framed by some of the tallest — not to mention some of the most architecturally impressive — residential towers in the world. Foodies flock to Dubai Marina for sky-high dining with sparkling water views, while families can entertain the little ones at shaded play areas, with organised street festivals and pop-up stalls held throughout the year.

Head to the Dubai Marina Mall that sits front and centre of the impressive district. The Marina's gourmet project, Pier 7, is a destination for foodies: the tower rising from the middle of the pedestrian walk hosts seven very different, but equally delicious restaurants on each level.

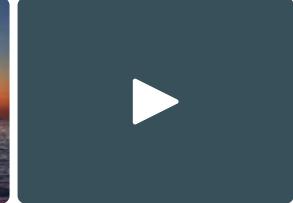


**Dubai Marina**



**Ain Dubai — the world's biggest Ferris wheel. Bigger is better here. 🌈**

<https://www.aindubai.com/en>



### JBR Beach

Get a taste of an idyllic beachside lifestyle and make your way down to JBR Beach — a relaxed district with restaurants, hotels, lounges and a range of family-friendly entertainment. The waters are fairly calm here, with nearby hotels offering a variety of watersports such as parasailing, wakeboarding and banana boating that anyone can sign up for. It is by far one of the most fun, family friendly beaches in Dubai, and the skyscrapers provide a spectacular backdrop to your activities, all just a quick stroll from the cafe culture of The Walk at JBR and Bluewaters Island, which can be reached via a pedestrian bridge.



**JBR Beach**

## Pier 7 — seven floors, seven restaurants. Take the lift up, roll down after dinner.

Dubai Marina Mall + Pier 7 | Dubai | Emaar Malls



## Day 5 – Culture Shock (The Good Kind)

- **Morning:** Visit the **Museum of the Future**. Looks like a giant silver donut, but with more robots. 🤖
- **Afternoon:** Get artsy at **Alserkal Avenue** — hipster galleries, flat whites, and people discussing “texture” like it’s a life philosophy.
- **Evening:** Class it up at the **Dubai Opera**. Bring your posh voice.
- **Eat:** **Tresind Studio** — where dinner feels like performance art and the bill could buy you another Abra.

### Museums

Learn about Dubai's origins, traditions and culture at one of the city's many museums. Take the time to explore the Coins Museum in Al Fahidi Historical Neighbourhood, which showcases precious coins from different historical eras. Don't miss other museums, like Saruq Al-Hadid, which unlocks the mysteries of the Iron Age, Etihad Museum that tells the story of the UAE's formation, and Al Shindagha Museum that brings Dubai's seafaring past to life.



**Museums**

### Art Galleries

Discover the region's contemporary art scene in Dubai, where galleries in locations like DIFC, Alserkal Avenue and d3 (Dubai Design District) are leading the charge with a year round calendar of cutting edge exhibitions. In March, Dubai celebrates art, with the much-awaited art exhibition Art Dubai and World Art Dubai attracting leading creatives, gallery owners and experts.



## Art Galleries

### Dubai Opera

Experience the region's contemporary cultural scene at Dubai Opera, one of the city's architectural masterpieces. Shaped like a futuristic dhow, this institution hosts a stellar program of international names and local legends in opera, ballet, theatre and music. Designed by Danish architect Janus Rostock and located in the heart of Downtown Dubai, the 2,000-seat Dubai Opera is a world-class cultural facility.

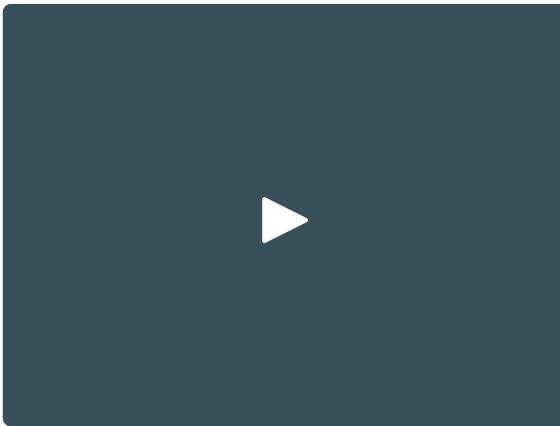


### Dubai Opera

Sheikh Mohammed bin Rashid Boulevard, Downtown Dubai  
+971 4 440 8888

### Tresind Studio — where dinner feels like performance art and the bill could buy you another Abra.

[Tresind | Best Indian Fine Dining | MICHELIN Guide Dubai 2025](#)



## Day 6 – Theme Park Mayhem

- **Morning: IMG Worlds of Adventure** — superheroes, dinosaurs, and air-con so strong you'll need a jumper. 
- **Afternoon: Dubai Parks & Resorts** — Bollywood, Hollywood, and Legoland. (Yes, you'll stand on Lego, barefoot. Some things are universal.)
- **Evening: Global Village** — world food, world music, world's biggest queues.
- **Eat:** Street food at Global Village. Calories don't count if they're international. 

### IMG Worlds of Adventure

It's fun. It's fast. And sometimes 5D! State-of-the-art thrill-rides bring all your favourite characters to life at IMG Worlds of Adventure. Enjoy multi-sensory adventures with characters from Cartoon Network and Marvel Comics heroes. Then there's the hair-raising Lost Valley with 70 animatronic, life-sized dinosaurs. With non-stop entertainment from live stage shows to movies, it's a full day of thrills for the whole family.



#### IMG Worlds of Adventure

City of Arabia, Sheikh Mohammad Bin Zayed Road  
+971 4 403 8888

### Legoland Dubai

Embark on adventurous rides and roller-coaster at Legoland Dubai. Build cars and race against friends and family with Lego cars, or role play at Lego City, where becoming a fireman or getting a driving licence is exclusive to kids. Of course, discovering how the marvellous bricks are made in the factory is a must, followed by a detour to Miniland (where children will feel like giants). Don't want to leave? Stay at the region's first Legoland Hotel.



#### Legoland Dubai

Dubai Parks & Resorts, Sheikh Mohammad Bin Zayed Road  
+971 4 820 3123

### Legoland Water Park

Most of the rides and slides at Legoland Water Park allow tweens to race each other or go in groups. The Duplo Splash Safari caters to toddlers while a few single slides provide thrills for the braver big kids. Children can also exercise their brains with 'Build-A-Boat', where they can construct any kind of boat imaginable and test it against the current to see how well it fares, and even customise rafts with big, soft Lego bricks before sailing down the lazy river.



### Legoland Water Park

Dubai Parks & Resorts, Sheikh Mohammad Bin Zayed Road

### Global Village

Each year from October to April, entertainment hub Global Village welcomes visitors. Many come for the thrilling funfair rides, some for the food, some for the nightly cultural entertainment, and some for the authentic shopping. Here you'll find around 70 countries showcasing their local products – honey from Yemen, exquisite carpets from Iran and Afghanistan, Argan oil from Morocco, engraved necklaces from Spain and dried fruit from Thailand.



### Global Village

Sheikh Mohammed Bin Zayed Road

### Street Food

Explore a different side of Dubai with a walking food tour or simply forge your own path, making sure not to miss Ravi, Al Ustad Special Kebab and Al Mallah. Sample Dubai's food truck culture with sliders from the iconic Salt truck on Kite Beach, or keep your options open at Last Exit themed parks. While in Dubai, don't miss the opportunity to dig into the flavours of the Levant and Gulf region with quick stops that are also easy on the wallet — Bait Al Mandi in Al Barsha is famed for its chicken and rice, while Zaroob is known for its mouth-watering manakish.



Street Food

## Day 7 – Atlantis Finale

- **Morning:** Ride the monorail up the **Palm Jumeirah**. Wave at villas you'll buy when you win the lottery.
- **Afternoon:** **Aquaventure Waterpark** — water slides so terrifying they should come with confession booths. 🌊
- **Evening:** Underwater dinner at **Ossiano**. Fish will watch you eat fish. Slightly awkward, but worth it. 🐟
- **Nightlife:** **WHITE Dubai** rooftop club or **Zuma** cocktails. Warning: your bank account may not approve.



### Palm Jumeirah

Gracing the city's postcards, the iconic Palm Jumeirah is an astounding feat of mankind in the form of a series of artificial archipelagos in the emerald waters of the Arabian Gulf. From above, it takes the form of a stylised palm tree. At ground level, it has some of the city's most popular beach clubs, celebrity chef restaurants and luxury hotels such as Atlantis, The Palm. The newest attractions here include The Pointe, a waterfront hub for dining and shopping experiences, and Palm West Beach. Head to The View at Palm Jumeirah, where a 240-metre-high observation deck presents the most impressive views.



Palm Jumeirah



### Aquaventure Waterpark

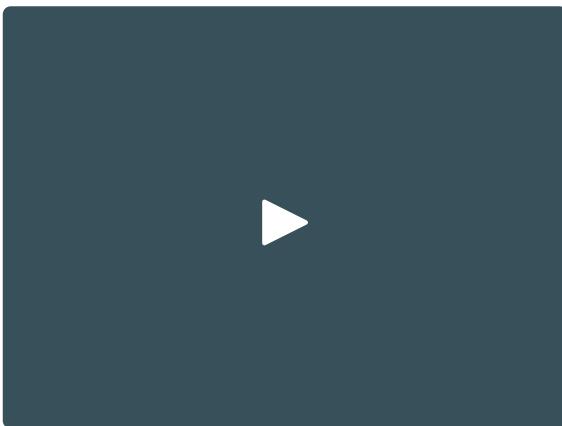
Aquaventure Waterpark is one of the biggest and best waterparks in the world. There's plenty to experience — try the Leap of Faith, a 27.5-metre plunge that slides through the shark tank, or hold on tight at Odyssey of Terror, the world's tallest water slide. If you're not looking for high-speed action, amble along the Lazy River that stretches for more than a mile through the park, while kids enjoy the maze of tunnels, slides and climbing frames in the Splasher's play area.



**Aquaventure Waterpark**  
Atlantis The Palm, Crescent Road  
+971 4 426 0000

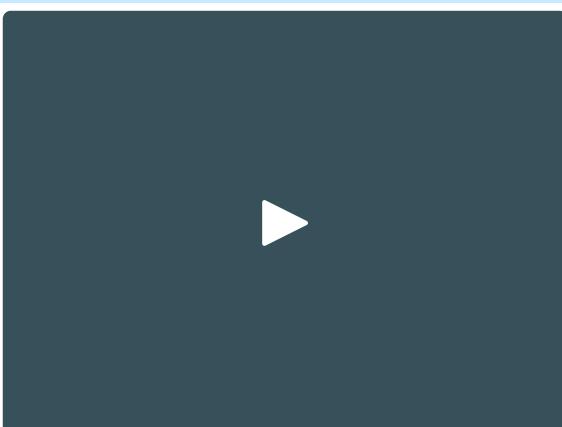
**Underwater dinner at Ossiano. Fish will watch you eat fish. Slightly awkward, but worth it. 🐟🐠**

<https://www.atlantis.com/dubai/dining/ossiano>



**Nightlife: WHITE Dubai rooftop club or Zuma cocktails. Warning: your bank account may not approve.**

[WHITE CLUB DUBAI | CLUBBING DUBAI | DUBAI NIGHTLIFE](#)



### 💡 Nightlife Round-Up

- **Skyview Bar** at Burj Al Arab – cocktails so pricey you'll sip slowly.
- **Soho Garden** – Ibiza vibes without Ryanair flights.
- **Nikki Beach** – where champagne showers are literal. 🥂

### Lounges



Want a chilled-out atmosphere with a touch of 'big night out'? Make a reservation at one of Dubai's lounges. Whether you're looking for a rooftop view or a beachside breeze, a swanky ambience or relaxed vibe, we've got you covered. Our favourites include beachside vibes at Jetty Lounge and panoramic views of the Burj Khalifa in all its glory from Treehouse. Other perfect spots include Vii Dubai at Conrad hotel, Sunken Garden at the Ritz-Carlton DIFC and Siddharta Lounge by Buddha Bar at Grosvenor House.



### Lounges

### Dynamic Nightspots

Dubai's dynamic nightspots are second to none. From rooftop lounges with unmatched views, to venues for dancing and partying the night away, the city's got it all. For a romantic ambience with live music or an in-house DJ, try Nola or Jazz@Pizza Express. Take it into the early hours at the famous White, Armani/Prive, Iris or Billionaire Mansion. Whether it's low-key lounging or high-energy beats, Dubai is sure to show you a good time.



### Dynamic Nightspots

### Tourist Tips (the survival kit)

- **Metro:** Cheap, clean, and cooler than you are.
- **Taxis:** Affordable. If you're lost, just say "Mall" — chances are you'll end up at one.
- **Dress Code:** Respectful in old town. Everywhere else: linen shirts & designer sunnies.
- **Weather:** Nov–March is best. June–Aug? Like walking into a hairdryer.

### Dubai International Airport (DXB)

Dubai International (DXB) is located four kilometres (2.5 miles) southeast of Dubai. One of the world's busiest travel hubs, Dubai's primary airport boasts three sprawling terminals and two huge runways that operate around the clock, serving both passenger and cargo planes. Transportation from the airport is possible by taxi, bus or metro.



**Dubai International Airport (DXB)**

### **Currency**

The currency in Dubai is the Dirham (AED or Arab Emirate Dirham). One dirham is divided into 100 fils and has been pegged to the US dollar since the end of 1997.

US\$1 = AED3.6725



**Currency**

### **Getting Around**

Upon arriving at Dubai International Airport, you're connected to every major neighbourhood in the city via the Dubai Metro. Most of the city's main attractions, including The Dubai Mall, Burj Khalifa and Dubai Marina can be reached directly via the metro or tram. Simply purchase a prepaid Nol card from any metro station, to use on the metro, tram and buses. The city's ubiquitous yellow and red topped taxis are available streetside. For those with data services, a cab from Uber, or the local ride-hailing equivalent Careem, is just a tap away.



## Getting Around

### Climate

Dubai enjoys a warm climate year-round. The winter months from October through to April are the coolest, with temperatures ranging from around 20 degrees centigrade to the mid-30s. During the months of May through September, the weather heats up significantly, with average temperatures ranging from high-30s to mid-40s. Luckily, Dubai offers plenty of attractions for all seasons.



### Climate

### ★ Final Word

Dubai is a glittering playground where even the **police drive Lamborghinis** 🚗💨. Seven days won't be enough — but that's how Dubai hooks you.

**Atlas Holidays** can sort flights, hotels, excursions, and even cruises that sail right through this desert wonderland.

👉 [Home Page | Atlas Holidays](#)