



# Tabuk

Photo: Mario Micklisch/Flickr



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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 historical and archaeological sites, a rich heritage left behind by ancient civilisations of foregone eras.

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There are several green parks located throughout the province of Tabuk, the ...

### 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



## THE REGION



ADEL AL-OMRANI/Flickr (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.

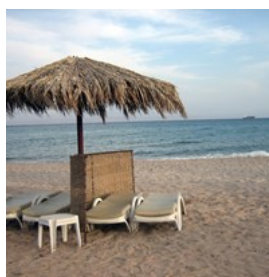
## DO & SEE



Matt Kieffer/Flickr (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



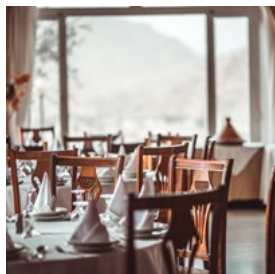
Christina J Hauri/Shutterstock.com

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. Yoghurt 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-Sayyadiah"--a signature local fish and rice dish served with spices.

Restaurants often feature separate seating areas for families and single diners.

### 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.

Photo: Zakaria Zayane/Unsplash

Address: Prince Fahad Ibn Sultan, Al Muruj, Tabuk

Opening hours: Daily 12:30-4pm, 5:30pm-12:30am

Phone: +966 9200 15009

### CAFES

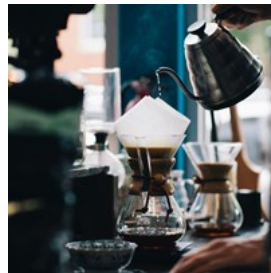


JOAT/Shutterstock.com

There are quite a few cafés to be found in the city of Tabuk, many of which serve western-style foods and coffees, as well as tea, local desserts, and fresh fruit juices. Cafés serving shisha often

turn into evening social hot spots teeming with visitors.

### Barn's



Barn's is a Saudi-wide chain with a couple of locales in Tabuk. Meals are not served here, as the establishment specialises rather in hot and cold beverages (coffee in particular), but a selection of baked goods are available for purchase.

Photo: Karl Fredrickson/Unsplash

Address: King Khalid Branch Rd, Tabuk

Opening hours: 24/7

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

### Sham Cafe



Sham Cafe is both a cafe and hookah bar offering non-alcoholic drinks, food, and shisha service. The airy, dimly lit outdoor seating area centred around a small fountain tends to get full with patrons enjoying mocktails and water pipes after sundown.

Photo: Awesome Sauce Creative/Unsplash

Address: Prince Fahd Ipn Sultan Branch Rd, Tabuk

Opening hours: Daily 9am-12:30am

Phone: +966 54 037 5683

## 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 a strong cup of 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

### Park Mall Tabuk

Park Mall Tabuk is an imposing shopping mall packed with shops and boutiques, eateries and even featuring entertainment areas for the entire family. Its central location makes it a shopping and recreational hot spot in Tabuk.

Address: King Faisal Road, Tabuk

Phone: +966 9200 09467

Internet: <http://tabuk-park.com>



## TOURIST 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.

### Saudi Arabia eVisa



Saudi Arabia introduced a new eVisa system in October 2019, dramatically simplifying visa applications for citizens of multiple world

countries, including the USA, Canada, China, Japan, Australia, and much of Europe. The new multiple-entry visa will be processed within record time (as quickly as 30 minutes), issued for one year, and will allow visitors to stay in the country for up to 90 days during its validity period. This marks a watershed moment in the country's history, as Saudi Arabia has historically been off limits to non-Muslim tourists, with visas notoriously difficult to secure.

Citizens of countries not covered by the eVisa program will still need to turn to their nearest consulate to obtain a visa.

Photo: TukTuk Design/Shutterstock.com

Internet: <https://visa.visitsaudi.com>

### Public Transport

Tabuk SAPTCO Station:



Photo: Pierre-Luc Auclair

Address: Prince Sultan Road, Tabuk

Phone: +966 144225357

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

More Info: Near Makarim Hotel

## Taxi



Tabouk Transportation  
Co. +966 4 423 1515  
Saud A. Al Arjani Co  
+966 4 421 7939

Photo: ArrivalGuides

## 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

Province 910,030 (2017 census)  
Tabuk City 657,000 (2021 estimate)

## 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 4–8pm. 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

+966 14 4239696  
[khysin@scth.gov.sa](mailto:khysin@scth.gov.sa)