

Experience a unique marine eco-system with spectacular mangrove forest scenery on a short, guided kayaking adventure through the rainforest of the sea in Abu Dhabi!

Al Mahara Diving Center is a provider of sea and mangrove kayaking to educate intrepid paddlers about the importance of the mangrove forests sometimes referred to as the “rainforest of the sea” in Abu Dhabi. The paddling trips can start at various locations but a popular destination is the Eastern Mangrove Lagoon located off the Eastern Ring Road near the new coastal developments or Yas Island or other off island launch points. Only a short paddling distance of 0.5km will take you into scenic and tranquil waters amongst the beautiful Abu Dhabi mangroves. The distant sound of the city disappears and the chattering of the avian community comes alive. Turning into the winding channels, there are chance encounters with Egrets, Herons, Crab Plovers, Sandpipers, Socotra Cormorants and if you’re lucky - flocks of pink Flamingos by the water’s edge.

The Rainforest of the Sea in the UAE

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Take a look at our [Kayaking Tours Info](#) page for more details.

Some great benefits of kayaking!

It's an eco-friendly way of doing something outdoors

It's a great way to exercise for you, your family and friends of all ages.

It's an educational experience to learn more about the eco-systems in the local area.

It's an affordable activity for everyone in the community.

Experience and a high level of fitness are not required. You just need to be enthusiastic and enjoy the natural beauty of the outdoors.

[What are the Mangroves?](#)

