

OCTOBER

Beyond the Cliffs

شانغريلا الحين مسقط
SHANGRI-LA
AL HUSN
MUSCAT

YOUR DINING COLLECTION



SULTANAH
Mediterranean Restaurant
Breakfast | 7am - 10:30am
Afternoon Tea | 3:30pm - 4:30pm
Dinner A La Carte | 7pm - 10:30pm



Al Muheet
Poolside Restaurant & Bar
A La Carte
Daily | 10am - 5pm



SiO₂
THE BEACH LOUNGE
Savour light bites and cocktails while enjoying live music
Daily, from 22 October | 5pm - 1am
No live entertainment on Sunday



AANGAN
Contemporary Indian Cuisine
Dinner A La Carte
Daily, except Sunday & Wednesday
7pm - 11pm
Open exceptionally on Sunday 6 and Wednesday 9 October



MAHHARA
Beachfront Restaurant
A La Carte | Daily | Noon - 5pm



AL HUSN
Aperitif Hour with Canapés
Daily, 6pm - 7pm
Live entertainment



ASSIRA
Poolside Restaurant & Bar
Light snacks & beverages
Daily | 10:30am - 6pm
Happy Hour
Buy 1 get 1 free on selected beverages
5pm - 6pm
Assira is located in Al Waha



CIRCLES
Poolside Restaurant
Light snacks & beverages
Daily | Noon - 6pm
Happy Hour
Buy 1 get 1 free on selected beverages
4pm - 5pm
Circle is located in Al Bandar



SAMBA
International & South Mexican Influences
Breakfast Buffet
Sunday to Thursday | 7am - 10:30am
Friday & Saturday | 7am - 11am
A La Carte
Daily | 12:30pm - 10pm
Dinner International Buffet
Saturday to Thursday | 6:30pm - 10:30pm
The Asado Barbecue
Every Friday | 6:30pm - 10:30pm
Shisha Lounge - Outdoors
Daily | 6pm - 11:30pm
Samba is located in Al Waha

Capri Court
CUCINA ITALIANA
Italian Cuisine
Dinner | Daily, except Monday & Thursday | 6pm - 10:30pm
Capri Court is located in Al Bandar

Bait al Bahr
Dinner
Daily, except Sunday & Wednesday | 6pm - 10:30pm
Bait al Bahr is located in Al Waha

Al Tanoor
Middle Eastern & International
Breakfast Buffet
Sunday to Thursday | 7am - 10:30am
Friday & Saturday | 7am - 11am
A La Carte
Daily Lunch & Dinner | 12:30pm - 10pm
Dinner Journey Across The Globe | Daily, except Wednesday & Thursday Buffet | 6:30pm - 10:30pm
Desi Night | Wednesday from 9 October Buffet | 6:30pm - 10:30pm
Oh! My Grill | Thursday from 10 October Buffet | 6:30pm - 10:30pm
A La Carte | Wednesday & Thursday 2 & 3 October
Friday Brunch
Feast your way to a decadent brunch with kids activities
Friday, 18 & 25 October | 11pm - 4pm
Al Tanoor is located in Al Bandar

CHOW MEE
SOUTHEAST ASIAN STREET FOOD
Dinner A La Carte
Daily, except Tuesday & Saturday
6pm - 11pm
Chow Mee is located in Al Bandar

Piano Lounge
Crafted Beverages & Lounge Menu
Daily | 6pm - midnight
Happy Hour
Buy 1 get 1 free on selected beverages
Daily, except Friday, 6pm - 7pm & 10pm - 11pm
Friday, 4pm - midnight
Piano Lounge is located in Al Bandar

Rooftop Premium Dining
Daily from 15 October | 6pm - 10:30pm
4-course set menu
From OMR 35 net per person
Prior reservations are required
Fisherman's Catch
Handpick your fresh catch for your evening's dinner
Monday, Thursday & Saturday
Al Bandar beach | 3pm
*Dates and time may vary

DRESS CODE AT OUR DINING VENUES & BARS
• The National dress with Kumma is permitted in all our dining facilities.
• A smart casual attire is essential for dinner time in all our dining facilities.
• Gentlemen are required to wear tailored shorts or trousers and closed shoes or smart leather sandals.
• With the exception of our beach and pool venues (Circles, Assira, Mahhara & Al Muheet), beach and sports wear, slippers and flip flops are not allowed in the other dining and bar facilities.
• We value the different cultures of our guests, and recommend to avoid see-through or light clothing during the meal period in any of our restaurants.

RESTAURANT RESERVATIONS
• Reservations are recommended for all A La Carte dining venues and special events, by dialing 6565.
• No reservations are required for Al Tanoor and Samba. First come, first serve basis

RECREATIONS & WATER SPORTS ACTIVITIES

The Health Club is located in Al Bandar hotel (Dial 6825 to contact the team for more information)

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30am-10:30am	Resort Tour (Al Bandar Lobby)	Resort Tour (Al Bandar Lobby)	Resort Tour (Al Bandar Lobby)	Resort Tour (Al Bandar Lobby)	Resort Tour (Al Bandar Lobby)	Resort Tour (Al Bandar Lobby)	Resort Tour (Al Bandar Lobby)
10am-10:30am	Kayak* (Al Waha)	Stand Up Paddle	Stand Up Paddle Guided Tour*	Kayak* (Al Waha)	Stand Up Paddle Guided Tour* / Tennis Lessons*	Kayak* (Al Waha)	Stand Up Paddle Guided Tour*
10:30am-11:30am	Swimming Lessons* (Al Waha Pool)	Swimming Lessons* (Al Waha Pool)	Swimming Lessons* (Al Waha Pool)	Swimming Lessons* (Al Waha Pool)	Swimming Lessons* (Al Waha Pool)	Swimming Lessons* (Al Waha Pool)	Swimming Lessons* (Al Waha Pool)
11:30am-12:30pm	Guided Snorkeling* (Al Waha Beach)	Guided Snorkeling* (Al Waha Beach)	Guided Snorkeling* (Al Waha Beach)	Guided Snorkeling* (Al Waha Beach)	Guided Snorkeling* (Al Waha Beach)	Guided Snorkeling* (Al Waha Beach)	Guided Snorkeling* (Al Waha Beach)
4pm-4:30pm	Turtle Talk (Al Waha Beach Counter)	Turtle Talk (Al Waha Beach Counter)	Turtle Talk (Al Waha Beach Counter)	Turtle Talk (Al Waha Beach Counter)	Turtle Talk (Al Waha Beach Counter)	Turtle Talk (Al Waha Beach Counter)	Turtle Talk (Al Waha Beach Counter)
5pm-6pm	Beach Volleyball (Al Waha Beach)	Football Game (Dhow Area)	Beach Volleyball (Al Waha Beach)	Football Game (Dhow Area)	Beach Volleyball (Al Waha Beach)	Football Game (Dhow Area)	Beach Volleyball (Al Waha Beach)

Meeting point for activities

- Guided snorkeling: Al Waha beach towel counter, at 11:20am to prepare (subject to weather conditions)
- Pool volleyball, swimming competition, aqua cycling and aerobic: Al Waha swimming pool
- Stand up Paddle Tour & Kayak experience: Al Husn private beach
- Activities marked with * are subject to charges | Pre-booking is required for all group fitness classes
- Fitness Centre at Al Husn is open 24/7 | Health Club at Al Bandar is open from 6am to 10pm
- Swimming pools: Al Husn open from 7am to 7pm, Al Bandar and Al Waha open from 7am to 9pm | Lazy River from 9am to sunset
- Extra Divers Qantab at Barr Al Jissah Marina opens daily from 8am to 9pm
- Sidab watersports, located at Al Waha beach opens daily from 9am to 5:30pm

FITNESS SESSIONS

The Health Club is located in Al Bandar hotel (Dial 6825 to contact the team for more information) For Al Husn Fitness Centre, please dial 6804.

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11am-11:45am	Aqua Cycling (Al Waha Pool)	Aqua Aerobics (Al Waha Pool)	Aqua Cycling (Al Waha Pool)	Aqua Aerobics (Al Waha Pool)	Aqua Cycling (Al Waha Pool)	Aqua Aerobics (Al Waha Pool)	Aqua Cycling (Al Waha Pool)
12pm-1pm	Stepper Class (Health Club)	Functional Training (Health Club Studio)	Kettleball & Free Weights (Health Club)	Stepper Class (Health Club)	TRX Class (Health Club)	Functional Training (Health Club)	Kettleball & Free Weights (Health Club)
2:15pm-3pm	HITT Class (Health Club)	Spin Bike Class (Health Club)	Tabata Class (Health Club)	Spin Bike Class (Health Club)	HITT Class (Health Club)	Circuit Training (Health Club)	Tabata Class (Health Club)
5pm-5:45pm	Inch-by-inch Stretch Class (Health Club)	Full Body Stretch (Health Club)	Core Crusher (Health Club)	Inch-by-inch Stretch Class (Health Club)	Abs Burn (Health Club)	Full Body Stretch (Health Club)	Inch-by-inch Stretch Class (Health Club)

OUR SPA



LUBAN SPA

- 90-min treatment (Foot therapy and your choice of Luban Focus, Foot, Neck & Shoulder or Head massage) | OMR 65

- 20% off the 90-min Heart of the Ocean Treatment

Luban Spas located at Al Husn, reserved for guests over 16 years old. Opens daily from 11am to 6pm. Reservations are required, dial 6801.



CHI, THE SPA

- 90 minutes Spa Journey (60-min Asian Blend Signature Massage & 30-min Full Body Scrub) | OMR 62

- 90min Spa Experience (60-min Omani Honey Body Scrub & 30-min Stress Relieving Neck & Back Massage) | OMR 56

Chi, The Spa is located at Al Bandar. Opens daily from 10am to 10pm. Reservations are required, dial 6826.

BESPOKE TRANSFER: RIDE, CRUISE OR FLY



Travel in style and book one of our exclusive luxury mode of transportations for your tours and airport transfers. Choose our Bentley for your airport transfers or ride across the city of Muscat: take a bird's-eye view of Muscat and its rugged mountains, through a helicopter chartered exclusively for you or simply cruise the sea of Oman with our tailor-made itineraries from dolphin watch, snorkeling, sunset trips and much more.

For more information and prices on the above services, please contact the Concierge or dial 510.

SHANGRI-LA CIRCLE



Join Shangri-La Circle, the loyalty programme of Shangri-La to enjoy member benefits, exclusive member rates and offers. Pay less and redeem your points with our fantastic culinary and stay offers.

Learn more by scanning the QR code.

LAUNDRY OFFER



Take the hassle out of your holiday and travel back home with clean laundry.

Wash and Fold at OMR 10 per bag with Pressing at OMR 15 per bag.

For more information, please dial 6791.

SHUTTLE COACH SERVICE

Discover Muscat city avenues through our complimentary shuttle coach service available throughout the week on selected days to the Mall of Oman, Oman Avenue Mall, Bait Al Zubair Museum and the famous Muttrah Souk.

For more information on the coach schedule, please call us on 6666.