

Dubai Summer Running Route Guide

Where to run, when to run, and how to stay safe through the heat.

BEST
5–6 AM
Coolest air, ~32–34°C

GOOD
After 9 PM
Second-best, ~35–37°C

AVOID
11 AM–4 PM
Peak heat ~45°C, danger

Best outdoor tracks to run in Dubai

ROUTE	DISTANCE	NIGHT LIGHTS	PARKING	NEAREST METRO	BEST FOR
Kite Beach Soft rubberised, seafront	14 km	Part-lit	Free roadside	None — drive/taxi	Dawn seafront run
Dubai Marina & JBR Flat paved promenade	8 km	Fully lit	Paid	Sobha Realty + Tram	Night run, cafes & taps
Dubai Water Canal Paved boardwalk loop	6.4 km	Fully lit	Free (Safa Park)	Business Bay	Scenic loop, breeze
Al Barsha Pond Park Soft loop, some shade	1.5 km	Lit	Free	Sharaf DG	Easy, joint-friendly
Nad Al Sheba (NAS) Flat tarmac, no shade	Loop track	Floodlit	Free	None	Late-night run (24h)
Dubai Creek Park Shaded green paths · AED 5	Park paths	Part-lit	Free	Dubai Healthcare City	Shade, cooler paths
Jumeirah Open Beach Seafront jog track, showers	3 km	Lit	Free	None	Pre-dawn coastal run

One rule for every outdoor track: run only **before sunrise** or **after 9 PM** — none have real shade at midday. Sunrise ~5:45 AM, sunset ~7:00 PM.

Dubai Mallathon
6–10 AM · free · no sign-up. Six malls become cooled tracks (2.5K/5K/10K) daily, 15 Jun–15 Sep 2026.

Dubai Sports World
Free entry · DWTC. A 1 km cooled indoor jogging track plus a free gym through the peak summer weeks.

Gym treadmills
Every day, all year. Full air conditioning, controlled pace and incline — the reliable daily option.

Heat-safe rules for every run

Hydration
Drink **400–800 ml per hour**. Add electrolytes on any run over an hour. Drink to thirst — don't force plain water for hours.

When it's too hot
Stop outdoor running once **WBGT tops 28°C** (ACSM black flag). Heat index over **40°C** = serious heat-stroke risk.

What to wear
Light, loose, pale, moisture-wicking kit. Add a **cap**, sunglasses and **SPF 50** — even before sunrise.

When to stop
Stop at once for **dizziness, nausea or confusion**. Treat confusion as an emergency — cool down and call **999**.

60-second pre-run checklist

- ✓ Running before 6 AM or after 9 PM
- ✓ Water + electrolytes packed
- ✓ Light, pale, breathable kit
- ✓ Checked the temperature & humidity
- ✓ Cap, sunglasses, SPF 50 on
- ✓ Route picked — lit if running at night