

AMAZING DUBAI!

Discover amazing facts about Dubai and its fascinating landmarks.
Visit each spot with your family, walk around,
and share pictures on social media using **#DFC30x30**



BURJ KHALIFA

The Burj Khalifa is over 828 meters high!
It's the world's tallest building ever!
It has 160 floors and nearly 3,000 stairs.

Walk around the Burj or do 16 jumps at home
(1 for every 10 floors).



DUBAI FRAME



The Dubai Frame stands at 152 meters tall and 93 meters wide.
The Dubai Frame is connected by a glass bridge you can walk on!
On the bridge you can see a 360 view of the city!

Walk on the Dubai Frame Bridge or do 15 jumping jacks
(1 for every 10 meters).



BURJ AL ARAB



The Burj Al Arab is the third tallest hotel in the world
at 321 meters!

It stands on an artificial island.

The shape of it is supposed to mimic the sail of a ship.

Visit Burj Al Arab or do 32 arm swings
(1 for every 10 meters).



KITE BEACH

Kite Beach has a 14-kilometer track for runners and cyclists
The XDubai Skatepark there is 3,100 square meters big!
An outdoor gym is open to everyone at Kite Beach.

Exercise with your family at Kite Beach or do 14 seconds
of running in place (1 for every kilometer).

WHAT'S
YOUR **30**?
30 MINUTES. 30 DAYS.



SKECHERS

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