



ANANTARA

HOTELS · RESORTS · SPAS  
فنادق ومنتجعات وسبا أنانتارا

MIDDLE EAST  
TRADITIONS  
THAT CAPTIVATE  
AND ENCHANT.

# RAMADAN KAREEM

Ramadan, taken from the Arabic word 'ramia' meaning 'intense heat', is the ninth month of the Islamic calendar and a period of fasting and self-reflection for Muslims all over the world. The Holy Month brings families, friends and communities closer together through shared experiences and strengthened faith.

The timing of the Holy Month is dependent on the lunar cycle, as well as astronomical calculations, and therefore does not occur on the same day or even the same month of each year. The custom continues for 29 or 30 days, depending on the appearance of the new moon.

## Humble beginnings

The roots of Ramadan and its observation can be traced back thousands of years to a Holy visit to a cave named Hira, in Jebel Al Noor, or 'The Mountain of Light'. Here, tradition says that the first revelation was made to the founding father of Islam during the ninth month of the Hijri, the Islamic calendar, and thus began the start of the present day traditions.

Ramadan begins with the sighting of the first new moon within the ninth month, after which Muslims worldwide begin the practices of their ancestors. A time for peace, reflection and humility, a daily fast begins, lasting from sunrise to sunset. During this period, Muslims refrain from eating and drinking until after the first evening prayer.

Ramadan ends with the sighting of the new moon and is followed by the celebration of Eid ul-Fitr.



ELEGANT CUSTOMS AND  
SHARED EXPERIENCES.



## IFTAR

During Ramadan the meal after evening prayers is known as Iftar. After sundown, immediately following Maghrib, the fourth of the fifth daily prayers, families and communities gather at homes, restaurants or banquet halls to break their fast together.

Regarded as a time to share memories and experiences, Iftar begins with three dates, a fruit indigenous to the Middle East, and continues with a spread of culinary savouries, Ramadan beverages and sweets for dessert.

A NEW  
DAY BEGINS.



## SUHOOR

The final meal consumed must be eaten before fajr or dawn. Known as Suhour, it is the morning fare that traditionally replaces breakfast. In days gone by, men beating drums would walk around Arabian neighbourhoods to announce the timing of this feast.

In culinary venues across the emirate, Suhour is served either as buffet or à la carte and features a selection of local cuisine and classic beverages.





## CHARITABLE PRACTICES

One of the purposes of the Holy Month is to teach Muslims self-discipline and empathy for those less fortunate. Therefore, it is not uncommon to see many generous contributions made to charities across the region.

The rich give to the poor and large public areas are set aside for the less privileged to break their fast.

## RESPECTFUL OBSERVATIONS

Whilst non-Muslims are not expected to fast during the month of Ramadan, it is expected that they respect the traditions.

- Public consumption of food and beverages, as well as smoking and chewing gum, is not permitted during the day\*. Some dining venues do cater to non-Muslims and provide covers or screens to shield diners.
- Many bars or clubs which remain open during the season may not play loud music or sell alcohol during the day.
- Visitors are required to dress modestly and women are asked to cover their shoulders and knees.

*\*Exceptions are made for children and pregnant women.*



## EID UL-FITR

Meaning 'festivity' in Arabic, Eid marks the end of Ramadan and its length varies from country to country. Recognised as a time of peace and unity, communities come together to join in the celebrations with many special events to mark this joyous occasion.



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