

巴哈： 探索自然与 健康的和☒

Al Baha:
Discovering
the Harmony
of Nature







探索大自然的壮丽和历史的珍宝

阿尔巴哈地区位于沙特阿拉伯西南部的中心地带，以其独特的自然多样性和壮丽景色而闻名。这个迷人的地方被认为是和平与放松的绿洲，这里高耸的山脉之美与绿色山谷和平原的美景相互交融。该地区周围有许多有益于自然健康的自然场所，如阿尔曼达克省，该省已获得世界卫生组织的健康城市认证。阿尔巴哈地区有多个适合进行山地运动和冒险的地点，如攀岩、徒步旅行和山地骑行，使阿尔巴哈成为山地运动爱好者的理想目的地。阿尔巴哈的特别魅力在于其拥有的历史遗产村庄文化遗产和历史遗址，这些遗址可以追溯到数千年前。

巴哈 Al Baha



Discover the Magnificence of Nature and the Treasure of History

Al Baha Region, found in the heart of the southwest of Saudi Arabia, is embellished with the splendor of nature and its unique diversity. This charming spot is considered an oasis for peace and relaxation, where the beauty of the sky-high mountains blends with the beauty of the green valleys and plains. The region is surrounded by natural sites for wellness such as Al Mandaq Governorate which has obtained the accreditation of the World Health Organization as a healthy city. There are several sites in Al Baha Region for practicing mountain sports and adventures such as mountain climbing, hiking, and mountain biking, making Al Baha an ideal destination for mountain sports enthusiasts. What gives Al Baha a special charm is the presence of heritage villages and historical sites dating back thousands of years.





放松身心，与大自然的治愈力量 重新连接

如果你正在寻找一个将自然美景与放松和身心健康机会相结合的绝佳旅游目的地，阿尔巴哈是您的理想之选。阿尔巴哈以迷人的自然风光为特色，这里高耸的山脉与绿色的山谷、大坝和摇曳的平原交相辉映，其间点缀着稀有的森林和壮丽的瀑布。阿尔巴哈拥有健康的环境，清新的空气、广阔的植被和全年宜人的气候。难怪它已连续两年被世界卫生组织认证为健康区域。

不要错过探索这个自然天堂的机会，享受它在沙特阿拉伯王国！中心的惊人治疗效果



Unwind and Reconnect with Nature's

If you are looking for an amazing tourist destination that combines the beauty of nature with opportunities for relaxation and healing, Al Baha is the ideal place for you. Al Baha is characterized by charming natural scenery, where sky-high mountains meet green valleys, dams, and swaying plains, interspersed with rare forests and magnificent waterfalls. Al Baha boasts a healthy environment with clean air, extensive vegetation, and pleasant weather year-round. It is no wonder that it has been accredited as a healthy region by the World Health Organization for two consecutive years. Do not miss the opportunity to explore this natural paradise and enjoy its amazing therapeutic benefits in the heart of the Kingdom of Saudi Arabia!



历史与文化的非凡体验

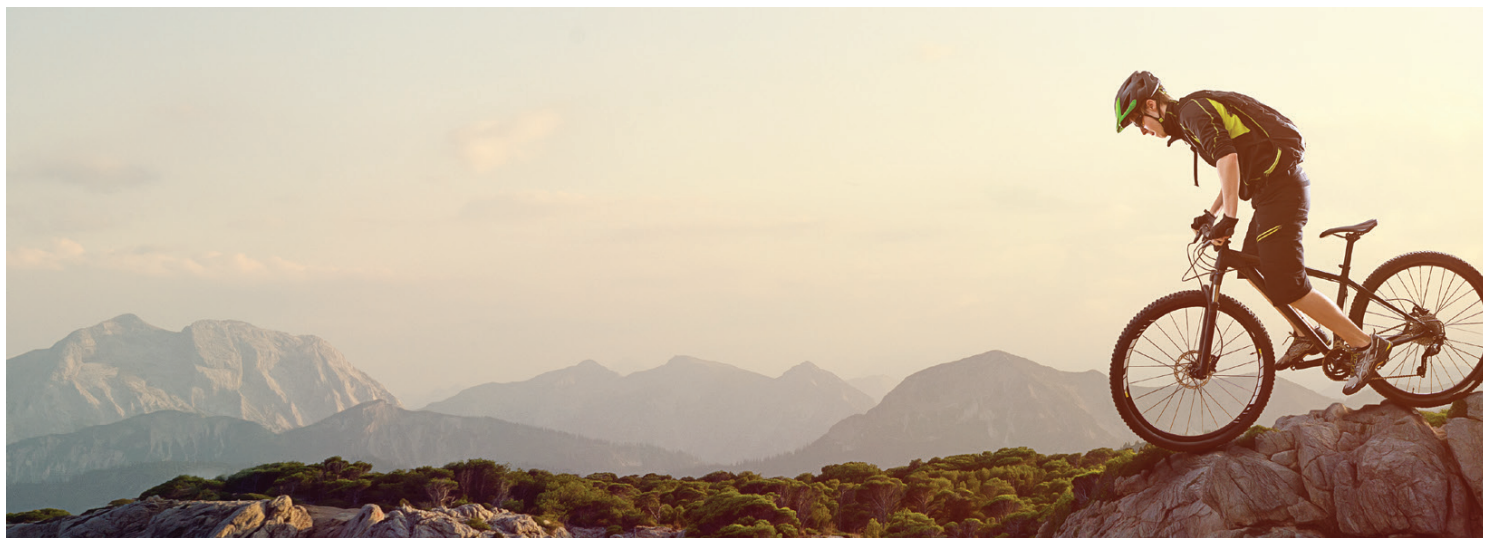
阿尔巴哈地区是王国的重要遗产及旅游目的地，拥有超过70个历史遗产村庄和考古遗址，这些遗址可以追溯到重要的历史时期。这些遗址拥有丰富的文化及历史属性，地点在遗产上无与伦比，且自然风光迷人，吸引了来自世界各地的游客。此外，该地区拥有最突出的地标之一，即遗产村扎尔艾恩。它是王国最古老的人类遗址之一，正在申请列入联合国教科文组织世界遗产名录。扎尔艾恩以其精彩的传统建筑和考古氛围而著称，令人惊叹地反映了该国的历史





A Remarkable Experience of History and Culture

The Al Baha Region is a significant heritage tourist destination in the Kingdom, boasting over 70 heritage villages and archaeological sites that date back to important historical periods. These sites are incomparably rich in heritage and enchantingly beautiful in nature, attracting visitors from all over the world. Moreover, the region possesses one of the most prominent landmarks, the heritage village of Thee Ain. It is one of the oldest human sites in the Kingdom and is in the process of being listed among the UNESCO World Heritage Sites. Thee Ain is distinguished by its wonderful traditional architecture and archaeological atmosphere that amazingly reflects the country's history.



激动人心的体验和史诗般的地 挑战正等待着您

准备好探索阿尔巴哈地区令人惊叹的自然美景和山地旅游的挑战吧，这里高耸的山脉与绿色的山谷和清爽的瀑布交相辉映，创造出令人赞叹的美景。无论您是专业登山者还是新手探险者，阿尔巴哈都提供难忘的挑战和兴奋机会，比如无论是穿越山间小道进行长途徒步旅行、攀登高耸的岩石，还是探索神秘的洞穴等。不要忘记尝试令人兴奋的山地活动，如山地骑行、露营旅行和在山谷中划独木舟。进行山地活动时，您还可以参观美丽的历史遗产村庄，享受当地人的风土人情和迷人好客精神。



Thrilling Experiences and Epic Mountain Challenges Await

Get ready to discover the stunning natural beauty and challenges of mountain tourism in Al Baha Region, where the beauty of the sky-high mountains blends with green valleys and refreshing waterfalls, creating mesmerizing views that call for amazement and admiration. Whether you are a professional climber or a novice adventurer, Al Baha offers unforgettable opportunities for challenge and excitement, whether by taking long hikes through mountain passes, climbing towering rocks, or exploring mysterious caves. Do not forget to try exciting mountain activities such as mountain biking, camping trips, and canoeing in valleys. While doing mountain activities, you can also see beautiful heritage villages and enjoy the charming hospitality of the locals.

Rich and Varied Tourist Destinations

丰富多样的旅游目的地

8- 阿尔拉赫瓦公园

Al-Rahwah Park

9- 蜂蜜市场

Honey Market

10- 橄榄农场

Al-Zaytuna Farm

11- 萨乌德国王机场

King Saud Airport

12- 阿尔基玛公园

Al-Qima'a Park

13- 周六传统市场

Saturday Traditional Market

14- 阿尔贾纳拜因大坝公园

Al-Janabayn Dam Park

15- 传统市场

Traditional Market

1- 沙达阿拉 (高沙达) 山保护区

Shada Al-Ala (Higher Shada) Mountain Reserve

2- 沙达阿斯法尔 (低沙达) 山保护区

Shada Al-Asfal (Lower Shada) Mountain Reserve

3- 扎尔艾恩村

Thee Ain Village

4- 侯赛姆王子公园

Prince Hussam Park

5- 拉赫丹森林公园

Raghadan Forest Park

6- 海拉森林

Khairah Forest

7- 马拉瓦剧院

Marawah Theater



广阔的旅游的广阔前景

准备好迎接旅游世界中的一个惊人这个充满惊喜的旅游新天地吧。阿尔巴哈地区被冠以“沙特阿拉伯王国的国际旅游目的地”这一称号。这不足为奇！阿尔巴哈因其惊人的自然美景和多样的旅游活动而吸引了全球的关注。 旅游部正在努力通过发展旅游基础设施和提供优质服务来提升游客在该地区的体验。预计阿尔巴哈将吸引更多的国际游客，并成为王国的主要旅游目的地之一。 游客将能够享受多种活动，如探索壮丽的山脉、迷人的山谷、历史和遗产遗址，进行山地运动，享受新鲜空气，放松和康复，在传统市场购物以及享受美味的传统美食。阿尔巴哈作为国际旅游目的地的未来充满了光明和机遇，使其成为所有热爱旅行和探索的人的必访之地。



Broad Prospects for Tourism

Get ready for an amazing new haven in the world of tourism. Al Baha Region has been given the title of "An International Tourist Destination in the Kingdom of Saudi Arabia". This is not a surprise! Al Baha has attracted global attention due to its stunning natural beauty and diverse tourism activities. The Ministry of Tourism is working hard to enhance the tourists' experience in the region by developing tourism infrastructure and providing excellent services. Al Baha is expected to attract more international visitors and become one of the main tourist destinations in the Kingdom. Visitors will be able to enjoy a variety of activities such as exploring the majestic mountains, charming valleys, historical and heritage sites, practicing mountain sports, enjoying the fresh air, relaxing and recovering, shopping in traditional markets and enjoying delicious traditional cuisine. The future of Al Baha as an international tourist destination is bright and full of opportunities, making it a must-visit destination for all lovers of travel and exploration.





前往阿尔巴哈.....在这里，壮丽的自然景观与丰富的遗产交相辉映



Travel To Albaha..

Where Stunning Nature Meets Heritage



历史遗产村庄：

该地区有许多历史遗址，包括历史遗产村庄、考古遗址和山洞。

Heritage Villages:

There are many historical sites in the region, including heritage villages, archaeological sites, and mountain caves.



传统市场:

通过拥有商品、家具、皮制品、手工艺品、木制和农业工具，此外还有蜂蜜、本地酥油、时令水果、熏香、衣物等，探索当地人的文化。

Traditional Markets:

Discover the culture of the people through goods, furniture, leather products, crafts, wooden and agricultural tools, in addition to honey, local ghee, seasonal fruits, incense, clothes, etc.



住宿:

享受乡村旅馆、小木屋和各种酒店的住宿体验。

Accommodation:

Enjoy staying in country inns, chalets and various hotels.



森林和公园：

该地区的自然美景多种多样，有森林、公园、花园、瀑布、大坝和摇曳的平原。

Forests and Parks:

The beauty of the nature in the region is diverse, with forests, parks, gardens, waterfalls, dams and swaying plains.



农场:

阿尔巴哈地区以全年生产各种水果而闻名，以至于它已成为其身份的一部分。由于自然资源丰富，阿尔巴哈被认为是王国最重要的农业地区之一。

Farms:

Al Baha Region is famous for producing a variety of fruits throughout the year, to the point that it has become part of its identity. Al Baha is considered one of the most important agricultural regions in the Kingdom due to its abundance of natural resources.



餐馆和咖啡馆:

有许多不同的选择供您选择，以满足您的口味。得益于其旅游资源，由于该地区拥有丰富多样的旅游重要性，餐馆和咖啡馆的多样性非常丰富。

Restaurants and Cafes:

There are many different options from which you can choose what suits your taste. This great diversity of restaurants and cafes is due to the tourist importance of the region.



المكتب الاستراتيجي
لتطوير منطقة الباحة
Strategic Office for Developing Al Baha Region

