

CONNECT

Bahrain

THE **FREE** FAMILY DIRECTORY

WHAT TO DO
AND WHERE
TO GO

CHILDREN'S
ACTIVITY
PULL-OUT

TRAVEL
FEATURE
ON JEDDAH



ISSUE 6
AUTUMN 2024
@CONNECTBAHRAIN
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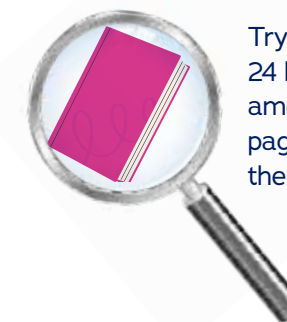
Welcome

Welcome to the Autumn edition of Connect Bahrain, The Family Directory. This edition is packed full of 'Back to School' tips, from getting back into a routine to a healthy recipe for packed lunches. We also have all of your favourite features, plus our new 'Spotlight on Brunch', a travel guide to Jeddah and much more.

Our magazine is free and available throughout Bahrain. Please contact us if you would like to add a listing or advertise your business.

With very best wishes,
Ruth Brown and Georgie Jones

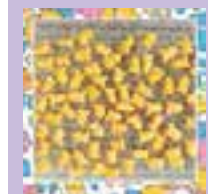
Contact us on
hello@connectbahrain.com
whatsapp +973 3226 8251
CR 159194



Try and find
24 books hidden
amongst the
pages. This is
the first one.

Green Zone

44

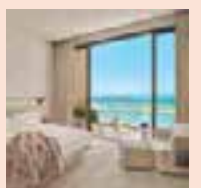


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FOR THE 2024/25
SCHOOL YEAR**
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for a school tour:

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E: admissions@school.st-chris.net

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For over 63 years, St Christopher's School has been the cornerstone of world-class education in Bahrain. As the Kingdom's leading British-style international school, we have proudly shaped generations of students, earning a place among the Top 100 Schools globally. Our commitment to excellence is reflected in our consistent top rankings by the Bahrain Education & Training Quality Authority (BQA) and the British Schools Overseas (BSO).

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Join our warm and diverse community where tradition meets innovation. Visit us today and discover how a St Christopher's education can unlock limitless possibilities for your child.

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Our Island



مدرسة بيكون الخاصة
BEACON PRIVATE SCHOOL

SEK EDUCATION GROUP

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+973 3209 0977

**MULTILINGUAL
PROGRAM**

اللغة العربية

FRANÇAIS

ENGLISH

ESPAÑOL



Hidd, Muharraq, Kingdom of Bahrain

admissions@beacon.edu.bh

ACTIVITIES

ART & CRAFT

A'ali Pottery	
A'Ali	3946 2436
@aali.pottery	
Al Jasra Handicraft Centre	
Al Jasra	1729 9879
Al Riwaq Art Space	
Manama	1771 7441
@alriwaq	
Artology	
Saar	3679 0785
@artology.bh	
Artly	
A'ali	1762 1802
@artlybh	
Art Lounge by Marion	
Saar	3921 2060
@artloungebymarion	
Art World	
Manama	3766 9266
Aurians Academy of Arts	
Riffa	3323 2895
@aurians.bh	
Bahrain Arts Society	
Jidhafs	1759 0551
@bahrainartssociety	
Craftzania	
Saar	3880 3397
@craftzania	
Embroidery by Natalia	
@embroiderybynatalia	
MiniMe Bahrain	
Saar	3376 1361
@minime_bahrain	
Mosaic House	
Al Maqsha	3925 3943
@mosaichousebahrain	
Life in Music	
Sanad	1762 5583
@lifeinmusicbahrain	

Palitra Art Studio	
Manama	3411 5037
@palitra_studio	
Sard Child's Cultural House	
Manama	1728 0281
Smart Kids Academy	
Manama	3343 3595
@smartkids_academy	
Studio Ceramics	
Budaiya	1700 2911
@studioceramicsbh	
The Art Scene	
Riffa	3801 0011
@artscene.bh	
Touch of Art	
Budaiya	1728 0022
@touch.of.arts	
Twinkle Twinkle	
Saar	1770 0412
@twinkletwinklecenter	
Wild about Art	
Juffair	3330 7249
@wildaboutartco	

BRIDGE

Bridge at the British Club	
Manama	3940 7780
@britishclubofbahrain	

CHESS

Arjun's Chess Academy Bahrn	
Zinj	3319 0004
@aca.bh	
Bahrain Chess Academy	
Seef	1755 4424
@chess.bh	
Bahrain Chess Culture	
Isa Town	3733 4949
@bhchessculture	
Bahrain Chess Club	
	3920 0111
@bhchess	

CLIMBING

Funscape World	
Mall of Dilmunia	1330 0220
@funscapebh	
Adventure Hub	
Galleria Mall	3353 1166
@adventurehubme	
The Crag Rock Climbing	
Zallaq	3888 5655
@thecragbh	

COOKING CLASSES

Cooking with Gica	
Manama	3503 8336
@cookingwithgica	
Gulf Institute of Culinary Art	
Manama	1366 0660
@Gica.me	
Kitchen United Cooking Class	
Riffa	3350 3000
@kucookingclass	
A Piece of Cake	
Budaiya	3900 1155
@a_piece_of_cakebh	

Ready Get Set Cook

Saar	3942 6665
@readygetsetcook	

DANCE & BALLET

AADS Artistic Productions	
Manama	3355 7266
Bahrain Ballet Center	
Budaiya	3371 9180
@bahrainballetcenter	
Ballare School	
Saar	1730 0021
@ballarestudio	
Dynamnic Arts Centre	
Manama	3370 3299
@dynamic_arts_centre	
Harmony Music Centre	
Budaiya	3646 4360
@harmony_bmc	

IIPA Indian Institute for Performing Arts	
Manama	1723 1717

Victoria Dance	
Hamala	3987 6215
@victoriadancebh	

DRAMA

Ballare School	
Saar	1730 0021
@ballarestudio	

IIPA Indian Institute for Performing Arts	
Manama	1723 1717

Manama Theatre Club	
Brit Club	1772 8245
@mtcbahrain	

Makan School of Speech & Drama, Saar	6669 0030
@makankom	

Victoria Dance	
Hamala	3987 6215
@victoriadancebh	

E SCOOTERING

E Scooter	
Bahrain Bay	3366 8788
@escooter.bh	

FRIENDLY ACTIVITIES FOR NEURODIVERSE CHILDREN

Fitness 365	
Janabiya	3957 1334
@fitness365bh	

Ninja Academy	
Marassi	3382 4626
@ninjaacademy.bh	

HOLIDAY CLUBS

Athletic Kings Tennis	
Saar	3832 5914
@athletickingsbahrain	

Artology	
Saar	3679 0785
@artology.bh	



NOW IN SAAR AND RIFFA

YELLOW Submarine

- Three-Storey Jungle Gym
- Imagination Playground
- Soft Play
- Moms & Tots
- Birthday Parties

 yellowsubmarinebh@gmail.com

 **Saar Mall: 39900994** **Wadi Al Sail: 38056666**

 **Yellow Submarine Bahrain**  [yellowsubmarinebh](https://www.instagram.com/yellowsubmarinebh)



Bahrain Rugby Football Club	
Saar	1769 5809
@bahrainrfc	

The British Club	
Adliya	1772 8245
@britishclubofbahrain	

British School of Bahrain	
Hamala	1761 0920
@britishschoolbahrain	

Budaiya Pre-School	
Saar	1779 1491
@budaiya_preschool	



Centraal Club

Hamala 3813 8138 || @centraal.club | |

MiniMe Bahrain	
Saar	3376 1361
@minime_bahrain	

Juventus Academy Bahrain	
Saar	3713 0107
@jacademybah	

Ritz-Carlton Hotel	
Seef	1758 0000
@ritzcarltonbahrain	

Sofitel	
Zallaq	1763 6414
@sofitelbahrain	

SPARTA, St Christopher's School, Saar	1760 5000
@sparta_bahrain	

Studio Ceramics	
Budaiya	1700 2911
@studioceramicsbh	

Tekkers Academy	
Sanabis/Saar/Riffa/Dilmunia	3384 3416
@tekkers_bahrain	

Twin Palms Riding Centre	
Saar	3413 7001
@twinpalmsridingcentre	

LIFE SAVING

Royal Life Saving Bahrain Rookie Lifesavers	
Manama	3200 1113
@rlsbahrain	

MUSIC

Abhimanyu Guitar Academy	
Tubli	3930 5771
@abhimanyu.guitaracademy	

Bahrain Music Institute	
Isa Town	3225 0619
@bahrain_music	

Ballare School	
Saar	1730 0021
@ballarestudio	

British School of Bahrain	
Hamala	1761 0920
@britishschoolbahrain	

Eighty Eight Keys Music Academy	
Jannusan	3217 7703
@eighteightkeysbh	

Harmony Music Center	
Budaiya	1362 2002
@harmony_bmc	

Life in Music	
Nuwaidrat	3679 8866
@lifeinmusicbahrain	

Manama Singers	
Janabiya	3932 6227
@manamasingers	

Room 2 Rock	
Saar	1761 1785
Adliya	1774 5203
@room2rock	

Seoul Music Center	
Seef	3987 6304
@seoulmusicbh	



MUSIC CONT.

Unigrad Acoustics
Manama 3389 9463

Victoria Dance
Hamala 3987 6215
@victoriadancebh

PAINTBALLING

Paintball Bahrain
Hidd 3777 9399
@paintball.bh

PLAY GROUPS

Budaiya Pre-School
Saar 1779 1491
@budaiya_preschool

Child's Cultural House
Isa Town 1728 0281

Learn to Grow
Janabiya 3223 4456
@learntogrow.bh

Little Chris
Saar 1760 5101
@littlechrisbh

Little Gems
Saar 1769 4356
@littlegemspreschoolbahrain

MiniMe Bahrain
Saar 3376 1361
@minime_bahrain

Mini ME
Saar 3376 1361
@minime_bahrain

Sticky Playgroup Bahrain
Juffair 3643 1822

Tots & Toddlers, British Club
Adliya 1772 8245
@britishclubofbahrain

Twinkle Twinkle
Saar 1770 0412
@twinkletwinklecenter

Yellow Submarine
Saar Mall 3990 0994
Wadi Al Sail 3805 6666
@yellowsubmarinebh

SCIENCE

Mad Science Bahrain
Budaiya 3971 0055
@madsciencebh

TRAMPOLINE PARKS

Jump up
Tubli 3355 1225
@jumpup.fun

Jumpoline
Seef 7791 1206
Isa Town 6672 1796
@jumpoline.bh

Jumpsters
Saar 1769 1558
@jumpsters_bh

ART & CULTURE

ART GALLERIES & FRAMING

Abbas Al Mosawi Art
Al Qurayyah 3992 7300
@abbasalmosawiart

Arabesque Art Gallery
Umm Al Hassam 1772 2916
@arabesque_art_gallery

Busaad Art Gallery
Muharraq 3206 6339
@busaadartgallery

Ghada Art Gallery
Manama 3943 8887
@ghada_art_gallery

RAK Art Foundation
Riffa
@rakart

THE CULTURE ZONE

A'ali Burial Mounds
A'ali Open 24 hrs

A'ali Pottery 3985 6994
@aalipottery
10am - 6pm

Abo Helal Basket Weaving
Manama 3969 1330
@buhelal_basket

Al Jasra Handicraft Centre
Jasra 1729 9879
10am -7pm

Al Khamis Mosque
Manama 1729 8777
12pm-5pm

Arad Fort
Muharraq 1729 8777
12pm

Bab el-Bahrain Souq
Manama 3445 1280
@manama_shopping

Bahrain Capital Mall
Seef 1710 2369
10am-9pm

Bahrain Fort
Seef 1756 7177
10am-8pm

Beit Al Quran Museum
Manama 1729 0101
10am-2:30pm

Delmon Pottery
Aali 3535 9151
@delmon_pottery

Grand Mosque (Al Fateh Mosque)
Manama 1772 7773
10am-4pm

Khamis Mosque
Manama
@al_khamis_mosque

Rashid Al Oraifi Museum
Muharraq 1733 5616
10am-5pm

Riffa Fort
Riffa 1729 8777
10am-5pm

Shaikh Isa Bin Ali House
Muharraq 1733 4945

Shaikh Ebrahim Center for Culture
Muharraq 1732 2549
@shaikhebrahimcenter

Siyadi House
Muharraq 3323 3521
@pearlingpathbh

BAHRAIN AUTHORITY FOR CULTURE & ANTIQUITIES

Bahrain National Museum
@culturebah
8am – 8pm – Tuesday closed

Bahrain National Theatre
1729 8777
8am – 8pm Tuesday closed

Al Jasra Crafts Centre
8am – 2pm Friday closed

Qal'at Al Bahrain Site Museum
8am – 8pm Monday closed

Qal'at Al Bahrain
8am – 10pm Monday closed

Arad Fort
9am – 5pm Friday closed

Dilmun Burial Mounds
8am – 5pm

Barbar Temples
8am – 5pm

Diraz Temple
8am – 5pm

Saar Archaeological Site
8am – 5pm

Al Jasra House
8am – 2pm Friday closed

Tree of Life Site
8am – 5pm

Post Office Museum
Sunday – Saturday 9am – 2pm
& 4pm – 9pm Friday closed

Al Khalifiyah Library
9am – 5pm Friday closed

Bani Jamra Textiles Factory
3.30pm – 7pm & 1pm – 8pm
Friday closed

House of Basket Weaving
8am – 1pm Friday closed

PEARLING PATH

pearlingpathbh
Qal'at Bu Mahir
10am – 6pm Tuesday closed

Pearling Path Visitor &
Experience Center
10am – 6pm Tuesday closed

Al Ghus House
10am – 6pm Tuesday closed

Badr Ghulum & Turabi Houses
10am – 6pm Tuesday closed

Al Jalahma House
10am – 6pm Tuesday closed

Al Alawi House
10am – 6pm Tuesday closed

Al Alawi House
10am – 6pm Tuesday closed

EAT

BRUNCH

Al Waha
Gulf Hotel 1774 6425
Friday 12:30 – 4pm
Buffet 23 – 29BD

Bahrain Bay kitchen
Four Seasons 1711 5500
Friday 1 – 4pm
Buffet 35 – 48BD

Baharat
Le Meridien 3320 4175
Friday 1 – 4:30pm
Buffet 25 – 36BD

Bo-Sabi
The Diplomat Radisson 3811 1474
Friday 1 – 5pm
Buffet 28 – 32BD

Bushido
Seef 1758 3555
Friday 12:30 – 3:30pm
Buffet 24.1BD – 33.2BD
Saturday 12:30 – 3:30pm
Buffet 19.9 – 29.9BD

Cantina Kahlo
Ritz Carlton 1758 6401
Fri and Sat 1 – 4pm
Set menu 25-35BD

Choices
Art Hotel 1600 0111
Friday 12:30 – 4pm
Buffet 28 – 38BD

Circa
Friday brunch 3992 7872
Friday 1 – 5pm
Set menu 35 – 44BD
Moonlight Brunch
Thursday 9pm – 1am
Set Menu 35 – 44BD

La Mosaïque The Family Brunch
Crowne Plaza 1753 1122
Friday 12:30 – 4pm
Buffet 18 – 33BD

Cut by Wolfgang Puck
Four Seasons 1711 5044
Friday 12:30 – 3:30pm
Set menu 36BD – 50BD

El Chapo
Adliya 3773 8838
Friday 1 – 5pm
Set menu 20BD – 24BD

Escobar
Adliya 1723 1331
Friday 1-5pm
Set Menu 24.9-36.9D

Fishbone
Novotel 1729 8436
Friday 12.30 – 4pm
Set menu 38BD

The DELECTABLE FOOD LOVERS FRIDAY Brunch

BD 28 NET SOFT BEVERAGES | BD 37 ENDLESS SELECTED SPIRITS

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Legendz Steakhouse | INTERCONTINENTAL BAHRAIN

BRUNCH CONT.**Flavours on 2**

Downtown Rotana	1311 9999
Friday	12 – 4pm
Buffet	18 – 25BD

Gallery 21

Manama	1771 1600
Friday	12– 3:30pm
Buffet	19 – 34BD

Harvester

Crowne Plaza	1753 1122
Friday	12 – 4pm
Buffet	25BD

Indigo

Merchant House	1667 8666
Fri and Sat	1 – 4pm
Set menu	30 – 45BD

JJs Irish restaurant

Adliya	3384 3005
Friday	12-5pm
Buffet	21.9 - 31.18BD

La Med

Ritz Carlton	1758 6499
Friday	1 – 4pm
Buffet	33 – 44BD

Legendz Steakhouse

Intercontinental	3696 7701
Friday	11 – 4pm
Buffet	28 – 37BD

McGettigan's

Friday	12 – 4pm
Set Menu	20BD – 29BD

My Café

Saturday	12 – 4pm
Set menu	28 – 38/45BD

Obab Al Bahar

Jumeriah Gulf of Bahrain	7777 1000
Friday	12:30 – 4pm
Buffet	30 – 39BD

Opa

Royal Saray	3355 5244
Friday	12:30 – 4pm
Set menu	25 – 35BD

Origin Kitchen and Culture

Hilton Bahrain	3369 2013
Friday	12:30 – 4pm
Buffet	28 – 39BD

Orla

Adliya	7793 9393
Friday	12:30-4pm
Set Menu	38BD

Pashwat

Sofitel	3888 5789
Saturday	12:30-4pm
	28BD

Rosso

Art Hotel	1600 0111
Saturday	12:30 -4pm
Buffet	28 – 38BD

Silk

Movenpick	1746 0000
Friday	12:30 – 4pm
Buffet	42BD

Sofitel

Zallaq	1763 6363
Friday	12:30 – 4pm
Buffet	36BD

The Village

Downtown Rotana	1311 9999
Friday	12:30-4pm
Buffet	18-34BD

The Dilmun Club

Saar	1769 0926
Friday	1 – 5pm
Buffet	12 - 18BD

Texas Longhorn

Adliya	1710 4655
Friday	12– 4pm
Set menu	16BD – 22.5BD

Trader Vics

Ritz Carlton	1758 6555
Every 1st Friday of each month	1-5pm
Buffet	22-28BD

COFFEE & CAKE

Audrey's Bakery	
Tubli	3889 9021

Aroma Café

Seef	1758 2711
@aromabahrain	

A Piece of Cake

Riffa	1777 7909
@a_piece_of_cakebh	

Baker & Spice

Al Aali Mall	1360 9666
@bakerandspicebah	

Boulangerie Sophie

Amwaj	1603 0912
@chezsophie.bh	

Cakes and Bakes

Riffa	3933 3466
@cakesandbakes.bh	

Café Chantilly

Saar	1720 0071
@chantilly_bh	

Café Delices

Manama	1771 3000
@cafedelicebh	

Café Lilou

Adliya	1771 4440
Seef	1758 3939
@cafelilou	

Café Sego

Manama	1721 1152
@cafesego	

Cake Boutique

Seef	1755 2253
@cakeboutiquebh	

ChocoBisc

Manama	3509 4993
@choco_bisc	

Crème London

Al Liwan	6664 4323
@cremelondonbh	

Crumbles

Riffa	3611 6313
@crumbles_bakery	

Dose café

Water Garden City	1700 0774
@dosecafe_bh	

Eastern Bakery

Mina Salman	1772 7133
@easternbakerybh	

Esquires

Awali	3600 0000
@esquires_bahrain	

Furn

Seef	1717 1441
@furnbahrain	

GB Café

Seef	7708 7768
@greenbarcafe	

Goodness

Saar	3360 0082
@goodness.bh	

Grotta

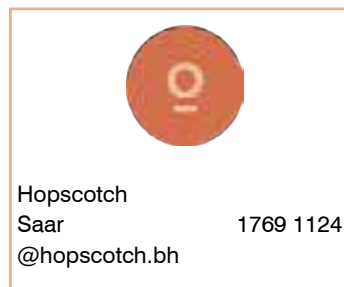
Hamala	3320 0780
@grottabakery	

Hala Lebnan

Reef Island	1777 2600
@hahalebnnan.bh	

Haute Cafe and Patisserie

Seef	1758 6363
@Hautecafebh	

**Hopscotch**

Saar	1769 1124
@hopscotch.bh	

Jena

Hamala	1761 3191
@jenabakery	

Just Cupcake

Riffa	1766 6090
@justcupcake	

La Reine de Versaille

Riffa	1755 5600
lareine.patisserie	

La Ventana

Manama	7710 6070
@cafelaventana	

SPOTLIGHT ON BRUNCH

The Delectable Food Lovers Friday Brunch at Legendz Steakhouse at The Intercontinental

There's a fantastic atmosphere at the Friday brunch at Legendz Steakhouse at the InterContinental Bahrain. Probably this is because it's busy, which is not a surprise given that this brunch, unlike many others, is open from 11am until 4pm. Diners can enjoy a culinary smorgasbord during that time, with breakfast items including eggs, pancakes and pastries to ease everyone into more serious lunchtime fare. There's lots to choose from, including a terrine bar, salads, sushi, a nachos bar, and live pasta and ceviche stations, after which you can select your own cut of meat or fish, which will be delivered, cooked and delicious, to your table. Live music from a DJ contributes to that brilliant atmosphere – get a table if you can!

Brunch at Legendz costs BD28 (with soft drinks) or BD37 (with alcoholic beverages) per person. Every Friday from 11am - 4pm. To book, call 3696 7701



If you would like our Connect Bahrain team to review your brunch please contact us hello@connectbahrain.com

Love Churros Bahrain	
Riffa	3300 0768
@lovechurrosbh	

Café T, Royal Golf Club	
Riffa	1775 0777
@theroyalgolfclub	

Le Chocolat	
Seef	1711 1144
Saar	1723 2345
@lechocolat_bh	

Let Them Eat Cake	
Saar	3232 0078
@let_them_eat_cake_bh	

Lilou Artisan Patisserie Bahrain	
Riffa	1771 5370
@lilouartisanpatisseriebah	

Lollosa Cookies	
Manama	3823 8622
@lollosa_cookies	

Manual	
Seef	3229 9277
@manualbahrain	

Maya La Chocolaterie	
East Riffa	3920 4222
@mayalachocolaterie	

My Bakery	
Riffa	1765 0411
@mybakerybahrain	

My Café	
Manama	7734 4444
@mycafebh	

Paul Café	
City Centre Bahrain	1717 2321
Seef Mall	1758 0073
@paularabia	

Red Crossaint bakery	
Juffair	7799 5551
@redcrossaintbakery	

Rich	
Janabiya	6636 0633
@rich.bhr	

Ritz Gourmet Lounge	
Seef	1758 6434
@ritz_gourmet_lounge	

Tariq Pastries	
Adliya	1768 0461
@tariqpastriesbahrain	

Tea Club	
Adliya/Amwaj/Avenues	3977 7098
@teaclub_official	

The Orangery	
Adliya	1736 9696
@orangeryme	

The Lebanese Bakery	
Seef	1759 5559
@thelebanesebakerybh	

Tuga	
Amwaj	3636 7431
@bakeryoftuga	

DELIVERY

Ahlan	@ahlanapp
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Dine In	@dinein.me
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Jahez	@Jahezbh
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Talabat	@talabatbh
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FAST FOOD

Box it	@boxitarabia
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Burrito Loco	@burritoloco.me
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Dominos	@dominosbh
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Fuddruckers	@fuddruckersbahrain
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Hardee's	@hardeesbahrain
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McDonalds	@mcdonaldsbahrain
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Papa Johns	@papajohnsbahrain
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Pizza Hut	@pizzahutbahrain
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Pro Pizza	@pro.eatery
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Tacos and Burritos	@tnbme
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YaSalam	@yasalambahrain
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ICE CREAM

Baskin Robbins @baskinrobbsbh

Chin Chin Ice Cream
The Avenues 1777 7181
@chinchinicecreambh

Florenia @floreniaicecreambh

Marble Slab @marbleslab_bh

RESTAURANTS BY CUISINE**ALL DAY BREAKFAST**N'ovo
Hamala 3223 0428
@novo.bh**AMERICAN**Applebee's
Seef 7744 9999
@applebeesbahrainBlack Tap Craft Burgers
Seef 1710 0363
@blacktapbahrainBlaze Burgers
Adliya 1774 4773
Janabiya 3984 4773
@blazeburgersDough
Bahrain Bay 3356 0367
@doughbahrainCocos
Adliya 1771 6512
@cocoscabebahrainFrankie's
Seef 1755 0666
@frankiesamericandinerLucky Clucks
Seef 1755 4400
@luckyclucksbhPickl Bahrain
Seef
@pickl.bhRic's Kountry Kitchen
Manama 1772 5550
@ricsbahrainRoute 66
Amwaj 1606 6066
Adliya 1774 4831
Isa Town 1700 4566
@eatroute66Shake Shack
City Centre 1711 0389
The Avenues 1711 0588
@shakeshackmeTexas Longhorn
Manama 3205 9999
@texaslonghorn.bh**ASIAN FUSION**Bo-Sabi
Manama 3811 1474
@bo.sabi.bhHong Kong
Janabiya 7799 0002
Riffa 7766 1661
Seef 1748 4048
Zinj 1766 1668
@hongkongbhMonsoon
Adliya 1774 9222
@monsoonbahrainNu Asia
Seef 1743 4344
Budaiya 1769 1919
@nuasiaRamenara
Seef 3989 8966
@ramenara_officialre Asian Cuisine
Four Seasons
Bahrain Bay 1711 5500
@reasiancuisineMuju Dragon Resort
Amwaj 1603 9800
@dragonresort.bhWU restaurant
The Art Hotel Amwaj 1600 0111
@wulounge**BAHRAINI**Cinnamon in the Souk
Manama 3717 7899
@themerchanthousebahrainDanat Al Tawawish
Manama 3805 0713
@altawawishDarseen Café
Bahrain National Museum 7733 6600
@darseencafebhDona's Wonders
Muharraq 1721 3669
@donaswondersEmma Wash
Budaiya 1730 9030
@emmawash_bhHaji's Café
Manama 1721 0647
@hajiscafeLumee
Saar 1743 4300
Seef 1733 3747
The Avenues 1733 1747
@lumeestreetNaseef
Manama 1720 8888
Saada 3896 6668
Seef 1722 3333
@naseefrestaurantVilla Mamas
Saar 1730 5031
@villamamas**BRITISH**The English Rose
Adliya
@theenglishrosebhThe Village Chippy
Saar 3363 6222
@thevillagechippybahrain**CHINESE**China Garden, Gulf Hotel
Manama 1774 6423
@chinagardenbhDavid's Stir Fry Crazy
Adliya 1754 0188
@davidsstirfryPF Changs
Seef 1711 0380
The Avenues 1711 0567
@pfchangsmc**EUROPEAN**Camelot
Adliya 3997 7540
@camelotrestaurantThe Furn Bistro & Bakery
Seef 1717 1441
@furnbahrainLa Med
Ritz-Carlton 1758 9317
@ritzcarltonbahrainLa Plage
Ritz-Carlton 1758 0000
@laplage_bh**FRENCH**The Harvesters Pub and Terrace
Diplomatic area 1753 1122
@crownplazabahrainBagatelle
Seef 1667 7770
@bagatellebahrainCafé Lilou
Adliya 1771 4440
Seef 1758 3939
@cafelilouChez Alain
Reef Island 1332 0615
@chezalainbahrainLa Reine
Manama 1311 6263
@lareine_cafe**GREEK**Agora
Arad/Athar/Riffa 1770 3830
@agora.foodAttic
Adliya 1771 7780
@atticbahrainBifteki
Riffa 3998 6900
@bifteki.bhGreek Street
Seef 1718 0666
@greekstreetbahrainManos, Bahrain Rugby Club
Saar 3989 3101
@manos.bhOpa
Seef 3355 5244
@opabahrainYamaz
Sofitel Bahrain 3330 0087
@yamaz.restaurant**HAWAIIAN**Trader Vics
Ritz-Carlton Hotel
Seef 1758 6555
@tradervicsbh**INDIAN**Asha's
Manama 3648 9905
@ashasbahrainBhaja Indian Restaurant
Budaiya 1771 0444
@bhajarestaurantsCopper Chimney
Manama 1772 8699
@thecopperchimneyrestaurantKailash Parbat
Sanabis 7788 7788
@kailashparbatbhLanterns
Adliya 1724 6777
Amwaj 7777 0055
Budaiya 1759 0591
@lanternsbahrainMoti Mahal
Juffair 1782 5333
@motimahallbhNirvana
Ritz-Carlton 1758 3318
@nirvana_bahrainRasoi by Vineet
Manama 1774 6461
@rasoibyvineetbhSangam
Seef 1716 2032
@sangmbahrainSpices Indian Restaurant
Manama 1753 1122
@crownplazabahrain**INTERNATIONAL**Bahrain Bay Kitchen
The Four Seasons
Bahrain Bay 1711 5500
@fsbahrainBotanica
Manama 3380 8035
@botanicabahrainCut by Wolfgang Puck
Bahrain Bay 1711 5044
@cutbahrainDa Rosa
Fraser Suites Diplomatic
1616 1800
@darosa.fraserdiplomaticFusions by Tala
Adliya 1771 3000
@fusionsbytalaGallery 21
Manama 1771 1600
@gallery21bh

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INTERNATIONAL CONT.

Indigo
The Merchant House
Manama 1667 8666
@indigo.manama

La Mosaique
Diplomatic Area 3924 2391
@lamosaiquebahrain

La Fontaine
Manama 1723 0123
@lafontainebh

La Table Krug by Y
Ritz Carlton 1758 6699
@ltkby

Links
Royal Golf Club, Riffa 1775 1266
@theroyalgolfclub

Mahonia
Adliya 3722 2244
@mahoniabh

Marina Café
Amwaj 3746 0000
@marinacafe.bh

My Café
Manama 7734 4444
@mycafebh

Nomad Urban Eatery
Seef 1700 0330
@nomadeatery

Palma Restaurant
Raffles Al Areen Palace 1784 5000
@rafflesalareenpalace.bahrain

Roast
Saar 1745 6006
@roastbahrain

Saraya
Zallaq 1763 6363
@sofitelbahrain

Saveur
Westin, Seef 1717 1000
@westinbahrain

Selections
Intercontinental Regency
Manama 1722 7777
@selectionsrestaurant

Sushi Samba
Manama 7797 9779
@sushisambabahrain

Terrace at 28
Manama 6639 8787
@terrace_at28

The Bistro
Dilmun Club
Saar 1763 0926
@dilmunclub

The Terrace
Royal Saray Seef 1710 0346
@theterrace_bh

Trade Room Bar & lounge
Financial Harbour 7797 7777
@traderoom_bahrain

ITALIAN

Cafe Italia
Seef 1758 2823
@cafeitalia_seef

Cicco's
Adliya 1771 3710
@cicco.bh

Cipriani
Marassi 1700 3300
@ciprianibahrain

Crazy Pizza
Hamala 3993 8686
@crazypizza.bahrain

Cucina Italiana
Manama 1700 1317
@lacucinaitaliana

Due Mari
Jumeirah Gulf of Bahrain 7777 1000
@duemariabahrain

Fatto
Seef 6677 8822
@fattobahrain

Fiamma
Sofitel, Zallaq 1763 6414
@sofitelbahrain

Gusto
Riffa 1777 8887
Janabiya 1769 5556
@gusto_bahrain

La Pergola
Adliya 1774 6419
@lapergolabh

L'Orto
Adliya 1777 1718
@lorto.bh

Luigi's Pizza
Saar 1769 3533
@luigisbahrain

Luna
Hamala 3211 1160
@luna_bahrain

Masso
Manama 1772 1061
@massorestaurant

Medzo
Manama 1722 7777
Medzo_bh

Nino
Seef 1756 6555
@ninobahrain

NKD Pizza
Saar 1748 4894
@nkdpizzabh

Oliveto
Adliya 1771 6747
@olivetobahrain

Otto
Hamala 1733 6622
@ottobahrain

San Carlo
Seef 1765 6565
@sancarlobahrain

Sugo
Janabiya 3944 5394
@sugo_bh

Primavera
Ritz Carlton 1758 0000
@primavera_osteria

Roma
Manama 1772 5885
@roma_restaurant_bh

Slice
Royal Golf Club 1775 1266
@theroyalgolfclub

Vapiano
Seef 1749 1391
@vapianobahrain

JAPANESE

Bushido
Seef 1758 3555
@bushidobybuddhabar

Gyuto
Al Liwan 7799 9444
@gyuto.bh

Kabuki
Al Liwan 1762 1100
@kabuki_bahrain

Kenko
Manama 3344 5988
@kenkobahrain

M by Mirai
Seef 1778 3030
@mbymirai

Maki, Moda Mall
Diplomatic Area 1752 2733
@makirest

Maison Sushi
Sofitel Bahrain 1763 6363

Meisei
Adliya 1700 7770
@meiseibahrain

Mirai
Adliya 3917 3951
@mirairestaurantlounge

Oishi
The Avenues 1722 8062
@oishi.bahrain

Sato 1774 6429
@satolounge_bh

Roka
Bahrain Bay 1334 3334
@Rokabahrainofficial

JAPANESE & PERUVIAN

Clay
Adliya 1755 4545
@clay_bahrain

LEBANESE

Al Arisha
Manama 1772 5414
@alarisharestaurant

Al Fayez
Reef Island 1332 0612
@alfayezbahrain

Em Sherif Sea Cafe
The Avenues 7710 0777
@emsherifseacafe.bh

Leila
Seef 1756 6556
@leilaminlebnen

Pashawat
Sofitel Bahrain 1763 6363
@sofitelbahrain

Zahrat Al Fayrouz
Jumeirah Gulf of Bahrain 7777 1000
@zahratalfayrouz

Zayt Zaytoon
Budaiya/Al Hoorah 1666 2666
@zaytzaytoon

MEDITERRANEAN

Orla
Adliya 7793 9393
@orlabahrain

MEXICAN

Calexico
Adliya 1766 6644
Janabiya Foodtruck 3542 8802
@calexico_bahrain

Cantina Kahlo
Ritz-Carlton 1758 0000
@cantinakahlo

El Chapo
Adliya 3773 8838
@elchapo.bhr

Senor Pacos
Adliya 1772 5873
@senor_pacos_bh

ORGANIC

Baker & Spice
Al Aali Mall 1360 9666
@bakerandspicebah

PERSIAN

Al Abraaj
Various 1743 4343
@alabraaj

Isfahani
Hamala 1761 0510
Isa Town 1763 0530
Seef 1729 0027

Takht Jamsheed
Manama 1774 6431
@thegulffhotelbh

Fish Bone
Manama 1729 8436
@fishbone.bh

Fish Market
Bahrain Bay 1710 0800
Sitra 1770 1201
@fishmarketbah

La Mer
Sofitel, Zallaq 1763 6363
@sofitelbahrain

La Perle
Novotel Al Dana 1729 8439
Manama @la.perle.restaurant

Tabreez
Manama 1740 6206
@tabreez_restaurant

Waves Seafood
Manama 1753 1122
@crownplazabahrain

SOUTH AFRICAN

Butcher's Shop & Grill
Seef 1717 2323
@butchershopar

SPANISH

Salero
Seef 1717 1300
@salerobahrain

STEAKHOUSE

Legendz
Manama 1722 7777
@legendzsteakhouse

Meat Company
Adliya 1774 2080
@themeatcobh

Plums
Ritz-Carlton 1758 6499
@ritzcarltonbahrain

The Foundry
Adliya 1722 3223
@thefoundrybh

THAI

Banana Leaf
Adliya 1774 4171
@banana.leaf.restaurant

Eathai
Isa Town 1767 3711
@eatthai.bahrain

Hash House
Adliya 1771 5094
@hashhouse_bh

Honey
Gudaibiya 3345 5442
@honeyrestaurant

Royal Thai
Manama 1771 3000
@royalthaibahrain

Thai Lounge
Ritz-Carlton 1758 6480
@thai_lounge_bh

TURKISH

Gunaydin
Adliya 1700 0099
@gunaydinbahrain

Sisler
The Avenues 1667 0358
@sisler_bahrain

VEGAN

Petiole Café
Janabiya 1726 4055
@petiolecafe

Plant Café
Hamala 1700 1677
@plant_cafe

Unicorn Noms
District 1 7799 2277
@unicornnoms

EDUCATION**LANGUAGE TUITION**

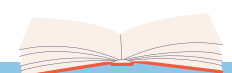
Aleph Education
Saar 3705 5520
@alephedu

Alliance Française
French Classes & Cultural
Centre
Isa Town 3720 0679
@af.bahrain

American Cultural and
Educational Center
Manama 1772 9997
@acec_bahrain

Babylon Translation Centre
Sanabis 1738 2505
@babylon_centre

Bait Al Taleem English
Language Institute
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TOP 5 TIPS FOR GOING BACK TO SCHOOL BY NADEEN SCHOOL

As we return to school and the new academic year kicks off, setting the tone for a successful and fulfilling school experience is important. Whether you're a learner, parent, or an educator, these five tips will help ease the transition back into the routine and ensure a smooth start to the school year!

1. ESTABLISH A ROUTINE EARLY

The key to a smooth transition and successful school year starts with a well-established routine. Begin by adjusting your sleep schedule to ensure you are well-rested and ready to take on the day. Set a consistent wake-up time, mealtime, and study schedule to help learners adapt quickly to school life.

2. GET ORGANISED

Organisation is the foundation of academic success. Encourage learners to use planners, notebooks, or tools to keep track of assignments, extracurricular activities, and important dates. Creating a designated study space at home, free from distractions, is also beneficial and enhances focus and motivation. An organised start can make a world of difference throughout the year.

3. PRIORITISE MENTAL HEALTH AND WELL-BEING

A new school year can bring excitement but also stress. Prioritising mental health and wellbeing is important for a positive experience throughout school. Encourage open communication, mindfulness practices, and regular physical activity to help manage stress. Remember, a healthy mind is just as important as academic success.

4. SET REALISTIC GOALS

Setting realistic goals and personal goals can provide motivation and direction. Encouraging learners to break down barriers and larger goals into manageable tasks, and celebrating small victories along the way is beneficial for a smooth academic year. This approach not only builds confidence but also fosters a growth mindset, essential for overcoming challenges and choosing to be the best that they can be.

5. FOSTER A POSITIVE ATTITUDE

Attitude plays a significant role in how learners approach school. Foster a positive attitude towards learning by highlighting opportunities for growth, new experiences, and friendships. Talk about perseverance, resilience, being empathetic, and working collaboratively to develop their attitudes positively to have a growth mindset. Parents and educators can model optimism and resilience, helping learners view challenges as opportunities to learn and grow. By implementing these tips, the transition back to school can be a smooth and rewarding experience.

Remember, it's not just about academic success-fostering a balanced and healthy approach to school life is key to long-term success and well-being.



TIDY BAYTI - 5 TOPS TIPS "BACK TO SCHOOL"

Wiebke Buelow, Owner of Tidy Bayti, Certified Master KonMari™ Consultant & Professional Home Organizer shares her top tips for 'Back to School' routines.

I'm happy to share my **5 Top Tips** for a smoother school start and a much more relaxed school routine throughout the year. If you want to teach your children an important life lesson, teach them to take responsibility for their belongings and their schedules. This will help them develop important life and organizational skills. All these tips about tasks and routines are created with children in mind.

Get school uniforms ready and create a plan with 'what to wear' and label everything: Get ready for school! Kids grow over night so make sure their clothes fit a week before school starts, to have enough time to shop, get everything washed and ready to wear. Label everything as things will get lost in school or mixed up with siblings. It also helps your housekeeper to maintain order and support kids getting ready. Also hang up a plan of what needs to be worn to school and what needs to be packed, e.g. sports attire vs. regular uniform, swimming stuff, etc. This not only avoids stress in the morning but also (older) kids can get dressed by themselves knowing what to wear and you can prepare the bags the night before.

Prepare lunchboxes the night before and/or create a lunchbox plan for the week: Lunch Box preparations done the night before can take away a lot of stress in the morning. Make a weekly plan of what food to prepare and snacks to pack and try to involve your kids to avoid any disappointment and food waste. Having a plan helps with grocery shopping, too!

Homework Area: Set up a designated area for homework and studying. Make sure it's well-lit and free from distractions. Create a box or caddy with all the school essentials (pens, paper, etc.) that can be easily pulled out when required and stored away if not in use. This is especially helpful if you must create a daily, temporary study space in your main living area. Also try to establish a consistent homework routine with a set time for homework each day to ensure tasks are completed without last-minute stress.

Central Calendar: Once you get the school schedule with all school events and extracurricular activities create a weekly schedule that is hung up at a central place for everyone to see, a whiteboard is a great solution as changes can be made easily. Additionally add the school schedule, ECA's and important dates in your phone calendar or your planner.

Command area: to handle school bags & supplies: Have one place in the house that is your "command area" this is a designated area for school supplies, where you clear and clean the school bags and prep them for the next day. Use bins, hooks, shelves, whatever is available to keep everything in order. Any artwork coming home, pre-select the art pieces that are loved and shall stay, collect them in a box and mark them with the date, class and name of your kids. Pro tip: At the end of the school year, you can create a beautiful photo book with all the art work and probably toss most of the actual art pieces.

Email: wiebke@tidybayti.com
Instagram: tidybayti

LANGUAGE TUITION CONT.

- Berlitz

Manama

@berlitzbah

1782 7847
- British Council

Manama

@britishcouncilbh

1616 8094
- British Language Center

Saar

@blc_bh

1779 1468
- English Language Skills Center

Manama

@elscbahrain

1778 6449
- Everything English

Manama

@everythingenglishlanguage

3671 5684
- Garden of Knowledge

Bani Jamra

@the_garden_of_knowledge

3561 7635
- Shaikh Ebrahim Center

Muharraq

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- Teach Bahrain

Janabiya

@teachbahrain

3729 9525
- Ajyaal Montessori Pre School

Hamala

@ajyaalmontessoripreschool

1761 3144
- Alia Primary School

Sitra

@aliaschool.bh

1773 7377
- ABC Pre-school

Tubli

@abcpreschool

1778 5795
- Al Fateh Pre School

Manama

@alfateh_preschool

3360 6612
- Abdul Rahman Kanoo International School

Manama

@arkis1997

1787 5055
- Al Shorooq Pre-School

East Riffa

1762 2500

- American School of Bahrain

Riffa

@americanschoolbahrain

1721 1800
- Bahrain School

Juffair

@thebahrainschool

1772 7828
- Beacon Private School

Hidd

@beaconprivateschoolBritish

6600 0088
- Preparatory School

Saar

@bps_bahrain

1779 2010
- British School of Bahrain

Hamala

@britishschoolbahrain

1761 0944
- Budaiya Pre School

Budaiya

@budaiya_preschool

1779 1491
- Capital School

Zinj

@capitalschoolbahrain

1700 8880

- Canadian School Bahrain

Diyar Al Muharraq

@canadianschoolbh

6664 4234
- Children's House Montessori Nursery School

Janabiya

@the_childrens_house

1769 9844
- Clever Kid Pre School

Riffa

@cleverkidbh

1722 7997
- Disney Nursery

Saar

@disney.nursery

3905 6662
- Eton House

Hamala

@etonhousebahrain

1749 0333
- Evolution Childcare

Adliya

@evolutionchildcare.bh

1766 9079
- First Steps Nursery

Isa Town

@first_steps

1778 0760
- Golden Days Nursery

Barbar

@goldendaysnurserypreschool

1722 3103
- Happy Hearts Kindergarden

Sanad

@happyhearts.bah

7708 2017
- KG Kids Pre School

Riffa

@kgkidspreschool

1766 3556
- Kiddy Care Pre School

Zinj

@kiddycarepreschool

3231 4680
- Kidsland Nursery

Jid Al Haj

@kidslandbh

1740 5717
- Kinder World Preschool

Adliya

@kinderworld_adliya

3365 4050
- Kinder World Preschool

Janabiya

@kinderworld_janabiyah

3360 0097

- Kids Corner Nursery

Isa Town

@kidscorner.bh

3807 7758
- Kipina Nursery

Saar

@kipina_kids_bahrain

1700 9598
- Kidz World Kindergarten

Adliya

@kidzworldkindergarten

1771 5050
- Ibn Khuldoon National School

Isa Town

@ikns

1778 0661
- Lamara Pre-school

Saar

@lamara.preschool

1700 6162
- Lilliput Pre-School

Jid Al-Haj

@lilliputpreschool

3950 7035
- Little Gems Pre-School

Budaiya

@littlegemspreschoolbahrain

1769 4356
- Little Pearls Nursery

Hidd

@littlepearlsnurserybahrain

3355 8911
- Little Starz Pre-School

Riffa

@little.starz.bh

1765 1516
- Little Village Center

Um Al Hassam

@littlevillagecenter

1732 2570
- Little Wonders Preschool

Saar

@littlewonderspreschoolbahrain

3644 7000
- Lycee Français MLF de Bahrein

Muharraq

@lycee.francais.mlf.de.bahrein

1732 3770
- Madeleine's Pre-School

Adliya

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1772 1851
- Nadeen School Bahrain

Dilmunia

@nadeenschool

1772 8886

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Building upon the strong foundation of the globally recognized British Columbia (BC) Curriculum, CSB delivers a world-class education that seamlessly integrates local Bahraini values and the requirements of the

Bahraini Ministry of Education. Our curriculum is meticulously designed to foster critical thinking, creativity, collaboration, and personal responsibility, preparing students for both university worldwide and the dynamic challenges of the 21st century.

The High School program at CSB will emphasize rigorous academics, ensuring students are well-prepared for higher education through a challenging curriculum aligned with BC standards. The program at CSB emphasizes rigorous academics, preparing students for higher education through a challenging curriculum aligned with BC standards while using inquiry-based learning methodologies for students to understand the content through hands-on learning.

We also prioritize holistic development, fostering leadership, creativity, and a sense of community through extracurricular activities such as sports, arts, technology clubs, and our renowned equestrian program. This well-rounded approach equips students with the skills and confidence to

excel in all aspects of life, while also cultivating global citizenship and preparing them for a technology-driven world. At Canadian School Bahrain we believe that education is more than just academics, we are committed to nurturing well-rounded individuals who possess strong moral values, leadership qualities, and a lifelong love of learning.

As the new academic year approaches, Canadian School Bahrain invites prospective students and their families to explore the unique opportunities offered across its educational spectrum. With registration still ongoing for the 2024-2025 academic year, now is the perfect time to join a community that is committed to academic excellence, cultural pride, and personal growth.

Book a school tour with our admissions team by calling +973 66644234 or visit our website and make an appointment at www.canadianschoolbh.com



Diyar Al Muharraq



REGISTRATION IS ONGOING 2024/25



FUTURE-READY: LIFE SKILLS FOR TOMORROW

NURSERIES & PRESCHOOLS CONT.

Quest School
Janabiya 3366 6014
[@questschoolbh](https://www.questschoolbh.com)

Rainbows for Kids
Muharraq 1734 5090

Rawan Pre-school
Bu Quwah 3925 2862
[@rawanpreschool](https://www.rawanpreschool.com)

Reach Nursery
Isa Town 1766 3280
[@reach.nursery](https://www.reach.nursery)

Riffa Views International School
Riffa 1656 5000
[@rvis.bh](https://www.rvis.bh)

Saar Nursery
Saar 1700 2009
[@saar.nursery](https://www.saar.nursery)

St Christopher's School
Saar 1760 5051
[@stchrisbahrain](https://www.stchrisbahrain.com)

Talent International & The Infant
School Manama 1725 2346
[@infantschoolbh](https://www.infantschoolbh.com)

The British Nursery
Riffa 1766 0024
[@thebritishnursery](https://www.thebritishnursery.com)

The Golden Days Nursery
Barbar 1722 3103

Twinkle Twinkle
Saar 1770 0412
[@twinkletwinklecenter](https://www.twinkletwinklecenter.com)

Very Berry Nursery
Sanad 3390 9599
[@veryberrynursery](https://www.veryberrynursery.com)

PRIMARY & SECONDARY SCHOOLS

Abdul Rahman Kanoo International
School, Manama 1787 5055
[@arkis1997](https://www.arkis1997.com)

Al Hekma International School
Sanad 1762 0820
[@ahisbh](https://www.ahisbh.com)

Al Noor International School
Sitra 1773 6773
[@alnoorschool.bh](https://www.alnoorschool.bh)

Al Rawabi School
Jebelat Hebshi 1759 5252
[@alrawabischool](https://www.alrawabischool.com)

Al Salam School
Janabiya 1791 0528
[@alsalamschool.bh](https://www.alsalamschool.bh)

Alia National School
Sitra 1773 7377
[@aliaschool](https://www.aliaschool.com)

Al Wisam School
Budaiya 1769 9595
[@alwisamschoolbahrain](https://www.alwisamschoolbahrain.com)

American School of Bahrain
Riffa 1721 1800
[@americanschoolbahrain](https://www.americanschoolbahrain.com)

Bahrain Bayan School
Isa Town 7712 2244
[@bahrainbayanschool](https://www.bahrainbayanschool.com)

Bahrain School
Juffair 1772 7828
[@thebahrainschool](https://www.thebahrainschool.com)

Bahrain Indian School
Budaiya 1759 8000
[@bahrainindianschool1](https://www.bahrainindianschool1.com)

Beacon Private School
Hidd 6600 0088
[@beaconprivateschool](https://www.beaconprivateschool.com)

British Preparatory School
Saar 1779 2010
[@bps_bahrain](https://www.bps_bahrain.com)



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Britus International School
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@bisbh_official

Capital School
Zinj 1700 8880
@capitalschoolbahrain

Canadian School Bahrain
Diyar Al Muharraq 6664 4234
@canadianschoolbh

Eton House
Hamala 1749 0333
@etonhousemea

French School of Bahrain
Busaiteen 1732 3770
@lycee.francais.mlf.de.bahrein

Hawar International School
East Riffa 1366 6555
@hawarschool_official

Ibn Khuldoon National School
Isa Town 1778 0661
@ikns

International School of Chouefait
Amwaj 1603 3333
@iscmanama

Multinational School
Adliya 1771 1444
@mnschoolbahrain

Nadeen School Bahrain
Dilmunia 1772 8886
@nadeenschool

Naseem International School
Riffa 1778 2000
@nisbahrain

New Millenium School
Bughazal 1727 2700
@newmilleniumpschoolbahrain

Pakistan School
Isa Town 1768 2304
@pakistanschool

Palms Primary School
Riffa 1766 6637
@palms.school

Philippine School
Riffa 1764 5451
@realphilippineschoolbahrain

Quality Education School
Budaiya 1769 2917
@qesbh

Quest School
Janabiya 3366 6014
@questschoolbh

Riffa Views International School
Riffa 1656 5000
@rvis.bh

Sacred Heart School
Isa Town 1768 4367
@sacredheartschoolbahrain

Shaikha Hessa Girls' School
West Riffa 1775 6111
@shgs.bahrain

St Christopher's School
Saar 1760 5051
@stchrisbahrain

Talent International School
Manama 1725 2346

The Asian School
Tubli 1772 2886
@the.asian.school

The Bangladesh School
Gufool 1725 7745
@bangladesh.school.bahrain

The Children's Academy
Riffa 1761 3234
@thechildrensacademybahrain

The New Indian School
Isa Town 1762 2350
@the_new_indian_school_bahrain

SPECIALIST EDUCATION

Affinity Consultancy
Saar 3966 9267
affinityconsultancy.org

Alia Autism Center
Sitra 1773 0960
@aliaschool

Anne Mostafa Clinical
Psychology
Amwaj 6692 9422

Athena Private School for
Special Education
Salmabad 1656 8120
@athenaprivateschool

Brain Body Dynamics
Saar 3888 0188
@brainbodydynamics

British Council
Manama 1726 6166
@britishcouncilbh

Children's Academy
Riffa 1761 3234
@thechildrensacademybahrain

Clever Play (specialized in
STEAM) Riffa 3221 8929
@clever.play

Disabled Sports Federation
Isa Town 1778 9191
@diablersportsfederationbahrain

Hope Institute
Isa Town 1768 0815
@hope_institute_bahrain

JMJ Specilaist Tuition
Janabiya 3941 9967

Leap Frog Education
Adliya 3687 3317

Little Village Center
Um Al Hassam 6632 4600
@littlevillagecenter

Oasis Training Center
Budaiya 1733 0823
@oasis.tc

Reach
Saar 3900 6065
@reachabaththerapy

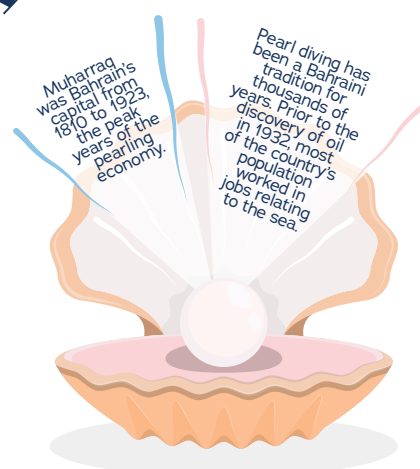
R.I.A Institute
Manama 1771 6871
@riacenter

Steps Rehabilitation Centre
Janabiya 1724 6256
@stepsrehabilitationcenter

Talk Play Grow
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@talkplaygrow

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Mahooz 1774 1168
Sanad 1700 6355
@kumon_in_bahrain

Learning Plus
Saar 1759 0135

Mathnasium
Saar 3300 8840
@mathnasiumbah

Mathnasium
Saar 3300 8840
@mathnasiumbah

New Leaf Education
Manama 3303 0165
@new_leaf_education

Learning Center
Sehla 1740 0227
@sylvanbh

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ACTIVITY CENTRE

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Level Up Bahrain
Saar 3975 7222
@levelup_bh

Teach Bahrain
Janabiya 3729 9525
@teachbahrain

Wise Young Generation Center
Hoora 3377 9830
@wiseyounggeneration

FITNESS

GYMS

Al Nakheel Fitness
Hamala 3883 3663
@alnakheelpremium

Amed's Predator Studio
Jannusan 3319 2666
@ameds_predator_studio

Anytime Fitness
Amwaj 3339 7147
@anytimefitnessamwaj

Bahrain Rugby Football Club
Saar 1769 5809
@bahrainrfc

British Club
Adliya 1772 8245
@britishclubofbahrain

Bodyline
Saar 1779 3932
@bodylineladiesclub



Centraal

Centraal Club
Hamala 3813 8138
@centraal.club

Dilmun Club
Saar 1769 0926
@dilmunclub

District Gym
Janabiya 3880 0102
@districtgym_bh

Equilibrium Fitness Centre
Saar 3699 9250
Amwaj 3699 9257
@equilibrium_pilates_bh

Energy Fitness Gym
Salamabad 1762 3332
@energy_fitness

F45
Saar 3233 2145
@f45_training_saar

Fitness 365
Janabiya 3957 1334
@fitness365bh

Fit Bahrain
Sehla 7701 7711
@fitbahrain

Fitness First
Juffair 1747 3000
@fitnessfirsttoasismalljuffair

Four Seasons Hotel
Bahrain Bay 1711 5000
@fsbahrain

Grip Fitness Centre
Riffa 3555 5510
@gripfitness_

Hydro Spa & Salon
Riffa 3200 8600
@hydrospabh

HV Holistic
Seef 1777 5544
@hvholistic

JFC Bahrain Fitness Gym
Manama 3300 2592
@jfcbahrain

Ki Train
Manama 3624 2230
@kitrainBH

La Sante Women Wellness
Center, Maqabah 1700 0878
@BH_wellnessCent

Oxygen Gym
Budaiya 1761 6165
@oxygengym

PureFit
Seef 3414 4836
@purefit.bh

Push Gym
Budaiya 7771 0101
@push_bh

REPs Fitness Studio
Manama 7737 7348
@repsfit

Ride Nation
Riffa 1748 4828
@ridenation.me

Ritz-Carlton Hotel
Seef 1758 0000
@ritzcarltonbahrain

Royal Golf Club
Riffa 1775 1266
@royalgolfclub

Sports Training Complex
Saar 3916 9475
@sportstrainingcomplex

Spartan Fitness
Saar 1777 1700
@spartan.fitness.bh

So Fit Gym
Riffa 1768 0902

Sofitel
Zallaq 1763 6363
@sofitelbahrain

Tower Gym
Seef 1758 7007
@almoyyedtower

UFC Gym
Juffair 1700 0044
@ufcgymbh

HEALTHY EATING

Barefoot Nutritional Therapy
Saar 3889 5693
@barefootnutritionaltherapy
UK Registered Nutritionist, Dip BCNH, mBANT, regCNHC

Let's Keto with Isma
Manama 3230 7272
@letsketobahrain

WELLNESS

SPAS

Argan Day Spa
Amwaj 1603 0888
@argandayspa

Argan Day Spa
Janabiya 1703 0888
@argandayspa

Ayur Life Ayurvedic Centre
Dumistam 3810 1110
@Ayurlifebh

Bodyline
Saar 1779 3932
@bodylineladiesclub

Cocoon Wellness Spa
Manama 3817 0088
@cocoon.bahrain

Derma One NK Med Spa
Saar 1759 5560
@dermaonenk

Diplomat Radisson Blu Spa
Diplomatic Area 1753 1666
@diplomatradsissonblu

Domain Bahrain
Muharraq 1600 0000
@domainbahrain

Fab u Spa
Saar 7704 7704
@fab.u.spa

Four Seasons Hotel
Bahrain Bay 1711 5000
@fsbahrain

Haven Spa Fraser Suites
Diplomatic Area 3362 1016
@fraserdiplomatic

Heavenly Spa by Westin
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@heavenlyspabahrain

Hydro Spa & Salon
Riffa 3200 8600
@hydrospabh

Jacques Dessange Health Club
Adliya 1771 3999
@dessangebahrain

Jumeirah Gulf of Bahrain Spa
Zallaq 7777 1000
@jumeirahgulfobahrain

Wyndham Grand Spa
Manama 1711 6116
@wyndhamgrandmanama

La Fontaine Spa
Manama 1723 0123
@lafontainebh

Lavande Beauty Spa
Riffa 7777 4433
@lavandebahrain

Nine Senses
Barbar 1781 0999
@9senses

Pure Skin Spa
Riffa 1700 4142
@pureskinspa

Purple Patchouli
Seef 1758 1051
@purplepatchouli

Purple Patchouli
Riffa 1730 9103
@purplepatchouli

Purple Patchouli
Janabiya 3900 7711
@purplepatchouli

Purple Zowi
Riffa 3455 5066
@purple_zowi

Raffles Al Areen Palace Bahrain
Zallaq 1784 5000
@rafflesalareenpalace.bahrain

Royal Spa
Ritz-Carlton Hotel
Seef 1758 0000
@ritzcarltonbahrain

Sparadise
Muharraq 1731 3131
@sparadisebahrain

Thalassa wellness and rehabilitation center
Zallaq 1763 6391
@Thalassa.wellness

The Art Hotel and Spa
Amwaj 1600 0111
@theart.bh

The Golden Key
Riffa 1722 4444
@tgkbahrain

The Merchant House Spa
Manama 3401 8565
@themerchanthousebahrain

YOGA & PILATES

Ballare School
Saar 1730 0021
@ballarestudio

Breathe Pilates
Saar 3339 9973
@breathepilatesbh

Bodyline
Saar 1779 3932
@bodylineladiesclub

Core Pilates Studio
Abu Saiba 3219 0401
@corestudio.bh

Erah Pilates Wellness
Hamala 3800 7771
@erahpilateswellness

Equilibrium Fitness Centre
Amwaj 3699 9257
Saar 3699 9250
@equilibrium_pilates_bh

Jacques Dessange Health Club
Adliya 1771 3999
@dessangebahrain

La Fontaine
Manama 1723 0123
@lafontainebh

Mini Me Yoga
Manama 3373 3633
@minimeyoga

Namaste
Budaiya 1759 1565
@namastebh

PROP Yoga & Therapy Center
Budaiya 3370 0730
@propytc

Pure Yoga
Hamala 1700 7111
@pycbh

Royal Golf Club
Riffa 1775 0777
@royalgolfclub

Sports Training Complex
Saar 3616 9475
@sportstrainingcomplex

Yoga Union
Juffair 3458 0018

HAIR & BEAUTY

BARBERS & HAIRDRESSERS

Beauty Spot
Hamala 1761 1888
@beautyspotbahrain

Blo Professional Salon
Seef 1700 6070
@blo_bh



BARBERS & HAIRDRESSERS CONT.

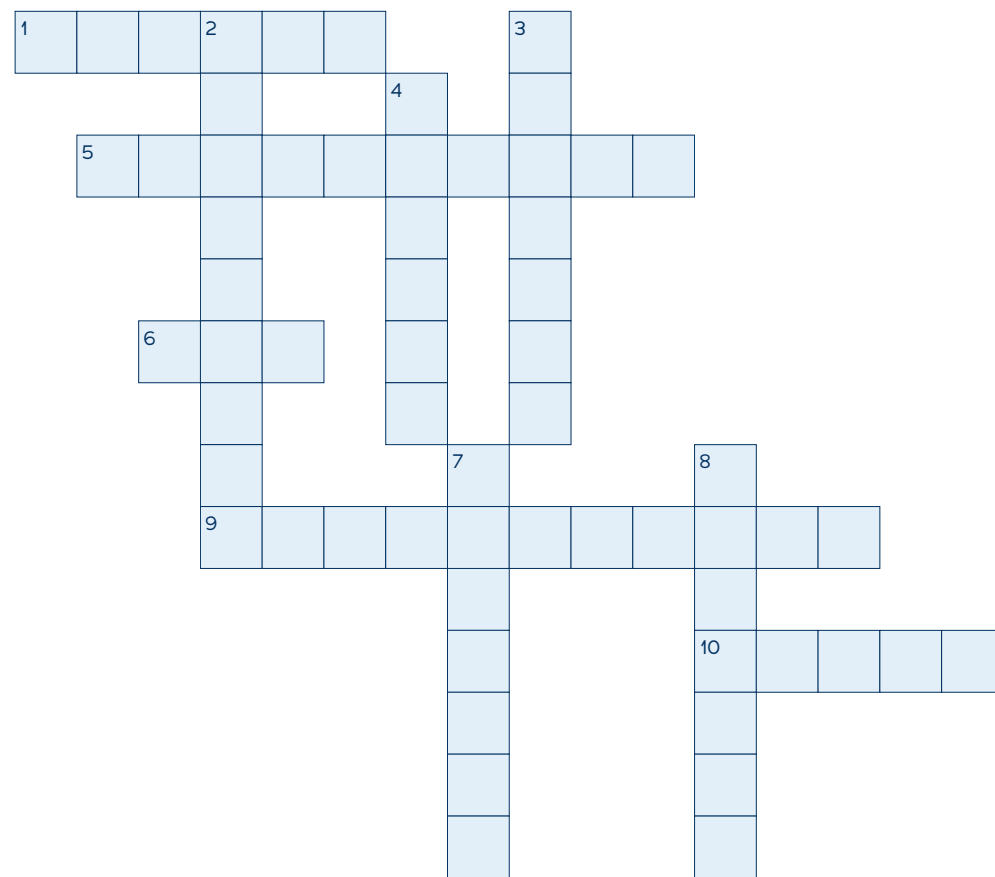
Elie & Jean Manama Seef @ejhairofficial	1722 7300 1758 7757	Lina Ladies Salon Riffa @linaladiessalon	6691 1101	Toni and Guy Seef Mall City Centre Bahrain @toniandguybahrain	1700 1700 1701 1701	Blink and Wink Hamala @blink_and_wink_bh	3314 5254
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Hairpage Saar @hairpagebh	1700 9002	Pat Salon Seef @patsalon	1700 5354	Beautopia Saar @beautopiabh	7733 9999	Fiore Seef @fiorefrombahrain	1723 2317
Jacques Dessange Health Club Adliya @dessangebahrain	1771 3999	Prive Seef @fraserbahrain	7717 7166	Beauty Lines Mobile Salon Manama @beautylines_bh	3223 3326	Fingertips Bar Saar @fingertipsbar	3998 8445
Johnny & Co Amwaj Seef @johnnycompany	3222 9299 3914 6119			Glam and Glow Al Qadam @glamandglowbeautylounge	3838 0338		

THE Fun Zone





THE Fun Zone



ACROSS:

1. Writing utensil made of wood
5. Somewhere to run and have fun at school
6. A subject where you paint and draw
9. A subject that involves numbers
10. Measure or draw straight lines with this

DOWN:

2. A room where you study at school
3. Someone who goes to school
4. A small object to remove pencil marks
7. The person who helps you in class
8. Where you go to find books

Across: 1. PENCIL, 5. PLAYGROUND, 6. ART, 9. MATHEMATICS, 10. RULER, Down: 2. CLASSROOM, 3. STUDENT, 4. ERASER, 7. TEACHER, 8. LIBRARY



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Riffa 3200 8600
@hydrospabh

Jamila
Seef 1753 7853
@thejamilaofficial

Lashspa
Al Ali 1759 9044
Juffair 1759 9144
@lashspa

Lavish
Budaiya 1759 9022
@lavish_nailbodycouture

Lillia Beauty Lounge
Gufool 1726 6966
@lilliabeautylounge

N.Spa
Seef 1758 7766
@nspabahrain

NStyle Beauty Lounge
Seef 1758 1974
@nstylebh

Novel Beauty Salon
Saar 1779 1222

Posh Beauty lounge
Hamala 7708 2680
@posh.bh

The Nail Hut
Jannusan 3883 0304
@thenailhut.bah

The Lash Room Bahrain
Seef 3306 2448
@thelashroom.bah

U Beauti
Hamala 1369 1999
@ubeauti_bh

Vanity Ladies Beauty Salon
Janabiya 1700 7121
@vanitysalonbh

Yara Beauty lounge
Amwaj 1601 0999
@yarabeautylounge

HEALTHCARE

DENTISTS

Al Jishi Specialist Dental Centre
Manama 1729 2777
@aljishidental

Al Mutawa Dental
Tubli 1787 7816

American Mission Hospital
Manama 1717 7711
Saar 1724 8102
@american_mission_hospital

Awali Hospital
Awali 1775 7600
@awalihospital

British Dental Center
Saar 3978 6855
@bdc.bahrain

Dr Ali Mattar
Manama 1771 4877
@doctoralimattarclinic

Dr Rashad Al Alwai Dental Center
Manama 1722 5566
@drrashadalawidentalcenter

Gulf Dental Speciality Hospital
Zinj 1774 1444
@gulfdentalspecialityhospital

Ibn Al Nafees Hospital
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@ibnalnafees

Irish Speciality Clinic
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@isc_bahrain

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Consultant - Neonatology & Pediatrics

DR. AHMED ELBEHERY
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DR. DEENA SHAKEEB
Consultant - Pediatrics & Neonatology

DR. MONO ISSA
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@royalbahrainhospital

Saar Dental Specialists
Saar 1759 6444
@saardentalspecialists

Seef Dental
Seef 1758 7991
@seefdental

Smile Dental Clinic
Zinj 1740 0899

FIRST AID

First Aid Box
Seef 3936 3622

Royal Life Saving Bahrain
Manama 3200 1113
@rlsbahrain

GP CLINICS
& PAEDIATRICS

American Mission Hospital
Manama 1717 7711
Saar 1724 8102
Amwaj 1724 8100
Riffa 1724 8101
A'Ali 1717 7711
@american_mission_hospital

Awali Hospital
Awali 1775 7600
@awalihospital

Bahrain Defence Hospital
Riffa 1776 6666
@bdf_hospital

Bahrain Specialist Hospital
Juffair 1781 2222
@bsh_hospital

Dr Ayman Pediatric Clinic
Zinj 3360 0393
@draymanclinic

Dr Hani at RBH
Manama 1724 6800
@royalbahrainhospital

Ibn Al Nafees Hospital
Manama 1782 8282
@ibnalnafees

International Hospital of Bahrain
Budaiya 1759 8222
@ihbahrain

Kims Health Hospital
Umm Al Hassam 1782 2123
@kimshealthbahrain

The Kids Clinic
Manama 1771 5515

Kidz Care Clinic
Saar 3367 7344

Royal Bahrain Hospital
Manama 1724 6800
@royalbahrainhospital

Royal Bahrain Hospital
Janabiya 1724 6800
@royalbahrainhospital

MATERNITY

American Mission Hospital
Manama 1717 7711
@american_mission_hospital

Awali Hospital
Awali 1775 7600
@awalihospital

Bahrain Defence Force Hospital
Riffa 1776 6774
@bdf_hospital

Bahrain Specialist Hospital
Juffair 1781 2200
@bsh_hospital

Ibn Al Nafees Hospital
Manama 1782 8282
@ibnalnafees

MATERNITY CONT.

Kims Health Hospital
Umm Al Hassam 1782 2123
@kimshealthbahrain

King Hamad University Hospital
Muharraq 1744 4444
@king_h_hospital

Royal Bahrain Hospital
Manama 1724 6800
@royalbahrainhospital

Salmaniya Medical Complex
Salmaniya 1728 8888

OPTICIANS

Ahmed Alwazzan Opticians
Manama 1722 6969
@alwazzanopticians

Ahmed Alwazzan Opticians
Seef 3990 6162
@alwazzanopticians

Optica
City Centre Bahrain 1751 6839
@optica_me

Optica
Seef 1751 6848
@optica_me

Optica
Bahrain Mall 1751 6840
@optica_me

Yateem Opticians
Juffair 1725 3397
@yateemoptician_bahrain

Yateem Opticians
Riffa 1777 9369
@yateemoptician_bahrain

PHARMACIES

Al Kindi Hospital
Zinj 1724 1381
@alkindihospital

Bliss Lab
Manama 1772 0800
@blisslab.bh

Boots The Chemist
City Center 1717 9851
@bootsmiddleeast

Boots The Chemist
Seef 1711 0520
@bootsmiddleeast

Gulf Pharmacy Bahrain
Manama 1723 9399
@gulfpharmacybahrain

Ibn Al Nafees Hospital
Manama 1782 8282
@ibnalnafees

Kims Health Hospital
Umm Al Hassam 1782 2123
@kimshealthbahrain

Nasser Pharmacy
Manama 1772 0800
@nasserpharmacy

Royal Bahrain Hospital
Manama 1724 6800
@royalbahrainhospital

Ruyan Pharmacy
Muharraq 1733 1168
@ruyanbahrain

You Plus
Sanabis 1726 1062
@youplus.bh

SPECIALIST HEALTHCARE

American Mission Hospital
Saar 1724 8102
@american_mission_hospital

Art Therapy Centre
Riffa 3348 6060
@arttherapybh

Back on the Move Osteopathy
Seef 3919 7480
@backonthemove

East Riffa High Performance
Centre Riffa 3731 7317
@eastriffa_hpc

Gulf Diabetes Specialist Centre
Manama 1723 9239
@gulfdmdc

InTouch
Janabiya 1769 0100
@intouchclinicbahrain

Life Element Incorporation
Amwaj 6692 9422

Little Village Center
Um Al Hassam 6632 4600
@littlevillagecenter

Physio Relax
Seef 1700 1818
@physiorelaxbh

Steps Rehabilitation Centre
Saar 1724 6256
@stepscenterbahrain

Well Med Clinic
Manama 1760 0221
@wellmed.centre

HOME**CLEANING**

Bahrain Cleaning services
Manama 3327 6222
@bahrain.cleaning.services

Chemdry upholstery cleaning
Manama 3838 9696
@chemdry_bahrain

GARDENING & LANDSCAPING

Garden Affairs Landscaping
Saar 3344 2255
@gardenaffairs.me

Lotus Gardening
Al Jasra 3688 2222
@lotusgardening

Mariam Garden
Saar 3944 6759
@mariamgarden.bh

HOME FURNISHING

Artikel
Babar 1779 5070
@artikeljawaddome

Homebox
Manama 8000 8077
Juffair 1731 7226
@homebox_bh

Home Centre
City Centre Bahrain 1717 2355
@homecentrestores

Homes R Us
Sehla 1755 6001
@homesrusbahrain

Ikea
Salmabad 8000 1120
@ikeabahrain

Luxe Living
Seef 3717 7701
@luxelivingbh

Marina Home
Seef 1758 2752
@marinahomeinteriors

HOME IMPROVEMENTS

iFix
Manama 1755 2555
@ifixbh

Fix it
Manama 3651 0027
@fix_it.bh

Hempel Paints
Budaiya 1772 8668
@hempeldecorativeme

Manazil
Salmabad 1778 6727
@manazil.bh

INTERIOR DESIGNERS

Aalaa Interior Design
Manama 3773 3873
@aalaa.design

Beckett Interiors
Seef 1734 4432
@beckett_bh

Qreative Design
Manama 3224 3993
@qreative.design

PROPERTY AGENTS

CBRE
Manama 1655 6600
@cbrebahrain

Century 21
Manama 1721 2000
@century21bahrain

Green Gate
Saar 6667 5000
@greengatebahrain

Vikki Lord
Pearl Properties
Saar 3963 4647



'Experts in renting properties since 2015'

- Pearl agents are here to help you find the right rental property
- Our friendly knowledgeable agents come with many years of experience on the island who will guide you through the process with ease
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Call or WhatsApp Vikki Lord
39634647

Property Locators
Manama 1772 0017
@bahrainpropertylocators

RMR Real Estate
Amwaj 3877 7555
@amwaj_tala_property_anastasia

Savills
Manama 1756 2860
@savills_me

Star Real Estate
Manama 3354 7470
@starrealestate

REMOVAL COMPANIES

Crown Relocation
Manama 1722 7598

GSL
Manama 3873 3824

Gulf Agency Company
Manama 1733 9777

M Nasir House Movers
Manama 3404 7026

Moomin Removals
Saar 3311 0541

Writer Relocations
Manama 1721 4270

RUG & CARPET CLEANING

Perfect Clean rugs
Manama 3301 0195
@perfect_clean_bh

Talents
Manama 3538 2007
@talents.bh

ProBees Cleaning
Manama 3667 2667
@probees_cleaning

UPHOLSTERERS

Anooj Upholsters
Manama 3882 4803
@anoojbahrain

Bahrain Upholstery
Manama 3901 5959
@bahrainupholstery

Haroons Upholstery
Riffa 3440 1573
@onelickupholstery

Rizq Interiors
Budaiya 3995 2830
@rizqinteriors

WINDOW CLEANERS

Liverpool Services
Saar 1761 3244
@liverpoolservices

LEISURE**BEACHES**

Al Bander Hotel and Resort
Sitra 1770 1201
@alibanderhotelandresort

Al Dar Islands
Sitra 1770 4600
@aldarlands

Al Jazair Beach

Amwaj Islands
Amwaj 1603 3100
@amwaj_islands

Bahrain Yacht Club & Marina
Sitra 1770 0677
@thebahrainyachtclub

Coral Bay Hotel
Diplomatic Area 1731 2700
@coralbaybh

Dragon Resort
Amwaj 1603 1111
@dragonhotelbh

Durrat Al Bahrain

Four Seasons Hotel
Bahrain Bay 1711 5000
@fsbahrain

Golden Beach
Hawar Islands from Al Dur Jetty
Manama 3200 0149
@hawariland.bh

Jumeirah Gulf of Bahrain
Zallaq 7777 1000
@jumeirahgulfofbahrain

Marassi Al Bahrain
@marassibeach

Novotel Al Dana Resort
Manama 1729 8008
@novotel_bahrain

Ritz-Carlton Hotel
Seef 1758 0000
@ritzcarltonbahrain

Royal Saray
Seef 7770 7070
@royalsaray

Sofitel Hotel
Zallaq 1763 6347
@sofitelbahrain

Solymar Beach
Amwaj 3509 4777
@solymarbahrain

The Art Hotel and Spa
Amwaj 1600 0111
@theart.bh

Vida Beach Resort
Marassi Al Bahrain 7748 8100
@vidabahrain

Water Garden City
Seef 1710 0150
@watergardencity

BOAT TRIPS

Al Dar Islands
Sitra 1770 4600
@aldarlands

Bahrain Yacht Club
Sitra 1770 0677
@thebahrainyachtclub

Blue Ocean Boats
Amwaj 3722 1010
@blueoceanmarine

Kashta Tours
Manama 3212 2163
@kashta.tours

Sea Star Marine
Amwaj 3707 8888
@seastarmarinebh

Seeb Marine
Seef 3352 5999
@seebmarinebh

CINEMAS

Al Hamra Cinema
Manama 1725 8900



CINEMAS CONT.

Cineco
Riffa 1725 8900
@cineco.bh

Cinepolis
Saar 3899 9770
@cinepolis.bahrain

Novo Cinema
Seef 1710 0121
@novocinemabh

Vox Cinema
The Avenues 6674 8397
@voxbharain

Vox Cinema
City Centre 6674 8397
@voxbharain

DAYS OUT

Adhari Park
Tubli 1740 7300
@adharipark
4pm-10pm

Al Areen Wildlife Park
Al Areen 1784 5480
@alareen.bah
10am-5pm

Bahrain International Circuit
Sakhir 1745 0000
@bah_int_circuit

Bahrain Science Center
Isa Town 1768 6466
@mys_yc_bsc
10am-1pm / 4pm-8pm

Dino Park
Prince Khalifa Park 3466 6318
@dinoparkbh

Escape Code
Saar 1750 0023
@escape.code
10am-11:30pm

Experience Bahrain Boat Hire
Amwaj 1700 3636
@scubalife.bh

Gravity Indoor Skydiving
Zallaq 1310 0000
@gravitybah
12pm-10pm

Kashta Tours
Manama 3212 2163
@kashta.tours

La Fontaine
Hoora 3881 9909
@lafontainebh

Lost Paradise of Dilmun
Water Park
Al Areen 1784 5100
@lpodwaterpark
10am-7pm

Rashid Equestrian & Bahrain
International, Horseracing Club
Sakhir 1744 033
@rehc.bh

Royal Camel Farm
Janabiya 1788 1188
@camelfarm_bh
10am-5:30pm

Star Marine
Saada 3879 7979
@starmarinebah

Tree of Life Open 24 hrs

CONCERTS

Al Dana Amphitheater
Sakhir 1745 4444
@aldana_amp

Bahrain National Theatre
Manama

Exhibition World Bahrain
Sakhir
@ewbahrain

PARTYTIME

BALLOONS

Balloons Heaven
Riffa 3551 6459
@balloons_heavan.bh

Epic Events
Manama 3335 0027
@epicevents.bh

Fifty Five Balloons
Manama 3457 2373
@fiftyfive_balloons

CATERING

Aroma
Manama 1758 2711
@aromaexpressbh

Baker and Spice
Seef 1360 9666
@bakerandspiceme

Bite Me Catering
Riffa 3926 9696
@bitemebahrain

Cake Boutique
Seef 1755 2253
@cakeboutiquebh

Chipa
Salmabad 3964 0177
@tastechipa

David's Stir Fry Crazy
Adliya 1754 0188
@davidsstirfry

Donut Wall
Saar 3974 0496
@donutwallbh

Flaming Salmon
Seef 6666 8444
@flamingsalmon

Gulf Hotel Catering
Adliya 3737 2111
@thegulfhotelbh

Haute Cupcakes
Seef 3306 7770
@hautecupcakesbh

Hopscotch Rustic Kitchen
Saar 1769 1124
@hopscotch.bh

Jena
Hamala 1761 3191
@jenabakery

Let Them Eat Cake
Saar 1769 1114
@let_them_eat_cake_bh

Lilou
Seef 1771 4440
@cafelilou

Lumee
Seef 1743 4300
@lumeeestreet

M by Mirai
Seef 1778 3030
@mbymirai

Nosh Bakes
Manama 3837 2020
@nosh.bakes

A Piece of Cake
Riffa 1777 7909
@a_piece_of_cakebh

A Piece of Cake
Budaiya 1759 1655
@a_piece_of_cakebh

Rue Catering Services
Janabiya 3939 9090
@rue.catering

Sage and Sirloin
Hamala 1761 1949
@sageandsirloin

Swiss Belhotel
Seef 1736 2233
@swissbelhotelseef

YallaCake
Manama 3391 4140
@yallacake

EVENT PLANNERS

Bubbles Events
Manama 3331 0133
@bubbleevents

By Amna Alkan
Manama 3443 1788
@amnas_events_

D&D Décor Co
Manama 3838 4949
@departydesigns.bh

Events A La Carte
Manama 3993 0324
@eventsalacarte

Events by Dhabiya
Manama
@eventsbydhabiya

Events by Leaves
Seef 1759 9055
@eventsbyleaves

Events Essentials
Manama 3407 6282
@events_essentials_bh

Fatoom Events
Manama 3900 4465
@entertainment.world.bh

Kids Party Maker
Manama 3728 8988
kids_party_maker_bahrain

L'Arabia
Hamala 7717 7377
@l_arabia

Newbury Events
Riffa 3720 2786
@newburyevents

Noah's Events
Manama 3940 6706
@noahseventsahrain

Picnico
Manama
@picnico_bh

Purple Papaya Events
Jidhafs 3666 5130
@purplepapayaagency

Sara Events
Manama 3393 6690
@sara_events_bh

Sleepee Teepee
Saar 3974 0496
@sleepeeeteepiebh

The Party People of Bahrain
Seef 3352 2571
@thepartypeople_ofbahrain

FANCY DRESS

The Dressing up Box
Saar 3200 8289
@thedressingupbox.bh

PARTY SUPPLIES

Al Wasmiya Tent & Supplies
Manama 3316 6999
@alwasmiyatent

Costume Chest
Juffair 3965 8541
@costumechest

Day to Day
Jannusan 1744 1000
@daytodaybh_

Entertainment World
Manama 3900 4465
@entertainment.worldbh

Evento De Bahrain
Manama 6666 2013
@eventodebh

Party Mania
Budaiya 1766 0515
@partymaniabahrain

The Dressing Up Box
Saar 3200 8289
@thedressingupbox.bh

PARTY VENUES

Al Areen Palace and Spa
Al Areen 1784 5000
@alareenpalaceandspa

Artology
Saar 3679 0785
@artology.bh

Artzania
Manama 3996 9933
@artzania

Bahrain International Karting
Circuit, Sakhir 1745 1745
@bahrain_karting

Bahrain Rugby Football Club
Saar 1769 5809
@bahrainrfc

Bahrain Science Centre
Isa Town 1768 6466

British Club
Adliya 1772 8245
@britishclubofbahrain

Budaiya Pre-School
Budaiya 1779 1491
@budaiya_preschool

Dilmun Club
Saar 1769 0926
@dilmunclub

Escape Code
Saar 1750 0023
@escape.code

Flip n Fun
Hamala 3889 4111
@flipnfun.bh

Four Seasons
Bahrain Bay 1711 5000
@fsbahrain

Funland Center
Manama 1729 2313
@funland.bahrain

Kids Palace
Saar 1765 1050
@kidspalacebh

Jumpsters
Saar 1769 1558
@jumpsters_bh

Jump Up
Tubli/ A'ali 3355 1225
@jumpup.fun

Lost Paradise of Dilmun
Water Park, Al Areen 1784 5100
@lpodwaterpark

Mad Science Bahrain
Budaiya 3971 0055
@madsciencebh

Magic Island
Seef 7791 1211
@magicislandbh

Mosaic House
Budaiya 3925 3942
@mosiachousebahrain

Nutty Scientists
Seef 3355 3551
@nuttyscientistsbahrain

Pottery at Studio Ceramics
Budaiya 1759 9026
@studioceramicsbh

Ritz-Carlton Hotel
Seef 1758 0000
@ritzcarltonbahrain

Sleepee Teepee Bahrain
Saar 3974 0496
@sleepeeeteepiebh

Soccer Stars Academy
Janabiya 3319 3060
@soccorstars_bh

Soul Culture
Saar 3338 2263
@soulculturebh

Tekkers
Saar/Sanabis/Riifa/Dilmunia 3384 3416
@tekkers_bahrain

The Heaven Muharraq
Muharraq 3909 0080
@theheaven_muharraq

Yellow Submarine
Wadi Al Sail 3805 6666
Saar Mall 3990 0994
@yellowsubmaringbh

PETS

ANIMAL RESCUE

Bahrain Animal Rescue Centre
BARC
Hamala 3944 6907
@bahrainanimalrescuecentre

Bahrain Strays
Manama 3967 5919
@saveourstraysbahrain

BSPCA
Askar 1759 1231
@bspc



THE Book Worm

RECOMMENDS...



This is a sweet and excellent way to start conversations with your young child about how to make new friends at school.



This classic children's picture book is the perfect read for nervous children the night before school begins. Mrs Raccoon comforts her son Chester by teaching him a simple trick whenever he is missing her at school.



This is a wonderful chapter book that looks at the balance of doing well in school but enjoying a fun, free summer. Packed with adventure and animal encounters.



This is a useful book written by celebrity Mylene Klaas of all the things she wishes she had been taught in school. The book covers a wide range of topics such as how to perform CPR, how to write a CV, how to talk about basic finance.



These recommendations are from lovely Meg Hutchinson at Beauty & The Bookworm. Follow her here [@beautyandthebookworm_](#)

Save Vet Clinic
Saar 1799 9898
[@save_vetbh](#)

Tails Veterinary Centre
Manama 6633 4537
[@tailsvetcentre](#)

11. SHOPPING

BOOK SHOPS

Bookland
Isa Town 1759 2193
[@blb_bookstore](#)

The Bookcase
Budaiya 1769 0566
[@thebookcasebh](#)

The Bookmart
Manama 3391 5293
[@bookmartme](#)

Jashanmal Bookstore
City Centre Bahrain 1717 8407
Seef 7791 1114
[@jashanmal_bahrain](#)

Jarir
Seef 7799 7755
[@jarirbookstore](#)

Neo Books and Coffee
Riffa 1700 2233
[@neobooksandcoffee](#)

Oh My Bookness
Manama 3888 2129
[@ohmybooknessbh](#)

Skills Centre & Bookshop
Abu Saiba 1768 1696
[@skillsbh](#)

Virgin Megastore
City Centre Bahrain 1717 2300
[@virginmegastoreme](#)

BUTCHERS

Butcher Shop and Grill
Manama 1717 2323
[@butchershopar](#)

Fine Foods
Manama 1736 4327
[@finefoodsgourmet](#)

Prime Cuts
Amwaj 1600 9200
[@primecuts.bh](#)

Sage and Sirloin
Hamala 1761 1949
[@sageandsirloin](#)

FLORISTS

Alia Flowers
Manama 3999 2414
[@aliaflowers](#)

Godzilla Flowers
Manama 7791 9000
[@godzilla.flowers](#)

Rain Florist
Janabiya 3973 3633
[@rainfloristbahrain](#)

Rolanda Flowers
Manama 3900 7722
[@rolanda_flowers](#)

Vase Floristry
Manama 3365 6553
[@vase.bh](#)

GIFTS

Arabesque Art Gallery
Manama 1772 2916
[@arabesque_art_gallery](#)

BJC Baby
Seef 1756 4910
[@bjc.baby](#)

Hanger 57
Seef 3397 3977
[@hanger57](#)

ANIMAL RESCUE CONT.

BSPCA Thrift Shop
Budaiya 1759 3479
[@bspca](#)

GROOMING & PET SUPPLIES

California Pets
Budaiya 1760 0933
[@californiapets](#)

Horse and Hound
Budaiya 1700 1761
[@horseandhoundbh](#)

Pet Arabia
Amwaj 1759 2288
[@petarabia](#)

Pet Arabia
Budaiya 1759 2288
[@petarabia](#)

Petland
Arad 1310 7474
[@pet_land](#)

Pets Home
Hamala 1730 0203
[@pets_homebh](#)

Pick me Pets
Budaiya 3883 0311
[@pickmepetsgcc](#)

Pretty Paws Mobile
Manama 3728 8188
[@pretypawsbh](#)

PET HOTELS

Bed & Biscuits
Manama 1740 2350
[@bedandbiscuitsbh](#)

Delmon Boarding
Kennels & Cattery
Barbar 1769 4066
[@demonkennels](#)

Saar Kennels The Pet Hotel &
Spa, Saar 1779 0017
[@saarkennels](#)

PET RELOCATION

Bed & Biscuits
Manama 1740 2350
[@bedandbiscuitsbh](#)

Delmon Pet Relocators
Barbar 3972 9868
[@delmonpetsrelocatorsbh](#)

Jetpet Global
Muharraq 3700 0082
[@jetpetglobal](#)



VETS

Animal Care Clinic
Hamala 1761 2459
[@animalcareclinic2](#)

Barri's Vet Hospital
Saar 1700 1088
[@barrisvethospital](#)

Charis Vets
Budaiya 1310 6800
[@charisvets](#)

Dr Nonie Coutts Vets
Adliya 1724 5515
Budaiya 1769 1397
[@drnoniecoutts](#)

Eman Veterinary Clinic
Riffa 3944 2216
[@emanvetclinic](#)

House Veterinary Center
Muharraq 1720 0075
[@house.veterinary.center](#)

WEEKEND INSPIRATION

Thursday eve: Celebrate the start of the weekend with a sundowner on the terrace of GB café with stunning sea views. We love their Ginger Kombucha.

Friday: Blow away the cobwebs with a walk around Nurana island. Then head into Manama for a family friendly brunch at Legendz Steakhouse at the Intercontinental.

Saturday: Pick up some local produce at the Salmabad Farmer's market and stay for a delicious Bahraini breakfast. As the sun sets head down to the Bahrain International Karting Circuit and go karting around their thrilling racing track.



GB café at sunset



Karting at the BIKC



LATEST HOTSPOT



Trade Room bar & lounge at the Conrad Hilton
Dine in style at the sleek bar or swanky lounge area. Try the Arabic Cocktail Shrimps or the Crispy Taquitos.

If you would like to feature in our latest hotspot, or have any recommendations for our 'Weekend Inspiration' please email us hello@connectbahrain.com



Community

ANIMAL RESCUE

Bahrain Animal Rescue Centre (BARC)
Hamala 3944 6907
@bahrainanimalrescuecentre

Bahrain Animal Compassion Association (BSPCA)
Askar 1759 1231
@bspca

Bahrain Rescues 3533 2824
@bahrainrescues

LOCAL CHARITIES AND NOT-FOR-PROFIT

A Box of Goodness
@aboxofgoodness
A Box Forward
@aboxforward

Bahrain Red Crescent Society
Manama 1729 3171
@rcsbahrain

Bahrain Sports Federation for Disabilities, Manama 1717 6930

Manama Rotary Club
Manama 3903 3961
@rotaryclubofmanama

Migrant Workers Protection Society
Manama 1782 7895
@mwpsbh

Omneyat Foundation
@omneyat.bh

Shamsaha
Manama 3844 7588
@shamsaha_me

Think Pink Bahrain
Manama 3907 6717
@thinkpinkbahrain

Pre Loved Books
@prelovedbooks.bh

Tree of Life Charity
@treeoflifecharitysociety

LOCAL MARKETS

Bahrain Farmers Market
Budiaya
@farmersbh
Every Saturday 7am – 2pm
(Dec – March)

Manama Central Market
Daily 4am – 3pm

Salmabad Farmer's market
@farmersmarketbh
Daily (closed on Sundays)
8am – 3pm

Jasra Organic Farm 3800 8887
@jasraorganicfarm



SMALL BUSINESS SHOUT-OUT!

PinkAlien Food Tours
PinkAlien Food Tours provides a new way to experience Bahrain. By combining traditional tour guiding with the people's favourite, FOOD.

Each tour will have a local Bahraini guide who will take the guests to try 12 local Bahraini dishes, from 6 different restaurants. This tour is has the perfect blend of History, Culture & Food obviously.

They do have 2 strict rules to join:
1. Come Hungry
2. Come to Enjoy

Whatsapp to book on +973 3636 3618

PRELOVED BOOKS BAHRAIN

Founded in 2020 by two Bahraini women, Preloved Books Bahrain celebrated its fourth anniversary this past August. The idea behind this nonprofit project is to sell used books through Instagram, with all proceeds donated to underprivileged Bahraini families. The project aims to encourage reading, promote eco-friendly shopping, and, most importantly, help those in need.

Every book makes a difference. Every book helps put food on the table. Every book helps ease someone's financial struggle. You can support Preloved Books Bahrain by shopping from their collection of second-hand books, donating your unwanted books to their cause, or simply spreading the word about their work. For collaborations, book donations, or more information, message them on Instagram @prelovedbooks.bh or email them at prelovedbooks.bh@gmail.com.



SPOTTED!

We love seeing your family enjoying Connect Bahrain. Please send us your photos to hello@connectbahrain.com



@connectbahrain
+973 3226 8251



FIFI'S 5 FAMILY-FRIENDLY PLACES TO EAT IN BAHRAIN
Hungryfifi.com
@hungry_fifi

If you're looking for family-friendly dining spots in Bahrain, there are plenty of options that cater to both kids and adults, offering great food, fun atmospheres, and memorable experiences. Here are five of my top picks for places where the whole family can enjoy a delicious meal:

Brunch Time: Bahrain Bay Kitchen, Four Seasons

If you're in the mood for a lavish family brunch, Bahrain Bay Kitchen at the Four Seasons Hotel Bahrain Bay is the place to be. The restaurant offers a stunning waterfront view and an impressive international buffet featuring everything from fresh seafood to delicious desserts. With a dedicated kids' corner complete with games and activities, Bahrain Bay Kitchen makes sure that everyone, from the youngest to the oldest, enjoys a memorable brunch experience.

All the Flavours: Lumee Street (various locations)

With its vibrant interior and handy locations around Bahrain, Lumee Street Café is a hit with families and solo diners alike. The restaurant serves Middle Eastern street food with a twist, from shawarmas, rice dishes to mezze platters and salads. The casual, laid-back vibe makes it easy for families to relax and enjoy a meal together. Don't forget to try one of their freshly baked Fatayer breads, stuffed with cheeses and more, or their sumac packed Chicken Musakhan wraps.

Feast from the East: David's Stir Fry Crazy (Adliya)

For a family-friendly dining experience with a bit of flair, David's Stir Fry Crazy in Adliya is a must-visit. This stalwart spot offers a wide range of Asian dishes, from stir-fries, roast duck to dim sum. The menu caters to all tastes, making it a great spot for a family meal that's both exciting and delicious. My favourites include baked Char Siu buns, Szechuan wontons and the turnip cake.

Family Fun: Spun Candy (The Avenues & Marassi Galleria)

Willy Wonka has nothing on Spun Candy's interactive one-hour candy masterclass. An hour of absolute fun (adults enjoy this just as much as kids, trust me!) learning the art of traditional candy making, then wandering home on a sugar high from consuming whatever you made.

Souk Eats: Haji's Cafe (Bab Al Bahrain)

A morning spent touring the souk with the family is fun for all. Pick up handicrafts, trinkets, and more, see the sights, and wander through the narrow, bustling streets. Then, head to the popular Haji's Café for a late breakfast, where you can enjoy authentic Bahraini dishes in a warm, no-frills setting that feels like a step back in time. Top dishes include the egg, tomato and cheese, Balaleet (sweet vermicelli noodles) and chickpeas.



GIFTS CONT.

Laderach Chocolatier Suisse		
Seef	3881 8080	
@laderach_bahrain		
Plant Your Wishes Seed Paper		
Manama		
@plantyourwishes		
Re-Loved Luxury		
Saar		
@re_loved_luxury		
Reverie Chocolaterie		
Riffa	3226 1222	
@reverie_bh		

JEWELLERY

Bahrain Jewellery Centre (BJC)		
Manama	1752 0052	
@bahrainjewellerycentre		
Harmony Jewels		
Saar	3917 1921	
@harmonybahrain		
Shahrazad Design Everyday		
Fine Jewellery		
Manama	3967 6663	
@shahrazaddesign		
Tiny Om jewellery		
Saar	3200 0513	
@tinyomjewellery		

SHOPPING MALLS

Al A'ali Mall	Seef
@alaalimallbahrain	
Al Liwan	Hamala
@alliwanbh	

Bahrain Mall	Seef
@thebahrainmall	
City Centre Bahrain	Seef
@citycentrebahrain	
Country Mall	Budaiya
@countrymall	
Dana Mall	Seef
@danamall.bahrain	
Dragon City	Muharraq
@dragoncitybh	
El Mercado	Janabiya
@elmercadoj	
Galleria Mall	Zinj
@galleriabh	
Jawad Dome	Budaiya
@the_jawad_dome	
Marina Mall	Manama
Marassi Galleria	Diyar
@marassigalleria	
Moda Mall	Diplomatic Area
@moda_mall	
Nakheel Centre	Saar
Oasis Mall	Juffair / Riffa
@oasismallbahrain	
Ramli Mall	A'Ali
@ramli_mall	
Saar Mall	Saar
@saarmallbahrain	



Seef Mall	Seef/Muharraq
@seefmall	
Sitra Mall	Sitra
Thai Mart	Muharraq
@thaimartbahrain	
The Avenues	Manama
@theavenuesbh	

SUPERMARKETS

Alosra
Amwaj/Durrat/El Mercado/ Juffair/Riffa/Riffa View/ Saar
@alosrasupermarket
Al Jazira
Adliya/Budaiya/Mahooz/ Janabiya Park
@aljazira.supermarket



Little Chefs

Here's a great recipe from our lovely friend Ally at Ally's Kitchen Stories



BACK TO SCHOOL WITH A FUN CULINARY ADVENTURE ...HOMEMADE GOLDFISH CRACKERS!

- ☐ 170g Cheddar Cheese (we use extra mature sharp cheese) Red Leicester's a scrummy option too.
- ☐ 1/4 Cup Salted Butter
- ☐ 3/4 Flour (Doves Farm from Alosra is a fine pick)
- ☐ Pinch of Himalayan Salt
- ☐ 1 tbsp Milk (a dairy free option 'Rude Health Almond Milk')
- ☐ Worcestershire Sauce (optional)
- ☐ Fish shaped cookie cutter (or get creative with any other shapes).

These little poppable goldfish crackers are a lunchbox staple... which you can easily make at home and avoid the shop bought packs which contain all sorts of nasty ingredients. This recipe is Guaranteed smiles!

METHOD:

- Preheat oven to 150-160 degrees c.
- Crumble your cheddar cheese. Using a food processor, pulse the cheese, butter, flour, and salt into coarse crumbs.
- Add your milk and Worcestershire sauce, pulse until a ball forms.
- Roll out the dough on a lightly floured surface so that it is approximately 1/8 inch thick, or the thickness you desire. The thinner the dough, the crispier the crackers. Crunch!
- Cut out the dough with your fish cookie cutter and place on baking paper. Poke a small hole in the cracker where the eye would be with a toothpick.
- Bake for 12-15 minutes until the fishies start to get a golden brown tan.



SUPERMARKETS CONT.

Carrefour
Bahrain Mall/City Centre
Bahrain/Saar Mall/Jawad Dome
@carrefourbahrain

Lulu Hypermarket
Atrium Mall/Dana Mall/Juffair
Mall/Hidd/Manama/Muharraq/
@luluhyperbh

Ramli Mall/Riffa
@luluhyperbh

Tamimi Markets
Dilmunia / Nakheel / Riffa
@tamimimarketsbh

TOY SHOPS

Baby Essentials
Seef Mall 3693 2777
@baby_essentials_bahrain

World of Carousel
Saar 3935 0044
@carouselbahrain

Kiddy Kingdom
Saar 3656 3063
@kiddy_kingdom_bh

Sandooqi
Amwaj 3666 9415
@sandooqi_bh

Toys R Us
Seef 3967 0426
@toysrus.seef

Toy Story
Riffa 3349 3182
@toystory.bh

Toys World
Manama 3723 3371
@toysworldbh

Wonderland Toystore
Riffa 3998 5060
@wonderlandtoystore

SPORT**ATHLETICS**

Bahrain Athletic Association
Manama 1717 6569
@baa_bh

BSB Sports Academy
Hamala 1761 0920
@britishschoolbahrain

SPARTA, St Christopher's
Saar 1760 5190
@sparta_bahrain

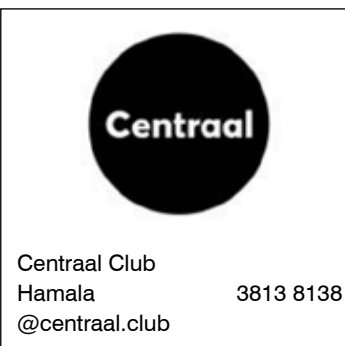
Bahrain Triathlon Association
Manama 7771 3777
@triaathlonbh

BADMINTON

BAPCO Club
Awali 1775 3666
@bapclub.official

Bahrain Badminton and
Squash Fed
Manama 3220 6755
@bbsf.81

BSB Sports Academy
Hamala 1761 0920
@britishschoolbahrain



The British Club
Adliya 1772 8245
@britishclubofbahrain

BASKETBALL

Bahrain Basketball Association
Umm Al Hassam 1781 0353
@bah_basketball

BSB Sports Academy
Hamala 1761 0920
@britishschoolbahrain

Centraal Club
Hamala 3813 8138
@centraal.club

SPARTA, St Christopher's
Saar 1760 5190
@sparta_bahrain

BIKES & CYCLING

Bahrain Triathlon Association
Saar 7771 3777
@triaathlonbh

Cycling Bees
Budaiya 3977 7464
@cyclingbees

Kashta Tours
Manama 3212 2163
@kashta.tours

Manama Tours and Travel
Manama 1754 0990
@manamatours.bh

Skate Shack
Budaiya 1769 7176
@skate_shack_bh

TriLife
Saar 7733 3777
@gotrilife

BOWLING

Adhari Park
Manama 1740 7300
@adharipark

Funland Center
Manama 1729 2313
@funland.bahrain

MJ's Bowling Lounge
Budaiya 7755 7777
@mjsbowlinglounge

Yalla Bowling
Seef 1717 3017
@magicplanetmena

BOXING

Al Doy Sports and Martial Arts
Riffa 3370 8866
@aldoy_sports_centre

Big Up Sports
Saar 3983 1113
@bigup_sport

JD Boxing Club
Saar 3319 9023
@jd_boxing

UFC Gym S.P.C
Manama 3434 2928
@ufcgymbh

CRICKET

Bahrain Rugby Football Club
Saar 1769 5809
@bahrainrfc

Colts
Saar 3362 4226
@coltscricketacademy

SPARTA, St Christopher's
Saar 1760 5190
@sparta_bahrain

DIVING

Dive Bahrain
@divebahrain

Into the Blue
Manama 3775 7373

Scuba Master
Hooraa 1729 2154
@scubamasterco

FISHING

Seastar Marine
Amwaj 3707 8888
@seastarmarinebh

FOOTBALL

24N Football
Manama 3754 9322
@24n_football

Adhari Park
Manama 1740 7300
@adharipark

Bahrain Rugby Football Club
Saar 1769 5809
@bahrainrfc



British Club
Adliya 1772 8245
@britishclubofbahrain

BSB Football Academy
Hamala 1761 0943
@britishschoolbahrain

Centraal Club
Hamala 3813 8138
@centraal.club

Dilmun Club
Saar 1769 2986
@dilmunclub

Footpool Bahrain
Manama 3696 3443
@footpoolbh

Juventus Academy Bahrain
Saar 3713 0107
@jacademybh

Kick Off Academy
Saar 6969 0000
@kickoff.academy

Tekkers
Saar/Sanabis/Riifa/Dilmunia 3384 3416
@tekkers_bahrain

Soccer Stars Academy
Janabiya 3319 3060
@soccerstars_bh

SPARTA, St Christopher's
Saar 1760 5190
@sparta_bahrain

The Football Academy (TFA)
Saar/Riffa 7730 0000
@tfa.bahrain

Winners Football Centre
Isa Town 3808 5535
@gowfc

FORMULA 1

Bahrain International Circuit
Sakhir 1745 0000
@bah_int_circuit

GOLF

Awali Golf Club
Awali 1775 6770
@awaligolfclub

Royal Golf Club
Riffa 1775 0777
@theroyalgolfclub

GYMNASTICS

Aspire
Budaiya 1700 5831
@aspiregymnasticsbh

Bahrain Gymnastics Fed
Manama
@bahrain.gymnastics

BSB Gymnastics Academy
Hamala 1761 0920
@britishschoolbahrain

Flip n Fun
Janabiya 3889 4111
@flipnfun.bh

Motion Gymnastics Academy
Janabiya 3700 2432
@motiongymnastics_bh

Riffa Gymnastics Academy
Riffa 3359 9656
@riffa_gymnastocs_academy

SPARTA, St Christopher's
Saar 1760 5190
@sparta_bahrain

HOCKEY

Bahrain Hockey Association
Saar 3965 8618

HORSE RIDING

Dilmun Club
Saar 1769 0926
@dilmunclub

Horse and Hound supplies
Budaiya 1700 1761
@horseandhoundbh



THE Green Zone

SHOP LOCAL

BUY SEASONAL PRODUCE AT THESE LOCAL MARKETS:

MANAMA CENTRAL MARKET

The Central Market is a hidden gem in the middle of Manama, and at 40 years old, it is one of the oldest markets in Bahrain. A bustling market in large warehouses, filled with hundreds of stalls selling local produce, mostly fruits and vegetables. There is a fish market and meat market in separate buildings nearby. **Top tip** – hire one of the trolleys available, you'll struggle to carry everything, especially once you've picked up a few watermelons! Opening hours: Daily, 4am – 3pm.

BAHRAINI FARMERS' MARKET, BUDAIYA

This is a seasonal market running from December until March. It is located in the beautiful Budaiya Botanical Garden and has a wide range of products, including fresh produce and local crafts. Walk along tree-lined paths, grab a coffee and soak up the atmosphere. There are also plant stalls, cafes, food stalls and children's entertainment. It is a wonderful way to spend a Saturday morning. **Top tip** – get there early! It gets busy later and parking can be tricky. Opening hours: Every Saturday, 7am – 2pm (Dec – March). Check exact opening dates published nearer the time.

FARMERS' MARKET SALMABAD

The Salmabad Farmers' Market is open year-round and located in Salmabad, near Zayed Town. This is a great, one-stop shop for all your local fresh fruit and vegetables. Situated in an air-conditioned warehouse, it is a great option for shopping in the hot summer months. Alongside the produce there are plant shops, a café and some local crafts. **Top tip** – stay for a delicious Bahraini breakfast at the café. Opening hours: It is open 6 days a week (closed on Sundays) from 8am – 3pm.



HERE ARE SOME OTHER GREAT PLACES TO BUY LOCAL PRODUCE AND CRAFT:

RIFFA CENTRAL MARKET,
JASRA ORGANIC FARM,
AL JASRA HANDICRAFT
CENTER, BAHRAIN GOLD SOUQ,
MUHARRAQ SOUQ,
BAB AL BAHRAIN SOUQ,
CAPITAL MALL



All listings are free – please call us if you'd like to add or correct a listing

HORSE RIDING CONT.

Muharraq Equestrian Academy
Muharraq 3985 8770
@mea.brn

Twin Palms Riding Centre
Saar 3413 7001
@twinpalmsridingcentre

ICE SKATING

Funland Center
Manama 1729 2313
@funland.bahrain

Funscape World
Dimunia 3509 7333
@funscapebh

KARTING

Bahrain International Karting
Circuit
Sakhir 1745 1975
@bahrain_karting

Gulf Speed One
Juffair 3922 6612
@gulfspeedone

Matrix Bahrain
Juffair 3617 2477
@matrix.bh

Trax
Seef 3838 8555
@trax.bh

KITE SURFING

Beach Culture
Bahrain Bay 3303 6361
@beachculture

Experience Bahrain
Amwaj 1700 3636
@experiencebahrain.bh

MARTIAL ARTS

Aces Taekwondo Academy
Zenj 3999 6499
@aces_zenj

Albanna Martial Arts Center
Juffair 3666 8390
@albanamac

Bahrain Karate Center
Saar/Dilmunia 3844 9994
@bh_karate

Bin Jamal Taekwondo
Saar 3303 6330
@binjamal_tkd

British Club
Adliya 1772 8245
@britishclubofbahrain

Gracie Jiu-Jitsu Bahrain
Janabiya 3345 3244
@graciebahrain

Hoi Jeon Moo Sool
Seef 3340 0063
@hjms_bh

Japan Karate Association
Budaiya 3888 6930
@jka_bahrain

KI Train
Seef 3624 2230
@kitraining

Reza's Martial Arts Center
Barbar 3884 4055
@rmac_bahrain

SPARTA, St Christopher's School
Saar 1760 5190
@sparta_bahrain

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Adliya 3881 6222
@excellentaekwondobh

MOTORSPORT

Bahrain International Circuit
Sakhir 1745 0000
@bah_int_circuit

Y.K. Off-Road Experience
Sakhir 1745 0000
@bah_int_circuit

NETBALL

Bahrain Rugby Football Club
Saar 1769 5809
@bahrainrfc

British Club
Adliya 1772 8245
@britishclubofbahrain

Dilmun Club
Saar 1769 0926
@dilmunclub

SPARTA, St Christopher's School
Saar 1760 5190
@sparta_bahrain

PADDLE BOARDING

Beach Culture
Bahrain Bay 3303 6361
@beachculture

PADEL TENNIS

Beach Padel
Seef 3979 7797
@beach_padel

Centraal Club
Hamala 3813 8138
@centraal.club

Let's Padel
Seef 1753 3337
@letsfpadel.bh

Padel Bahrain
Juffair 3327 7360
@bahrainpadel

Padel One
Saar 3882 8885
@padelone.bh

Padel Park at Gravity Village
Zallaq 3223 0303
@padelparkbh

Pink Padel
Riffa 3822 2444
@pinkpadel.bh

Padel at The Royal Golf Club
Riffa 1775 1266
@theroyalgolfclub

Sky Padel, Manama 3672 0775
@skypadel.bh



RUGBY

Bahrain Rugby Football Club
Saar 1769 5809
[@bahrainrfc](#)

RUNNING

Bahrain Triathlon Association
Saar 7771 3777
[@triathlonbh](#)

Let us Run
Manama 3638 3348
[@lettuce.run](#)

SAILING

Bahrain Maritime Sports
Manama 1718 0407
[@bahrainmaritime_bmsa](#)

Bahrain Yacht Club
Sitra 1770 0677
[@thebahrainyachtclub](#)

Bahrain Sailing Club
Zallaq 1783 6078

Star Marine
Saada 3879 7979
[@starmarinebah](#)

SWIMMING

Bahrain Rugby Football Club
Saar 1769 5809
[@bahrainrfc](#)

Mermaid Swimming Classes
Sanad 3779 8823
[@merschoolbh](#)

Elements BSB
Hamala 1761 0973
[@elements.bsb](#)

Dilmun Club
Saar 1769 0926
[@dilmunclub](#)

Dolphin Swimming Training
Um Al Hassam 3950 3169

Royal Life Saving Bahrain
Manama 3200 1113
[@rlsbahrain](#)



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Dilmun Club, Saar

British School Bahrain, Hamala

SPARTA, St Christopher's School
Saar 1760 5190
[@sparta_bahrain](#)

Swim Stars
Hamala 1734 2595

Water Discovery
Amwaj 3333 0805
[@waterdiscovery.bh](#)

TENNIS

Athletic Kings Tennis Coaching
Saar 3832 5914
[@athletickingsbahrain](#)

Bahrain Tennis Academy
Saar 3969 7114
[@Bahrain_tennis_academy](#)

Bahrain Tennis Club
Juffair 1772 9561
[@btf_tennis](#)

British Club
Adliya 1772 8245
[@britishclubofbahrain](#)

Dilmun Club
Saar 1769 0926
[@dilmunclub](#)

Elements BSB
Hamala 1761 0973
[@elements.bsb](#)

MG Tennis Academy
Various locations 3833 3065
Insta [@mg_tennisacademy](#)

Movement Tennis
Hamala 3930 9402
[@movement.tennis](#)

SPARTA, St Christopher's School
Saar 1760 5190
[@sparta_bahrain](#)

Teddy Tennis
Janabiya/Adliya 3885 4881
[@Teddytennisbh](#)

TRIATHLON

Bahrain Triathlon Association
Saar 7771 3777
[@triathlonbh](#)

TRAVEL

AIRLINES

Air Arabia 1750 5111
[@airarabiagroup](#)

Air Canada 1782 8768
[@aircanada](#)

Air France 1722 0870
[@airfrance](#)

Air India 1722 0788
[@airindia.in](#)

American Airlines 1782 6725
[@americanair](#)

British Airways 1758 7777
[@british_airways](#)

Cathay Pacific 1722 6226
[@cathaypacific](#)

Cyprus Airways 1722 0849
[@cyprusairways](#)

Egypt Air 1724 3317
[@egyptair](#)

Emirates Airlines 1758 8700
[@emirates](#)

Etihad Airlines 1751 9999
[@etihad](#)

Gulf Air 1737 3737
[@gulfair](#)

KLM 1722 9747
[@klm](#)

Kuwait Airways 1722 3300
[@kuwaitairways](#)

Oman Air 1750 0020
[@omanairofficial](#)

Qatar Airways 1721 2202
[@qatarairways](#)

Saudi Airlines 1721 1550
[@saudi_airlines](#)

Let's Cook

Hosting at home Middle Eastern style with Roaya Saleh,
Founder and Owner of Villa Mamas



ELGAIMAT

- 200 grams all-purpose flour
- 1/6 teaspoon salt or a pinch
- 1 teaspoon instant yeast
- 1/4 teaspoon cardamom powder
- 1 teaspoon sugar
- 2 tablespoons warm yoghurt
- 3/4 cup warm water
- 40 grams mashed potatoes (warm)
- Vegetable oil (enough to reach at least 2/3 deep in the frying pan)

Longer days and balmy evenings usher in the perfect time for hosting at home. Renowned as the "Daughter of the Gulf" for her pioneering take on Gulf cuisine, Roaya Saleh, the visionary founder of popular Bahrain-based Villa Mamas restaurant shares a traditional sweet treat recipe.

ELGAIMAT: THE SWEETEST END

No Middle Eastern feast is complete without Elgaimat, crispy dough balls in date syrup, originating from Ancient Greek culture and refined in Levant countries. This sweet treat, served with Khalas date syrup, adds a perfect finale to any meal. Ideal for up to 4 people, it's great for intimate gatherings or family indulgence.

ASSEMBLY:

- In a mixing bowl, combine the all-purpose flour, salt, instant yeast, cardamom powder, and sugar.
- Add the warm yoghurt and warm mashed potatoes to the dry ingredients.
- Gradually pour in the warm water while kneading the dough until it forms a smooth and elastic ball.
- Cover the dough with a damp cloth and let it rest in a warm place for about 1 hour or until it doubles in size.
- Heat the vegetable oil in a deep frying pan or pot over medium heat.
- Take small portions of the risen dough and shape them into balls or small discs.
- Carefully drop the elgaimat into the hot oil and fry until golden brown and crispy.
- Remove from the oil and place them on paper towels to drain excess oil.
- Serve with date syrup.

Taken from her forthcoming book, these cherished recipes offer a personal glimpse into Roaya's culinary journey and the rich cultural diversity of the Gulf region. Set to launch at the end of 2025, the book will provide context to her acclaimed food philosophy, which merges her heritage with contemporary global influences. It includes recollections of Roaya's childhood in Iran and fond memories of her grandparents' house in Fareej el-Makharqa in Manama, Bahrain, further enriching the understanding of her culinary vision and the influences behind it.



Saudi Arabia

A weekend in Jeddah

APPLY FOR YOUR EVISA

Apply for an eVisa before you go @visitsaudi.com. This should come through online within 24 hours. You can get a visa on the Causeway but it will take much longer to organise.

Jeddah lies next to the Red Sea, west of Mecca with a population of 5 million. It is a modern commercial hub which was originally the site where pilgrims travelling to the Holy Cities of Mecca and Medina started their pilgrimage. Recently the city has become a fabulous blend of tradition and modernity. You can wander through the UNESCO heritage site of Al Balad or take an e-scooter down the Corniche beside the Red Sea. The city is also booming now that the Formula 1 has reached its shores.

Whilst the city has a very cosmopolitan feel, it is advisable to dress conservatively. Jeddah is a city that is moving with the times, but it is not a beach resort. There is no need for ladies to cover their hair or wear an Abaya, but conservative clothing is recommended.

GET THERE

Fly: Take the 2-hour flight with Saudia Airlines, saudia.com or Gulf Air, gulfair.com

Train: Drive over the Causeway and take a train from Dammam to Riyadh, then the bus on to Jeddah.

Bus: The Saptco Bus is 18 hours and departs from Manama Lulu.

Road Trip: Drive over the causeway and on to Jeddah. Travel time is approx. 15 hours.

EMERGENCY NUMBERS

Police	999/911
Fire	99/911
Ambulance	997
Traffic police	933
Car accident Najm	+966 9200 00560

POPULAR ACCOMODATION

The Jeddah Edition	+966 125148787
The Intercontinental	+966 12229555
Jeddah Marriott	+966 122366668

Waldorf Astoria
+966 126077479

Shangri-La
+966 126968888

The Ritz Carlton
+966 2663306

THERE'S SO MUCH TO DO

Book any tour on Visit saudi.com

Al Balad – A UNESCO heritage site. Wander through the ancient buildings which come alive at night.

Bait Naisseif – A historical building now housing a museum and cultural centre.

Nab Al Makkah – The Gate of Jeddah where pilgrims started their journey to Mecca.

King Fahd Fountain – Watch as water shoots up into the sky! This fountain reaches an incredible height of 312 metres.

Half Moon Valley – Great for a hike. We recommend you take a guide.

Fakieh Aquarium – Enjoy the underwater world at this family friendly Aquarium
+966 126066144

Mall of Arabia – Some great shopping.

The Corniche – Stroll along the waterfront.

Visit the Formula 1 – April 18-20, 2025.

Scuba Dive in Obhur
+966 5499974
[@decentdiveclub](https://www.decentdiveclub.com)

Snorkel at Bayada Island – book through visitsaudi.com

Al Rahmah Mosque – Visit this beautiful mosque. Open between 4pm-10pm.

Some useful Instagram accounts
[@Jed.calendar](https://www.instagram.com/Jed.calendar)
[@Discoverjeddah](https://www.instagram.com/Discoverjeddah)
[@Visitsaudi](https://www.instagram.com/Visitsaudi)

The newly opened Jeddah EDITION is a fantastic addition to Jeddah's luxury hotel scene.

WHERE

Situated along the Jeddah Corniche, The Jeddah EDITION is a coastal resort by the Red Sea. It is located near the Jeddah Art Promenade and is just a short drive from local attractions such as Al-Balad (a UNESCO World Heritage site), The Red Sea Mall, the Marina and The Jeddah Yacht Club. At dusk the Marina becomes a vibrant hub where locals indulge in late-night dining and shopping along the waterfront. The hotel is also positioned at one of the most thrilling corners of the Saudi Arabian Grand Prix Circuit.

STAY

The hotel has a sleek low-rise structure designed to evoke the appearance of a superyacht. It is surrounded by an oasis of landscaped gardens adorned with palm trees, and features 52 rooms and 11 suites, including two luxurious Penthouses, a rooftop terrace complete with a pool, a spa, a gym, as well as two lounges and a signature restaurant.

EAT & DRINK

The Lobby Lounge and adjacent Lobby Bar are the city's social hubs where guests can enjoy handcrafted drinks, locally roasted coffee, and a variety of teas, accompanied by a selection of light snacks and an impressive range of pastries. Outdoors, the large terrace has stunning views of the Red Sea, and the Floating Mosque. Maritime is the hotel's signature contemporary French-Asian restaurant, envisioned by the esteemed chef Cédric Vongerichten. Acknowledged by Zagat as one of the top 30 chefs under 30. Open from dawn until late evening,

Maritime offers delicious sharing dishes. The interior is stunning with velvet banquettes, distressed glass mirrors, potted banana leaf plants, blue and white Chinese pottery, and an Iranian silk Persian rug beneath the communal dining table. Overlooking the Red Sea, the restaurant's beautiful terrace is adorned with potted plants and ancient olive trees with pergolas draped in pink bougainvillea.

RELAX

Located on the fourth floor, The Roof is a serene escape with 'Mediterranean beach club' vibes. There are private alcoves and lounges surrounded by lush greenery, with sweeping views of the lively Marina, Jeddah Yacht Club, and the F1 track. The pool is bordered by sun loungers and shaded cabanas.



The menu offers a selection of wood-fired à la carte and shared dishes, as well as frozen pressed juices or iced frappés. Additionally, the fourth floor houses a gym and The Spa, which features warm walnut paneling and soft lighting. There are three treatment rooms, each with its own changing facilities. The treatment menu offers a range of services from facials to massages, utilizing Natura Bissé products from Barcelona.

With the Kingdom of Saudi Arabia embarking on a transformative new chapter, The Jeddah EDITION stands out as a unique hotel that aligns with Saudi Arabia's Vision 2030, highlighting one of the nation's most vibrant cities.

The Jeddah EDITION
7044 Al Kurnaysh Br Rd, Ash Shati,
Jeddah 23613, Saudi Arabia
info.jed@editionhotels.com
Hotel: +966 12 514 0000
Reservations: +966 12 514 8787



AIRPORT INFORMATION

Bahrain International Airport
Muharraq 8000 7777
@bahrainairport

Hala Bahrain
Muharraq 1713 9002
@halabahrainhospitality

HOTELS

Al Bander Hotel and Resort
Sitra 1770 1201
@alibanderhotelandresort

Conrad Hilton
Financial Harbour 7797 7777
@conradbahrain

Coral Bay Hotel
Diplomatic Area 1731 2700
@coralbaybh

Crowne Plaza
Diplomatic Area 1753 1122
@crowneplazabahrain

Diplomat Radisson Blu
Diplomatic Area 1753 1666
@diplomaticradissonblu

Domain Bahrain
Manama 1600 0000
@domainbahrain

Downtown Rotana
Manama 1311 9999
@downtownrotana
Dragon Resort
Amwaj 1603 1111
@dragonhotelbh

Elite Resort & Spa
Manama 1731 3333
@eliteresort_spa

Four Seasons Hotel
Bahrain Bay 1711 5000
@fsbahrain

Fraser Suites Diplomatic
Diplomatic Area 1616 1800
@fraserdiplomatic

Golden Tulip
Manama 1753 5000
@goldentulipbahrainhotel

Grand Swiss-Belhotel Waterfront
Seef 1717 7333
@grandswissbelhotelwaterfront

Gulf Hotel
Manama 1771 3000
@thegulfhotelbh

Hilton Bahrain
Manama 7701 0100
@hiltonbahrain

Hilton Garden Inn Bahrain Bay
Bahrain Bay 7790 1111
@hiltongardeninnbahrainbay

Ibis Styles
Diplomatic Area 1723 3310
@ibisstylesbahrain

Intercontinental Regency
Bahrain Manama 1722 7777
@interconbahrain

Jaw Resort & Spa
Jaww 7797 9797
@jawresortbahrain

Jumeirah Gulf of Bahrain
Zallaq 7777 1000
@jumeirahgulfofbahrain

Laguna Beach Resort
Budaiya 1663 0000
@laguna.bh

Le Meridien
Seef 1717 1000
@lemeridienbahrain

Majestic Arjaan Rotana
Muharraq 3999 7289
@majesticarjaanbyrotana

Movenpick
Muharraq 1746 0000
@movenpickbahrain

Novotel Al Dana Resort
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@novotel_bahrain

Palm Yard Hotel
Manama 1772 5000
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THE RITZ-CARLTON
BAHRAIN

Raffles Al Areen Palace Bahrain
Zallaq 1784 5000
@rafflesalareenpalace.bahrain

Ramada
Seef 1774 2000
@ramadabahrain

Ramee Grand
Seef 1711 1999
@rameegrand.bh

Ritz-Carlton Hotel
Seef 1758 0000
@ritzcarltonbahrain

Reef Resort Hotel
Reef Island 1311 0110
@reefboutiquehotel

Royal Saray
Seef 7770 7070
@royalsaray

Sofitel Hotel
Zallaq 1763 6347
@sofitelbahrain

Swiss-Belhotel
Seef 6631 0000
@swissbelhotelseef

The Address
Marassi Beach 7749 9666
@addressresortbahrain

The Art Hotel and Spa
Amwaj 1600 0111
@theart.bh

The Grove
Amwaj 1603 0303
@thegroveresortbahrain

The K Hotel
Juffair 1736 0000
@khotelbahrain

The Merchant House
Manama 1667 1000
@themerchanthousebahrain

The Westin Bahrain
Seef 1717 1000
@westinbahrain

Vida Beach Resort
Marassi Al Bahrain 7748 8100
@vidabahrain

Wyndham Garden Manama
Juffair 6631 6666
@wyndhamgardenbah

Wyndham Grand Manama
Bahrain Bay 1711 6116
@wyndhamgrandmanama

TOUR GUIDES

Airhome Travels
Manama 3655 1214
@airhometravels

Sylvia Tourguide
Manama 3309 8001

Sophie's Secret Bahrain
Saar 3393 3230
@sophie_secret_bahrain

Vendy Tourguide
Manama 3947 2025

USEFUL INFO

CAR DEALERSHIPS

Euro Motors
Sitra 1775 0750
@euromotors_bh

Mercedes Benz Bahrain
Tubli 1778 5454
@alhaddadmotors

Java Motors Bahrain
Budaiya 1759 6626
@javamotorsbahrain

CAR RENTAL

Avis
Manama 3848 4545
@avis.bahrain

Budget
Manama 1753 4100
@budgetbahrain

EuropCar
Manama 1768 1999
@europcar

Hertz
Manama 1729 7117
@hertz

Kanoo Daily Rental
Manama 1778 4042

OTO Rent A Car
Manama 1721 1682
@ottorentacar

Rotana
Seef 1717 9030
@rotanacars

SIXT
Manama 1713 8920
@sixt

Zayani Leasing
Manama 1770 6147
@zayanileasingbh

COMPUTER & PHONE
REPAIRS

Bluebell Computers
Al Maqsha 1759 6993
@blue_bellcomputer

Edge Phones
Saar 3828 4090
@edgephonebh

Reunion Computer
Diraz 1769 5955
@reunionpc

Star Plus
Saar 1782 7123
@starplus_bh

COURIERS

Aramex Bahrain/Shop n Ship
Manama 1733 0434
@aramex

DHL
Manama 1736 4100
@dhl

FedEx
Manama 8000 4314
@fedex

EMBASSIES &
CONSULATES

Bangladesh 1723 3925

China 1772 3800

Egypt 1772 0005

France 1729 8600

Greece 3996 7686

India 1771 2785

Iraq 1774 1472

Ireland 1772 8146

Italy 1725 2424

Japan 1771 6565

Jordan 1729 1109

Kuwait 1753 4040

Lebanon 1757 9001

Malaysia 1756 4551

Mexico 1725 2104

Morocco 1774 0566

Netherlands 17 600 110

Oman 1729 3663

Pakistan 1724 4113

Qatar 1772 2922

Russia 1772 5222

Saudi Arabia 1753 7722

Turkey 1753 3448

UAE 1774 8333

UK 1757 4100

USA 1724 2700



GAS & WATER

Nestle Water	1740 4435
Aqua Cool	1778 4101
Bahrain Gas	1770 2811

INSURANCE

GIG Bahrain Manama @gigbh	8000 1060
Patrick York Insurance Seef @pyinsurance	1758 7031

INTERNATIONAL DIRECTORY

Enquiries	191
Local Call Assistance	100
Local Directory Enquiries	181
Weatherline	1723 6236

LAUNDRY

The Laundry House Tubli @laundryhousebh	1700 0073
Oxygen Laundry Sanad @oxygen.laundry_bh	6666 0067

OTHER

British Chamber of Commerce Bahrain @britishchambercommercebahrain	
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PHOTOGRAPHERS

Amani Photography Seef @amaniphotostudio	3998 8068
Bader Alwazeer Photography Manama @bader_photo	3777 3308



Euroway Photography & Design Hoorah @euroway_photography	3730 0097
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Fatmina Photography Manama @fatimaphotography.bh	3662 2622
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Hannah Elson photography Janabiya @hannahelsonphotography	3615 5345
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Javeen	3635 1264
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Jodie Baker Photography Janabiya @jodiebakphotography	3885 2723
---	-----------

Khatoun & Bader Manama @bkweddings	3934 4258
--	-----------

Little Miracles by Sherin Manama @littlemiraclesbys	3444 3662
---	-----------

Makenzie Everboud @makenzieeverboudphotography	
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Roqaya Wedding Photographer Manama @roqayaphoto	3999 0068
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Scope Saar @studio_scope	1769 9520
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PUBLIC SERVICE NUMBERS

Coast Guard	1770 0000
Flight Information	1733 9339

Police	999
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TAILORS

Mrs Pan Tailoring Budaiya @soriginal.bh	3446 3710
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Soriginal Tailoring Saar @soriginal.bh	3841 0120
--	-----------

Tailor Express Manama @tailorexpress_bh	3628 8000
---	-----------

Think it Stitch it Saar @thinkitstitchit	7717 9911
--	-----------

Trico Tailoring Al Hidd @tricobh	1700 3445
--	-----------

TAXIS

Arabian Taxis Hidd	1746 1746
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Bahrain Chauffeur Limo Manama	3306 2726
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Bahrain Taxi Manama	6696 6976
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Careem @careembah	
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Gulf Taxi Manama	3444 4616
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Speedy Motors Manama	1768 2999
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Uber @uber	
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TELECOMS

Batelco	3926 4462
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STC	3312 4124
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Zain	3610 7107
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TV

OSN+ @osn	
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