

# CONNECT *Bahrain*

THE **FREE** FAMILY DIRECTORY

WHAT TO DO  
AND WHERE  
TO GO

SPECIAL  
FEATURE ON  
OUTDOOR  
DINING

CHILDREN'S  
ACTIVITY  
PULL-OUT



ISSUE 3  
AUTUMN/WINTER 2023  
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مدرسة سنت كريستوفر  
**St Christopher's  
School Bahrain**

f i x @stchrisbahrain

st-chris.net



**CONTACT OUR  
ADMISSIONS TEAM  
FOR A SCHOOL TOUR**

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St Christopher's School Bahrain offers a world-class education and is the leading British-style international school in Bahrain.

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The School has celebrated over 62 years of excellence in education in Bahrain and we are immensely proud of our warm and richly diverse community of students and staff.

**We look forward to welcoming you to our wonderful community.**



EDITORS'  
NOTE

# Welcome

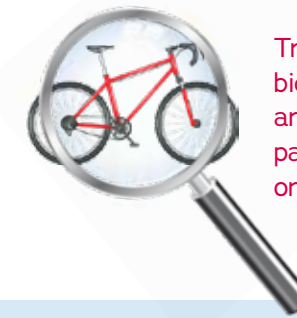
Welcome to the Autumn/Winter edition of Connect Bahrain, The Family Directory. Our directory is available throughout Bahrain and lists businesses, schools, restaurants, shops, children's activities and much more. Each listing includes a phone number, a location and an Instagram handle.

In this edition we are celebrating 'The Great Outdoors'. We have a special feature on outdoor dining, as well as some fantastic ideas for outdoor activities on your doorstep.

We print 40,000 copies of Connect Bahrain each year. Please get in touch if you would like to be listed or place an advertisement.

With very best wishes,  
Ruth Brown and Georgie Jones

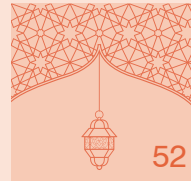
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whatsapp +973 3226 8251  
CR 159194



Try and find 23  
bicycles hidden  
amongst the  
pages. The first  
one is here.

**Green  
Zone**   
25

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Disclaimer: Connect Bahrain has ensured to the best of its abilities that all information and details in the directory are correct at the time of going to print. Please note that Connect Bahrain accepts no liability for loss or damage resulting from contacts made through this directory, or from errors or claims made by advertisers. Readers should make their own enquiries and decisions when engaging businesses listed in the directory.



# Our Island



1. A'Ali Pottery
2. Adhari park
3. Al Areen Wildlife Sanctuary
4. Al Dana Amphitheatre
5. Al Dar Island
6. Al Fateh Grand Mosque
7. Al Jazair Beach
8. Arad Fort
9. Bahrain Fort
10. Bahrain International Airport
11. Bahrain International Circuit
12. Bahrain Mall
13. City Centre Bahrain
14. Country Mall
15. Durrat Marine Yacht Club
16. IKEA
17. Mall of Dilmunia
18. National Museum of Bahrain
19. National Theatre of Bahrain
20. Nurana Beach Budaiya
21. Pearling Path and Visitor Centre
22. Ramli Mall
23. Rashid Equestrian & Horseracing Club
24. Reef Mall
25. Riffa Fort
26. Royal Camel Farm
27. Royal Golf Club
28. Saar Mall
29. Seef Mall
30. Sheikh Nasser Cycling Loop
31. Sitra Mall
32. The Lost Paradise of Dilmun Water Park
33. Tree of Life

**BRITISH COUNCIL**

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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

Art Zania  
Seef 3996 9933  
@artzania

Aurians Academy of Arts  
Riffa 3323 2895  
@aurians.bh

Bahrain Arts Society  
Jidhafs 1759 0551  
@bahrainartssociety

Craftzania  
Saar 3880 3397  
@craftzania

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  
@smarkids\_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

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  
@kucokingclass

A Piece of Cake  
Budaiya 3900 1155  
@a\_piece\_of\_cakebh

Ready Get Set Cook  
Saar 3942 6665  
@readygetsetcook

Susy Massetti Cooking classes  
Al Jasra 3900 6292  
@susy.massetti

The Cooking Studio  
Manama 1711 1022  
@cookingstudiobh

CLIMBING

Funscape World  
Mall of Dilmunia 1330 0220  
@funscapebh

Adventure Hub  
Galleria Mall 3353 1166  
@adventurehubme

The Crag Rock Climbing  
Zallaq 3888 5655  
@thecragbh

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 CHILDREN WITH  
NEURO DIVERSITY

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



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### HOLIDAY CLUBS CONT.

Art Zania  
Seef 3996 9933  
@artzania

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

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

Saxophone Bahrain  
Sanabis 3737 7718

Seoul Music Center  
Seef 3987 6304  
@seoulmusicbh

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

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

### CULTURE

A'ali Burial Mounds  
A'ali Open 24 hrs

A'ali Pottery  
@aalipottery  
10am - 6pm

Abo Helal Basket Weaving  
Manama 3969 1330  
@buhelal\_basket

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

Al Jasra House  
Jasra 1761 1454  
10am - 2pm

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

Bahrain National Museum  
Manama 1729 8714  
@bahrainnationalmuseum  
10am-8pm

Barbar Temple  
10am-5pm

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

National Theatre of Bahrain  
Manama 1753 2233  
@culturebah

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

Riffa Fort  
Riffa 1729 8777  
10am-5pm

Shaikh Isa Bin Ali House  
Muharraq 1733 4945





**CULTURE CONT.**

Shaikh Ebrahim Center for Culture  
Muharraq 1732 2549  
@shaikhebrahimcenter

Siyadi House  
Muharraq 3323 3521  
@pearlingpathbh

**EAT****BRUNCHES**

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

Akaya  
Adliya 1749 0004  
Thurs and Fri 5pm-8pm  
Set menu 20BD - 28BD

Atmosphere  
Wyndham Grand 1711 6116  
Friday 12:30pm – 3:30pm  
Buffet From 19BD

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

Baharat  
Le Meridien 3320 4175  
Friday 1pm – 4:30pm  
Buffet 26BD – 36BD

Bushido 1758 3555  
Friday 12:30pm – 3:30pm  
Buffet 24.1BD – 33.2BD

Cantina Kahlo  
Ritz Carlton 1758 6401  
Fri and Sat 1pm – 4pm  
Set menu 35BD – 45BD

Choices  
Art Hotel 1600 0111  
Friday 12:30pm – 4pm  
Buffet 26BD – 36BD

Circa 3992 7872  
Fri and Sat 1pm – 5pm  
Set menu 35.6BD – 44.5BD

Crowne Plaza 1753 1122  
Friday 12:30pm – 4:30pm  
Buffet 21BD – 34BD

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

David's Stir Fry Crazy  
1754 0188  
Friday 12pm – 4pm  
Set menu from 15BD

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

Fishbone  
Novotel 1729 8436  
Friday 12pm – 4pm  
Set menu 22BD

Flavours on 2  
Downtown Rotana 1311 9999  
Friday 12:30pm – 4pm  
Buffet 24BD – 35BD

Gallery 21 1771 1600  
Friday 12:30pm – 4pm  
Buffet 19BD – 34BD

Haus 1766 3232  
Friday 12pm – 4pm  
Set menu 35BD – 40BD

Indigo  
Merchant House 1667 8666  
Fri and Sat 12:30pm – 3:30pm  
Set menu 30BD – 45BD

Iris 1721 2223  
Friday 1pm – 5pm  
Buffet 28BD – 35/46BD

Lanterns 1759 0591  
Friday 12pm – 4pm  
Buffet 20BD – 31.6BD

La Med  
Ritz Carlton 1758 6499  
Friday 12:30 – 4pm  
Buffet 35-45BD

Legendz Steakhouse  
Intercontinental 3230 0702  
Friday 11am-4pm

L'Orto 1777 7818  
Adliya 12 - 4pm  
Friday  
Set menu 28BD - 36BD

Masso 1772 1061  
Fri and Sat 12:30pm - 3:30pm  
Set menu 28BD – 35BD

McGettigan's 1700 0415  
Friday 12pm – 4pm  
Set Menu 20BD – 29BD

Meisei 1700 7770  
Saturday 12pm-4pm  
25BD - 32BD

Momento  
Al Alreen Palace 1784 5000  
Friday 12pm – 4pm  
Set menu 24BD – 35BD

My Café 7734 4444  
Saturday 12pm – 4pm  
Set menu 28BD – 38BD/45BD

Obab Al Bahar  
Jumeriah Gulf of Bahrain 7777 1000  
Friday 12:30pm-4pm  
Buffet 30BD

Oliveto 1771 6747  
Friday 1pm – 4pm  
Set menu 28BD – 39BD/45BD

Opa  
Royal Saray 3355 5244  
Friday 12:30pm – 3:30pm  
Set menu 25BD – 35BD

Origins  
Vida hotel 7748 8888  
Friday 1pm – 4pm  
Buffet 28BD – 34BD

Origin Kitchen and Culture  
Hilton Bahrain 3369 2013  
Friday 1pm – 4pm  
Buffet 27BD -39BD

Regency  
Intercontinental 1722 7777  
Friday 11am- 4pm  
Buffet 28BD – 37BD

Rosso  
Art Hotel 1600 0111  
Saturday 12:30pm -4pm  
Buffet 20BD – 26BD

Salero 1717 1300  
Saturday 1pm – 5pm  
Buffet 22BD – 29.5BD

Silk  
Movenpick 1746 0000  
Friday 12pm – 4pm  
Buffet 42BD

Sofitel 1763 6363  
Friday 12:30pm – 3:45pm  
Buffet 36BD

Solymar Beach Club 3509 4777  
Friday 12pm – 4pm  
Buffet 38BD

The Dilmun Club 1769 0926  
Friday 12pm – 4pm  
Buffet 20BD

The Royal Golf Club 1775 1266  
Once a month 12:30pm – 4pm  
Buffet 30BD – 35BD

Texas Longhorn 1710 4655  
Friday 12pm – 5pm  
Set menu 16BD – 21BD

**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  
@hahalebnan.bh

Haute Cupcakes  
Seef 1758 6363  
@hautecupcakesbh

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

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



*The* **BRUNCH**  
**FOR FOOD**  
**LOVERS**

Enjoy a delectable brunch with a variety of options starting with breakfast classics and ending with lunch.

EVERY FRIDAY  
11 AM - 4 PM  
LIMITED SEATS

SOFT BEVERAGES  
**BD 28 NET**

ENDLESS  
SELECTED SPIRITS  
**BD 37 NET**

Children from 6 to 12 years **50%**  
Below 6 years, dine for free

\*Terms and Conditions Apply

Scan to book!



Legendz  
SteakHouse

INTERCONTINENTAL  
REGENCY BAHRAIN



**COFFEE & CAKE CONT.**

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 Crosssaint bakery  
Juffair 7799 5551  
@redcrosssaintbakery

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

Dine In @dinein.me

Jahez @Jahezbh

Talabat @talabatbh

**FAST FOOD**

Box it @boxitarabia

Burrito Loco @burritoloco.me

Dominos @dominosbh

Fuddruckers  
@fuddruckersbahrain

Hardee's @hardeesbahrain

McDonalds  
@mcdonaldsbahrain

Papa Johns  
@papajohnsbahrain

Pizza Hut @pizzahutbahrain

Pro Pizza @pro.eatery

Tacos and Burritos @tnbme

YaSalam @yasalambahrain

**ICE CREAM**

Baskin Robbins  
@baskinrobbinsbh

Florencia  
@florenciaicecreambh

Marble Slab  
@marbleslab\_bh

**RESTAURANTS BY CUISINE****AFRICAN**

Kula  
Riffa 1727 3337  
@kula\_bh

**ALL DAY BREAKFAST**

N'ovo

Hamala 3223 0428  
@novo.bh

**AMERICAN**

Applebee's  
Seef 7744 9999  
@applebeesbahrain

Black Tap Craft Burgers  
Seef 1710 0363  
@blacktapbahrain

Blaze Burgers  
Adliya 1774 4773  
Janabiya 3984 4773  
@blazeburgers

Dough  
Bahrain Bay 3356 0367  
@doughbahrain

Cocos  
Adliya 1771 6512  
@cocoscabebahrain

Frankie's  
Seef 1755 0666  
@frankiesamericandiner

Lucky Clucks  
Seef 1755 4400  
@luckyclucksbh

Pickl Bahrain  
Seef  
@pickl.bh

Ric's Kountry Kitchen  
Manama 1772 5550  
@ricsbahrain

Route 66  
Amwaj 1606 6066  
Adliya 1774 4831  
Isa Town 1700 4566  
@eatroute66

Shake Shack  
City Centre 1711 0389  
The Avenues 1711 0588  
@shakeshackme

Texas Longhorn  
Manama 3205 9999  
@texaslonghorn.bh

**ASIAN**

Hong Kong  
Janabiya 7799 0002  
Riffa 7766 1661  
Seef 1748 4048  
Zinj 1766 1668  
@hongkongbh

Monsoon  
Adliya 1774 9222  
@monsoonbahrain

Nu Asia  
Seef 1743 4344  
Budaiya 1769 1919  
@nuasia

Ramenara  
Seef 3989 8966  
@ramenara\_official

re Asian Cuisine  
Four Seasons  
Bahrain Bay 1711 5500  
@reasiancuisine

Muju Dragon Resort  
Amwaj 1603 9800  
@dragonresort.bh

WU restaurant  
The Art Hotel Amwaj 1600 0111  
@wulounge

**BAHRAINI**

Darseen Café  
Bahrain National Museum 7733 6600  
@darseencafebh

Dona's Wonders  
Muharraq 1721 3669  
@donaswonders

Emma Wash  
Budaiya 1730 9030  
@emmawash\_bh

Haji's Café  
Manama 1721 0647  
@hajiscafe



Your order delivered by

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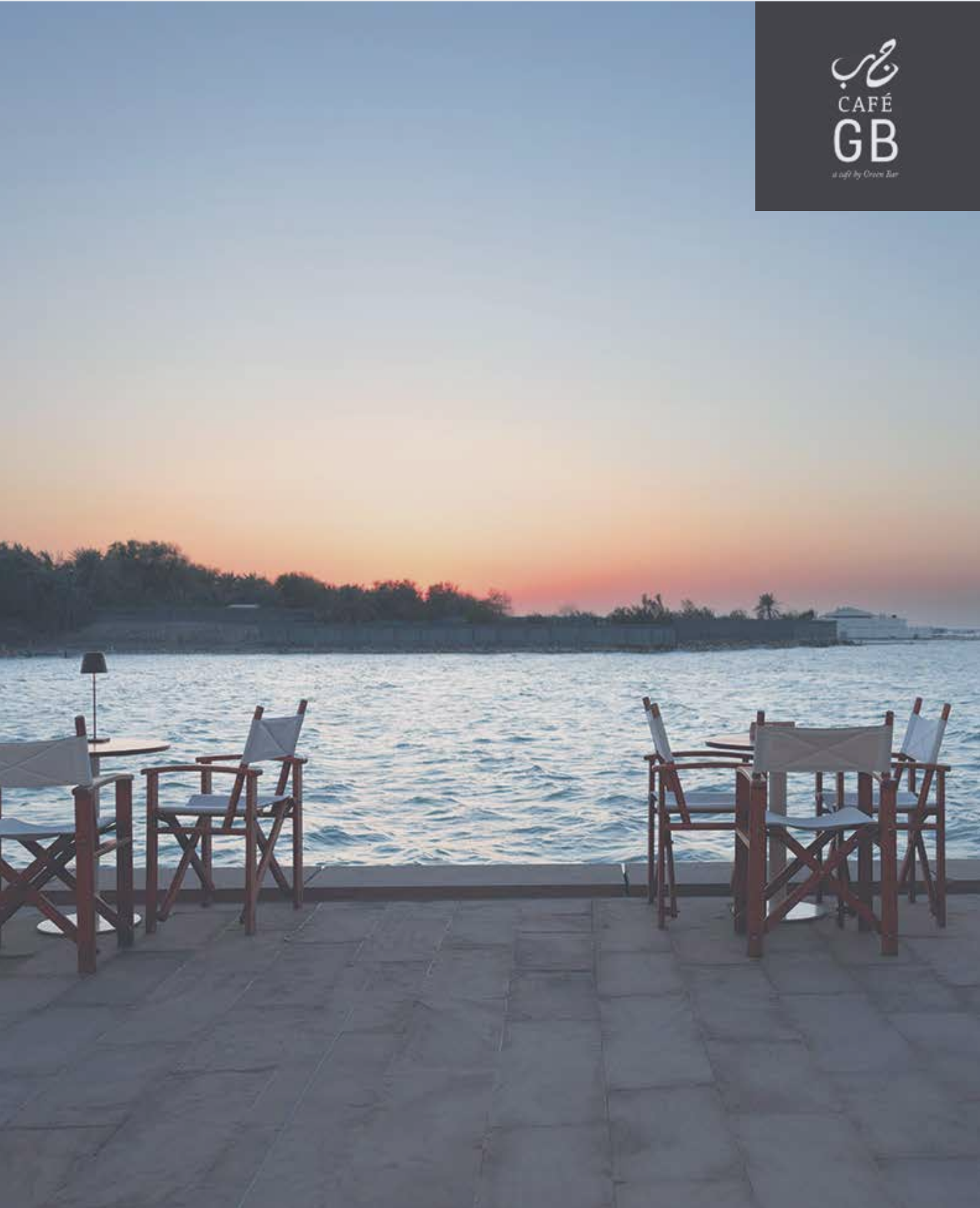




# Outdoor Dining

WHERE TO DINE AL FRESCO

|                                                                                                                      |                                                                                                                   |                                                                                                                                 |                                                                                                          |
|----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| <b>Attic</b><br>Adliya 1771 7780<br>@atticbahrain<br>Roof top terrace                                                | <b>Cut by Wolfgang Puck</b><br>Bahrain Bay 1711 5044<br>@cutbahrain<br>Balcony dining at The Four Seasons         | <b>La Fontaine</b><br>Manama 1723 0123<br>@lafontainebh<br>Large outdoor terrace with water feature                             | <b>Momento</b><br>Al Areen 3605 7494<br>@momento.bh<br>Terrace at Al Areen Palace and Spa                |
| <b>Bahrain Bay Kitchen</b><br>The Four Seasons<br>Bahrain Bay 1711 5500<br>@fsbahrain<br>Terrace at The Four Seasons | <b>Fish Bone</b><br>Manama 1729 8436<br>@fishbone.bh<br>Waterfront terrace                                        | <b>La Med</b><br>Ritz-Carlton 1758 6499<br>@ritzcarltonbahrain<br>Pool side terrace at The Ritz Carlton                         | <b>Monsoon</b><br>Adliya 1774 9222<br>@monsoonbahrain<br>Asian style garden terrace                      |
| <b>Bushido</b><br>Seef 1758 3555<br>@bushidobybuddhabar<br>Garden terrace                                            | <b>Fish Market</b><br>Bahrain Bay 1710 0800<br>@fishmarketbah<br>Waterfront terrace                               | <b>La Plage</b><br>Ritz-Carlton 1758 0000<br>@laplage_bh<br>Beachside terrace at the Ritz Carlton (non member access after 6pm) | <b>My Café</b><br>Manama 7734 4444<br>@mycafebh<br>Garden terrace                                        |
| <b>Café Lilou</b><br>Seef 1758 3939<br>@cafelilou<br>Small terrace                                                   | <b>Fusions by Tala</b><br>The Gulf Hotel Adliya 1771 3000<br>@fusionsbytala<br>Roof top terrace at the Gulf Hotel | <b>Le Chocolat</b><br>Seef 6662 2210<br>@lechocolat_bh<br>Large terrace                                                         | <b>Oliveto</b><br>Adliya 1771 6747<br>@olivetobahrain<br>Italian style garden                            |
| <b>Cantina Kahlo</b><br>Ritz-Carlton 1758 0000<br>@cantinakahlo<br>Tropical garden at the Ritz Carlton               | <b>GB Café</b><br>Seef 7708 7768<br>@greenbarcafe<br>Waterfront terrace next to Bahrain Fort                      | <b>L'Orto</b><br>Adliya 1777 1718<br>@lorto.bh<br>Italian style garden                                                          | <b>Opa</b><br>Seef 3355 5244<br>@opabahrain<br>Graden terrace                                            |
| <b>Chez Alain/Fayez/Pascale</b><br>Reef Island 1332 0615<br>@chezalainbahrain<br>Waterside terrace                   | <b>Greek Street</b><br>Seef 1718 0666<br>@greekstreetbahrain<br>Small covered terrace                             | <b>Manos</b><br>Bahrain Rugby Club Saar 3989 3101<br>@manos.bh<br>Terrace in Saar                                               | <b>Terrace at 28</b><br>Manama 6639 8787<br>@terrace_at28<br>Roof top terrace at the Downtown Rotana     |
| <b>Clay</b><br>Adliya 1755 4545<br>@clay_bahrain<br>Rooftop terrace                                                  | <b>Haji's Café</b><br>Manama 1721 0647<br>@hajiscafe<br>Streetside traditional terrace                            | <b>Masse</b><br>Manama 1772 1061<br>@massorestaurant<br>Graden terrace                                                          | <b>The Orangery</b><br>Adliya 1736 9696<br>@orangeryme<br>Garden terrace                                 |
| <b>Cicco's</b><br>Adliya 1771 3710<br>@cicco.bh<br>Italian terrace in Adliya                                         | <b>Indigo</b><br>The Merchant House Manama 1667 8666<br>@indigo.manama<br>Roof terrace near the souq              | <b>Meisei</b><br>Adliya 1700 7770<br>@meiseibahrain<br>Roof top terrace                                                         | <b>Trader Vics</b><br>Ritz-Carlton Hotel Seef 1758 6555<br>@tradervicsbh<br>Haiwan Style outdoor terrace |
|                                                                                                                      |                                                                                                                   |                                                                                                                                 | <b>WU restaurant</b><br>The Art Hotel Amwaj 1600 0111<br>@wulounge<br>Garden terrace at The Art Hotel    |





**BAHRAINI CONT.**

Lumee  
Saar 1743 4300  
Seef 1733 3747  
The Avenues 1733 1747  
@lumeestreet

Naseef  
Manama 1720 8888  
Saada 3896 6668  
Seef 1722 3333  
@naseefrestaurant

Villa Mamas  
Saar 1730 5031  
@villamamas

**BRITISH**

The English Rose  
Adliya  
@theenglishrosebh

The Village Chippy  
Saar 3363 6222  
@thevillagechippybahrain

**CHINESE**

China Garden, Gulf Hotel  
Manama 1774 6423  
@chinagardenbh

David's Stir Fry Crazy  
Adliya 1754 0188  
@davidsstirfry

PF Changs  
Seef 1711 0380  
The Avenues 1711 0567  
@pfchangsm

**EUROPEAN**

Camelot  
Adliya 3997 7540  
@camelotrestaurant

The Furn Bistro & Bakery  
Seef 1717 1441  
@furnbahrain

La Med  
Ritz-Carlton 1758 9317  
@ritzcarltonbahrain

La Plage  
Ritz-Carlton 1758 0000  
@laplage\_bh

Momento  
Al Areen 3605 7494  
@momento.bh

**FRENCH**

The Harvesters Pub and Terrace  
Diplomatic area 1753 1122  
@crownplazabahrain

Bagatelle  
Seef 1667 7770  
@bagatellebahrain

Café Lilou  
Adliya 1771 4440  
Seef 1758 3939  
@cafelilou

Chez Alain  
Reef Island 1332 0615  
@chezalainbahrain

La Reine  
Manama 1311 6263  
@lareine\_cafe

**GREEK**

Agora  
Arad/Athar/Riffa 1770 3830  
@agora.food

Attic  
Adliya 1771 7780  
@atticbahrain

Bifteki  
Riffa 3998 6900  
@bifteki.bh

Greek Street  
Seef 1718 0666  
@greekstreetbahrain

Manos, Bahrain Rugby Club  
Saar 3989 3101  
@manos.bh

Opa  
Seef 3355 5244  
@opabahrain

**HAWAIIAN**

Trader Vics  
Ritz-Carlton Hotel  
Seef 1758 6555  
@tradervicsbh

**INDIAN**

Asha's  
Manama 3648 9905  
@ashasbahrain

Bhaja Indian Restaurant  
Budaiya 1771 0444  
@bhajarestaurants

Copper Chimney  
Manama 1772 8699  
@thecopperchimneyrestaurant

Lanterns  
Adliya 1724 6777  
Amwaj 7777 0055  
Budaiya 1759 0591  
@lanternsbahrain

Moti Mahal  
Juffair 1782 5333  
@motimahallbh

Nirvana  
Ritz-Carlton 1758 3318  
@nirvana\_bahrain

Pashawat  
Zallaq 1763 6363  
@sofitelbahrain

Rasoi by Vineet  
Manama 1774 6461  
@rasoibyvineetbh

Spices Indian Restaurant  
Manama 1753 1122  
@crownplazabahrain

**INTERNATIONAL**

Bahrain Bay Kitchen  
The Four Seasons  
Bahrain Bay 1711 5500  
@fsbahrain

Botanica  
Manama 3380 8035  
@botanicabahrain

Cut by Wolfgang Puck  
Bahrain Bay 1711 5044  
@cutbahrain

Da Rosa  
Fraser Suites Diplomatic  
1616 1800  
@darosa.fraserdiplomatic

Fusions by Tala  
Adliya 1771 3000  
@fusionsbytala

Gallery 21  
Manama 1771 1600  
@gallery21bh

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

Roast  
Saar 1745 6006  
@roastbahrain

Saraya  
Zallaq 1763 6363  
@sofitelbahrain

Saveur  
Westin, Seef 1717 1000  
@westinbahrain

Selections  
Intercontinental Regency  
Manama 1722 7777  
@selectionsrestaurant

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

**ITALIAN**

Cafe Italia  
Seef 1758 2823  
@cafeitalia\_seef

Cicco's  
Adliya 1771 3710  
@cicco.bh

Cucina Italiana  
Manama 1700 1317  
@lacucinaitaliana

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

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

Meisei  
Adliya 1700 7770  
@meiseibahrain

Mirai  
Adliya 3917 3951  
@mirairestaurantlounge

Oishi  
The Avenues 1722 8062  
@oishi.bahrain

Sato  
Gulf Hotel Manama 1774 6429  
@satogulfhôtelbh

**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  
@leilaminlebn

**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**

Isfahani  
Hamala 1761 0510  
Isa Town 1763 0530  
Seef 1729 0027  
@isfahani

Takht Jamsheed  
Manama 1774 6431  
@thegulfhotelbh

**SEAFOOD**

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  
Manama 1729 8439  
@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

Tapas  
Zallaq 1763 6412  
@sofitelbahrain

**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**

Sisler  
The Avenues 1667 0358  
@sisler\_bahrain

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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  
A'ali 1764 3199  
@baitaltaleem1

Berlitz  
Manama 1782 7847  
@berlitzbah

British Council  
Manama 1726 6166  
@britishcouncilbh

British Language Center  
Saar 1779 1468  
@blc\_bh

English Language Skills Center  
Manama 1778 6449  
@elscbahrain

InLingua  
Manama 1722 3099  
@inlingua\_bahrain

Shaikh Ebrahim Center  
Muharraq 1732 2549  
@shaikh\_ebrahim\_center

Teach Bahrain  
Janabiya 3729 9525  
@teachbahrain

**NURSERIES & PRESCHOOLS**

ABC Pre-school  
Tubli 1778 5795  
@abcpreschool

Abdul Rahman Kanoo  
International School  
Manama 1787 5055  
@arkis1997

Ajyaal Montessori Pre School  
Hamala 1761 3144  
@ajyaalmontessoripreschool

Alia Primary School  
Sitra 1773 7377  
@aliaschool.bh

Al Fateh Pre School  
Manama 3360 6612  
@alfateh\_preschool

Al Shorooq Pre-School  
East Riffa 1762 2500

American School of Bahrain  
Riffa 1721 1800  
@americanschoolbahrain

Bahrain School  
Juffair 1772 7828  
@thebahrainschool

British Preparatory School  
Saar 1779 2010  
@bps\_bahrain

British School of Bahrain  
Hamala 1761 0944  
@britishschoolbahrain

Budaiya Pre School  
Budaiya 1779 1491  
@budaiya\_preschool







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Zinj 1700 8880  
@capitalschoolbahrain

Canadian School Bahrain  
Diyar Al Muharraq 6664 4234  
@canadianschoolbh

Children’s House Montessori  
Nursery School  
Janabiya 1769 9844  
@the\_childrens\_house

Clever Kid Pre School  
Riffa 1722 7997  
@cleverkidbh

Disney Nursery  
Saar 3905 6662  
@disney.nursery

Eton House  
Hamala 1749 0333  
@etonhousebahrain

Evolution Childcare  
Adliya 1766 9079  
@evolutionchildcare.bh

First Steps Nursery  
Isa Town 1778 0760  
@first\_steps

Golden Days Nursery  
Barbar 1722 3103  
@goldendaysnurserypreschool

Happy Hearts Kindergarden  
Sanad 7708 2017  
@happyhearts.bah

KG Kids Pre School  
Riffa 1766 3556  
@kgkidspreschool

Kiddy Care Pre School  
Zinj 3231 4680  
@kiddycarepreschool

Kidsland Nursery  
Jid Al Haj 1740 5717  
@kidslandbh

Kinder World Preschool  
Adliya 3365 4050  
@kinderworld\_adliya

Kinder World Preschool  
Janabiya 3360 0097  
@kinderworld\_janabiyah

Kids Corner Nursery  
Isa Town 3807 7758  
@kidscorner.bh

Kipina Nursery  
Saar 1700 9598  
@kipina\_kids\_bahrain

Kidz World Kindergarden  
Adliya 1771 5050  
@kidzworldkindergarten

Ibn Khuldoon National School  
Isa Town 1778 0661  
@ikns

Lamara Pre-school  
Saar 1700 6162  
@lamara.preschool



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Globally Recognized Curriculum with Innovative  
Strategies for a Comprehensive Learning Experience**

BAHRAIN, Diyar Al Muharraq – As a new academic year dawns, families across the nation are brimming with anticipation and enthusiasm for the adventures of learning ahead. The Canadian School Bahrain (CSB) shines brightly, with its commitment to early-stage education. The Canadian School Bahrain (CSB) stands out, particularly for its emphasis on early-stage education.

Certified as a BC offshore school, CSB offers the prestigious British Columbia, Canada B.C. Curriculum. This unique school doesn't just stop at the globally recognized BC curriculum; it seamlessly integrates Arabic language studies, Islamic studies, Bahraini social studies, and citizenship classes, meeting the rigorous standards set by both the Bahrain and British Columbia Ministries of Education. Furthermore, as we step into a new era of education, CSB is proud to introduce a cutting-edge strategy, prioritizing the development of tech-savvy, athletically proficient, entrepreneurial students rooted in high values.

Launching in the 2023/24 academic year, this transformative approach ensures that students not only receive a robust academic foundation but are also equipped with the modern skills required for the future. The integration of advanced technology skills, the nurturing of entrepreneurial mindsets, the promotion of athletic excellence, and the instilling of strong moral values together define CSB's vision for a holistic educational experience.

Mr. Bill Bartlett, Principal of CSB, proudly states, "Our mission at CSB is clear and unwavering. We are here to cultivate students who are not only academically excellent but also deeply rooted in their culture. By nurturing core values of integrity, responsibility, respect, and courage, we aim to shape the global leaders of tomorrow."

CSB's commitment to inclusivity is evident in its diverse student body, representing over 20 nationalities. This multicultural environment fosters mutual respect, understanding, and unity, making CSB a haven of solidarity and collaboration.

Located in the picturesque setting of Diyar Al Muharraq, CSB boasts a state-of-the-art campus designed to propel students into the 21st century. The school's capacity of 2200 students stretch from Nursery to Grade 12. This expansive learning environment is segmented into four distinct sections: Pre-school, Elementary, Middle, and High School, each occupying a dedicated space in the four-story structure.

CSB boasts a grand total of 94 classrooms, designed to accommodate the diverse learning needs of its students. The pre-school classrooms are thoughtfully equipped with washrooms for the convenience of our youngest learners. An efficiently-run administration center forms the backbone of the school's operations. This is complemented by management strategically positioned across multiple offices on various levels and in different buildings, ensuring tighter oversight and enhanced control.

For the holistic development of students, CSB houses a fitness gym, children's gym, and sports facilities like a pre-school football turf area, two paddle courts, and a running track. The athletic center is a state-of-the-art facility featuring two football fields. To cater to the spiritual needs, prayer rooms are strategically located across the campus. Furthermore, three expansive digitally equipped Library/Learning Commons ensure that students have access to a wide range of resources to aid their academic journey.

Nutrition is key to student performance; hence, the well-equipped cafeterias serve healthy and delicious meals. For recreational and competitive sports, CSB boasts temperature-controlled swimming pool, gymnasium, and dressing rooms.

The main building's highlight is undoubtedly the auditorium, which doubles up as a gymnasium. This versatile space is crowned by a performance stage, setting the scene for various school events, theatrical performances, and gatherings.

Safety and well-being are paramount at CSB, evident from the two in-house clinics ready to attend to any medical needs. Moreover, the multi-purpose rooms provide flexible spaces for various activities, workshops, and classes. Unlocking the potential of each student begins early at CSB. The Preschool Advantage program is a prime example. "At CSB Preschool, we aim to lay a foundation so strong that by the time our students step into Grade 1, they're not just prepared; they're excited, confident, and eager for more knowledge," shares Mr. Bartlett.

The Canadian School Bahrain is a community that believes in the power of education, the strength of diversity, and the potential of each student. As we mark the beginning of a new academic year, our aim is achieving a comprehensive, world-class education from Nursery to Grade 12.

**Welcome back to school, Bahrain.**

**ADVERTORIAL**

### NURSERIES & PRESCHOOLS CONT.

Lilliput Pre-School  
Jid Al-Haj 3950 7035  
@lilliputpreschool

Little Gems Pre-School  
Budaiya 1769 4356  
@littlegemspreschoolbahrain

Little Pearls Nursery  
Hidd 3355 8911  
@littlepearlsnurserybahrain

Little Starz Pre-School  
Riffa 1765 1516  
@little.starz.bh

Little Village Center  
Um Al Hassam 1732 2570  
@littlevillagecenter

Little Wonders Preschool  
Saar 3644 7000  
@littlewonderspreschoolbahrain

Lyceé Français MLF de Bahrein  
Muharraq 1732 3770  
@lycee.francais.mlf.de.bahrein

Madeleine's Pre-School  
Adliya 1772 1851  
@madeleinespreschool

Nadeen School Bahrain  
Dilmunia 1772 8886  
@nadeenschool

Quest School  
Janabiya 3366 6014  
@questschoolbh

Rainbows for Kids  
Muharraq 1734 5090

Rawan Pre-school  
Bu Quwah 3925 2862  
@rawanpreschool

Reach Nursery  
Isa Town 1766 3280  
@reach.nursery

Riffa Views International School  
Riffa 1656 5000  
@rvs.bh

Saar Nursery  
Saar 1700 2009  
@saar.nursery

St Christopher's School  
Saar 1760 5051  
@stchrisbahrain

Talent International & The Infant  
School Manama 1725 2346  
@infantschoolbh

The British Nursery  
Riffa 1766 0024  
@thebritishnursery

The Golden Days Nursery  
Barbar 1722 3103

Twinkle Twinkle  
Saar 1770 0412  
@twinkletwinklecenter

Very Berry Nursery  
Sanad 3390 9599  
@veryberrynursery

### PRIMARY & SECONDARY SCHOOLS

Abdul Rahman Kanoo International  
School, Manama 1787 5055  
@arkis1997

Al Hekma International School  
Sanad 1762 0820  
@ahisbh

Al Noor International School  
Sitra 1773 6773  
@alnoorschool.bh

Al Rawabi School  
Jebelat Hebsi 1759 5252  
@alrawabischool

Al Salam School  
Janabiya 1791 0528  
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 Bahrain Rugby Football Club  
 Saturday 20 January 2024, 10:00 – 14:00  
 The British Club  
 \*Check website for more information

*Talk to the experts*



WhatsApp/Mobile Sara: +44 (0) 7810 186592  
 or Natalie: +966 (0) 531 221171  
[www.andersoneducation.co.uk](http://www.andersoneducation.co.uk)

### PRIMARY & SECONDARY SCHOOLS CONT.

Alia National School  
Sitra 1773 7377  
@aliaschool

Al Wisam School  
Budaiya 1769 9595  
@alwisamschoolbahrain

American School of Bahrain  
Riffa 1721 1800  
@americanschoolbahrain

Bahrain Bayan School  
Isa Town 7712 2244  
@bahrainbayanschool

Bahrain School  
Juffair 1772 7828  
@thebahrainschool

Bahrain Indian School  
Budaiya 1759 8000  
@bahrainindianschool1

Beacon Private School  
Hidd 6600 0088  
@beaconprivateschool

British Preparatory School  
Saar 1779 2010  
@bps\_bahrain

British School of Bahrain  
Hamala 1761 0944  
@britishschoolbahrain

Britus International School  
Salmabad 1759 8440  
@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  
Busaiten 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  
@newmilleniumschoolbahrain

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  
@rvs.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](http://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

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



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Manama 3829 2331  
@talkplaygrow

Think Behaviour & Development  
Centre, Saar 3838 3760  
@thinkinc.me

TUTORS

Brain Box  
Budaiya 3975 7222  
@brainbox\_bh

Brainy Bahrain Academy  
Manama 3312 1588  
@brainy.bahrain.academy

Kumon Bahrain  
Janabiya 3684 3445  
@kumon\_in\_bahrain

Kumon Bahrain  
Mahooz 1774 1168  
@kumon\_in\_bahrain

Kumon Bahrain  
Sanad 1700 6355  
@kumon\_in\_bahrain

Learning Plus  
Saar 1759 0135

Mathnasium  
Saar 3300 8840  
@mathnasiumbah

Sylvan Learning Center  
Sehla 1740 0227  
@sylvanbh

Teach Bahrain  
Janabiya 3729 9525  
@teachbahrain

Wise Young Generation Center  
Hooraa 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

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  
@fitnessfirstoasismalljuffair

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

# THE Green Zone

## FACTS ABOUT PLASTIC IN THE OCEAN. LET'S CLEAN UP BAHRAIN'S BEACHES

Plastic pollution is a global crisis that affects marine life, ecosystems, and human health.

1. Billions of items of plastic waste are found in our oceans.
2. It takes hundreds of years to degrade.
3. It is harmful for the environment as it is considered food by marine life.
4. Hundreds of thousands of dolphins and turtles die each year as a result becoming entangled in plastic.
5. There is more microplastic in the ocean than there are stars in the Milky Way.
6. Plastic bags, fishing gear, and food and beverage containers are the most common forms of plastic pollution found in the oceans.

How can we help?

- Use reusable bags rather than single-use plastic bags.
- Always dispose of rubbish and put it into a dustbin.
- Reduce the use of disposable plastic cups, plates, cutlery and bottles.
- Take your own reusable bottle or coffee cup to work.
- Buy food and cleaning products in bulk to avoid plastic wrappings.
- Choose metal or glass food containers and storage options instead of plastic ones.
- Participate in or organise a beach clean up!

BEACH CLEAN UP

Clean Up Bahrain  
@cleanupbahrain

EDUCATION

Learn To Grow  
@learntogrow.bh

OTHER

Plant Your Wishes Seed Paper  
@plantyourwishes

A Box Forward  
@aboxforward

Evolve Concrete  
@evolveconcretebh

RECYCLING

Ebin  
@ebinrecycles

Plant More Trees  
@recyclepointsbh

Recycle Day 18/03  
@recycleday

Bahrain Recycle  
@bahrainrecycle

SOLAR ENERGY

Solar One  
@solaronebh

Solar Power Trading  
@solarpowertrading



Let's get Educated!  
We highly recommend this amazing children's book 'Sunk and Found' about looking after our beaches, available now at Neo Books & Coffee.



GYMS CONT.

Tower Gym  
Seef 1758 7007  
@almoyyedtower

UFC Gym  
Juffair 1700 0044  
@ufcgymbh

HEALTH

Let's Keto with Isma  
Manama 3230 7272  
@letsketobahrain

WELLNESS

SPAS

Al Areen Palace & Spa Hotel  
Al Areen 1784 5000  
@alareenpalaceandspa

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  
Seef 1717 1122  
@heavenlyspabahrain

Hydro Spa & Salon  
Riffa 3200 8600  
@hydrospabh

Jacques Dessange Health Club  
Adliya 1771 3999  
@dessangebahrain

Jumeirah Gulf of Bahrain Spa  
Zallaq 7777 1000  
@jumeirahgulfofbahrain

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

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

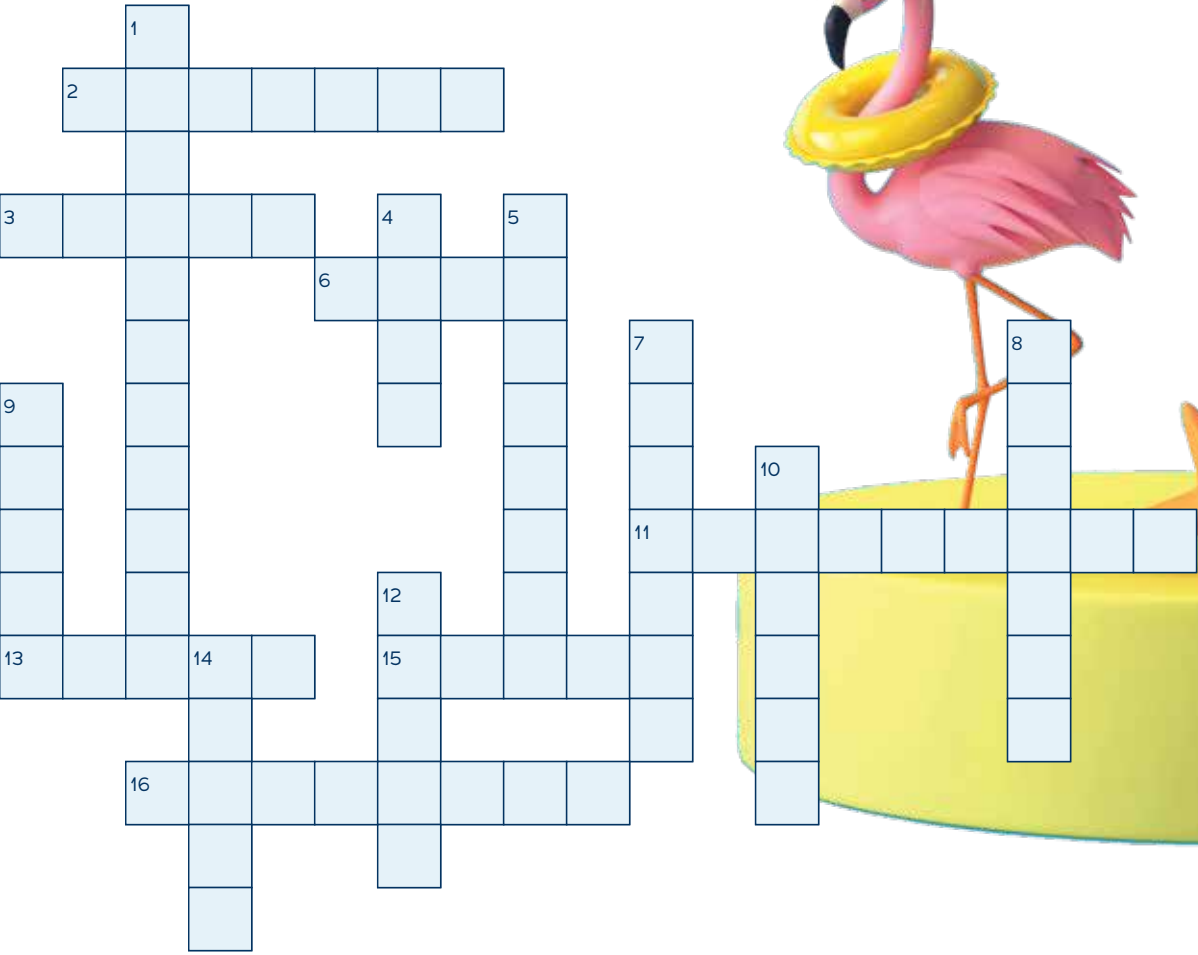
Namaste  
Budaiya 1759 1565  
@namastebh

PROP Yoga & Therapy Center  
Budaiya 3370 0730  
@propytc

Pure Yoga  
Hamala 1700 7111  
@pycbh

Royal Golf Club  
Riffa 1775 0777  
@royalgolfclub

# THE Fun Zone



ACROSS:

- 2. Two-wheeled transportation
- 3. Version of tennis played on a smaller court
- 6. Al\_ Outdoor music venue in Bahrain, hosting global music stars
- 11. Popular sport in Bahrain comprising three different disciplines
- 13. Sport played by 15 players at popular venue in Saar
- 15. Al\_ Wildlife park near Zallaq
- 16. Forest in Bahrain, great for dog walks

DOWN:

- 1. Get your board at the ready, but you might need a strong wind for this outdoor pursuit
- 4. Doesn't happen much in Bahrain, but you may stay inside if you see this
- 5. Type of tree often growing across Bahrain's coastlines
- 7. Racing activity in Sakhr great for young speed enthusiasts
- 8. Type of boat without a motor
- 9. Don't forget this on your walk, to keep hydrated
- 10. You might make some sandwiches for this outdoor dining experience
- 12. Type of canoe often seen around Bahrain Bay
- 14. Don't forget your bucket and spade when you go here







Colour  
me in





# Little Chefs

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



## FROZEN YOGHURT BARK

### INGREDIENTS

- 2 Cups Greek yoghurt (We love AGORA's yoghurt it's thicker and a lot higher in protein than regular yoghurt.
- 2 tbsp Greek Honey (We Love AGORA's Pine Honey)
- 1 tsp Vanilla Pod
- 1 Cup Fruits/Berries
- 1/4 Cup Nuts/Sprinkles



An easy peasy recipe which is fast to whip up, impossible to mess up and a favourite after school snack to munch on!

It is never too late (or too early), to get your children helping in the kitchen. Although it requires time, patience, and some extra clean-up, the benefits of cooking are worth it! Tel: 3844 8024

### Here We Go:

- In a bowl, whisk Greek yoghurt, honey and vanilla pod together. Spread on a parchment paper in an even layer.
- Sprinkle fruits berries and other toppings evenly across the top of the yoghurt.
- Freeze for about 4 hours, break into pieces and ENJOY! Scrumptious!

### Customize Your Frozen Yoghurt Bark:

- Fruit Options. There are aplenty of yummy fruits you can use to make this! Kiwi, pineapple, bananas, mango, raspbs, bluebs, peaches, lemon zest
- Toppings Ideas. Lots and lots of fun options! These are some of our favourites: granola, coconut flakes, mini chocolate chips, chopped nuts, chia seeds, hundreds and thousands (sprinkles).

### Yummy Yoghurt Bark Combinations:

- Chunky Monkey**  
Greek yoghurt + raw cocoa powder + honey + sliced bananas
- Trail Mix**  
Greek yoghurt + granola + mini chocolate chips + blueberries+ dried cranberry+ dates + pistachios
- Berry Blast**  
Greek yoghurt + strawberry jam + strawberries + raspberries + blueberries
- Peanut Butter Cup**  
Greek yoghurt + peanut butter + chopped nuts + mini chocolate chips



## YOGA & PILATES CONT.

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

Elie & Jean  
Manama 1722 7300  
Seef 1758 7757  
@ejhairofficial

Elloods Hairdressing  
Budaiya 7723 1111  
@elloods

Hair Etc  
Saar 1753 6693  
@hair\_etc

Hairpage  
Saar 1700 9002  
@hairpagebh

Jacques Dessange Health Club  
Adliya 1771 3999  
@dessangebahrain

Johnny & Co  
Amwaj 3222 9299  
Seef 3914 6119  
@johnnycompany

Joz Salon  
Amwaj 1736 9133  
@jozsalo

Lina Ladies Salon  
Riffa 6691 1101  
@linaladiessalon

Majestic Arjaan by Rotana  
Seef 3999 7289  
@majesticarjaanbyrotana

Man Spa  
Saar 1758 0110

Moustache Salon  
Suqayya 3655 0554  
@moustachesalon

Pat Salon  
Seef 1700 5354  
@patsalon

Prive  
Seef 7717 7166  
@fraserbahrain



Tigi Concept at the Four Seasons  
Bahrain Bay 1711 5000  
@fsbahrain

Toni and Guy  
Seef Mall 1700 1700  
City Centre Bahrain 1701 1701  
@toniandguybahrain

Tony Hairdressing  
Seef 3637 3538  
@tonyhairs

The Groom Room  
Janabiya 1769 1699  
Riffa 1777 9955  
@thegroomroom\_bh

## BEAUTY

Beautopia  
Saar 7733 9999  
@beautopiab

Beauty Lines Mobile Salon  
Manama 3223 3326  
@beautylines\_bh

Blink and Wink  
Hamala 3314 5254  
@blink\_and\_wink\_bh

Boho Nails  
Saar 1711 6115  
@bohosalonbh

Cryo  
Seef 3800 0155  
@cryo\_bahrain

Fab u Looks  
Saar 7703 7703  
@fab\_u\_looks

Fiore  
Seef 1723 2317  
@fiorefrombahrain

Fingertips Bar  
Saar 3998 8445  
@fingertipsbar

Glam and Glow  
Al Qadam 3838 0338  
@glamandglowbeautylounge

Hospitalia by Yara  
Saar/Riffa 1781 1111  
@hospitaliabyyara

House of Nails  
Saar 1759 3311  
@houseofnails.bh

Hydro Spa & Salon  
Riffa 3200 8600  
@hydrospab

Jamila  
Seef 1753 7853  
@thejamilaofficial  
Lashspa

Al Ali  
Juffair 1759 9044  
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](#)

Gulf Dental Speciality Hospital  
Zinj 1774 1444  
[@gulfdentalspecialityhospital](#)

Ibn Al Nafees Hospital  
Manama 1782 8282  
[@ibnalnafees](#)

Irish Speciality Clinic  
Al Hoor 7718 5006  
[@isc\\_bahrain](#)

Royal Bahrain Hospital  
Manama 1724 6800  
[@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 Klinik  
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](#)

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](#)

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Consultant - Neonatology & Pediatrics

DR. AHMED ELBEHERY  
Consultant - Pediatrics

DR. MONO ISSA  
Consultant - Pediatrics

DR. SRINIVASABABU  
Specialist - Pediatrics

Royal Bahrain Hospital 1724 6800 3218 1810 | RBH Medical Center 1749 1749 3218 1810

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

GARDENING &  
LANDSCAPING

Garden Affairs Landscaping  
Saar 3344 2255  
[@gardenaffairs.me](#)





# Community

ANIMAL RESCUE

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

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

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

Roots and Shoots  
Hamala  
@rootsandshoots.me

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Home delivery service

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Taxi service

Uber  
Taxi service

Aqua Cool  
Water to your door

EWA  
Pay your utilities bill

Ila Bank  
Easy online banking

Zabihah  
Find Halal food near you

Instashop  
Hassle free online shopping

Talabat  
Home delivery service

Skyscanner  
Compare flights

Radio Bahrain  
Listen online anywhere

Dinein  
High end home delivery

Nasser Pharmacy  
Pharmacy for all your needs

Selfridges  
Shopping!

Calm  
Take some time out

Endless Alphabet  
ABC learning for kids

Thinkrolls  
Coding for kids

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Interiors inspiration

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Convert currency

Vinted  
Second hand

Vestiaire Collective  
Pre loved high end fashion

Duolingo  
Translation

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Bird identifier

Sky Identifier  
Point to the sky and identify your stars

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Local guide to Bahrain

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Luxury jewellery and lifestyle

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CONNECT  
Bahrain

## hungry fifi FIFI'S FAVOURITE AL FRESCO SPOTS

As the weather starts to cool, Bahrain becomes the perfect place for Al Fresco dining. Check out some of my favourite spots for an outdoor bite...

Daytime

**GB Café** at Bahrain Fort is perfect for a daytime meeting, breakfast, or lunch bite. Feel the sea breeze, sit under the palm trees, and enjoy the magic.

**My Café's** courtyard is bijoux and intimate, perfect for a mid-week lunch with friends or work meeting

Sundowners

**Merchant House** comes into itself this time of year. Head here for an afternoon tea that stretches into sundowners and more. The colourful and pretty rooftop terrace is a must-visit

**Solymar's** restaurant has become a favourite of mine. Go for cocktails as the sun starts to set and then start to order their delicious bites throughout the evening.

Evening

**Attic's** huge outdoor terrace not only has wonderful views, but a great DJ and Greek food to match.

**Fusions** terrace has some of the most breathtaking views, taking in Juffair and the Manama skyline. Cocktails and bar bites are a must.

**La Fontaine**, Bahrain's hidden secret, is made for outdoor season. This magical spot is easily the Kingdom's most romantic location and for good reason!

Still want more outdoor dining suggestions.

**O Liban's** chic little terrace is flanked by a large olive tree in the middle and tables surrounding, with views over the historic building next door. Head here for Lebanese fayre and wine, plus some sheesha to while away the hours.

**L'Orto** has a courtyard that is ideal for our cooler weather, head here for their happy hour or a romantic dinner date with your sweetheart.

Are you looking for more fun foodie things to do? Head to [hungryfifi.com](http://hungryfifi.com) for plenty of options!



GARDENING & LANDSCAPING CONT.

Lotus Gardening  
Al Jasra 3688 2222  
@lotusgardening

Mariam Garden  
Saar 3944 6759  
@mariamgarden.bh

HOME FURNISHING

Artikel  
Babar 1779 5070  
@artikelfawaddome

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



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PROPERTY AGENTS

CBRE  
Manama 1655 6600  
@cbrebahrain

Century 21  
Manama 1721 2000  
@century21bahrain

Green Gate  
Saar 6667 5000  
@greengatebahrain

Pearl Properties  
Saar 3963 4647



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



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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

SOFA CLEANING

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

Chemdry upholstery cleaning  
Manama 3838 9696  
@chemdry\_bahrain

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  
@aldarislands

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  
@hawarisland.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  
@aldarislands

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

Cineco  
Riffa 1725 8900  
@cineco.bh

Cinepolis  
Saar 3899 9770  
@cinepolis.bahrain

Novo Cinema  
Seef 1710 0121  
@novocinemabh

Vox Cinema  
The Avenues 6674 8397  
@voxbahrain

Vox Cinema  
City Centre 6674 8397  
@voxbahrain

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  
Hooraa 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



**Bahrain**

**BAHRAIN TURF SERIES CALENDAR**

|                              |              |
|------------------------------|--------------|
| Bahrain International Trophy | 17th Nov 23  |
| Series 1                     | 8th Dec 23   |
| Series 2                     | 29th Dec 23  |
| Series 3                     | 12th Jan 24  |
| Series 4 & Crown Prince Cup  | 2nd Feb 24   |
| Series 5                     | 16th Feb 24  |
| King's Cup                   | 8th March 24 |





To advertise, please contact [hello@connectbahrain.com](mailto:hello@connectbahrain.com)

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

DAYS OUT CONT.

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  
@thegulfbhotelbh

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  
@noahseventsbahrain

Picnico  
Manama  
@picnico\_bh

Purple Papaya Events  
Jidhafs 3666 5130  
@purplepapayaagency

Sara Events  
Manama 3393 6690  
@sara\_events\_bh

Sleepee Teepee  
Saar 3974 0496  
@sleepeeeteepee

The Party People of Bahrain  
Seef 3352 2571  
@thepartypeople\_ofbahrain

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  
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@studioceramicsbh

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PETS

VETS

Soccer Stars Academy  
Janabiya 3319 3060  
@soccorstars\_bh

Soul Culture  
Saar 3338 2263  
@soulculturebh

Tekkers  
Saar/Sanabis/Riifa/Dilmunia 3384 3416  
@tekkeers\_bahrain

Yellow Submarine  
Saar Mall 1700 0037  
Wadi Al Sail 3805 6666  
@yellowsubmarinebh

Animal Care Clinic  
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@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





# THE Book Worm

RECOMMENDS...



This is a sweet, funny and exciting story about the first day of school. It is a hard day for everyone, but especially Boris, the very big bear. This is a wonderful book about compassion, friendship and acceptance of those who are different to us.



This is a heartbreaking story of a Syrian refugee's journey to the classroom that opens the hearts and minds of all reading it. The important lesson of seeking to understand and have compassion for those less fortunate than us



A shared love and appreciation for Agatha Christie makes these two sleuths uncover the truth, that even the police cannot see. Recommended for 13+ and to anyone who enjoys crime fiction and a good murder mystery.



This book would speak to the many people who grew up in either Bahrain or Saudi Arabia. It was a nostalgic trip down memory lane, to Bahrain in the 90s. Burge is an extremely talented local author, and one to watch out for.



These recommendations are from lovely Meg Hutchinson at Beauty & The Bookworm. Follow her here [@beautyandthebookworm\\_](https://www.instagram.com/beautyandthebookworm_)

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Jetpet Global  
Manama 3646 4586  
[@jetpetglobal](https://www.instagram.com/jetpetglobal)

## ANIMAL RESCUE

Bahrain Animal Rescue Centre  
BARC  
Hamala 3944 6907  
[@bahrainanimalrescuecentre](https://www.instagram.com/bahrainanimalrescuecentre)

Bahrain Strays  
Manama 3967 5919  
[@saveourstraysbahrain](https://www.instagram.com/saveourstraysbahrain)

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Budaiya 1700 1761  
[@horseandhoundbh](https://www.instagram.com/horseandhoundbh)

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[@petarabia](https://www.instagram.com/petarabia)

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Budaiya 1759 2288  
[@petarabia](https://www.instagram.com/petarabia)

Petland  
Arad 1310 7474  
[@pet\\_land](https://www.instagram.com/pet_land)

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

Pets Home  
Hamala 1730 0203  
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Pick me Pets  
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[@pickmepetsgcc](https://www.instagram.com/pickmepetsgcc)

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[@prettypawsbh](https://www.instagram.com/prettypawsbh)

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Oh My Bookness  
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Skills Centre & Bookshop  
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[@finefoodsgourmet](https://www.instagram.com/finefoodsgourmet)

Prime Cuts  
Amwaj 1600 9200  
[@primecuts.bh](https://www.instagram.com/primecuts.bh)

Sage and Sirloin  
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Godzilla Flowers  
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Arabesque Art Gallery  
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[@arabesque\\_art\\_gallery](https://www.instagram.com/arabesque_art_gallery)

Bahrain Jewellery Centre (BJC)  
Manama 1752 0052  
[@bahrainjewellerycentre](https://www.instagram.com/bahrainjewellerycentre)

BJC Baby  
Seef 1756 4910  
[@bjc.baby](https://www.instagram.com/bjc.baby)

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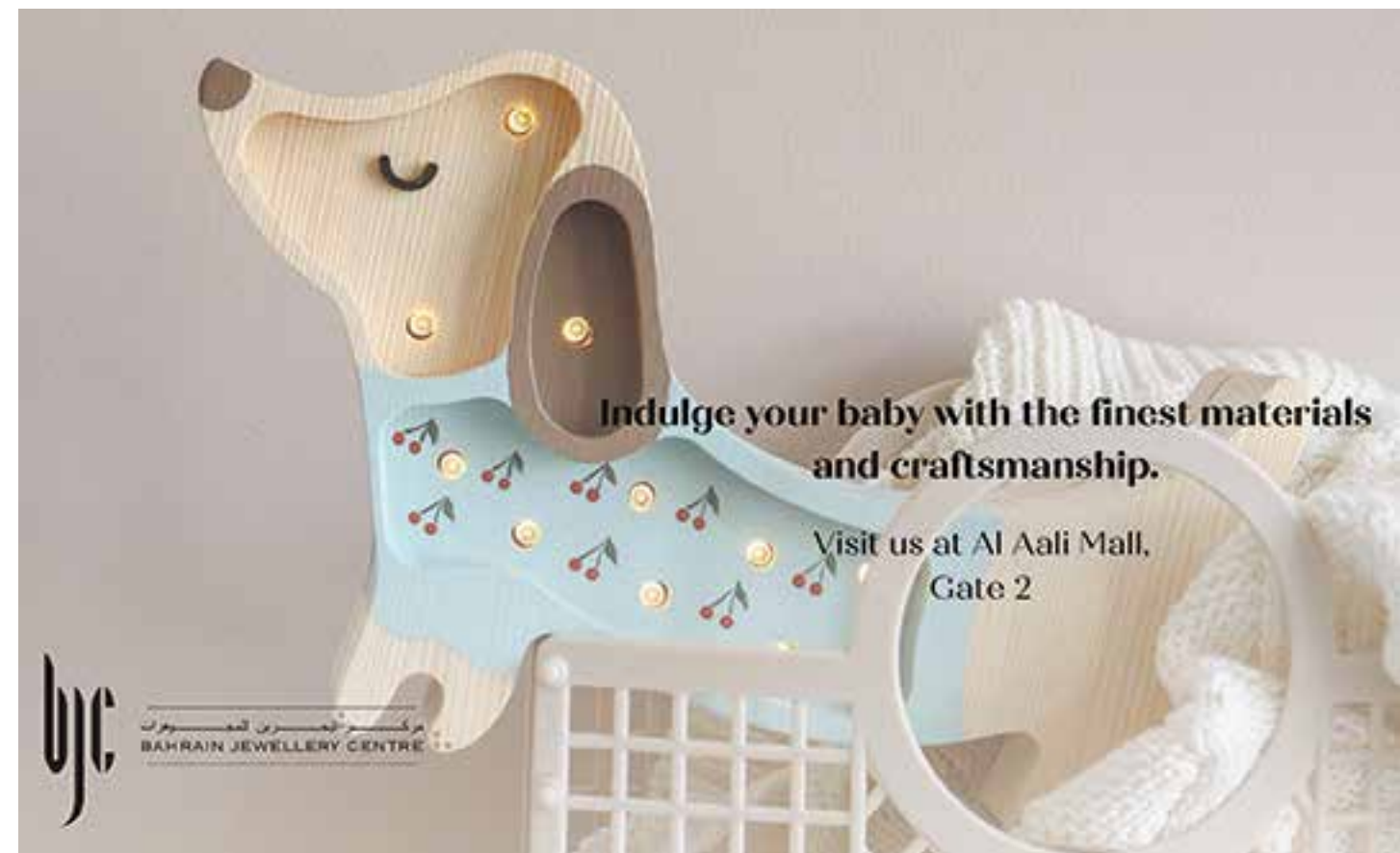


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Galleria Mall  
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The Avenues Manama  
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Tamimi Markets  
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Toys World  
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@toysworldbh

Bahrain Triathlon Association  
Manama 7771 3777  
@triaathlonbh

BSB Sports Academy  
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@britishschoolbahrain

TriLife  
Saar 7733 3777  
@gotrilife





BOWLING

|                                                     |           |                                                      |
|-----------------------------------------------------|-----------|------------------------------------------------------|
| Adhari Park<br>Manama<br>@adharipark                | 1740 7300 | Into the Blue<br>Manama<br>3775 7373                 |
| Funland Center<br>Manama<br>@funland.bahrain        | 1729 2313 | Scuba Master<br>Hoora<br>1729 2154<br>@scubamasterco |
| MJ's Bowling Lounge<br>Budaiya<br>@mjsbowlinglounge | 7755 7777 |                                                      |
| Yalla Bowling<br>Seef<br>@magicplanetmena           | 1717 3017 |                                                      |

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|                                                                 |           |                                                                      |
|-----------------------------------------------------------------|-----------|----------------------------------------------------------------------|
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| Big Up Sports<br>Saar<br>@bigup_sport                           | 3983 1113 | BSB Football Academy<br>Hamala<br>1761 0943<br>@britishschoolbahrain |
| JD Boxing Club<br>Saar<br>@jd_boxing                            | 3319 9023 | Dilmun Club<br>Saar<br>1769 2986<br>@dilmunclub                      |
| UFC Gym S.P.C<br>Manama<br>@ufcgymbh                            | 3434 2928 | Footpool Bahrain<br>Manama<br>3696 3443<br>@footpoolbh               |

CRICKET

|                                                     |           |                                                                         |
|-----------------------------------------------------|-----------|-------------------------------------------------------------------------|
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| Colts<br>Saar<br>@coltscricketacademy               | 3362 4226 | Kick Off Academy<br>Saar<br>6969 0000<br>@kickoff.academy               |
| SPARTA, St Christopher's<br>Saar<br>@sparta_bahrain | 1760 5190 | Tekkers<br>Saar/Sanabis/Riifa/Dilmunia<br>3384 3416<br>@tekkers_bahrain |

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|                              |  |                                                                  |
|------------------------------|--|------------------------------------------------------------------|
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FORMULA ONE

Bahrain International Circuit  
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@bah\_int\_circuit

GOLF

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Royal Golf Club  
Riffa 1775 0777  
@theroyalgolfclub

GYMNASTICS

Aspire  
Budaiya 1700 5831  
@aspiregymnasticsbh

# Let's Cook

Looking for inspiration in the kitchen? The wonderful Chef Junior Gomez, Executive Chef at Mirai Restaurant & Lounge has shared one of his favourite recipes.



## BAHRAIN SHRIMP IN SPICY LEMON GARLIC SAUCE

- 45g Soy Sauce
- 27g Olive Oil
- 44g Lemon Juice
- 1tspon Yuzu Skin or Dry Lemon Skin
- 5g Fresh Garlic for the sauce
- 2g Fresh Ginger or as per your taste
- 5g Cayenne Powder
- 1 Kg Bahrain red shrimp (approx 20/30 shrimps)
- Vegetable oil
- 30g Fresh Garlic
- 40g Red baby onions
- 30g Fresh Chives
- 40g Unsalted butter

### METHOD:

- Add the soy sauce, olive oil, lemon juice, yuzu skin (or lemon), garlic, ginger and cayenne powder to a blender. Blend and mix well to make the spicy lemon garlic sauce.
- In a hot pan, add the vegetable oil, fresh garlic, red baby onions and the spicy lemon garlic sauce.
- When it is brownish add the unsalted butter to make it creamy.
- Remove the shrimp shells and clean them.
- Sear the shrimps in a separate pan with some oil.
- Add the cooked shrimps to the spicy lemon garlic sauce.
- Sprinkle with fresh chives and serve with lemon.
- Use the shrimp shell to decorate your plates and to give extra aroma.
- Great with baby cress, blanched baby spinach, plain steamed rice, smoked rice or noodles
- Enjoy!



Pick up your ingredients from your local Alosra.







## GYMNASTICS CONT

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@bahrain.gymnastics

BSB Gymnastics Academy  
Hamala 1761 0920  
@britishschoolbahrain

Flip n Fun  
Janabiya 3889 4111  
@flipnfun.bh

Motion Gymnastics Academy  
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@motiongymnastics\_bh

Riffa Gymnastics Academy  
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Muharraq 3985 8770  
@mea.brn

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Saar 3413 7001  
@twinpalmsridingcentre

## ICE SKATING

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Manama 1729 2313  
@funland.bahrain

Funscape World  
Dimunia 3509 7333  
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## KARTING

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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

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Zenj 3999 6499  
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Dilmun Club  
Saar 1769 0926  
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## PADDLE BOARDING

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Padel Bahrain  
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Padel One  
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@padelone.bh

Padel Park at Gravity Village  
Zallaq 3223 0303  
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Pink Padel  
Riffa 3822 2444  
@pinkpadel.bh

Padel at The Royal Golf Club  
Riffa 1775 1266  
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Sky Padel  
Manama 3672 0775  
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## RUGBY

Bahrain Rugby Football Club  
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## RUNNING

Bahrain Triathlon Association  
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Let us Run  
Manama 3638 3348  
@lettuce.run

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Manama 1718 0407  
@bahrainmaritime\_bmsa

Bahrain Yacht Club  
Sitra 1770 0677  
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Zallaq 1783 6078

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Mermaid Swimming Classes  
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@elements.bsb

Dilmun Club  
Saar 1769 0926  
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Dolphin Swimming Training  
Um Al Hassam 3950 3169

Royal Life Saving Bahrain  
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SPARTA, St Christopher's School  
Saar 1760 5190  
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Teddy Tennis  
Janabiya/Adliya 3885 4881  
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Bahrain Triathlon Association  
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## AIRLINES

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Cathay Pacific 1722 6226 Saudi Airlines 1721 1550  
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# THE Great Outdoors

Make the most of the beautiful Bahraini weather with our guide to some of the best outdoor activities on the island!

- 1) Fitness on Track at the BIC**  
Run or cycle around the F1 track. @bah\_int\_circuit
- 2) RYA Sailing courses**  
Register for the weekend Powerboating course or get your skipper license. @starmarinebah

- 3) Royal Life Saving Bahrain**  
Sign your kids up to the Rookie Club so they can learn about water safety and team work. @rlsbahrain
- 4) The Pearling Path**  
Book a tour with Airhome Travel and wander around the ancient pearling paths and restored merchant houses. @airhometravels

- 5) Sheikh Nasser Cycling Loop**  
Take your bikes and cycle 10K around the loop. See island map for location.

- 6) Karting at the BIC**  
Race your friends around the karting track. @bah\_int\_circuit

- 7) Karzakan Forest**  
Put this into Google Maps and walk a tree lined track to the beach.
- 8) Bahrain Triathlon Association**  
Run, Cycle and Swim! Join this fantastic Triathlon group. @triathlonbh

- 9) The Crag Rock Climbing**  
Climb this outdoor climbing wall. @thecragbh

- 10) Twin Palms Riding Centre**  
Book a lesson and learn to ride a horse. @twinpalmsridingcenter

- 11) Al Areen Wildlife Park**  
Visit this wildlife park @alareen.bah

- 12) Al Dana Amphitheatre**  
Go to a concert at this fantastic outdoor venue. @aldana\_amp

- 13) Nurana Island**  
Drive over to this reclaimed island and walk around the beaches. See island map for location.

- 14) Jarada Island**  
Book a boat trip to a disappearing island with Star Marine. @starmarinebah

- 15) Water Garden City**  
Walk along the promenade, grab a bite to eat from one of the waterside restaurants or take a water taxi to Bahrain Bay.

- 16) Sky Yoga**  
Join a sky yoga session on the roof of the Four Seasons. @fsbahrain

- 17) Cycling Bees**  
Cycle with this all female cycling group. @cyclingbees

- 18) Kayak or Paddle Board**  
around Bahrain Bay. Book with Beach Culture. @beachculture

- 19) Al Jazair Beach**  
Walk along the Broadway here and grab a coffee. See island map for location.

- 20) Prince Khalifa Bin Salman Park** – A lovely place for an evening walk.

- 21) E Scooter**  
Rent an e-scooter and scoot around Bahrain Bay. @escooter.bh

- 22) Horse Racing** – Visit REHC and watch the horse racing. @rehc.bh

- 23) Padel Tennis** – Book a court and play. See listings for courts.

- 24) The Bahrain Fort** – Walk around this UNESCO World Heritage Site. See island map for location.

- 25) Let us Run**  
Join this all female running group every Tuesday and Saturday. @lettuce.run

- 26) Mangrove Tour**  
Book a tour with Island Activities and kayak around the Ras Sanad Mangrove Forest. @island.activities

- 27) Pearl diving**  
Dive for Bahraini pearls with Scubamaster. @scubamasterco

- 28) Jet Skiing at Water Gadren City** @seebmarinebh

- 29) Learn to row with Bahrain Rowing** @bahrainrowing

- 30) Visit the water park at Lost Paradise of Dilmun** @lpodwaterpark





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



### STAYCATIONS

Al Bander Hotel and Resort  
Sitra 1770 1201  
@alibanderhotelandresort

Al Areen Palace and Spa  
Zallaq 1784 5000  
@alareenpalaceandspa

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  
@thegulfothelbh

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  
@jumeirahgulfobahrain

Laguna Beach Resort  
Budaia 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  
Manama 1729 8008  
@novotel\_bahrain

Palm Yard Hotel  
Manama 1772 5000  
@palmyardhotel

Ramada  
Seef 1774 2000  
@ramadabahrain

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On Instagram: @thedressingupbox.bh

On what's app: 3300 8189

Pop-up events: Details on Instagram

Gift wrapping, same day delivery and collection services available



# GATEWAY TO Saudi Arabia

Heading over the Causeway? Get ready to explore

## APPLY FOR YOUR E VISA

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.

## TRAVELLING BY CAR TO EASTERN PROVINCE

Traveling by car to Saudi Arabia from Bahrain can seem daunting but follow these steps and it will be easy. Remember the speed limit is 100kmph

- Make sure you have bought your Car Insurance in the office on the right as you approach the Causeway.
- Drive to first toll at pay 2.5 bhd
- Drive onto Causeway
- At the next checkpoint you will be given a small Customs paper. HOLD ONTO THIS
- Drive onto the next checkpoint which is Bahrain Passport Control.
- If it is the first time of entry to Saudi Arabia you will need to have finger prints taken.
- Follow signs to a porta cabin on the right hand side of the road and have finger prints taken.
- Drive to Saudi checkpoint and Handover passport and the original Customs paper. This will be stamped and handed back.
- Drive to Saudi customs where you must get out of your car and the contents of the car will be checked.
- Hand over the Customs paper to be stamped again
- Leave the Customs bay and pass through a final checkpoint where the stamped Customs paper will be collected.

## ARRIVAL

Causeway  
King Fahd Causeway Authority  
@kfca.sa

Coach - Saptco Direct  
Daily x2 from Lulu Manama to  
Dammam

Air - Gulf Air  
Daily x4 Manama - Dammam

Speedy Motors  
+973 1768 2999

Bahrain Chauffeur Limo  
+973 3306 2726

Bahrain Limousine  
+973 33442300

## EMERGENCY

Police 999 / 911

Fire 999 / 911

Ambulance 997

Traffic Police 933

Car Accident Najm  
+966 9200 00560

## HOTELS

Hilton Garden Inn  
Al Khobar +966 9200 20064  
@hgi\_alkhobar

Sofitel The Corniche  
Al Khobar +966 1388 17000  
@sofitelkhobar

Radisson Blu Dhahran  
Dhahran +966 1380 10080  
@radissonbludhahran

Movenpick  
Al Khobar +966 1381 09800  
@movenpickkhobar

Le Meridien  
Al Khobar +966 1389 69000  
@lemeridienkhobar

Crowne Plaza  
Al Khobar +966 1381 48900  
@crowneplaza\_alkhobar

Kempinski Al Othman  
Al Khobar +966 1382 94444  
@kempinskialkhobar

The Intercontinental  
Al Khobar +966 1384 52888  
@intercontinentalalkhobar

Hilton Jubail  
Jubail +966 1334 29800  
@hiltonjubail

## SAUDI - TOUR GUIDES

Adventure Khobar  
Dammam +966 50 322 2972  
@adventurekhobar

Airhome Travels  
Manama 3655 1214  
@airhometravels

## VISA

Visit Saudi Visa Applications  
+973 8000 6192  
@visitsaudi

## PLACES TO VISIT TWO HOURS FROM BAHRAIN

Al Ithra museum - a state of the art cultural destination in Dharan, look out for their winter camp for children

Al Ahsa Oasis and Hof Huf Caves – a two hour drive from Bahrain causeway to the most incredible caves and visitor museum.

Camel riding and quad biking in Hof Huf and Al Ahsa Oasis

Jubail Marina

Uqair fort

Tarout fort Qatif

Book any of these tours with Airhome travels @airhometravels 3655 1214





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USEFUL  
INFORMATION

## STAYCATIONS CONT.

|                                      |           |
|--------------------------------------|-----------|
| 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





EMBASSIES &  
CONSULATES

|              |            |
|--------------|------------|
| 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                 | 8000 1060 |
| @gigbh                 |           |
| Patrick York Insurance |           |
| Seef                   | 1758 7031 |
| @pyinsurance           |           |

INTERNATIONAL  
DIRECTORY

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

LAUNDRY

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

OTHER

|                              |  |
|------------------------------|--|
| Bahrain British Business     |  |
| Formum (BBBF)                |  |
| @bahrainbritishbusinessforum |  |

PHOTOGRAPHERS

|                    |           |
|--------------------|-----------|
| Amani Photography  |           |
| Seef               | 3998 8068 |
| @amaniphoto_studio |           |

|                            |           |
|----------------------------|-----------|
| Bader Alwazeer Photography |           |
| Manama                     | 3777 3308 |
| @bader_photo               |           |

|                             |           |
|-----------------------------|-----------|
| Euoway Photography & Design |           |
| Hoorah                      | 3730 0097 |
| @euoway_photography         |           |

|                       |           |
|-----------------------|-----------|
| Fatmina Photography   |           |
| Manama                | 3662 2622 |
| @fatimaphotography.bh |           |

|                          |           |
|--------------------------|-----------|
| Hannah Elson photography |           |
| Janabiya                 | 3615 5345 |
| @hannahelsonphotography  |           |



|                         |           |
|-------------------------|-----------|
| Javeen                  | 3635 1264 |
| Jodie Baker Photography |           |
| Janabiya                | 3885 2723 |
| @jodiebakerphotography  |           |

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

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

|                              |  |
|------------------------------|--|
| Makenzie Everbout            |  |
| @makenzieeverboutphotography |  |

|                             |           |
|-----------------------------|-----------|
| Roqaya Wedding Photographer |           |
| Manama                      | 3999 0068 |
| @roqayaphoto                |           |

|               |           |
|---------------|-----------|
| Scope         |           |
| Saar          | 1769 9520 |
| @studio_scope |           |

PUBLIC SERVICE  
NUMBERS

|                    |           |
|--------------------|-----------|
| Coast Guard        | 1770 0000 |
| Flight Information | 1733 9339 |
| Police             | 999       |

TAILORS

|                     |           |
|---------------------|-----------|
| Mrs Pan Tailoring   |           |
| Budaiya             | 3446 3710 |
| Soriginal Tailoring |           |
| Saar                | 3841 0120 |
| @soriginal.bh       |           |
| Tailor Express      |           |
| Manama              | 3628 8000 |
| @tailorexpress_bh   |           |
| Trico Tailoring     |           |
| Al Hidd             | 1700 3445 |
| @tricobh            |           |

TAXIS

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

TELECOMS

|         |           |
|---------|-----------|
| Batelco | 3926 4462 |
| STC     | 3312 4124 |
| Zain    | 3610 7107 |

TV

|      |  |
|------|--|
| OSN+ |  |
| @osn |  |

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