

CONNECT *Bahrain*

THE **FREE** FAMILY DIRECTORY

WHAT TO DO
AND WHERE
TO GO

SPECIAL
FEATURE ON
SPAS

CHILDREN'S
ACTIVITY
PULL-OUT

ISSUE 4
SPRING 2024
DIGITAL VERSION AVAILABLE
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ADMISSIONS OPEN



Contact our Admissions team
for a school tour:

T: +973 17 605 051 or +973 17 605 052

E: admissions@school.st-chris.net

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.

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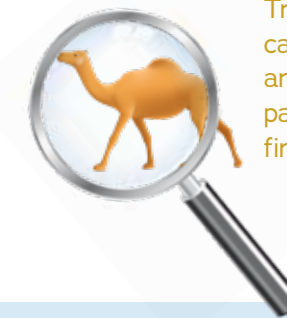
Welcome

Welcome to the Spring edition of Connect Bahrain, the Family Directory. We're delighted to announce that we are now online with our new website www.connectbahrain.com, Bahrain's first e-directory. Our magazine is available throughout Bahrain and lists, businesses, schools, shops, restaurants and much more.

In this edition we are focusing on Health and Wellbeing, with spas, healthy tips and some healthy recipes in our Little Chefs page.

With very best wishes for 2024,
Ruth Brown and Georgie Jones

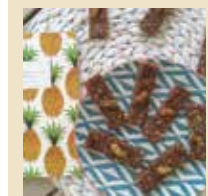
Contact us on
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CR 159194



Find the camel!
Try and find 24
camels hidden
amongst the
pages. This is the
first one.

Green Zone

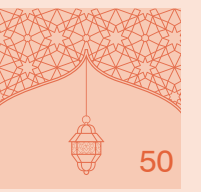
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Our Island



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ACTIVITIES			
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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			
Embroidery by Natalia			
@embroiderybynatalia			
Mosaic House			
Al Maqsha	3925 3943		
@mosaichousebahrain			
Life in Music			
Sanad	1762 5583		
@lifeinmusicbahrain			
Palitra Art Studio			
Manama	3411 5037		
@palitra_studio			
Sard Child's Cultural House			
Manama	1728 0281		
Smart Kids Academy			
Manama	3343 3595		
@smartkids_academy			
Studio Ceramics			
Budaiya	1700 2911		
@studioceramicsbh			
The Art Scene			
Riffa	3801 0011		
@artscene.bh			
Touch of Art			
Budaiya	1728 0022		
@touch.of.arts			
Twinkle Twinkle			
Saar	1770 0412		
@twinkletwinklecenter			
Wild about Art			
Juffair	3330 7249		
@wildaboutartco			
BRIDGE			
Bridge at the British Club			
Manama	3940 7780		
@britishclubofbahrain			
CHESS			
Arjun's Chess Academy Bahrn			
Zinj	3319 0004		
@aca.bh			
Bahrain Chess Academy			
Seef	1755 4424		
@chess.bh			
Bahrain Chess Culture			
Isa Town	3733 4949		
@bhchessculture			
Bahrain Chess Club			
3920 0111			
@bhchess			
CLIMBING			
Funscape World			
Mall of Dilmunia	1330 0220		
@funscapebh			
Adventure Hub			
Galleria Mall	3353 1166		
@adventurehubme			
The Crag Rock Climbing			
Zallaq	3888 5655		
@thecragbh			
COOKING CLASSES			
Cooking with Gica			
Manama	3503 8336		
@cookingwithgica			
Gulf Institute of Culinary Art			
Manama	1366 0660		
@Gica.me			
Kitchen United Cooking Class			
Riffa	3350 3000		
@kucookingclass			
A Piece of Cake			
Budaiya	3900 1155		
@a_piece_of_cakebh			
Ready Get Set Cook			
Saar	3942 6665		
@readygetsetcook			
Susy Massetti Cooking classes			
Al Jasra	3900 6292		
@susy.massetti			
The Cooking Studio			
Manama	1711 1022		
@cookingstudiobh			
DANCE & BALLET			
AADS Artistic Productions			
Manama	3355 7266		
Bahrain Ballet Center			
Budaiya	3371 9180		
@bahrainballetcenter			
Ballare School			
Saar	1730 0021		
@ballarestudio			
Dynamnic Arts Centre			
Manama	3370 3299		
@dynamic_arts_centre			
Harmony Music Centre			
Budaiya	3646 4360		
@harmony_bmc			
IIPA Indian Institute for			
Performing Arts			
Manama	1723 1717		
Victoria Dance			
Hamala	3987 6215		
@victoriadancebh			
DRAMA			
Ballare School			
Saar	1730 0021		
@ballarestudio			
IIPA Indian Institute for			
Performing Arts			
Manama	1723 1717		
Manama Theatre Club			
Brit Club	1772 8245		
@mtcbahrain			
Makan School of Speech &			
Drama, Saar	6669 0030		
@makankom			
Victoria Dance			
Hamala	3987 6215		
@victoriadancebh			
E SCOOTERING			
E Scooter			
Bahrain Bay	3366 8788		
@escooter.bh			
FRIENDLY ACTIVITIES FOR NEURODIVERSE CHILDREN			
Fitness 365			
Janabiya	3957 1334		
@fitness365bh			
Ninja Academy			
Marassi	3382 4626		
@ninjaacademy.bh			



CONNECT Bahrain

We are proud to announce the launch of Bahrain's first
e-directory www.connectbahrain.com

You can search for what to do and where to go in the
Kingdom, plus it has an A-Z of Bahrain. You can also find
our magazines and latest edition online. For listings and
advertising opportunities please contact us.

www.connectbahrain.com
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HOLIDAY CLUBS

Athletic Kings Tennis
Saar 3832 5914
@athletickingsbahrain

Artology
Saar 3679 0785
@artology.bh

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
@tekkeers_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

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

Bo-Sabi 3811 1474
The Diplomat Radisson
Friday 1pm-5pm
Buffet 20BD – 32BD

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

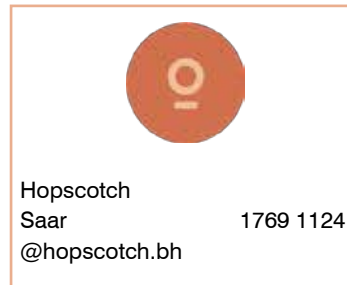
Gallery 21 1771 1600
Friday 12:30pm – 4pm
Buffet 19BD – 34BD

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 Friday Buffet 12pm – 4pm 20BD – 31.6BD	1759 0591	Regency Intercontinental Friday Buffet 11am- 4pm 28BD – 37BD	1722 7777	Cakes and Bakes Riffa @cakesandbakes.bh	3933 3466	Goodness Saar @goodness.bh	3360 0082
La Med Ritz Carlton Friday Buffet 12:30 – 4pm 35-45BD	1758 6499	Rosso Art Hotel Saturday Buffet 12:30pm -4pm 20BD – 26BD	1600 0111	Café Chantilly Saar @chantilly_bh	1720 0071	Grotta Hamala @grottabakery	3320 0780
Legendz Steakhouse Intercontinental Friday 11am-4pm	3230 0702	Salero Saturday Buffet 1pm – 5pm 22BD – 29.5BD	1717 1300	Café Delices Manama @cafedelicebh	1771 3000	Hala Lebnan Reef Island @hahalebnnan.bh	1777 2600
L'Orto Adliya Friday Set menu 12 - 4pm 28BD - 36BD	1777 7818	Silk Movenpick Friday Buffet 12pm – 4pm 42BD	1746 0000	Café Lilou Adliya Seef @cafellilou	1771 4440 1758 3939	Haute Cupcakes Seef @hautecupcakesbh	1758 6363
Masso Fri and Sat Set menu 12:30pm - 3:30pm 28BD – 35BD	1772 1061	Sofitel Friday Buffet 12:30pm – 3:45pm 36BD	1763 6363	Café Sego Manama @cafesego	1721 1152	Hopscotch Saar @hopscotch.bh	1769 1124
McGettigan's Friday Set Menu 12pm – 4pm 20BD – 29BD	1700 0415	Solymar Beach Club Friday Buffet 12pm – 4pm 38BD	3509 4777	ChocoBisc Manama @choco_bisc	3509 4993	Jena Hamala @jenabakery	1761 3191
Meisei Saturday 12pm-4pm 25BD - 32BD	1700 7770	The Dilmun Club Friday Buffet 12pm – 4pm 20BD	1769 0926	Crème London Al Liwan @cremelondonbh	6664 4323	Just Cupcake Riffa @justcupcake	1766 6090
My Café Saturday Set menu 12pm – 4pm 28BD – 38BD/45BD	7734 4444	The Royal Golf Club Once a month Buffet 12:30pm – 4pm 30BD – 35BD	1775 1266	Crumbles Riffa @crumbles_bakery	3611 6313	La Reine de Versaille Riffa lareine.patisserie	1755 5600
Obab Al Bahar Jumeriah Gulf of Bahrain Friday Buffet 12:30pm-4pm 30BD	7777 1000	Texas Longhorn Friday Set menu 12pm – 5pm 16BD – 21BD	1710 4655	Dose café Water Garden City @dosecafe_bh	1700 0774	La Ventana Manama @cafelaventana	7710 6070
Oliveto Friday Set menu 1pm – 4pm 28BD – 39BD/45BD	1771 6747	Audrey's Bakery Tubli 3889 9021		Eastern Bakery Mina Salman @easternbakerybh	1772 7133	Café T, Royal Golf Club Riffa @theroyalgolfclub	1775 0777
Opa Royal Saray Friday Set menu 12:30pm – 3:30pm 25BD – 35BD	3355 5244	Aroma Café Seef @aromabahrain	1758 2711	Esquires Awali @esquires_bahrain	3600 0000	Le Chocolat Seef Saar @lechocolat_bh	1711 1144 1723 2345
Origins Vida hotel Friday Buffet 1pm – 4pm 28BD – 34BD	7748 8888	A Piece of Cake Riffa @a_piece_of_cakebh	1777 7909	Furn Seef @furnbahrain	1717 1441	Let Them Eat Cake Saar @let_them_eat_cake_bh	3232 0078
Origin Kitchen and Culture Hilton Bahrain Friday Buffet 1pm – 4pm 27BD -39BD	3369 2013	Baker & Spice Al Aali Mall @bakerandspicebah	1360 9666	GB Café Seef @greenbarcafe	7708 7768	Lilou Artisan Patisserie Bahrain Riffa @lilouartisanpatisseriebah	1771 5370
		Boulangerie Sophie Amwaj @chezsophie.bh	1603 0912				

**DELIVERY**

Lollosa Cookies
Manama
@lollosa_cookies
3823 8622

Ahlan @ahlanapp

Manual
Seef
@manualbahrain
3229 9277

Dine In @dinein.me

Maya La Chocolaterie
East Riffa
@mayalachocolaterie
3920 4222

Jahez @Jahezbh

Talabat @talabatbh

FAST FOOD

My Bakery
Riffa
@mybakerybahrain
1765 0411

Box it @boxitarabia

Burrito Loco @burritoloco.me

My Café
Manama
@mycafebh
7734 4444

Dominos @dominosbh

Fuddruckers
@fuddruckersbahrain

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

Hardee's @hardeesbahrain

McDonalds
@mcdonaldsbahrain

Red Crossaint bakery
Juffair
@redcrossaintbakery
7799 5551

Papa Johns
@papajohnsbahrain

Rich
Janabiya
@rich.bhr
6636 0633

Pizza Hut @pizzahutbahrain

Pro Pizza @pro.eatery

Ritz Gourmet Lounge
Seef
@ritz_gourmet_lounge
1758 6434

Tacos and Burritos @tnbme

YaSalam @yasalambahrain

ICE CREAM

Tariq Pastries
Adliya
@tariqpastriesbahrain
1768 0461

Baskin Robbins
@baskinrobbinsbh

Tea Club
Adliya/Amwaj/Avenues
@teaclub_official
3977 7098

Florenzia
@florenziaicecreambh

The Orangery
Adliya
@orangeryme
1736 9696

Marble Slab
@marbleslab_bh

RESTAURANTS BY CUISINE

The Lebanese Bakery
Seef
@thelebanesebakerybh
1759 5559

ALL DAY BREAKFAST

Tuga
Amwaj
@bakeryoftuga
3636 7431

N'ovo
Hamala
@novo.bh
3223 0428

Rigani
just greek

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AUTHENTIC
GREEK
FLAVORS**

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AMERICAN

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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 FUSION

Bo-Sabi
Manama 3811 1474
@bo.sabi.bh

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

Cinnamon in the Souk
Manama 3717 7899
@themerchanthousebahrain

Danat Al Tawawish
Manama 3805 0713
@altawawish

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
@hajiscake

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

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
@motimahall_bh

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

Luna
Hamala 3211 1160
@luna_bahrain

Masso
Manama 1772 1061
@massorestaurant

Medzo
Manama 1722 7777
Medzo_bh

Nino
Seef 1756 6555
@ninobahrain

NKD Pizza
Saar 1748 4894
@nkd pizzabh

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



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Agora Arad Athar Riffa @agora.food 1770 3830	Good Wolf Eatery Saar Jasra Riffa @goodwolfeatery 1741 3555 6673 8045 1724 5383	Healthy Vibes Busiteen Riffa @healthy_vibes_bh 1732 3537 1731 3532	Poke Kafe Seef @poke.kafe 3840 9022
Baker & Spice Al Aali Mall @bakerandspicebah 1360 9666	GreenBeets Al Aali Mall @greenbeetsbh 1729 1222	Joe and the Juice Al Liwan @joeandthejuicebahrain 1743 4300	RAAW Saar @raaw.bh 1760 0141
Bay View Lounge Four Seasons @bayview.bh 1711 5500	Haute Health by Hospitalia Budaiya Jannusan Riffa @hautehealthbyhospitalia 1781 1111	Lumee Avenues Al Aali Saar Mall @lumeestreet 1743 4300	Reviive Various @reviivecafe 1740 2303
Bistro by Sylwia Tubli 3944 0160	Healthy Calorie Various @healthycalorie 3912 2771	Mana Café Moda Mall @manacafe.bh 1728 0727	Roots Hamala @rootsbh 1721 1561
Buns and Bowls City Centre @bunsandbowls 3990 6170	Healthy Lab Sehla Riffa Arad @healthylab.bh 1710 0030 1710 0040 1710 0070	Mila Janabiya Park @mila.bahrain 1700 0101	Serra Café Seef @serra_bh 7708 9809
Cantine Manama Liwan @cantinebh 1769 5000 1769 5444	Healthy Roots Seef @healthyroots.bh 1700 0443	Oak Riffa @oak_bh 1700 1399	Unicorn Noms Hamala @unicornnoms 7799 2277
Eighty Thirty Janabiya @eightythirty 1760 1036	Healthy Spot Riffa @healthy_spot 1742 2345	Petiole Café Janabiya @petiolecafe 1726 4055	Villa Mamas Saar @villamamas 1730 5031
GB café Seef @greenbarcafe 7708 7768		Plant café Hamala @plant_cafe 3800 7780	





ITALIAN CONT.

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
@satogulfbahrain

JAPANESE & PERUVIAN

Clay
Adliya 1755 4545
@clay_bahrain

LEBANESE

Al Arisha
Manama 1772 5414
@alarisharestaurant

Al Fayez
Reef Island 1332 0612
@alfayezbahrain

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

Leila
Seef 1756 6556
@leilaminlebnen

Zayt Zaytoon
Budaiya/Al Hoorah 1666 2666
@zaytzaytoon

MEXICAN

Calexico
Adliya 1766 6644
Janabiya Foodtruck 3542 8802
@calexico_bahrain

Cantina Kahlo
Ritz-Carlton 1758 0000
@cantinakahlo

El Chapo
Adliya 3773 8838
@elchapo.bhr

Senor Pacos
Adliya 1772 5873
@senor_pacos_bh

ORGANIC

Baker & Spice
Al Aali Mall 1360 9666
@bakerandspicebah

PERSIAN

Al Abraaj
Various 1743 4343
@alabraaj

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

Takht Jamsheed
Manama 1774 6431
@thegulfbahrain

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
@butchersshopar

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

Gunaydin
Adliya 1700 0099
@gunaydinbahrain

Sisler
The Avenues 1667 0358
@sisler_bahrain

VEGAN

Plant Café
Hamala 1700 1677
@plant_cafe

Unicorn Noms
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@unicornnoms

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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



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Budaiya Pre School
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@budaiya_preschool

Capital School
Zinj 1700 8880
@capitalschoolbahrain

Canadian School Bahrain
Diyar Al Muharraq 6664 4234
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& PRESCHOOLS CONT.**

Children's House Montessori Nursery School Janabiya 1769 9844 @the_childrens_house	Golden Days Nursery Barbar 1722 3103 @goldendaysnurserypreschool	Kids Corner Nursery Isa Town 3807 7758 @kidscorner.bh	Little Pearls Nursery Hidd 3355 8911 @littlepearlsnurserybahrain
	Happy Hearts Kindergarden Sanad 7708 2017 @happyhearts.bah	Kipina Nursery Saar 1700 9598 @kipina_kids_bahrain	Little Starz Pre-School Riffa 1765 1516 @little.starz.bh
Clever Kid Pre School Riffa 1722 7997 @cleverkidbh	KG Kids Pre School Riffa 1766 3556 @kgkidspreschool	Kidz World Kindergarten Adliya 1771 5050 @kidzworldkindergarten	Little Village Center Um Al Hassam 1732 2570 @littlevillagecenter
Disney Nursery Saar 3905 6662 @disney.nursery	Kiddy Care Pre School Zinj 3231 4680 @kiddycarepreschool	Ibn Khuldoon National School Isa Town 1778 0661 @ikns	Little Wonders Preschool Saar 3644 7000 @littlewonderspreschoolbahrain
Eton House Hamala 1749 0333 @etonhousebahrain	Kidsland Nursery Jid Al Haj 1740 5717 @kidslandbh	Lamara Pre-school Saar 1700 6162 @lamara.preschool	Lycee Français MLF de Bahrein Muharraq 1732 3770 @lycee.francais.mlf.de.bahrein
Evolution Childcare Adliya 1766 9079 @evolutionchildcare.bh	Kinder World Preschool Adliya 3365 4050 @kinderworld_adliya	Lilliput Pre-School Jid Al-Haj 3950 7035 @lilliputpreschool	Madeleine's Pre-School Adliya 1772 1851 @madeleinespreschool
First Steps Nursery Isa Town 1778 0760 @first_steps	Kinder World Preschool Janabiya 3360 0097 @kinderworld_janabiyah	Little Gems Pre-School Budaiya 1769 4356 @littlegemspreschoolbahrain	Nadeen School Bahrain Dilmunia 1772 8886 @nadeenschool

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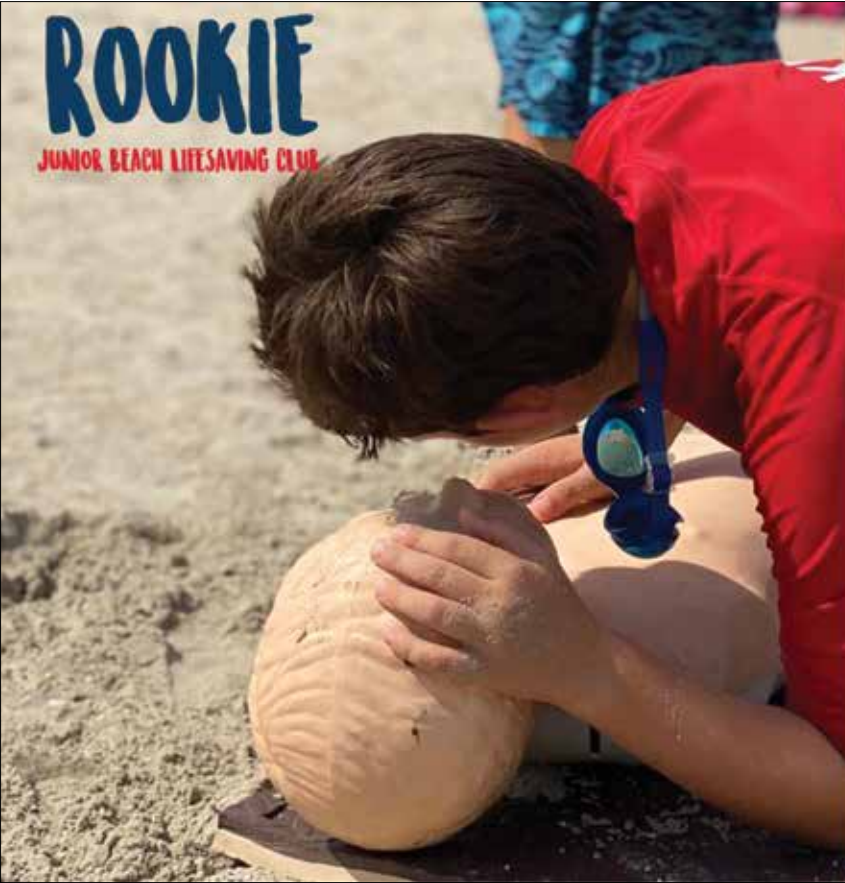
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Quest School Janabiya 3366 6014 @questschoolbh	Talent International & The Infant School Manama 1725 2346 @infantschoolbh	Al Hekma International School Sanad 1762 0820 @ahisbh	Bahrain Bayan School Isa Town 7712 2244 @bahrainbayanschool
Rainbows for Kids Muharraq 1734 5090	The British Nursery Riffa 1766 0024 @thebritishnursery	Al Noor International School Sitra 1773 6773 @alnoorschool.bh	Bahrain School Juffair 1772 7828 @thebahrainschool
Rawan Pre-school Bu Quwah 3925 2862 @rawanpreschool		Al Rawabi School Jebelat Hebshi 1759 5252 @alrawabischool	Bahrain Indian School Budaiya 1759 8000 @bahrainindianschool1
Reach Nursery Isa Town 1766 3280 @reach.nursery	The Golden Days Nursery Barbar 1722 3103	Al Salam School Janabiya 1791 0528 @alsalamschool.bh	Beacon Private School Hidd 6600 0088 @beaconprivateschool
Riffa Views International School Riffa 1656 5000 @rvis.bh	Twinkle Twinkle Saar 1770 0412 @twinkletwinklecenter	Alia National School Sitra 1773 7377 @aliaschool	British Preparatory School Saar 1779 2010 @bps_bahrain
Saar Nursery Saar 1700 2009 @saar.nursery	Very Berry Nursery Sanad 3390 9599 @veryberrynursery	Al Wisam School Budaiya 1769 9595 @alwisamschoolbahrain	British School of Bahrain Hamala 1761 0944 @britishschoolbahrain
St Christopher's School Saar 1760 5051 @stchrisbahrain	PRIMARY & SECONDARY SCHOOLS	American School of Bahrain Riffa 1721 1800 @americanschoolbahrain	Britus International School Salmabad 1759 8440 @bisbh_official
	Abdul Rahman Kanoo International School, Manama 1787 5055 @arkis1997		





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

EDUCATION

PRIMARY & SECONDARY SCHOOLS CONT.

Capital School
Zinj 1700 8880
@capitalschoolbahrain

Canadian School Bahrain
Diyar Al Muharraq 6664 4234
@canadianschoolbh

Eton House
Hamala 1749 0333
@etonhousemea

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

Hawar International School
East Riffa 1366 6555
@hawarschool_official

Ibn Khuldoon National School
Isa Town 1778 0661
@ikns

International School of Chouefait
Amwaj 1603 3333
@iscmanama

Multinational School
Adliya 1771 1444
@mnschoolbahrain

Nadeen School Bahrain
Dilmunia 1772 8886
@nadeenschool

Naseem International School
Riffa 1778 2000
@nisbahrain

New Millenium School
Bughazal 1727 2700
@newmilleniumpschoolbahrain

Pakistan School
Isa Town 1768 2304
@pakistanschool

Palms Primary School
Riffa 1766 6637
@palms.school

Philippine School
Riffa 1764 5451
@realphilippineschoolbahrain

Quality Education School
Budaiya 1769 2917
@qesbh

Quest School
Janabiya 3366 6014
@questschoolbh

Riffa Views International School
Riffa 1656 5000
@rvis.bh

Sacred Heart School
Isa Town 1768 4367
@sacredheartschoolbahrain

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

St Christopher's School
Saar 1760 5051
@stchrisbahrain





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Manama 1725 2346

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

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

The Children's Academy
Riffa 1761 3234
@thechildrensacademybahrain

The New Indian School
Isa Town 1762 2350
@the_new_indian_school_bahrain

SPECIALIST EDUCATION

Affinity Consultancy
Saar 3966 9267
affinityconsultancy.org

Alia Autism Center
Sitra 1773 0960
@aliaschool

Anne Mostafa Clinical
Psychology
Amwaj 6692 9422

Athena Private School for
Special Education
Salmabad 1656 8120
@athenaprivateschool

Brain Body Dynamics
Saar 3888 0188
@brainbodydynamics

British Council
Manama 1726 6166
@britishcouncilbh

Children's Academy
Riffa 1761 3234
@thechildrensacademybahrain

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



Disabled Sports Federation
Isa Town 1778 9191
@diablersportsfederationbahrain

Hope Institute
Isa Town 1768 0815
@hope_institute_bahrain

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
@reachabatherapy

R.I.A Institute
Manama 1771 6871
@riacenter

Steps Rehabilitation Centre
Janabiya 1724 6256
@stepsrehabilitationcenter

Talk Play Grow
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
@fitnessfirsttoasismalljuffair

Four Seasons Hotel
Bahrain Bay 1711 5000
@fsbahrain

Grip Fitness Centre
Riffa 3555 5510
@gripfitness_

Hydro Spa & Salon
Riffa 3200 8600
@hydrospabh

HV Holistic
Seef 1777 5544
@hvholistic

JFC Bahrain Fitness Gym
Manama 3300 2592
@jfcbahrain

Ki Train
Manama 3624 2230
@kitrainBH

La Sante Women Wellness
Center, Maqabah 1700 0878
@BH_wellnessCent

Oxygen Gym
Budaiya 1761 6165
@oxygengym

PureFit
Seef 3414 4836
@purefit.bh

Push Gym
Budaiya 7771 0101
@push_bh

REPs Fitness Studio
Manama 7737 7348
@repsfit

Ride Nation
Riffa 1748 4828
@ridenation.me

Ritz-Carlton Hotel
Seef 1758 0000
@ritzcarltonbahrain

Royal Golf Club
Riffa 1775 1266
@royalgolfclub

Sports Training Complex
Saar 3916 9475
@sportstrainingcomplex

Spartan Fitness
Saar 1777 1700
@spartan.fitness.bh

So Fit Gym
Riffa 1768 0902

Sofitel
Zallaq 1763 6363
@sofitelbahrain

Tower Gym
Seef 1758 7007
@almoyyedtower

UFC Gym
Juffair 1700 0044
@ufcgymbh

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

Relax & Rejuvenate

HERE ARE SOME OF OUR FAVOURITE SPAS ON THE ISLAND

Argan Day Spa Amwaj 1603 0888 Janabiya 1703 0888 @argansayspa Ladies only	Lavande Beauty Spa Riffa 7777 4433 @lavandebahrain Ladies only	Purple Patchouli Riffa 1730 9103 Seef 1758 1051 Janabiya 3900 7711 @purplepatchouli Ladies only	The Golden Key Spa Riffa 1722 4444 @tgkbahrain
Cocoon Wellness Spa at the Hilton Juffair 3817 0088 @cocoon.juffair	La Fontaine Spa Manama 1723 0123 @lafontainebh	Spa Intercontinental Manama 1722 7777 @interconbahrain	The Gulf Spa at The Gulf Hotel Manama 1774 6289 @gulfspabh
Haven Spa Fraser Suites Diplomatic Area 3362 1016 @fraserdiplomatic	Pure Gray Spa at The Merchant House Manama 3401 8565 @themerchanthousebahrain	Talisa Spa at Jumeirah Gulf of Bahrain Resort and Spa Zallaq 3366 3486 @jumeirahgulfofbahrain	Royal Spa at the Ritz-Carlton Seef 1758 0000 @ritzcarltonbahrain
Heavenly Spa by Westin Seef 1717 1122 @heavenlyspabahrain	Pure Skin Spa Riffa 1700 4142 @preskinspabh Ladies only	Thalassa Wellness at the Sofitel Zallaq 1763 6391 @thalassa.wellness	The Spa at The Four Seasons Bahrain Bay 1711 5000 @fsbahrain
		Vitality Wellness Spa Saar 3885 4449 @vitality_wellness_spa Ladies only	



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SPAS CONT.

Sparadise
Muharraq 1731 3131
@sparadisebahrain

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

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

The Golden Key
Riffa 1722 4444
@tgkbahrain

The Merchant House Spa
Manama 3401 8565
@themerchanthousebahrain

YOGA & PILATES

Ballare School
Saar 1730 0021
@ballarestudio

Breathe Pilates
Saar 3339 9973
@breathepilatesbh

Bodyline
Saar 1779 3932
@bodylineladiesclub

Core Pilates Studio
Abu Saiba 3219 0401
@corestudio.bh

Erah Pilates Wellness
Hamala 3800 7771
@erahpilateswellness

Equilibrium Fitness Centre
Amwaj 3699 9257
Saar 3699 9250
@equilibrium_pilates_bh

Jacques Dessange Health Club
Adliya 1771 3999
@dessangebahrain

La Fontaine
Manama 1723 0123
@lafontainebh

Mini Me Yoga
Manama 3373 3633
@minimeyoga

Namaste
Budaiya 1759 1565
@namastebh

PROP Yoga & Therapy Center
Budaiya 3370 0730
@propytc

Pure Yoga
Hamala 1700 7111
@pycbh

Royal Golf Club
Riffa 1775 0777
@royalgolfclub

Sports Training Complex
Saar 3616 9475
@sportstrainingcomplex

Yoga Union
Juffair 3458 0018

HAIR & BEAUTY

BARBERS & HAIRDRESSERS

Beauty Spot
Hamala 1761 1888
@beautyspotbahrain

Blo Professional Salon
Seef 1700 6070
@blo_bh

Elie & Jean
Manama 1722 7300
Seef 1758 7757
@ejhaiofficial

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
@jozsalons

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
@beautopiabh

Beauty Lines Mobile Salon
Manama 3223 3326
@beautyliness_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
@hydrospabh

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







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@bdc.bahrain
2nd Floor, Nakheel Centre, Saar





Let your smile be the best part of your day.



Welcome to Bahrain

Prevention is always better than a cure.

While living in Bahrain you do not always have fluoride in your drinking water; your toothpaste is a good source of fluoride.

We recommend you brush your teeth a minimum of 2 times a day and not rinse with water after brushing, this way the fluoride from your toothpaste will stay and help protect your teeth.

If you are staying here for more than 6 months, it is essential that you go for your dental checkups and cleanings.

According to the American Dental Association, you should see your dentist every 6 months.

We highly recommend you do that while living here.

We would love to welcome you to our clinics.

We are open 7 days a week from 9 am to 8 pm.



Dr. Sami El-Bassit
Oral Surgeon – Implantologist



Dr. Elias El-Achkar
General Dentist
Restorative & Aesthetic Dentistry



Dr. Patrick Bounassif
Orthodontist



Dr. Donna Hassoun
General Dentist



Dh. Ghadeer Omran
Hygienist



Dr. Carlos Khoury
Periodontist



Dr. Roger El-Bassit
Oral Surgeon – Implantologist



Dr. Majd Mouawad
Prosthodontist –
Advanced Cosmetic Dentistry



Dr. Mario Fares
Endodontist



Dr. Marlene Khoury
Pediatric Dentist



Dh. Fatima Aloraibi
Hygienist



Dr. Carla Moukarzel
Pediatric Dentist



Dr. Marc Bassit
General Dentist

Seef Area | Amwaj Island
1758 7991 | 1758 7992
www.seefdental.com

THE Fun Zone

E P E E F I V E A D A Y S E O
P L A R I O M A S S A G E A T
D P I B T G Y M S N M T S G T
T L M R P I L A T E S M N E R
O L G P C Y C L I N G F S S E
I V H E A E S L F E S Y O G A
G L E E E B G G N I N N U R D
S S U P E R F O O D S D E N M
D A S L E X E R C I S E V E I
G T G R M B R O C C O L I O L
T R O P S E L B A T E G E V L
G E E I H T O O M S L E E P P
Y S T I N P I M L E L P P A I
N I E T O R P H E A L T H O L
A I E I G M E D I T A T I O N

CAN YOU FIND ALL THE WORDS?

YOGA
APPLE
EXERCISE
BROCCOLI
SUPERFOODS
CYCLING
RUNNING

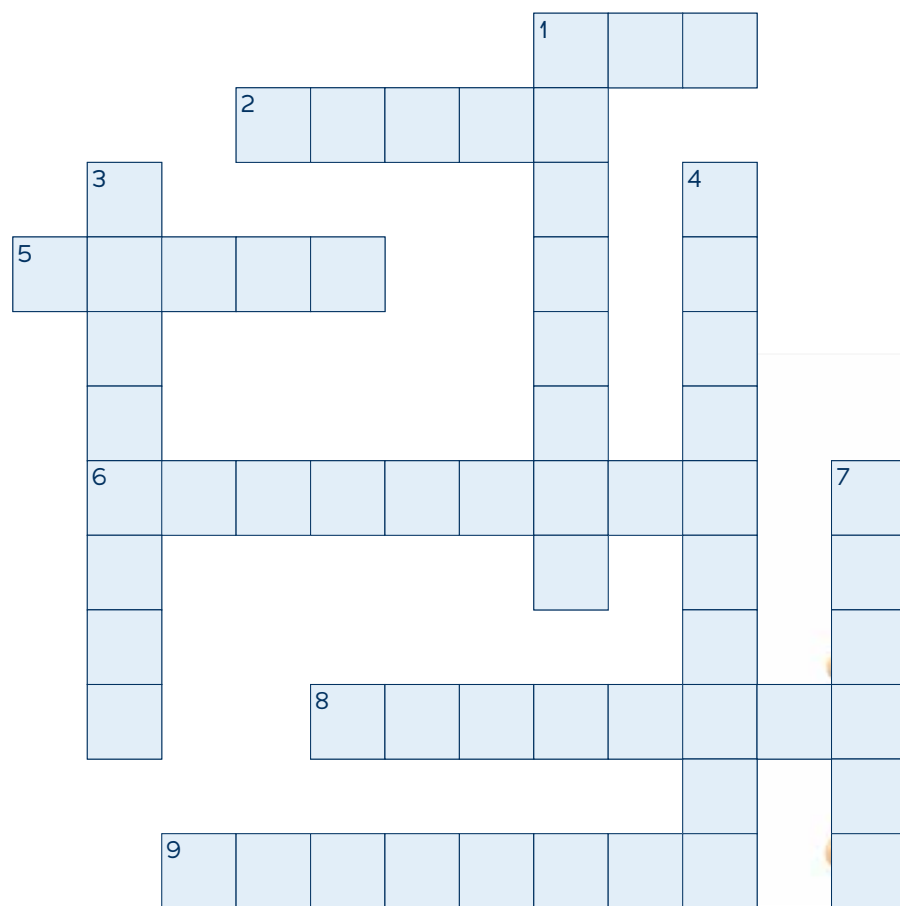
VEGETABLES
PROTEIN
TREADMILL
GYM
SLEEP
MEDITATION
HEALTH

PILATES
MASSAGE
SMOOTHIE
FIVE A DAY
SPORT





THE Fun Zone



ACROSS:

1. Where is the Fitness on Track?
2. Drink lots of this and stay hydrated
5. A healthy meal made with lettuce
6. A race including running, swimming and cycling
8. What do you count when you are on a diet?
9. A great way to get fit

DOWN:

1. A green super-food beginning with B
3. The name of a 42km run
4. Blend some green vegetables and make a tasty juice
7. Cycle around the Sheikh ____ Loop



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

Healthy Tips



Dana's Daily Tips:

1. Try to get a work out in, before the family wakes up in the morning. So you are done for the day and don't have excuses for missing a workout.

2. Make sure you take the following supplements.

a. Zinc - in the morning after a meal for energy.

b. Magnesium always should be taken with vitamin D in the evenings for getting the best sleep and the best vitamin D absorption.

c. Take collagen on a daily basis either one hour before your work out or right after.

3. Ladies don't skimp on your protein try to have 150-200g of protein per meal! Try to limit your carbs to 50-70g per meal. My advice is don't weigh yourself weigh your food! Cut refined sugar out of your diet, the first 5 days will be hard once you complete 10days you'll wonder why did you eat this stuff to begin with!

4. Try to incorporate weight training into your weekly routine at least twice a week. Women

lose a lot of muscle mass as we grow older. The best way to beat osteoporosis is by having strong muscles to support your bones.

5. Sleep is just as important as exercising. If you don't get enough sleep then your body won't recover. Try to have a stable bed time routine. Sleep starting from 8:30-9pm is better quality than sleeping starting from 11pm-12am, even if it's 8hours the quality of sleep you gain sleeping earlier is much better than sleeping later.



Radio Bahrain Connected, dedicated to elevating well-being, embracing diversity and a healthier community.

**NOURISHING MINDS
TO THRIVE.**

DENTISTS CONT.

Dr Rashad Al Alwai Dental Center
Manama 1722 5566
@drrashadalalawidentalcenter

Gulf Dental Speciality Hospital
Zinj 1774 1444
@gulfdentalspecialityhospital

Ibn Al Nafees Hospital
Manama 1782 8282
@ibnalnafees

Irish Speciality Clinic
Al Hoora 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 Clinic
Saar 3367 7344

Royal Bahrain Hospital
Manama 1724 6800
@royalbahrainhospital

Royal Bahrain Hospital
Janabiya 1724 6800
@royalbahrainhospital

MATERNITY

American Mission Hospital
Manama 1717 7711
@american_mission_hospital

Awali Hospital
Awali 1775 7600
@awalihospital

Bahrain Defence Force Hospital
Riffa 1776 6774
@bdf_hospital

Bahrain Specialist Hospital
Juffair 1781 2200
@bsh_hospital

Ibn Al Nafees Hospital
Manama 1782 8282
@ibnalnafees

Kims Health Hospital
Umm Al Hassam 1782 2123
@kimshealthbahrain

King Hamad University Hospital
Muharraq 1744 4444
@king_h_hospital

Royal Bahrain Hospital
Manama 1724 6800
@royalbahrainhospital

Salmaniya Medical Complex
Salmaniya 1728 8888

OPTICIANS

Ahmed Alwazzan Opticians
Manama 1722 6969
@alwazzanopticians

Ahmed Alwazzan Opticians
Seef 3990 6162
@alwazzanopticians

Optica
City Centre Bahrain 1751 6839
@optica_me

Optica
Seef 1751 6848
@optica_me

Optica
Bahrain Mall 1751 6840
@optica_me

Yateem Opticians
Juffair 1725 3397
@yateemoptician_bahrain

Yateem Opticians
Riffa 1777 9369
@yateemoptician_bahrain

PHARMACIES

Al Kindi Hospital
Zinj 1724 1381
@alkindihospital

Bliss Lab
Manama 1772 0800
@blisslab.bh

Boots The Chemist
City Center 1717 9851
@bootsmiddleeast

Boots The Chemist
Seef 1711 0520
@bootsmiddleeast

Gulf Pharmacy Bahrain
Manama 1723 9399
@gulfpharmacybahrain

Ibn Al Nafees Hospital
Manama 1782 8282
@ibnalnafees

Kims Health Hospital
Umm Al Hassam 1782 2123
@kimshealthbahrain

Nasser Pharmacy
Manama 1772 0800
@nasserpharmacy

Royal Bahrain Hospital
Manama 1724 6800
@royalbahrainhospital

Ruyan Pharmacy
Muharraq 1733 1168
@ruyanbahrain

You Plus
Sanabis 1726 1062
@youplus.bh

SPECIALIST HEALTHCARE

American Mission Hospital
Saar 1724 8102
@american_mission_hospital

Art Therapy Centre
Riffa 3348 6060
@arththerapybh

Back on the Move Osteopathy
Seef 3919 7480
@backonthemove

East Riffa High Performance
Centre Riffa 3731 7317
@eastriffa_hpc

**SPECIALIST HEALTHCARE
CONT.**

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

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

HOME FURNISHING

Artikel
Babar 1779 5070
@artikeljawaddome

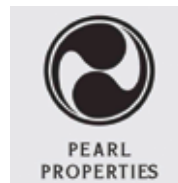
Home Centre
City Centre Bahrain 1717 2355
@homecentrestores

PROPERTY AGENTS

CBRE
Manama 1655 6600
@cbrebahrain

Century 21
Manama 1721 2000
@century21bahrain

Green Gate
Saar 6667 5000
@greengatebahrain



Vikki Lord
Pearl Properties
Saar 3963 4647

Property Locators
Manama 1772 0017
@bahrainpropertylocators

RMR Real Estate
Amwaj 3877 7555
@amwaj_tala_property_anastasia

Savills
Manama 1756 2860
@savills_me

Star Real Estate
Manama 3354 7470
@starrealestate

REMOVAL COMPANIES

Crown Relocation
Manama 1722 7598

GSL
Manama 3873 3824

Gulf Agency Company
Manama 1733 9777

M Nasir House Movers
Manama 3404 7026

Moomin Removals
Saar 3311 0541

Writer Relocations
Manama 1721 4270

**RUG & CARPET
CLEANING**

Perfect Clean rugs
Manama 3301 0195
@perfect_clean_bh

Talents
Manama 3538 2007
@talents.bh

ProBees Cleaning
Manama 3667 2667
@probees_cleaning

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

Our Services

- International & Domestic Relocation
- Vehicle Relocation
- Event Cargo Handling
- Office Relocation
- Storage & Warehouse
- Unpacking & Handyman Services

GSL BAHRAIN

+973 3886 6694

THE Green Zone

THE WONDERFUL ORGANIC FARM ROOTS & SHOOTS

Who are we?

In 2019, Chef Susy Massetti set up Roots & Shoots, an organic farm in Hamala. The farm is managed by her daughter, Andrea Pucciarelli.

What do we do?

We are an organic, regenerative, no till, and cycle based farm. That means no pesticides, chemicals, fertilizers, or any other man made products are used on our farm, only water and manure from our own animals.

How do we raise our animals?

Free range and pasture fed with a selection of feed so the animals can choose what they wish to eat. No antibiotics, no medicine and no hormones.

Our products

The freshest organic chicken, vegetables, eggs, and milk. Meat is also available occasionally and homemade jams, sauces, broths and preserves.

What we offer

Vegetable boxes. Enjoy fresh seasonal vegetable boxes delivered right to your front door!

Farm shop. Our farm shop is open every weekend, starting in November. Find our products and other local made products, it's the perfect community event and an opportunity to get all your weekly shopping done!



Chef Susy Massetti at Roots & Shoots

Farm Dinners. Enjoy a rustic meal at the farm, choose from a selection of menus or for the adventurous ones, a secret menu that is only revealed on arrival. Perfect for special occasions and fun weekends out with friends.

Garden workshops. Whether you are a seasoned gardener, seeking to try new methods or brand new to the world of gardening, we offer monthly workshops to help share our knowledge and expertise.

Garden consultations. Want to have your own mini farm? Produce all the vegetables you need for your home? We can help, get in touch today!

Roots & Shoots
WhatsApp: 3900 6292
Email: ap@rootsandshoots.me
www.rootsandshoots.me
@rootsandshoots.me



UPHOLSTERERS CONT.

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
@aldarislans

Al Jazair Beach

Amwaj Islands
Amwaj 1603 3100
@amwaj_islands

Bahrain Yacht Club & Marina
Sitra 1770 0677
@thebahrainyachtclub

Coral Bay Hotel
Diplomatic Area 1731 2700
@coralbaybh

Dragon Resort
Amwaj 1603 1111
@dragonhotelbh

Durrat Al Bahrain

Four Seasons Hotel
Bahrain Bay 1711 5000
@fsbahrain

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

Jumeirah Gulf of Bahrain
Zallaq 7777 1000
@jumeirahgulfofbahrain

Marassi Al Bahrain
@marassibeach

Novotel Al Dana Resort
Manama 1729 8008
@novotel_bahrain

Ritz-Carlton Hotel
Seef 1758 0000
@ritzcarltonbahrain

Royal Saray
Seef 7770 7070
@royalsaray

Sofitel Hotel
Zallaq 1763 6347
@sofitelbahrain

Solymar Beach
Amwaj 3509 4777
@solymarbahrain

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

Vida Beach Resort
Marassi Al Bahrain 7748 8100
@vidabahrain

Water Garden City
Seef 1710 0150
@watergardencity

BOAT TRIPS

Al Dar Islands
Sitra 1770 4600
@aldarislans

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
@voxbharain

Vox Cinema
City Centre 6674 8397
@voxbharain

DAYS OUT

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

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

Bahrain International Circuit
Sakhir 1745 0000
@bah_int_circuit

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

Dino Park
Prince Khalifa Park 3466 6318
@dinoparkbh

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

Experience Bahrain Boat Hire
Amwaj 1700 3636
@scubalife.bh

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

Kashta Tours
Manama 3212 2163
@kashta.tours

La Fontaine
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

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

Little Chefs

Here's some great recipes from our lovely friend Ally at
Ally's Kitchen Stories

**BISH BASH BOSH HEALTHY BOOST BARS**

- ☐ 2 Cups Pitted Mejdool Dates (Bateel are my top choice!)
- ☐ 1 Cup Grated Raw Coconut
- ☐ 1 Cup Sunflower Seeds
- ☐ 1 Cup Pumpkin Seeds
- ☐ 2 Tbsp. Chia Seeds
- ☐ 2 Tbsp. Flaxseeds
- ☐ 2 Tbsp. Freeze-dried Raspberries
- ☐ Mulberry's To Dress Your Bars (Optional)



You can't beat how easy, healthy, and simple these energy bars are. They're guaranteed to please tummies too!

Packed with a whole lot of goodies (zero nasties) that are super kind to tummy's. These bars are perfect for a mid morning lunch box snack or mid anything snack to keep children healthy and happy too whilst avoiding sugar spikes!

Method:

- Mix ALL ingredients in an S shaped blender for approximately 2-3 minutes or until your mix forms into a big sticky ball.
- Place your slab of gooey mix onto a baking tray, which is covered with greaseproof paper. Using squeaky-clean hands spread the mix so that you have an approximate ½ inch\ thickness all round.
- Place in the fridge to cool overnight. Chop into little bars that are nice and easy to hold.

Ta Da!

Banana Crisps- Hangry (hungry & angry) Snacks

These banana chewies are a firm favourite in our household and guaranteed to please tummies.

- Slice 2 bananas (1/2cm thickness)
- Place onto a wire rack and brush with lemon juice
- Sprinkle a little cinnamon
- Bake on a super low heat (the lowest temp) for a 1-1/2 hours
- Remember to check every 30 mins to make sure they don't stick.
- Turn the oven off and leave to rest.

Result... part crispy part chewy bites! ENJOY



PARTYTIME

BALLOONS

Balloons Heaven
Riffa 3551 6459
@balloons_heaven.bh

Epic Events
Manama 3335 0027
@epicevents.bh

Fifty Five Balloons
Manama 3457 2373
@fiftyfive_balloons

CATERING

Aroma
Manama 1758 2711
@aromaexpressbh

Baker and Spice
Seef 1360 9666
@bakerandspiceme

Bite Me Catering
Riffa 3926 9696
@bitemebahrain

Cake Boutique
Seef 1755 2253
@cakeboutiquebh

Chipa
Salmabad 3964 0177
@tastechipa

David's Stir Fry Crazy
Adliya 1754 0188
@davidsstirfry

Donut Wall
Saar 3974 0496
@donutwallbh

Flaming Salmon
Seef 6666 8444
@flamingsalmon

Gulf Hotel Catering
Adliya 3737 2111
@thegulfhotelbh

Haute Cupcakes
Seef 3306 7770
@hautecupcakesbh

Hopscotch Rustic Kitchen
Saar 1769 1124
@hopscotch.bh

Jena
Hamala 1761 3191
@jenabakery

Let Them Eat Cake
Saar 1769 1114
@let_them_eat_cake_bh

Lilou
Seef 1771 4440
@cafelilou

Lumee
Seef 1743 4300
@lumeeestreet

M by Mirai
Seef 1778 3030
@mbymirai

Nosh Bakes
Manama 3837 2020
@nosh.bakes

A Piece of Cake
Riffa 1777 7909
@a_piece_of_cakebh

A Piece of Cake
Budaiya 1759 1655
@a_piece_of_cakebh

Rue Catering Services
Janabiya 3939 9090
@rue.catering

Sage and Sirloin
Hamala 1761 1949
@sageandsirloin

Swiss Belhotel
Seef 1736 2233
@swissbelhotelseef

YallaCake
Manama 3391 4140
@yallacake

EVENT PLANNERS

Bubbles Events
Manama 3331 0133
@bubbleevents

By Amna Alkan
Manama 3443 1788
@amnas_events_

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

Events A La Carte
Manama 3993 0324
@eventsalacarte

Events by Dhabiya
Manama
@eventsbydhabiya

Events by Leaves
Seef 1759 9055
@eventsbyleaves

Events Essentials
Manama 3407 6282
@events_essentials_bh

Fatoom Events
Manama 3900 4465
@entertainment.world.bh

Kids Party Maker
Manama 3728 8988
kids_party_maker_bahrain

L'Arabia
Hamala 7717 7377
@l_arabia

Newbury Events
Riffa 3720 2786
@newburyevents

Noah's Events
Manama 3940 6706
@noahseventsahrain

Picnico
Manama
@picnico_bh

Purple Papaya Events
Jidhafs 3666 5130
@purplepapayaagency

Sara Events
Manama 3393 6690
@sara_events_bh

Sleepee Teepee
Saar 3974 0496
@sleepeeeteepieb

The Party People of Bahrain
Seef 3352 2571
@thepartypeople_ofbahrain

FANCY DRESS

The Dressing up Box
Saar 3200 8289
@thedressingupbox.bh



PARTY SUPPLIES

Al Wasmiya Tent & Supplies
Manama 3316 6999
@alwasmiyatent

Costume Chest
Juffair 3965 8541
@costumechest

Day to Day
Jannusan 1744 1000
@daytodaybh_

Entertainment World
Manama 3900 4465
@entertainment.worldbh

Evento De Bahrain
Manama 6666 2013
@eventodebh

Party Mania
Budaiya 1766 0515
@partymaniabahrain

The Dressing Up Box
Saar 3200 8289
@thedressingupbox.bh

PARTY VENUES

Al Areen Palace and Spa
Al Areen 1784 5000
@alareenpalaceandspa

Artology
Saar 3679 0785
@artology.bh

Artzania
Manama 3996 9933
@artzania

Bahrain International Karting
Circuit, Sakhir 1745 1745
@bahrain_karting

Bahrain Rugby Football Club
Saar 1769 5809
@bahrainrfc

Bahrain Science Centre
Isa Town 1768 6466

British Club
Adliya 1772 8245
@britishclubofbahrain

Budaiya Pre-School
Budaiya 1779 1491
@budaiya_preschool

Dilmun Club
Saar 1769 0926
@dilmunclub

Escape Code
Saar 1750 0023
@escape.code

Flip n Fun
Hamala 3889 4111
@flipnfun.bh

Four Seasons
Bahrain Bay 1711 5000
@fsbahrain

Funland Center
Manama 1729 2313
@funland.bahrain

Kids Palace
Saar 1765 1050
@kidspalacebh

Jumpsters
Saar 1769 1558
@jumpsters_bh

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

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

Mad Science Bahrain
Budaiya 3971 0055
@madsciencebh

Magic Island
Seef 7791 1211
@magicislandbh

Mosaic House
Budaiya 3925 3942
@mosiachousebahrain

Nutty Scientists
Seef 3355 3551
@nuttyscientistsbahrain

Pottery at Studio Ceramics
Budaiya 1759 9026
@studioceramicsbh

Ritz-Carlton Hotel
Seef 1758 0000
@ritzcarltonbahrain

Sleepee Teepee Bahrain
Saar 3974 0496
@sleepeeeteepieb

Soccer Stars Academy
Janabiya 3319 3060
@soccorstars_bh

Soul Culture
Saar 3338 2263
@soulculturebh

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

Yellow Submarine
Saar Mall 1700 0037

Wadi Al Sail 3805 6666
@yellowsubmarinebh

PETS

ANIMAL RESCUE

Bahrain Animal Rescue Centre
BARC
Hamala 3944 6907
@bahrainanimalrescuecentre

Bahrain Strays
Manama 3967 5919
@saveourstraysbahrain

BSPCA
Askar 1759 1231
@bspca

BSPCA Thrift Shop
Budaiya 1759 3479
@bspca

GROOMING & PET SUPPLIES

California Pets
Budaiya 1760 0933
@californiapets

Horse and Hound
Budaiya 1700 1761
@horseandhoundbh

Pet Arabia
Amwaj 1759 2288
@petarabia

Pet Arabia
Budaiya 1759 2288
@petarabia

Petland
Arad 1310 7474
@pet_land

Pets Home
Hamala 1730 0203
@pets_homebh

Pick me Pets
Budaiya 3883 0311
@pickmepetsgcc

Pretty Paws Mobile
Manama 3728 8188
@pretypawsbh

PET HOTELS

Bed & Biscuits
Manama 1740 2350
@bedandbiscuitsbh

Delmon Boarding
Kennels & Cattery
Barbar 1769 4066
@demonkennels

Saar Kennels The Pet Hotel &
Spa, Saar 1779 0017
@saarkennels

PET RELOCATION

Bed & Biscuits
Manama 1740 2350
@bedandbiscuitsbh

Delmon Pet Relocators
Barbar 3972 9868
@delmonpetsrelocatorsbh

Jetpet Global
Manama 3646 4586
@jetpetglobal

VETS

Animal Care Clinic
Hamala 1761 2459
@animalcareclinic2

Barri's Vet Hospital
Saar 1700 1088
@barrisvethospital

Charis Vets
Budaiya 1310 6800
@charisvets

Dr Nonie Coutts Vets
Adliya 1724 5515
Budaiya 1769 1397
@drnoniecoutts

Eman Veterinary Clinic
Riffa 3944 2216
@emanvetclinic

Community

ANIMAL RESCUE

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

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

Bahrain Rescues
3533 2824
@bahrainrescues

LOCAL CHARITIES AND NOT-FOR-PROFIT



A Box of Goodness
@aboxofgoodness

A Box Forward
@aboxforward

Bahrain Red Crescent Society
Manama 1729 3171
@rcsbahrain

Bahrain Sports Federation for Disabilities
Manama 1717 6930

Manama Rotary Club
Manama 3903 3961
@rotaryclubofmanama

Migrant Workers Protection Society
Manama 1782 7895
@mwpsbh

Omneyat Foundation
@omneyat.bh

Shamsaha
Manama 3844 7588
@shamsaha_me

Think Pink Bahrain
Manama 3907 6717
@thinkpinkbahrain

Pre Loved Books
@prelovedbooks.bh

Tree of Life Charity
@treeoflifecharitysociety

LOCAL MARKETS

Bahrain Farmers Market
Budiaya
@farmersbh

Roots and Shoots
Hamala
@rootsandshoots.me



SMALL BUSINESS SHOUT-OUT!

Hello there! I'm Nosheen, of Nosh Bakes, a delectable venture born out of my love for all things sweet. Two years ago, my family and I embarked on a new chapter in Bahrain, leaving behind the comforts of home back in the UK.

Amidst the transition, I found myself missing nostalgic treats. So in Aug 2023 after hours and months of planning and hard work Nosh bakes came to life. Before starting my own small home business I was always a dedicated foodie, curating content for popular brands which involved being a recipe developer to a storyteller to a food photographer involving all things food.

My journey has now evolved into crafting gourmet-flavoured marshmallows (first ever in Bahrain) along with fudge, honeycomb with a variety of unique treats and bakes. Each creation reflects my passion and dedication involving meticulously testing recipes before they are shared. The excitement of a new recipe reaction never fades away. This is what drives me to keep doing what I love and sharing it with you all.

Join me on this sweet adventure as we blend tradition with creativity.

NEW APP ALERT

A dedicated platform for cinema lovers in Bahrain.



LATEST HOTSPOT

Check out this great cafe in the souk
Cinnamon in the Souk.



SPOTTED!

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FIFI'S FAVE HEALTH & WELLNESS TIPS

While I'm not an expert in health and wellness, and my love for food and drink is evident (just peek at my social media), I've found joy in maintaining a balanced lifestyle.

Here are some tips that work for me:

1. Go Veggie (sometimes!)

Try and have a few vegetarian days each week. If you need some creative culinary ideas, visit my website, hungryfifi.com, for a variety of vegetarian recipes.

2. Meditation: Interested in meditation?

Insight Timer, one of my favourite apps, offers a range of meditations. Select based on duration or theme, including energizing morning sessions or deep full-body relaxation techniques. Bonus, the app is free!

3. Walk & Talk

Boost your daily step count by walking while you take calls. It's a simple way to stay active and catch up with friends and family, or even take work calls too.

4. Beans, Beans

Don't underestimate the power of legumes. Adding chickpeas, lentils, and beans to your meals not only enhances flavour but also contributes to a nutritious diet.

5. Weighted Blanket Wonders

My weighted blanket is a sanctuary for calming anxiety and stress. It's perfect for those moments when you need to unwind and relax. You won't regret purchasing one!

6. Prioritize Sleep

Good sleep is crucial for optimal health. I advocate for early nights to ensure your best performance the next day. Curious about your sleep patterns? Try an app like Sleep Cycle to gain insightful sleep analytics.

By integrating these tips into your daily routine, you can enjoy a healthier, more balanced lifestyle (whilst also enjoying all the fun things in life too!).

Remember, wellness is a journey, not a destination.



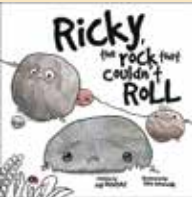


To advertise, please contact hello@connectbahrain.com

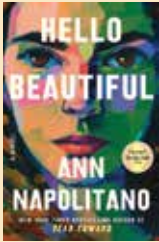
All listings are free – please call us if you'd like to add or correct a listing

THE Book Worm

RECOMMENDS...



Unlike the other rocks, Ricky cannot roll. He's unique and different but he is desperate to fit in. His friends work together to create a solution and get Ricky to finally roll! This is a sweet and beautifully illustrated book.



This is the story of a family of sisters and begs the question of true love and if it can, in fact, really heal a person. It is a mixed web of relationships and secrets but is so beautifully written that you will soon be hooked.



This book is largely domestic fiction but also has elements of historical and psychological fiction. I loved the exploration of Palestinian families and their experiences while living and growing up in America, as well as all they leave behind.



The Fakhros of Bahrain was a trip down memory lane for me. I loved reading about many of the companies we now know so well as landmarks in Bahrain, and their humble beginnings. This book is an absolute must read for anyone that lives or has lived in Bahrain.



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

VETS CONT.

- House Veterinary Center
Muharraq 1720 0075
[@house.veterinary.center](#)
- Save Vet Clinic
Saar 1799 9898
[@save_vetbh](#)
- Tails Veterinary Centre
Manama 6633 4537
[@tailsvetcentre](#)

11. SHOPPING

BOOK SHOPS

- Bookland
Isa Town 1759 2193
[@blb_bookstore](#)
- The Bookcase
Budaiya 1769 0566
[@thebookcasebh](#)

- The Bookmart
Manama 3391 5293
[@bookmartme](#)
- Jashanmal Bookstore
City Centre Bahrain 1717 8407
Seef 7791 1114
[@jashanmal_bahrain](#)
- Jarir
Seef 7799 7755
[@jarirbookstore](#)
- Neo Books and Coffee
Riffa 1700 2233
[@neobooksandcoffee](#)
- Oh My Bookness
Manama 3888 2129
[@ohmybooknessbh](#)
- Skills Centre & Bookshop
Abu Saiba 1768 1696
[@skillsbh](#)
- Virgin Megastore
City Centre Bahrain 1717 2300
[@virginmegastoreme](#)

BUTCHERS

- Butcher Shop and Grill
Manama 1717 2323
[@butchershopar](#)
- Fine Foods
Manama 1736 4327
[@finefoodsgourmet](#)
- Prime Cuts
Amwaj 1600 9200
[@primecuts.bh](#)

FLORISTS

- Alia Flowers
Manama 3999 2414
[@aliaflowers](#)
- Godzilla Flowers
Manama 7791 9000
[@godzilla.flowers](#)

- Rain Florist
Janabiya 3973 3633
[@rainfloristbahrain](#)
- Rolanda Flowers
Manama 3900 7722
[@rolanda_flowers](#)
- Vase Floristry
Manama 3365 6553
[@vase.bh](#)

GIFTS

- Anisa Home
Saar 3996 3486
[@anisaislandliving](#)
- Arabesque Art Gallery
Manama 1772 2916
[@arabesque_art_gallery](#)
- BJC Baby
Seef 1756 4910
[@bjc.baby](#)

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

- Laderach Chocolatier Suisse
Seef 3881 8080
[@laderach_bahrain](#)

- Plant Your Wishes Seed Paper
Manama
[@plantyourwishes](#)

- Re-Loved Luxury
Saar
[@re_loved_luxury](#)

JEWELLERY

- Bahrain Jewellery Centre (BJC)
Manama 1752 0052
[@bahrainjewellerycentre](#)

- Harmony Jewels
Saar 3917 1921
[@harmonybahrain](#)

- Shahrazad Design Everyday
Fine Jewellery
Manama 3967 6663
[@shahrazaddesign](#)

- Tiny Om jewellery
Saar 3200 0513
[@tinyomjewellery](#)

SHOPPING MALLS

- Al A'ali Mall
[@alaalimallbahrain](#) Seef
- Al Liwan
[@alliwanbh](#) Hamala



- Bahrain Mall
[@thebahrainmall](#) Seef
- City Centre Bahrain
[@citycentrebahrain](#) Seef
- Country Mall
[@countrymall](#) Budaiya
- Dana Mall
[@danamall.bahrain](#) Seef
- Dragon City
[@dragoncitybh](#) Muharraq
- El Mercado
[@elmercadoj](#) Janabiya
- Galleria Mall
[@galleriabh](#) Zinj
- Jawad Dome
[@the_jawad_dome](#) Budaiya
- Marina Mall
Manama
- Moda Mall
[@moda_mall](#) Diplomatic Area

- Nakheel Centre
Saar
- Oasis Mall
Juffair / Riffa
[@oasismallbahrain](#)
- Ramli Mall
[@ramli_mall](#) A'Ali
- Saar Mall
[@saarmallbahrain](#) Saar
- Seef Mall
[@seefmall](#) Seef/Muharraq
- Sitra Mall
Sitra
- Thai Mart
[@thaimartbahrain](#) Muharraq
- The Avenues
[@theavenuesbh](#) Manama

SUPERMARKETS

- Alosra
Amwaj/Durrat/El Mercado/
Juffair/Riffa/Riffa View/ Saar
[@alosrasupermarket](#)
- Al Jazira
Adliya/Budaiya/Mahooz/
Janabiya Park
[@aljazira.supermarket](#)
- Carrefour
Bahrain Mall/City Centre
Bahrain/Saar Mall/Jawad Dome
[@carrefourbahrain](#)
- Lulu Hypermarket
Atrium Mall/Dana Mall/Juffair
Mall/Hidd/Manama/Muharraq/

HARMONY JEWELS

Saar Mall

Expert Jewellery Repairs

Chain repairs

Watch repair & battery replacement

Loose diamonds & coloured gems

Jewellery design

38117700 Full service jewellery & watch repair [f](#) [i](#) [h](#) [a](#) [r](#) [m](#) [o](#) [n](#) [y](#) [b](#) [a](#) [h](#) [r](#) [a](#) [i](#) [n](#)



SUPERMARKETS CONT.

Ramli Mall/Riffa
@luluhyperbh

Tamimi Markets
Dilmunia / Nakheel / Riffa
@tamimimarketsbh

TOY SHOPS

Baby Essentials
Seef Mall 3693 2777
@baby_essentials_bahrain

World of Carousel
Saar 3935 0044
@carouselbahrain

Kiddy Kingdom
Saar 3656 3063
@kiddy_kingdom_bh

Sandooqi
Amwaj 3666 9415
@sandooqi_bh

Toys R Us
Seef 3967 0426
@toysrus.seef

Toy Story
Riffa 3349 3182
@toystory.bh

Toys World
Manama 3723 3371
@toysworldbh

Wonderland Toystore
Riffa 3998 5060
@wonderlandtoystore

SPORT**ATHLETICS**

Bahrain Athletic Association
Manama 1717 6569
@baa_bh

BSB Sports Academy
Hamala 1761 0920
@britishschoolbahrain

SPARTA, St Christopher's
Saar 1760 5190
@sparta_bahrain

Bahrain Triathlon Association
Manama 7771 3777
@triaathlonbh

BADMINTON

BAPCO Club
Awali 1775 3666
@bapclub.official

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

BSB Sports Academy
Hamala 1761 0920
@britishschoolbahrain

The British Club
Adliya 1772 8245
@britishclubofbahrain

BASKETBALL

Bahrain Basketball Association
Umm Al Hassam 1781 0353
@bah_basketball

BSB Sports Academy
Hamala 1761 0920
@britishschoolbahrain

SPARTA, St Christopher's
Saar 1760 5190
@sparta_bahrain

BIKES & CYCLING

Bahrain Triathlon Association
Saar 7771 3777
@triathlonbh

Cycling Bees
Budaiya 3977 7464
@cyclingbees



Kashta Tours
Manama 3212 2163
@kashta.tours

Let's Cook

Looking for inspiration in the kitchen? Chef and Organic Farmer, Susy Massetti shares one of her favourite recipes. Susy is one of Bahrain's top chefs and has some wonderful restaurants, L'Orto, Blu at L'Orto, Novo, Luna, Heart of Oasis in Al Ula as well as, Roots and Shoots Organic Farm.

SEA BREAM FILLET IN "ACQUAPAZZA"

- ❑ 4 x 200 gr. Seabream fillets, skin on (or as you prefer)
- ❑ 400gr. Cherry tomatoes
- ❑ 2 spring of Rosemary, roughly chopped
- ❑ 8 Garlic cloves, sliced
- ❑ Extra Virgin Olive oil
- ❑ Salt & pepper to taste

Method

- Pre-heat your oven at 220 degrees Celcius
Drizzle a little extra virgin olive oil on the bottom of a glass or ceramic baking dish, sprinkle a little salt & pepper
- Top with the fish fillets In a bowl using a spoon smash the cherry tomatoes releasing some of the tomato juice, add the sliced garlic, the chopped rosemary and the remaining extra virgin olive oil and season lightly with salt & pepper
- Add 2 table spoons of water and toss well
- Pour all the ingredients over the fish fillet and bake for 12 minute
- Serve immediately

Pick up your ingredients from your local Alosra.

alosra
الأسرة



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BIKES & CYCLING CONT.

Manama Tours and Travel
Manama 1754 0990
@manamatours.bh

Skate Shack
Budaiya 1769 7176
@skate_shack_bh

Trilife
Saar 7733 3777
@gotrilife

BOWLING

Adhari Park
Manama 1740 7300
@adharipark

Funland Center
Manama 1729 2313
@funland.bahrain

MJ's Bowling Lounge
Budaiya 7755 7777
@mjsbowlinglounge

Yalla Bowling
Seef 1717 3017
@magicplanetmena

BOXING

Al Doy Sports and Martial Arts
Riffa 3370 8866
@aldoy_sports_centre

Big Up Sports
Saar 3983 1113
@bigup_sport

JD Boxing Club
Saar 3319 9023
@jd_boxing

UFC Gym S.PC
Manama 3434 2928
@ufcgymbh

CRICKET

Bahrain Rugby Football Club
Saar 1769 5809
@bahrainrfc



Colts
Saar 3362 4226
@coltscricketacademy

SPARTA, St Christopher's
Saar 1760 5190
@sparta_bahrain

DIVING

Dive Bahrain
@divebahrain

Into the Blue
Manama 3775 7373

Scuba Master
Hoora 1729 2154
@scubamasterco

FOOTBALL

24N Football
Manama 3754 9322
@24n_football

Adhari Park
Manama 1740 7300
@adharipark

Bahrain Rugby Football Club
Saar 1769 5809
@bahrainrfc

British Club
Adliya 1772 8245
@britishclubofbahrain

BSB Football Academy
Hamala 1761 0943
@britishschoolbahrain

Dilmun Club
Saar 1769 2986
@dilmunclub

Footpool Bahrain
Manama 3696 3443
@footpoolbh

Juventus Academy Bahrain
Saar 3713 0107
@jacademybh

Kick Off Academy
Saar 6969 0000
@kickoff.academy

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

Soccer Stars Academy
Janabiya 3319 3060
@soccerstars_bh

SPARTA, St Christopher's
Saar 1760 5190
@sparta_bahrain

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

Winners Football Centre
Isa Town 3808 5535
@gowfc

FORMULA ONE

Bahrain International Circuit
Sakhir 1745 0000
@bah_int_circuit

GOLF

Awali Golf Club
Awali 1775 6770
@awaligolfclub

Royal Golf Club
Riffa 1775 0777
@theroyalgolfclub

GYMNASTICS

Aspire
Budaiya 1700 5831
@aspiregymnasticsbh

Bahrain Gymnastics Fed
Manama
@bahrain.gymnastics

BSB Gymnastics Academy
Hamala 1761 0920
@britishschoolbahrain

Flip n Fun
Janabiya 3889 4111
@flipnfun.bh

Motion Gymnastics Academy
Janabiya 3700 2432
@motiongymnastics_bh

Riffa Gymnastics Academy
Riffa 3359 9656
@riffa_gymnastocs_academy

SPARTA, St Christopher's
Saar 1760 5190
@sparta_bahrain

HOCKEY

Bahrain Hockey Association
Saar 3965 8618

HORSE RIDING

Dilmun Club
Saar 1769 0926
@dilmunclub

Horse and Hound supplies
Budaiya 1700 1761
@horseandhoundbh

Muharraq Equestrian Academy
Muharraq 3985 8770
@mea.brn

Twin Palms Riding Centre
Saar 3413 7001
@twinpalmsridingcentre

ICE SKATING

Funland Center
Manama 1729 2313
@funland.bahrain

Funscape World
Dimunia 3509 7333
@funscapebh

KARTING

Bahrain International Karting
Circuit Sakhir 1745 1975
@bahrain_karting

Gulf Speed One
Juffair 3922 6612
@gulfspeedone

Matrix Bahrain
Juffair 3617 2477
@matrix.bh

Trax
Seef 3838 8555
@trax.bh

KITE SURFING

Beach Culture
Bahrain Bay 3303 6361
@beachculture

Experience Bahrain
Amwaj 1700 3636
@experiencebahrain.bh

MARTIAL ARTS

Aces Taekwondo Academy
Zenj 3999 6499
@aces_zenj

Albanna Martial Arts Center
Juffair 3666 8390
@albanamac

Bin Jamal Taekwondo
Saar 3303 6330
@binjamal_tkd

British Club
Adliya 1772 8245
@britishclubofbahrain

Hoi Jeon Moo Sool
Seef 3340 0063
@hjms_bh

Japan Karate Association
Budaiya 3888 6930
@jka_bahrain

KI Train
Seef 3624 2230
@kitraining

Reza's Martial Arts Center
Barbar 3884 4055
@rmac_bahrain

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

Excellent Taekwondo for Kids
Adliya 3881 6222
@excellenttaekwondobh



MOTORSPORT

Bahrain International Circuit
Sakhir 1745 0000
@bah_int_circuit

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

NETBALL

Bahrain Rugby Football Club
Saar 1769 5809
@bahrainrfc

British Club
Adliya 1772 8245
@britishclubofbahrain

Dilmun Club
Saar 1769 0926
@dilmunclub

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

PADDLE BOARDING

Beach Culture
Bahrain Bay 3303 6361
@beachculture

PADEL TENNIS

Beach Padel
Seef 3979 7797
@beach_padel

Let's Padel
Seef 1753 3337
@letspadel.bh

Padel Bahrain
Juffair 3327 7360
@bahrainpadel

Padel One
Saar 3882 8885
@padelone.bh

Padel Park at Gravity Village
Zallaq 3223 0303
@padelparkbh

Pink Padel
Riffa 3822 2444
@pinkpadel.bh

Padel at The Royal Golf Club
Riffa 1775 1266
@theroyalgolfclub

Sky Padel
Manama 3672 0775
@skypadel.bh

RUGBY

Bahrain Rugby Football Club
Saar 1769 5809
@bahrainrfc

RUNNING

Bahrain Triathlon Association
Saar 7771 3777
@triathlonbh



Let us Run
Manama 3638 3348
@lettuce.run

SAILING

Bahrain Maritime Sports
Manama 1718 0407
@bahrainmaritime_bmsa

Bahrain Yacht Club
Sitra 1770 0677
@thebahrainyachtclub

Bahrain Sailing Club
Zallaq 1783 6078

Star Marine
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Dilmun Club, Saar

British School Bahrain, Hamala

Mermaid Swimming Classes
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@merschoolbh

Elements BSB
Hamala 1761 0973
@elements.bsb

Dilmun Club
Saar 1769 0926
@dilmunclub

Dolphin Swimming Training
Um Al Hassam 3950 3169

Royal Life Saving Bahrain
Manama 3200 1113
@rlsbahrain

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

Swim Stars
Hamala 1734 2595

wWater Discovery
Amwaj 3333 0805
@waterdiscovery.bh

TENNIS

Athletic Kings Tennis Coaching
Saar 3832 5914
@athletickingsbahrain

Bahrain Tennis Academy
Saar 3969 7114
@Bahrain_tennis_academy

Bahrain Tennis Club
Juffair 1772 9561
@btf_tennis

British Club
Adliya 1772 8245
@britishclubofbahrain

Dilmun Club
Saar 1769 0926
@dilmunclub

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Elements BSB
Hamala 1761 0973
@elements.bsb

Movement Tennis
Hamala 3930 9402
@movement.tennis

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

Teddy Tennis
Janabiya/Adliya 3885 4881
@Teddytennisbh

TRIATHLON

Bahrain Triathlon Association
Saar 7771 3777
@triathlonbh

TRAVEL

AIRLINES

Air Arabia 1750 5111
@airarabiagroup

Air Canada 1782 8768
@aircanada

Air France 1722 0870
@airfrance

Air India 1722 0788
@airindia.in

American Airlines 1782 6725
@americanair

British Airways 1758 7777
@british_airways

Cathay Pacific 1722 6226
@cathaypacific

Cyprus Airways 1722 0849
@cyprusairways

Egypt Air 1724 3317
@egyptair

Emirates Airlines 1758 8700
@emirates

Etiihad Airlines 1751 9999
@etihad

Gulf Air 1737 3737
@gulfair

KLM 1722 9747
@klm

Kuwait Airways 1722 3300
@kuwaitairways

Oman Air 1750 0020
@omanairofficial

Qatar Airways 1721 2202
@qatarairways

Saudi Airlines 1721 1550
@saudi_airlines

Bahrain International Airport
Muharraq 8000 7777
@bahrainairport

Hala Bahrain
Muharraq 1713 9002
@halabahrainhospitality

HOTELS

Al Bander Hotel and Resort
Sitra 1770 1201
@alibanderhotelandresort

Coral Bay Hotel
Diplomatic Area 1731 2700
@coralbaybh

Crowne Plaza
Diplomatic Area 1753 1122
@crowneplazabahrain

Diplomat Radisson Blu
Diplomatic Area 1753 1666
@diplomatricradissonblu

Domain Bahrain
Manama 1600 0000
@domainbahrain

Downtown Rotana
Manama 1311 9999
@downtownrotana

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@dragonhotelbh

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GATEWAY TO Saudi Arabia

A weekend in Riyadh

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 OVER THE CAUSEWAY

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.

GET THERE

Fly

Take a quick 1h 20 minute flight to Riyadh with Gulf Air, Saudia Airlines, Flynas. You can fly directly from Bahrain or drive across the Causeway to Dammam airport. (Appox 1 hour drive)

Drive

Jump in your car and head over the Causeway. The drive is around 4 hours depending on traffic. Its a direct route and an easy drive but often busy. See info on crossing the Causeway.

STAY

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+966 114655000
@intercontinentalriyadh

Riyadh Marriott Hotel
+966 114779300
@riyadhmarriott

Radisson Blu Hotel Riyadh
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@radissonbluriyadh

Four Seasons Riyadh
+966 112115000
@fsriyadh

VISIT

King Abdulaziz Historical Center and the National Museum

A cultural area including the National Museum, the public library and many prominent cultural landmarks

Al Masmak Fort

An ancient fort dating back to 1865 Dirah, Riyadh

The Global Experience at Al Faisaliah Center

A spectacular viewing platform with 360 views, inside an enormous glass ball suspended just below the top of the Al Faisaliah Tower.

Deerah Souq

Situated in the old part of the city near Al Masmak Fort, the Deerah Souk is a great shopping experience with its own gold souk.

Riyadh Season

This starts in October and lasts for several months. This is one of the world's largest annual festivals with art, music, theatre, food and sports events.

Boulevard World Theme Park

A Premier entertainment zone suitable for families. Opens at 4pm

Neom Exhibition

An exhibition which showcases Neom's futuristic city. Situated at Al diriyah. Opens at 11am

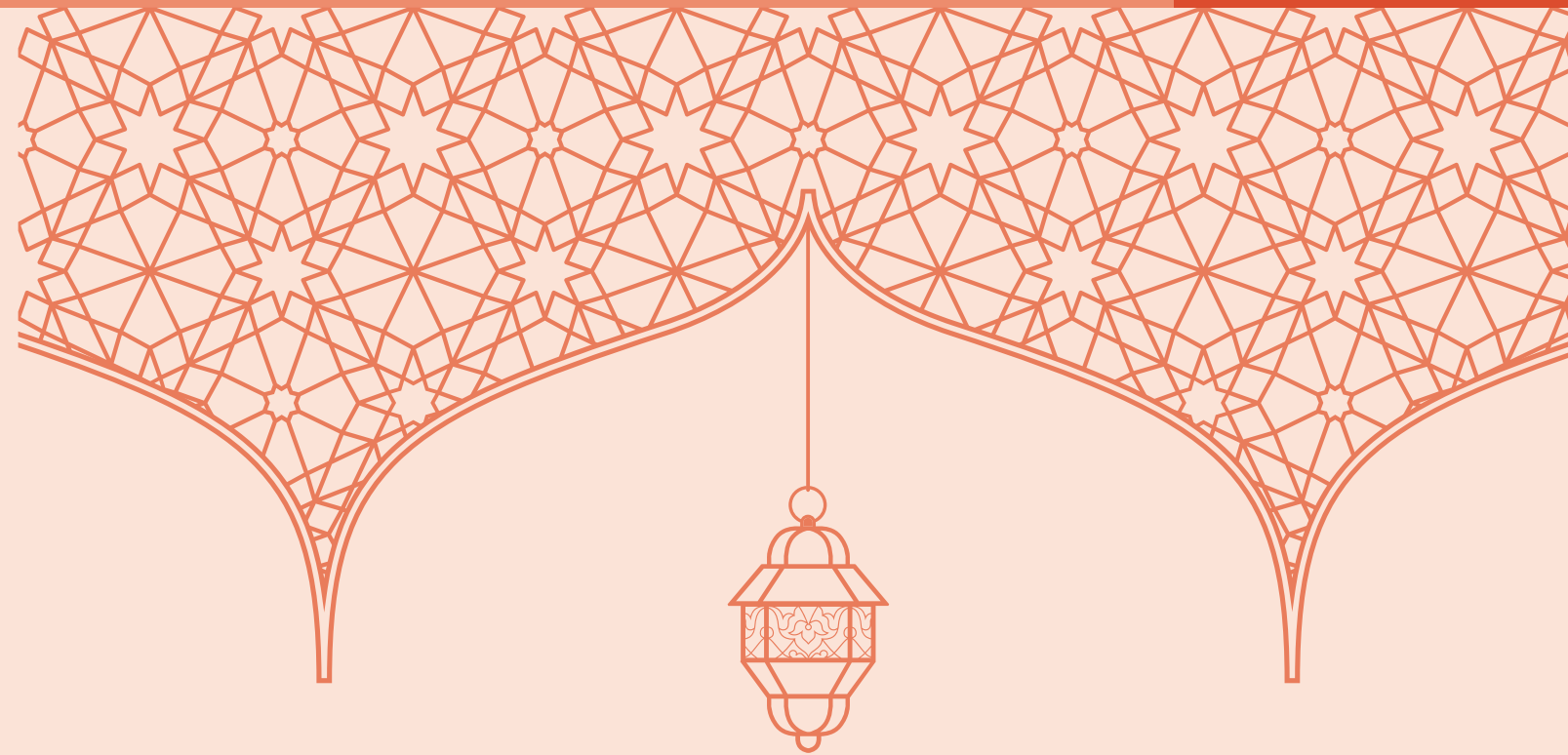
Wonder Garden

A magical amusement park
@wondergarden.sa

Al Bujari Heritage Park

@ Wadi Hanifah
At the heart of Diriyah this lively tourist attraction is fun for all the family. Opens at 10am

Pack a picnic and drive out to The Edge of the World to see the most incredible escarpment, fabulous views and scenery.



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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
@thegulffhotelbh

Hilton Bahrain
Manama 7701 0100
@hiltonbahrain

Hilton Garden Inn Bahrain Bay
Bahrain Bay 7790 1111
@hiltongardeninnbahrainbay

Ibis Styles
Diplomatic Area 1723 3310
@ibisstylesbahrain

Intercontinental Regency
Bahrain
Manama 1722 7777
@interconbahrain

Jaw Resort & Spa
Jaww 7797 9797
@jawresortbahrain

Jumeirah Gulf of Bahrain
Zallaq 7777 1000
@jumeirahgulfofbahrain

Laguna Beach Resort
Budaiya 1663 0000
@laguna.bh

Le Meridien
Seef 1717 1000
@lemeridienbahrain

Majestic Arjaan Rotana
Muharraq 3999 7289
@majesticarjaanbyrotana

Movenpick
Muharraq 1746 0000
@movenpickbahrain

Novotel Al Dana Resort
Manama 1729 8008
@novotel_bahrain

Palm Yard Hotel
Manama 1772 5000
@palmyardhotel

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

Ramada
Seef 1774 2000
@ramadabahrain

Ramee Grand
Seef 1711 1999
@rameegrand.bh

Ritz-Carlton Hotel
Seef 1758 0000
@ritzcarltonbahrain

Reef Resort Hotel
Reef Island 1311 0110
@reefboutiquehotel

Royal Saray
Seef 7770 7070
@royalsaray

Sofitel Hotel
Zallaq 1763 6347
@sofitelbahrain

Swiss-Belhotel
Seef 6631 0000
@swissbelhotelseef

The Address
Marassi Beach 7749 9666
@addressresortbahrain

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

The Grove
Amwaj 1603 0303
@thegroveresortbahrain

The K Hotel
Juffair 1736 0000
@khotelbahrain

The Merchant House
Manama 1667 1000
@themerchanthousebahrain

The Westin Bahrain
Seef 1717 1000
@westinbahrain

Vida Beach Resort
Marassi Al Bahrain 7748 8100
@vidabahrain

Wyndham Garden Manama
Juffair 6631 6666
@wyndhamgardenbah

Wyndham Grand Manama
Bahrain Bay 1711 6116
@wyndhamgrandmanama

TOUR GUIDES

Airhome Travels
Manama 3655 1214
@airhometravels

Sylvia Tourguide
Manama 3309 8001

Sophie's Secret Bahrain
Saar 3393 3230
@sophie_secret_bahrain

Vendy Tourguide
Manama 3947 2025

USEFUL INFO**CAR DEALERSHIPS**

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@javamotorsbahrain

CAR RENTAL

Avis
Manama 3848 4545
@avis.bahrain

Budget
Manama 1753 4100
@budgetbahrain

EuropCar
Manama 1768 1999
@europcar

Hertz
Manama 1729 7117
@hertz

Kanoo Daily Rental
Manama 1778 4042

OTO Rent A Car
Manama 1721 1682
@ottorentacar

Rotana
Seef 1717 9030
@rotanacars

SIXT
Manama 1713 8920
@sixt

Zayani Leasing
Manama 1770 6147
@zayanileasingbh

**COMPUTER & PHONE
REPAIRS**

Bluebell Computers
Al Maqsha 1759 6993
@blue_bellcomputer

Edge Phones
Saar 3828 4090
@edgephonebh

Reunion Computer
Diraz 1769 5955
@reunionpc

Star Plus
Saar 1782 7123
@starplus_bh

COURIERS

Aramex Bahrain/Shop n Ship
Manama 1733 0434
@aramex

DHL
Manama 1736 4100
@dhl

FedEx
Manama 8000 4314
@fedex

**EMBASSIES &
CONSULATES**

Bangladesh 1723 3925

China 1772 3800

Egypt 1772 0005

France 1729 8600

Greece 3996 7686

India 1771 2785

Iraq 1774 1472

Ireland 1772 8146

Italy 1725 2424

Japan 1771 6565

Jordan 1729 1109

Kuwait 1753 4040

Lebanon 1757 9001

Malaysia 1756 4551

Mexico 1725 2104

Morocco 1774 0566

Netherlands 17 600 110

Oman 1729 3663

Pakistan 1724 4113

Qatar 1772 2922

Russia 1772 5222

Saudi Arabia 1753 7722

Turkey 1753 3448

UAE 1774 8333

UK 1757 4100

USA 1724 2700

GAS & WATER

Nestle Water 1740 4435

Aqua Cool 1778 4101

Bahrain Gas 1770 2811

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LAUNDRY

The Laundry House
Tubli 1700 0073
@laundryhousebh

Oxygen Laundry
Sanad 6666 0067
@oxygen.laundry_bh

OTHER

Bahrain British Business
Forum (BBBF)
@bahrainbritishbusinessforum

PHOTOGRAPHERS

Amani Photography
Seef 3998 8068
@amaniphoto_studio

Bader Alwazeer Photography
Manama 3777 3308
@bader_photo

Euroway Photography & Design
Hoorah 3730 0097
@euroway_photography

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@fatimaphotography.bh



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Manama 3934 4258
@bkweddings

Little Miracles by Sherin
Manama 3444 3662
@littlemiraclesbys

Makenzie Everboud
@makenzieeverboudphotography

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

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Mrs Pan Tailoring
Budaiya 3446 3710

Soriginal Tailoring
Saar 3841 0120
@soriginal.bh

Tailor Express
Manama 3628 8000
@tailorexpress_bh

Think it Stitch it
Saar 7717 9911
@thinkitstitchit

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

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STC 3312 4124

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