

CONNECT *Bahrain*

THE **FREE** FAMILY DIRECTORY

WHAT TO DO
AND WHERE
TO GO

SPECIAL
FEATURE
ON FAMILY
CLUBS

CHILDREN'S
ACTIVITY
PULL-OUT

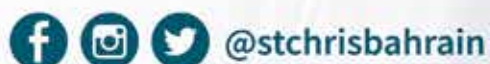
RECIPE
PULL-OUT



ISSUE 2
SUMMER 2023
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ADMISSIONS OPEN FOR ALL YEAR GROUPS 2023-2024



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E. admissions@school.st-chris.net

PO Box 32052, Isa Town, Kingdom of Bahrain

Education for a Shared Humanity

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

As the premier private school in Bahrain, St Christopher's has been ranked one of the Top 100 Schools in the World two years in a row and has consistently received the highest ranking in every category in four consecutive inspections by the Bahrain Education & Training Quality Authority (BQA) and The British Schools Overseas (BSO).

An "Education for a Shared Humanity" is embedded into life at St Chris with an emphasis on being Role Models for the World.

The School has celebrated over 60 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.

Welcome

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

Thank you for your fantastic feedback. We have taken onboard your suggestions and added some extra features, such as the 'Let's Cook' recipes and our new Community page. The restaurant page is now listed by cuisine.

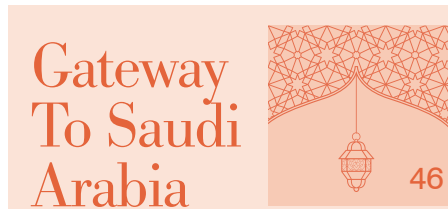
We print 40,000 copies of Connect Bahrain each year. Please get in touch if you would like to be listed or place an advertisement.

With very best wishes,
Ruth Brown and Georgie Jones

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



We have 23
flamingos hidden
amongst the pages,
see if you can find
them! The first one
is on this page



A-Z of Bahrain

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Our Island



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ART & CULTURE					
		Al Jasra House Jasra 10am -2pm	1761 1454	National Theatre of Bahrain Manama @culturebah	Artly A'ali @artlybh
ART GALLERIES					
		Al Khamis Mosque Manama 12pm-5pm	1729 8777	Rashid Al Oraifi Museum Muharraq 10am-5pm	Art Lounge by Marion Saar @artloungebymarion
Abbas Al Mosawi Art Al Qurayyah @abbasalmosawiart		3992 7300			3921 2060
Arabesque Art Gallery Umm Al Hassam @arabesque_art_gallery		1772 2916		Arad Fort Muharraq 12pm	Art World Manama
			1729 8777	1729 8777	3766 9266
Busaad Art Gallery Muharraq @busaadartgallery		3206 6339		Bab el-Bahrain Souq Manama @manama_shopping	Art Zania Seef @artzania
					3996 9933
Ghada Art Gallery Manama @ghada_art_gallery		3943 8887		Bahrain Capital Mall Seef 10am-9pm	Aurians Academy of Arts Riffa @aurians.bh
					3323 2895
RAK Art Foundation Riffa @rakartfoundation				Bahrain Fort Seef 10am-8pm	Bahrain Arts Society Jidhafs @bahrainartssocciety
			1756 7177		1759 0551
CULTURE					
A'ali Burial Mounds A'ali Open 24 hrs				Bahrain National Museum Manama @bahrainnationalmuseum	Craftzania Saar @craftzania
					3880 3397
A'ali Pottery @aalipottery		10am - 6pm		CHILDREN'S ACTIVITIES	
Abo Helal Basket Weaving Manama @buhelal_basket		3969 1330		Barbar Temple 10am-5pm	ART & CRAFT
Al Jasra Handicraft Center Jasra 10am -7pm		1761 1900		Beit Al Quran Museum Manama 10am-2:30pm	A'ali Pottery A'Ali @aali.pottery
					3946 2436
				Grand Mosque (Al Fateh Mosque) Manama 10am-4pm	Al Riwaq Art Space Manama @alriwaq
			1772 7773		1771 7441
				Khamis Mosque Manama @al_khamis_mosque	Artology Saar @artology.bh
					3679 0785

Smart Kids Academy Manama @smartkids_academy	3343 3595	Ready Get Set Cook Saar @readygetsetcook	3942 6665
Studio Ceramics Budaiya @studioceramicsbh	1700 2911	Susy Massetti Cooking classes Al Jasra @susy.massetti	3900 6292
The Art Scene Riffa @artscene.bh	3801 0011	The Cooking Studio Manama @cookingstudiobh	1711 1022
Touch of Art Budaiya @touch.of.arts	1728 0022	DANCE & BALLET	
Twinkle Twinkle Saar @twinkletwinklecenter	1770 0412	AADS Artistic Productions Manama	3355 7266
Wild about Art Juffair @wildaboutartco	3330 7249	Bahrain Ballet Center Budaiya @bahrainballetcenter	3371 9180
CHESS		Ballare School Saar @ballarestudio	1730 0021
Arjun's Chess Academy Bahran Zinj @aca.bh	3319 0004	Dynamnics Arts Centre Manama @dynamic_arts_centre	3370 3299
Bahrain Chess Academy Seef @chess.bh	1755 4424	Harmony Music Centre Budaiya @harmony_bmc	3646 4360
Bahrain Chess Culture Isa Town @bhchessculture	3733 4949	IIPA Indian Institute for Performing Arts Manama	1723 1717
Bahrain Chess Club @bhchess	3920 0111	Victoria Dance Hamala @victoriadancebh	3987 6215
COOKING CLASSES		DRAMA	
Cooking with Gica Manama @cookingwithgica	3503 8336	Ballare School Saar @ballarestudio	1730 0021
Gulf Institute of Culinary Art Manama @Gica.me	1366 0660	IIPA Indian Institute for Performing Arts Manama	1723 1717
Kitchen United Cooking Class Riffa @kucookingclass	3350 3000	Makan School of Speech & Drama, Saar @makankom	6669 0030
A Piece of Cake Budaiya @a_piece_of_cakebh	3900 1155	Victoria Dance Hamala @victoriadancebh	3987 6215

NOW OPEN IN RIFFA!



YELLOW
Submarine

• Three-Storey Jungle Gym

• Imagination Playground

• Soft Play

• Moms & Tots

• Birthday Parties



 yellowsubmarinebh@gmail.com

 Saar Mall: 39900994

 Yellow Submarine Bahrain

 [yellowsubmarinebh](https://www.instagram.com/yellowsubmarinebh)

Wadi Al Sail: 38056666

E SCOOTERING		FRIENDLY ACTIVITIES FOR CHILDREN WITH NEURO DIVERSITY	
E Scooter Bahrain Bay @escooter.bh	3366 8788	Artology Saar @artology.bh	3679 0785
Fitness 365 Janabiya @fitness365bh	3957 1334	Art Zania Seef @artzania	3996 9933
Ninja Academy Marassi @ninjaacademy.bh	3382 4626	Bahrain Rugby Football Club Saar @bahrainrfc	1769 5809
Dilmun Club Saar @dilmunclub	1769 0926	The British Club Adliya @britishclubofbahrain	1772 8245
Athletic Kings Tennis Saar @athletickingsbahrain	3832 5914	British School of Bahrain Hamala @britishschoolbahrain	1761 0920
GUIDES & BROWNIES		HOLIDAY CLUBS	
		Budaiya Pre-School Saar @budaiya_preschool	1779 1491
		Juventus Academy Bahrain Saar @jacademybah	3713 0107



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5



Winkle Twinkle
Children's Educational Center

We aim to provide children between the ages of 8 months to 5 years with a range of educational programmes and activities that support learning and development.

Our programmes include:
I'm Ready, School Readiness Programme!
Montessori Learning Programme and Arabic Learning Programme!

Activities include music, art, sensory play, messy play and more!



"REACH FOR THE STARS!"

17700412 **39653303**

HOLIDAY CLUBS CONT.

Ritz-Carlton Hotel Seef @ritzcarltonbahrain	1758 0000	Ballare School Saar @ballarestudio	1730 0021
Sofitel Zallaq @sofitelbahrain	1763 6414	British School of Bahrain Hamala @britishschoolbahrain	1761 0920
SPARTA, St Christopher's School, Saar @sparta_bahrain	1760 5000	Eighty Eight Keys Music Academy, Jannusan @eighteightkeysbh	3217 7703
Studio Ceramics Budaiya @studioceramicsbh	1700 2911	Harmony Music Center Budaiya @harmony_bmc	1362 2002
Tekkers Academy Sanabis/Saar/Riffa/Dilmunia @tekkers_bahrain	3384 3416	Life in Music Nuwaidrat @lifeinmusicbahrain	3679 8866
Twin Palms Riding Centre Saar @twinpalmsridingcentre	3413 7001	Manama Singers Janabiya @manamasingers	3932 6227
		Room 2 Rock Saar Adliya @room2rock	1761 1785 1774 5203

LIFE SAVING

Royal Life Saving Bahrain Rookie Lifesavers, Manama @rlsbahrain	3200 1113	Saxophone Bahrain Sanabis	3737 7718
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MUSIC

Abhimanyu Guitar Academy Tubli @abhimanyu.guitaracademy	3930 5771	Unigrad Acoustics Manama	3389 9463
Bahrain Music Institute Isa Town @bahrain_music	3225 0619	Victoria Dance Hamala @victoriadancebh	3987 6215

PAINTBALLING

Paintball Bahrain Hidd @paintball.bh	3777 9399
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PLAY GROUPS

Budaiya Pre-School Saar @budaiya_preschool	1779 1491
Child's Cultural House Isa Town	1728 0281

Learn to Grow Janabiya @learntogrow.bh	3223 4456
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Little Chris Saar @littlechrisbh	1760 5101
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Little Gems Saar @littlegemspreschoolbahrain	1769 4356
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Mini ME Saar @minime_bahrain	3376 1361
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Sticky Playgroup Bahrain Juffair	3643 1822
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Tots & Toddlers, British Club Adliya @britishclubofbahrain	1772 8245
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Twinkle Twinkle Saar @twinkletwinklecenter	1770 0412
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Yellow Submarine Saar Mall Wadi Al Sail @yellowsubmarinebh	1700 0037 3805 6666
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TRAMPOLINE PARKS

Jump up Tubli Jumpup.fun	3355 1225
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Jumpoline Seef/Isa Town @jumpoline.bh	7791 1206 6672 1796
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Jumpsters Saar @jumpsters_bh	1769 1558
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EAT

BRUNCHES

Al Waha Gulf Hotel Friday Buffet	1774 6425 12:30pm – 4pm 23BD – 29BD
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Akaya Adliya Thurs and Fri Set menu	1749 0004 5pm-8pm 20BD - 28BD
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Atmosphere Wyndham Grand Friday 12:30pm – 3:30pm Buffet From 19BD	1711 6116
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Bahrain Bay kitchen Four Seasons Friday Buffet	1711 5500 1pm – 4pm 35BD – 48BD
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Baharat Le Meridien Friday Buffet	3320 4175 1pm – 4:30pm 26BD – 36BD
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Bushido Friday Buffet	1758 3555 12:30pm – 3:30pm 24.1BD – 33.2BD
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Cantina Kahlo Ritz Carlton Fri and Sat Set menu	1758 6401 1pm – 4pm 35BD – 45BD
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Choices Art Hotel Friday Buffet	1600 0111 12:30pm – 4pm 26BD – 36BD
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Circa Fri and Sat Set menu	3992 7872 1pm – 5pm 35.6BD – 44.5BD
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Crowne Plaza Friday Buffet	1753 1122 12:30pm – 4:30pm 21BD – 34BD
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Cut by Wolfgang Puck Four Seasons Friday Set menu	1711 5044 12:30pm – 3:30pm 36BD – 50BD
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David's Stir Fry Crazy Friday Set menu from	1754 0188 12pm – 4pm 15BD
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El Chapo Friday Set menu	3773 8838 1pm – 5pm 20BD – 24BD
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Fishbone Novotel Friday Set menu	1729 8436 12pm – 4pm 22BD
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Flavours on 2 Downtown Rotana Friday Buffet	1311 9999 12:30pm – 4pm 24BD – 35BD
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Gallery 21 Friday Buffet	1771 1600 12:30pm – 4pm 19BD – 34BD
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Haus Friday Set menu	1766 3232 12pm – 4pm 35BD – 40BD
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Indigo Merchant House Fri and Sat Set menu	1667 8666 12:30pm – 3:30pm 30BD – 45BD
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Iris Friday Buffet	1721 2223 1pm – 5pm 28BD – 35/46BD
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Lanterns Friday Buffet	1759 0591 12pm – 4pm 20BD – 31.6BD
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La Med Ritz Carlton Friday Buffet	1758 0000 12pm - 4pm 35-45BD
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L'Orto Adliya Friday Set menu	1777 7818 12 - 4pm 28BD - 36BD
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Masso Fri and Sat Set menu	1772 1061 12:30pm - 3:30pm 28BD – 35BD
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McGettigan's Friday Set Menu	1700 0415 12pm – 4pm 20BD – 29BD
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Meisei Saturday	1700 7770 12pm-4pm 25BD - 32BD
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Momento Al Alreen Palace Friday Set menu	1784 5000 12pm – 4pm 24BD – 35BD
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My Café Saturday Set menu	7734 4444 12pm – 4pm 28BD – 38BD/45BD
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Obab Al Bahar Jumeriah Gulf of Bahrain Friday Buffet	7777 1000 12:30pm-4pm 30BD
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Oliveto Friday Set menu	1771 6747 1pm – 4pm 28BD – 39BD/45BD
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Opa Royal Saray Friday Set menu	3355 5244 12:30pm – 3:30pm 25BD – 35BD
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Origins Vida hotel Friday Buffet	7748 8888 1pm – 4pm 28BD – 34BD
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Origin Kitchen and Culture Hilton Bahrain Friday Buffet	3369 2013 1pm – 4pm 27BD -39BD
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Regency Intercontinental Friday Buffet	1722 7777 11am- 4pm 28BD – 37BD
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Rosso Art Hotel Saturday Buffet	1600 0111 12:30pm -4pm 20BD – 26BD
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Salero Saturday Buffet	1717 1300 1pm – 5pm 22BD – 29.5BD
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The

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SUGAR DUSTED
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PANCAKE
WITH SWEET
SUMMER FRUITS**

Brunch



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NET SOFT
BEVERAGE

BD37
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INTERCONTINENTAL
REGENCY BAHRAIN



BRUNCHES CONT.

Silk		Café Delices Manama @cafedelicebh	1771 3000	Hala Lebnan Reef Island @hahalebnnan.bh	1777 2600	My Bakery Riffa @mybakerybahrain	1765 0411
Movenpick	1746 0000						
Friday Buffet	12pm – 4pm 42BD	Café Lilou Adliya Seef @cafelilou	1771 4440 1758 3939	Haute Cupcakes Seef @hautecupcakesbh	1758 6363	My Café Manama @mycafebh	7734 4444
Sofitel	1763 6363						
Friday 12:30pm – 3:45pm Buffet	36BD	Café Sego Manama @cafesego	1721 1152	Hopscotch Saar @hopscotch.bh	1769 1124	Paul Café City Centre Bahrain Seef Mall @paularabia	1717 2321 1758 0073
Solymar Beach Club	3509 4777						
Friday Buffet	12pm – 4pm 38BD	Cake Boutique Seef @cakeboutiquebh	1755 2253	Jena Hamala @jenabakery	1761 3191	Red Crossaint bakery Juffair @redcrossaintbakery	7799 5551
The Dilmun Club	1769 0926						
Friday Buffet	12pm – 4pm 20BD	ChocoBisc Manama @choco_bisc	3509 4993	Just Cupcake Riffa @justcupcake	1766 6090	Rich Janabiya @rich.bhr	6636 0633
The Royal Golf Club	1775 1266						
Once a month Buffet	12:30pm – 4pm 30BD – 35BD	Crème London Al Liwan @cremelondonbh	6664 4323	La Reine de Versaille Riffa lareine.patisserie	1755 5600	Ritz Gourmet Lounge Seef @ritz_gourmet_lounge	1758 6434
Texas Longhorn	1710 4655						
Friday Set menu	12pm – 5pm 16BD – 21BD	Crumbles Riffa @crumbles_bakery	3611 6313	La Ventana Manama @cafelaventana	7710 6070	Tariq Pastries Adliya @tariqpastriesbahrain	1768 0461

COFFEE & CAKE

Audrey's Bakery Tubli	3889 9021	Dose café Water Garden City @dosecafe_bh	1700 0774	Café T, Royal Golf Club Riffa @theroyalgolfclub	1775 0777	Tea Club Adliya/Amwaj/Avenues @teclub_official	3977 7098
Aroma Café Seef @aromabahrain	1758 2711	Eastern Bakery Mina Salman @easternbakerybh	1772 7133	Le Chocolat Seef @lechocolat_bh	1711 1144 1723 2345	The Orangery Adliya @orangeryme	1736 9696
A Piece of Cake Riffa @a_piece_of_cakebh	1777 7909	Esquires Awali @esquires_bahrain	3600 0000	Let Them Eat Cake Saar @let_them_eat_cake_bh	3232 0078	The Lebanese Bakery Seef @thelebanesebakerybh	1759 5559
Baker & Spice Al Aali Mall @bakerandspicebah	1360 9666	Furn Seef @furnbahrain	1717 1441	Lilou Artisian Patisserie Bahrain Riffa @lilouartisianpatisseriebah	1771 5370	Tuga Amwaj @bakeryoftuga	3636 7431
Boulangerie Sophie Amwaj @chezsophie.bh	1603 0912	GB Café Seef @greenbarcafe	7708 7768	Lollosa Cookies Manama @lollosa_cookies	3823 8622		
Cakes and Bakes Riffa @cakesandbakes.bh	3933 3466	Goodness Saar @goodness.bh	3360 0082	Manual Seef @manualbahrain	3229 9277	Ahlan @ahlanapp	
Café Chantilly Saar @chantilly_bh	1720 0071	Grotta Hamala @grottabakery	3320 0780	Maya La Chocolaterie East Riffa @mayalachocolaterie	3920 4222	Dine In @dinein.me	
						Jahez @Jahezbh	
						Talabat @talabatbh	

DELIVERY**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
Baskin Robbins	@baskinrobbsbh
Florencia	@florencaicecreambh
Marble Slab	@marbleslab_bh

ICE CREAM**RESTAURANTS BY CUISINE****AFRICAN**

Kula Riffa @kula_bh	1727 3337
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ALL DAY BREAKFAST

N'ovo Hamala @novo.bh	3223 0428
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AMERICAN

Applebee's Seef @applebeesbahrain	7744 9999
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Black Tap Craft Burgers Seef @blacktapbahrain	1710 0363
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Blaze Burgers Adliya Janabiya @blazeburgers	1774 4773 3984 4773
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Dough Bahrain Bay @doughbahrain	3356 0367
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Cocos Adliya @cocoscafebahrain	1771 6512
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Frankie's Seef @frankiesamericandiner	1755 0666
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Lucky Clucks Seef @luckyclucksbh	1755 4400
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Pickl Bahrain Seef @pickl.bh	
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Ric's Kountry Kitchen Manama @ricsbahrain	1772 5550
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Route 66 Amwaj Adliya Isa Town @eatroute66	1606 6066 1774 4831 1700 4566
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Shake Shack City Centre The Avenues @shakeshackme	1711 0389 1711 0588
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Texas Longhorn Manama @texaslonghorn.bh	3205 9999
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ASIAN

Bushido Seef @bushidobybuddhabar	1758 3555
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Hong Kong Janabiya Riffa Seef Zinj @hongkongbh	7799 0002 7766 1661 1748 4048 1766 1668
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Monsoon Adliya @monsoonbahrain	1774 9222
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Nu Asia Seef Budaiya @nuasia	1743 4344 1769 1919
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Ramenara Seef @ramenara_official	3989 8966
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re Asian Cuisine Four Seasons Bahrain Bay @reasiancuisine	1711 5500
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Muju Dragon Resort Amwaj @dragonresort.bh	1603 9800
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WU restaurant The Art Hotel Amwaj @wulounge	1600 0111
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BAHRAINI

Darseen Café Bahrain National Museum @darseencafebh	7733 6600
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Dona's Wonders Muharraq @donaswonders	1721 3669
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Emma Wash Budaiya @emmawash_bh	1730 9030
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Haji's Café Manama @hajiscafe	1721 0647
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Lumee Saar Seef The Avenues @lumeeestreet	1743 4300 1733 3747 1733 1747
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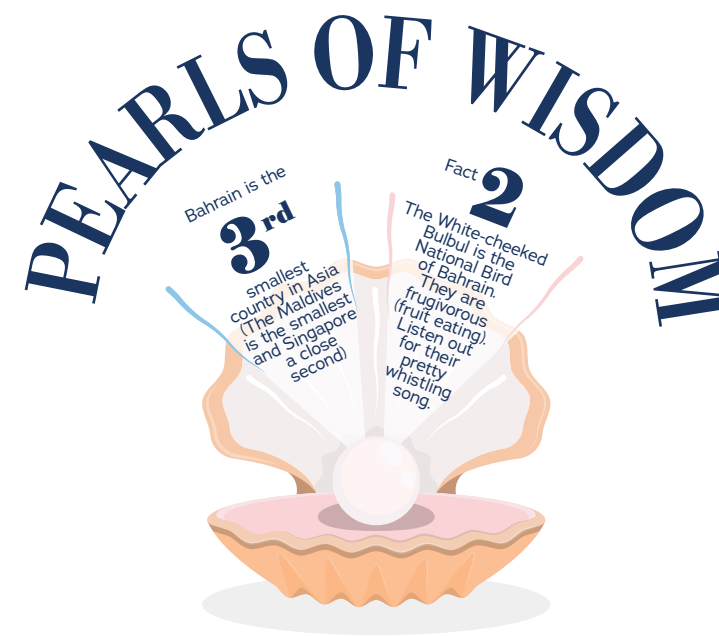
Naseef Manama Saada Seef @naseefrestaurant	1720 8888 3896 6668 1722 3333
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Villa Mamas Saar @villamamas	1730 5031
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BRITISH

The English Rose Adliya @theenglishrosebh	
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The Village Chippy Saar @thevillagechippybahrain	3363 6222
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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
@pfchangsmc

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 Football
Saar 3989 3101
@manos.bh

Opa
Seef 3355 5244
@opabahrain

HAWAIIAN

Trader Vics
Ritz-Carlton Hotel 1758 6555
Seef @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
@motimahahal_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

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

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

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
@satogulfhotelbh

JAPANESE & PERUVIAN

Clay
Adliya 1755 4545
@clay_bahrain

LEBANESE

Al Arisha
Manama 1772 5414
@alarisharestaurant

Al Favez
Reef Island 1332 0612
@alfavezbahrain

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

Leila
Seef 1756 6556
@leilaminlebnen

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

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We take pride in offering a caring and supportive community by the way we support, encourage and help one another.

3. our enriching international experience

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4. our extensive English provision

We offer a high-quality provision for English across our entire school in class and through our EAL programme. Students make rapid progress in their acquisition and application of English.

5. our progressive and innovative learning opportunities for all

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6. our nurturing and personalised approach

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 +973 17728886

STEAKHOUSE CONT.

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

Eat Thai
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

VEGAN

Plant Café
Hamala 1700 1677
@plant_cafe

Unicorn Noms
District 1 7799 2277
@unicornnoms

EDUCATION

LANGUAGE TUITION

Aleph Education
Saar 3705 5520
@alephedu

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

American Cultural and
Educational Center
Manama 1772 9997
@acec_bahrain

Babylon Translation Centre
Sanabis 1738 2505
@babylon_centre

Bait Al Taleem English
Language Institute
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
Muharrag 1732 2549
@shaikh_ebrahim_center





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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 0920
@britishschoolbahrain

Budaiya Pre School
Budaiya 1779 1491
@budaiya_preschool

Capital School
Zinj 1700 8880
@capitalschoolbahrain

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 1771 0405
@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 Kindergarten
Adliya 1771 5050
@kidzworldkindergarten

Ibn Khuldoon National School
Isa Town 1778 0661
@ikns

Lamara Pre-school
Saar 1700 6162
@lamara.preschool

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
Muharrag 1732 3770
@lycee.francais.mlf.de.bahrein

Madeleine's Pre-School
Adliya 1772 1851
@madeleinespreschool

Nadeen International School
Adliya 1772 8886
@nadeenschool

Quest School
Janabiya 3366 6014
@questschoolbh

Rainbows for Kids
Muharrag 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
@rvis.bh

Saar Nursery
Saar 1700 2009
@saar.nursery

St Christopher's School
Saar 1760 5000
@stchrisbahrain

Talent International & The Infant
School
Manama 1725 2346
@infantschoolbh

The British Nursery
Riffa 1766 0024
@thebritishnursery

The Golden Days Nursery
Barbar 1722 3103

The Canadian School
Diyar Al Muharrag 1369 1111
@canadianschoolbh

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 Hebshi 1759 5252
@alrawabischool

Al Salam School
Janabiya 1791 0528
@alsalamschool.bh

Alia National School
Sitra 1773 7377
@aliaschool

Al Wisam School
Budaiya 1769 9595
@alwisamschoolbahrain

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 0920
@britishschoolbahrain

Britus International School
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@bisbh_official

Capital School
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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

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
[@omneyat.bh](mailto:omneyat.bh)

Shamsaha
Manama 3844 7588
@shamsaha_me

SHAMSAHA

Think Pink Bahrain
Manama 3907 6717
@thinkpinkbahrain

Pre Loved Books
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Tree of Life Charity
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Roots and Shoots
Hamala
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FIFI'S TOP FIVE TIPS FOR FOODIE FUN THIS SUMMER

Are you searching for exciting ways to indulge your taste buds in the upcoming months? Look no further than this curated list of fun activities; perfect for all the family to take part in!

1. Learn to make candy: Willy Wonka has nothing on Spun Candy's candy masterclass. An hour of absolute fun (adults enjoy this just as much as kids, trust me!) learning the art of traditional candy making, then wandering home on a sugar high from consuming whatever you made. **Where?** Spun Candy, The Avenues

2. The art of traditional sweets: Learn the art of making baklava at one of Bahrain's oldest bakeries. Gather a small group and book a two hour hands on session, with the bonus being the tasty baklava you get to take home and the valuable lesson you can implement in the kitchen. **Where?** Tariq Pastries

3. Cooking class with GICA: Take your kitchen skills to the next level or learn about a new cuisine with cooking classes at GICA (Gulf Institute for Culinary Arts). From Egyptian dishes to pizza and baking. Sign up to one of their ever-changing classes today. **Where?** @cookingwithgica

4. Brunches Galore: What better way to have some foodie fun and try new dishes than one of Bahrain's splendid brunch options. With many being ideal for all the family to try out; like the Sofitel or Four Season's Bahrain Bay Kitchen. These brunches have something for everyone to enjoy.

5. A day on the farm: Roots & Shoots organic farm is the place to head for farm tours and a day out in the sun. Learn about how the produce grow, the techniques they use, animal welfare and even sign up to a cooking class while you are there. www.rootsandshoots.me

Are you looking for more fun foodie things to do? Head to hungryfifi.com for plenty of options!

SPOTTED!

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



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Bahrain





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
@equilibrium_pilates_bh

Equilibrium Fitness Centre
Amwaj 3699 9257
@equilibriumbahrain

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
@jfc Bahrain

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

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
@diplomatradsionblu

Domain Bahrain
Muharraq 1600 0000
@domainbahrain

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

Four Seasons Hotel
Bahrain Bay 1711 5000
@fsbahrain

Fraser Suites Diplomatic Spa
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
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@pureskinspa

Purple Patchouli
Seef 1758 1051
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Five star institute, nestled within Sofitel Bahrain's picturesque environs, offering a unique selection of treatments designed to provide patients a therapeutic and revitalizing journey to transpire the art of wellbeing.

Services Provided:

- Physiotherapy Treatment
- Hydrotherapy Treatment
- Massage Therapy
- Dietition Consultation
- Nutritionist Consultation
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Gents Day Offer EVERY WEDNESDAY

40%OFF ON ALL 60 AND 90 MINUTES ON ALA CARTE TREATMENTS

INTRODUCTION PACK FOR MEMBERSHIP

TERMS AND CONDITIONS + BENEFITS

Ruby Membership | BD300

- Value of the membership BD400
- Amount of BD300 can be used for any spa Ala carte services
- Complimentary 1 week pass to Sofitel Fitness
- 2 complimentary sessions of 60-minute body massage
- 1 complimentary sessions of 30-minute Thalassotherapy treatment
- BD100 vouchers worth of spa services

Diamond Membership | BD900

- Value of the membership BD1100
- Value of the membership is BD900, that can be used for any spa treatments
- Complimentary 1 month Sofitel Fitness membership
- 3 complimentary sessions of 60 min body massage
- 2 sessions of 30-minute thalassotherapy treatment
- 1 session of 60-minute Moroccan Bath
- 1 session of 60-minute Facial Treatment

Sapphire Membership | BD500

- Value of the membership BD650
- Amount of BD500 can be used for any spa Ala carte services
- Complimentary 2 week pass to Soft Fitness
- 2 complimentary sessions of 60-minute Body Massage
- 30-minute complimentary thalassotherapy treatment
- Complimentary sessions of 60-minutes facial treatment
- BD150 vouchers worth of services

Membership Benefits

1. 15% discount on spa & la carte menu
2. 25% discount on flexible room rate of the day
3. 15% discount on all food & beverage outlets
4. Complimentary consultation with the dietitian
5. Complimentary access to Thalassa facilities

Note: Unused discounts do not apply on promotions, redemptions & packages.

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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

Bodyline
Saar 1779 3932
@bodylineladiesclub

Core Pilates Studio
Abu Saiba 3219 0401
@corestudio.bh

Erah Pilates Wellness
Hamala 3800 7771
@erahpilateswellness

Equilibrium Fitness Centre
Saar 3699 9250
@equilibrium_pilates_bh

Equilibrium Fitness Centre
Amwaj 3699 9257
@equilibriumbahrain

Jacques Dessange Health Club
Adliya 1771 3999
@dessangebahrain

La Fontaine
Manama 1723 0123
@lafontainebh

Mini Me Yoga
Manama 3373 3633
@minimeyoga

Namaste
Budaiya 1759 1565
@namastebh

PROP Yoga & Therapy Center
Budaiya 3370 0730
@propytc

Pure Yoga
Hamala 1700 7111
@pycbh

Royal Golf Club
Riffa 1775 0777
@royalgolfclub

Sports Training Complex
Saar 3616 9475
@sportstrainingcomplex

Yoga Union
Juffair 3458 0018

HAIR & BEAUTY

BARBERS & HAIRDRESSERS

Beauty Spot
Hamala 1761 1888
@beautyspotbahrain

Blo Professional Salon
Seef 1700 6070
@blo_bh



BARBERS & HAIRDRESSERS CONT.

Elie & Jean, Regency
Intercontinental Hotel
Manama 1722 7300
[@ejhairofficial](#)

Elie & Jean, Ritz-Carlton Hotel
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
Seef 3914 6119
[@johnnycompany](#)

Johnny & Co, The Art
Amwaj 3222 9299
[@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 3911 1115
[@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
Riffa 1777 9955
[@thegroomroom_bh](#)

The Groom Room
Janabiya 1769 1699
[@thegroomroom_bh](#)

BEAUTY

Beautopia
Saar 7733 9999
[@beautopiabh](#)

Beauty Lines Mobile Salon
Manama 3223 3326
[@beautyline_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 1759 9044
Juffair 1759 9144
[@lashspa](#)

Lavish
Budaiya 1759 9022
[@lavish_nailbodycouture](#)

Lillia Beauty Lounge
Gufool 1726 6966
[@lilliabeautylounge](#)

N.Spa
Seef 1758 7766
[@nspabahrain](#)

NStyle Beauty Lounge
Seef 1758 1974
[@nstylebh](#)

Novel Beauty Salon
Saar 1779 1222

Posh Beauty lounge
Hamala 7708 2680
[@posh.bh](#)

The Nail Hut
Jannusan 3883 0304
[@thenailhut.bah](#)

The Lash Room Bahrain
Seef 3306 2448
[@thelashroom.bah](#)

U Beauti
Hamala 1369 1999
[@ubeauti_bh](#)

Vanity Ladies Beauty Salon
Janabiya 1700 7121
[@vanitysalonbh](#)

Yara Beauty lounge
Amwaj 1601 0999
[@yarabeautylounge](#)

HEALTHCARE

DENTISTS

Al Jishi Specialist Dental Centre
Manama 1729 2777
[@aljishidental](#)

Al Mutawa Dental
Tubli 1787 7816

American Mission Hospital
Manama 1717 7711
[@american_mission_hospital](#)

American Mission Hospital
Saar 1724 8102
[@american_mission_hospital](#)

Awali Hospital
Awali 1775 7600
[@awalihospital](#)

British Dental Center
Saar 1782 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
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[@royalbahrainhospital](#)

Saar Dental Specialists
Saar 1759 6444
[@saardentalspecialists](#)

Seef Dental
Seef 1758 7991
[@seefdental](#)

Smile Dental Clinic
Zinj 1740 0899

FIRST AID

First Aid Box
Seef 3936 3622

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

GP CLINICS & PAEDIATRICS

American Mission Hospital
Manama 1717 7711
Saar 1724 8102
Amwaj 1724 8100
Riffa 1724 8101
A'Ali 1717 7711
[@american_mission_hospital](#)

Awali Hospital
Awali 1775 7600
[@awalihospital](#)

Bahrain Defence Hospital
Riffa 1776 6666
[@bdf_hospital](#)

Bahrain Specialist Hospital
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[@bsh_hospital](#)

Dr Ayman Pediatric Clinic
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[@draymanclinic](#)



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Department of Pediatrics



Dr. Mono Issa
Consultant



Dr. Srinivasababu
Specialist

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22

CONNECT
Bahrain

23



GP CLINICS
& PAEDIATRICS CONT.

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

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

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
@rakartfoundation

HOME FURNISHING

Artikel
Babar 1779 5070
@artikeljawaddome

Home Centre
City Centre Bahrain 1717 2355
@homecentrestores

Homes R Us
Sehla 1755 6001
@homesrusbahrain

Ikea
Salmabad 8000 1120
@ikeabahrain

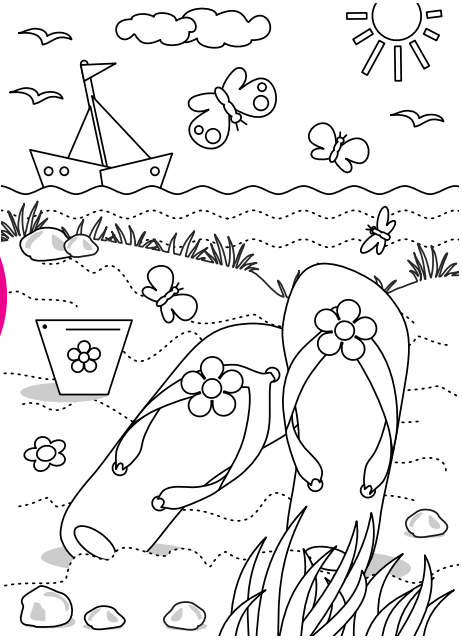
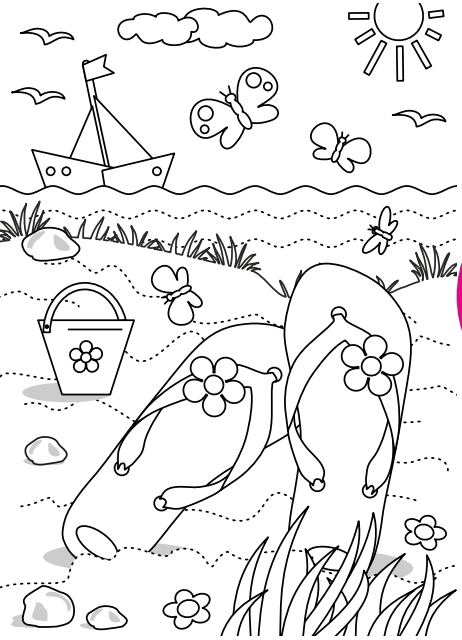
THE
Fun Zone



SEARCH FOR THE 12
SUMMER THEMED
WORDS BELOW

BARBECUE
BEACH
FLIP FLOPS
ICE CREAM
LEMONADE
POOL
SUMMER
SUNGLASSES
SUNSCREEN
SWIMMING
VACATION
WATERMELON

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



Colour me in



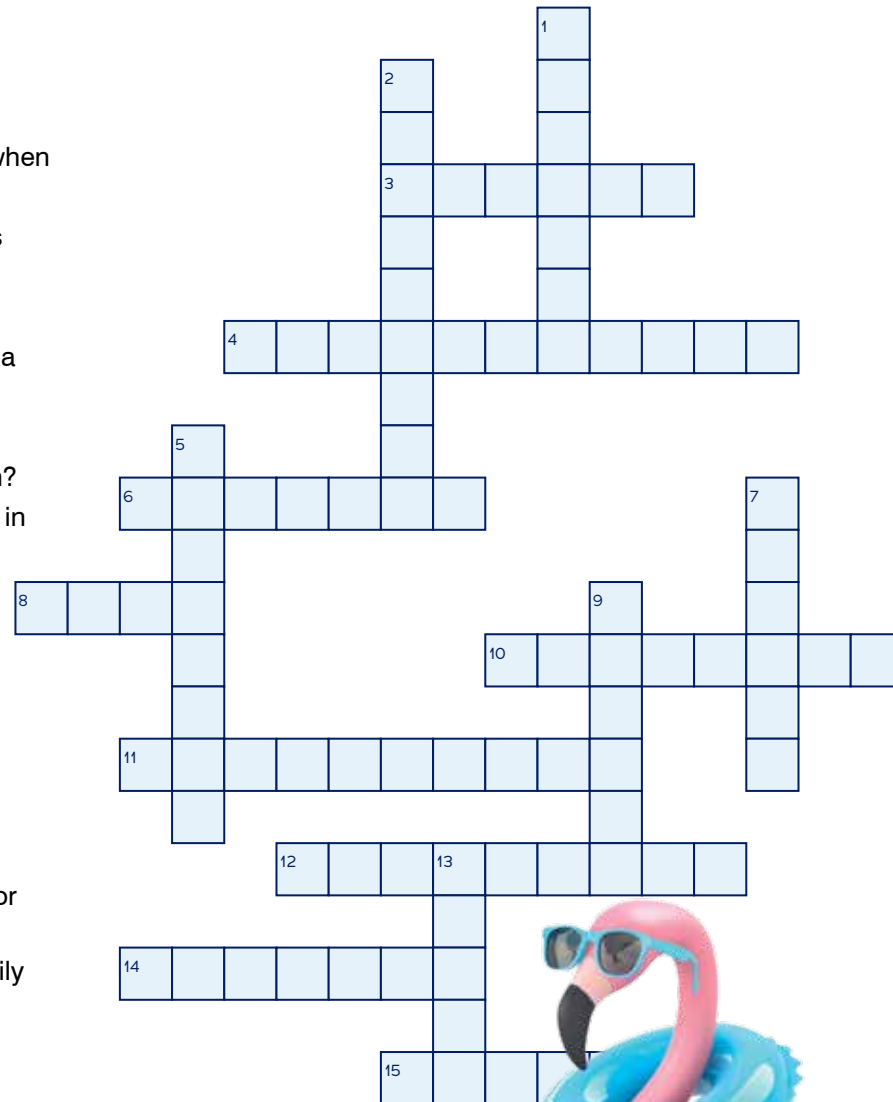
THE Fun Zone

ACROSS:

3. Take a Gulf Air flight here for some Spanish summer sun
4. Popular adrenaline sport in Bahrain when it's windy
6. You will need some big waves for this summer activity
8. City in Italy famous for its Colosseum
10. County in the UK where you can find a Cornish pasty
11. Build one of these on the beach to celebrate King Charles' Coronation?
12. Protects you from the sun, especially in the summer heat
14. Taking a summer trip to Venice? You may go on one of these boats
15. Hire one of these boats, but you may need some leg power

DOWN:

1. Bilaj al _; Popular beach near Zallaq
2. Summer tennis tournament famous for strawberries and cream
5. New hotel near Zallaq great for a family beach staycation
7. Disappearing island off the coast of Bahrain
9. Holiday destination famous for Feta cheese
13. Don't forget to take this to the beach together with your bucket



HOME FURNISHING CONT.

Luxe Living
Seef 3717 7701
@luxelivingbh

Marina Home
Seef 1758 2752
@marinahomeinteriors

HOME IMPROVEMENTS

Anooj Upholsters
Manama 3882 4803
@anoojbahrain

Chemdry upholstery cleaning
Manama 3838 9696
@chemdry_bahrain

iFix
Manama 1755 2555
@ifixbh

Fix it
Manama 3651 0027
@fix_it.bh

Hempel Paints
Budaiya 1772 8668
@hempeldecorativeme

Liverpool Services
Saar 1761 3244
@liverpoolservices

Manazil
Salmabad 1778 6727
@manazil.bh

Perfect Clean rugs
Manama 3301 0195
@perfect_clean_bh

INTERIOR DESIGNERS

Aalaa Interior Design
Manama 3773 3873
@aalaa.design

Aulian Interiors
Saar 3900 7985
@aulian_interiors

Beckett Interiors
Seef 1734 4432
@beckett_bh

Qreative Design
Manama 3224 3993
@qreative.design

PROPERTY AGENTS

CBRE
Manama 1655 6600
@cbrebahrain

Century 21
Manama 1721 2000
@century21bahrain

Green Gate
Saar 6667 5000
@greengatebahrain

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

Allied Pickfords
Manama 1773 5355

Crown Relocation
Manama 1722 7598

GSL
Manama 3642 5667

Gulf Agency Company
Manama 1733 9777

M Nasir House Movers
Manama 3404 7026

Moomin Removals
Saar 3311 0541

Writer Relocations
Manama 1721 4270

UPHOLSTERERS

Bahrain Upholstery
Manama 3901 5959
@bahrainupholstery

Haroons Upholstery
Riffa 3440 1573
@onelickupholstery

Rizq Interiors
Budaiya 3995 2830
@rizqinteriors

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
@davidststirfry

DONUT WALL BAHRAIN



Donut Wall
Saar 3974 0496
@donutwallbh

Flaming Salmon
Seef 6666 8444
@flamingsalmon

Gulf Hotel Catering
Adliya 3737 2111
@thegulfbh

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

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





CATERING CONT.

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

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- ★ Donut Wall Hire
- ★ Candy Cakes
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- ★ Events
- ★ Movie Nights
- ★ Birthday Parties

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Let's Cook

Looking for inspiration in the kitchen? The lovely Leonardo Garcia, Head Chef at Attic Restaurant, has shared his favourite summer Greek recipes.



TZATZIKI

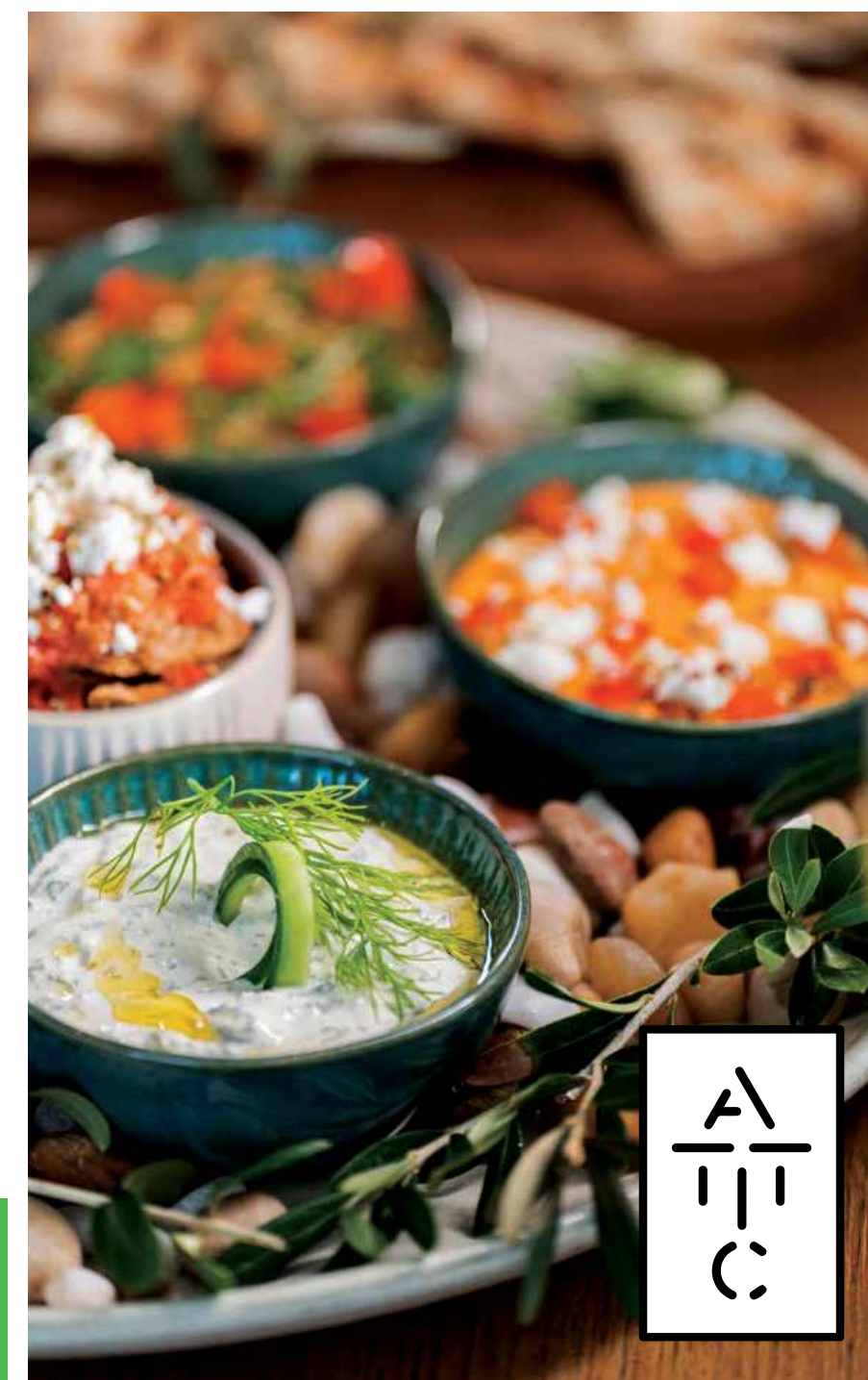
- ☐ 300g Strained yogurt
- ☐ 1 Cucumber
- ☐ 1/3 clove of garlic
- ☐ Apple vinegar
- ☐ 1/4 bunch dill, chopped
- ☐ Olive oil
- ☐ Salt & pepper

Method

- Peel the cucumber and grate with a cheese grater, using the large blade.
- Put in a bowl. Add a pinch of salt and 1 tablespoon of apple vinegar. Toss and set aside to release its liquid.
- In the meantime, combine the yogurt, 1/3 of a garlic clove (minced), 2 tablespoons apple vinegar and 3 tablespoons of olive oil. Mix until combined.
- Squeeze the cucumber with your hands to release any remaining liquid. Discard the liquid and add the cucumber to the yogurt mixture.
- Stir into mixture. Add pepper and adjust salt according to taste.
- Add some finely chopped dill and your sauce is ready.
- Refrigerate until needed.
- Serve it with some Greek pitta

Pick up your ingredients from your local Alosra.

← RECIPE
PULL-OUT



DECORATED CAKES



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www.letthemeatcakebh.com
@let_them_eat_decorated_cake

LET THEM EAT
CAKE





Let's Cook

AUTHENTIC GREEK MOUSSAKA

For the vegetables:

- ☐ 3 potatoes
- ☐ 2 zucchinis
- ☐ 2 eggplants
- ☐ Salt & pepper

For the ground meat:

- ☐ 1 onion
- ☐ olive oil
- ☐ 1 garlic clove
- ☐ Fresh thyme
- ☐ 3 pinches granulated sugar
- ☐ 1/4 teaspoon cloves
- ☐ 1/2 teaspoon cinnamon
- ☐ 1 tablespoon tomato paste
- ☐ 500g ground beef
- ☐ 400g chopped tomatoes
- ☐ Salt & pepper
- ☐ 1/2 bunch parsley
- ☐ 1/2 bunch basil

For the béchamel sauce:

- ☐ 100g butter
- ☐ 100g all-purpose flour
- ☐ 750ml whole milk
- ☐ Salt & pepper
- ☐ 1 pinch nutmeg ground
- ☐ 100g parmesan cheese, grated
- ☐ 3 egg yolks

FOR THE VEGETABLES:

- Peel the potatoes and slice into thin rounds.
- Slice the eggplants and zucchini into thin rounds
- Place a deep pan over high heat. Add the sunflower oil and let it get hot and fry the vegetables until golden brown.
- Remove with a slotted spoon and transfer to a baking pan lined with paper towels. Let it rest for 20 min and allow to drain from excess oil.

FOR THE GROUND MEAT:

- Place a pot over high heat and add the olive oil.
- Coarsely chop the onion and add to the pan.
- Finely chop the garlic and add to pan along with thyme, cloves, cinnamon and sugar. Sauté for 2-3 minutes until they caramelize.
- Add the ground meat and break it up with a wooden spoon. Sauté until golden brown.
- Add the tomato paste and sauté so that it loses its bitterness.
- Add the chopped tomatoes, lower the heat and simmer for 25-30 minutes.
- Remove from the heat and add the parsley and coarsely chopped basil. Season with salt and pepper.

FOR THE BÉCHAMEL SAUCE:

- Place a pot over medium heat.
- Add the butter and let it melt.
- Add the flour and whisk until it soaks up all of the butter.
- Add the milk in small batches while continuously whisking so that no lumps form.
- As soon as the béchamel sauce thickens and bubbles start to form on the surface, remove from the heat.
- Add the nutmeg, salt, pepper, 100 g parmesan and 3 egg yolks. Whisk thoroughly.

TO ASSEMBLE:

- Preheat oven to 180* C (350* F) Fan.
- In a 25x32 cm baking pan, spread a layer of potatoes, cover with a layer of eggplants and top with a layer of zucchini. Season in between layers.
- Add 2-3 tablespoons of béchamel sauce to the ground meat mixture and mix. Spread the ground meat over the vegetables.
- Cover with the rest of béchamel sauce, spreading it evenly and sprinkle with 50g of grated parmesan.
- Bake for 35-40 minutes.
- When ready, remove from oven and allow to cool.
- Serve with a green salad and enjoy!



EVENT PLANNERS CONT.

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
@sleepeeetepeebeh

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
@daytodaybh_

Entertainment World
Manama 3900 4465
@entertainment.worldbh

Evento De Bahrain
Manama 6666 2013
@eventodebh

Party Mania
Budaiya 1766 0515
@partymaniabahrain



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

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
@sleepeeetepeebeh

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

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
@drnoniecoutts

Dr Nonie Coutts Vets
Budaiya 1769 1397
@drnoniecoutts

Eman Veterinary Clinic
Riffa 3944 2216
@emanvetclinic

House Veterinary Center
Muharraq 1720 0075
@house.veterinary.center

Save Vet Clinic
Saar 1799 9898
@save_vetbh

VETS CONT.

Tails Veterinary Centre
Manama 6633 4537
@tailsvetcentre

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

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Bed & Biscuits
Manama 1740 2350
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Delmon Pet Relocators
Barbar 3972 9868
@delmonpetsrelocatorsbh

Jetpet Global
Manama 3646 4586
@jetpetglobal

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

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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

LEISURE**BEACHES**

Al Bander Hotel and Resort
Sitra 1770 1201
@alibanderhotelandresort

Al Dar Islands
Sitra 1770 4600
@aldarlands

Al Jazair Beach Zallaq

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
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Solyar Beach
Amwaj 3509 4777
@solyarbahrain

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

Vida Beach Resort
Marassi Al Bahrain 7748 8100
@vidabahrain

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Seef 1710 0150
@watergardencity

BOAT HIRE

Al Dar Islands
Sitra 1770 4600
@aldarlands

Bahrain Yacht Club
Sitra 1770 0677
@thebahrainyachtclub

Blue Ocean Boats
Amwaj 3722 1010
@blueoceanmarine

Experience Bahrain
Amwaj 1700 3636
@experiencebahrain.bh

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
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@kashta.tours

La Fontaine
Hooraa 3881 9909
@lafontainebh

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

Rashid Equestrian &
Horseracing Club
Sakhir 1744 033
@rehc.bh
10am-2pm



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

Tree of Life Open 24 hrs

EVENTS

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Sakhir 1745 4444
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Manama

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Bahrain Rugby Football Club
Saar 1769 5809
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Bahrain Yacht Club & Marina
Sitra 1770 0677
@thebahrainyachtclub

BAPCO Club
Awali 1775 3666
@bapclub.official

British Club
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Budaiya 1759 3593
@thecountryclubbahrain

Dilmun Club
Saar 1769 0926
@dilmunclub

Four Seasons Hotel
Bahrain Bay 1711 5000
@fsbahrain

La Plage Beach Club
Sofitel, Zallaq 1763 6363
@laplage_bh

Ritz Carlton Hotel
Seef 1758 0000
@ritzcarltonbahrain

Royal Golf Club
Riffa 1775 1266
@theroyalgolfclub

The Art
Amwaj 1600 0111
@theart.bahrain

11. SHOPPING**BUTCHERS**

Butcher Shop and Grill
Manama 1717 2323
@butchershopar

Fine Foods
Manama 1736 4327
@finefoodsgourmet

Prime Cuts
Amwaj 1600 9200
@primecuts.bh

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Hamala 1761 1949
@sageandsirloin

BOOK SHOPS

Bookland
Isa Town 1759 2193
@blb_bookstore

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Budaiya 1769 0566
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The Bookmart
Manama 3391 5293
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@jashanmal_bahrain

Jashanmal Bookstore
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THE Book Worm

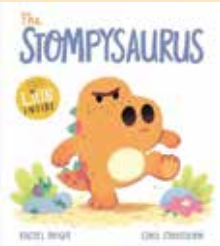
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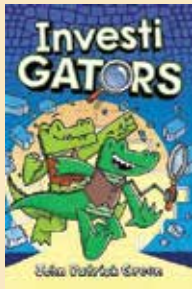
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@bjc.baby

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Seef 3397 3977
@hanger57

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Dana Mall @danamall.bahrain	Seef	Saar Mall @saarmallbahrain	Saar
Dragon City @dragoncitybh	Muharraq	Seef Mall @seefmall	Seef/Muharraq
El Mercado @elmercadoj	Janabiya	Sitra Mall	Sitra
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Jawad Dome @the_jawad_dome	Budaiya	The Avenues @theavenuesbh	Manama

SUPERMARKETS

Marina Mall	Manama	Alosra
Moda Mall @moda_mall	Diplomatic Area	Amwaj/Durrat/El Mercado/ Juffair/Riffa/Riffa View/ Saar @alosrasupermarket





Little Chefs

Here is a great recipe from our friends at Let Them Eat Cake!

INGREDIENTS VANILLA SPONGE

- ☐ 224g Butter
- ☐ 360g Granulated Sugar
- ☐ 424g Yellow Flour
- ☐ 2 Fresh Eggs
- ☐ 240ml Full Fat Milk
- ☐ 12g Baking Powder
- ☐ 4g Vanilla Flavour



Equipment you will need:

Handheld mixer or Stand mixer, Sieve, Bowls, Baking Tin and Rack

Method for Vanilla Sponge:

Before you start make sure all your ingredients are at room temperature.

1. Beat sugar, vanilla and butter together with a stand free mixer or hand mixer until light and fluffy
2. Add eggs one at a time until well incorporated (Do not add too fast otherwise the mixture will split but don't worry too much, once you add the flour it will come back together again!)
3. Mix the baking powder together with the flour (Sieve together)
4. Add flour mix and room temperature milk into butter mix alternately. The mixer can be on a slower speed for this. Prepare two baking tins 20cm in diameter. Firstly, brush the tins with butter and then add flour so that it sticks to the butter. Pour any excess flour out of the tin.

Cooking Instructions:

1. Bake at 180c for approx. 40mins. Halfway through baking turn the tins to make sure that the baking is even. To test that the sponge is baked, insert a tooth pick. If this comes out clean then the cake is done!

With this sponge recipe you can create your own flavour cake by choosing what sort of filling you would like to add. It could be cream and Jam or maybe Nutella or even Peanut butter. Let your imagination run wild!

Pick up your ingredients from your local Alosra



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Family Clubs

Some of the best Family Clubs on the island

BAHRAIN RUGBY FOOTBALL CLUB

Janabiya	1769 5809
Membership per year from:	
Family	BD 253
Single	BD 187
Day passes:Non-members pay BD 2 entry when accompanied by a member	
Beach access:	No
Gym:	Yes
Kid's Club:	Kid's activities available
Spa:	No
Tennis Court:	Yes

BAHRAIN YACHT CLUB

Sitra	1770 0677
Membership per year:	
Family	BD 325
Single	BD 250
Day passes: Non-members pay BD 2 entry when accompanied by a member	
Beach access:	Yes
Gym:	Yes
Kid's club:	Kid's activities available
Spa:	No
Tennis Court:	No

BEACH CLUB AT THE ART HOTEL

Amwaj	1600 0111
Membership per year from:	
Family	BD 1682
Couple	BD 1418
Single	BD 1208
(Additional children BD 100 per child/ Temporary memberships from 1 month)	
Day passes:	
Sunday – Wednesday:Adult	BD 15
Child	BD 10
Thursday - Saturday: Adult	BD 25
Child	BD 10
Ladies free access on Mondays.	
Beach access:	Yes
Gym:	Yes
Kid's Club:	Yes

Spa:	Yes
Tennis Court:	No

BRITISH CLUB

Manama	1772 8245
Membership per year:	
Family	BD 286
Single	BD 203.2
Student	BD 115.2
Membership for 6 months:	
Family	BD 176
Single	BD 121.5
Student	BD 58.7

(Temporary membership available from 2 weeks, Teacher memberships available)
Joining fee: BD 55 (BD 50 is credited to your British Club membership card to use at the club)
Day passes: Non-members pay BD 2.5 entry when accompanied by a member
Beach access: No
Gym: Yes
Kid's club: Kid's activities available
Spa: No
Tennis Court: Yes

DILMUN CLUB

Janabiya	1769 0926
Membership per year from:	
Family	BD 214.5
Single	BD 192.5
Day passes: Non-members pay BD 2 entry when accompanied by a member	
Beach access:	No
Gym:	Yes
Kid's Club:	Kid's activities available
Spa:	No
Tennis Court:	Yes

FOUR SEASONS

Bahrain Bay	1711 5000
Membership per year:	
Family	BD 2475
Couple	BD 2175

Single	BD 1975
(Additional children BD 100 per child)	
Joining fee:	
Family	BD 1500
Couple	BD 1300
Single	BD 1100
Day passes: Guest passes only available through a member.	
Beach access:	Yes
Gym:	Yes
Kid's Club:	Yes
Spa:	Yes
Tennis Court:	No

JUMEIRAH GULF OF BAHRAIN RESORT AND SPA, SOCIETY 989

Zallaq	7777 1000
Membership per year from:	
Family	BD 1698
Couple	BD 1398
Single	BD 1198
Day passes:	Adult BD 30
	Child BD 15
Children below 5yrs free of charge	
Beach access:	Yes
Gym:	Yes
Kid's Club:	Yes
Spa:	Yes
Tennis Court:	Yes

LA PLAGE AT THE SOFITEL

Zallaq	1763 6363
Membership per year from:	
Family	BD 1335
Couple	BD 1135
(Additional children BD 105 per child) (Temporary memberships from 3 months available)	
Day passes:	
Sunday – Wednesday:	Adult BD 20
	Child BD 10
Thursday - Saturday:	Adult BD 30
	Child BD 15
(Children under 6yrs are free)	
Beach access:	Yes

Gym:	Yes
Kid's Club:	Yes
Spa:	Yes
Tennis Court:	Yes

REEF CLUBHOUSE AND LAGOON

Reef Island	7790 0700
Membership per year:	
Family	BD 1500
Couple	BD 1200
Single	BD 900
(Additional children BD 100 per child)	
Day passes:	
Monday – Thursdays from	BD 5
per person (children under 9yrs are free)	
Friday – Saturday	BD 7 per person.
Beach access:	Yes
Gym:	Yes
Kid's Club:	No
Spa:	No
Tennis Court:	No

ROYAL BEACH CLUB AT THE RITZ CARLTON

Seef	1758 6612
Membership per year from:	

Family	BD 2180
Couple	BD 1870
Single	BD 1530
(Additional children BD 200 per child)	
Joining fee from:	
Family	BD 1500
Couple	BD 1340
Single	BD 1190
Day passes:	
Sunday – Wednesday:	Adult BD 30
	Child BD 15

Thursdays:	Adult BD 50
	Child BD 25

Weekly memberships available through members.	
Beach access:	Yes
Gym:	Yes
Kid's Club:	Yes
Spa:	Yes
Tennis Court:	Yes

ROYAL COUNTRY CLUB AT THE ROYAL GOLF CLUB

Riffa	1775 0777
Membership per year:	
Family	BD 850
Couple	BD 750

Single	BD 645
Student	BD 545
(Monthly membership available)	
Day passes:	
Beach access:	No
Gym:	Yes
Kid's club:	Kid's activities available
Spa:	No
Tennis Court:	Yes and a Padel Court

VIDA BEACH RESORT

Marassi Al Bahrain	7748 8888
Membership per year:	
Family	BD 1400
Couple	BD 1200
Single	BD 1000
(Additional children BD 100 per child)	
Day passes:	
Adult	BD 10
Child	BD 4
Beach access:	Yes
Gym:	Yes
Kid's Club:	Yes
Spa:	Yes
Tennis Court:	Padel only



To advertise, please contact hello@connectbahrain.com

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

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Adliya/Budaiya/Mahooz/
Janabiya Park

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- Carrefour

Bahrain Mall/City Centre
Bahrain/Saar Mall/Jawad Dome

@carrefourbahrain
- Lulu Hypermarket

Atrium Mall/Dana Mall/Juffair
Mall/Hidd/Manama/Muharraq/
Ramli Mall/Riffa

@luluhyperbh
- Tamimi Markets

Dilmunia

@tamimimarketsbh
- Tamimi Markets

Nakheel

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- Tamimi Markets

Riffa

@tamimimarketsbh
- TOY SHOPS
- Baby Essentials

Seef Mall

3693 2777

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- 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 Ahtletic 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

@bapcoclub.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

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Saar

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@sparta_bahrain





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- Manama Tours and Travel

Manama

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@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
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- Al Doy Sports and Martial Arts

Riffa

3370 8866

@aldoy_sports_centre
- Big Up Sports

Saar

3983 1113

@bigup_sport

- JD Boxing Club

Saar

3319 9023

@jd_boxing
- UFC Gym S.P.C

Manama

3434 2928

@ufcgymbh
- CYCLING
- Zenon Cycling

Saar

1768 6844

@zenoncycling
- 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
- Marina Mania

Budaiya Beach

1337 1717

@marina_mania_bh
- Scuba Master

Hooraa

1729 2154

@scubamasterco
- Experience Bahrain

Amwaj

1700 3636

@experiencebahrain.bh
- 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

@jademybh
- Kick Off Academy

Saar

6969 0000

@kickoff.academy
- Tekkers

Saar/Sanabis/Riifa/Dilmunia

3384 3416

@tekkers_bahrain



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+973 1775 0777

INFO@THEROYALGOLFCLUB.COM

TROON GOLF





FOOTBALL CONT.

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

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
@excellentaekwondobh

MOTORSPORT

Bahrain International Circuit
Sakhir 1745 0000
@bah_int_circuit

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

NETBALL

Bahrain Rugby Football Club
Saar 1769 5809
@bahrainrfc

British Club
Adliya 1772 8245
@britishclubofbahrain

Dilmun Club
Saar 1769 0926
@dilmunclub

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

PADDLE BOARDING

Beach Culture
Bahrain Bay 3303 6361
@beachculture

PADEL TENNIS

Beach Padel
Seef 3979 7797
@beach_padel

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

Experience Bahrain
Amwaj 1700 3636
@experiencebahrain.bh

SWIMMING

Bahrain Rugby Football Club
Saar 1769 5809
@bahrainrfc

Mermaid Swimming Classes
Sanad 3779 8823
@merschoolbh

Elements BSB
Hamala 1761 0973
@elements.bsb

Dilmun Club
Saar 1769 0926
@dilmunclub

Dolphin Swimming Training
Um Al Hassam 3950 3169

Royal Life Saving Bahrain
Manama 3200 1113
@rlsbahrain

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

Swim Stars
Hamala 1734 2595

Water Discovery
Amwaj 3333 0805
@waterdiscovery.bh

TENNIS

Athletic Kings Tennis Coaching
Saar 3832 5914
@athletickingsbahrain

Bahrain Tennis Academy
Saar 3969 7114
@bahrain_tennis

Bahrain Tennis Club
Juffair 1772 9561
@btf_tennis

British Club
Adliya 1772 8245
@britishclubofbahrain

Dilmun Club
Saar 1769 0926
@dilmunclub

Elements BSB
Hamala 1761 0973
@elements.bsb

JCs Tennis Academy
Riffa 3969 7114
@Jcstennis

Movement Tennis
Hamala 3930 9402
@movement.tennis

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

Teddy Tennis
Janabiya/Adliya 3885 4881
@Teddytennisbh

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Bahrain Triathlon Association
Saar 7771 3777
@triathlonbh

TRAVEL

AIRLINES

Air Arabia 1750 5111
@airarabiagroup

Air Canada 1782 8768
@aircanada

Air France 1722 0870
@airfrance

Air India 1722 0788
@airindia.in

American Airlines 1782 6725
@americanair

British Airways 1758 7777
@british_airways

Cathay Pacific 1722 6226
@cathaypacific

Cyprus Airways 1722 0849
@cyprusairways

Egypt Air 1724 3317
@egyptair

Emirates Airlines 1758 8700
@emirates

Etihad Airlines 1751 9999
@etihad

Gulf Air 1733 5777
@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

AIRPORT INFORMATION

Bahrain International Airport
Muharraq 8000 7777
@bahrainairport

Hala Bahrain
Muharraq 1713 9002
@halabahrainhospitality

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



GATEWAY TO Saudi Arabia

Heading over the Causeway? Get ready to explore more.

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

The Causeway speed limit is 100km/hr!
Taking a car across the Causeway can seem daunting.
Follow the steps below and it should be straightforward.

- Buy your car insurance from the office on the right at the start of the Causeway(Bahrain side). Soon this can be done by BenefitPay.
- Drive to tollgate and have your insurance checked
- Pay the toll 2.5 BHD.
- Drive onwards to the central part of the Causeway.
- First checkpoint is Bahrain Customs where your vehicle is checked, you will get given a slip of paper with your name and vehicle details. HOLD ON TO THIS PIECE OF PAPER
- Head to next checkpoint, Bahrain passport control. Hand over passport/visa. Get them back.
- Drive through to Saudi check points.If its the first time of entry, you will need to get finger prints taken. Follow the signs to a Porta cabin on right hand side of the road. Get out of car and have finger prints done.
- Head to next checkpoint, Saudi checkpoint. Handover passport and the original piece of paper from Bahrain side. The passport and paper will be stamped
- Drive to Saudi customs.
- Get out of car. The car and contents will be checked. HANDOVER THE PIECE OF PAPER TO BE STAMPED
- Leave the customs bay and pass through final checkpoint where the piece of 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
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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

PLACES OF INTEREST

Al Khobar Corniche

Al Ahsa Oasis/Al Qarah Hill

Camel Riding And Quad Biking
At Hof Huf

Half Moon Bay

Heritage Village Dammam

Judah, Ash Sharqiyah For
Camping/Hiking

King Abdulaziz Center for World
Culture - Ithra Museum

Scitech Technology Centre

Al Quarah Mountain Hoffuf
The Yellow Lake

Tarout Fort Qatif

Uqair Fort

RESTAURANTS

Salt
Corniche +966 9200 24788
@saltkhobar

Babel
Ajdan Walk +966 1389 288719
@babelmiddleeast

American Cheesecake Factory
Ajdan Walk +966 1389 28708
@cheesecakefactorymiddleeast

Karam Beirut
Dughaiter Island +966 1389 71111
@daralkaramrestaurant

Sanbok
Dughaiter Island
+966 9200 08000
@alsanbokrestaurant

Sunroom Café and Restaurant
Al Khobar +966 1388 14777
@sunroomcafeandrestaurant

Eatsy
Al Khobar +966 5096 36888
@eatsy.sa

The Hussar Grill
Al Khobar +966 5628 05617
@thehussargrillksa

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

BAH & KSA Tours



AIRHOME TRAVELS

+973 36551214

@airhometravels



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

STAYCATIONS CONT.

Crowne Plaza
Diplomatic Area 1753 1122
@crowneplazabahrain

Diplomat Radisson Blu
Diplomatic Area 1753 1666
@diplomatradsissonblu

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
@thegulfbahrain

Hilton Bahrain
Manama 7701 0100
@hiltonbahrain

Hilton Garden Inn Bahrain Bay
Bahrain Bay 7790 1111
@hiltongardeninnbahrainbay

Ibis Styles
Diplomatic Area 1723 3310
@ibisstylesbahrain



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www.alareenpalace.com

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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	
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	
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Vendy Tourguide Manama	3947 2025		
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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	
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COMMUNITY

Bahrain Confidential	Manama	@bahrainconfidential	
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Local Bahrain	Manama	@localbh	
---------------	--------	----------	--

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	
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CONSULTANTS

Britam Arabia Fire and Rescue		@britamarabiafireandrescue	
Rice Solutions Training and Mentoring Seef	3837 1417		

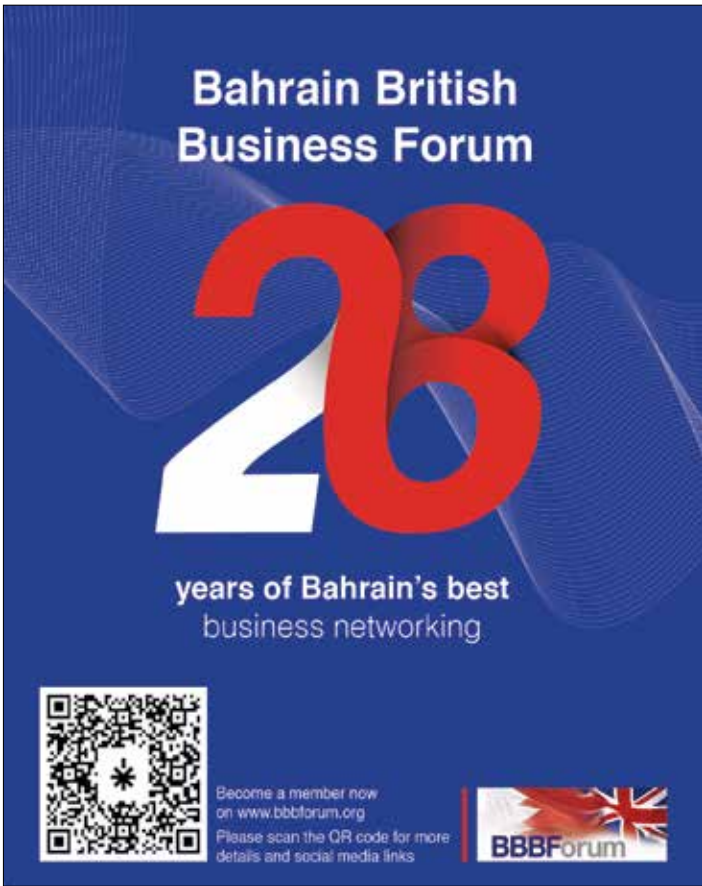
COURIERS

Aramex Bahrain/Shop n Ship Manama	1733 0434	@aramex	
DHL Manama	1736 4100	@dhl	
FedEx Manama	8000 4314	@fedex	

EMBASSIES & CONSULATES

Bangladesh	1723 3925		
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China	1772 3800		
Egypt	1772 0005		
France	1729 8600		
Greece	3996 7686		
India	1771 2785		
Iraq	1774 1472		
Ireland	1772 8146		
Italy	1725 2424		
Japan	1771 6565		
Jordan	1729 1109		
Kuwait	1753 4040		
Lebanon	1757 9001		
Malaysia	1756 4551		
Mexico	1725 2104		
Morocco	1774 0566		
Netherlands	17 600 110		
Oman	1729 3663		
Pakistan	1724 4113		
Qatar	1772 2922		
Russia	1772 5222		
Saudi Arabia	1753 7722		
Turkey	1753 3448		
UAE	1774 8333		
UK	1757 4100		
USA	1724 2700		
GAS & WATER			
Nestle Water	1740 4435		
Aqua Cool	1778 4101		
Bahrain Gas	1770 2811		



INSURANCE

GIG Bahrain Manama	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		

LOCAL CHARITIES

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	
Shamsaha Manama	3844 7588	@shamsaha_me	
Think Pink Bahrain Manama	3907 6717	@thinkpinkbahrain	

OTHER

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

PHOTOGRAPHERS

Amani Photography Seef	3998 8068	@amaniphotostudio	
Bader Alwazeer Photography Manama	3777 3308	@bader_photo	
Euroway Photography & Design Hoora	3730 0097	@euroway_photography	
Fatmina Photography Manama	3662 2622	@fatimaphotography.bh	
Hannah Helson Photography Janabiya	3615 5345	@hannahhelsonphotography	
Javeen	3635 1264		



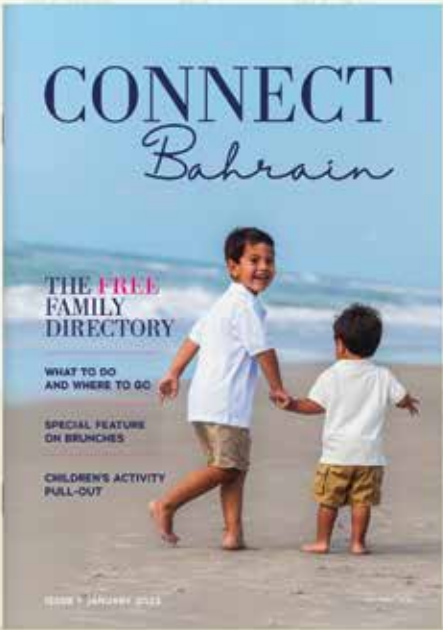
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[@jodiebakerphotography](https://www.instagram.com/jodiebakerphotography)

Khatoon & Bader
Manama 3934 4258
[@bkweddings](https://www.instagram.com/bkweddings)

Little Miracles by Sherin
Manama 3444 3662
[@littlemiraclesbys](https://www.instagram.com/littlemiraclesbys)

Makenzie Everbout
[@makenzieeverboutphotography](https://www.instagram.com/makenzieeverboutphotography)

Roqaya Wedding Photographer
Manama 3999 0068
[@roqayaphoto](https://www.instagram.com/roqayaphoto)

Scope
Saar 1769 9520
[@studio_scope](https://www.instagram.com/studio_scope)

PUBLIC SERVICE NUMBERS

Coast Guard 1770 0000

Flight Information 1733 9339

Police 999

RELOCATION



TAXIS

Bahrain Chauffeur Limo
Manama 3306 2726

Bahrain Taxi
Manama 6696 6976

Arabian Taxis
Hidd 1746 1746

Gulf Taxi
Manama 3444 4616

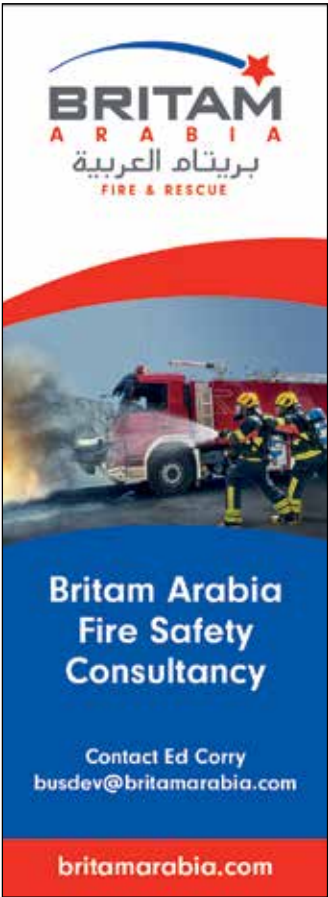
Speedy Motors
Manama 1768 2999

TELECOMS

Batelco 3926 4462

STC 3312 4124

Zain 3610 7107



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