

CONNECT *Bahrain*

THE **FREE** FAMILY DIRECTORY

WHAT TO DO
AND WHERE
TO GO

CHILDREN'S
ACTIVITY
PULL-OUT

WIN A ROMANTIC
DINNER AT RAFFLES
AL AREEN PALACE
BAHRAIN

ISSUE 5
SUMMER 2024
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مدرسة سنت كريستوفر
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st-chris.net



ADMISSIONS OPEN



Contact our Admissions team
for a school tour:

T: +973 17 605 051 or +973 17 605 052
E: admissions@school.st-chris.net

Education for a Shared Humanity



RAFFLES

AL AREEN PALACE BAHRAIN

AN ATMOSPHERE *of refined* TRANQUILITY

DISCOVER THE ULTIMATE LUXURY AND TRANQUILITY ABOUT OUR RESORT - THE KINGDOM'S EXCLUSIVE VILLA-ONLY DESTINATION WITH 78 ROYAL VILLAS. INDULGE IN ROYAL VILLAS IN TOTAL PRIVACY WITH TEMPERATURE CONTROLLED POOLS, EXQUISITE DINING OPTIONS THAT INCLUDE PRIVATE TAILORED MADE EXPERIENCES, AND REJUVENATING SPA TREATMENTS, FOR COMPLETE RELAXATION.

RAFFLES.COM/BAHRAIN

RESERVATIONS.BAHRAIN@RAFFLES.COM

+973 1784 5000



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



Welcome

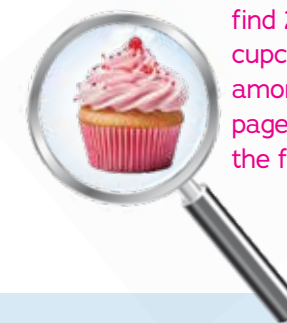
Welcome to the Summer edition of Connect Bahrain, the Family Directory. Our magazine is available throughout Bahrain and lists businesses, schools, shops, restaurants and much more. Don't forget we're also online at www.ConnectBahrain.com

Win a luxurious romantic dinner for two at Raffles Al Areen Palace Bahrain! To enter send us an email to hello@connectbahrain.com saying 'RAFFLES' with your name and phone number. We will contact the lucky winner by 30th June.

In this edition we have all your favourite features plus our 'Let's Party' guide to entertaining.

With very best wishes,
Ruth Brown and Georgie Jones

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



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

Green Zone

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Little Chef

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Gateway To Saudi Arabia

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Let's Cook

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ACTIVITIES

ART & CRAFT

A'ali Pottery
A'Ali 3946 2436
@aali.pottery

Al Jasra Handicraft Centre
Al Jasra 1729 9879

Al Riwaq Art Space
Manama 1771 7441
@alriwaq

Artology
Saar 3679 0785
@artology.bh

Artly
A'ali 1762 1802
@artlybh

Art Lounge by Marion
Saar 3921 2060
@artloungebymarion

Art World
Manama 3766 9266

Aurians Academy of Arts
Riffa 3323 2895
@aurians.bh

Bahrain Arts Society
Jidhafs 1759 0551
@bahrainartssociety

Craftzania
Saar 3880 3397
@craftzania

Embroidery by Natalia
@embroiderynatalia

MiniMe Bahrain
Saar 3376 1361
@minime_bahrain

Mosaic House
Al Maqsha 3925 3943
@mosaichousebahrain

Life in Music
Sanad 1762 5583
@lifeinmusicbahrain

Palitra Art Studio
Manama 3411 5037
@palitra_studio

Sard Child's Cultural House
Manama 1728 0281

Smart Kids Academy
Manama 3343 3595
@smartkids_academy

Studio Ceramics
Budaiya 1700 2911
@studioceramicsbh

The Art Scene
Riffa 3801 0011
@artscene.bh

Touch of Art
Budaiya 1728 0022
@touch.of.arts

Twinkle Twinkle
Saar 1770 0412
@twinkletwinklecenter

Wild about Art
Juffair 3330 7249
@wildaboutartco

BRIDGE

Bridge at the British Club
Manama 3940 7780
@britishclubofbahrain

CHESS

Arjun's Chess Academy Bahrn
Zinj 3319 0004
@aca.bh

Bahrain Chess Academy
Seef 1755 4424
@chess.bh

Bahrain Chess Culture
Isa Town 3733 4949
@bhchessculture

Bahrain Chess Club 3920 0111
@bhchess

CLIMBING

Funscape World
Mall of Dilmunia 1330 0220
@funscapebh

Adventure Hub
Galleria Mall 3353 1166
@adventurehubme

The Crag Rock Climbing
Zallaq 3888 5655
@thecragbh

COOKING CLASSES

Cooking with Gica
Manama 3503 8336
@cookingwithgica

Gulf Institute of Culinary Art
Manama 1366 0660
@Gica.me

Kitchen United Cooking Class
Riffa 3350 3000
@kucookingclass

A Piece of Cake
Budaiya 3900 1155
@a_piece_of_cakebh

Ready Get Set Cook
Saar 3942 6665
@readygetsetcook

DANCE & BALLET

AADS Artistic Productions
Manama 3355 7266

Bahrain Ballet Center
Budaiya 3371 9180
@bahrainballetcenter

Ballare School
Saar 1730 0021
@ballarestudio

Dynamnic Arts Centre
Manama 3370 3299
@dynamic_arts_centre

Harmony Music Centre
Budaiya 3646 4360
@harmony_bmc

IIPA Indian Institute for
Performing Arts
Manama 1723 1717

Victoria Dance
Hamala 3987 6215
@victoriadancebh

DRAMA

Ballare School
Saar 1730 0021
@ballarestudio

IIPA Indian Institute for
Performing Arts
Manama 1723 1717

Manama Theatre Club
Brit Club 1772 8245
@mtcbahrain

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

Victoria Dance
Hamala 3987 6215
@victoriadancebh

E SCOOTERING

E Scooter
Bahrain Bay 3366 8788
@escooter.bh

FRIENDLY ACTIVITIES FOR NEURODIVERSE CHILDREN

Fitness 365
Janabiya 3957 1334
@fitness365bh

Ninja Academy
Marassi 3382 4626
@ninjaacademy.bh

HOLIDAY CLUBS

Athletic Kings Tennis
Saar 3832 5914
@athletickingsbahrain

Artology
Saar 3679 0785
@artology.bh



THE SCHOOLS INDEX
BY CARSFAX EDUCATION

2023

Ones to Watch



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first-choice universities



HOLIDAY CLUBS CONT.

Bahrain Rugby Football Club
Saar 1769 5809
@bahrainrfc

The British Club
Adliya 1772 8245
@britishclubofbahrain

British School of Bahrain
Hamala 1761 0920
@britishschoolbahrain

Budaiya Pre-School
Saar 1779 1491
@budaiya_preschool

Centraal Club
Hamala 3947 2116
@centraal.club

MiniMe Bahrain
Saar 3376 1361
@minime_bahrain

Juventus Academy Bahrain
Saar 3713 0107
@jacademybah

Ritz-Carlton Hotel
Seef 1758 0000
@ritzcarltonbahrain

Sofitel
Zallaq 1763 6414
@sofitelbahrain

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

Studio Ceramics
Budaiya 1700 2911
@studioceramicsbh

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

Twin Palms Riding Centre
Saar 3413 7001
@twinpalmsridingcentre

LIFE SAVING

Royal Life Saving Bahrain Rookie
Lifesavers
Manama 3200 1113
@rlsbahrain

MUSIC

Abhimanyu Guitar Academy
Tubli 3930 5771
@abhimanyu.guitaracademy

Bahrain Music Institute
Isa Town 3225 0619
@bahrain_music

Ballare School
Saar 1730 0021
@ballarestudio

British School of Bahrain
Hamala 1761 0920
@britishschoolbahrain

Eighty Eight Keys Music
Academy
Jannusan 3217 7703
@eighteightkeysbh

Harmony Music Center
Budaiya 1362 2002
@harmony_bmc

Life in Music
Nuwaidrat 3679 8866
@lifeinmusicbahrain

Manama Singers
Janabiya 3932 6227
@manamasingers

Room 2 Rock
Saar 1761 1785
Adliya 1774 5203
@room2rock

Seoul Music Center
Seef 3987 6304
@seoulmusicbh

Unigrad Acoustics
Manama 3389 9463

Victoria Dance
Hamala 3987 6215
@victoriadancebh

PAINTBALLING

Paintball Bahrain
Hidd 3777 9399
@paintball.bh

PLAY GROUPS

Budaiya Pre-School
Saar 1779 1491
@budaiya_preschool

Child's Cultural House
Isa Town 1728 0281

Learn to Grow
Janabiya 3223 4456
@learntogrow.bh

Little Chris
Saar 1760 5101
@littlechrisbh

Little Gems
Saar 1769 4356
@littlegemspreschoolbahrain

MiniMe Bahrain
Saar 3376 1361
@minime_bahrain

Mini ME
Saar 3376 1361
@minime_bahrain

Sticky Playgroup Bahrain
Juffair 3643 1822

Tots & Toddlers, British Club
Adliya 1772 8245
@britishclubofbahrain

Twinkle Twinkle
Saar 1770 0412
@twinkletwinklecenter

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

SCIENCE

Mad Science Bahrain
Budaiya 3971 0055
@madsciencebh

TRAMPOLINE PARKS

Jump up
Tubli 3355 1225
@jumpup.fun

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

Jumpsters
Saar 1769 1558
@jumpsters_bh

ART & CULTURE

ART GALLERIES & FRAMING

Abbas Al Mosawi Art
Al Qurayyah 3992 7300
@abbasalmosawiart

Arabesque Art Gallery
Umm Al Hassam 1772 2916
@arabesque_art_gallery

Busaad Art Gallery
Muharraq 3206 6339
@busaadartgallery

Ghada Art Gallery
Manama 3943 8887
@ghada_art_gallery

RAK Art Foundation
Riffa
@rakart

CULTURE

A'ali Burial Mounds
A'ali Open 24 hrs

A'ali Pottery
@aalipottery
10am - 6pm

Abo Helal Basket Weaving
Manama 3969 1330
@buhelal_basket

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

Al Jasra House
Jasra 1761 1454
10am -2pm

Al Khamis Mosque
Manama 1729 8777
12pm-5pm

Arad Fort
Muharraq 1729 8777
12pm

Bab el-Bahrain Souq
Manama 3445 1280
@manama_shopping

Bahrain Capital Mall
Seef 1710 2369
10am-9pm

Bahrain Fort
Seef 1756 7177
10am-8pm

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

Barbar Temple
10am-5pm

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

Delmon Pottery
Aali 3535 9151
@delmon_pottery

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

Khamis Mosque
Manama
@al_khamis_mosque

National Theatre of Bahrain
Manama 1753 2233
@culturebah

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

Riffa Fort
Riffa 1729 8777
10am-5pm

Shaikh Isa Bin Ali House
Muharraq 1733 4945

Shaikh Ebrahim Center for Culture
Muharraq 1732 2549
@shaikhebrahimcenter

Siyadi House
Muharraq 3323 3521
@pearlingpathbh

EAT

BRUNCHES

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

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

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

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

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

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

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





BRUNCHES CONT.

BRUNCHES CONT.				Origin Kitchen and Culture		Baker & Spice	
		Iris	1721 2223	Hilton Bahrain	3369 2013	Al Aali Mall	1360 9666
Cantina Kahlo		Friday	1pm – 5pm	Friday	1pm – 4pm	@bakerandspicebah	
Ritz Carlton	1758 6401	Buffet	28BD – 35/46BD	Buffet	27BD -39BD		
Fri and Sat	1pm – 4pm	Lanterns	1759 0591			Boulangerie Sophie	
Set menu	35BD – 45BD	Friday	12pm – 4pm	Regency		Amwaj	1603 0912
		Buffet	20BD – 31.6BD	Intercontinental	1722 7777	@chezsophie.bh	
Choices				Friday	11am- 4pm	Cakes and Bakes	
Art Hotel	1600 0111	La Med		Buffet	28BD – 37BD	Riffa	3933 3466
Friday	12:30pm – 4pm	Ritz Carlton	1758 6499			@cakesandbakes.bh	
Buffet	26BD – 36BD	Friday	12:30 – 4pm	Rosso			
		Buffet	35-45BD	Art Hotel	1600 0111	Café Chantilly	
Circa	3992 7872			Saturday	12:30pm -4pm	Saar	1720 0071
Fri and Sat	1pm – 5pm	Legendz Steakhouse		Buffet	20BD – 26BD	@chantilly_bh	
Set menu	35.6BD – 44.5BD	Intercontinental	3230 0702				
		Friday 11am-4pm		Salero	1717 1300	Café Delices	
Crowne Plaza	1753 1122			Saturday	1pm – 5pm	Manama	1771 3000
Friday	12:30pm – 4:30pm	L'Orto		Buffet	22BD – 29.5BD	@cafedelicebh	
Buffet	21BD – 34BD	Adliya	1777 7818				
		Friday	12 - 4pm	Silk		Café Lilou	
Cut by Wolfgang Puck		Set menu	28BD - 36BD	Movenpick	1746 0000	Adliya	1771 4440
Four Seasons	1711 5044			Friday	12pm – 4pm	Seef	1758 3939
Friday	12:30pm – 3:30pm	Masso	1772 1061	Buffet	42BD	@cafelilou	
Set menu	36BD – 50BD	Fri and Sat	12:30pm - 3:30pm				
		Set menu	28BD – 35BD	Sofitel	1763 6363	Café Sego	
David's Stir Fry Crazy				Friday	12:30pm – 3:45pm	Manama	1721 1152
	1754 0188	McGettigan's	1700 0415	Buffet	36BD	@cafesego	
Friday	12pm – 4pm	Friday	12pm – 4pm				
Set menu from	15BD	Set Menu	20BD – 29BD	Solymar Beach Club	3509 4777	Cake Boutique	
				Friday	12pm – 4pm	Seef	1755 2253
El Chapo	3773 8838	Meisei	1700 7770	Buffet	38BD	@cakeboutiquebh	
Friday	1pm – 5pm	Saturday	12pm-4pm				
Set menu	20BD – 24BD		25BD - 32BD	The Dilmun Club	1769 0926	ChocoBisc	
		My Café	7734 4444	Friday	12pm – 4pm	Manama	3509 4993
Fishbone		Saturday	12pm – 4pm	Buffet	20BD	@choco_bisc	
Novotel	1729 8436	Set menu	28BD – 38BD/45BD				
Friday	12pm – 4pm			The Royal Golf Club	1775 1266	Crème London	
Set menu	22BD	Obab Al Bahar		Once a month	12:30pm – 4pm	Al Liwan	6664 4323
		Jumeriah Gulf of Bahrain		Buffet	30BD – 35BD	@cremelondonbh	
Flavours on 2			7777 1000				
Downtown Rotana	1311 9999	Friday	12:30pm-4pm	Texas Longhorn	1710 4655	Crumbles	
Friday	12:30pm – 4pm	Buffet	30BD	Friday	12pm – 5pm	Riffa	3611 6313
Buffet	24BD – 35BD			Set menu	16BD – 21BD	@crumbles_bakery	
		Oliveto	1771 6747				
Gallery 21	1771 1600	Friday	1pm – 4pm	COFFEE & CAKE		Dose café	
Friday	12:30pm – 4pm	Set menu	28BD – 39BD/45BD			Water Garden City	1700 0774
Buffet	19BD – 34BD			Audrey's Bakery		@dosecafe_bh	
		Opa		Tubli	3889 9021		
Haus	1766 3232	Royal Saray	3355 5244			Eastern Bakery	
Friday	12pm – 4pm	Friday	12:30pm – 3:30pm	Aroma Café		Mina Salman	1772 7133
Set menu	35BD – 40BD	Set menu	25BD – 35BD	Seef	1758 2711	@easternbakerybh	
				@aromabahrain			
Indigo		Origins				Esquires	
Merchant House	1667 8666	Vida hotel	7748 8888	A Piece of Cake		Awali	3600 0000
Fri and Sat	12:30pm – 3:30pm	Friday	1pm – 4pm	Riffa	1777 7909	@esquires_bahrain	
Set menu	30BD – 45BD	Buffet	28BD – 34BD	@a_piece_of_cakebh			

[illegible]

AMERICAN CONT.

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

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

Texas Longhorn
Manama 3205 9999
@texaslonghorn.bh

ASIAN FUSION

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

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

Monsoon
Adliya 1774 9222
@monsoonbahrain

Nu Asia
Seef 1743 4344
Budaiya 1769 1919
@nuasia

Ramenara
Seef 3989 8966
@ramenara_official

re Asian Cuisine
Four Seasons
Bahrain Bay 1711 5500
@reasiancuisine

Muju Dragon Resort
Amwaj 1603 9800
@dragonresort.bh

WU restaurant
The Art Hotel Amwaj 1600 0111
@wulounge

BAHRAINI

Cinnamon in the Souk
Manama 3717 7899
@themerchanthousebahrain

Danat Al Tawawish
Manama 3805 0713
@altawawish

Darseen Café
Bahrain National Museum 7733 6600
@darseencafebh

Dona's Wonders
Muharraq 1721 3669
@donaswonders

Emma Wash
Budaiya 1730 9030
@emmawash_bh

Haji's Café
Manama 1721 0647
@hajiscafe

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

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

Villa Mamas
Saar 1730 5031
@villamamas

BRITISH

The English Rose
Adliya
@theenglishrosebh

The Village Chippy
Saar 3363 6222
@thevillagechippybahrain

CHINESE

China Garden, Gulf Hotel
Manama 1774 6423
@chinagardenbh

David's Stir Fry Crazy
Adliya 1754 0188
@davidsstirfry

PF Changs
Seef 1711 0380
The Avenues 1711 0567
@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

FRENCH

The Harvesters Pub and Terrace
Diplomatic area 1753 1122
@crownplazabahrain

Bagatelle
Seef 1667 7770
@bagatellebahrain

Café Lilou
Adliya 1771 4440
Seef 1758 3939
@cafelilou

Chez Alain
Reef Island 1332 0615
@chezalainbahrain

La Reine
Manama 1311 6263
@lareine_cafe

GREEK

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

Attic
Adliya 1771 7780
@atticbahrain

Bifteki
Riffa 3998 6900
@bifteki.bh

Greek Street
Seef 1718 0666
@greekstreetbahrain

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

Opa
Seef 3355 5244
@opabahrain

Yamaz
Sofitel Bahrain 3330 0087
@yamaz.restaurant

HAWAIIAN

Trader Vics
Ritz-Carlton Hotel
Seef 1758 6555
@tradervicsbh

INDIAN

Asha's
Manama 3648 9905
@ashasbahrain

Bhaja Indian Restaurant
Budaiya 1771 0444
@bhajarestaurants

Copper Chimney
Manama 1772 8699
@thecopperchimneyrestaurant

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

Moti Mahal
Juffair 1782 5333
@motimahahal_bh

Nirvana
Ritz-Carlton 1758 3318
@nirvana_bahrain

Rasoi by Vineet
Manama 1774 6461
@rasoiyvineetbh



Sangam
Seef 1716 2032
@sangmbahrain

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

Sushi Samba
Manama 7797 9779
@sushisambabahrain

Terrace at 28
Manama 6639 8787
@terrace_at28

The Bistro
Dilmun Club
Saar 1763 0926
@dilmunclub

The Terrace
Royal Saray Seef 1710 0346
@theterrace_bh

ITALIAN

Cafe Italia
Seef 1758 2823
@cafeitalia_seef



Let us know if we've missed your favourite restaurant

ITALIAN CONT.

Cicco's
Adliya 1771 3710
@cicco.bh

Cipriani
Marassi 1700 3300
@ciprianibahrain

Crazy Pizza
Hamala 3993 8686
@crazypizza.bahrain

Cucina Italiana
Manama 1700 1317
@lacucinaitaliana

Fatto
Seef 6677 8822
@fattobahrain

Fiamma
Sofitel, Zallaq 1763 6414
@sofitelbahrain

Gusto
Riffa 1777 8887
Janabiya 1769 5556
@gusto_bahrain

La Pergola
Adliya 1774 6419
@lapergolabh

L'Orto
Adliya 1777 1718
@lorto.bh

Luigi's Pizza
Saar 1769 3533
@luigisbahrain

Luna
Hamala 3211 1160
@luna_bahrain

Masso
Manama 1772 1061
@massorestaurant

Medzo
Manama 1722 7777
Medzo_bh

Nino
Seef 1756 6555
@ninobahrain

NKD Pizza
Saar 1748 4894
@nkd pizzabh

Oliveto
Adliya 1771 6747
@olivetobahrain

Otto
Hamala 1733 6622
@ottobahrain

San Carlo
Seef 1765 6565
@sancarlobahrain

Sugo
Janabiya 3944 5394
@sugo_bh

Primavera
Ritz Carlton 1758 0000
@primavera_osteria

Roma
Manama 1772 5885
@roma_restaurant_bh

Slice
Royal Golf Club 1775 1266
@theroyalgolfclub

Vapiano
Seef 1749 1391
@vapianobahrain

JAPANESE

Bushido
Seef 1758 3555
@bushidobybuddhabar

Gyuto
Al Liwan 7799 9444
@gyuto.bh

Kabuki
Al Liwan 1762 1100
@kabuki_bahrain

Kenko
Manama 3344 5988
@kenkobahrain

M by Mirai
Seef 1778 3030
@mbymirai

Maki, Moda Mall
Diplomatic Area 1752 2733
@makirest

Maison Sushi
Sofitel Bahrain

Meisei
Adliya 1700 7770
@meiseibahrain

Mirai
Adliya 3917 3951
@mirairestaurantlounge

Oishi
The Avenues 1722 8062
@oishi.bahrain

Sato
Gulf Hotel Manama 1774 6429
@satogulffhotelbh

Roka
Bahrain Bay 1334 3334
@Rokabahraiofficial

JAPANESE & PERUVIAN

Clay
Adliya 1755 4545
@clay_bahrain

LEBANESE

Al Arisha
Manama 1772 5414
@alarisharestaurant

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

Leila
Seef 1756 6556
@leilaminlebnen

Pashawat
Sofitel Bahrain 1763 6363
@sofitelbahrain

Zayt Zaytoon
Budaiya/Al Hoora 1666 2666
@zaytzaytoon

MEDITERRANEAN

Orla
Adliya 7793 9393
@orlabahrain

MEXICAN

Calexico
Adliya 1766 6644
Janabiya Foodtruck 3542 8802
@calexico_bahrain

Cantina Kahlo
Ritz-Carlton 1758 0000
@cantinakahlo

El Chapo
Adliya 3773 8838
@elchapo.bhr

Senor Pacos
Adliya 1772 5873
@senor_pacos_bh

ORGANIC

Baker & Spice
Al Aali Mall 1360 9666
@bakerandspicebah

PERSIAN

Al Abraaj
Various 1743 4343
@alabraaj

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

Takht Jamsheed
Manama 1774 6431
@thegulffhotelbh

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 1729 8439
Manama @la.perle.restaurant

Tabreez
Manama 1740 6206
@tabreez_restaurant

Waves Seafood
Manama 1753 1122
@crownplazabahrain

SOUTH AFRICAN

Butcher's Shop & Grill
Seef 1717 2323
@butchershopar

SPANISH

Salero
Seef 1717 1300
@salerobahrain

STEAKHOUSE

Legendz
Manama 1722 7777
@legendzsteakhouse

Meat Company
Adliya 1774 2080
@themeatcobh

Plums
Ritz-Carlton 1758 6499
@ritzcarltonbahrain

The Foundry
Adliya 1722 3223
@thefoundrybh

THAI

Banana Leaf
Adliya 1774 4171
@banana.leaf.restaurant

Eathai
Isa Town 1767 3711
@eatthai.bahrain

Hash House
Adliya 1771 5094
@hashhouse_bh

Honey
Gudaibiya 3345 5442
@honeyrestaurant

Royal Thai
Manama 1771 3000
@royalthaibahrain

Thai Lounge
Ritz-Carlton 1758 6480
@thai_lounge_bh

TURKISH

Gunaydin
Adliya 1700 0099
@gunaydinbahrain

Sisler
The Avenues 1667 0358
@sisler_bahrain

VEGAN

Petiole Café
Janabiya 1726 4055
@petiolecafe

Plant Café
Hamala 1700 1677
@plant_cafe

Unicorn Noms
District 1 7799 2277
@unicornnoms

EDUCATION**LANGUAGE TUITION**

Aleph Education
Saar 3705 5520
@alephedu

Alliance Française
French Classes & Cultural
Centre 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

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LANGUAGE TUITION
CONT.

Garden of Knowledge

Bani Jamra3561 7635

@the_garden_of_knowledge

Shaikh Ebrahim Center

Muharraq1732 2549

@shaikh_ebrahim_center

Teach Bahrain

Janabiya3729 9525

@teachbahrain

NURSERIES
& PRESCHOOLS

ABC Pre-school

Tubli1778 5795

@abcpreschool

Abdul Rahman Kanoo

International School

Manama1787 5055

@arkis1997

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Ajyaal Montessori Pre School

Hamala1761 3144

@ajyaalmontessoripreschool

Alia Primary School

Sitra1773 7377

@aliaschool.bh

Al Fateh Pre School

Manama3360 6612

@alfateh_preschool

Al Shorooq Pre-School

East Riffa1762 2500

American School of Bahrain

Riffa1721 1800

@americanschoolbahrain

Bahrain School

Juffair1772 7828

@thebahrainschool

British Preparatory School

Saar1779 2010

@bps_bahrain

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For more info



British School of Bahrain

Hamala1761 0944

@britishschoolbahrain

Eton House

Hamala1749 0333

@etonhousebahrain

Kidsland Nursery

Jid Al Haj1740 5717

@kidslandbh

Lamara Pre-school

Saar1700 6162

@lamara.preschool

Budaiya Pre School

Budaiya1779 1491

@budaiya_preschool

Evolution Childcare

Adliya1766 9079

@evolutionchildcare.bh

Kinder World Preschool

Adliya3365 4050

@kinderworld_adliya

Lilliput Pre-School

Jid Al-Haj3950 7035

@lilliputpreschool

Capital School

Zinj1700 8880

@capitalschoolbahrain

First Steps Nursery

Isa Town1778 0760

@first_steps

Kinder World Preschool

Janabiya3360 0097

@kinderworld_janabiyah

Little Gems Pre-School

Budaiya1769 4356

@littlegemspreschoolbahrain

Canadian School Bahrain

Diyar Al Muharraq6664 4234

@canadianschoolbh

Golden Days Nursery

Barbar1722 3103

@goldendaysnurserypreschool

Kids Corner Nursery

Isa Town3807 7758

@kidscorner.bh

Little Pearls Nursery

Hidd3355 8911

@littlepearlsnurserybahrain

Children's House Montessori

Nursery School

Janabiya1769 9844

@the_childrens_house

Happy Hearts Kindergarden

Sanad7708 2017

@happyhearts.bah

Kipina Nursery

Saar1700 9598

@kipina_kids_bahrain

Little Starz Pre-School

Riffa1765 1516

@little.starz.bh

Clever Kid Pre School

Riffa1722 7997

@cleverkidbh

KG Kids Pre School

Riffa1766 3556

@kgkidspreschool

Kidz World Kindergarten

Adliya1771 5050

@kidzworldkindergarten

Little Village Center

Um Al Hassam1732 2570

@littlevillagecenter

Disney Nursery

Saar3905 6662

@disney.nursery

Kiddy Care Pre School

Zinj3231 4680

@kiddycarepreschool

Ibn Khuldoon National School

Isa Town1778 0661

@ikns

Little Wonders Preschool

Saar3644 7000

@littlewonderspreschoolbahrain

**NURSERIES
& PRESCHOOLS CONT.**

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

Madeleine's Pre-School
Adliya 1772 1851
@madeleinespreschool

Nadeen School Bahrain
Dilmunia 1772 8886
@nadeenschool

Quest School
Janabiya 3366 6014
@questschoolbh

Rainbows for Kids
Muharraq 1734 5090

Rawan Pre-school
Bu Quwah 3925 2862
@rawanpreschool

Reach Nursery
Isa Town 1766 3280
@reach.nursery

Riffa Views International School
Riffa 1656 5000
@rvis.bh

Saar Nursery
Saar 1700 2009
@saar.nursery

St Christopher's School
Saar 1760 5051
@stchrisbahrain

Talent International & The Infant
School Manama 1725 2346
@infantschoolbh

The British Nursery
Riffa 1766 0024
@thebritishnursery

The Golden Days Nursery
Barbar 1722 3103

Twinkle Twinkle
Saar 1770 0412
@twinkletwinklecenter

Very Berry Nursery
Sanad 3390 9599
@veryberrynursery

**PRIMARY & SECONDARY
SCHOOLS**

Abdul Rahman Kanoo International
School, Manama 1787 5055
@arkis1997

Al Hekma International School
Sanad 1762 0820
@ahisbh

Al Noor International School
Sitra 1773 6773
@alnoorschool.bh

Al Rawabi School
Jebat 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

American School of Bahrain
Riffa 1721 1800
@americanschoolbahrain

Bahrain Bayan School
Isa Town 7712 2244
@bahrainbayanschool

Bahrain School
Juffair 1772 7828
@thebahrainschool

Bahrain Indian School
Budaiya 1759 8000
@bahrainindianschool1

Beacon Private School
Hidd 6600 0088
@beaconprivateschool

British Preparatory School
Saar 1779 2010
@bps_bahrain

British School of Bahrain
Hamala 1761 0944
@britishschoolbahrain

Britus International School
Salmabad 1759 8440
@bisbh_official

Capital School
Zinj 1700 8880
@capitalschoolbahrain

Canadian School Bahrain
Diyar Al Muharraq 6664 4234
@canadianschoolbh

Eton House
Hamala 1749 0333
@etonhousemea

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

Hawar International School
East Riffa 1366 6555
@hawarschool_official

Ibn Khuldoon National School
Isa Town 1778 0661
@ikns

International School of Chouefait
Amwaj 1603 3333
@iscmanama

Multinational School
Adliya 1771 1444
@mnschoolbahrain

Nadeen School Bahrain
Dilmunia 1772 8886
@nadeenschool

Naseem International School
Riffa 1778 2000
@nisbahrain

New Millenium School
Bug hazal 1727 2700
@newmilleniumschoolbahrain

Pakistan School
Isa Town 1768 2304
@pakistanschool



Palms Primary School
Riffa 1766 6637
@palms.school

Philippine School
Riffa 1764 5451
@realphilippineschoolbahrain

Quality Education School
Budaiya 1769 2917
@qesbh

Quest School
Janabiya 3366 6014
@questschoolbh

Riffa Views International School
Riffa 1656 5000
@rvis.bh

Sacred Heart School
Isa Town 1768 4367
@sacredheartschoolbahrain

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



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THE Green Zone

BY LEARN TO GROW

Our mission:

To promote a healthy lifestyle for people and our planet.

Learn to Grow is:

An Outdoor Educational Center located in Bahrain. We work to regenerate our land according to the principles of permaculture while sharing knowledge about the environment, health, and well-being with the wider community. Our mission is to provide opportunities for kids and adults to connect to the natural world in order to encourage a deeper relationship with place, land and its future. We believe that an appreciation of the natural world can ignite a sense of belonging that is crucial in creating change and investing in regenerative practices.

We offer:

Permaculture Club: This two-hour journey allows our learners to start an adventure using science, movement, nutrition, and art while connecting to and understanding the nature around them. (Ages 5-11)

School Field Trips: Schools visit us for a unique outdoor experience they will cherish forever. We offer a standard introduction to permaculture and our garden or we curate customized programs based on your school standards. Our teachers are trained and familiar with NGSS standards. (All School ages)

Camps: While schools are on holiday we play and explore in nature while building a supportive community of nature lovers. We foster curiosity while learning about science, nutrition, art, character development traits, movement, mindfulness, and regenerative agriculture. (Ages 4-11)

Community Events: Check out our most recent calendar to find events for adults and children that nurture mind, body, and soul in our beautiful permaculture garden. This includes workshops, our Open House, Toddler Exploration, and more. We collaborate with other local skilled practitioners to host wellness, arts, and garden workshops. (All ages)

Private Events and Birthday Parties: Invite your office or team to join us for a team-building day in our garden or enjoy celebrating your own or your child's birthday in nature. We organize activities for these events based on you, your office, or your child's interests. (All ages)

Volunteer Days: A perfect opportunity to get your hands dirty and connect with the Learn to Grow community. A free event to join us in the garden to help us with tasks we need to get done around the garden.

Giveback Days: We invite charities and similar organizations to join us for a free day in the garden. We tailor the activities to meet the needs and wants of the organization.

Feel free to reach out to us to join or help an event.

Who we are:

We are an Educational Center: Learn to Grow is a dynamic educational hub where expert teachers facilitate engaging workshops, field trips, and camps. We offer a diverse curriculum that covers everything from ecology to regenerative farming, designed to spark curiosity and foster a love for learning. Our center is a place where education meets fun, and where every lesson is an adventure. We hope to inspire and support other educators to bring nature into their classrooms.

We are a Community:

We are a vibrant community of learners, educators, volunteers, and environmental advocates. We believe in the power of collective action and the importance of instilling values that benefit our planet. Our center serves as a gathering place for schools, clubs, and individuals who share our commitment to sustainability and regenerative living.

We are a Regenerative Farm:

At the heart of Learn to Grow is our regenerative farm. Here, we teach the principles of sustainable farming, demonstrating how to grow nutrient-dense foods and reduce waste. Our farm is a living classroom where individuals can witness the cycle of life, understand the importance of healthy ecosystems, and learn practical skills they can apply in their own lives. Private Events and Birthday Parties: Invite your office or team to join us for a team-building day in our garden or enjoy celebrating your own or your child's birthday in nature. We organize activities for these events based on you, your office, or your child's interests. (All ages)

Please sign up for events through our Instagram page, or reach out to us on Whatsapp.

Phone number: +97332234456

Email: learntogrow.bh@gmail.com

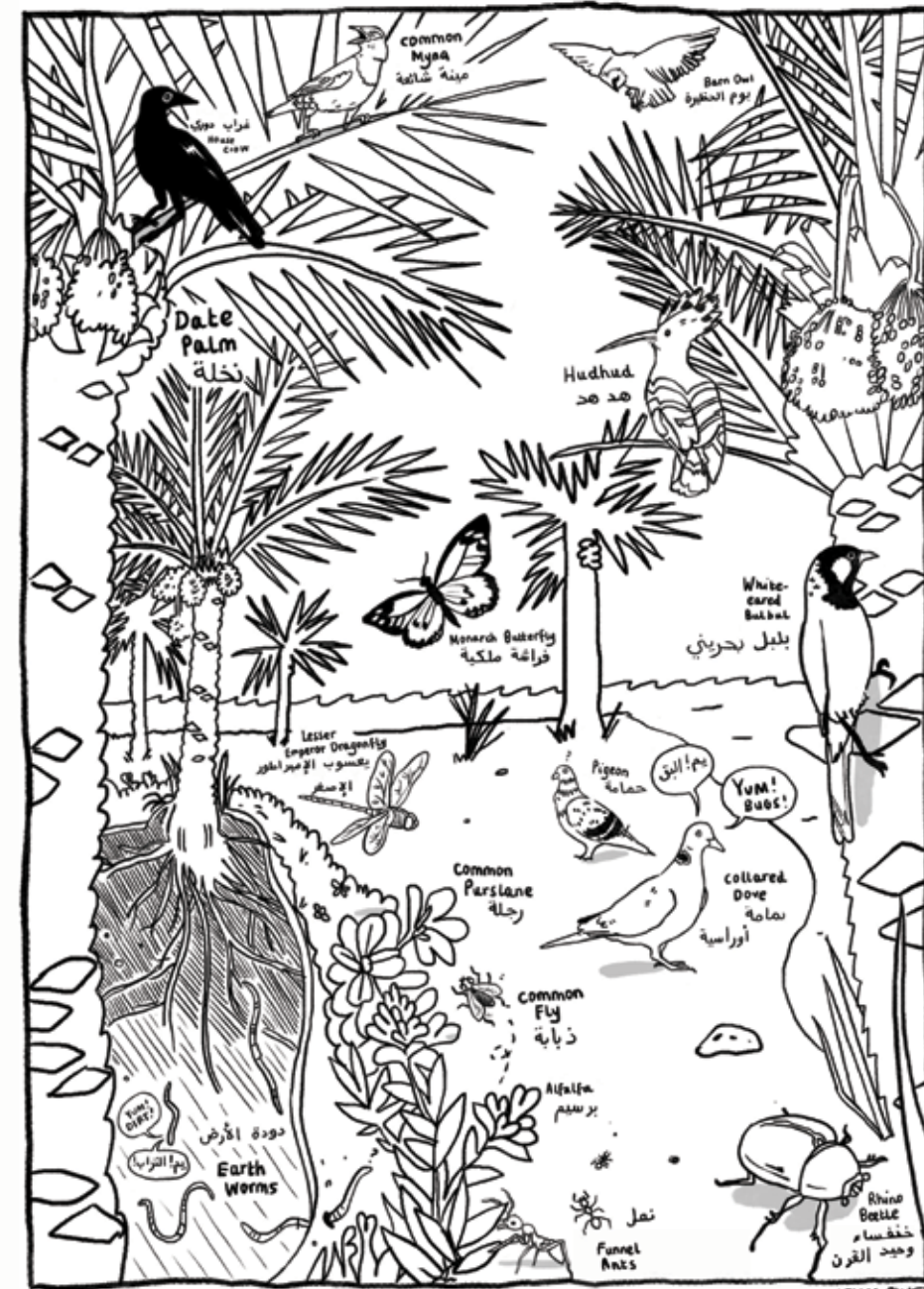
Instagram: [learntogrow.bh](https://www.instagram.com/learntogrow.bh)

learn to grow

educational center



LEARNTOGROW.BH



PRIMARY & SECONDARY SCHOOLS CONT.

St Christopher's School
Saar 1760 5051
@stchrisbahrain

Talent International School
Manama 1725 2346

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

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

The Children's Academy
Riffa 1761 3234
@thechildrensacademybahrain

The New Indian School
Isa Town 1762 2350
@the_new_indian_school_bahrain

SPECIALIST EDUCATION

Affinity Consultancy
Saar 3966 9267
affinityconsultancy.org

Alia Autism Center
Sitra 1773 0960
@aliaschool

Anne Mostafa Clinical Psychology
Amwaj 6692 9422

Athena Private School for Special Education
Salmabad 1656 8120
@athenaprivateschool

Brain Body Dynamics
Saar 3888 0188
@brainbodydynamics

British Council
Manama 1726 6166
@britishcouncilbh

Children's Academy
Riffa 1761 3234
@thechildrensacademybahrain

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

Disabled Sports Federation
Isa Town 1778 9191
@diabledsportsfederationbahrain

Hope Institute
Isa Town 1768 0815
@hope_institute_bahrain

JMJ Specilaist Tuition
Janabiya 3941 9967

JMJ Specialised Tuition
for Educational needs
Janabiyah 39419967
@jjmcocking@gmail.com

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

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

Mathnasium
Saar 3300 8840
@mathnasiumbah

Sylvan Learning Center
Sehla 1740 0227
@sylvanbh

Teach Bahrain
Janabiya 3729 9525
@teachbahrain

Wise Young Generation Center
Hooraa 3377 9830
@wiseyounggeneration

FITNESS

GYMS

Al Nakheel Fitness
Hamala 3883 3663
@alnakheelpremium

Amed's Predator Studio
Jannusan 3319 2666
@ameds_predator_studio

Anytime Fitness
Amwaj 3339 7147
@anytimefitnessamwaj

Bahrain Rugby Football Club
Saar 1769 5809
@bahrainrfc

British Club
Adliya 1772 8245
@britishclubofbahrain

Bodyline
Saar 1779 3932
@bodylineladiesclub

Centraal Club
Hamala 3947 2116
@centraal.club

Dilmun Club
Saar 1769 0926
@dilmunclub

District Gym
Janabiya 3880 0102
@districtgym_bh

Equilibrium Fitness Centre
Saar 3699 9250
Amwaj 3699 9257
@equilibrium_pilates_bh

Energy Fitness Gym
Salamabad 1762 3332
@energy_fitness

F45
Saar 3233 2145
@f45_training_saar

Fitness 365
Janabiya 3957 1334
@fitness365bh

Fit Bahrain
Sehla 7701 7711
@fitbahrain

Fitness First
Juffair 1747 3000
@fitnessfirstoasismalljuffair

Four Seasons Hotel
Bahrain Bay 1711 5000
@fsbahrain

Grip Fitness Centre
Riffa 3555 5510
@gripfitness_

Hydro Spa & Salon
Riffa 3200 8600
@hydrospabh

HV Holistic
Seef 1777 5544
@hvholistic

JFC Bahrain Fitness Gym
Manama 3300 2592
@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

HEALTH

Let's Keto with Isma
Manama 3230 7272
@letsketobahrain

WELLNESS

SPAS

Argan Day Spa
Amwaj 1603 0888
@argandayspa

Argan Day Spa
Janabiya 1703 0888
@argandayspa

Ayur Life Ayurvedic Centre
Dumistam 3810 1110
@Ayurlifebh

Bodyline
Saar 1779 3932
@bodylineladiesclub

Cocoon Wellness Spa
Manama 3817 0088
@cocoon.bahrain

Derma One NK Med Spa
Saar 1759 5560
@dermaonenk

Diplomat Radisson Blu Spa
Diplomatic Area 1753 1666
@diplomatradsissonblu

Domain Bahrain
Muharraq 1600 0000
@domainbahrain

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

Four Seasons Hotel
Bahrain Bay 1711 5000
@fsbahrain

Haven Spa Fraser Suites
Diplomatic Area 3362 1016
@fraserdiplomatic

Heavenly Spa by Westin
Seef 1717 1122
@heavenlyspabahrain

Hydro Spa & Salon
Riffa 3200 8600
@hydrospabh

Jacques Dessange Health Club
Adliya 1771 3999
@dessangebahrain

Jumeirah Gulf of Bahrain Spa
Zallaq 7777 1000
@jumeirahgulfofbahrain

Wyndham Grand Spa
Manama 1711 6116
@wyndhamgrandmanama

La Fontaine Spa
Manama 1723 0123
@lafontainebh

Lavande Beauty Spa
Riffa 7777 4433
@lavandebahrain

Nine Senses
Barbar 1781 0999
@9senses

Pure Skin Spa
Riffa 1700 4142
@pureskinspa

Purple Patchouli
Seef 1758 1051
@purplepatchouli

Purple Patchouli
Riffa 1730 9103
@purplepatchouli

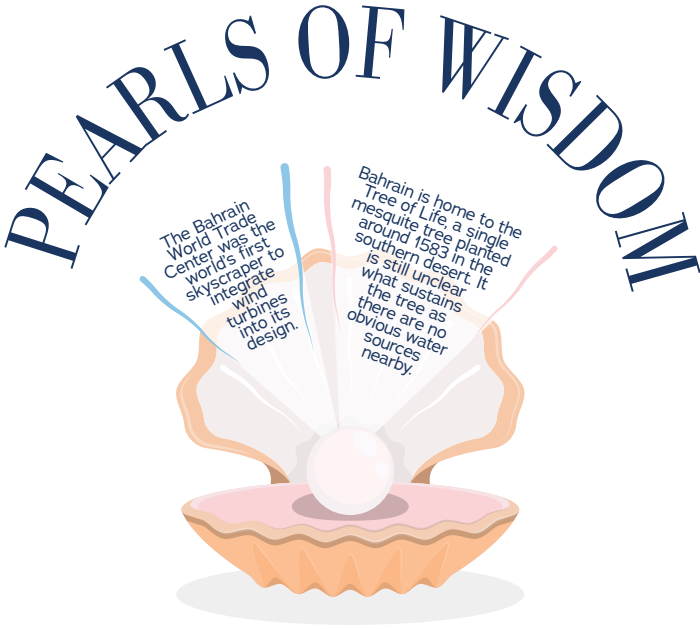
Purple Patchouli
Janabiya 3900 7711
@purplepatchouli

Purple Zowi
Riffa 3455 5066
@purple_zowi

Raffles Al Areen Palace Bahrain
Zaalaq 1784 5000
@raffesalareenpalace.bahrain

Royal Spa
Ritz-Carlton Hotel
Seef 1758 0000
@ritzcarltonbahrain

Sparadise
Muharraq 1731 3131
@sparadisebahrain



SPAS CONT.

Thalassa wellness and rehabilitation center
Zallaq 1763 6391
[@Thalassa.wellness](#)

The Art Hotel and Spa
Amwaj 1600 0111
[@theart.bh](#)

The Golden Key
Riffa 1722 4444
[@tgkbahrain](#)

The Merchant House Spa
Manama 3401 8565
[@themerchanthousebahrain](#)

YOGA & PILATES

Ballare School
Saar 1730 0021
[@ballarestudio](#)

Breathe Pilates
Saar 3339 9973
[@breathepilatesbh](#)

Bodyline
Saar 1779 3932
[@bodylineladiesclub](#)

Core Pilates Studio
Abu Saiba 3219 0401
[@corestudio.bh](#)

Erah Pilates Wellness
Hamala 3800 7771
[@erahpilateswellness](#)

Equilibrium Fitness Centre
Amwaj 3699 9257
Saar 3699 9250
[@equilibrium_pilates_bh](#)

Jacques Dessange Health Club
Adliya 1771 3999
[@dessangebahrain](#)

La Fontaine
Manama 1723 0123
[@lafontainebh](#)

Mini Me Yoga
Manama 3373 3633
[@minimeyoga](#)

Namaste
Budaiya 1759 1565
[@namastebh](#)

PROP Yoga & Therapy Center
Budaiya 3370 0730
[@propytc](#)

Pure Yoga
Hamala 1700 7111
[@pycbh](#)

Royal Golf Club
Riffa 1775 0777
[@royalgolfclub](#)

Sports Training Complex
Saar 3616 9475
[@sportstrainingcomplex](#)

Yoga Union
Juffair 3458 0018

HAIR & BEAUTY

BARBERS & HAIRDRESSERS

Beauty Spot
Hamala 1761 1888
[@beautyspotbahrain](#)

Blo Professional Salon
Seef 1700 6070
[@blo_bh](#)

Elie & Jean
Manama 1722 7300
Seef 1758 7757
[@ejhairofficial](#)

Elloods Hairdressing
Budaiya 7723 1111
[@elloods](#)

Hair Etc
Saar 1753 6693
[@hair_etc](#)

Hairpage
Saar 1700 9002
[@hairpagebh](#)

Jacques Dessange Health Club
Adliya 1771 3999
[@dessangebahrain](#)

Johnny & Co
Amwaj 3222 9299
Seef 3914 6119
[@johnnycompany](#)

Joz Salon
Amwaj 1736 9133
[@jozsalons](#)

Lina Ladies Salon
Riffa 6691 1101
[@linaladiessalon](#)

Majestic Arjaan by Rotana
Seef 3999 7289
[@majesticarjaanbyrotana](#)

Man Spa
Saar 1758 0110

Moustache Salon
Suqayya 3655 0554
[@moustachesalon](#)

Pat Salon
Seef 1700 5354
[@patsalon](#)

Prive
Seef 7717 7166
[@fraserbahrain](#)

Tigi Concept at the Four Seasons
Bahrain Bay 1711 5000
[@fsbahrain](#)

Toni and Guy
Seef Mall 1700 1700
City Centre Bahrain 1701 1701
[@toniandguybahrain](#)

Tony Hairdressing
Seef 3637 3538
[@tonyhairs](#)

The Groom Room
Janabiya 1769 1699
Riffa 1777 9955
[@thegroomroom_bh](#)

BEAUTY

Beautopia
Saar 7733 9999
[@beautopiabh](#)

Beauty Lines Mobile Salon
Manama 3223 3326
[@beautylines_bh](#)

Blink and Wink
Hamala 3314 5254
[@blink_and_wink_bh](#)

Boho Nails
Saar 1711 6115
[@bohosalonbh](#)

Cryo
Seef 3800 0155
[@cryo_bahrain](#)

Fab u Looks
Saar 7703 7703
[@fab_u_looks](#)

Fiore
Seef 1723 2317
[@fiorefrombahrain](#)

Fingertips Bar
Saar 3998 8445
[@fingertipsbar](#)

Glam and Glow
Al Qadam 3838 0338
[@glamandglowbeautylounge](#)

Hospitalia by Yara
Saar/Riffa 1781 1111
[@hospitaliabyyara](#)

House of Nails
Saar 1759 3311
[@houseofnails.bh](#)

Hydro Spa & Salon
Riffa 3200 8600
[@hydrospace](#)

Jamila
Seef 1753 7853
[@thejamilaofficial](#)
Lashspa

Al Ali
Juffair 1759 9044
1759 9144
[@lashspa](#)

Lavish
Budaiya 1759 9022
[@lavish_nailbodycouture](#)



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

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

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

Novel Beauty Salon
Saar 1779 1222

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

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

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

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

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

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

HEALTHCARE

DENTISTS

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

Al Mutawa Dental
Tubli 1787 7816

American Mission Hospital
Manama 1717 7711
Saar 1724 8102
[@american_mission_hospital](#)

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

British Dental Center
Saar 3978 6855
[@bdc.bahrain](#)

Dr Ali Mattar
Manama 1771 4877
[@doctoralimattarclinic](#)

Dr Rashad Al Alwai Dental Center
Manama 1722 5566
[@drrashadalalawidentalcenter](#)

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

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

Irish Speciality Clinic
Al Hoora 7718 5006
[@isc_bahrain](#)

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

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

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

Smile Dental Clinic
Zinj 1740 0899

FIRST AID

First Aid Box
Seef 3936 3622

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



GP CLINICS
& PAEDIATRICS

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

Awali Hospital
Awali 1775 7600
@awalihospital

Bahrain Defence Hospital
Riffa 1776 6666
@bdf_hospital

Bahrain Specialist Hospital
Juffair 1781 2222
@bsh_hospital

Dr Ayman Pediatric Clinic
Zinj 3360 0393
@draymanclinic

Dr Hani at RBH
Manama 1724 6800
@royalbahrainhospital

Ibn Al Nafees Hospital
Manama 1782 8282
@ibnalnafees

International Hospital of Bahrain
Budaiya 1759 8222
@ihbahrain

Kims Health Hospital
Umm Al Hassam 1782 2123
@kimshealthbahrain

The Kids Clinic
Manama 1771 5515

Kidz Care 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

THE Fun Zone



CAN SPOT THE
10 DIFFERENCES
BETWEEN EACH
PARTY BEAR?



LET YOUR CHILD DREAM!
WE'RE HERE TO TAKE CARE!
Department of Pediatrics

DR. BASSEM SALIM HAIDAR
Consultant - Neonatology & Pediatrics

DR. AHMED ELBEHERY
Consultant - Pediatrics

DR. DEENA SHAKEEB
Consultant - Pediatrics & Neonatology

DR. MONO ISSA
Consultant - Pediatrics

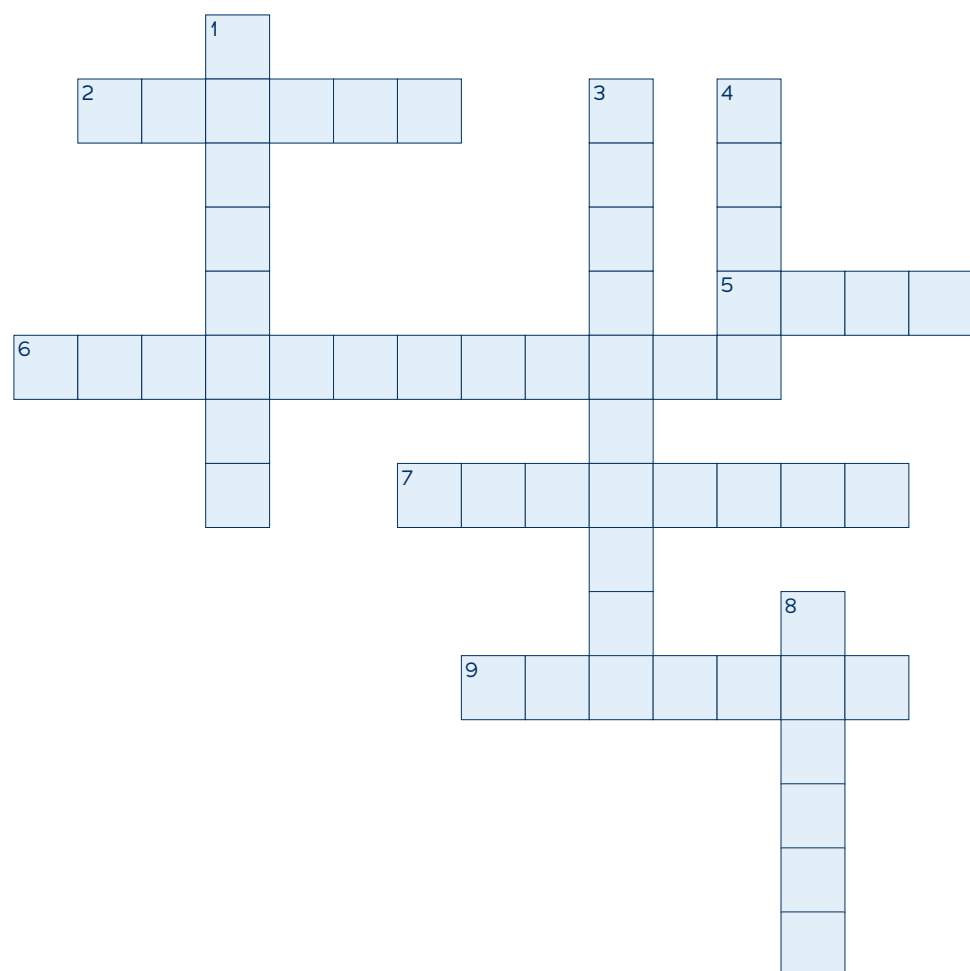
DR. SRINIVASABABU
Specialist - Pediatrics

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





THE Fun Zone

**ACROSS:**

2. A great game called 'Pass the _'
5. Have a slice of this on your birthday
6. A large inflatable which you can bounce on
7. A gift to take home for everyone at your party
9. You can blow these out on a birthday cake

DOWN:

1. What do you unwrap on your birthday
3. Send this to someone to invite them to your party
4. When there's music you can get up and _
8. Fill a balloon with this gas and watch it float

OPTICIANS CONT.

Yateem Opticians
Juffair 1725 3397
@yateemoptician_bahrain

Yateem Opticians
Riffa 1777 9369
@yateemoptician_bahrain

PHARMACIES

Al Kindi Hospital
Zinj 1724 1381
@alkindihospital

Bliss Lab
Manama 1772 0800
@blisslab.bh

Boots The Chemist
City Center 1717 9851
@bootsmiddleeast

Boots The Chemist
Seef 1711 0520
@bootsmiddleeast

Gulf Pharmacy Bahrain
Manama 1723 9399
@gulfpharmacybahrain

Ibn Al Nafees Hospital
Manama 1782 8282
@ibnalnafees

Kims Health Hospital
Umm Al Hassam 1782 2123
@kimshealthbahrain

Nasser Pharmacy
Manama 1772 0800
@nasserpharmacy

Royal Bahrain Hospital
Manama 1724 6800
@royalbahrainhospital

Ruyan Pharmacy
Muharraq 1733 1168
@ruyanbahrain

You Plus
Sanabis 1726 1062
@youplus.bh

SPECIALIST HEALTHCARE

American Mission Hospital
Saar 1724 8102
@american_mission_hospital

Art Therapy Centre
Riffa 3348 6060
@arttherapybh

Back on the Move Osteopathy
Seef 3919 7480
@backonthemove

East Riffa High Performance
Centre
Riffa 3731 7317
@eastriffa_hpc

Gulf Diabetes Specialist Centre
Manama 1723 9239
@gulfdmdc

InTouch
Janabiya 1769 0100
@intouchclinicbahrain

Life Element Incorporation
Amwaj 6692 9422

Little Village Center
Um Al Hassam 6632 4600
@littlevillagecenter

Physio Relax
Seef 1700 1818
@physiorelaxbh

Steps Rehabilitation Centre
Saar 1724 6256
@stepscenterbahrain

Well Med Clinic
Manama 1760 0221
@wellmed.centre

HOME**CLEANING**

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

Chemdry upholstery cleaning
Manama 3838 9696
@chemdry_bahrain

GARDENING & LANDSCAPING

Garden Affairs Landscaping
Saar 3344 2255
@gardenaffairs.me

Lotus Gardening
Al Jasra 3688 2222
@lotusgardening

Mariam Garden
Saar 3944 6759
@mariamgarden.bh

HOME FURNISHING

Artikel
Babar 1779 5070
@artikeljawaddome

Home Centre
City Centre Bahrain 1717 2355
@homecentrestores

Homes R Us
Sehla 1755 6001
@homesrusbahrain

Ikea
Salmabad 8000 1120
@ikeabahrain

Luxe Living
Seef 3717 7701
@luxelivingbh

Marina Home
Seef 1758 2752
@marinahomeinteriors

HOME IMPROVEMENTS

iFix
Manama 1755 2555
@ifixbh

Fix it
Manama 3651 0027
@fix_it.bh

Hempel Paints
Budaiya 1772 8668
@hempeldecorativeme

Manazil
Salmabad 1778 6727
@manazil.bh

INTERIOR DESIGNERS

Aalaa Interior Design
Manama 3773 3873
@aalaa.design

Beckett Interiors
Seef 1734 4432
@beckett_bh

Qreative Design
Manama 3224 3993
@qreative.design

PROPERTY AGENTS

CBRE
Manama 1655 6600
@cbrebahrain

Century 21
Manama 1721 2000
@century21bahrain

Green Gate
Saar 6667 5000
@greengatebahrain



Vikki Lord
Pearl Properties
Saar 3963 4647

Property Locators
Manama 1772 0017
@bahrainpropertylocators

RMR Real Estate
Amwaj 3877 7555
@amwaj_tala_property_anastasia

Savills
Manama 1756 2860
@savills_me

Star Real Estate
Manama 3354 7470
@starrealestate



REMOVAL COMPANIES

Crown Relocation
Manama 1722 7598

GSL
Manama 3873 3824

Gulf Agency Company
Manama 1733 9777

M Nasir House Movers
Manama 3404 7026

Moomin Removals
Saar 3311 0541

Writer Relocations
Manama 1721 4270

RUG & CARPET CLEANING

Perfect Clean rugs
Manama 3301 0195
@perfect_clean_bh

Talents
Manama 3538 2007
@talents.bh

ProBees Cleaning
Manama 3667 2667
@probees_cleaning

UPHOLSTERERS

Anooj Upholsters
Manama 3882 4803
@anoojbahrain

Bahrain Upholstery
Manama 3901 5959
@bahrainupholstery

Haroons Upholstery
Riffa 3440 1573
@onelickupholstery

Rizq Interiors
Budaiya 3995 2830
@rizqinteriors

WINDOW CLEANERS

Liverpool Services
Saar 1761 3244
@liverpoolservices

LEISURE**BEACHES**

Al Bander Hotel and Resort
Sitra 1770 1201
@alibanderhotelandresort

Al Dar Islands
Sitra 1770 4600
@aldarislans

Al Jazair Beach

Amwaj Islands
Amwaj 1603 3100
@amwaj_islands

Bahrain Yacht Club & Marina
Sitra 1770 0677
@thebahrainyachtclub

Coral Bay Hotel
Diplomatic Area 1731 2700
@coralbaybh

Dragon Resort
Amwaj 1603 1111
@dragonhotelbh

Durrat Al Bahrain

Four Seasons Hotel
Bahrain Bay 1711 5000
@fsbahrain

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

Jumeirah Gulf of Bahrain
Zallaq 7777 1000
@jumeirahgulfofbahrain

Marassi Al Bahrain
@marassibeach

Novotel Al Dana Resort
Manama 1729 8008
@novotel_bahrain

Ritz-Carlton Hotel
Seef 1758 0000
@ritzcarltonbahrain

Royal Saray
Seef 7770 7070
@royalsaray

Sofitel Hotel
Zallaq 1763 6347
@sofitelbahrain

Solymar Beach
Amwaj 3509 4777
@solymarbahrain

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

Vida Beach Resort
Marassi Al Bahrain 7748 8100
@vidabahrain

Water Garden City
Seef 1710 0150
@watergardencity

BOAT TRIPS

Al Dar Islands
Sitra 1770 4600
@aldarislans

Bahrain Yacht Club
Sitra 1770 0677
@thebahrainyachtclub

Blue Ocean Boats
Amwaj 3722 1010
@blueoceanmarine

Kashta Tours
Manama 3212 2163
@kashta.tours

Sea Star Marine
Amwaj 3707 8888
@seastarmarinebh

Seeb Marine
Seef 3352 5999
@seebmarinebh

CINEMAS

Al Hamra Cinema
Manama 1725 8900

Cineco
Riffa 1725 8900
@cineco.bh

Cinepolis
Saar 3899 9770
@cinepolis.bahrain

Novo Cinema
Seef 1710 0121
@novocinemabh

Vox Cinema
The Avenues 6674 8397
@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



DOWNLOAD
THE RADIO BAHRAIN
APP NOW AND WIN BIG!



radio.bh





Let's Party!

CHILDREN'S PARTY INSPIRATION

PARTY VENUES

- Adventure Hub**
Indoor entertainment centre
Zinj 3353 1166
@adventurehubme
- Artology**
Art studio
Saar 3679 0785
@artology.bh
- Bahrain International Karting Circuit**
Go Karting
Sakhir 1745 1745
@bahrain_karting
- Centraal Club**
Sports Club
Hamala 3947 2116
@centraal.club
- Entertainment World**
Rent inflatables and water slides
Various 3900 4465
@entertainment.worldbh
- Escape Code**
Room escape games
Saar 1750 0023
@escape.code
- Flip n Fun**
Gymnastics club
Hamala 3889 4111
@flipnfun.bh

- Four Seasons**
Hotel venue
Bahrain Bay 1711 5000
@fsbahrain
- Funland Center**
Bowling and skating
Manama 1729 2313
@funland.bahrain
- Kids Palace**
Indoor entertainment
Saar 1765 1050
@kidspalacebh
- Jumpsters**
Trampoline park
Saar 1769 1558
@jumpsters_bh
- Jump Up**
Trampoline park
Tubli/ A'ali 3355 1225
@jumpup.fun
- Mad Science Bahrain**
Science parties
Budaiya 3971 0055
@madsciencebh
- Magic Island**
Indoor entertainment
Seef 7791 1211
@magicislandbh
- Marassi Aquarium**
Aquarium
Marassi
@marassiaquariumbahrain

- Matrix Bahrain**
Sport and recreation
Juffair 3617 2477
@matrix.bh
- MiniMe Bahrain**
Party organiser
Saar 3376 1361
@minime_bahrain
- Mosaic House**
Art studio for mosaics
Budaiya 3925 3942
@mosiachousebahrain
- MJs Bowling**
10 pin bowling
Jannusan 7755 7777
@mjsbowlinglounge
- Nutty Scientists**
Science parties
Seef 3355 3551
@nuttyscientistsbahrain
- Paintballing**
Paint balling
Al Hidd 3777 9399
@paintball.bh
- Pottery at Studio Ceramics**
Pottery
Budaiya 1759 9026
@studioceramicsbh
- Ritz-Carlton Hotel**
Hotel venue
Seef 1758 0000
@ritzcarltonbahrain

- Sleepee Teepee Bahrain**
Teepee hire for sleepovers
Saar 3974 0496
@sleepeeteeppee
- Soccer Stars Academy**
Football
Janabiya 3319 3060
@soccorstars_bh
- Spun Candy**
Make your own candy
The Avenues 1700 1366
@spuncandybahrain
- Tekkers**
Football
Saar/Sanabis/Riifa/
Dilmunia 3384 3416
@tekkers_bahrain
- Yabeela**
Indoor entertainment
Hamala 7791 1221
@yabeela.bh
- Yellow Submarine**
Recreation centre
Saar Mall 1700 0037
Wadi Al Sail 3805 6666
@yellowsubmarinebh



Keep Partying

CATERING

Aroma Manama @aromaexpressbh	1758 2711	Hopscotch Rustic Kitchen Saar @hopscotch.bh	1769 1124
Baker and Spice Seef @bakerandspiceme	1360 9666	Jena Hamala @jenabakery	1761 3191
Bite Me Catering Riffa @bitemebahrain	3926 9696	Lilou Seef @cafelilou	1771 4440
Calexico Various @calexico_bahrain	3542 8802	Lumee Seef @lumeeestreet	1743 4300
Chipa Salmabad @tastechipa	3964 0177	M by Mirai Seef @mbymirai	1778 3030
David's Stir Fry Crazy Adliya @davidsstirfry	1754 0188	Nosh Bakes Manama @nosh.bakes	3837 2020
Flaming Salmon Seef @flamingsalmon	6666 8444	Rue Catering Services Janabiya @rue.catering	3939 9090
Gulf Hotel Catering Adliya @thegulfbahrain	3737 2111	Sage and Sirloin Hamala @sageandsirloin	1761 1949
Haute cafe & patisserie Seef @hautecafebh	3306 7770	Swiss Belhotel Seef @swissbelhotelseef	1736 2233

EVENT PLANNERS

Bubbles Events Manama @bubbleevents	3331 0133	L'Arabia Hamala @l_arabia	7717 7377
By Amna Alkan Manama @amnas_events_	3443 1788	Newbury Events Riffa @newburyevents	3720 2786
D&D Décor Co Manama @departydesigns.bh	3838 4949	Noah's Events Manama @noahseventsahrain	3940 6706
Events A La Carte Manama @eventsalacarte	3993 0324	Picnico Manama @picnico_bh	
Events by Dhabiya Manama @eventsbydhabiya		Purple Papaya Events Jidhafs @purplepapayaagency	3666 5130
Events by Leaves Seef @eventsbyleaves	1759 9055	Sara Events Manama @sara_events_bh	3393 6690
Events Essentials Manama @events_essentials_bh	3407 6282	Sleepee Teepee Saar @sleepeepeepeebh	3974 0496
Fatoom Events Manama @entertainment.world.bh	3900 4465	The Party People of Bahrain Seef @thepartypeople_ofbahrain	3352 2571
Kids Party Maker Manama kids_party_maker_bahrain	3728 8988		

TRACEY'S TOP TIPS ON BIRTHDAY PARTIES

Tracey Clough @minime_Bahrain is a busy mum and the owner of miniM.E. a baby, toddler and children's activity centre in Saar. miniME is renowned for throwing the best value, most fun children's parties with unique entertainment for all ages. Parties can be held on site, at your home or a venue of your choice. Here Tracey shares some top tips for throwing a great party.



TOP TIPS:

1. Prepare. Consider what is important. Budget, your child's likes and not likes. Do you have a theme in mind? How many guests? How long will the party be? What food/cake do you want?

2. Budget is very important as costs can easily spiral out of control. Decide how much money you want to spend on the party to help you decide where to have your party, how to decorate, number of guests what food to serve, and what to do for fun.

3. Entertainment/Activities. For outdoor venues ponies, water play, sports games, bbq food, can all be good options. Indoors you may want soft play, magicians, hosts to entertain, climbing apparatus, adventure parks. For older children you may want to consider arts and crafts/ workshops, karaoke or discos to entertain. Ask other mums for recommendations.

4. Venues can book up fast -you should look to book a party at least 6 weeks ahead of the date.

5. Decorations/planner? If you want to have a stress free party a planner/decorator is the way forward. Set up for themed parties can be time consuming, difficult and very stressful if you are under time pressures.

7. Cake Picking a birthday cake design can be fun. If you don't want to spend a huge amount on the cake, or fancy something different ice cream cakes/ donuts/ cup cakes / fruit decorations are all different options that you can consider and can be equally impressive.

8. Capture Memories. You can hire a photographer, photo booth or make a special place to take pictures during the party.

9. DONT STRESS. Birthday parties are supposed to be fun. Children just want to enjoy being with their friends, eating cake and having fun. Everything else is a bonus.

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- 12 FRUIT CUPS
- 12 CAKE POPS

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BD 77

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BALLOONS

Balloons Heaven

Riffa 3551 6459
@balloons_heaven.bh

Epic Events

Manama 3335 0027
@epicevents.bh

Fifty Five Balloons

Manama 3457 2373
@fiftyfive_balloons

BIRTHDAY CAKES

Ally's Kitchen Stories

Saar 3844 8024
@allyskitchenstories

Cake & Bake

Manama 3677 4174
@cake.bake.bahrain

Cake Boutique

Seef 1755 2253
@cakeboutiquebh

Crumbles Bakery

Riffa 7733 3316
@crumbles_bakery

Donut Wall

Saar 3974 0496
@donutwallbh

Haute Café & Patisserie

Seef 3306 7770
@hautecafebh

Let Them Eat Cake

Saar 1769 1114
@let_them_eat_cake_bh

A Piece of Cake

Budaiya 1759 1655
Riffa 1777 7909
@a_piece_of_cakebh

YallaCake

Manama 3391 4140
@yallacake

FANCY DRESS

The Dressing up Box

Saar 3200 8289
@thedressingupbox.bh

PARTY SUPPLIES

Al Wasmiya Tent & Supplies

Manama 3316 6999
@alwasmiyatent

Costume Chest

Juffair 3965 8541
@costumechest

Day to Day

Jannusan 1744 1000
@daytodaybh_

Entertainment World

Manama 3900 4465
@entertainment.worldbh

Evento De Bahrain

Manama 6666 2013
@eventodebh

Party Mania

Budaiya 1766 0515
@partymaniabahrain

The Dressing Up Box

Saar 3200 8289
@thedressingupbox.bh

Little Chefs

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



A SUMMER SHOWSTOPPER... CLASSIC VICTORIA SPONGE LAYERED CAKE

- ☐ 4 free-range eggs
- ☐ 225g caster sugar or coconut sugar
- ☐ 225g self raising flour
- ☐ 2 tsp baking powder
- ☐ 1tsp of my favourite Madagascan Vanilla (Nielsen Massey)
- ☐ 225g slightly salted butter
- ☐ Fresh strawberries and berries
- ☐ Good quality strawberry jam (my top pick is Tiptree)
- ☐ 500ml Fresh whipped cream
- ☐ Sprinkles/Edible Glitter (optional)

If you've been searching for the perfect celebration cake for a loved one, look no further! This glorious victoria sponge layered cake is Easy Peasy to bake. Fruity, fun and perfect for feeding a crowd.

Method:

- Preheat the oven to 180C. Grease and line two 20cm/8in sandwich tins.

- Break the eggies into a large mixing bowl, then add the sugar, flour, baking powder, butter and vanilla. Mix together until well combined with an electric hand mixer (you can also use a wooden spoon with your little helpers too), but be careful not to over mix. The finished mixture should fall off a spoon easily.

- Divide the mixture evenly between the tins: this doesn't need to be exact, but you can weigh the filled tins if you want to check. Use a spatula to remove all of the mixture from the bowl and gently smooth the surface of the cakes. Time to lick the spatula's? Rolling back the clock to my own childhood of fighting over bowls and spatula's to lick...yikes!

- Bake the cakes on the middle shelf of the oven for 20 minutes. Quick check after 15 minutes. The cakes are done when they're golden-brown and coming away from the edge of the tins. Press them gently to check – they should be springy to the touch.

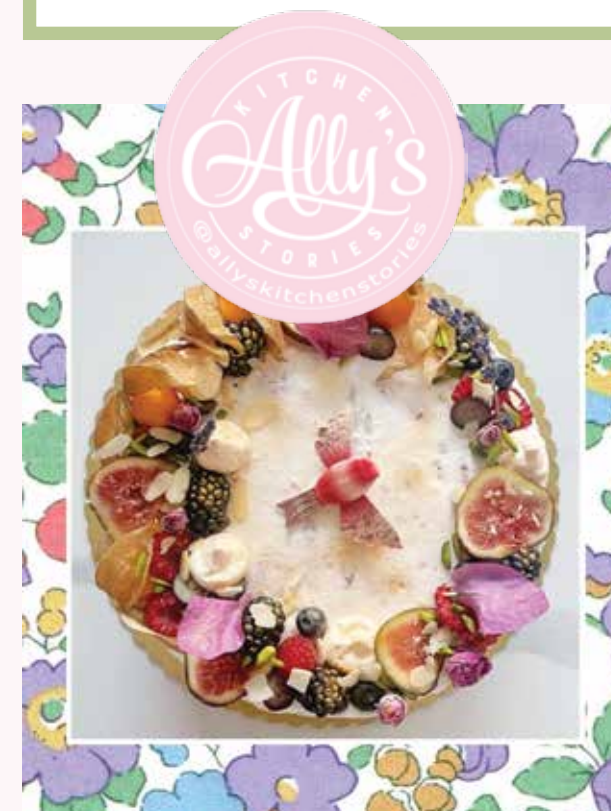
- Set aside to cool in their tins for 15 minutes. Run a rounded butter knife around the inside edge of the tins and carefully turn the cakes out onto a cooling rack.

- Time to whip up the cream (welcome the little helpers!) The peaks in the cream should hold firmly but have slightly softened tips.

- The fun begins...To assemble the cake, place one cake upside down onto a cake board or plate and spread it with plenty of jam. Spread a thick layer of whipped cream and add your berries. Top with the second cake, top-side up, plenty of jam and cream. Use the remaining cream to spread around the whole cake.

- Decoration: The finale, time to let loose, crank up the radio and enjoy decorating with aplenty of berries, sprinkles, edible glitter and all that jazz!!

A classic that's guaranteed to please eye's and tummies!!



Community

ANIMAL RESCUE

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

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

Bahrain Rescues 3533 2824
@bahrainrescues

LOCAL CHARITIES AND NOT-FOR-PROFIT

A Box of Goodness
@aboxofgoodness

A Box Forward
@aboxforward

Bahrain Red Crescent Society
Manama 1729 3171
@rcsbahrain

Bahrain Sports Federation for Disabilities, Manama 1717 6930

Manama Rotary Club
Manama 3903 3961
@rotaryclubofmanama

Migrant Workers Protection Society
Manama 1782 7895
@mwpsbh

Omneyat Foundation
@omneyat.bh

Shamsaha
Manama 3844 7588
@shamsaha_me

Think Pink Bahrain
Manama 3907 6717
@thinkpinkbahrain

Pre Loved Books
@prelovedbooks.bh

Tree of Life Charity
@treeoflifecharitysociety

LOCAL MARKETS

Bahrain Farmers Market
Budiaya
@farmersbh



SMALL BUSINESS SHOUT-OUT!

The Garden of Knowledge

12 years ago, an epiphany was had. A well educated and experienced family member was between jobs and couldn't get a call back due to his English standard. He was caught in a vicious circle, in that he couldn't afford to take an English course, but needed an English course to get a job.

Our founder, Victoria Labdon, saw a greater need that wasn't being met, and approached local charities with the vision to set up affordable English programs for the unemployed.

As fate would have it, on opening day not a single adult was registered, but several hundred children were.

"It turns out that people are more willing to invest in their children's future than their own."

Our mission was to offer unparalleled quality at rates that every family could afford, instilling confidence, and bringing joy back into learning.

A few years after starting this initiative and working with nearly 10 different charities, The Garden of Knowledge was born as a standalone company with fixed premises, ever committed to communities in Bahrain and expanding our offering to include Arabic as well as English.

"Our priority has always been our students, their progress, and their learning journey. We will continue to step up and support them with more subjects, and branches as the needs arise."

IDEA FOR THE WEEKEND

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FIFI'S FAVE VENUES FOR ENTERTAINING FRIENDS
@hungry_fifi

Are you considering hosting a party or a gathering for friends? Explore these exceptional venues for an unforgettable event:

1. La Fontaine

I'm convinced that this is the most romantic restaurant in Bahrain. I recommend visiting during the cooler months to fully enjoy its charm, which comes alive by the fountain and under the starry skies. It's perfect for larger parties or reserving a private area. This venue is sure to impress both out-of-town guests and local friends alike.

2. The Secret Garden

This enchanting boho villa in Mahooz is a hidden treasure for smaller gatherings. You can choose from a variety of rooms, a quaint garden, or a rooftop setting for your event. Just be mindful when sharing the location as there are other places in Bahrain with the same name.

3. My Café

The Adliya branch of this restaurant offers superb cuisine and an elegant interior. My favourite spots are the quaint garden when the weather allows, or the cosy upstairs area—ideal for an intimate dinner gathering.

4. Soul Culture

During the cooler months, this vibrant outdoor space becomes a perfect backdrop for your parties, picnics, and events. It offers the flexibility to transform into anything from a whimsical garden wedding to a lavish children's birthday celebration.

5. Ô Liban

Need a private space for a small birthday, a team meeting, or something else? The two secluded areas with adjoining balconies at this Lebanese spot in Adliya are ideal. Plus, with no rental fees, it provides excellent value.



DAYS OUT CONT.

Kashta Tours Manama @kashta.tours	3212 2163
La Fontaine Hoor @lafontainebh	3881 9909
Lost Paradise of Dilmun Water Park Al Areen @lpodwaterpark	1784 5100
10am-7pm	
Rashid Equestrian & Bahrain International, Horseracing Club Sakhir @rehc.bh	1744 033
Royal Camel Farm Janabiya @camelfarm_bh	1788 1188
10am-5:30pm	
Star Marine Saada @starmarinebah	3879 7979

Tree of Life	Open 24 hrs
CONCERTS	
Al Dana Amphitheater Sakhir @aldana_amp	1745 4444
Bahrain National Theatre Manama	
Exhibition World Bahrain Sakhir @ewbahrain	
PETS	
ANIMAL RESCUE	
Bahrain Animal Rescue Centre BARC Hamala @bahrainanimalrescuecentre	3944 6907
Bahrain Strays Manama @saveourstraysbahrain	3967 5919

BSPCA Askar @bspca	1759 1231	Petland Arad @pet_land	1310 7474
BSPCA Thrift Shop Budaiya @bspca	1759 3479	Pets Home Hamala @pets_homebh	1730 0203
GROOMING & PET SUPPLIES		Pick me Pets Budaiya @pickmepetsgcc	3883 0311
California Pets Budaiya @californiapets	1760 0933	Pretty Paws Mobile Manama @prettypawsbh	3728 8188
Horse and Hound Budaiya @horseandhoundbh	1700 1761	PET HOTELS	
Pet Arabia Amwaj @petarabia	1759 2288	Bed & Biscuits Manama @bedandbiscuitsbh	1740 2350
Pet Arabia Budaiya @petarabia	1759 2288	Delmon Boarding Kennels & Cattery Barbar @demonkennels	1769 4066

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

Bed & Biscuits Manama @bedandbiscuitsbh	1740 2350
Delmon Pet Relocators Barbar @delmonpetsrelocatorsbh	3972 9868
Jetpet Global Manama @jetpetglobal	3646 4586

VETS

Animal Care Clinic Hamala @animalcareclinic2	1761 2459
Barri's Vet Hospital Saar @barrisvethospital	1700 1088
Charis Vets Budaiya @charisvets	1310 6800
Dr Nonie Coutts Vets Adliya Budaiya @drnoniecoutts	1724 5515 1769 1397
Eman Veterinary Clinic Riffa @emanvetclinic	3944 2216
House Veterinary Center Muharraq @house.veterinary.center	1720 0075
Save Vet Clinic Saar @save_vetbh	1799 9898
Tails Veterinary Centre Manama @tailsvetcentre	6633 4537

11. SHOPPING

BOOK SHOPS

Bookland Isa Town @blb_bookstore	1759 2193
The Bookcase Budaiya @thebookcasebh	1769 0566
The Bookmart Manama @bookmartme	3391 5293
Jashanmal Bookstore City Centre Bahrain Seef @jashanmal_bahrain	1717 8407 7791 1114
Jarir Seef @jarirbookstore	7799 7755
Neo Books and Coffee Riffa @neobooksandcoffee	1700 2233
Oh My Bookness Manama @ohmybooknessbh	3888 2129
Skills Centre & Bookshop Abu Saiba @skillsbh	1768 1696
Virgin Megastore City Centre Bahrain @virginmegastoreme	1717 2300
Butcher Shop and Grill Manama @butchershopar	1717 2323
Fine Foods Manama @finefoodsgourmet	1736 4327
Prime Cuts Amwaj @primecuts.bh	1600 9200



Sage and Sirloin Hamala @sageandsirloin	1761 1949
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FLORISTS

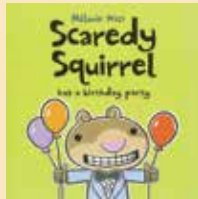
Alia Flowers Manama @aliaflowers	3999 2414
Godzilla Flowers Manama @godzilla.flowers	7791 9000
Rain Florist Janabiya @rainfloristbahrain	3973 3633
Rolanda Flowers Manama @rolanda_flowers	3900 7722
Vase Floristry Manama @vase.bh	3365 6553

GIFTS

Arabesque Art Gallery Manama @arabesque_art_gallery	1772 2916
BJC Baby Seef @bjc.baby	1756 4910
Hanger 57 Seef @hanger57	3397 3977
Laderach Chocolatier Suisse Seef @laderach_bahrain	3881 8080
Plant Your Wishes Seed Paper Manama @plantyourwishes	
Re-Loved Luxury Saar @re_loved_luxury	
Reverie Chocolaterie Riffa @reverie_bh	3226 1222

THE Book Worm

RECOMMENDS...



This is the perfect children's book for those who get anxious about birthday parties. Scaredy Squirrel decides to plan his own surprise birthday party and documents the planning process of it.



Rosie is absolutely obsessed with birthday parties and everything they entail. This is a sweet book which looks at the bravery of standing alone, going against the crowd and indulging our inner child.



After appearing on Masterchef, Nisha Parmar became a well-known private chef amongst celebrities. In this book she shares dishes ideal for dinner parties, inspired by her travels throughout Asia.



When Rhys Lloyd throws an epic New Year's Eve party, he has no idea that by midnight he will be dead. Everyone at the party will be suspects and this scandal will unravel a very small community.



These recommendations are from lovely Meg Hutchinson at Beauty & The Bookworm. Follow her here @beautyandthebookworm_





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JEWELLERY

Bahrain Jewellery Centre (BJC)
Manama 1752 0052
@bahrainjewellerycentre

Harmony Jewels
Saar 3917 1921
@harmonybahrain

Shahrazad Design Everyday
Fine Jewellery
Manama 3967 6663
@shahrazaddesign

Tiny Om jewellery
Saar 3200 0513
@tinyomjewellery

SHOPPING MALLS

Al A'ali Mall
@alaalimallbahrain

Al Liwan
@alliwanbh

Bahrain Mall
@thebahrainmall

City Centre Bahrain
@citycentrebahrain

Country Mall
@countrymall

Dana Mall
@danamall.bahrain

Dragon City
@dragoncitybh

El Mercado
@elmercadoj

Galleria Mall
@galleriabh

Jawad Dome
@the_jawad_dome

Marina Mall

Moda Mall Diplomatic Area
@moda_mall

Nakheel Centre Saar

Oasis Mall Juffair / Riffa
@oasismallbahrain

Ramli Mall A'Ali
@ramli_mall

Saar Mall Saar
@saarmallbahrain

Seef Mall Seef/Muharraq
@seefmall

Sitra Mall Sitra

Thai Mart Muharraq
@thaimartbahrain

The Avenues Manama
@theavenuesbh

SUPERMARKETS

Alosra
Amwaj/Durrat/El Mercado/
Juffair/Riffa/Riffa View/ Saar
@alosrasupermarket

Seef

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Seef

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

Centraal Club
Hamala 3947 2116
@centraal.club

The British Club
Adliya 1772 8245
@britishclubofbahrain

BASKETBALL

Bahrain Basketball Association
Umm Al Hassam 1781 0353
@bah_basketball

BSB Sports Academy
Hamala 1761 0920
@britishschoolbahrain

Centraal Club
Hamala 3947 2116
@centraal.club

SPARTA, St Christopher's
Saar 1760 5190
@sparta_bahrain

BIKES & CYCLING

Bahrain Triathlon Association
Saar 7771 3777
@triathlonbh

Cycling Bees
Budaiya 3977 7464
@cyclingbees

Kashta Tours
Manama 3212 2163
@kashta.tours

Manama Tours and Travel
Manama 1754 0990
@manamatours.bh

Skate Shack
Budaiya 1769 7176
@skate_shack_bh

TriLife
Saar 7733 3777
@gotrilife

BOWLING

Adhari Park
Manama 1740 7300
@adharipark

Funland Center
Manama 1729 2313
@funland.bahrain

MJ's Bowling Lounge
Budaiya 7755 7777
@mjsbowlinglounge

Yalla Bowling
Seef 1717 3017
@magicplanetmena

BOXING

Al Doy Sports and Martial Arts
Riffa 3370 8866
@aldoy_sports_centre

Big Up Sports
Saar 3983 1113
@bigup_sport

JD Boxing Club
Saar 3319 9023
@jd_boxing

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

CRICKET

Bahrain Rugby Football Club
Saar 1769 5809
@bahrainrfc

Colts
Saar 3362 4226
@coltscricketacademy

SPARTA, St Christopher's
Saar 1760 5190
@sparta_bahrain

DIVING

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@divebahrain



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Hoora 1729 2154
@scubamasterco

FISHING

Seastar Marine
Amwaj 3707 8888
@seastarmarinebh

FOOTBALL

24N Football
Manama 3754 9322
@24n_football

Adhari Park
Manama 1740 7300
@adharipark

Bahrain Rugby Football Club
Saar 1769 5809
@bahrainrfc

British Club
Adliya 1772 8245
@britishclubofbahrain

BSB Football Academy
Hamala 1761 0943
@britishschoolbahrain

Centraal Club
Hamala 3947 2116
@centraal.club

Dilmun Club
Saar 1769 2986
@dilmunclub

Footpool Bahrain
Manama 3696 3443
@footpoolbh

Juventus Academy Bahrain
Saar 3713 0107
@jacademybh

Kick Off Academy
Saar 6969 0000
@kickoff.academy



FOOTBALL CONT.

Tekkers
Saar/Sanabis/Riifa/Dilmunia
3384 3416
[@tekkers_bahrain](#)

Soccer Stars Academy
Janabiya
3319 3060
[@soccerstars_bh](#)

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

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

Winners Football Centre
Isa Town
3808 5535
[@gowfc](#)

FORMULA ONE

Bahrain International Circuit
Sakhir
1745 0000
[@bah_int_circuit](#)

GOLF

Awali Golf Club
Awali
1775 6770
[@awaligolfclub](#)

Royal Golf Club
Riffa
1775 0777
[@theroyalgolfclub](#)

GYMNASTICS

Aspire
Budaiya
1700 5831
[@aspiregymnasticsbh](#)

Bahrain Gymnastics Fed
Manama
[@bahrain.gymnastics](#)

BSB Gymnastics Academy
Hamala
1761 0920
[@britishschoolbahrain](#)

Flip n Fun
Janabiya
3889 4111
[@flipnfun.bh](#)



Motion Gymnastics Academy
Janabiya
3700 2432
[@motiongymnastics_bh](#)

Riffa Gymnastics Academy
Riffa
3359 9656
[@riffa_gymnastocs_academy](#)

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

HOCKEY

Bahrain Hockey Association
Saar
3965 8618

HORSE RIDING

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

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

Muharraq Equestrian Academy
Muharraq
3985 8770
[@mea.brn](#)

Twin Palms Riding Centre
Saar
3413 7001
[@twinpalmsridingcentre](#)

ICE SKATING

Funland Center
Manama
1729 2313
[@funland.bahrain](#)

Funscape World
Dimunia
3509 7333
[@funscapebh](#)

KARTING

Bahrain International Karting
Circuit
Sakhir
1745 1975
[@bahrain_karting](#)

Gulf Speed One
Juffair
3922 6612
[@gulfspeedone](#)

Matrix Bahrain
Juffair
3617 2477
[@matrix.bh](#)

Trax
Seef
3838 8555
[@trax.bh](#)

KITE SURFING

Beach Culture
Bahrain Bay
3303 6361
[@beachculture](#)

Experience Bahrain
Amwaj
1700 3636
[@experiencebahrain.bh](#)

MARTIAL ARTS

Aces Taekwondo Academy
Zenj
3999 6499
[@aces_zenj](#)

Albanna Martial Arts Center
Juffair
3666 8390
[@albanamac](#)

Bahrain Karate Center
Saar/Dilmunia
3844 9994
[@bh_karate](#)

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](#)

Let's Cook

Looking for inspiration in the kitchen? The wonderful GB café have shared their favourite summer recipe.



BLACK BEANS PATTY

- 500g Black beans
- 2g Bay leaves
- 9g Shitake mushroom
- 38g Coriander leaves with stem
- 20g Salt
- 17g Coriander powder
- 17g Cumin powder
- 170g Red onion
- 10g Garlic
- 5g Flour
- 5g Sunflower oil for frying

AVOCADO SPREAD

- 470g Avocado
- 90g Lime juice
- 9g Salt
- 15g Minced shallots
- 27g Minced jalapeno

TOMATO SALSA

- 300g Tomato minced
- 30g Spring onion minced
- 18g Lemon juice
- A pinch of salt and pepper

SPICY MAGIC BEAN BURGER

- Firstly, cook the black beans in oil with the bay leaves, shitake mushrooms, coriander leaves and water. Cook until the beans become soft. Add water if needed.
- Remove the cooked mixture and put into a blender with the remaining ingredients.
- Make sure it blends nicely, you can add some water if it is too dry.
- Make into patties and fry with oil using a frying pan.
- Crush the avocado in a mixing bowl, add the remaining ingredients and mix together.
- Tomato Salas put all of the ingredients in a bowl and mix together

ASSEMBLY:

Put the patty, avocado spread and salsa in a burger bun, add ketchup, chipotle sauce, greek yogurt and enjoy!



MARTIAL ARTS CONT.

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

Excellent Taekwondo for Kids
Adliya 3881 6222
@excellenttaekwondobh

MOTORSPORT

Bahrain International Circuit
Sakhir 1745 0000
@bah_int_circuit

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

NETBALL

Bahrain Rugby Football Club
Saar 1769 5809
@bahrainrfc

British Club
Adliya 1772 8245
@britishclubofbahrain

Dilmun Club
Saar 1769 0926
@dilmunclub

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

PADDLE BOARDING

Beach Culture
Bahrain Bay 3303 6361
@beachculture

PADEL TENNIS

Beach Padel
Seef 3979 7797
@beach_padel

Centraal Club
Hamala 3947 2116
@centraal.club

Let's Padel
Seef 1753 3337
@letspadel.bh

Padel Bahrain
Juffair 3327 7360
@bahrainpadel

Padel One
Saar 3882 8885
@padelone.bh

Padel Park at Gravity Village
Zallaq 3223 0303
@padelparkbh

Pink Padel
Riffa 3822 2444
@pinkpadel.bh

Padel at The Royal Golf Club
Riffa 1775 1266
@theroyalgolfclub

Sky Padel
Manama 3672 0775
@skypadel.bh

RUGBY

Bahrain Rugby Football Club
Saar 1769 5809
@bahrainrfc

RUNNING

Bahrain Triathlon Association
Saar 7771 3777
@triathlonbh

Let us Run
Manama 3638 3348
@lettuce.run

SAILING

Bahrain Maritime Sports
Manama 1718 0407
@bahrainmaritime_bmsa

Bahrain Yacht Club
Sitra 1770 0677
@thebahrainyachtclub

Bahrain Sailing Club
Zallaq 1783 6078

Star Marine
Saada 3879 7979
@starmarinebah

SWIMMING

Bahrain Rugby Football Club
Saar 1769 5809
@bahrainrfc

Mermaid Swimming Classes
Sanad 3779 8823
@merschoolbh

Elements BSB
Hamala 1761 0973
@elements.bsb

Dilmun Club
Saar 1769 0926
@dilmunclub

Dolphin Swimming Training
Um Al Hassam 3950 3169

Royal Life Saving Bahrain
Manama 3200 1113
@rlsbahrain

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

Swim Stars
Hamala 1734 2595

Water Discovery
Amwaj 3333 0805
@waterdiscovery.bh

TENNIS

Athletic Kings Tennis Coaching
Saar 3832 5914
@athletickingsbahrain

Bahrain Tennis Academy
Saar 3969 7114
@Bahrain_tennis_academy

Bahrain Tennis Club
Juffair 1772 9561
@btf_tennis

British Club
Adliya 1772 8245
@britishclubofbahrain

Dilmun Club
Saar 1769 0926
@dilmunclub

Elements BSB
Hamala 1761 0973
@elements.bsb

MG Tennis Academy
Various locations 3833 3065
Insta @mg_tennisacademy

Movement Tennis
Hamala 3930 9402
@movement.tennis

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

Teddy Tennis
Janabiya/Adliya 3885 4881
@Teddytennisbh

TRIATHLON

Bahrain Triathlon Association
Saar 7771 3777
@triathlonbh

TRAVEL**AIRLINES**

Air Arabia 1750 5111
@airarabiagroup
Air Canada 1782 8768
@aircanada

Air France 1722 0870
@airfrance

Air India 1722 0788
@airindia.in

American Airlines 1782 6725
@americanair

British Airways 1758 7777
@british_airways

Cathay Pacific 1722 6226
@cathaypacific

Cyprus Airways 1722 0849
@cyprusairways

Egypt Air 1724 3317
@egyptair

Emirates Airlines 1758 8700
@emirates

Etihad Airlines 1751 9999
@etihad

Gulf Air 1737 3737
@gulfair

KLM 1722 9747
@klm

Kuwait Airways 1722 3300
@kuwaitairways

Oman Air 1750 0020
@omanairofficial

Qatar Airways 1721 2202
@qatarairways

Saudi Airlines 1721 1550
@saudi_airlines

AIRPORT INFORMATION

Bahrain International Airport
Muharraq 8000 7777
@bahrainairport

Hala Bahrain 1713 9002
Muharraq
@halabahrainhospitality

HOTELS

Al Bander Hotel and Resort
Sitra 1770 1201
@alibanderhotelandresort

Coral Bay Hotel
Diplomatic Area 1731 2700
@coralbaybh

Crowne Plaza
Diplomatic Area 1753 1122
@crowneplazabahrain

Diplomat Radisson Blu
Diplomatic Area 1753 1666
@diplomaticradissonblu

Domain Bahrain
Manama 1600 0000
@domainbahrain

Downtown Rotana
Manama 1311 9999
@downtownrotana

Dragon Resort
Amwaj 1603 1111
@dragonhotelbh

Elite Resort & Spa
Manama 1731 3333
@eliteresort_spa

Four Seasons Hotel
Bahrain Bay 1711 5000
@fsbahrain

Fraser Suites Diplomatic
Diplomatic Area 1616 1800
@fraserdiplomatic

Golden Tulip
Manama 1753 5000
@goldentulipbahrainhotel

Grand Swiss-Belhotel Waterfront
Seef 1717 7333
@grandswissbelhotelwaterfront

Gulf Hotel
Manama 1771 3000
@thegulfohotelbh

Hilton Bahrain
Manama 7701 0100
@hiltonbahrain

Hilton Garden Inn Bahrain Bay
Bahrain Bay 7790 1111
@hiltongardeninnbahrainbay

Ibis Styles
Diplomatic Area 1723 3310
@ibisstylesbahrain

Intercontinental Regency
Bahrain
Manama 1722 7777
@interconbahrain

Jaw Resort & Spa
Jaww 7797 9797
@jawresortbahrain

Jumeirah Gulf of Bahrain
Zallaq 7777 1000
@jumeirahgulfofbahrain

Laguna Beach Resort
Budaiya 1663 0000
@laguna.bh



HOTELS CONT.

Le Meridien
Seef 1717 1000
@lemeridienbahrain

Majestic Arjaan Rotana
Muharraq 3999 7289
@majesticarjaanbyrotana

Movenpick
Muharraq 1746 0000
@movenpickbahrain

Novotel Al Dana Resort
Manama 1729 8008
@novotel_bahrain

Palm Yard Hotel
Manama 1772 5000
@palmyardhotel

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

Ramada
Seef 1774 2000
@ramadabahrain

Ramee Grand
Seef 1711 1999
@rameegrand.bh

Ritz-Carlton Hotel
Seef 1758 0000
@ritzcarltonbahrain

Reef Resort Hotel
Reef Island 1311 0110
@reefboutiquehotel

Royal Saray
Seef 7770 7070
@royalsaray

Sofitel Hotel
Zallaq 1763 6347
@sofitelbahrain

Swiss-Belhotel
Seef 6631 0000
@swissbelhotelseef

The Address
Marassi Beach 7749 9666
@addressresortbahrain

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

The Grove
Amwaj 1603 0303
@thegroveresortbahrain

The K Hotel
Juffair 1736 0000
@khotelbahrain

The Merchant House
Manama 1667 1000
@themerchanthousebahrain

The Westin Bahrain
Seef 1717 1000
@westinbahrain

Vida Beach Resort
Marassi Al Bahrain 7748 8100
@vidabahrain

Wyndham Garden Manama
Juffair 6631 6666
@wyndhamgardenbah

Wyndham Grand Manama
Bahrain Bay 1711 6116
@wyndhamgrandmanama

TOUR GUIDES

Airhome Travels
Manama 3655 1214
@airhometravels

Sylvia Tourguide
Manama 3309 8001

Sophie's Secret Bahrain
Saar 3393 3230
@sophie_secret_bahrain

Vendy Tourguide
Manama 3947 2025

USEFUL INFO

CAR DEALERSHIPS

Euro Motors
Sitra 1775 0750
@euromotors_bh

Mercedes Benz Bahrain
Tubli 1778 5454
@alhaddadmotors

Java Motors Bahrain
Budaiya 1759 6626
@javamotorsbahrain

CAR RENTAL

Avis
Manama 3848 4545
@avis.bahrain

Budget
Manama 1753 4100
@budgetbahrain

EuropCar
Manama 1768 1999
@europcar

Hertz
Manama 1729 7117
@hertz

Kanoo Daily Rental
Manama 1778 4042

OTO Rent A Car
Manama 1721 1682
@ottorentacar

Rotana
Seef 1717 9030
@rotanacars

SIXT
Manama 1713 8920
@sixt

Zayani Leasing
Manama 1770 6147
@zayanileasingbh

COMPUTER & PHONE
REPAIRS

Bluebell Computers
Al Maqsha 1759 6993
@blue_bellcomputer

Edge Phones
Saar 3828 4090
@edgephonebh

Reunion Computer
Diraz 1769 5955
@reunionpc

Star Plus
Saar 1782 7123
@starplus_bh

COURIERS

Aramex Bahrain/Shop n Ship
Manama 1733 0434
@aramex

DHL
Manama 1736 4100
@dhl

FedEx
Manama 8000 4314
@fedex

EMBASSIES &
CONSULATES

Bangladesh 1723 3925

China 1772 3800

Egypt 1772 0005

France 1729 8600

Greece 3996 7686

India 1771 2785

Iraq 1774 1472

Ireland 1772 8146

Italy 1725 2424

Japan 1771 6565

Jordan 1729 1109

Kuwait 1753 4040

Lebanon 1757 9001

Malaysia 1756 4551

Mexico 1725 2104

Morocco 1774 0566

Netherlands 17 600 110



Oman 1729 3663

Pakistan 1724 4113

Qatar 1772 2922

Russia 1772 5222

Saudi Arabia 1753 7722

Turkey 1753 3448

UAE 1774 8333

UK 1757 4100

USA 1724 2700

GAS & WATER

Nestle Water 1740 4435
Aqua Cool 1778 4101

Bahrain Gas 1770 2811

INSURANCE

GIG Bahrain
Manama 8000 1060
@gigbh

Patrick York Insurance
Seef 1758 7031
@pyinsurance

INTERNATIONAL
DIRECTORY

Enquiries 191

Local Call Assistance 100

Local Directory Enquiries 181

Weatherline 1723 6236

LAUNDRY

The Laundry House
Tubli 1700 0073
@laundryhousebh

Oxygen Laundry
Sanad 6666 0067
@oxygen.laundry_bh

OTHER

British Chamber of Commerce
Bahrain
@britishchambercommercebahrain

PHOTOGRAPHERS

Amani Photography
Seef 3998 8068
@amaniphotostudio

Bader Alwazeer Photography
Manama 3777 3308
@bader_photo

Euroway Photography & Design
Hoorah 3730 0097
@euroway_photography

Fatmina Photography
Manama 3662 2622
@fatminaphotography.bh

Hannah Elson photography
Janabiya 3615 5345
@hannahelsonphotography

Javeen 3635 1264

Jodie Baker Photography
Janabiya 3885 2723
@jodiebakerphotography

Khatoon & Bader
Manama 3934 4258
@bkweddings

Little Miracles by Sherin
Manama 3444 3662
@littlemiraclesbys

Makenzie Everbout
@makenzieeverboutphotography

Roqaya Wedding Photographer
Manama 3999 0068
@roqayaphoto

Scope
Saar 1769 9520
@studio_scope

PUBLIC SERVICE
NUMBERS

Coast Guard 1770 0000

Flight Information 1733 9339

Police 999

TAILORS

Mrs Pan Tailoring
Budaiya 3446 3710

Soriginal Tailoring
Saar 3841 0120
@soriginal.bh

Tailor Express
Manama 3628 8000
@tailorexpress_bh

Think it Stitch it
Saar 7717 9911
@thinkitstitchit

Trico Tailoring
Al Hidd 1700 3445
@tricobh

TAXIS

Arabian Taxis
Hidd 1746 1746

Bahrain Chauffeur Limo
Manama 3306 2726

Bahrain Taxi
Manama 6696 6976

Careem
@careembah

Gulf Taxi
Manama 3444 4616

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- Fly**
1. **Gulf Air.** Direct to Al Ula, limited flights until the end of April
 2. **Gulf Air.** To Jeddah and hire a car 8 hour drive
 3. **Saudia Airlines** Via Riyadh to Al Ula
 4. **Saudia Airlines.** To Tabbuk and hire a car about a 4 hour drive
 5. **Jazeera Airlines** Via Riyadh to Al Ula
 6. **Fly Dubai** via Dubai to Al Ula

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Traffic police	933
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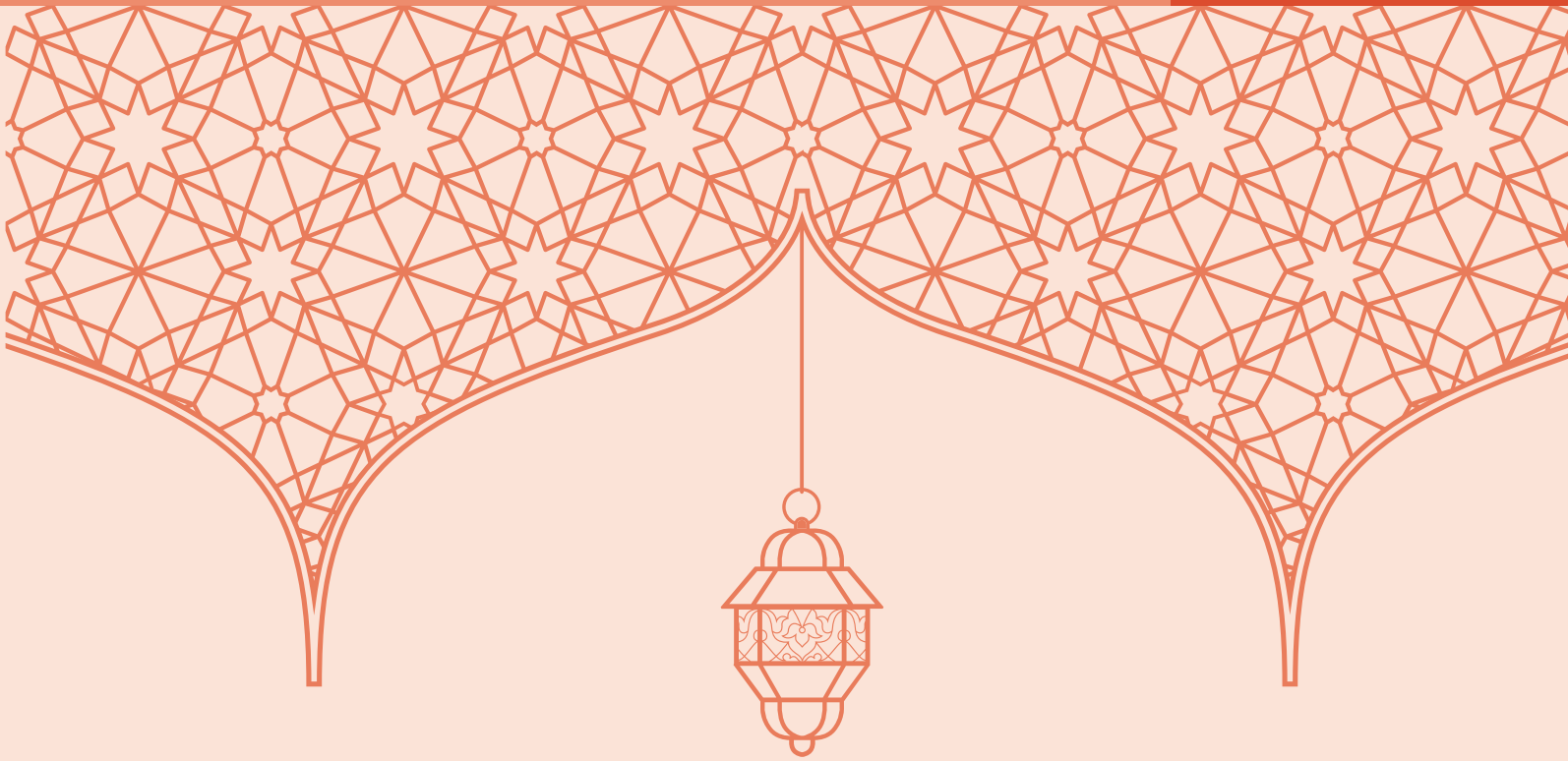
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- Maraya is a modern architectural wonder
- Star gazing experiences
- Al Ula zip line
- Slack line across a canyon
- Abseil down the mountains

Many thanks to Debbie Al Asfor for the wonderful top tips and photographs.



TELECOMS

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