

CONNECT

Bahrain

The **FREE** family directory

OUR FAVOURITE ROOF
TERRACES IN BAHRAIN

CHILDREN'S PUZZLE
& COLOURING
ACTIVITY SECTION

Healthy
eateries

FOR THE FAMILY
TO ENJOY

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MOST AWARDED SCHOOL IN BAHRAIN



Welcome

Welcome to the Spring edition of Connect Bahrain, The Family Directory.

This edition is packed full of all of your favourite features. We have lots of healthy tips for the family, including some healthy recipes to bake at home, a travel guide to The Hijaz Railway and an article on the best rooftops in Bahrain so you can dine under the stars, plus much more. Our magazine is free and available throughout Bahrain. Please contact us if you would like to add a listing or advertise your business.

With very best wishes,

Ruth Brown & Georgie Jones

Contact us on

hello@connectbahrain.com

Georgie +973 3226 8251

Ruth +973 3918 5290

To celebrate Bahrain winning the Arabian Gulf Cup 2025 we have hidden 10 black and white footballs amongst the pages. See if you can find them! Here is the first one. 

Feeling inspired by our front cover? Book your day trip to Jarada! See our Boat Trip listings on page 9!



Favourite roof terraces

Page 16



Healthy Eateries

Page 18

hungry
fifi



AN INSPIRED SCHOOL
Globally connected to
118 top international schools



ACADEMIC EXCELLENCE
Outstanding A-Level & GCSE results
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international standards.



ENSURING FUTURE SUCCESS
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first-choice universities





AMERICAN
SCHOOL OF
BAHRAIN

an  Esol Education school



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Cutting-edge
Facilities



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Pedagogy



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Extra-Curricular
Activities



OWASC
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MSA
CESS

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Discovery Class

SCAN ME



1721 1800

admissions@asb.bh

www.asb.bh

Be the first to get your
business noticed by
listing in Bahrain's
premier family directory.

NEW LOOK ONLINE DIRECTORY COMING SOON

Register at:

[CONNECTBAHRAIN.COM](https://connectbahrain.com)



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31. Sheikh Nasser Cycling Loop
32. Sitra Mall
33. The Lost Paradise of Dilmun Water Park
34. Tree of Life

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Things to do

ART & CRAFT

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

Al Jasra Handicraft Centre
Al Jasra 1729 9879

Al Riwaq Art Space
Manama 1771 7441
@alriwaq

Artology
Saar 3679 0785
@artology.bh

Artly
A'ali 1762 1802
@artlybh

Art Lounge by Marion
Saar 3921 2060
@artloungebymarion

Art World
Manama 3766 9266

Aurians Academy of Arts
Riffa 3323 2895
@aurians.bh

Bahrain Arts Society
Jidhafs 1759 0551
@bahrainartssociety

Craftzania
Saar 3880 3397
@craftzania

Embroidery by Natalia
@embroiderybynatalia

MiniMe Bahrain
Saar 3376 1361
@minime_bahrain

Mosaic House
Al Maqsha 3925 3943
@mosaichousebahrain

Life in Music
Sanad 1762 5583
@lifeinmusicbahrain

Palitra Art Studio
Manama 3411 5037
@palitra_studio

Sard Child's Cultural House
Manama 1728 0281

Smart Kids Academy
Manama 3343 3595
@smartkids_academy

Studio Ceramics
Budaiya 1700 2911
@studioceramicsbh

The Art Scene
Riffa 3801 0011
@artscene.bh

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

Twinkle Twinkle
Saar 1770 0412
@twinkletwinklecenter

Wild about Art
Juffair 3330 7249
@wildaboutartco

BRIDGE

Bridge at the British Club
Manama 3940 7780
@britishclubofbahrain

CHESS

Arjun's Chess Academy
Bahran
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

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.b

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

CINEMAS

Al Hamra Cinema
Manama 1725 8900

Cineco
Riffa 1725 8900
@cineco.bh

Cinepolis
Saar 3899 9770
@cinepolis.bahrain

Novo Cinema
Seef 1710 0121
@novocinemabh

Vox Cinema
The Avenues 6674 8397
@voxbharain

Vox Cinema
City Centre 6674 8397
@voxbharain

BEACHES

Al Bander Hotel and Resort
Sitra 1770 1201
@alibanderhotelandresort

Al Dar Islands
Sitra 1770 4600
@aldarislands

Al Jazair Beach
Amwaj Islands 1603 3100
@amwaj_islands

Bahrain Yacht Club & Marina
Sitra 1770 0677
@thebahrainyachtclub

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

BOAT TRIPS

Al Dar Islands
Sitra 1770 4600
@aldarislands

Bahrain Yacht Club
Sitra 1770 0677
@thebahrainyachtclub

Blue Ocean Boats
Amwaj 3722 1010
@blueoceanmarine

Kashta Tours
Manama 3212 2163
@kashta.tours

Sea Star Marine
Amwaj 3707 8888
@seastarmarinebh

Seeb Marine
Seef 3352 5999
@seebmarinebh

DAYS OUT

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

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

Bahrain International Circuit
Sakhir 1745 0000
@bah_int_circuit

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

Dino Park
Prince Khalifa Park 3466 6318
@dinoparkbh

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

Experience Bahrain Boat Hire
Amwaj 1700 3636
@scubalife.bh

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

Kashta Tours
Manama 3212 2163
@kashta.tours

La Fontaine
Hooraa 3881 9909
@lafontainebh

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

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

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

Star Marine
Saada 3879 7979
@starmarinebah
Tree of Life Open 24 hrs

CULTURE

A'ali Burial Mounds
A'ali Open 24 hrs
A'ali Pottery 3985 6994
@aalipottery
10am – 6pm

Abo Helal Basket Weaving
Manama 3969 1330
[@buhelal_basket](#)

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

Al Khamis Mosque
Manama 1729 8777
12pm – 5pm

Arad Fort
Muharraq 1729 8777
12pm

Bab el – Bahrain Souq
Manama 3445 1280
[@manama_shopping](#)

Bahrain Capital Mall
Seef 1710 2369
10am – 9pm

Bahrain Fort
Seef 1756 7177
10am – 8pm

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

Delmon Pottery
Aali 3535 9151
[@delmon_pottery](#)

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

Khamis Mosque
Manama
[@al_khamis_mosque](#)

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

Riffa Fort
Riffa 1729 8777
10am – 5pm

Shaikh Isa Bin Ali House
Muharraq 1733 4945

Shaikh Ebrahim Center for Culture
Muharraq 1732 2549
[@shaikhebrahimcenter](#)

Siyadi House
Muharraq 3323 3521
[@pearlingpathbh](#)

BAHRAIN AUTHORITY FOR CULTURE & ANTIQUITIES

Bahrain National Museum
[@culturebah](#)
8am – 8pm – Tuesday closed

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

Al Jasra Crafts Centre
8am – 2pm Friday closed

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

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

Arad Fort
9am – 5pm Friday closed

Dilmun Burial Mounds
8am – 5pm

Barbar Temples
8am – 5pm

Diraz Temple
8am – 5pm

Saar Archaeological Site
8am – 5pm

Al Jasra House
8am – 2pm Friday closed

Tree of Life Site
8am – 5pm

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

Al Khalifiyah Library
9am – 5pm Friday closed

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

House of Basket Weaving
8am – 1pm Friday closed

PEARLING PATH

Pearlingpathbh
Qal’at Bu Mahir
10am – 6pm Tuesday closed

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

Al Ghus House
10am – 6pm Tuesday closed

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

Al Jalahma House
10am – 6pm Tuesday closed

Al Alawi House
10am – 6pm Tuesday closed

Al Alawi House
10am – 6pm Tuesday closed

CONCERTS

Al Dana Amphitheater
Sakhir 1745 4444
[@aldana_amp](#)

Bahrain National Theatre
Manama

Exhibition World Bahrain
Sakhir
[@ewbahrain](#)



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yellowsubmarinebh@gmail.com

Saar Mall: 39900994 Wadi Al Sail: 38056666

Yellow Submarine Bahrain [@yellowsubmarinebh](#)



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Explore Bahrain



Some weekend inspiration

Friday

Head to the Avenues for a spot of retail therapy and have a coffee overlooking beautiful Bahrain Bay. Take a water taxi from the Avenues over to the Four Seasons and indulge in one of the best brunches in town, The Bahrain Bay Kitchen Brunch. This is a buffet style brunch with every cuisine under the sun and live music, (there is even a complimentary kid's club to keep the little ones entertained). Make sure you book in advance.

Saturday

Catch a boat from the Bahrain National Museum over to the Pearling path Museum in Muharraq and learn about the old pearling trade routes. Follow signs from here over the pedestrian bridge to the Pearling Path and be transported back in time to ancient Bahrain. Discover the old merchant houses which have been carefully restored, and wander around the old alleyways. Stop off at a 'hole in the wall bakery' and try the delicious local bread with cheese.

TOP TIP
We recommend going in the late afternoon to avoid the midday heat.

AIRLINES

Air Arabia @airarabiagroup	1750 5111
Air Canada @aircanada	1782 8768
Air France @airfrance	1722 0870
Air India @airindia.in	1722 0788
American Airlines @americanair	1782 6725
British Airways @british_airways	1758 7777
Cathay Pacific @cathaypacific	1722 6226
Cyprus Airways @cyprusairways	1722 0849
Egypt Air @egyptair	1724 3317
Emirates Airlines @emirates	1758 8700
Etihad Airlines @etihad	1751 9999
Gulf Air @gulfair	1737 3737
KLM @klm	1722 9747
Kuwait Airways @kuwaitairways	1722 3300
Oman Air @omanairofficial	1750 0020
Qatar Airways @qatarairways	1721 2202
Saudia Airlines @saudi_airlines	1721 1550

AIRPORT INFORMATION

Bahrain International Airport
Muharraq 8000 7777
@bahrainairport

Hala Bahrain
Muharraq 1713 9002
@halabahrainhospitality

HOTELS

Al Bander Hotel and Resort
Sitra 1770 1201
@alibanderhotelandresort

Conrad Hilton
Financial Harbour 7797 7777
@conradbahrain

Coral Bay Hotel
Diplomatic Area 1731 2700
@coralbaybh

Crowne Plaza
Diplomatic Area 1753 1122
@crowneplazabahrain

Diplomat Radisson Blu
Diplomatic Area 1753 1666
@diplomaticradissonblu

Domain Bahrain
Manama 1600 0000
@domainbahrain

Downtown Rotana
Manama 1311 9999
@downtownrotana

Dragon Resort
Amwaj 1603 1111
@dragonhotelbh

Elite Resort & Spa
Manama 1731 3333
@eliteresort_spa

Four Seasons Hotel
Bahrain Bay 1711 5000
@fsbahrain

Fraser Suites Diplomatic
Diplomatic Area 1616 1800
@fraserdiplomatic



Please email us if you would like to add or correct a listing

Golden Tulip
Manama 1753 5000
@goldentulipbahrainhotel

Grand Swiss – Belhotel
Waterfront 1717 7333
@grandswissbelhotelwaterfront

Gulf Hotel
Manama 1771 3000
@thegulfhotelbh

Hilton Bahrain
Manama 7701 0100
@hiltonbahrain

Hilton Garden Inn Bahrain Bay
Bahrain Bay 7790 1111
@hiltongardeninnbahrainbay

Ibis Styles
Diplomatic Area 1723 3310
@ibisstylesbahrain

Intercontinental Regency
Bahrain Manama 1722 7777
@interconbahrain

Jaw Resort & Spa
Jaww 7797 9797
@jawresortbahrain

Jumeirah Gulf of Bahrain
Zallaq 7777 1000
@jumeirahgulfofbahrain

Laguna Beach Resort
Budaiya 1663 0000
@laguna.bh

Le Meridien
Seef 1717 1000
@lemeridienbahrain

Majestic Arjaan Rotana
Muharraq 3999 7289
@majesticarjaanbyrotana

Movenpick
Muharraq 1746 0000
@movenpickbahrain

Novotel Al Dana Resort
Manama 1729 8008
@novotel_bahrain

Palm Yard Hotel
Manama 1772 5000

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

Ramada
Seef 1774 2000
@ramadabahrain

Ramee Grand
Seef 1711 1999
@rameegrand.bh

Ritz–Carlton Bahrain
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



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TOUR GUIDES

Airhome Travels
Manama 3655 1214
[@airhometravels](#)

Ishtar Gate Tour & Tourism Consultancy
3678 8001
[www.ishtartour.com](#)

Sylvia Tourguide
Manama 3309 8001

Sophie's Secret Bahrain
Saar 3393 3230
[@sophie_secret_bahrain](#)

Vendy Tourguide
Manama 3947 2025

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](#)

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Best roof terraces in Bahrain

Bahrain has some stunning rooftop terraces, ideal for enjoying the warm evenings and beautiful views. Sit under the stars and enjoy. Here are a few of our favourites.

ROKA Bahrain

ROKA offers a luxurious rooftop terrace with stunning views of Bahrain Bay. Guests can enjoy cocktails and a Japanese robata-yaki inspired menu, making it one of the best spots in town. They also have a fantastic brunch on Fridays. The food and service are nothing short of spectacular. Make sure you request a table on the terrace. **Tel: 1334 3334**

Alto, Downtown Rotana

The Alto terrace provides panoramic views of the sea, the city skyline, and Bahrain Bay. With a casual atmosphere, it's ideal for enjoying signature cocktails and a variety of beverages and snacks, all while taking in the mesmerizing sunset views. The views from the bathrooms are also worth a visit! **Tel: 3351 4455**

Fusions by Tala at The Gulf Hotel Bahrain

Located at Gulf Hotel and overlooking Adliya and the Bahraini skyline, Fusions by Tala is the perfect way to spend an evening. Enjoy contemporary Bahraini cuisine from one of Bahrain's top chefs, Tala Bashmi. Ingredients are handpicked from local markets. The terrace is open for pre and post dinner drinks. **Tel: 1774 6427**

Orla

Located in the heart of Adliya, this rooftop terrace offers a sophisticated setting with a Mediterranean inspired menu and a fun ambiance. With urban views it's a perfect spot to unwind. **Tel: 7793 9393**

SUSHISAMBA

This restaurant, located at the top of the Conrad Hilton, offers incredible views of the sea, Bahrain Bay and the surrounding area. There is a large terrace with a pool (for guests only) and low-slung tables and chairs. Go at sunset and enjoy a sundowner, while the sky turns pink. There is a lively bar which sits half inside and half outside and a great restaurant serving a creative Japanese and Latin American inspired menu. This is all topped off by some of the best views in Bahrain. **Tel: 7797 9779**

Indigo at the Merchant House

On the top floor of this pretty boutique hotel, you'll find Indigo. A hidden gem just off the Manama Souk. The terrace is adorned with ancient trees and floral sofas. The combination is stunning, and it is a firm favourite for those in the know. We recommend breakfast and lunch here under the shade of an olive tree. **Tel: 1667 8666**

The Meat Co.

This steak restaurant in Adliya has a great rooftop terrace for outdoor dining. The menu is world renowned for having exceptional cuts of meat which are expertly prepared.

Tel: 1774 2080

Hazel, Reef Island

Located in the Palavra Resort on Reef Island, Hazel is a great spot for an evening drink or a bite to eat. The small terrace has lovely views over Reef Island, with music and a great atmosphere. Go for sundowners and ask for a table on the terrace. **Tel: 1723 1231**

Hazel Bahrain

One of the best roof terraces in Adliya. Hazel Rooftop has a restaurant and bar. The music gets going late so you can dance the night away under the stars. They also have a fun and lively brunch on Fridays. **Tel: 1723 1231**



SUSHISAMBA

Food & Drink



PRO TIP
You can eat healthy at most restaurants – it's all about the choices you make! Opt for grilled fish or chicken, whole grains like rice, and plenty of veggies. Remember, it's all about balance



5 Healthy Eateries in Bahrain You Can't Miss

Written by
hungry
fifi

From guilt-free indulgences to wholesome meals, here's your guide to staying healthy while dining out in Bahrain.

Raw Candy

Why You'll Love It: Bahrain's answer to guilt-free treats. Raw Candy specialises in plant-based, gluten-free, and refined sugar-free desserts that are almost too pretty to eat. However, what I truly love here are their savoury dishes! From the plant-based burgers to their excellent soups and addictive burrito and falafel bowls, every single dish deserves a try. It's indulgence without the guilt!

Lumee

Why you'll love it: Lumee is a chain of restaurants scattered throughout Bahrain that captured my heart from the moment their first doors opened. Whether you're craving indulgently decadent meals or light, healthy bites, Lumee's got you covered. The ridiculously good kale sabzi salad with feta is a must, and their vine leaves, grilled hammour, lamb, and chicken dishes are all good options when dining out.

Cantine

Why you'll love it: The team behind Cantine clearly put freshness, nutrition, and care at the heart of their menu, and it shines through in every bite! From the super green or golden pumpkin soups to their wholesome bowls and vegetarian wraps, each dish leaves you feeling full, content, and as happy as a bee.

GB Cafe

Why you'll love it: I could go on for days about their serene water views, balmy outdoor seating, minimalist indoor vibe. But what keeps me coming back is the thoughtfulness behind their menu. Each dish is wholesome, packed with quality ingredients where providence is truly respected. Start with a nourishing broth, move on to some elevated veggies, and finish with a curry or hearty bowl. Whatever you choose, you're in excellent hands.

Other Spots to Visit

Don't miss Baker & Spice, Petiole Café, Plant Café, Green Beets, Mana Café, Good Wolf Eatery or Ramenara for even more healthy options.

hungryfifi.com | [@hungry_fifi](https://www.instagram.com/hungry_fifi)



SPOTLIGHT ON BRUNCH

Brunch at Riviera by Palma, Raffles Al Areen Palace & Spa, Bahrain

Raffles Al Areen Palace and Spa is nestled in a green oasis in the desert near Zallaq. The newly refurbished resort is a stunning example of Arabian architecture and well worth a visit.

Brunch is served at Palma restaurant every Saturday and is one of a few brunches in Bahrain which include a day pass and use of the swimming pools. You can choose to dine inside the restaurant around a large olive tree, or outside on the pool terrace.

The brunch starts at 12pm but you are welcome to arrive earlier for a swim. The menu typically features a diverse range of high-end dishes, from traditional mediterranean cuisine to more modern international dishes. There is a set menu including fresh seafood, salads, grilled meats, fresh pasta, and a selection of puddings. There is an open window between the restaurant and the kitchen so you can see live cooking which adds to the whole experience.

There are fresh juices, teas, and coffee, the resort offers a selection of beverages to accompany your brunch, including a selection of wines and cocktails for those looking to indulge a bit further.

The service is second to none, as soon as you arrive you are looked after by the attentive staff who cater to your every need and ensure that your brunch experience is seamless, from the moment you arrive until the end of your meal.



Family-Friendly

If you're dining with Children, Raffles Al Areen also provides kid's entertainment to keep the little ones occupied.

It is recommended to book your brunch reservation in advance as it can get quite busy.

Riviera By Palma is every Saturday, 12-4pm, Prices start at 38BD. Children 6-12yrs are discounted by 50%.

To reserve your table for brunch call 3605 7494.



Try out this fantastic recipe from the lovely chef; Muhammed Akil Qureshi at one of the best Indian restaurants in town, Barr restaurant on Reef Island.



Let's cook

YELLOW DAL TADKA RECIPE

Ingredients:

- Boiled Dal: 250 gm
- Sunflower Oil: 25 ml
- Cumin Seeds: 0.001 kg (1 gm)
- Red Onion (Fresh): 20 gm
- Tomato (Fresh): 20 gm
- Indian Green Chili: 3 gm
- Fresh Ginger: 3 gm
- Fresh Garlic: 3 gm
- Salt (Table): 1 pinch
- Fresh Coriander Leaves: 5 gm (for decoration)
- Whole Kashmiri Red Chili: 1 stick (for decoration)

Preparation Instructions:

- Heat sunflower oil in a pan over medium heat.
- Add cumin seeds and allow them to crackle.
- Finely chop the onion, garlic, and ginger. Add them to the pan and sauté until golden brown.
- Chop the tomatoes and green chili, then add them to the pan. Cook until the tomatoes soften and blend into the mixture.
- Add the boiled dal and mix thoroughly. Adjust the consistency by adding water if needed.
- Add a pinch of salt and let the dal simmer for 5-7 minutes on low heat.
- In a separate small pan, heat a little oil and fry the Kashmiri red chili. Pour this over the dal for added flavor.
- Garnish with fresh coriander leaves.

The Yellow Dal Tadka is now ready to be served!



BRUNCH

Al Waha Gulf Hotel Friday 12:30 – 4pm Buffet 23 – 29BD 1774 6425	Flavours on 2 Downtown Rotana Friday 12 – 4pm Buffet 18 –25BD 1311 9999
Bahrain Bay kitchen Four Seasons Friday 1 – 4pm Buffet 35 – 48BD 1711 5500	Gallery 21 Manama Friday 12– 3:30pm Buffet 19 – 34BD 1771 1600
Baharat Le Meridien Friday 1 – 4:30pm Buffet 25 – 36BD 3320 4175	Harvester Crowne Plaza Friday 12 – 4pm Buffet 25BD 1753 1122
Bo – Sabi The Diplomat Radisson Friday 1 –5pm Buffet 28 – 32BD 3811 1474	Indigo Merchant House Fri and Sat 1 – 4pm Set menu 30 – 45BD 1667 8666
Bushido Seef Friday 12:30 – 3:30pm Buffet 24.1BD – 33.2BD Saturday 12:30 – 3:30pm Buffet 19.9 –29.9BD 1758 3555	JJs Irish restaurant Adliya Friday 12 – 5pm Buffet 21.9 – 31.18BD 3384 3005
Cantina Kahlo Ritz Carlton Fri and Sat 1 – 4pm Set menu 25 – 35BD 1758 6401	La Med Ritz Carlton Friday 1 – 4pm Buffet 33 – 44BD 1758 6499
Choices Art Hotel Friday 12:30 – 4pm Buffet 28 – 38BD 1600 0111	Legendz Steakhouse Intercontinental Friday 11 – 4pm Buffet 28 – 37BD 3696 7701
Circa Friday brunch Friday 1 – 5pm Set menu 35 – 44BD 3992 7872	McGettigan's Friday 12 – 4pm Set Menu 20BD – 29BD 1700 0415
Moonlight Brunch Thursday 9pm – 1am Set Menu 35 – 44BD	My Café Saturday 12 – 4pm Set menu 28 – 38/45BD 7734 4444
La Mosaïque The Family Brunch Crowne Plaza Friday 12:30 – 4pm Buffet 18 – 33BD 1753 1122	Obab Al Bahar Jumeriah Gulf of Bahrain Friday 12:30 – 4pm Buffet 30 – 39BD 7777 1000
Cut by Wolfgang Puck Four Seasons Friday 12:30 – 3:30pm Set menu 36BD – 50BD 1711 5044	Opa Royal Saray Friday 12:30 – 4pm Set menu 25 – 35BD 3355 5244
El Chapo Adliya Friday 1 – 5pm Set menu 20BD – 24BD 3773 8838	Origin Kitchen and Culture Hilton Bahrain Friday 12:30 – 4pm Buffet 28 –39BD 3369 2013
Escobar Adliya Friday 1 – 5pm Set Menu 24.9 – 36.9D 1723 1331	Orla Adliya Friday 12:30 – 4pm Set Menu 38BD 7793 9393
Fishbone Novotel Friday 12.30 – 4pm Set menu 38BD 1729 8436	Riviera by Palma Raffles Al Areen Palace and Spa Saturday 12-4pm Set Menu 38-48BD 3605 7494

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Pashwat		Adliya		Riffa		Adliya			
Sofitel		1771 4440		1755 5600		1736 9696			
Saturday 12:30 – 4pm		Seef		lareine.patisserie		@orangeryme			
28BD		@cafelilou							
Rosso		Café Sego		La Ventana		The Lebanese Bakery			
Art Hotel		Manama		Manama		Seef			
1600 0111		1721 1152		7710 6070		1759 5559			
Saturday 12:30 – 4pm		@cafesego		@cafelaventana		@thelebanesebakerybh			
Buffet 28 – 38BD									
Silk		Cake Boutique		Love Churros Bahrain		Tuga			
Movenpick		Seef		Riffa		Amwaj			
1746 0000		1755 2253		3300 0768		3636 7431			
Friday 12:30 – 4pm		@cakeboutiquebh		@lovechurrosbh		@bakeryoftuga			
Buffet 42BD									
Sofitel		ChocoBisc		Café T, Royal Golf Club		RESTAURANTS			
Zallaq		Manama		Riffa		ALL DAY BREAKFAST			
1763 6363		3509 4993		1775 0777					
Friday 12:30 – 4pm		@choco_bisc		@theroyalgolfclub					
Buffet 36BD									
The Village		Crème London		Le Chocolat		N'ovo			
Downtown Rotana		Al Liwan		Seef		Hamala			
1311 9999		6664 4323		Saar		3223 0428			
Friday 12:30 – 4pm		@cremelondonbh		@lechocolat_bh		@novo.bh			
Buffet 18 – 34BD									
The Dilmun Club		Crumbles		Let Them Eat Cake		Applebee's			
Saar		Riffa		Saar		Seef			
1769 0926		3611 6313		3232 0078		7744 9999			
Friday 1 – 5pm		@crumbles_bakery		@let_them_eat_cake_bh		@applebeesbahrain			
Buffet 12 – 18BD									
Texas Longhorn		Dose café		Lilou Artisian Patisserie		Black Tap Craft Burgers			
Adliya		Water Garden City		Riffa		Seef			
1710 4655		1700 0774		1771 5370		1710 0363			
Friday 12– 4pm		@dosecafe_bh		@lilouartisianpatisseriebah		@blacktapbahrain			
Set menu 16BD – 22.5BD									
Trader Vics		Eastern Bakery		Lolloso Cookies		Blaze Burgers			
Ritz Carlton		Mina Salman		Manama		Adliya			
1758 6555		1772 7133		3823 8622		1774 4773			
Every 1st Friday of each month		@easternbakerybh		@lolloso_cookies		3984 4773			
1 – 5pm						@blazeburgers			
Buffet 22 – 28BD									
COFFEE & CAKE		Esquires		Manual		Dough			
Audrey's Bakery		Awali		Seef		Bahrain Bay			
Tubli		3600 0000		3229 9277		3356 0367			
3889 9021		@esquires_bahrain		@manualbahrain		@doughbahrain			
Aroma Café		Furn		Maya La Chocolaterie		Cocos			
Seef		Seef		East Riffa		Adliya			
1758 2711		1717 1441		3920 4222		1771 6512			
@aromabahrain		@furnbahrain		@mayalachocolaterie		@cocoscafebahrain			
A Piece of Cake		GB Café		My Bakery		Frankie's			
Riffa		Seef		Riffa		Seef			
1777 7909		7708 7768		1765 0411		1755 0666			
@a_piece_of_cakebh		@greenbarcafe		@mybakerybahrain		@frankiesamericandiner			
Baker & Spice		Goodness		My Café		Lucky Clucks			
Al Aali Mall		Saar		Manama		Seef			
1360 9666		3360 0082		7734 4444		1755 4400			
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Boulangerie Sophie		Grotta		Paul Café		Pickl Bahrain			
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1603 0912		3320 0780		1717 2321		@pickl.bh			
@chezsophie.bh		@grottabakery		Seef Mall					
Cakes and Bakes		Hala Lebnan		Red Crossaint bakery		Ric's Kountry Kitchen			
Riffa		Reef Island		Juffair		Manama			
3933 3466		1777 2600		7799 5551		1772 5550			
@cakesandbakes.bh		@hahalebnnan.bh		@redcrossaintbakery		@ricsbahrain			
Café Chantilly		Hopscotch		Rich		Route 66			
Saar		Saar		Janabiya		Amwaj			
1720 0071		1769 1124		6636 0633		1606 6066			
@chantilly_bh		@hopscotch.bh		@rich.bhr		1774 4831			
Café Delices		Jena		Ritz Gourmet Lounge		Isa Town			
Manama		Hamala		Seef		1700 4566			
1771 3000		1761 3191		1758 6434		@eatroute66			
@cafedelicebh		@jenabakery		@ritz_gourmet_lounge		Shake Shack			
		@justcupcake		@tariqpastriesbahrain		City Centre			
						1711 0389			
						1711 0588			
						@shakeshackme			
						Texas Longhorn			
						Manama			
						3205 9999			
						@texaslonghorn.bh			



INTERNATIONAL CONT

Nomad Urban Eatery

Seef 1700 0330
@nomadeatery

Palma Restaurant

Raffles Al Areen Palace
1784 5000
@rafflesalareenpalace.bahrain

Roast

Saar 1745 6006
@roastbahrain

Saraya

Zallaq 1763 6363
@sofitelbahrain

Saveur

Westin, Seef 1717 1000
@westinbahrain

Selections

Intercontinental Regency
Manama 1722 7777
@selectionsrestaurant

SUSHISAMBA

Manama 7797 9779
@sushisambabahrain

Terrace at 28

Manama 6639 8787
@terrace_at28

The Bistro

Dilmun Club
Saar 1763 0926
@dilmunclub

The Terrace

Royal Saray Seef 1710 0346
@theterrace_bh

Trade Room Bar & lounge

Financial Harbour 7797 7777
@traderoom_bahrain

ITALIAN

Cafe Italia

Seef 1758 2823
@cafeitalia_seef

Cicco's

Adliya 1771 3710
@cicco.bh

Cipriani

Marassi 1700 3300
@ciprianibahrain

Crazy Pizza

Hamala 3993 8686
@crazypizza.bahrain

Cucina Italiana

Manama 1700 1317
@lacucinaitaliana

Due Mari

Jumeirah Gulf of Bahrain
7777 1000
@duemaribahrain

Fatto

Seef 6677 8822
@fattobahrain

Fiamma

Sofitel, Zallaq 1763 6414
@sofitelbahrain

Gusto

Riffa 1777 8887
Janabiya 1769 5556
@gusto_bahrain

La Pergola

Adliya 1774 6419
@lapergolabh

L'Orto

Adliya 1777 1718
@lorto.bh

Luigi's Pizza

Saar 1769 3533
@luigisbahrain

Luna

Hamala 3211 1160
@luna_bahrain

Masso

Manama 1772 1061
@massorestaurant

Medzo

Manama 1722 7777
Medzo_bh

Nino

Seef 1756 6555
@ninobahrain

NKD Pizza

Saar 1748 4894
@nkdpizzabh

Oliveto

Adliya 1771 6747
@olivetobahrain

Otto

Hamala 1733 6622
@ottobahrain

San Carlo

Seef 1765 6565
@sancarlobahrain

Sugo

Janabiya 3944 5394
@sugo_bh

Primavera

Ritz Carlton 1758 0000
@primavera_osteria

Roma

Manama 1772 5885
@roma_restaurant_bh

Slice

Royal Golf Club 1775 1266
@theroyalgolfclub

Vapiano

Seef 1749 1391
@vapianobahrain

JAPANESE

Bushido

Seef 1758 3555
@bushidobybuddhabar

Gyuto

Al Liwan 7799 9444
@gyuto.bh

Kabuki

Al Liwan 1762 1100
@kabuki_bahrain

Kenko

Manama 3344 5988
@kenkobahrain

M by Mirai

Seef 1778 3030
@mbymirai

Maki, Moda Mall

Diplomatic Area 1752 2733
@makirest

Maison Sushi

Sofitel Bahrain 1763 6363

Meisei

Adliya 1700 7770
@meiseibahrain

Mirai

Adliya 3917 3951
@mirairestaurantlounge

Oishi

The Avenues 1722 8062
@oishi.bahrain

Sato

Manama 1774 6429
@satolounge_bh

Roka Bahrain

Bahrain Bay 1334 3334
@Rokabahrainiofficial

JAPANESE & PERUVIAN

Clay

Adliya 1755 4545
@clay_bahrain

LEBANESE

Al Arisha

Manama 1772 5414
@alarisharestaurant

Al Fayez

Reef Island 1332 0612
@alfayezbahrain

Em Sherif Sea Cafe

The Avenues 7710 0777
@emsherifseacafe.bh

Leila

Seef 1756 6556
@leilaminlebnen

Pashawat

Sofitel Bahrain 1763 6363
@sofitelbahrain

Zahrat Al Fayrouz

Jumeirah Gulf of Bahrain
7777 1000
@zahrataalfayrouz

Zayt Zaytoon

Budaiya/Al Hooraa 1666 2666
@zaytzaytoon

MEDITERRANEAN

Oria

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
@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

STEAKHOUSE

Legendz

Manama 1722 7777
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Adliya 1774 2080
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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

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Sisler

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The Hijaz Railway



A trip to the Hijaz Railway in Saudi Arabia offers a fascinating glimpse into the past of this ancient railway line. Though the full railway is no longer in operation, Saudi Arabia has preserved significant sections of the original line, and visiting these locations provides insight into the region's rich history and the engineering feat that was the Hijaz Railway. The Hijaz Railway was a symbol of Ottoman authority in the region, and during World War I, it became a target of the Arab Revolt. Much of the railway infrastructure was sabotaged or destroyed during the revolt and subsequent conflicts. Visiting these ruins and remnants gives insight into the history of the region and the changes brought about by these events.

KEY STOPS ON THE HIJAZ RAILWAY

Medina (End of the Railway)

Medina is one of the most important cities in Islam, and the railway was crucial for facilitating Muslim pilgrimages to the holy city. Pilgrims from all over the world would arrive by train in Medina before making their way to Mecca.

In Medina, you can visit the old railway station, which has been partially preserved. The station features elements from the Ottoman era and offers visitors a chance to step back in time. Medina itself is a city of great religious and cultural importance, home to the Prophet's Mosque and other significant sites. The Medina station is one of the most iconic locations for visitors interested in the Hijaz Railway, with remnants of the original Ottoman station structure and locomotives.

Al-Ula

A visit to Al-Ula provides an opportunity to explore the stunning landscapes of the Arabian desert, which the Hijaz Railway passed through. Known for its dramatic sandstone formations and ancient ruins,

Al-Ula is home to the UNESCO World Heritage site of Madain Saleh (the Nabatean city of Al-Ula).

The old railway tracks and stations near Al-Ula are still partially intact, and some sections have been preserved for historical purposes. The desert landscape is awe-inspiring and provides a surreal backdrop for exploring the history of the railway.

Tabuk

Tabuk, located in the northwest of Saudi Arabia, was an important stop along the Hijaz Railway. It served as a key junction for travelers on their way to Medina and Mecca. Tabuk is also a city of historical significance, with nearby ancient sites, including rock inscriptions and old forts. Visitors can explore the remnants of the railway infrastructure, including the old stations and tracks. While the trains no longer run, the route through the desert offers a journey through time. You can drive or take a tour along parts of the old railway path, marveling at the desert landscapes that the railway once traversed. There are several old railway stations and stretches of track that remain in the desert, though many of the structures are weathered or partially destroyed. There is also a small museum in Tabuk, well worth a visit.

THINGS TO KNOW BEFORE YOU GO

Access

Many of the railway-related sites in Saudi Arabia are located in remote areas, so it's best to travel with a guided tour or hire a local guide to explore the desert regions and historic sites.

Best Time to Visit

Due to the desert climate, the best time to visit is during the cooler months (November to February), as temperatures can reach extreme highs during the summer months.

Cultural Respect

As you'll be visiting a region of cultural and religious significance, it's important to be respectful of local customs, particularly in areas near religious sites.

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- Talabat @talabatbh
- 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 @baskinrobbinsbh
- Chin Chin Ice Cream The Avenues 1777 7181 @chinchinicecreambh
- Florencia @florenciaicecreambh
- Marble Slab @marbleslab_bh

FAST FOOD



The Fun Zone

SPOT THE 7 DIFFERENCES

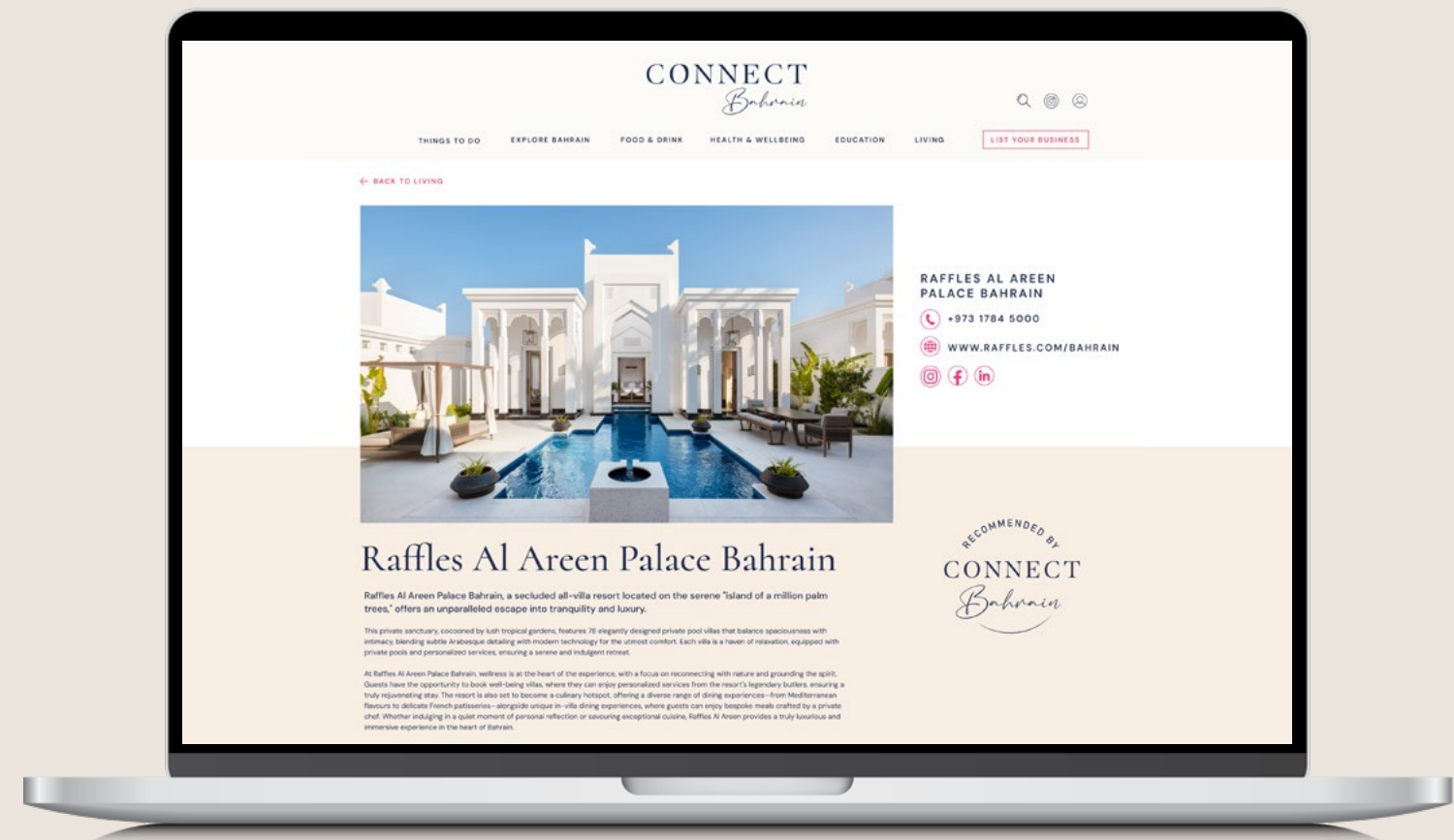




Fruit crossword!



1. Grape 2. Strawberry 3. Watermelon
4. Pomegranate 5. Lemon 6. Apple 7. Pear
8. Pineapple 9. Orange 10. Banana



Be the first to get your business noticed by
listing in Bahrain's premier family directory.

NEW LOOK ONLINE DIRECTORY COMING SOON



Register at:

[CONNECTBAHRAIN.COM](https://connectbahrain.com)



Little Chefs

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

Savoury Greek Loaf



A Savoury Greek Loaf

Happy 2025! The start of a new year is a great time to prioritize your health and well-being. I'm ringing in the New Year with a scrummy high-protein Greek spinach, feta and olive loaf that's bursting with flavours.



Ingredients:

Extra virgin olive oil (Approx 80ml & an extra splash in your pan)
Fresh spinach (Farmers Market!!)
1 Red Onion Chopped
3 Garlic Cloves Chopped
2 Eggies (Lightly beaten)
Greek yogurt (A small tub of Greek Total Yog)
1 ¾ Cups Flour
1 tsp. Baking powder
Block of Feta cheese (crumbled)
Sliced Kalamata Olives (Handful)
Standard Loaf tin (cover with olive oil and parchment)

Method:

Oven knobs turned to 160 Degrees.
Sauté the onions, garlic and spinach in olive oil, then set aside. Whip the Greek yog with the eggies and olive oil. Next, mix the remaining ingredients (Feta, olives, flour, baking powder). Mix and fold all ingredients. Pour into a loaf pan (optional-sprinkle feta/olives/spinach on top) and bake for 45-55 Mins.

Voila!

P.S... Delicious when toasted in the oven!

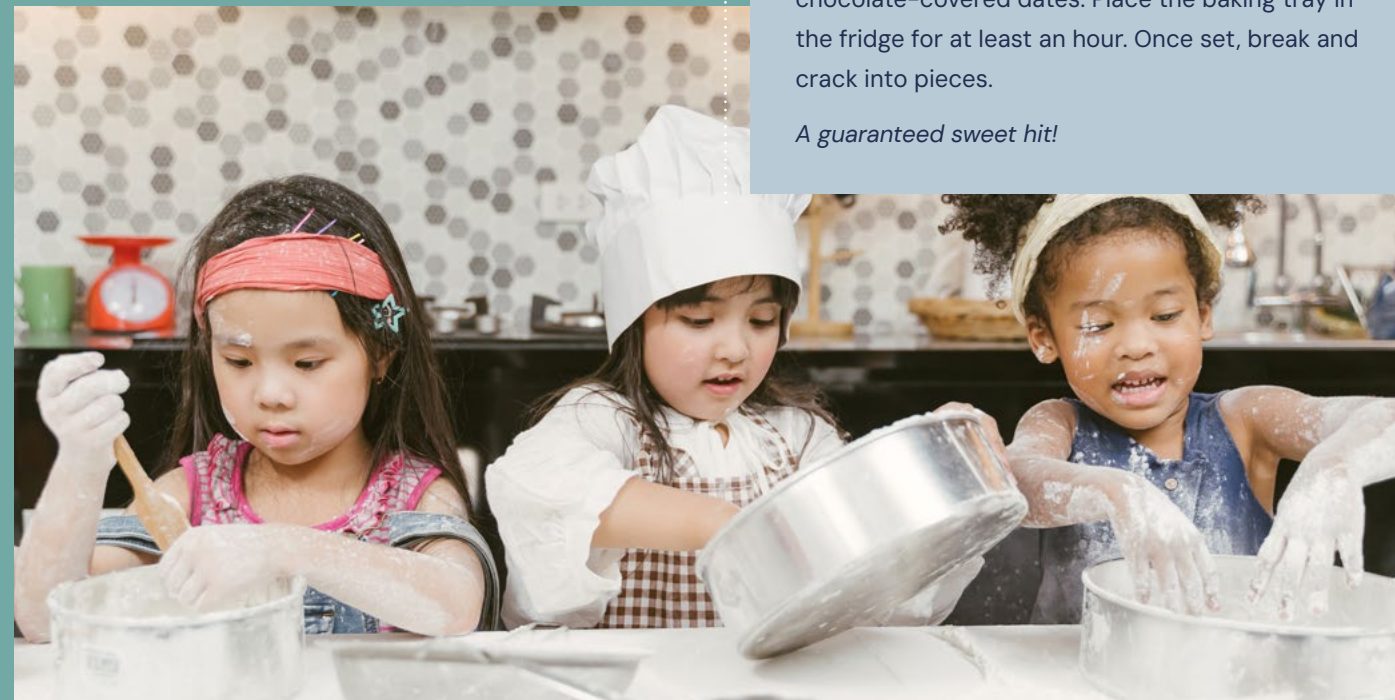
Date bark



Date Bark

Craving a sweet treat but also something a bit healthier? Ding Dong...Goosey, chocolatey, crunchy, sweet and salty Date Bark.

This recipe combines medjool dates with almond butter, chocolate and almonds. The perfect healthy treat to keep stocked in your freezer.



For more fantastic recipes for all of the family visit:
allyskitchenstories.com

Ingredients:

20 Medjool dates (if they seem hard, soak in warm water for 10 mins)
80g raw almonds (or any choice of nuts)
¼ Cup Drippy Spreadable Almond or Peanut Butter
100g dark chocolate (Lindt 70-85%)
1tbsp Organic Coconut Oil
2 tbsp. tahini (optional) I love using Lebanese tahini
Pinch of Maldon salt (or any sea salt)

Method:

Line a baking tray with parchment paper. Lay out the pitted medjool dates flat on the baking sheet, ensuring they aren't overlapping.

Carefully spread a bit of the drippy almond butter on top of each date. Sprinkle the chopped nuts over the almond butter-layered dates.

Melt the chocolate with coconut oil. Once melted and smooth, drizzle and spread the chocolate mixture over the dates. Little hands welcome now to lick the bowl!

Finish by sprinkling flaky Maldon sea salt over the chocolate-covered dates. Place the baking tray in the fridge for at least an hour. Once set, break and crack into pieces.

A guaranteed sweet hit!

The Green Zone



Living without single use plastic

Make a few small changes to your daily habits and live without single-use plastic. Here are some practical tips:

1. Choose Reusable Bags

Keep canvas or reusable bags with you when shopping, whether it's for groceries or other items. Keep them in your car so that you never forget them.

2. Switch to a Reusable Water Bottle

Choose a stainless steel, glass, or BPA-free plastic bottle. Carry it with you to reduce the need for bottled water.

3. Use Beeswax Wraps or Silicone Lids

Replace plastic wrap and plastic food storage bags with beeswax wraps or silicone lids. These are reusable and easy to clean.

4. Purchase Items in Bulk

Buy dry goods like grains, nuts, and pasta in bulk. This minimizes packaging waste and often reduces the overall cost.

5. Avoid Single-Use Coffee Cups and Straws

Carry a reusable coffee cup, and use a metal, bamboo, or paper straw when needed.



6. Opt for Glass or Metal food containers

Replace plastic containers with glass jars, stainless steel containers, or mason jars for food storage.

7. Choose Products with Minimal Packaging

Shop for products with little or no plastic packaging, such as bar soap instead of liquid soap in plastic bottles.

8. Support Brands with Sustainable Practices

Buy from companies that prioritize sustainability, using biodegradable or minimal packaging, and offer products that are reusable or recyclable.

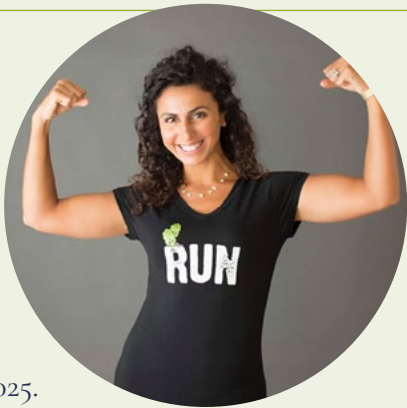
By making these small changes, you can significantly reduce your reliance on single-use plastic and contribute to a more sustainable lifestyle.





Health & Wellbeing

Healthy Tips for 2025 with Dana



@danazabari is a blogger who co-owns Tru Active, one of Bahrain’s leading sportswear companies. She is also co-captain of Cycling Bees and Let Us Run, all female cycling and running groups. Here Dana shares her healthy tips for 2025.

Health Tips for 2025:

1 Start Your Day Right:

Wake up early and spend 10 minutes outdoors, facing the sun (but not directly at it). This helps set your circadian rhythm for better sleep.

2 Morning Hydration:

Avoid coffee for the first 1-2 hours after waking. Instead, hydrate with warm water, a pinch of Celtic salt, and a

squeeze of lemon. You’ll feel energized without needing caffeine!

3 Move Daily:

Aim for at least 30 minutes of walking each day. Use this time to listen to an interesting podcast or enjoy a walk with family. Consistent movement is key.

4 Limit Refined Sugar:

Especially for children, try to reduce refined sugar intake

as much as possible. Your body will thank you in the long run.

5 Get Regular Health Checks:

Even if you’re young, it’s crucial to monitor your health. Regular blood tests for vitamin D, glucose, and cholesterol levels are essential to preventing future health issues.

6 Lift Weights:

Incorporating weightlifting three times a week will strengthen your bones, improve posture, and prevent back problems. Focus on squats to strengthen your legs and prevent aging-related issues.

FITNESS & SPORT

GYMS

Al Nakheel Fitness Hamala @alnakheelpremium	3883 3663
Amed’s Predator Studio Jannusan @ameds_predator_studio	3319 2666
Anytime Fitness Amwaj @anytimefitnessamwaj	3339 7147
Bahrain Rugby Football Club Saar @bahrainrfc	1769 5809
British Club Adliya @britishclubofbahrain	1772 8245

Bodyline Saar @bodylineladiesclub	1779 3932
Centraal Club Hamala @centraal.club	3813 8138
Dilmun Club Saar @dilmunclub	1769 0926
District Gym Janabiya @districtgym_bh	3880 0102
Equilibrium Fitness Centre Saar Amwaj @equilibrium_pilates_bh	3699 9250 3699 9257
Energy Fitness Gym Salamabad @energy_fitness	1762 3332

F45 Saar @f45_training_saar	3233 2145
Fitness 365 Janabiya @fitness365bh	3957 1334
Fit Bahrain Sehla @fitbahrain	7701 7711
Fitness First Juffair @fitnessfirstoasismalljuffair	1747 3000
Four Seasons Hotel Bahrain Bay @fsbahrain	1711 5000
Grip Fitness Centre Riffa @gripfitness_	3555 5510

Hydro Spa & Salon Riffa @hydrospabh	3200 8600
HV Holistic Seef @hvholistic	1777 5544
JFC Bahrain Fitness Gym Manama @jfcbahrain	3300 2592
Ki Train Manama @kitrainBH	3624 2230
La Sante Women Wellness Center, Maqabah @BH_wellnessCent	1700 0878
Oxygen Gym Budaiya @oxygengym	1761 6165

PureFit Seef @purefit.bh	3414 4836
Push Gym Budaiya @push_bh	7771 0101
REPs Fitness Studio Manama @repsfit	7737 7348
Ride Nation Riffa @ridenation.me	1748 4828
Ritz – Carlton Hotel Seef @ritzcarltonbahrain	1758 0000
Royal Golf Club Riffa @royalgolfclub	1775 1266
Sports Training Complex Saar @sportstrainingcomplex	3916 9475
Spartan Fitness Saar @spartan.fitness.bh	1777 1700
So Fit Gym Riffa	1768 0902
Sofitel Zallaq @sofitelbahrain	1763 6363
Tower Gym Seef @almoyyedtower	1758 7007
UFC Gym Juffair @ufcgymbh	1700 0044
YOGA & PILATES	
Ballare School Saar @ballarestudio	1730 0021
Bliss Yoga Bahrain Argan Village, Bu quwah @blissyogabh	33992236
Breathe Pilates Saar @breathepilatesbh	3339 9973
Bodyline Saar @bodylineladiesclub	1779 3932
Core Pilates Studio Abu Saiba @corestudio.bh	3219 0401
Erah Pilates Wellness Hamala @erahpilateswellness	3800 7771

Equilibrium Fitness Centre Amwaj Saar @equilibrium_pilates_bh	3699 9257 3699 9250
Jacques Dessange Health Club Adliya @dessangebahrain	1771 3999
La Fontaine Manama @lafontainebh	1723 0123
Mini Me Yoga Manama @minimeyoga	3373 3633
Namaste Budaiya @namastebh	1759 1565
PROP Yoga & Therapy Center Budaiya @propytc	3370 0730
Pure Yoga Hamala @pycbh	1700 7111
Royal Golf Club Riffa @royalgolfclub	1775 0777
Sports Training Complex Saar @sportstrainingcomplex	3616 9475
Yoga Union Juffair	3458 0018
ATHLETICS	
Bahrain Ahtletic Association Manama @baa_bh	1717 6569
BSB Sports Academy Hamala @britishschoolbahrain	1761 0920
SPARTA, St Christopher’s Saar @sparta_bahrain	1760 5190
Bahrain Triathlon Association Manama @triaathlonbh	7771 3777
BADMINTON	
BAPCO Club Awali @bapcoclub.official	1775 3666
Bahrain Badminton and Squash Fed Manama @bbsf.81	3220 6755
BSB Sports Academy Hamala @britishschoolbahrain	1761 0920

Centraal Club Hamala @centraal.club	3813 8138
The British Club Adliya @britishclubofbahrain	1772 8245
BASKETBALL	
Bahrain Basketball Association Umm Al Hassam @bah_basketball	1781 0353
BSB Sports Academy Hamala @britishschoolbahrain	1761 0920
Centraal Club Hamala @centraal.club	3813 8138
SPARTA, St Christopher’s Saar @sparta_bahrain	1760 5190
BIKES & CYCLING	
Bahrain Triathlon Association Saar @triathlonbh	7771 3777
Cycling Bees Budaiya @cyclingbees	3977 7464
Kashta Tours Manama @kashta.tours	3212 2163
Manama Tours and Travel Manama @manamatours.bh	1754 0990
Skate Shack Budaiya @skate_shack_bh	1769 7176
TriLife Saar @gotrilife	7733 3777
BOWLING	
Adhari Park Manama @adharipark	1740 7300
Funland Center Manama @funland.bahrain	1729 2313
MJ’s Bowling Lounge Budaiya @mjsbowlinglounge	7755 7777
Yalla Bowling Seef @magicplanetmena	1717 3017

BOXING	
Al Doy Sports and Martial Arts Riffa @aldoy_sports_centre	3370 8866
Big Up Sports Saar @bigup_sport	3983 1113
JD Boxing Club Saar @jd_boxing	3319 9023
UFC Gym S.P.C Manama @ufcgymbh	3434 2928
CRICKET	
Bahrain Rugby Football Club Saar @bahrainrfc	1769 5809
Colts Saar @coltscricketacademy	3362 4226
SPARTA, St Christopher’s Saar @sparta_bahrain	1760 5190
DIVING	
Dive Bahrain @divebahrain	
Into the Blue Manama	3775 7373
Scuba Master Hoorah @scubamasterco	1729 2154
FISHING	
Seastar Marine Amwaj @seastarmarinebh	3707 8888
FOOTBALL	
24N Football Manama @24n_football	3754 9322
Adhari Park Manama @adharipark	1740 7300
Bahrain Rugby Football Club Saar @bahrainrfc	1769 5809
British Club Adliya @britishclubofbahrain	1772 8245
BSB Football Academy Hamala @britishschoolbahrain	1761 0943



FOOTBALL CONT

Centraal Club
Hamala 3813 8138
@centraal.club

Dilmun Club
Saar 1769 2986
@dilmunclub

Footpool Bahrain
Manama 3696 3443
@footpoolbh

Juventus Academy Bahrain
Saar 3713 0107
@jacademybh

Kick Off Academy
Saar 6969 0000
@kickoff.academy

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

Soccer Stars Academy
Janabiya 3319 3060
@soccerstars_bh

SPARTA, St Christopher's
Saar 1760 5190
@sparta_bahrain

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

Winners Football Centre
Isa Town 3808 5535
@gowfc

FORMULA 1

Bahrain International Circuit
Sakhir 1745 0000
@bah_int_circuit

GOLF

Awali Golf Club
Awali 1775 6770
@awaligolfclub

Royal Golf Club
Riffa 1775 0777
@theroyalgolfclub

GYMNASTICS

Aspire
Budaiya 1700 5831
@aspiregymnasticsbh

Bahrain Gymnastics Fed
Manama
@bahrain.gymnastics

BSB Gymnastics Academy
Hamala 1761 0920
@britishschoolbahrain

Flip n Fun
Janabiya 3889 4111
@flipnfun.bh

Motion Gymnastics Academy
Janabiya 3700 2432
@motiongymnastics_bh

Riffa Gymnastics Academy
Riffa 3359 9656
@riffa_gymnastocs_academy

SPARTA, St Christopher's
Saar 1760 5190
@sparta_bahrain

HOCKEY

Bahrain Hockey Association
Saar 3965 8618

HORSE RIDING

Dilmun Club
Saar 1769 0926
@dilmunclub

Horse and Hound supplies
Budaiya 1700 1761
@horseandhoundbh

Muharraq Equestrian Academy
Muharraq 3985 8770
@mea.brn

Twin Palms Riding Centre
Saar 3413 7001
@twinpalmsridingcentre

ICE SKATING

Funland Center
Manama 1729 2313
@funland.bahrain

Funscape World
Dimunia 3509 7333
@funscapebh

KARTING

Bahrain International Karting
Circuit Sakhir 1745 1975
@bahrain_karting

Gulf Speed One
Juffair 3922 6612
@gulfspeedone

Matrix Bahrain
Juffair 3617 2477
@matrix.bh

Trax
Seef 3838 8555
@trax.bh

KITE SURFING

Beach Culture
Bahrain Bay 3303 6361
@beachculture

Experience Bahrain
Amwaj 1700 3636
@experiencebahrain.bh

MARTIAL ARTS

Aces Taekwondo Academy
Zenj 3999 6499
@aces_zenj

Albanna Martial Arts Center
Juffair 3666 8390
@albanamac

Bahrain Karate Center
Saar/Dilmunia 3844 9994
@bh_karate

Bin Jamal Taekwondo
Saar 3303 6330
@binjamal_tkd

British Club
Adliya 1772 8245
@britishclubofbahrain

Gracie Jiu – Jitsu Bahrain
Janabiya 3345 3244
@graciebahrain

Hoi Jeon Moo Sool
Seef 3340 0063
@hjms_bh

Japan Karate Association
Budaiya 3888 6930
@jka_bahrain

KI Train
Seef 3624 2230
@kitraining

Reza's Martial Arts Center
Barbar 3884 4055
@rmac_bahrain

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

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 3813 8138
@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

HEALTHY EATING

Barefoot Nutritional Therapy
Saar 3889 5693
@barefootnutritionaltherapy

Let's Keto with Isma
Manama
@letsketobahrain

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 Welness 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
@rafflesalareenpalace.bahrain

Royal Spa
Ritz – Carlton Hotel Seef 1758 0000
@ritzcarltonbahrain

Sparadise
Muharraq 1731 3131
@sparadisebahrain

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

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

The Golden Key
Riffa 1722 4444
@tgkbahrain

The Merchant House Spa
Manama 3401 8565
@themerchanthousebahrain

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

BARBERS & HAIRDRESSERS CONT

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
@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 Beuti
Hamala 1369 1999
@ubeuti_bh

Vanity Ladies Beauty Salon
Janabiya 1700 7121
@vanitysalonbh

Yara Beauty lounge
Amwaj 1601 0999

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
@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

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ROYAL
BAHRAIN
Hospital

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Them Grow Healthy and Strong

Department of Pediatrics



DR. BASSEM SALIM
HAIDAR
Consultant - Pediatrics &
Neonatology



DR. AHMED ELBEHERY
Consultant – Pediatrics



DR. DEENA SHAKEEB
Consultant - Pediatrics
& Neonatology



DR. MANAL ELDEGEIR
Consultant - Pediatric Immunology
& Allergy



DR. MONO ISSA
Consultant - Pediatrics



DR. SRINIVASABABU
Specialist - Pediatrics

Royal Bahrain Hospital 1724 6800 3218 1810

RBH Medical Center 1749 1749 3218 1810

42

43

Education

NURSERY & 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 Bahrain
Riff 1721 1800
@americanschoolbahrain

Bahrain School
Juffair 1772 7828
@thebahrainschool

Beacon Private School
Hidd 6600 0088
@beaconprivateschool

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

Canadian School Bahrain
Diyar Al Muharraq 6664 4234
@canadianschoolbh

Children's House Montessori Nursery School
Janabiya 1769 9844
@the_childrens_house

Clever Kid Pre School
Riffa 1722 7997
@cleverkidbh

Disney Nursery
Saar 3905 6662
@disney.nursery

Eton House
Hamala 1749 0333
@etonhousebahrain

Evolution Childcare
Adliya 1766 9079
@evolutionchildcare.bh

First Steps Nursery
Isa Town 1778 0760
@first_steps

Golden Days Nursery
Barbar 1722 3103
@goldendaysnurserypreschool

Happy Hearts Kindergarden
Sanad 7708 2017
@happyhearts.bah

KG Kids Pre School
Riffa 1766 3556
@kgkidspreschool

Kiddy Care Pre School
Zinj 3331 4680
@kiddycarepreschool

Kidsland Nursery
Jid Al Haj 1740 5717
@kidslandbh

Kinder World Preschool
Adliya 3365 4050
@kinderworld_adliya

Kinder World Preschool
Janabiya 3360 0097
@kinderworld_janabiyah

Kids Corner Nursery
Isa Town 3807 7758
@kidscorner.bh

Kipina Nursery
Saar 1700 9598
@kipina_kids_bahrain

Kidz World Kindergarden
Adliya 1771 5050
@kidzworldkindergarden

Ibn Khuldoon National School
Isa Town 1778 0661
@ikns



مدرسة سنت كريستوفر
St Christopher's School Bahrain



NURSERY ADMISSIONS 2025/26



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- Experienced, Caring Staff
- Innovative Teaching Methods
- Creative Play Spaces
- Nurturing Environment

Celebrating our new Senior School project, St Christopher's is pleased to announce a Nursery promotion for the 2025/26 academic year. Families joining Nursery for either the half day or full day will enjoy a BD 500 reduction on term fees, for a savings of BD 1500 annually. This is a limited time offer and spaces will fill up fast.

Secure your child's future at St Chris today!

@stchrisbahrain

Contact our Admissions Team to schedule your visit:

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

Terms and Conditions apply

st-chris.net

Pearls of Wisdom

BAHRAIN IS AN ARCHIPELAGO

While many think of Bahrain as a single island, it is actually made-up of 33 islands. This archipelago is located in the Persian Gulf, connected to Saudi Arabia by the King Fahd Causeway.



HOME TO THE BAHRAIN INTERNATIONAL CIRCUIT

Bahrain is famous for its Formula 1 Grand Prix. The Bahrain International Circuit, which hosts the annual race, was the first in the Middle East. It is known for its stunning desert backdrop and night races, making it a unique venue in the F1 calendar.



NURSERY & PRESCHOOLS CONT

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
@littlepearlnurserybahrain

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

Lycée 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
@very berrynursery

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 0920
@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
Busaiteen 1732 3770
@lycee.francais.mlf.de.bahrein

Hawar International School
East Riffa 1366 6555
@hawarschool_official

Ibn Khuldoon National School
Isa Town 1778 0661
@ikns

International School of Chouefait
Amwaj 1603 3333
@iscmanama

Multinational School
Adliya 1771 1444
@mnschoolbahrain

Nadeen School Bahrain
Dilmunia 1772 8886
@nadeenschool

Naseem International School
Riffa 1778 2000
@nisbahrain

New Millenium School
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

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

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 1616 8094
@britishcouncilbh

British Language Center
Saar 1779 1468
@blc_bh

English Language Skills Center
Manama 1778 6449
@elscbahrain

Everything English
Manama 3671 5684
@everythingenglishlanguage

Garden of Knowledge
Bani Jamra 3561 7635
@the_garden_of_knowledge

Shaikh Ebrahim Center
Muharraq 1732 2549
@shaikh_ebrahim_center

Teach Bahrain
Janabiya 3729 9525
@teachbahrain

TUTORS

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



Enlighten Up Coaching
Manama 3913 0266
@enlightenupcoach

Kumon Bahrain
Janabiya 3684 3445
Mahooz 1774 1168
Sanad 1700 6355
@kumon_in_bahrain

Learning Plus
Saar 1759 0135

Mathnasium
Saar 3300 8840
@mathnasiumbah

Mathnasium
Saar 3300 8840
@mathnasiumbah

New Leaf Education
Manama 3303 0165
@new_leaf_education

Learning Center
Sehla 1740 0227
@sylvanbh

Level Up Bahrain
Saar 3975 7222
@levelup_bh

Teach Bahrain
Janabiya 3729 9525
@teachbahrain

Wise Young Generation Center
Hooraa 3377 9830

HOLIDAY CLUBS

Athletic Kings Tennis
Saar 3832 5914
@athletickingsbahrain

Artology
Saar 3679 0785
@artology.bh

Bahrain Rugby Football club
Saar 1769 5809
@bahrainrfc

The British Club
Adliya 1772 8245
@britishclubofbahrain

British School of Bahrain
Hamala 1761 0920
@britishschoolbahrain

Budaiya Pre – School
Saar 1779 1491
@budaiya_preschool

Centraal Club
Hamala 3813 8138
@centraal.club

Level Up
Saar Avenue 3975 7222
@levelup_bh

MiniMe Bahrain
Saar 3376 1361
@minime_bahrain

Juventus Academy Bahrain
Saar 3713 0107
@jacademybah

Ritz – Carlton Hotel
Seef 1758 0000
@ritzcarltonbahrain

Sofitel
Zallaq 1763 6414
@sofitelbahrain

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

Studio Ceramics
Budaiya 1700 2911
@studioceramicsbh

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

**SPECIALIST
EDUCATION**

Affinity Consultancy

Saar 3966 9267
affinityconsultancy.org

Alia Autism Center

Sitra 1773 0960
[@aliaschool](https://www.aliaschool.com)

Anne Mostafa Clinical

Psychology
Amwaj 6692 9422

**Athena Private School for
Special Education**

Salmabad 1656 8120
[@athenaprivateschool](https://www.athenaprivateschool.com)

Brain Body Dynamics

Saar 3888 0188
[@brainbodydynamics](https://www.brainbodydynamics.com)

British Council

Manama 1726 6166
[@britishcouncilbh](https://www.britishcouncilbh.com)

Children's Academy

Riffa 1761 3234
[@thechildrensacademybahrain](https://www.thechildrensacademybahrain.com)

**Clever Play (specialized in
STEAM)**

Riffa 3221 8929
[@clever.play](https://www.clever.play)

Disabled Sports Federation

Isa Town 1778 9191
[@disabledsportsfederationbahrain](https://www.disabledsportsfederationbahrain.com)

Hope Institute

Isa Town 1768 0815
[@hope_institute_bahrain](https://www.hope_institute_bahrain.com)

JMJ Specilaist Tuition

Janabiya 3941 9967

Leap Frog Education

Adliya 3687 3317

Little Village Center

Um Al Hassam 6632 4600
[@littlevillagecenter](https://www.littlevillagecenter.com)

Oasis Training Center

Budaiya 1733 0823
[@oasis.tc](https://www.oasis.tc)

Reach

Saar 3900 6065
[@reachabatherapy](https://www.reachabatherapy.com)

R.I.A Institute

Manama 1771 6871
[@riacenter](https://www.riacenter.com)

Steps Rehabilitation Centre

Janabiya 1724 6256
[@stepsrehabilitationcenter](https://www.stepsrehabilitationcenter.com)

Talk Play Grow

Manama 3829 2331
[@talkplaygrow](https://www.talkplaygrow.com)

**Think Behaviour &
Development**

Centre, Saar 3838 3760
[@thinkinc.me](https://www.thinkinc.me)



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NADEEN
SCHOOL
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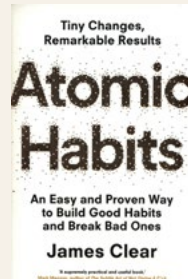
Admissions for 2025/26 are open!

Book a tour of our campus
in Dilmunia today!

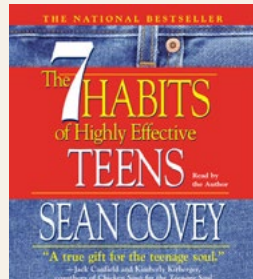


The Bookworm Recommends

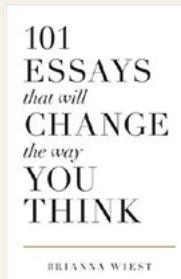
These recommendations are from lovely Meg Hutchinson at Beauty & The Bookworm. Follow her here [@beautyandthebookworm_](#)



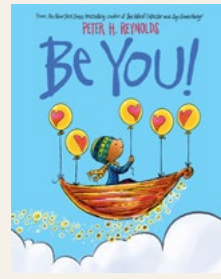
A practical guide to building good habits and breaking bad ones. This is the perfect read for those who find implementing new habits difficult.



A great read for teens looking to start the year more motivated. Applying the timeless principles of the 7 Habits, this helps teens become more efficient and guides their future decisions.



The perfect read for those who prefer to read little snippets at a time. It inspires fresh perspectives and challenges limiting beliefs.



From the creator of The Dot comes this beautiful story that encourages kids to celebrate their individuality and simply be themselves.



Living

SHOPPING

BOOK SHOPS

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

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

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

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

Jarir
Seef 7799 7755
[@jarirbookstore](#)

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

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

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

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

BUTCHERS

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

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

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

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

FLORISTS

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

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

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

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

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

GIFTS

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

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

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

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

Market Street Bahrain
Um Al Hassam 3399 2591
[@marketstreetbahrain](#)

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

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

Reverie Chocolaterie
Riffa 3226 1222
[@reverie_bh](#)

JEWELLERY

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

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

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

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

SHOPPING MALLS

Al A'ali Mall Seef
[@alaalimallbahrain](#)

Al Liwan Hamala
[@alliwanbh](#)

Bahrain Mall Seef
[@thebahrainmall](#)

City Centre Bahrain Seef
[@citycentrebahrain](#)

Country Mall Budaiya
[@countrymall](#)

Dana Mall Seef
[@danamall.bahrain](#)

Dragon City Muharraq
[@dragoncitybh](#)

El Mercado Janabiya
[@elmercadoj](#)



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NOVEMBER

Meeting	Date	Day	Fixture	No of Races	1st	2nd	3rd	4th	5th	6th	7th	8th	9th
1	1	FRI	TWILIGHT	8	15.30	15.55	16.20	16.45	17.10	17.35	18.00	18.25	
2	8	FRI	TWILIGHT	9	15.30	15.55	16.20	16.45	17.10	17.35	18.00	18.25	18.50
3	15	FRI	TWILIGHT	8	15.40	16.10	16.40	17.10	17.40	18.15	18.45	19.35	
4	22	FRI	TWILIGHT	8	15.30	15.55	16.20	16.45	17.10	17.35	18.00	18.25	
5	29	FRI	TWILIGHT	9	15.30	15.55	16.20	16.45	17.10	17.35	18.00	18.25	18.50

DECEMBER

Meeting	Date	Day	Fixture	No of Races	1st	2nd	3rd	4th	5th	6th	7th	8th	9th
6	6	FRI	TWILIGHT	8	15.30	15.55	16.20	16.45	17.10	17.35	18.00	18.25	
7	12	THU	NIGHT	8	17.30	17.55	18.20	18.45	19.10	19.35	20.00	20.25	
8	13	FRI	TWILIGHT	8	15.30	15.55	16.20	16.45	17.10	17.35	18.00	18.25	
9	20	FRI	TWILIGHT	9	15.00	15.25	15.55	16.25	16.55	17.20	17.45	18.10	18.35
10	27	FRI	TWILIGHT	8	15.30	15.55	16.20	16.45	17.10	17.35	18.00	18.25	

JANUARY

Meeting	Date	Day	Fixture	No of Races	1st	2nd	3rd	4th	5th	6th	7th	8th	9th
11	3	FRI	TWILIGHT	8	15.30	15.55	16.25	16.55	17.25	17.50	18.15	18.40	
12	10	FRI	TWILIGHT	8	15.30	15.55	16.20	16.45	17.10	17.35	18.00	18.25	
13	17	FRI	TWILIGHT	8	16.00	16.30	17.00	17.30	18.00	18.30	19.05	19.35	
14	24	FRI	TWILIGHT	8	15.30	16.00	16.30	17.00	17.30	18.00	18.30	19.00	
15	30	THU	NIGHT	9	17.15	17.45	18.15	18.45	19.15	19.45	20.15	20.45	21.15
16	31	FRI	TWILIGHT	8	16.00	16.30	17.00	17.30	18.00	18.30	19.00	19.35	

FEBRUARY

Meeting	Date	Day	Fixture	No of Races	1st	2nd	3rd	4th	5th	6th	7th	8th	9th
17	7	FRI	TWILIGHT	9	15.30	16.00	16.30	17.00	17.30	18.00	18.30	19.00	19.30
18	14	FRI	TWILIGHT	8	16.00	16.30	17.00	17.30	18.00	18.30	19.00	19.30	
19	21	FRI	TWILIGHT	8	16.00	16.30	17.00	17.30	18.00	18.30	19.00	19.35	
20	27	THU	NIGHT	8	19.00	19.30	20.00	20.30	21.00	21.30	22.00	22.30	

MARCH

Meeting	Date	Day	Fixture	No of Races	1st	2nd	3rd	4th	5th	6th	7th	8th	9th
21	6	THU	NIGHT	8	20.15	20.45	21.15	21.45	22.15	22.45	23.15	23.45	
22	7	FRI	NIGHT	8	20.15	20.45	21.15	21.45	22.20	22.50	23.20	23.50	
23	13	THU	NIGHT	8	20.15	20.45	21.15	21.45	22.15	22.45	23.15	23.45	
24	20	THU	NIGHT	8	20.15	20.45	21.15	21.45	22.15	22.45	23.15	23.45	
25	27	THU	NIGHT	8	20.15	20.45	21.15	21.45	22.15	22.45	23.15	23.45	

APRIL

Meeting	Date	Day	Fixture	No of Races	1st	2nd	3rd	4th	5th	6th	7th	8th	9th
26	3	THU	NIGHT	9	17.30	18.00	18.30	19.00	19.30	20.00	20.30	21.00	21.30
27	4	FRI	TWILIGHT	8	16.00	16.30	17.00	17.30	18.00	18.30	19.00	19.30	
28	10	THU	NIGHT	9	17.30	18.00	18.30	19.00	19.30	20.00	20.30	21.00	21.30
29	17	THU	NIGHT	8	17.30	18.00	18.30	19.00	19.30	20.00	20.30	21.00	
30	18	FRI	TWILIGHT	8	16.00	16.30	17.00	17.30	18.00	18.30	19.00	19.30	

DAY RACING NIGHT RACING RAMADAN RACING

* All times are subject to change and will be communicated by the racing office

bahrainturfclub.com



Please email us if you would like to add or correct a listing

LIVING

SHOPPING MALLS CONT

Galleria Mall Zinj
@galleriabhb

Jawad Dome Budaiya
@the_jawad_dome

Marina Mall Manama
Marassi Galleria Diyar
@marassigalleria

Moda Mall Diplomatic Area
@moda_mall

Nakheel Centre Saar
Oasis Mall Juffair / Riffa
@oasismallbahrain

Ramli Mall A'Ali
@ramli_mall

Saar Mall Saar
@saarmallbahrain

Seef Mall Seef/Muharraq
@seefmall

Sitra Mall Sitra
Thai Mart Muharraq
@thaimartbahrain

The Avenues Manama
@theavenuesbh

SUPERMARKETS

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

Al Jazira
Adliya/Budaiya/Mahooz/

Janabiya Park
@aljazira.supermarket

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

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

Tamimi Markets
Dilmunia / Nakheel / Riffa
@tamimimarketsbh

TOY SHOPS

Baby Essentials
Seef Mall 3693 2777
@baby_essentials_bahrain

World of Carousel
Saar 3935 0044
@carouselbahrain

Kiddy Kingdom
Saar 3656 3063
@kiddy_kingdom_bh

Sandooqi
Amwaj 3666 9415
@sandooqi_bh

Toys R Us
Seef 3967 0426
@toysrus.seef

Toy Story
Riffa 3349 3182
@toystory.bh

Toys World
Manama 3723 3371
@toysworldbh

Wonderland Toystore
Riffa 3998 5060

LOCAL MARKETS

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

Manama Central Market
Daily 4am – 3pm

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

Jasra Organic Farm
3800 8887
@jasraorganicfarm

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
@rakart

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 furnishings
Big Splinters Woodwork
Um Al Hassam 3399 2591
@bigsplinters

Homebox
Manama 8000 8077
Juffair 1731 7226
@homebox_bh

Home Centre
City Centre Bahrain 1717 2355
@homecentrestores

Homes R Us
Sehla 1755 6001
@homesrusbahrain

Ikea
Salmabad 8000 1120
@ikeabahrain

Luxe Living
Seef 3717 7701
@luxelivingbh

Marina Home
Seef 1758 2752
@marinahomeinteriors

HOME IMPROVEMENTS

iFix
Manama 1755 2555
@ifixbh

Fix it
Manama 3651 0027
@fix_it.bh

Hempel Paints
Budaiya 1772 8668
@hempeldecorativeme

Manazil
Salmabad 1778 6727
@manazil.bh

INTERIOR DESIGNERS

Aalaa Interior Design
Manama 3773 3873
@aalaa.design

Beckett Interiors
Seef 1734 4432
@beckett_bh

Qreative Design
Manama

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



REMOVAL COMPANIES CONT

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

PETS

ANIMAL RESCUE

Bahrain Animal Rescue Centre BARC
Hamala 3944 6907
@bahrainanimalrescuecentre

Bahrain Strays
Manama 3967 5919
@saveourstraysbahrain

BSPCA
Askar 1759 1231
@bspc

BSPCA Thrift Shop
Budaiya 1759 3479
@bspc

GROOMING & PET SUPPLIES

California Pets
Budaiya 1760 0933
@californiapets

Horse and Hound
Budaiya 1700 1761
@horseandhoundbh

Pet Arabia
Amwaj 1759 2288
@petarabia

Pet Arabia
Budaiya 1759 2288
@petarabia

Petland
Arad 1310 7474
@pet_land

Pets Home
Hamala 1730 0203
@pets_homebh

Pick me Pets
Budaiya 3883 0311
@pickmepetsgcc

Pretty Paws Mobile
Manama 3728 8188
@pretypawsbh

PET HOTELS

Bed & Biscuits
Manama 1740 2350
@bedandbiscuitsbh

Delmon Boarding Kennels & Cattery
Barbar 1769 4066
@demonkennels

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

PET RELOCATION

Bed & Biscuits
Manama 1740 2350
@bedandbiscuitsbh

Delmon Pet Relocators
Barbar 3972 9868
@delmonpetsrelocatorsbh

Jetpet Global
Muharraq 3700 0082
@jetpetglobal



VETS

Animal Care Clinic
Hamala 1761 2459
@animalcareclinic2

Barri's Vet Hospital
Saar 1700 1088
@barrisvethospital

Charis Vets
Budaiya 1310 6800
@charisvets

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

Eman Veterinary Clinic
Riffa 3944 2216
@emanvetclinic

House Veterinary Center
Muharraq 1720 0075

EVENTS

BALLOONS

Balloons Heaven
Riffa 3551 6459
@balloons_heaven.bh

Epic Events
Manama 3335 0027
@epicevents.bh

Fifty Five Balloons
Manama 3457 2373
@fiftyfive_balloons

CATERING

Aroma
Manama 1758 2711
@aromaexpressbh

Baker and Spice
Seef 1360 9666
@bakerandspiceme

Bite Me Catering
Riffa 3926 9696
@bitemebahrain

Cake Boutique
Seef 1755 2253
@cakeboutiquebh

Chipa
Salmabad 3964 0177
@tastechipa

David's Stir Fry Crazy
Adliya 1754 0188
@davidsstirfry

Donut Wall
Saar 3974 0496
@donutwallbh

Flaming Salmon
Seef 6666 8444
@flamingsalmon

Gulf Hotel Catering
Adliya 3737 2111
@thegulfhotelbh

Haute Cupcakes
Seef 3306 7770
@haute cupcakesbh



It's Party Time!



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
@lumeestreet

M by Mirai
Seef 1778 3030
@mbymirai

Nosh Bakes
Manama 3837 2020
@nosh.bakes

A Piece of Cake
Riffa 1777 7909
@a_piece_of_cakebh

A Piece of Cake
Budaiya 1759 1655
@a_piece_of_cakebh

Rue Catering Services
Janabiya 3939 9090
@rue.catering

Sage and Sirloin
Hamala 1761 1949
@sageandsirloin

Swiss Belhotel
Seef 1736 2233
@swissbelhotelseef

YallaCake
Manama 3391 4140
@yallacake

EVENT PLANNERS

Bubbles Events
Manama 3331 0133
@bubbleevents

By Amna Alkan
Manama 3443 1788
@amnas_events_

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

Events A La Carte
Manama 3993 0324
@eventsalacarte

Events by Dhabiya Manama
@eventsbydhabiya

Events by Leaves
Seef 1759 9055
@eventsbyleaves

Events Essentials
Manama 3407 6282
@events_essentials_bh

Fatoom Events
Manama 3900 4465
@entertainment.world.bh

Kids Party Maker
Manama 3728 8988
kids_party_maker_bahrain

L'Arabia
Hamala 7717 7377
@l_arabia

Newbury Events
Riffa 3720 2786
@newburyevents

Noah's Events
Manama 3940 6706
@noahseventsahrain

Picnico
Manama
@picnico_bh

Purple Papaya Events
Jidhafs 3666 5130
@purplepapayaagency

Sara Events
Manama 3393 6690
@sara_events_bh

Sleepee Teepee
Saar 3974 0496
@sleepeeeteeppee

The Party People of Bahrain
Seef 3352 2571
@thepartypeople_ofbahrain

FANCY DRESS

The Dressing up Box

Saar 3200 8289
@thedressingupbox.bh

PARTY SUPPLIES

Al Wasmiya Tent & Supplies

Manama 3316 6999
@alwasmiyatent

Costume Chest

Juffair 3965 8541
@costumechest

Day to Day

Jannusan 1744 1000
@daytodaybh_

Entertainment World

Manama 3900 4465
@entertainment.worldbh

Evento De Bahrain

Manama 6666 2013
@eventodebh

Party Mania

Budaiya 1766 0515
@partymaniabahrain

The Dressing Up Box

Saar 3200 8289
@thedressingupbox.bh

PARTY VENUES

Al Areen Palace and Spa

Al Areen 1784 5000
@alareenpalaceandspa

Artology

Saar 3679 0785
@artology.bh

Artzania

Manama 3996 9933
@artzania

Bahrain International Karting

Circuit, Sakhir 1745 1745
@bahrain_karting

Bahrain Rugby Football Club

Saar 1769 5809
@bahrainrfc

Bahrain Science Centre

Isa Town 1768 6466

British Club

Adliya 1772 8245
@britishclubofbahrain

Budaiya Pre – School

Budaiya 1779 1491
@budaiya_preschool

Dilmun Club

Saar 1769 0926
@dilmunclub

Escape Code

Saar 1750 0023
@escape.code

Flip n Fun

Hamala 3889 4111
@flipnfun.bh

Four Seasons

Bahrain Bay 1711 5000
@fsbahrain

Funland Center

Manama 1729 2313
@funland.bahrain

Kids Palace

Saar 1765 1050
@kidspalacebh

Jumpsters

Saar 1769 1558
@jumpsters_bh

Jump Up

Tubli/ A'ali 3355 1225
@jumpup.fun

Lost Paradise of Dilmun

Water Park, Al Areen 1784 5100
@lpodwaterpark

Mad Science Bahrain

Budaiya 3971 0055
@madsciencebh

Magic Island

Seef 7791 1211
@magicislandbh

Mosaic House

Budaiya 3925 3942
@mosiachousebahrain

Nutty Scientists

Seef 3355 3551
@nuttyscientistsbahrain

Pottery at Studio Ceramics

Budaiya 1759 9026
@studioceramicsbh

Ritz – Carlton Hotel

Seef 1758 0000
@ritzcarltonbahrain

Sleepee Teepee Bahrain

Saar 3974 0496
@sleepeeetepee bh

Soccer Stars Academy

Janabiya 3319 3060
@soccorstars_bh

Soul Culture

Saar 3338 2263
@soulculturebh

Tekkers

Saar/Sanabis/Riifa/Dilmunia 3384 3416
@tekke rs_bahrain

The Heaven Muharraq

Muharraq 3909 0080
@theheaven_muharraq

Yellow Submarine

Wadi Al Sail 3805 6666
Saar Mall 3990

COMMUNITY

LOCAL CHARITIES & 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

Pre Loved Books

@prelovedbook.bh

Shamsaha

Manama 3844 7588
@shamsaha_me

Think Pink Bahrain

Manama 3907 6717



Community

Small business shout outs

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Bahrain

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Barefoot Nutrition

Gaby Tayler, with 15+ years in the health industry, is a UK registered Nutritional Therapist.

Her company @barefootnutritionaltherapy offers bespoke virtual 1-1 consultations to help you improve your health by making practical and realistic changes to your diet and lifestyle. Gaby's experience thus far has been in obesity, heart health, infertility, gut health, hormonal conditions such as PCOS, and mental health. If you are looking for a compassionate, personalised approach to improving your health through guided diet and lifestyle changes, please reach out to her:

✉ gaby@barefootnutritionaltherapy.com

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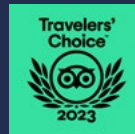


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USEFUL CONTACTS

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 1760 0110
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
@britishchambercommerce
bahrain

PHOTOGRAPHERS

Amani Photography
Seef 3998 8068
@amanipphoto_studio

Bader Alwazeer Photography
Manama 3777 3308
@bader_photo

Euroway Photography & Design
Hooraa 3730 0097
@euroway_photography

Fatmina Photography
Manama 3662 2622
@fatimaphotography.bh

Hannah Elson photography
Janabiya 3615 5345
@hannahelsonphotography
Javeen 3635 1264

Jodie Baker Photography
Janabiya 3885 2723

@jodiebakerphotography
Khatoon & Bader
Manama 3934 4258
@bkweddings

Little Miracles by Sherin
Manama 3444 3662
@littlemiraclesbys

Makenzie Everbout
@makenzieeverbout
photography

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

TELECOMS

Batelco 3926 4462
STC 3312 4124
Zain 3610 7107

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