

CONNECT

Bahrain

The **FREE** family directory

SOME OF THE BEST
ITALIAN RESTAURANTS
IN BAHRAIN

CHILDREN'S FUN
FACTS AND ACTIVITY
SECTION

Summer
recipes
TO TRY AT HOME

CONNECTBAHRAIN.COM

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Me..."

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their inner mavericks



Welcome

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

This edition is packed full of all of your favourite features. We have
delicious summer recipes, a travel guide featuring a weekend in Abu
Dhabi plus an article on some of the best Italian restaurants in Bahrain,
and much more.

Our magazine is free and available throughout Bahrain, in every Alosra
store and the Gulf Air Lounge. 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

whatsapp +973 3226 8251

CR 159194

For our summer edition we have hidden x10 'buckets and spades'
amongst the pages. See if you can find them! Here is the first one. 



Favourite Italian
Restaurants

Page 14



Explore Abu
Dhabi

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SCAN THIS



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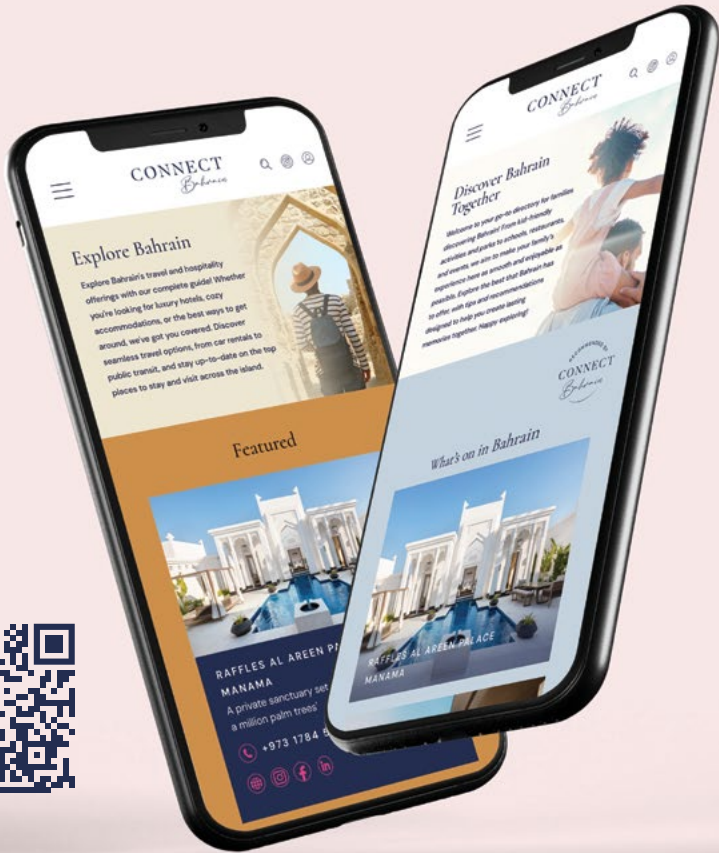


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Bahrain

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

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YOU GO



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MAP OF *Bahrain*



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



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RESERVATIONS.BAHRAIN@RAFFLES.COM



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



CULTURE CONT.

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](#)

Explore Bahrain



Saturday

The Al Fateh Grand Mosque is one of the largest mosques in the world. Open to visitors, it offers guided tours where you can learn about Islamic architecture, traditions, and practices. The mosque’s stunning design, with its large dome and intricate calligraphy, is an architectural marvel worth seeing. Book a tour in advance, we recommend lovely Hasher from Airhome Travels.

Just before sunset, take a drive to Nurana, an undeveloped reclaimed island just north of Budaiya Highway. The large island is a good place for a walk and has great views back over Manama. Take a picnic and watch the sky turn orange as the sun sets, if you’re lucky you’ll see the local Flamingos standing in the shallow water. You can also go horse riding here with local guides (Contact Kasha Tours).

Some weekend inspiration

Friday

Head to the heart of Manama and immerse yourself in the bustling atmosphere of the Manama Souq. This traditional market is a maze of narrow alleys lined with shops selling everything from spices, textiles, and gold jewellery to perfumes and souvenirs. It’s the perfect place to pick up unique gifts and experience the local culture. Grab a coffee at the Cinnamon Café which is an outpost of the Merchant House. Don’t forget that the Souk closes between Friday prayers and 4pm on Fridays.

For lunch, enjoy traditional Bahraini cuisine at one of the nearby local restaurants. Haji’s Restaurant offers classic dishes like machboos (a rice dish with meat) or Bahraini kebabs and it is great value for money.





NOW IN SAAR AND RIFFA

YELLOW Submarine

- Three-Storey Jungle Gym
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- Birthday Parties

yellowsubmarinebh@gmail.com
Saar Mall: 39900994 Wadi Al Sail: 38056666
Yellow Submarine Bahrain [yellowsubmarinebh](#)



AIRLINES			HOTELS		
Air Arabia @airarabiagroup	1750 5111		Etihad Airlines @etihad	1751 9999	Dragon Resort Amwaj 1603 1111 @dragonhotelbh
Air Canada @aircanada	1782 8768		Gulf Air @gulfair	1737 3737	Al Bander Hotel and Resort Sitra 1770 1201 @alibanderhotelandresort
Air France @airfrance	1722 0870		KLM @klm	1722 9747	Elite Resort & Spa Manama 1731 3333 @eliteresort_spa
Air India @airindia.in	1722 0788		Kuwait Airways @kuwaitairways	1722 3300	Conrad Hilton Financial Harbour 7797 7777 @conradbahrain
American Airlines @americanair	1782 6725		Oman Air @omanairofficial	1750 0020	Four Seasons Hotel Bahrain Bay 1711 5000 @fsbahrain
British Airways @british_airways	1758 7777		Qatar Airways @qatarairways	1721 2202	Fraser Suites Diplomatic Diplomatic Area 1616 1800 @fraserdiplomatic
Cathay Pacific @cathaypacific	1722 6226		Saudia Airlines @saudi_airlines	1721 1550	Golden Tulip Manama 1753 5000 @goldentulipbahrainhotel
Cyprus Airways @cyprusairways	1722 0849		Bahrain International Airport Muharraq 8000 7777 @bahrainairport		Grand Swiss – Belhotel Waterfront 1717 7333 @grandswissbelhotelwaterfront
Egypt Air @egyptair	1724 3317		Hala Bahrain Muharraq 1713 9002 @halabahrainhospitality		Gulf Hotel Manama 1771 3000 @thegulfhotelbh
Emirates Airlines @emirates	1758 8700				Hilton Bahrain Manama 7701 0100 @hiltonbahrain

AIRPORT INFORMATION





THE RITZ - CARLTON
BAHRAIN

EXPERIENCE MALDIVES IN MANAMA

Enjoy our Villa day access this season sipping refreshing mocktails in the confort of your own private infinity pool or perfect your tan in the seclusion of your own beach. It's the perfect antidote for a stressful week at work or as a quick holiday home to enjoy quality time with your loved ones or the family.

VILLA DAY ACESS FROM 10 AM - 5 PM.

Call to reserve +973 1758 6868 or
email reservations.bahrain@ritzcarlton.com.

Terms and conditions:
• Maximum of 6 persons.
• Does not include food and beverage.
• Offer is subject to availability and cannot be combined with any other offer or promotions.

Hilton Garden Inn Bahrain Bay Bahrain Bay 7790 1111 @hiltongardeninnbahrainbay	Novotel Al Dana Resort Manama 1729 8008 @novotel_bahrain	Swiss – Belhotel Seef 6631 0000 @swissbelhotelseef	CAR RENTAL
Ibis Styles Diplomatic Area 1723 3310 @ibisstylesbahrain	Palm Yard Hotel Manama 1772 5000	The Address Marassi Beach 7749 9666 @addressresortbahrain	Avis Manama 3848 4545 @avis.bahrain
Intercontinental Regency Bahrain Manama 1722 7777 @interconbahrain	Raffles Al Areen Palace Bahrain Zallaq 1784 5000 @rafflesalareenpalace.bahrain	The Art Hotel and Spa Amwaj 1600 0111 @theart.bh	Budget Manama 1753 4100 @budgetbahrain
Jaw Resort & Spa Jaww 7797 9797 @jawresortbahrain	Ramada Seef 1774 2000 @ramadabahrain	The Grove Amwaj 1603 0303 @thegroveresortbahrain	EuropCar Manama 1768 1999 @europcar
Jumeirah Gulf of Bahrain Zallaq 7777 1000 @jumeirahgulfobahrain	Ramee Grand Seef 1711 1999 @rameegrand.bh	The K Hotel Juffair 1736 0000 @khotelbahrain	Hertz Manama 1729 7117 @hertz
Laguna Beach Resort Budaiya 1663 0000 @laguna.bh	Ritz–Carlton Bahrain Seef 1758 0000 @ritzcarltonbahrain	The Merchant House Manama 1667 1000 @themerchanthousebahrain	Kanoo Daily Rental Manama 1778 4042
Le Meridien Seef 1717 1000 @lemeridienbahrain	Reef Resort Hotel Reef Island 1311 0110 @reefboutiquehotel	The Westin Bahrain Seef 1717 1000 @westinbahrain	OTO Rent A Car Manama 1721 1682 @ottorentacar
Majestic Arjaan Rotana Muharraq 3999 7289 @majesticarjaanbyrotana	Royal Saray Seef 7770 7070 @royalsaray	Vida Beach Resort Marassi Al Bahrain 7748 8100 @vidabahrain	Rotana Seef 1717 9030 @rotanacars
Movenpick Muharraq 1746 0000 @movenpickbahrain	Sofitel Hotel Zallaq 1763 6347 @sofitelbahrain	Wyndham Grand Manama Juffair 6631 6666 @wyndhamgardenbah	SIXT Manama 1713 8920 @sixt

THE
BRUNCH
Affair

A Sensory Journey
Beyond the Plate

EVERY FRIDAY | 11 AM - 4:30 PM

Legendz
SteakHouse

For bookings or more information
17227777

TOUR GUIDES			TAXIS		
Airhome Travels Manama 3655 1214 @airhometravels			Arabian Taxis Hidd 1746 1746		
Ishtar Gate Tour & Tourism Consultancy 3678 8001 www.ishtartour.com			Bahrain Chauffeur Limo Manama 3306 2726		
Sylvia Tourguide Manama 3309 8001			Bahrain Taxi Manama 6696 6976		
Sophie's Secret Bahrain Saar 3393 3230 @sophie_secret_bahrain			Careem @careembah		
Vendy Tourguide Manama 3947 2025			Gulf Taxi Manama 3444 4616		
			Speedy Motors Manama 1768 2999		
			Uber @uber		
CAR DEALERSHIPS					
Euro Motors Sitra 1775 0750 @euromotors_bh					
Mercedes Benz Bahrain Tubli 1778 5454 @alhaddadmotors					
Java Motors Bahrain Budaiya 1759 6626 @javamotorsbahrain					



Some of the best Italian Restaurants in Bahrain

In this edition we are including some of the best Italian restaurants in town, bringing authentic flavours from Italy straight to the heart of the Gulf. Whether you're craving traditional pizza, rich pastas, or exquisite Mediterranean dishes, Bahrain has plenty of options that cater to all tastes.



Cico's

Cico's was founded in 1978 and is a firm family favourite in Bahrain. Located in Adliya, this trattoria style restaurant offers top quality, traditional Italian cuisine. The menu is a fusion of the freshest ingredients and authentic Italian techniques. Their homemade pasta is highly recommended. There's a reason Cico's is everyone's go-to local Italian! Coming soon, Cico's is opening another branch of its restaurant in The Financial Harbour. The new restaurant will be on the top two floors, with sweeping views over Bahrain. There will also be a bar and cigar lounge. We can't wait to visit.

Cico's 1771 3710



Cipriani

If you're looking for luxury, look no further than Cipriani Bahrain. Located in Marassi Beach residential complex, expect timeless glamour and exceptional service paired with traditional Italian and Venetian dishes. Cipriani features an intimate bar and restaurant, a pool and beach area, and a menu which includes some of the famous Harry's Bar classics. Go for a family lunch or an intimate dinner, you will feel like you have been transported to Venice.

Cipriani 1700 3300

Masso

Situated at the Palm Yard Hotel, Masso is an iconic Italian restaurant with a long-standing reputation for delivering high-quality Italian dishes. This fine-dining establishment offers an intimate and sophisticated dining experience, whether you opt for dining inside or al fresco. The menu features a variety of antipasti, pizzas, pastas, meats and fresh seafood, all paired with an excellent selection of Italian wines. Masso is where the French Riviera meets the Amalfi Coast. It's no surprise that Masso is a favourite for many and a great place to celebrate a special occasion.

Masso 1772 1061

Fatto

Known for its great pizzas, Fatto is a favourite for many. It is located across Bahrain in three different locations, Adliya, Al A'ali Mall and now in the new Timeout Market. Fatto is famous for its wide selection of wood-fired pizzas and also has Bahraini and American options too. Their lovely atmosphere and extensive menu make Fatto a popular choice for a relaxed dining experience. Top tip – their homemade gelato is delicious!

Fatto 6677 8822

Vapiano

Vapiano is great value for money and is located in City Centre and features a distinctive open-kitchen concept where guests can watch their meals being prepared right in front of them. Known for its freshly made pasta and salads it also caters to various dietary preferences, including vegetarian and gluten-free options.

Vapiano 1749 1391



Oliveto

Located in Adliya, with a stunning courtyard garden, this restaurant offers a variety of modern and more traditional Italian dishes. Chef Antonio is passionate about creating the taste of Italy using the finest ingredients. This award-winning restaurant is Italian fine dining at its best. They will even pair a bottle of wine with your meal to enhance your tasting experience (weekdays only).

Oliveto 3991 9093

Primavera

Primavera, located in the luxurious Ritz-Carlton Bahrain, offers an elegant fine dining Italian experience with views of the gardens and pool. The restaurant's intimate setting is ideal for romantic dinners or celebrations, offering a contemporary yet cozy atmosphere. Primavera is known for its exquisite selection of Italian wines and its seasonal menus that feature fresh, locally sourced ingredients.

Primavera 1758 6452

L'Orto

Now under new management, L'Orto is a fantastic option for Italian fine dining in Bahrain. The Executive Chef Antonio Camilli masterfully blends tradition and innovation, resulting in a menu where every dish tells a story. Dishes like Risotto Cacio e Pepe, Heirloom Tomato Burrata and Grilled Tiger Prawns are a good example of simple yet sophisticated cuisine. The restaurant and garden are stunning, with tables under olive trees and low lighting. It's a great place for dinner.

L'Orto 1777 7818

Osteria Papa

Located in the heart of Manama, the newly opened Osteria Papa offers an extensive menu that captures the essence of Italy. The restaurant is the creation of two Italian chefs Steven and Paul who are passionate about using fresh ingredients to make delicious Italian dishes. They even have an edible garden on the roof terrace where they grow fresh produce. Signature dishes like their handmade pastas, wood-fired pizzas, and decadent desserts, are favourites among locals and tourists alike.

Osteria Papa 3660 0888

Food & Drink



1. Start your day at the indoor Farmers' Market in

Tucked away in Salmabad this light-filled indoor market has the makings of a perfect European morning: crates of vegetables, fruits and herbs, as well as local honey, plants and stalls offering everything from dates to spices. Make sure to stop and enjoy a coffee and bite before you head home with your wares.

2. Escape to Jaradah Island

Just off the coast of Manama, this tiny sandbar appears with the tides and feels like your own secret Aegean escape. Book a boat, pack a picnic and soak in the turquoise waters. It's blissful and sun-drenched – Mediterranean fantasy, minus the passport.

3. Sunset at the Royal Golf Club

You don't have to play 18 holes to enjoy this slice of green. Head to the bar just before sunset for a mocktail (or the real thing), watch the sky change over the greens and let yourself exhale.

4. Long Italian-style family lunch

When the heat's high, there's nothing better than slipping into the cool interiors of Cico's Italian Restaurant in Adliya. One of Bahrain's oldest and most beloved spots, it feels like stepping into a family-run trattoria in Rome. Think old-school charm, and generous portions of homemade pasta, pizza, and traditional desserts. Take your time. Order the antipasti. Stay for dessert. Then linger a little longer.

5. Book a night at The Merchant House

Need the full European boutique hotel fantasy? This chic hideaway in the heart of Manama delivers. Think rooftop pool, art-filled rooms and that quiet luxury feeling you get from staying somewhere and knowing it was a good decision!

How to Stay Cool in Bahrain This Summer

(While Pretending You're on a European Getaway)

Written by
hungry
fifi

No flights to Mykonos? Can't swing Portofino this year? Don't worry. With a little imagination and the right itinerary, Bahrain can absolutely serve summer holiday energy.

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



This traditional tiramisu is the perfect blend of richness, creaminess, and delicacy, offering a custard-like texture that feels indulgent and airy. Featuring luscious layers of mascarpone cream, coffee-infused ladyfingers, and a generous sprinkle of cocoa powder, this authentic dessert delivers the true taste of Italy in every bite.



Let's cook

TRY THIS TIRAMISU FROM OUR FAVOURITE ITALIAN RESTAURANT CICO'S

Ingredients:

- ☐ 1 cup of Camardo coffee
- ☐ 4 large eggs, separated
- ☐ 1 cup granulated sugar, divided*

- ☐ 16 ounces mascarpone, cold from the fridge
- ☐ 1 teaspoon vanilla extract
- ☐ 1 16-ounce package of lady fingers
- ☐ cocoa powder, for dusting

Preparation Instructions:

- 1 Start by brewing camardo coffee. Pour it into a wide, shallow bowl, and set aside.
- 2 Separate the eggs, placing the whites in a stand mixer bowl with a whisk attachment and the yolks in a separate bowl for later use.
- 3 Whip the egg whites on high speed while gradually adding ½ cup of granulated sugar, beating for about three minutes until stiff peaks form.
- 4 Transfer to a clean bowl using a rubber spatula.
- 5 In the stand mixer, beat the egg yolks with the remaining ½ cup of sugar on high speed until they become fluffy and pale yellow, about three minutes.
- 6 Mix the mascarpone and vanilla extract into the yolk mixture until well combined.
- 7 Gently fold half of the yolk mixture into the whipped egg whites using a rubber spatula. Repeat with the remaining yolk mixture, being careful not to overmix to keep the airy texture.
- 8 Quickly dip the ladyfingers into the coffee on both sides, then arrange them in a single layer in your chosen pan.
- 9 Spread half of the mascarpone mixture over the ladyfingers. Repeat with another layer of dipped ladyfingers and top with the remaining mascarpone mixture.
- 10 Finish by dusting cocoa powder over the top.

Refrigerate for at least four hours or overnight before serving. Enjoy!





SPOTLIGHT ON BRUNCH

Review of Cantina Kahlo at The Ritz-Carlton Bahrain

Location: The Ritz-Carlton Bahrain **Cuisine:** Mexican Fusion

Cantina Kahlo, located at the Ritz-Carlton Bahrain, offers a vibrant Mexican brunch every Friday and Saturday. The restaurant blends modern and traditional Mexican cuisine making it one of Bahrain's most popular brunches.

The Restaurant

The moment you arrive at Cantina Kahlo, you feel like you've stepped into a restaurant in Mexico. The decor features bold colours, intricate patterns, and beautiful artwork inspired by the legendary Frida Kahlo. There is also a lovely outdoor seating area with beautiful views of the tropical gardens.

Food & Drink

Cantina Kahlo's brunch menu is an exciting fusion of traditional Mexican flavours and modern cuisine. The brunch begins with a delicious selection of starters, including tacos and everyone's favourite, Guacamole with crispy tortilla chips. The main courses are equally impressive, with Mexican classics including grilled meats and fajitas. To finish there are plenty of sweet treats including our favourite, churros with chocolate sauce.

The beverage package includes an extensive cocktail menu, featuring Mexican-inspired drinks like Margaritas (supposedly the best spicy margarita in town!) as well as beer and wine. There is also a selection of fresh juices and mocktails that pair well with the spicy dishes.

Entertainment

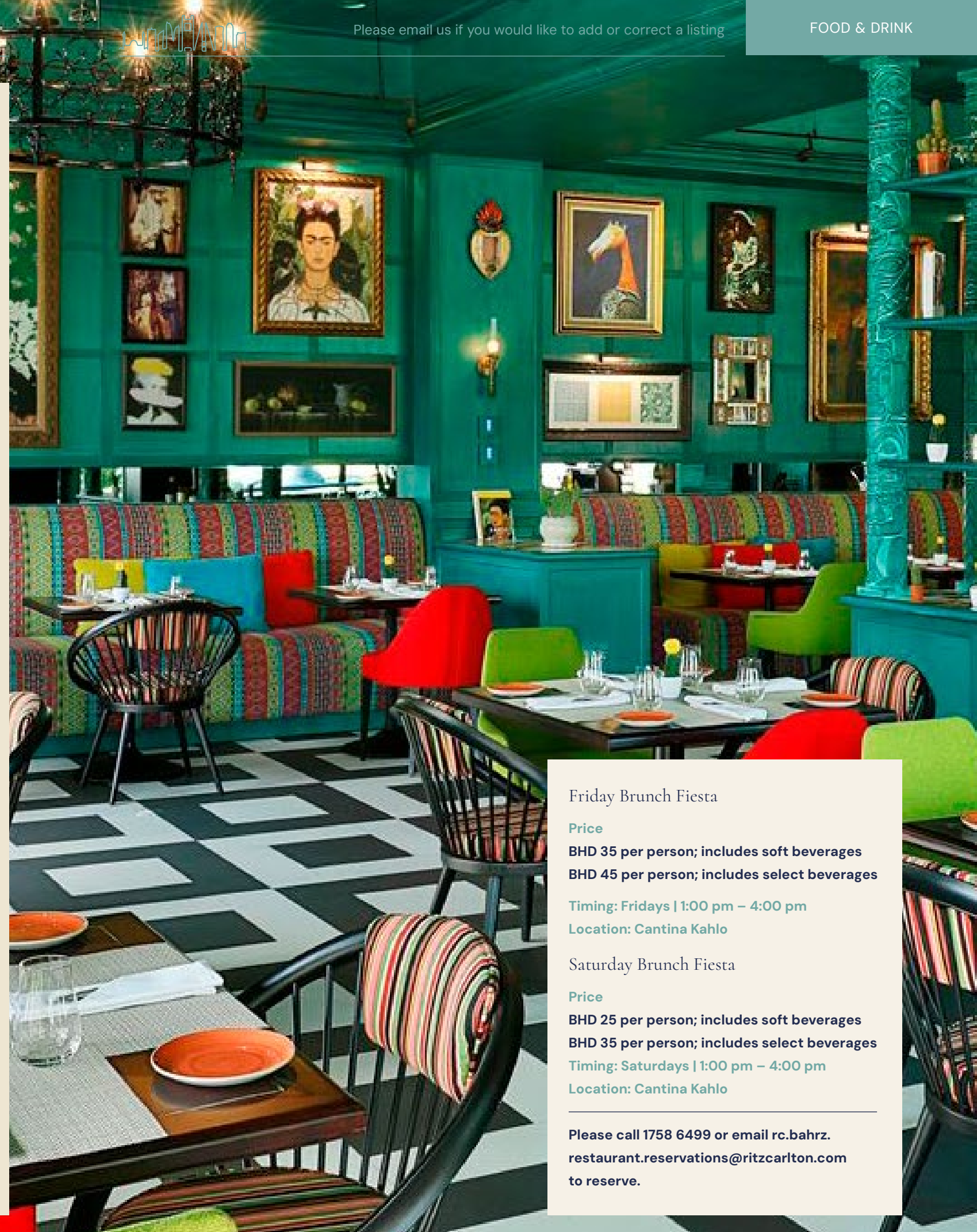
The lively Mariachi band is a great addition, singing classic Mexican songs, they will also fulfil any song requests from the diners. The music really adds to the fun atmosphere.

Service

The service at Cantina Kahlo is exceptional. The staff are attentive, friendly, and knowledgeable about the menu. They go out of their way to ensure that everyone has a seamless and enjoyable experience.

Our Verdict

Cantina Kahlo's brunch brings a taste of Mexico to Bahrain. Whether you're a regular or looking for a new brunch spot to enjoy with friends or family, Cantina Kahlo is our top choice. The combination of delicious Mexican food, stunning ambiance, and excellent service makes this brunch one of the best on the island. Although there is no children's entertainment provided, it is child friendly and a great place to take the whole family. Top tip: request a table outside if the weather permits.



Friday Brunch Fiesta

Price

BHD 35 per person; includes soft beverages
BHD 45 per person; includes select beverages

Timing: Fridays | 1:00 pm – 4:00 pm

Location: Cantina Kahlo

Saturday Brunch Fiesta

Price

BHD 25 per person; includes soft beverages
BHD 35 per person; includes select beverages

Timing: Saturdays | 1:00 pm – 4:00 pm

Location: Cantina Kahlo

Please call 1758 6499 or email rc.bahrz.restaurant.reservations@ritzcarlton.com to reserve.

BRUNCH

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

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

Baharat
Le Meridien 3320 4175
Friday 1 – 4:30pm
Buffet 25 – 36BD

Bo – Sabi
The Diplomat Radisson 3811 1474
Friday 1–5pm
Buffet 28 – 32BD

Bushido
Seef 1758 3555
Friday 12:30 – 3:30pm
Buffet 24.1BD – 33.2BD
Saturday 12:30 – 3:30pm
Buffet 19.9 – 29.9BD

Cantina Kahlo
Ritz Carlton 1758 6401
Fri and Sat 1 – 4pm
Set menu 25 – 35BD

Choices
Art Hotel 1600 0111
Friday 12:30 – 4pm
Buffet 28 – 38BD

Circa
Friday brunch 3992 7872
Friday 1 – 5pm
Set menu 35 – 44BD

Moonlight Brunch
Thursday 9pm – 1am
Set Menu 35 – 44BD

La Mosaïque The Family Brunch
Crowne Plaza 1753 1122
Friday 12:30 – 4pm
Buffet 18 – 33BD

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

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

Escobar
Adliya 1723 1331
Friday 1 – 5pm
Set Menu 24.9 – 36.9D

Fishbone
Novotel 1729 8436
Friday 12.30 – 4pm
Set menu 38BD

Flavours on 2
Downtown Rotana 1311 9999
Friday 12 – 4pm
Buffet 18 – 25BD

Gallery 21
Manama 1771 1600
Friday 12– 3:30pm
Buffet 19 – 34BD

Harvester
Crowne Plaza 1753 1122
Friday 12 – 4pm
Buffet 25BD

Indigo
Merchant House 1667 8666
Fri and Sat 1 – 4pm
Set menu 30 – 45BD

JJs Irish restaurant
Adliya 3384 3005
Friday 12 – 5pm
Buffet 21.9 – 31.8BD

La Med
Ritz Carlton 1758 6499
Friday 1 – 4pm
Buffet 33 – 44BD

Legendz Steakhouse
Intercontinental 3696 7701
Friday 11 – 4pm
Buffet 28 – 37BD

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

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

Obab Al Bahar
Jumeriah Gulf of Bahrain 7777 1000
Friday 12:30 – 4pm
Buffet 30 – 39BD

Opa
Royal Saray 3355 5244
Friday 12:30 – 4pm
Set menu 25 – 35BD

Origin Kitchen and Culture
Hilton Bahrain 3369 2013
Friday 12:30 – 4pm
Buffet 28 – 39BD

Orla
Adliya 7793 9393
Friday 12:30 – 4pm
Set Menu 38BD

Riviera by Palma
Raffles Al Areen Palace and Spa 3605 7494
Saturday 12–4pm
Set Menu 38–48BD

Pashwat
Sofitel 3888 5789
Saturday 12:30 – 4pm
28BD

Rosso
Art Hotel 1600 0111
Saturday 12:30 – 4pm
Buffet 28 – 38BD

Silk
Movenpick 1746 0000
Friday 12:30 – 4pm
Buffet 42BD

Sofitel
Zallaq 1763 6363
Friday 12:30 – 4pm
Buffet 36BD

The Village
Downtown Rotana 1311 9999
Friday 12:30 – 4pm
Buffet 18 – 34BD

The Dilmun Club
Saar 1769 0926
Friday 1 – 5pm
Buffet 12 – 18BD

Texas Longhorn
Adliya 1710 4655
Friday 12– 4pm
Set menu 16BD – 22.5BD

Trader Vics
Ritz Carlton 1758 6555
Every 1st Friday of each month
1 – 5pm
Buffet 22 – 28BD

COFFEE & CAKE

Audrey's Bakery
Tubli 3889 9021

Aroma Café
Seef 1758 2711
@aromabahrain

A Piece of Cake
Riffa 1777 7909
@a_piece_of_cakebh

Baker & Spice
Al Aali Mall 1360 9666
@bakerandspicebah

Boulangerie Sophie
Amwaj 1603 0912
@chezsophie.bh

Cakes and Bakes
Riffa 3933 3466
@cakesandbakes.bh

Café Chantilly
Saar 1720 0071
@chantilly_bh

Café Delices
Manama 1771 3000
@cafedelicebh

Café Lilou
Adliya 1771 4440
Seef 1758 3939
@cafelilou

Café Sego
Manama 1721 1152
@cafesego

Cake Boutique
Seef 1755 2253
@cakeboutiquebh

ChocoBisc
Manama 3509 4993
@choco_bisc

Crème London
Al Liwan 6664 4323
@cremelondonbh

Crumbles
Riffa 3611 6313
@crumbles_bakery

Dose café
Water Garden City 1700 0774
@dosecafe_bh

Eastern Bakery
Mina Salman 1772 7133
@easternbakerybh

Esquires
Awali 3600 0000
@esquires_bahrain

Furn
Seef 1717 1441
@furnbahrain

GB Café
Seef 7708 7768
@greenbarcafe

Goodness
Saar 3360 0082
@goodness.bh

Grotta
Hamala 3320 0780
@grottabakery

Hala Lebnan
Reef Island 1777 2600
@hahalebnan.bh

Haute Cafe and Patisserie
Seef 1758 6363
@Hautecafebh

Hopscotch
Saar 1769 1124
@hopscotch.bh

Jena
Hamala 1761 3191
@jenabakery

Just Cupcake
Riffa 1766 6090
@justcupcake

La Reine de Versaille
Riffa 1755 5600
lareine.patisserie

La Ventana
Manama 7710 6070
@cafelaventana
Love Churros Bahrain
Riffa 3300 0768
@lovechurrosbh

Café T, Royal Golf Club
Riffa 1775 0777
@theroyalgolfclub

Le Chocolat
Seef 1711 1144
Saar 1723 2345
@lechocolat_bh

Let Them Eat Cake
Saar 3232 0078
@let_them_eat_cake_bh

Lilou Artisian Patisserie Bahrain
Riffa 1771 5370
@lilouartisianpatisseriebah

Lollosa Cookies
Manama 3823 8622
@lollosa_cookies

Manual
Seef 3229 9277
@manualbahrain

Maya La Chocolaterie
East Riffa 3920 4222
@mayalachocolaterie

My Bakery
Riffa 1765 0411
@mybakerybahrain

My Café
Manama 7734 4444
@mycafebh

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

Red Crossaint bakery
Juffair 7799 5551
@redcrossaintbakery

Rich
Janabiya 6636 0633
@rich.bhr

Ritz Gourmet Lounge
Seef 1758 6434
@ritz_gourmet_lounge

Tariq Pastries
Adliya 1768 0461
@tariqpastriesbahrain

Tea Club
Adliya/Amwaj/Avenues 3977 7098
@teaclub_official

The Orangery
Adliya 1736 9696
@orangeryme

The Lebanese Bakery
Seef 1759 5559
@thelebanesebakerybh
Tuga
Amwaj 3636 7431
@bakeryoftuga

RESTAURANTS

ALL DAY BREAKFAST

N'ovo
Hamala 3223 0428
@novo.bh

Applebee's
Seef 7744 9999
@applebeesbahrain

Black Tap Craft Burgers
Seef 1710 0363
@blacktapbahrain

Blaze Burgers
Adliya 1774 4773
Janabiya 3984 4773
@blazeburgers

Dough
Bahrain Bay 3356 0367
@doughbahrain

Cocos
Adliya 1771 6512
@cocoscafebahrain

Frankie's
Seef 1755 0666
@frankiesamericandiner

Lucky Clucks
Seef 1755 4400
@luckyclucksbh

Pickl Bahrain
Seef
@pickl.bh

Ric's Kountry Kitchen
Manama 1772 5550
@ricsbahrain

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

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

Texas Longhorn
Manama 3205 9999
@texaslonghorn.bh

ASIAN FUSION

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

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

Monsoon
Adliya 1774 9222
@monsoonbahrain

Nu Asia
Seef 1743 4344
Budaiya 1769 1919
@nuasia

Ramenara
Seef 3989 8966
@ramenara_official

re Asian Cuisine Four Seasons
Bahrain Bay 1711 5500
@reasiancuisine

Muju Dragon Resort
Amwaj 1603 9800
@dragonresort.bh

WU restaurant
The Art Hotel Amwaj 1600 0111
@wulounge

BAHRAINI

Cinnamon in the Souk
Manama 3717 7899
@themerchanthousebahrain

Danat Al Tawawish
Manama 3805 0713
@altawawish

Darseen Café
Bahrain National Museum 7733 6600
@darseencafebh

Dona's Wonders
Muharraq 1721 3669
@donaswonders

Emma Wash
Budaiya 1730 9030
@emmawash_bh

Haji's Café
Manama 1721 0647
@hajiscafe

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

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

Villa Mamas
Saar 1730 5031
@villamamas

BRITISH

The English Rose
Adliya
@theenglishrosebh

The Village Chippy
Saar 3363 6222
@thevillagechippybahrain

CHINESE
China Garden, Gulf Hotel
Manama 1774 6423
@chinagardenbh

David's Stir Fry Crazy
Adliya 1754 0188
@davidsstirfry

PF Changs
Seef 1711 0380
The Avenues 1711 0567
@pfchangsmc

EUROPEAN

Camelot
Adliya 3997 7540
@camelotrestaurant

The Furn Bistro & Bakery
Seef 1717 1441
@furnbahrain

La Med
Ritz – Carlton 1758 9317
@ritzcarltonbahrain

La Plage
Ritz – Carlton 1758 0000
@laplage_bh

FRENCH

The Harvesters Pub and Terrace
Diplomatic area 1753 1122
@crownep plazabahrain

Bagatelle
Seef 1667 7770
@bagatellebahrain

Café Lilou
Adliya 1771 4440
Seef 1758 3939
@cafelilou

Chez Alain
Reef Island 1332 0615
@chezalainbahrain

La Reine
Manama 1311 6263
@lareine_cafe

GREEK

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

Attic
Adliya 1771 7780
@atticbahrain

Little Chefs

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

AVO Nice Cream

A super easy tropical treat!



Ingredients:

1 medium banana, peeled and frozen

¼ ripe avocado (peeled)

½ cup fresh spinach or kale

½ teaspoon ground cinnamon

Handful of ice cubes

½ – 1 cup filtered water

To Dress:

Toasted coconut

Freeze dried raspberries

Cacao Nibs

Method:

Place all of the ingredients in a blender; start with ½ cup water. Whilst blending gradually add more water until the 'ice cream' has a soft-serve creamy consistency. Scoop and add your favorite toppings.

Voila

Ally



Eton Mess Tart



Few puddings say summer like Eton Mess. This one is guaranteed to please tummies!

There are many tales about the origins of 'Eton Mess'.. (which is over 130 years old). One involves an excited Labrador sitting on a pavlova at an Eton ceremony. Woof!

Ingredients:

250g (2 cups) plain white flour (Dove's Farm is my top pick).

90g (¾ cup) wholemeal pastry flour

1 tsp Himalaya Salt

200g (unsalted butter, cold, cubed)

2 Eggie yolks (save the whites)

100-125ml Cold Water

Meringue:

2 egg whites

100g (½ cup caster sugar OR Maple Syrup)

Toppings

150ml Double Cream

125ml Plain Yoghurt

200g Strawbs

100g Raspbs, bleubs

Method:

Make the pastry: (Or You Can Use Ready Made Shortcrust Pastry)

1. Place both the flours and salt into a large bowl. Add the cold butter and toss to coat the cubes in flour. Use your fingertips to rub the butter into the flour until you have a breadcrumb consistency. You can also do this by pulsing the same ingredients in a food processor.

2. Add the egg yolks and about half of the water. Start to bring it together with your fingertips, gently kneading. Drizzle in more water as needed until the dough starts to stick together.

3. Smush the dough together into one big ball with your hands and flatten it into a disk shape. Place in a resealable bag and chill for an hour so that it can rest.

Shape & Bake:

1. Line a large baking tray (9inch) with baking paper. Dust the pastry lightly with flour and roll out the dough into a circle. Roll up the pastry around the rolling pin, then unroll over the lined baking sheet.

2. Crimp the edge of the pastry all the way around.

3. Prick the centre of the pastry with a fork.

4. Bake for 25-30 mins

5. Let the crust cool before filling.

Meringue:

1. Combine the egg whites and sugar or maple in a heatproof bowl and set over a bowl of simmering water (making sure the bottom of the bowl isn't touching the water).

2. Stir constantly until the sugar/maple has dissolved.

3. Remove the bowl from the pan and use electric beaters to whisk until cool, fluffy and thickened. Transfer to a piping bag Or you can dollop it with a spoon.

Finale:

1. When you're ready to serve: whip the double cream in a bowl until thickened. Fold the yoghurt and icing sugar.

2. Prep the berries and spread the whipping yog cream over the pastry. Top with berries. Pipe or spoon blobs of meringue all over.

Done! Best served al fresco!

GREEK CONT

Bifteki
Riffa 3998 6900
@bifteki.bh

Greek Street
Seef 1718 0666
@greekstreetbahrain

Lyra Restaurant
Marassi beach 1777 8822
@lyra_restaurant

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

Opa
Seef 3355 5244
@opabahrain

Rigani
Manama 3696 7701
@riganibh

Yamaz
Sofitel Bahrain 3330 0087
@yamaz.restaurant

HAWAIIAN

Trader Vics
Ritz – Carlton Hotel
Seef 1758 6555
@tradervicsbh

INDIAN

Asha's
Manama 3648 9905
@ashasbahrain

Bhaja Indian Restaurant
Budaiya 1771 0444
@bhajarestaurants

Copper Chimney
Manama 1772 8699
@thecopperchimneyrestaurant

Kailash Parbat
Sanabis 7788 7788
@kailashparbatbh

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

Moti Mahal
Juffair 1782 5333
@motimahal_bh

Nirvana
Ritz – Carlton 1758 3318
@nirvana_bahrain

Rasoi by Vineet
Manama 1774 6461
@rasoibyvineetbh

Sangam
Seef 1716 2032
@sangmbahrain

Spices Indian Restaurant
Manama 1753 1122
@crowneplazabahrain

INTERNATIONAL

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

Botanica
Manama 3380 8035
@botanicabahrain

Cut by Wolfgang Puck
Bahrain Bay 1711 5044
@cutbahrain

Da Rosa
Fraser Suites Diplomatic 1616 1800
@darosa.fraserdiplomatic

Fusions by Tala
Adliya 1771 3000
@fusionsbytala

Gallery 21
Manama 1771 1600
@gallery21bh

Indigo
The Merchant House
Manama 1667 8666
@indigo.manama

La Mosaicque
Diplomatic Area 3924 2391
@lamosaicquebahrain

La Fontaine
Manama 1723 0123
@lafontainebh

La Table Krug by Y
Ritz Carlton 1758 6699
@ltkby

Links
Royal Golf Club, Riffa 1775 1266
@theroyalgolfclub

Mahonia
Adliya 3722 2244
@mahoniabh

Marina Café
Amwaj 3746 0000
@marinacafe.bh

My Café
Manama 7734 4444
@mycafebh

Nomad Urban Eatery
Seef 1700 0330
@nomadeatery

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
@Rokabahraiofficial

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
@zahratalfayrouz

Zayt Zaytoon
Budaiya/Al Hoorah 1666 2666
@zaytzaytoon

MEDITERRANEAN

Orla
Adliya 7793 9393
@orlabahrain

MEXICAN

Calexico
Adliya 1766 6644
Janabiya Foodtruck 3542 8802
@calexico_bahrain

Cantina Kahlo
Ritz – Carlton 1758 0000
@cantinakahlo

El Chapo
Adliya 3773 8838
@elchapo.bhr

Senor Pacos
Adliya 1772 5873
@senor_pacos_bh

ORGANIC

Baker & Spice
Al Aali Mall 1360 9666
@bakerandspicebah

PERSIAN

Al Abraaj
Various 1743 4343
@alabraaj

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

Takht Jamsheed
Manama 1774 6431
@thegulfhotelbh

SEAFOOD

Fish Bone
Manama 1729 8436
@fishbone.bh

Fish Market
Bahrain Bay 1710 0800
Sitra 1770 1201

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
@crowneplazabahrain

SOUTH AFRICAN

Butcher's Shop & Grill
Seef 1717 2323
@butchershopar

SPANISH

Salero
Seef 1717 1300
@salerobahrain

STEAKHOUSE

Legendz
Manama 1722 7777
@legendzsteakhouse

Meat Company
Adliya 1774 2080
@themeatcobh

Plums
Ritz – Carlton 1758 6499
@ritzcarltonbahrain

The Foundry
Adliya 1722 3223
@thefoundrybh

THAI

Banana Leaf
Adliya 1774 4171
@banana.leaf.restaurant

Eathai
Isa Town 1767 3711
@eathai.bahrain

Hash House
Adliya 1771 5094
@hashhouse_bh

Honey
Gudaibiya 3345 5442
@honeyrestaurant

Royal Thai
Manama 1771 3000
@royalthaibahrain

Thai Lounge
Ritz – Carlton 1758 6480
@thai_lounge_bh

TURKISH

Gunaydin
Adliya 1700 0099
@gunaydinbahrain

Sisler
The Avenues 1667 0358
@sisler_bahrain

DELIVERY

Ahlan @ahlanapp

Dine In @dinein.me

Jahez @Jahezbh

Talabat @talabatbh

FAST FOOD

Box it @boxitarabia

Burrito Loco @burritoloco.me

Dominos @dominosbh

Fuddruckers
@fuddruckersbahrain

Hardee's @hardeesbahrain

McDonalds
@mcdonaldsbahrain

Papa Johns
@papajohnsbahrain

Pizza Hut @pizzahutbahrain

Pro Pizza @pro.eatery

Tacos and Burritos @tnbme

YaSalam @yasalambahrain

ICE CREAM

Baskin Robbins
@baskinrobbinsbh

Chin Chin Ice Cream
The Avenues 1777 7181
@chinchinicecreambh

Florescia
@floresciaicecreambh

Marble Slab
@marbleslab_bh



Whisk yourself away to Abu Dhabi for the weekend.

Only a short hop from Bahrain.



Day 1

Start your weekend adventure with a short flight from Bahrain to Abu Dhabi. Gulf Air, Air Arabia and Etihad are a few of the many airlines that take you into the lovely Zayed International Airport. Its huge so make sure you have comfortable shoes on for the walk to Immigration

Once checked into your hotel, head straight to the Sheikh Zayed Grand Mosque, one of the largest mosques in the world. This architectural marvel is a must-see, with its stunning white domes and intricate designs. Remember to dress modestly as it is a place of worship. Ladies must keep their hair covered and wear an abaya (provided on arrival) and men must not wear shorts. This is such a beautiful mosque where photographs are encouraged. The underground walkway takes you past many shops where you can buy appropriate clothing or the staff will lend you on arrival at the mosque.

After soaking in the beauty of the mosque, make your way via taxi to Qasr Al Watan, the Presidential Palace. This cultural landmark offers a glimpse into the UAE's rich heritage and governance. The palace's opulent interiors and lush gardens are perfect for a leisurely afternoon. End your day with a visit to the Louvre Abu Dhabi. The Louvre, with its impressive collection of art and artifacts, is a testament to architecture and cultural exchange. Enjoy a quiet evening exploring the exhibits and the stunning architecture of the museum, followed by dinner in Fouquets French restaurant. The food is delicious and if it is not too hot outside, dine under the stars next to the new Guggenheim museum.

Day 2:

Kick off your second day with a visit to Ferrari World on Yas Island. This theme park is home to the world's fastest roller coaster, Formula Rossa, and offers a thrilling experience for all ages. For a more relaxed afternoon, head to Saadiyat Island. The island's pristine beaches are perfect for sunbathing and swimming. A stay at the St Regis Saadiyat Island is recommended, the breakfast buffet is exceptional.

Enjoy a laid-back evening at the Saadiyat Beach Golf Club. The Family BBQ Par-Tee offers a delightful mix of flame-grilled favorites, live entertainment, and kid-friendly activities, alternatively head to Niri in the Mamsha area of Saadiyat Island. Here you will find a selection of excellent restaurants and a great vibe throughout the day.

Day 3:

Spend your final morning exploring the Heritage Village. This reconstructed village offers a glimpse into the traditional Bedouin way of life. Participate in food workshops, Arabic coffee-making demonstrations and spray yourself with wonderful oud scents.

Before heading back to Bahrain, take a leisurely stroll along the Abu Dhabi Corniche. This waterfront promenade offers stunning views of the city skyline and is a great place to relax and reflect on your weekend adventure.



Whether you're seeking cultural experiences, thrilling adventures, or relaxing beach days, Abu Dhabi has something for everyone. Enjoy your trip.



The Fun Zone

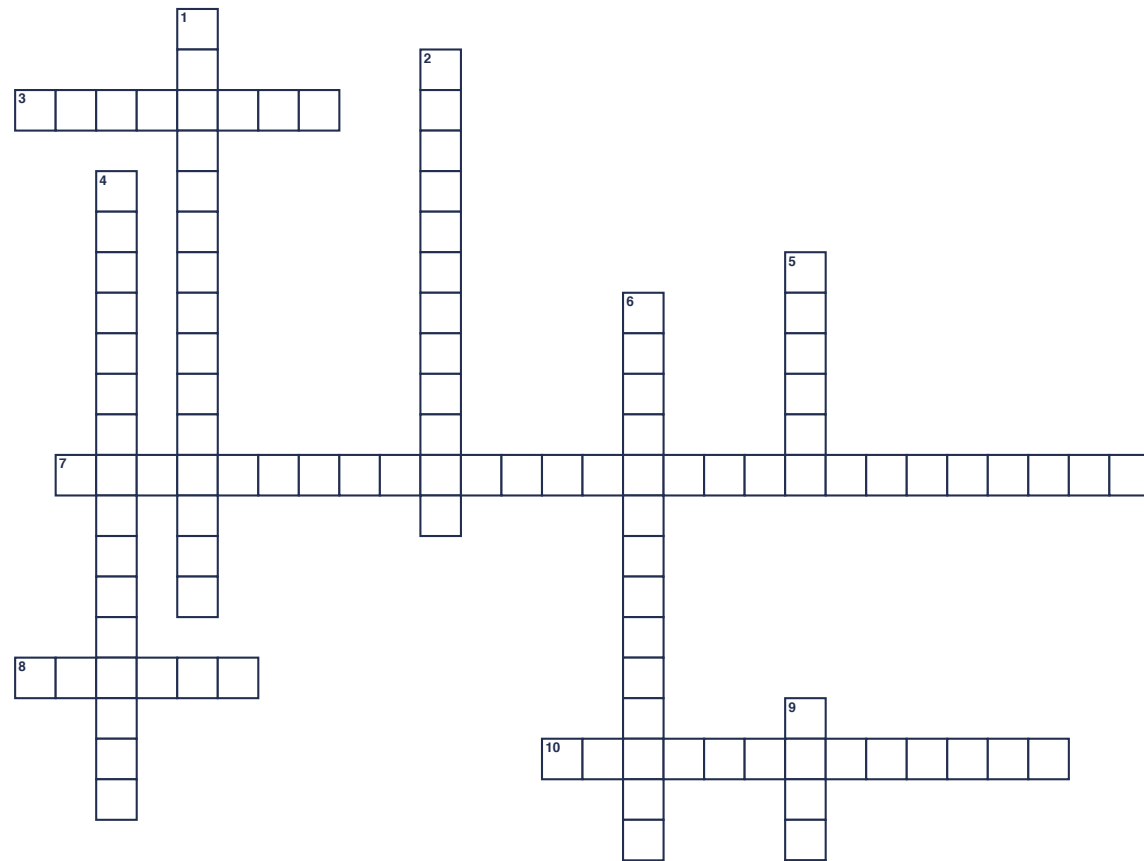
FUN FACTS ABOUT THE MANAMA SKYCRAPERS



BUILDING NAME	HEIGHT	LOCATION	USE	BUILT
Four Seasons Hotel Bahrain Bay	270 m (890 ft)	Bahrain Bay, Manama	Hotel	2014
Bahrain Financial Harbour East Tower	260 m (850 ft)	Manama	Commercial	2009
Bahrain Financial Harbour West Tower	260 m (850 ft)	Manama	Commercial	2009
Bahrain World Trade Centre East Tower	240 m (790 ft)	Manama	Commercial	2008
Bahrain World Trade Centre West Tower	240 m (790 ft)	Manama	Commercial	2008
United Tower	200 m (660 ft)	Bahrain Bay, Manama	Commercial/Hotel	2016
Era Tower	185 m (607 ft)	Al Seef, Manama	Residential	2010
Sukoon Tower	184 m (603 ft)	Al Juffair, Manama	Residential	2017
Abraj Al Lulu Gold Pearl	180 m (590 ft)	Manama	Residential	2009
Abraj Al Lulu Silver Pearl	180 m (590 ft)	Manama	Residential	2009
Almoayyed Tower	172 m (564 ft)	Seef, Manama	Commercial	2004



Bahrain crossword!

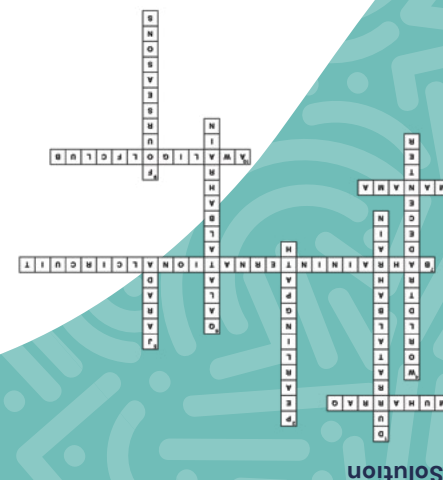


Across

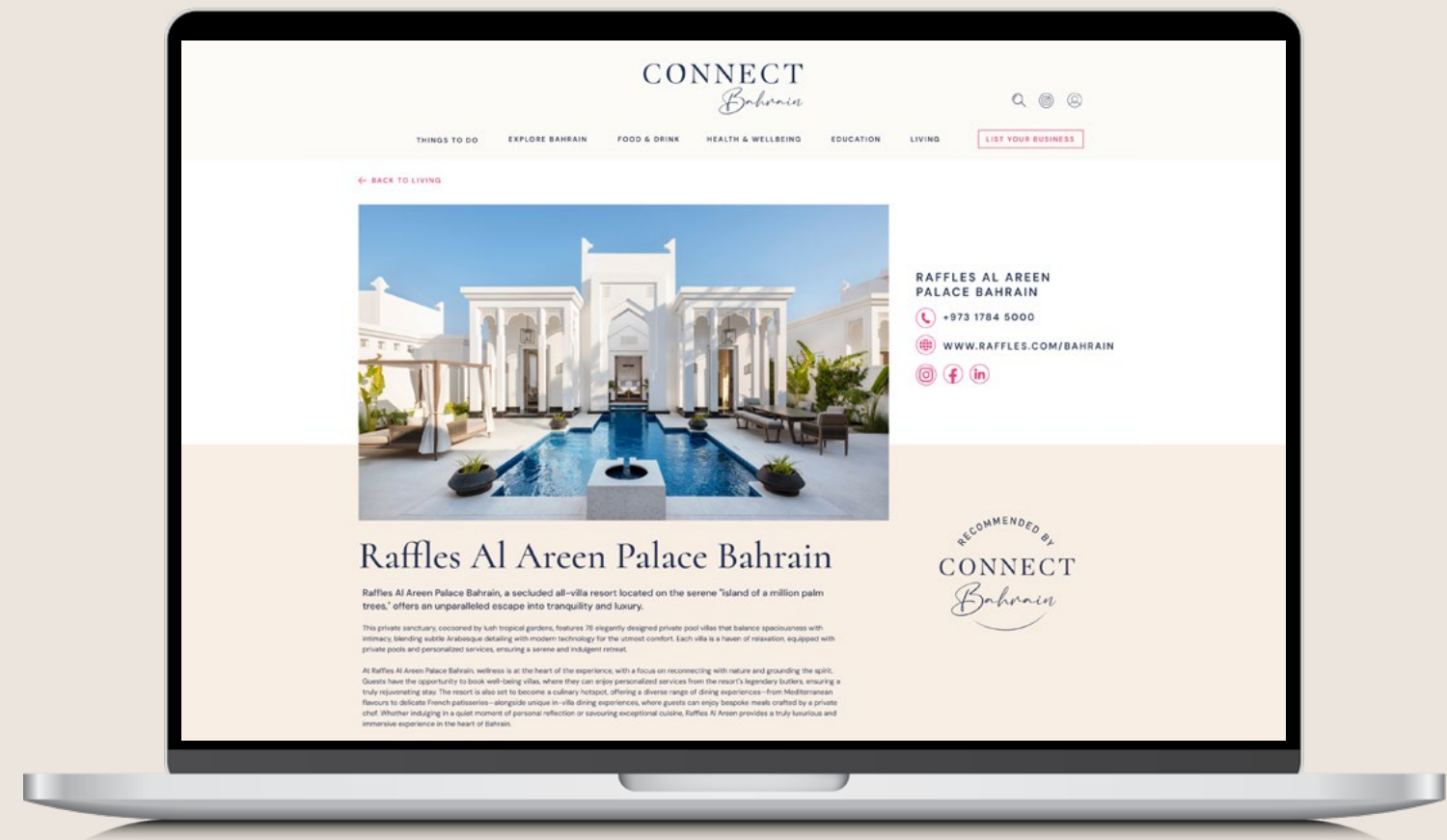
- [3] The old Capital of Bahrain.
- [7] International racing circuit and home to the F1 in Bahrain.
- [8] The Capital of Bahrain.
- [10] Oldest Golf Course in the region, dating back to 1937.

Down

- [1] Five fish-shaped and two half moon-shaped islands located in the South.
- [2] Walk around this UNESCO World Heritage site and learn about the ancient pearl trade.
- [4] First Skyscraper in the world to integrate wind turbines into its design. Located in Manama.
- [5] Disappearing Island out at sea.
- [6] This UNESCO World Heritage site is also known as Bahrain Fort.
- [9] The tallest building in Bahrain.



Solution



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PROTECTING OCEANS.
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المؤسسة الملكية
للإنقاذ والسلامة المائية
ROYAL
LIFE SAVING
BAHRAIN



X PALE BLUE DOT

Royal Life Saving Bahrain (RLSB) is proud to announce its new partnership with **Pale Blue Dot**, a Bahraini brand redefining sustainable eyewear.

This collaboration brings together two organisations with a shared commitment to protecting lives—above and below the surface.

As Bahrain's leading authority on drowning prevention and water safety, RLSB equips lifeguards, volunteers, and community members with the skills and knowledge to keep our beaches and pools safe. But the sun's glare on water poses a constant challenge for those on the front lines. High-quality eye protection is more than a comfort—it's a safety tool.

That's where Pale Blue Dot steps in. Their sunglasses are made from recycled plastic and discarded fishing nets collected from oceans, transforming marine waste into durable, eco-friendly eyewear. By supplying these innovative sunglasses to RLSB's lifeguard team, the partnership ensures that those who protect the public can do so with clarity, confidence, and reduced risk of eye strain from reflected sunlight.

But the impact doesn't stop there. Through this partnership, Pale Blue Dot is also extending a discount to members of the Rookie Junior Beach Lifesaving Club and

the RLSB volunteer network—encouraging the next generation of lifesavers to embrace sustainability and safety in equal measure.

"Lifeguards protect our community, and now we're helping to protect theirs," said the team at Pale Blue Dot. "Every pair of sunglasses not only shields their eyes—it symbolises a cleaner sea and a shared responsibility."

This partnership is a perfect reflection of Bahrain's growing environmental consciousness and commitment to community wellbeing. Together, RLSB and Pale Blue Dot are setting a powerful example: that safety, style, and sustainability can go hand in hand.

As lifeguards protect beachgoers, Pale Blue Dot sunglasses will protect the lifeguards—proving once again that small changes can create big waves.

@palebluedotstore WhatsApp orders: 32268251 www.palebluedotstore.com



Health & Wellbeing

The Summer Balance: Why Play, Activities, and Boredom All Matter

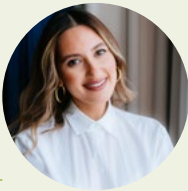
As summer approaches, many parents feel the pressure to plan lots of activities, hoping to make every moment fun and “productive.” What matters more is finding a healthy balance – making space for connection, meaningful play, and yes, even boredom.

1 The Power of Play

Play isn’t just a way for children to pass the time — it’s essential for their emotional, cognitive, and social development. Through play, they make sense of the world without the pressure to be perfect, building self-awareness and resilience. Whether they’re storytelling, pretending, creating, or role-playing, children explore a range of emotions while learning to cope with loss, navigate setbacks, and find the courage to try again.

2 The Gift of Boredom

While travel and organised activities have their place, leaving space for your child to experience boredom is just as necessary. It’s a valuable pause that supports emotional regulation, flexible thinking, and self-motivation. Boredom encourages children to turn inward, listen to their own thoughts, and problem solve on their own.



Sanam Pourhabib is a licensed and accredited person-centred psychotherapist and the founder of Sans Therapy (@sanstherapy). Alongside her practice, Sanam provides mental health counselling at St. Christopher’s School Bahrain. For more information, visit www.sanstherapy.com

Here are a few practical strategies:

Frame boredom as a good thing – When your child says, “I’m bored,” say: “Boredom is just your brain taking a break or getting ready to try something new.”

Offer “starter” activities – Set out art materials, books, outdoor equipment, games or building blocks, then step back. Let your child choose how (or if) they want to engage.

Blend planned and free time – Summer camps, sports, or learning a new skill, can be valuable, but leave a few unscheduled days each week for creativity and spontaneous play.

Incorporate quiet moments – Reading, journaling, puzzles, and mindfulness exercises like a gratitude jar can help children slow down and recharge.

Set screen boundaries – Limit screen time (TV, tablets, phones, and gaming) to 1 – 1.5 hours per day for children under 14. These boundaries should stay consistent wherever your child spends time, including at their grandparents’.

Model emotional acceptance – When your child feels uncomfortable, say: “It’s okay to not know what to do next. I trust you’ll figure it out.”

Celebrate initiative – When your child starts a project or solves a problem, acknowledge the process: “I love how you came up with that on your own.”

Let Them Be

This summer, focus less on filling every moment and more on giving your child the space to figure it out. Whether they’re playing or doing nothing at all, these unstructured moments encourage a mindset of “thinking outside the box” — a skill that will carry them far beyond summer.

FITNESS & SPORT

GYMS

Al Nakheel Fitness
Hamala 3883 3663
@alnakheelpremium

Amed’s Predator Studio
Jannusan 3319 2666
@ameds_predator_studio

Anytime Fitness
Amwaj 3339 7147
@anytimefitnessamwaj

Bahrain Rugby Football Club
Saar 1769 5809
@bahrainrfc

British Club
Adliya 1772 8245
@britishclubofbahrain

Bodyline
Saar 1779 3932
@bodylineladiesclub

Centraal Club
Hamala 3813 8138
@centraal.club

Dilmun Club
Saar 1769 0926
@dilmunclub

District Gym
Janabiya 3880 0102
@districtgym_bh

Equilibrium Fitness Centre
Saar 3699 9250
Amwaj 3699 9257
@equilibrium_pilates_bh

Energy Fitness Gym
Salamabad 1762 3332
@energy_fitness
F45
Saar 3233 2145
@f45_training_saar

Fitness 365
Janabiya 3957 1334
@fitness365bh

Fit Bahrain
Sehla 7701 7711
@fitbahrain

Fitness First
Juffair 1747 3000
@fitnessfirstoasismalljuffair

Four Seasons Hotel
Bahrain Bay 1711 5000
@fsbahrain

Grip Fitness Centre
Riffa 3555 5510
@gripfitness_

Hydro Spa & Salon
Riffa 3200 8600
@hydrospabh

HV Holistic
Seef 1777 5544
@hvholistic

JFC Bahrain Fitness Gym
Manama 3300 2592
@jfcbahrain

Ki Train
Manama 3624 2230
@kitrainBH

La Sante Women Wellness
Center, Maqabah 1700 0878
@BH_wellnessCent

Oxygen Gym
Budaiya 1761 6165
@oxygengym

PureFit
Seef 3414 4836
@purefit.bh

Push Gym
Budaiya 7771 0101
@push_bh

REPs Fitness Studio
Manama 7737 7348
@repsfit

Ride Nation
Riffa 1748 4828
@ridenation.me

Ritz – Carlton Hotel
Seef 1758 0000
@ritzcarltonbahrain

Royal Golf Club
Riffa 1775 1266
@royalgolfclub

Sports Training Complex
Saar 3916 9475
@sportstrainingcomplex

Spartan Fitness
Saar 1777 1700
@spartan.fitness.bh

So Fit Gym
Riffa 1768 0902

Sofitel
Zallaq 1763 6363
@sofitelbahrain

Tower Gym
Seef 1758 7007
@almoyyedtower

UFC Gym
Juffair 1700 0044
@ufcgymbh

YOGA & PILATES

Ballare School
Saar 1730 0021
@ballarestudio

Bliss Yoga Bahrain
Argan Village, Bu quwah 33992236
@blissyogabh

Breathe Pilates
Saar 3339 9973
@breathepilatesbh

Bodyline
Saar 1779 3932
@bodylineladiesclub

Core Pilates Studio
Abu Saiba 3219 0401
@corestudio.bh

Erah Pilates Wellness
Hamala 3800 7771
@erahpilateswellness

Equilibrium Fitness Centre
Amwaj 3699 9257
Saar 3699 9250
@equilibrium_pilates_bh

Jacques Dessange Health Club
Adliya 1771 3999
@dessangebahrain

La Fontaine
Manama 1723 0123
@lafontainebh

Mini Me Yoga
Manama 3373 3633
@minimeyoga

Namaste
Budaiya 1759 1565
@namastebh

PROP Yoga & Therapy Center
Budaiya 3370 0730
@propytc

Pure Yoga
Hamala 1700 7111
@pycbh

Royal Golf Club
Riffa 1775 0777
@royalgolfclub

Sports Training Complex
Saar 3616 9475
@sportstrainingcomplex

Yoga Union
Juffair 3458 0018

ATHLETICS

Bahrain Ahtletic Association
Manama 1717 6569
@baa_bh

BSB Sports Academy
Hamala 1761 0920
@britishschoolbahrain

SPARTA, St Christopher’s
Saar 1760 5190
@sparta_bahrain

Bahrain Triathlon Association
Manama 7771 3777
@triaathlonbh

BADMINTON

BAPCO Club
Awali 1775 3666
@bapcoclub.official

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

BSB Sports Academy
Hamala 1761 0920
@britishschoolbahrain

Centraal Club
Hamala 3813 8138
@centraal.club

The British Club
Adliya 1772 8245
@britishclubofbahrain

BASKETBALL

Bahrain Basketball Association
Umm Al Hassam 1781 0353
@bah_basketball

BSB Sports Academy
Hamala 1761 0920
@britishschoolbahrain

Centraal Club
Hamala 3813 8138
@centraal.club

SPARTA, St Christopher’s
Saar 1760 5190
@sparta_bahrain

BIKES & CYCLING

Bahrain Triathlon Association
Saar 7771 3777
@triathlonbh



BIKES & CYCLING CONT.

Cycling Bees
Budaiya 3977 7464
@cyclingbees

Kashta Tours
Manama 3212 2163
@kashta.tours

Manama Tours and Travel
Manama 1754 0990
@manamatours.bh

Skate Shack
Budaiya 1769 7176
@skate_shack_bh

TriLife
Saar 7733 3777
@gotrilife

BOWLING

Adhari Park
Manama 1740 7300
@adharipark

Funland Center
Manama 1729 2313
@funland.bahrain

MJ's Bowling Lounge
Budaiya 7755 7777
@mjsbowlinglounge

Yalla Bowling
Seef 1717 3017
@magicplanetmena

BOXING

Al Doy Sports and Martial Arts
Riffa 3370 8866
@aldoy_sports_centre

Big Up Sports
Saar 3983 1113
@bigup_sport

JD Boxing Club
Saar 3319 9023
@jd_boxing

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

CRICKET

Bahrain Rugby Football Club
Saar 1769 5809
@bahrainrfc

Colts
Saar 3362 4226
@coltscricketacademy

SPARTA, St Christopher's
Saar 1760 5190
@sparta_bahrain

DIVING

Dive Bahrain
@divebahrain

Into the Blue
Manama 3775 7373

Scuba Master
Hooraa 1729 2154
@scubamasterco

FISHING

Seastar Marine
Amwaj 3707 8888
@seastarmarinebh

FOOTBALL

24N Football
Manama 3754 9322
@24n_football

Adhari Park
Manama 1740 7300
@adharipark

Bahrain Rugby Football Club
Saar 1769 5809
@bahrainrfc

British Club
Adliya 1772 8245
@britishclubofbahrain

BSB Football Academy
Hamala 1761 0943
@britishschoolbahrain

Centraal Club
Hamala 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 Wellness Spa
Manama 3817 0088
@cocoon.bahrain

Derma One NK Med Spa
Saar 1759 5560
@dermaonenk

Diplomat Radisson Blu Spa
Diplomatic Area 1753 1666
@diplomatradsissonblu

Domain Bahrain
Muharraq 1600 0000
@domainbahrain

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

Four Seasons Hotel
Bahrain Bay 1711 5000
@fsbahrain

Haven Spa Fraser Suites
Diplomatic Area 3362 1016
@fraserdiplomatic

Heavenly Spa by Westin
Seef 1717 1122
@heavenlyspabahrain

Hydro Spa & Salon
Riffa 3200 8600
@hydrospabh

Jacques Dessange Health Club
Adliya 1771 3999
@dessangebahrain

Jumeirah Gulf of Bahrain Spa
Zallaq 7777 1000
@jumeirahgulfofbahrain

Wyndham Grand Spa
Manama 1711 6116
@wyndhamgrandmanama

La Fontaine Spa
Manama 1723 0123
@lafontainebh



SPAS CONT.

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

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
@beautylinen_bh

Blink and Wink

Hamala 3314 5254
@blink_and_wink_bh

Boho Nails

Saar 1711 6115
@bohosalonbh

Cryo

Seef 3800 0155
@cryo_bahrain

Fab u Looks

Saar 7703 7703
@fab_u_looks

Fiore

Seef 1723 2317
@fiorefrombahrain

Fingertips Bar

Saar 3998 8445
@fingertipsbar

Glam and Glow

Al Qadam 3838 0338
@glamandglowbeautylounge

Hospitalia by Yara

Saar/Riffa 1781 1111
@hospitaliabyyara

House of Nails

Saar 1759 3311
@houseofnails.bh

Hydro Spa & Salon

Riffa 3200 8600
@hydrospabh

Jamila

Seef 1753 7853
@thejamilaofficial

Lashspa

Al Ali 1759 9044
Juffair 1759 9144
@lashspa

Lavish

Budaiya 1759 9022
@lavish_nailbodycouture

Lillia Beauty Lounge

Gufool 1726 6966
@lilliabeautylounge

N.Spa

Seef 1758 7766
@nspabahrain

NStyle Beauty Lounge

Seef 1758 1974
@nstylebh
Novel Beauty Salon
Saar 1779 1222

Posh Beauty lounge

Hamala 7708 2680
@posh.bh

The Nail Hut

Jannusan 3883 0304
@thenailhut.bah

The Lash Room Bahrain

Seef 3306 2448
@thelashroom.bah

U Beauti

Hamala 1369 1999
@ubeauti_bh

Vanity Ladies Beauty Salon

Janabiya 1700 7121
@vanitysalonbh

Yara Beauty lounge

Amwaj 1601 0999

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 Hooraa 7718 5006
@isc_bahrain

Royal Bahrain Hospital

Manama 1724 6800
@royalbahrainhospital

Saar Dental Specialists

Saar 1759 6444
@saardentalspecialists

Seef Dental

Seef 1758 7991
@seefdental

Smile Dental Clinic

Zinj 1740 0899

FIRST AID

First Aid Box

Seef 3936 3622

Royal Life Saving Bahrain

Manama 3200 1113
@rlsbahrain

GP CLINICS & PAEDIATRICS

American Mission Hospital

Manama 1717 7711
Saar 1724 8102
Amwaj 1724 8100

Riffa 1724 8101
A'Ali 1717 7711
@american_mission_hospital

Awali Hospital

Awali 1775 7600
@awalihospital

Bahrain Defence Hospital

Riffa 1776 6666
@bdf_hospital

Bahrain Specialist Hospital

Juffair 1781 2222
@bsh_hospital

Dr Ayman Pediatric Clinic

Zinj 3360 0393
@draymanclinic

Dr Hani at RBH

Manama 1724 6800
@royalbahrainhospital

Ibn Al Nafees Hospital

Manama 1782 8282
@ibnalnafees

International Hospital of Bahrain

Budaiya 1759 8222
@ihbahrain

Kims Health Hospital

Umm Al Hassam 1782 2123
@kimshealthbahrain

The Kids Clinic

Manama 1771 5515

Kidz Care Clinic

Saar 3367 7344

Royal Bahrain Hospital

Manama 1724 6800
@royalbahrainhospital

Royal Bahrain Hospital

Janabiya 1724 6800
@royalbahrainhospital

MATERNITY

American Mission Hospital

Manama 1717 7711
@american_mission_hospital

Awali Hospital

Awali 1775 7600
@awalihospital

Bahrain Defence Force Hospital

Riffa 1776 6774
@bdf_hospital

Bahrain Specialist Hospital

Juffair 1781 2200
@bsh_hospital

Ibn Al Nafees Hospital

Manama
@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

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@optica_me

Optica

Seef 1751 6848
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Neonatology



DR. MANAL ELDEGEIR
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DR. SRINIVASABABU
Specialist - Pediatrics

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RBH Medical Center 1749 1749 3218 1810

OPTICIANS CONT.

Optica
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@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
@gulfmddc

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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EAST & WEST MED | CARIBBEAN & BAHAMAS | SOUTH EAST ASIA | SOUTH PACIFIC

bella@helm.yt
+44 7553 462563



Beauty & the Bookworm Recommends

Summer is the season for less make up, more hydration and skin/hair care. Here are this summer's absolute must haves:



K18 Molecular Repair Hair Oil – Lightweight, non-greasy, and super effective. It reduces frizz, adds shine, and actually repairs damage. Pricey, but worth it for healthier, smoother hair especially post pool and sea swims.



Biodance Collagen Mask – Hydrating, soothing, and packed with skin-loving ingredients. These masks leave your skin plump, refreshed, and glowing. A must-have for a self-care night and especially great for long flights.

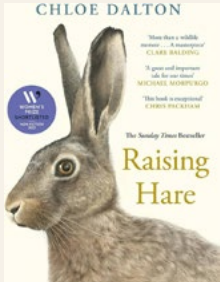


Hourglass Hydrating Skin Tint– Lightweight with a natural, radiant finish. Hydrates like skincare but evens out tone like makeup. Perfect for no-makeup makeup days!



Milk Makeup Jelly Tint – A multi-purpose product which is super convenient for summer travel. Gives a dewy flush to cheeks and a natural tint to lips. Perfect for on-the-go touch-ups and you'll love the jelly-like texture.

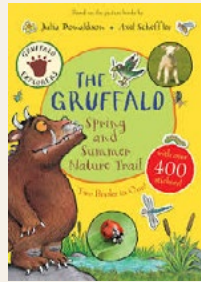
These recommendations are from lovely Meg Hutchinson at Beauty & The Bookworm. Follow her here [@beautyandthebookworm_](https://www.instagram.com/beautyandthebookworm_)



A heartfelt, uplifting memoir about a human, a hare, resilience, identity, and finding your place. Honest, warm, and quietly powerful—perfect for long, reflective days in the sun.



Twisty, addictive, and impossible to put down. A gripping summer thriller full of secrets, perfect for beach days or late-night reading.



A delightful outdoor adventure for little explorers! Fun, educational, and full of seasonal nature facts—perfect for sunny family days out.



A charming, whimsical classic full of magical mishaps and summer adventures. When a family finds a magical coin, the humor and adventure begins! Perfect for curious young readers who love a bit of old-school enchantment.



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
Riffa 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 Kindergarten
Sanad 7708 2017
@happyhearts.bah

KG Kids Pre School
Riffa 1766 3556
@kgkidspreschool

Kiddy Care Pre School
Zinj 3231 4680
@kiddycarepreschool

Kidsland Nursery
Jid Al Haj 1740 5717
@kidslandbh

Kinder World Preschool
Adliya 3365 4050
@kinderworld_adliya

Kinder World Preschool
Janabiya 3360 0097
@kinderworld_janabiyah

Kids Corner Nursery
Isa Town 3807 7758
@kidscorner.bh

Kipina Nursery
Saar 1700 9598
@kipina_kids_bahrain

Kidz World Kindergarten
Adliya 1771 5050
@kidzworldkindergarten

Ibn Khuldoon National School
Isa Town 1778 0661
@ikns

Lamara Pre – school
Saar 1700 6162
@lamara.preschool

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



BIG FUN

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Explore here



Little Gems Pre – School
Budaiya 1769 4356
@littlegemspreschoolbahrain

Little Pearls Nursery
Hidd 3355 8911
@littlepearlsnurserybahrain

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

Little Village Center
Um Al Hassam 1732 2570
@littlevillagecenter

Little Wonders Preschool
Saar 3644 7000
@littlewonderspreschoolbahrain

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

Madeleine's Pre – School
Adliya 1772 1851
@madeleinespreschool

Nadeen School Bahrain
Dilmunia 1772 8886
@nadeenschool

Quest School
Janabiya 3366 6014
@questschoolbh

Rainbows for Kids
Muharraq 1734 5090

Rawan Pre – school
Bu Quwah 3925 2862
@rawanpreschool

Reach Nursery
Isa Town 1766 3280
@reach.nursery

Riffa Views International School
Riffa 1656 5000
@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
Jebelat Hebshi 1759 5252
@alrawabischool

Al Salam School
Janabiya 1791 0528
@alsalamschool.bh

Alia National School
Sitra 1773 7377
@aliaschool

Al Wisam School
Budaiya 1769 9595
@alwisamschoolbahrain

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

Pearls of Wisdom

BAHRAINI PROVERBS ARE A TREASURE TROVE OF WISDOM.

One popular saying is, "The sea is the source of life," reflecting the island's historical reliance on the sea for sustenance and trade.

BAHRAIN FORT (QAL'AT AL-BAHRAIN):

This UNESCO World Heritage Site dates back to the Bronze Age and has been occupied by various civilizations over the centuries. Dilmun Civilization, Kassites, Greeks, Portuguese and Persians

PRIMARY & SECONDARY SCHOOLS CONT.

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
@newmilleniumschoobahrain

Pakistan School
Isa Town 1768 2304
@pakistanschool

Palms Primary School
Riffa 1766 6637
@palms.school

Philippine School
Riffa 1764 5451
@realphilippineschoobahrain

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

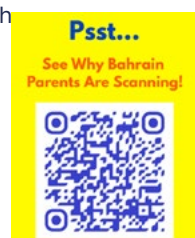
Mathnasium
Saar 3300 8840
@mathnasiumbah

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
Hoora 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



AMERICAN SCHOOL OF BAHRAIN

an **Esol Education** school



AN "OUTSTANDING" SCHOOL

Bahrain Education & Training Quality Authority



OUTSTANDING
Student Academic Achievement



OUTSTANDING
Student Personal Development & Wellbeing



OUTSTANDING
Teaching, Learning & Assessment



OUTSTANDING
Leadership, Management & Governance



Book a
Discovery Class



SPECIALIST EDUCATION

Affinity Consultancy

Saar 3966 9267
affinityconsultancy.org

Alia Autism Center

Sitra 1773 0960
@aliaschool

Anne Mostafa Clinical

Psychology Amwaj 6692 9422

Athena Private School for Special Education

Salmabad 1656 8120
@athenaprivateschool

Brain Body Dynamics

Saar 3888 0188
@brainbodydynamics

British Council

Manama 1726 6166
@britishcouncilbh

Children's Academy

Riffa 1761 3234
@thechildrensacademybahrain

Clever Play (specialized in STEAM)

Riffa 3221 8929
@clever.play

Disabled Sports Federation

Isa Town 1778 9191
@diablersportsfederationbahrain

Hope Institute

Isa Town 1768 0815
@hope_institute_bahrain

JMJ Specilaist Tuition

Janabiya 3941 9967

Leap Frog Education

Adliya 3687 3317

Little Village Center

Um Al Hassam 6632 4600
@littlevillagecenter

Oasis Training Center

Budaiya 1733 0823
@oasis.tc

Reach

Saar 3900 6065
@reachabaththerapy

R.I.A Institute

Manama 1771 6871
@riacenter

Steps Rehabilitation Centre

Janabiya 1724 6256
@stepsrehabilitationcenter

Talk Play Grow

Manama 3829 2331
@talkplaygrow

Think Behaviour & Development

Centre, Saar 3838 3760
@thinkinc.me



مدرسة سنت كريستوفر
St Christopher's School Bahrain



We are proud to announce that St Christopher's School has been recognised as a **SPEAR'S TOP 100 PRIVATE SCHOOL** for the fourth consecutive year.

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ENQUIRE TODAY

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](#)

Galleria Mall Zinj
[@galleriabh](#)



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_](#)

Savills
Manama 1756 2860
[@savills_me](#)

Anastasia Real Estate
Manama 3877 7555
[@amwaj_tala_property_anastasia](#)

Star Real Estate
Manama 3354 7470
[@starrealestate](#)

REMOVAL COMPANIES

Crown Relocation
Manama 1722 7598

GSL
Manama 3873 3824

Gulf Agency Company
Manama 1733 9777

M Nasir House Movers
Manama 3404 7026

Moomin Removals
Saar 3311 0541

Writer Relocations
Manama 1721 4270

RUG & CARPET CLEANING

Perfect Clean rugs
Manama 3301 0195
@perfect_clean_bh

Talents
Manama 3538 2007
@talents.bh

ProBees Cleaning
Manama 3667 2667
@probees_cleaning

UPHOLSTERERS

Anooj Upholsters
Manama 3882 4803
@anoojbahrain

Bahrain Upholstery
Manama 3901 5959
@bahrainupholstery

Haroons Upholstery
Riffa 3440 1573
@onelickupholstery

Rizq Interiors
Budaiya 3995 2830
@rizqinteriors

WINDOW CLEANERS

Liverpool Services
Saar 1761 3244
@liverpoolservices

PETS

ANIMAL RESCUE

Bahrain Animal Rescue Centre
BARC
Hamala 3944 6907
@bahrainanimalrescuecentre

Bahrain Strays
Manama 3967 5919
@saveourstraysbahrain

BSPCA
Askar 1759 1231
@bspca

BSPCA Thrift Shop
Budaiya 1759 3479
@bspca

GROOMING & PET SUPPLIES

California Pets
Budaiya 1760 0933
@californiapets

Horse and Hound
Budaiya 1700 1761
@horseandhoundbh

Pet Arabia
Amwaj 1759 2288
@petarabia

Pet Arabia
Budaiya 1759 2288
@petarabia

Petland
Arad 1310 7474
@pet_land

Pets Home
Hamala 1730 0203
@pets_homebh

Pick me Pets
Budaiya 3883 0311
@pickmepetsgcc

Pretty Paws Mobile
Manama 3728 8188
@prettypawsbh

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



It's Party Time!





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
@hautecupcakesbh

Hopscotch Rustic Kitchen
Saar 1769 1124
@hopscotch.bh

Jena
Hamala 1761 3191
@jenabakery

Let Them Eat Cake
Saar 1769 1114
@let_them_eat_cake_bh

Lilou
Seef 1771 4440
@cafelilou

Lumee
Seef 1743 4300
@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
@noahseventsbahrain

Picnico
Manama
@picnico_bh

Purple Papaya Events
Jidhafs 3666 5130
@purplepapayaagency

Sara Events
Manama 3393 6690
@sara_events_bh

Sleepee Teepee
Saar 3974 0496
@sleepeeeteepcebh

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

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

Market Street Bahrain

Market Street Bahrain is a venue that houses a continuous pop-up market.

We are an event that allows local artists and vendors to showcase and display their creations on a regular basis, and we are a hub for artists. We have facilities for workshops, classes, and collaborations with artists. Shoppers do not have to wait for the next pop-up event to take place when they can come to MSB at any time.

✉ marketstreetbahrain@gmail.com

📱 WhatsApp on +973 3388 0772

📷 @marketstreetbahrain

📌 Market Street Bahrain



Big Splinters Woodwork

Big Splinters Woodwork is a carpentry company that specializes in bespoke furniture.

We can create anything to meet your wishes. We specialize in tables, beds, bars, desks, outdoor living spaces, outdoor play structures, and much more. We also create chopping and serving boards and trays. All items are handmade in Bahrain, and one of a kind.

✉ bigsplinters@gmail.com

📱 WhatsApp on +973 3399 2591

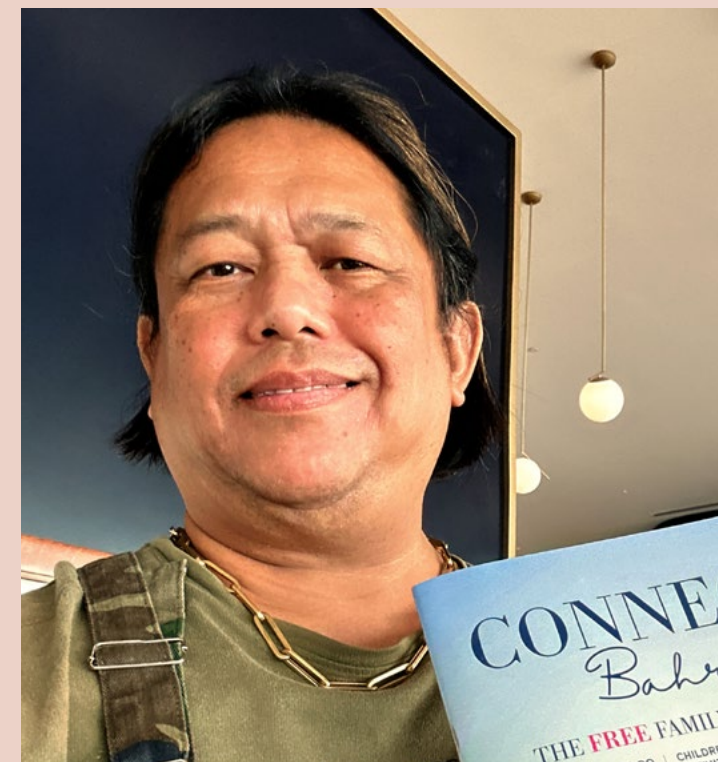
📷 @bigsplinterswoodwork

📌 Big Splinters Woodwork



CONNECT Bahrain SPOTTED

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



www.connectbahrain.com

@connectbahrain

+973 3226 8251



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
@gighb

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
@amaniphoto_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
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