

CONNECT

Bahrain

The **FREE** family directory

SOME OF THE BEST
THAI RESTAURANTS
IN BAHRAIN

CHILDREN'S
ACTIVITY PULL-OUT

Style tips

FROM THE
OVERDRESSED

CONNECTBAHRAIN.COM

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AN INSPIRED SCHOOL

Globally
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schools



ACADEMIC EXCELLENCE

Outstanding A-Level &
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ENSURING FUTURE SUCCESS

98% acceptance
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universities

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THE SCHOOLS INDEX
BY CARFAX EDUCATION

2024

Top 15 Private Schools in
Middle East and Top 150 in the world



Welcome

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

This edition is packed full of all of your favourite features plus some new ones. We have some style tips from The Overdressed, a travel guide to Koh Samui and a feature on the best Thai restaurants in the Kingdom. Our magazine is free and available throughout Bahrain.

Don't forget to check out our website, Bahrain's first online directory, www.connectbahrain.com. 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](https://www.whatsapp.com/channel/0029va23333333333333333333)

CR 159194

To celebrate the new 2025/26 season at The Bahrain Turf Club, we have hidden 10 riding hats amongst the pages. See if you can find them! Here is the first one.



Best Thai restaurants

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Explore Koh Samui

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TOUCH DOWN IN **NEW YORK**

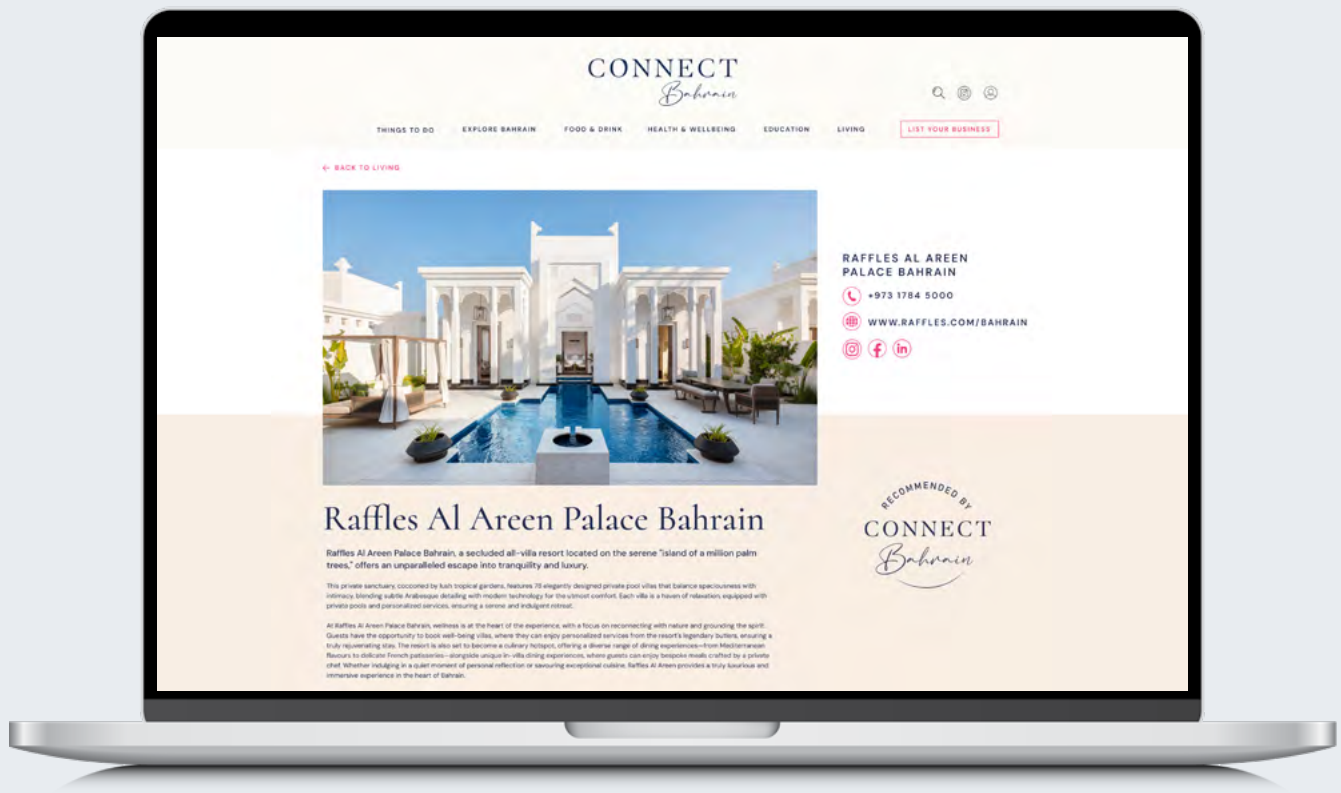
3 WEEKLY FLIGHTS



طيران الخليج
GULF AIR

MAP OF *Bahrain*





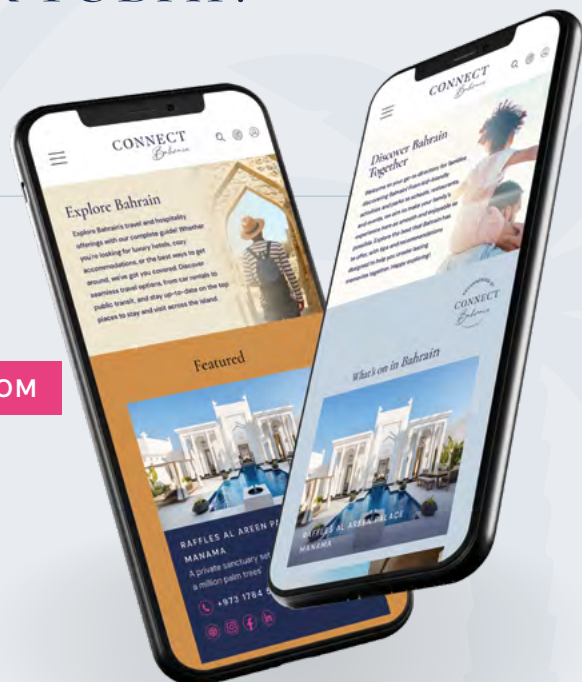
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Things to do

ART & CRAFT

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

Al Jasra Handicraft Centre
Al Jasra 1729 9879

Al Riwaq Art Space
Manama 1771 7441
@alriwaq

Artology
Saar 3679 0785
@artology.bh

Artly
A'ali 1762 1802
@artlybh

Art Lounge by Marion
Saar 3921 2060
@artloungebymarion

Art World
Manama 3766 9266

Aurians Academy of Arts
Riffa 3323 2895
@aurians.bh

Bahrain Arts Society
Jidhafs 1759 0551
@bahrainartssociety

Craftzania
Saar 3880 3397
@craftzania

Embroidery by Natalia
@embroiderybynatalia

MiniMe Bahrain
Saar 3376 1361
@minime_bahrain

Mosaic House
Al Maqsha 3925 3943
@mosaichousebahrain

Life in Music
Sanad 1762 5583
@lifeinmusicbahrain

Palitra Art Studio
Manama 3411 5037
@palitra_studio

Sard Child's Cultural House
Manama 1728 0281

Smart Kids Academy
Manama 3343 3595
@smartkids_academy

Studio Ceramics
Budaiya 1700 2911
@studioceramicsbh

The Art Scene
Riffa 3801 0011
@artscene.bh

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

Twinkle Twinkle
Saar 1770 0412
@twinkletwinklecenter

Wild about Art
Juffair 3330 7249
@wildaboutartco

BRIDGE

Bridge at the British Club
Manama 3940 7780
@britishclubofbahrain

CHESS

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

Bahrain Chess Academy
Seef 1755 4424
@chess.bh

Bahrain Chess Culture
Isa Town 3733 4949
@bhchessculture

Bahrain Chess Club
3920 0111

CLIMBING

Funscape World
Mall of Dilmunia 1330 0220
@funscapebh

Adventure Hub
Galleria Mall 3353 1166
@adventurehubme

The Crag Rock Climbing
Zallaq 3888 5655
@thecragbh

COOKING CLASSES

Cooking with Gica
Manama 3503 8336
@cookingwithgica

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

Kitchen United Cooking Class
Riffa 3350 3000
@kucookingclass

A Piece of Cake
Budaiya 3900 1155
@a_piece_of_cakebh

Ready Get Set Cook
Saar 3942 6665
@readygetsetcook

DANCE & BALLET

AADS Artistic Productions
Manama 3355 7266

Bahrain Ballet Center
Budaiya 3371 9180
@bahrainballetcenter

Ballare School
Saar 1730 0021
@ballarestudio

Dynamnic Arts Centre
Manama 3370 3299
@dynamic_arts_centre

Harmony Music Centre
Budaiya 3646 4360
@harmony_bmc

IIPA Indian Institute for Performing Arts
Manama 1723 1717

Victoria Dance
Hamala 3987 6215
@victoriadancebh

DRAMA

Ballare School
Saar 1730 0021
@ballarestudio

IIPA Indian Institute for Performing Arts
Manama 1723 1717

Manama Theatre Club
Brit Club 1772 8245
@mtcbahrain

Makan School of Speech & Drama
Saar 6669 0030
@makankom

Victoria Dance
Hamala 3987 6215
@victoriadancebh

E SCOOTERING

E Scooter
Bahrain Bay 3366 8788
@escooter.bh

E-Rental Golf Carts
Durrat 3366 8788
@erental.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
@voxbahrain

Vox Cinema

City Centre 6674 8397
@voxbahrain

BEACHES**Al Bander Hotel and Resort**

Sitra 1770 1201
@alibanderhotelandresort

Al Dar Islands

Sitra 1770 4600
@aldarlands

Al Jazair Beach

Amwaj Islands 1603 3100
@amwaj_islands

Bahrain Yacht Club & Marina

Sitra 1770 0677
@thebahrainyachtclub

Dragon Resort

Amwaj 1603 1111
@dragonhotelbh

Four Seasons Hotel

Bahrain Bay 1711 5000
@fsbahrain

NOW OPEN IN RIFFA AND SAAR

YELLOW Submarine

- Three-Storey Jungle Gym
- Imagination Playground
- Soft Play
- Moms & Tots
- Birthday Parties

yellowsubmarinebh@gmail.com
 Saar Mall: 39900994 Wadi Al Sail: 38056666
 Yellow Submarine Bahrain yellowsubmarinebh



BEACHES CONT.

Golden Beach

Hawar Islands from Al Dur Jetty
Manama 3200 0149
[@hawarisland.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
[@aldarlands](#)

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

Flip n Fun Gymnastics

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

Fun Factory

Manama 3962 2413
[@funfactory.bh](#)

Tee Up Golf Simulator

Amwaj 3800 1197
[@teeup.bh](#)

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

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

Hoora 3881 9909
[@lafontainebh](#)

Lost Paradise of Dilmun Water Park

Al Areen 1784 5100
[@lpodwaterpark](#)
10am – 7pm

Rashid Equestrian & Bahrain International, Horseracing Club

Sakhir 1744 033
[@rehc.bh](#)

Royal Camel Farm

Janabiya 1788 1188
[@camelfarm_bh](#)
10am – 5:30pm

Star Marine

Saada 3879 7979
[@starmarinebah](#)

Tree of Life

Open 24 hrs

CULTURE

A'ali Burial Mounds

A'ali Open 24 hrs
A'ali Pottery 3985 6994
[@aalipottery](#)
10am – 6pm

Abo Helal Basket Weaving

Manama 3969 1330
[@buhelal_basket](#)

Al Jasra Handicraft Centre

Jasra 1729 9879
10am – 7pm

Al Khamis Mosque

Manama 1729 8777
12pm – 5pm

Arad Fort

Muharraq 1729 8777
12pm

Bab el – Bahrain Souq

Manama 3445 1280
[@manama_shopping](#)

Bahrain Capital Mall

Seef 1710 2369
10am – 9pm

Bahrain Fort

Seef 1756 7177
10am – 8pm

Beit Al Quran Museum

Manama 1729 0101
10am – 2:30pm

Delmon Pottery

Aali 3535 9151
[@delmon_pottery](#)

Grand Mosque (Al Fateh Mosque)

Manama 1772 7773
10am – 4pm

Khamis Mosque

Manama
[@al_khamis_mosque](#)

Rashid Al Oraifi Museum

Muharraq 1733 5616
10am – 5pm

Riffa Fort

Riffa 1729 8777
10am – 5pm

Shaikh Isa Bin Ali House

Muharraq 1733 4945

Shaikh Ebrahim Center for Culture

Muharraq 1732 2549
[@shaikhebrahimcenter](#)

Siyadi House

Muharraq 3323 3521
[@pearlingpathbh](#)

BAHRAIN AUTHORITY FOR CULTURE & ANTIQUITIES

Bahrain National Museum

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

Bahrain National Theatre

1729 8777
8am – 8pm Tuesday closed

Al Jasra Crafts Centre

8am – 2pm Friday closed

Qal'at Al Bahrain Site Museum

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

Arad Fort

9am – 5pm Friday closed

Dilmun Burial Mounds

8am – 5pm

Barbar Temples

8am – 5pm

Diraz Temple

8am – 5pm

Saar Archaeological Site

8am – 5pm

Al Jasra House

8am – 2pm Friday closed

Tree of Life Site

8am – 5pm

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

CONCERTS

Al Dana Amphitheater

Sakhir 1745 4444
[@aldana_amp](#)

Bahrain National Theatre

Manama

Exhibition World Bahrain

Sakhir
[@ewbahrain](#)

Explore Bahrain

Some weekend inspiration

Friday

Head to Dragon City for opening time at 10am before the lunchtime rush. A good time to browse fashion, homeware, electronics, or children's toys without the crowds. Since Thai Mart is right next to it, walk over for Thai snacks, fresh groceries or skincare products. Grab lunch at one of the casual restaurants inside Thai Mart.

Instead of rushing home, take a short drive over to Marassi Mall with luxury shops, high street favourites, cafes, restaurants and The Aquarium or if you're feeling weary catch a movie at the Reel Cinema on the second floor. Marassi Mall is a fine example of modern architecture at its best and a great place to spend the afternoon or evening.



Saturday

After all that shopping it's time for some culture. Drive to A'ali Pottery Village. Spend an hour or two browsing handmade pottery, watching the craftsmen at work, and pick up a few unique pieces to take home.

For the afternoon, head to the Crag Rock Climbing wall. This is an outdoor climbing wall with about 20 different routes, ranging from difficult to beginner. It's a great activity for the whole family, just make sure you book ahead.



AIRLINES

Air Arabia 1750 5111
@airarabiagroup

Air Canada 1782 8768
@aircanada

Air France 1722 0870
@airfrance

Air India 1722 0788
@airindia.in

American Airlines 1782 6725
@americanair

British Airways 1758 7777
@british_airways

Cathay Pacific 1722 6226
@cathaypacific

Cyprus Airways 1722 0849
@cyprusairways

Egypt Air 1724 3317
@egyptair

Emirates Airlines 1758 8700
@emirates

Etihad Airlines 1751 9999
@etihad

Gulf Air 1737 3737
@gulfair

KLM 1722 9747
@klm

Kuwait Airways 1722 3300
@kuwaitairways

Oman Air 1750 0020
@omanairofficial

Qatar Airways 1721 2202
@qatarairways

Saudia Airlines 1721 1550
@saudi_airlines

AIRPORT INFORMATION

Bahrain International Airport
Muharraq 8000 7777
@bahrainairport

Hala Bahrain
Muharraq 1713 9002
@halabahrainhospitality

HOTELS

Ritz-Carlton Bahrain
Seef 1758 0000
@ritzcarltonbahrain

Intercontinental Regency Bahrain
Manama 1722 7777
@interconbahrain

Al Bander Hotel and Resort
Sitra 1770 1201
@alibanderhotelandresort

Conrad Hilton
Financial Harbour 7797 7777
@conradbahrain

Coral Bay Hotel
Diplomatic Area 1731 2700
@coralbaybh

Crowne Plaza
Diplomatic Area 1753 1122
@crowneplazabahrain

Diplomat Radisson Blu
Diplomatic Area 1753 1666
@diplomaticradissonblu

Domain Bahrain
Manama 1600 0000
@domainbahrain

Downtown Rotana
Manama 1311 9999
@downtownrotana

Dragon Resort
Amwaj 1603 1111
@dragonhotelbh

Elite Resort & Spa
Manama 1731 3333
@eliteresort_spa

Four Seasons Hotel
Bahrain Bay 1711 5000
@fsbahrain

Fraser Suites Diplomatic
Diplomatic Area 1616 1800
@fraserdiplomatic

Golden Tulip
Manama 1753 5000
@goldentulipbahrainhotel

Grand Swiss – Belhotel
Waterfront
Seef 1717 7333
@grandswissbelhotelwaterfront

Gulf Hotel
Manama 1771 3000
@thegulphotelbh

Hilton Bahrain
Manama 7701 0100
@hiltonbahrain

Hilton Garden Inn Bahrain Bay
Bahrain Bay 7790 1111
@hiltongardeninnbahrainbay

Ibis Styles
Diplomatic Area 1723 3310
@ibisstylesbahrain

Jaw Resort & Spa
Jaww 7797 9797
@jawresortbahrain

Jumeirah Gulf of Bahrain
Zallaq 7777 1000
@jumeirahgulfofbahrain

Lagoon Beach Resort
Budaiya 1663 0000
@laguna.bh

Le Meridien
Seef 1717 1000
@lemeridienbahrain

Majestic Arjaan Rotana
Muharraq 3999 7289
@majesticarjaanbyrotana

Movenpick
Muharraq 1746 0000
@movenpickbahrain

Novotel Al Dana Resort
Manama 1729 8008
@novotel_bahrain

Palm Yard Hotel
Manama 1772 5000

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

Ramada
Seef 1774 2000
@ramadabahrain

Ramee Grand
Seef 1711 1999
@rameegrand.bh

Reef Resort Hotel
Reef Island 1311 0110
@reefboutiquehotel

Royal Saray
Seef 7770 7070
@royalsaray

Sofitel Hotel
Zallaq 1763 6347
@sofitelbahrain

Swiss – Belhotel
Seef 6631 0000
@swissbelhotelseef

The Address
Marassi Beach 7749 9666
@addressresortbahrain

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

The Grove
Amwaj 1603 0303
@thegroveresortbahrain

The K Hotel
Juffair 1736 0000
@khotelbahrain

The Merchant House
Manama 1667 1000
@themerchanthousebahrain

The Westin Bahrain
Seef 1717 1000
@westinbahrain

Vida Beach Resort
Marassi Al Bahrain 7748 8100
@vidabahrain

Wyndham Garden Manama
Juffair 6631 6666
@wyndhamgardenbah

Wyndham Grand Manama
Bahrain Bay 1711 6116

TOUR GUIDES

Airhome Travels
Manama 3655 1214
@airhometravels

Ishtar Gate Tour & Tourism Consultancy
3678 8001
www.ishtartour.com

Sylvia Tourguide
Manama 3309 8001

Sophie's Secret Bahrain
Saar 3393 3230
@sophie_secret_bahrain

Vendy Tourguide
Manama 3947 2025

CAR DEALERSHIPS

Euro Motors
Sitra 1775 0750
@euromotors_bh

Mercedes Benz Bahrain
Tubli 1778 5454
@alhaddadmotors

Java Motors Bahrain
Budaiya 1759 6626
@javamotorsbahrain

CAR RENTAL

Avis
Manama 3848 4545
@avis.bahrain

Budget
Manama 1753 4100
@budgetbahrain

EuropCar
Manama 1768 1999
@europcar

Hertz
Manama 1729 7117
@hertz

Kanoo Daily Rental
Manama 1778 4042

OTO Rent A Car
Manama 1721 1682
@ottorentacar

Rotana
Seef 1717 9030
@rotanacars

SIXT
Manama 1713 8920
@sixt

Zayani Leasing
Manama 1770 6147
@zayanileasingbh

TAXIS

Arabian Taxis
Hidd 1746 1746

Bahrain Chauffeur Limo
Manama 3306 2726

Bahrain Taxi
Manama 6696 6976

Careem
@careembah

Gulf Taxi
Manama 3444 4616

Speedy Motors
Manama 1768 2999

Uber
@uber





RAFFLES

AL AREEN PALACE BAHRAIN

A WORLD OF *elegance* AND ENCHANTED GLAMOUR

ESCAPE TO RAFFLES AL AREEN PALACE BAHRAIN

YOUR PRIVATE SANCTUARY WHERE TIMELESS ELEGANCE MEETS PERSONALIZED LUXURY.

INDULGE IN MEDITERRANEAN FLAVORS AT PALMA, EXQUISITE FRENCH PATISSERIE AT YCONE PARIS, AND UNWIND IN YOUR SERENE WELLNESS SPA VILLA. WITH A PRIVATE TEMPERATURE-CONTROLLED POOL, DEDICATED BUTLER SERVICE, A VIBRANT KIDS CLUB, AND BESPOKE EXPERIENCES AT EVERY TURN, YOUR UNFORGETTABLE RETREAT BEGINS HERE.

RAFFLES AL AREEN PALACE BAHRAIN

[RAFFLES.COM/BAHRAIN](https://www.raffles.com/bahrain)

RESERVATIONS.BAHRAIN@RAFFLES.COM

+973 1784 5000

A note from renowned horse trainer, George Baker.

Training out of historic Downs House Stables in the UK, with over 500 winners across the globe and in Bahrain.

The sport of Horse Racing in The Kingdom has made giant strides in recent times. The innovative and ambitious team at The Bahrain Turf Club have created a spectacular racecourse that has quickly become a mainstay of the Middle Eastern racing circuit.



Come Racing!! And if you are interested in joining in the fun and excitement of racehorse ownership, contact UK based trainer George Baker whose horses have been successfully campaigned in The Kingdom for the past five seasons.

gbakerracing@gmail.com

Year on year, the facilities for both the equine athletes and racing fans has improved.

The Bahrain Turf Series runs from the middle of December until the beginning of March and attracts high quality International racehorses. Racing usually takes place on Friday evenings under the recently installed floodlights.

With excellent prize money on offer and alluring Owner incentives, the Bahrain Turf Series continues to thrive, and has become an integral part of the region's horse racing calendar.





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

EXPLORE BAHRAIN



THE
Bahrain
TURF CLUB



2025/26 *International Race Dates*



BAHRAIN INTERNATIONAL TROPHY:

Race date	Distance	Race value	Conditions
Bahrain International Trophy (Group 2) Friday 14th November 2025	2000m	\$1,000,000	Group 2 3yo+ PREMIER RACE



BAHRAIN TURF SERIES & PREMIER RACES:

Race date	Distance	Race value	Conditions
Al Manama Cup Friday 19th December 2025	1000m	\$80,000	84-100 3yo+
Al Muharraq Cup Friday 19th December 2025	2000m	\$80,000	84-100 3yo+
HH Sh. Khalid bin Hamad Al Khalifa Cup (Listed) Friday 19th December 2025	1600m	\$80,000	Listed 3yo+ PREMIER RACE
Al Riffa Cup Friday 2nd January 2026	1200m	\$80,000	80-100 4yo+
Al Dana Cup Friday 2nd January 2026	1800m	\$80,000	80-100 4yo+
South Governorate Cup Friday 2nd January 2026	1400m	\$25,000	Domestic Grade 2 4yo+ PREMIER RACE
Al Wasmiya Cup Friday 16th January 2026	1000m	\$80,000	Domestic Grade 1 4yo+
Al Adiyat Cup Friday 16th January 2026	1800m	\$80,000	Domestic Grade 1 4yo+
Hawar Cup Thursday 29th January 2026	1200m	\$80,000	80-100 4yo+
Anchorman Cup Thursday 29th January 2026	2000m	\$80,000	80-100 4yo+
The Bahrain Mile Friday 30th January 2026	1600m	\$50,000	Domestic Grade 1 4yo+ PREMIER RACE
The Crown Prince's Cup (Listed) Friday 30th January 2026	2000m	\$200,000	Listed 4yo+ PREMIER RACE
Al Sakhir Cup Thursday 19th February 2026	1000m	\$80,000	80-100 4yo+
Bahrain Vision Cup Thursday 19th February 2026	1800m	\$80,000	80-100 4yo+
HH Sh. Nasser bin Hamad Al Khalifa Cup (Listed) Thursday 19th February 2026	2200m	\$135,000	Listed 4yo+ PREMIER RACE
HH Sh. Sheema bint Nasser bin Hamad Al Khalifa Cup Thursday 19th February 2026	1400m	\$30,000	Domestic Grade 1 4yo+ PREMIER RACE
Al Fateh Cup Thursday 5th March 2026	1200m	\$100,000	80-100 4yo+
The International Handicap Thursday 5th March 2026	2000m	\$100,000	80-100 4yo+
The Chairman's Cup Friday 6th March 2026	1000m	\$50,000	Domestic Grade 1 4yo+ PREMIER RACE
Al Methaq Mile (Listed) Friday 6th March 2026	1600m	\$120,000	Listed 4yo+ PREMIER RACE
The King's Cup (Group 3) Friday 6th March 2026	2400m	\$400,000	Group 3 4yo+ PREMIER RACE



Food & Drink

A Taste of the Far East in Bahrain

Some of the best Thai restaurants on the island

Thai Lounge, The Ritz Carlton

Nestled within the luxury of The Ritz-Carlton, Thai Lounge merges modern sophistication with authentic flavour. The restaurant showcases bold Southeast Asian flavors and impeccable service. Set in a beautiful glass restaurant with a large outdoor terrace, this is one of Bahrain's finest Thai restaurants and well worth a visit. Famed for its Pad Thai and Shrimp Toast. **See our review for more details.**

Honey's Thai, Manama

A beloved local institution since the 1980s, Honey's Thai is known for its authentic flavors and cozy, slightly nostalgic ambiance. Its generous portions and consistent dishes have earned it a dedicated following. It is often referred to as the 'Best Thai on the Island' by the local Thai population in Bahrain. Based in the souq, it may not be flashy, but its enduring quality and great value for money keeps diners coming back.



Monsoon, Adliya

Located in Adliya, Monsoon stands out with its elegant Thai style décor complete with a serene pond and water features. The menu has traditional dishes including Tom Yum Soup and Mango Sticky Rice. The food, atmosphere and attentive service all make this a popular hotspot in the busy streets of Adliya.

Royal Thai, The Gulf Hotel

Set within a grand pagoda amidst lush gardens at The Gulf Hotel, Royal Thai offers a majestic dining environment paired with authentic flavors. It was recently awarded the Seal of Approval for Thai Cuisine by Thailand's Ministry of Commerce.

Our favourite Thai Takeaways:

Top Thai, Gudaibiya

Top Thai has generous servings, flavorful dishes. The pad thai here comes highly recommended.

Samui Thai, Seef

Located in Seef, Samui Thai is described as a tasty escape into genuine Thai flavors. A great option for takeaway with delicious Thai favourites always delivered piping hot.

Thai Fried Spice

Authentic flavours and well priced. Based in Juffair

Thailand Restaurant, Adliya

Big portions and great food, has a dine in option.

Banana Leaf, Manama

A modest spot beloved for its street food charm, Banana Leaf offers genuine Thai dishes and is great value for money. The Tom Yum Soup and Pad Thai are local favorites, making it a trusted go-to for a takeaway.

SPOTLIGHT ON THAI

Restaurant Review: Thai Lounge at The Ritz-Carlton, Bahrain



The Restaurant

Tucked away in the tropical gardens of The Ritz-Carlton, Bahrain, Thai Lounge is a fantastic choice for delicious, top quality Thai food. Surrounded by palm trees and the smell of Thai food, you can easily feel like you've just arrived in Thailand.

Food & Drink

We began our evening in the Dragon-style bar, which is the centerpiece of the restaurant. The cocktail and mocktail menus are extensive and well worth a try.

Our starter was a selection of sharing plates including an incredible sushi platter served on a carved wooden boat, followed by shrimp popcorn, chicken satay and Thai spring rolls.

We tried the signature Pad Thai as a main course. This classic, sweet and tangy dish had the perfect balance of flavour, with noodles wrapped in a thin omelet. The chicken with cashew nuts was equally delicious, with roasted chilies and a soy glaze. This was topped off with a Thai beef salad with medium-rare beef and fragrant spices.

Pudding was not to be missed. The sticky rice with mango is a Thai street-food style favourite.

Service

Service throughout the evening was exceptional, with special recognition due to our waitress June. She anticipated our needs without being intrusive and gave thoughtful recommendations throughout the evening.

Our Verdict

What really sets Thai Lounge apart, beyond the beautiful setting and delicious food, is that it represents good value for money, given the quality of food. It delivers gourmet food, generous portions, and excellent service at a price point that feels genuinely fair.

With its lush surroundings, extensive menu and standout staff, Thai Lounge is one of the best restaurants in Bahrain.

To book, call 1758 6480

Top tip:
Request a table
outside.



Thai'd Up: Unexpected Dishes and Discoveries in Bahrain

Written by
hungry
fifi



We all love a creamy green curry or a fiery Pad Thai, but Thai cuisine is a lot more layered than just its greatest hits.

From herbal broths to funky fermented surprises, it's a world of contrasts. Sweet and sour, hot and cool, crunchy and silky. This month, I'm taking you off the beaten coconut trail to dig into lesser-known Thai dishes you should absolutely try and where to find them (or their close cousins) right here in Bahrain.

- 1 **Khao Soi** – Northern Thai coconut curry noodle soup with crispy noodles on top. Spicy, slurpy heaven.
- 2 **Yum Woon Sen** – A zingy glass noodle salad with prawns, herbs and a punch of lime and fish sauce. Refreshing but with heat!
- 3 **Khanom Buang** – Thai crispy pancakes filled with sweet or savoury toppings. Think Thai tacos but cuter.
- 4 **Som Tam** – the green papaya salad that's crunchy, tangy, a little spicy and completely addictive. A national obsession in Thailand and just as good here.

Or even Pla Neung Manao, steamed fish with lime, garlic and chili, or Tom Khai Gai, a gentler cousin of Tom Yum.

Thai spots in Bahrain to try:

Banana Leaf – This Adliya stalwart is your home for excellent Thai food. Don't expect a fancy set up, just good solid food that you will keep you returning to again and again.

Honey's Thai – A humble gem for home-style dishes. Perfect for a post-souq shopping trip.

Bo Sabi – Nestled in The Diplomat hotel, this is the spot for cocktails in a beautiful setting. With huge windows, a small outdoor area and plenty to feast upon.

Rachanee – looking to cook up your own Thai feast, then head to this supermarket to stock up on essential ingredients.

Others to try include
Top Thai (Manama),
Thai Lanna (Diyar Al
Muharraq) and Pongs
(Gudaibiya)

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



BRUNCH

SUSHISAMBA Bahrain
Friday 1-4pm

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 – 31.18BD

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

Legendz Steakhouse
Intercontinental 3696 7701
Friday 12-4pm
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

Bruges Chocolatier
Various 3834 8470
[@bruges.chocolatier](https://www.bruges.chocolatier)

Audrey's Bakery
Tubli 3889 9021

Aroma Café
Seef 1758 2711
[@aromabahrain](https://www.aromabahrain)

A Piece of Cake
Riffa 1777 7909
[@a_piece_of_cakebh](https://www.a_piece_of_cakebh)

Baker & Spice
Al Aali Mall 1360 9666
[@bakerandspicebah](https://www.bakerandspicebah)

Chez Sophie
Amwaj 1603 0912
[@chezsophie.bh](https://www.chezsophie.bh)

Cakes and Bakes
Riffa 3933 3466
[@cakesandbakes.bh](https://www.cakesandbakes.bh)

Café Chantilly
Saar 1720 0071
[@chantilly_bh](https://www.chantilly_bh)

Café Delices
Manama 1771 3000
[@cafedelicebh](https://www.cafedelicebh)

Café Lilou
Adliya 1771 4440
Seef 1758 3939
[@cafelilou](https://www.cafelilou)

Café Sego
Manama 1721 1152
[@cafesego](https://www.cafesego)

Cake Boutique
Seef 1755 2253
[@cakeboutiquebh](https://www.cakeboutiquebh)

ChocoBisc
Manama 3509 4993
[@choco_bisc](https://www.choco_bisc)

Crème London
Al Liwan 6664 4323
[@cremelondonbh](https://www.cremelondonbh)

Crumbles
Riffa 3611 6313
[@crumbles_bakery](https://www.crumbles_bakery)

Dose café
Water Garden City 1700 0774
[@dosecafe_bh](https://www.dosecafe_bh)

Eastern Bakery
Mina Salman 1772 7133
[@easternbakerybh](https://www.easternbakerybh)

Esquires
Awali 3600 0000
[@esquires_bahrain](https://www.esquires_bahrain)

Furn
Seef 1717 1441
[@furnbahrain](https://www.furnbahrain)

GB Café
Seef 7708 7768
[@greenbarcafe](https://www.greenbarcafe)

Goodness
Saar 3360 0082
[@goodness.bh](https://www.goodness.bh)

Grotta
Hamala 3320 0780
[@grottabakery](https://www.grottabakery)

Hala Lebnan
Reef Island 1777 2600
[@hahalebnaan.bh](https://www.hahalebnaan.bh)

Haute Cafe and Patisserie
Seef 1758 6363
[@Hautecafebh](https://www.hautecafebh)

Hopscotch
Saar 1769 1124
[@hopscotch.bh](https://www.hopscotch.bh)

Jena
Hamala 1761 3191
[@jenabakery](https://www.jenabakery)

Just Cupcake
Riffa 1766 6090
[@justcupcake](https://www.justcupcake)



COFFEE & CAKE CONT.

La Reine de Versailles
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 Artisan Patisserie Bahrain
Riffa 1771 5370
@lilouartisanpatisseriebah

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
@teclub_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

AMERICAN

Buffalo Wings and Rings
Adliya 1710 4994
@buffalowildwingsbahrain

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
@cocoscakebahrain

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

Dona's Wonders
Various 1721 3669
@donaswonders

Cinnamon in the Souk
Manama 3717 7899
@themerchanthousebahrain

Danat Al Tawawish
Manama 3805 0713
@altawawish

Darseen Café
Bahrain National Museum 7733 6600
@darseencafebh

Dona's Wonders
Muharraq 1721 3669
@donaswonders

Emma Wash
Budaiya 1730 9030
@emmawash_bh

Haji's Café
Manama 1721 0647
@hajiscake

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

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

Villa Mamas
Saar 1730 5031
@villamamas

BRITISH

The English Rose
Adliya
@theenglishrosebh

The Village Chippy
Saar 3363 6222
@thevillagechippybahrain

CHINESE
China Garden, Gulf Hotel
Manama 1774 6423
@chinagardenbh

David's Stir Fry Crazy
Adliya 1754 0188
@davidsstirfry

PF Changs
Seef 1711 0380
The Avenues 1711 0567
@pfchangsmc

EUROPEAN

Camelot
Adliya 3997 7540
@camelotrestaurant

The Furn Bistro & Bakery
Seef 1717 1441
@furnbahrain

La Med
Ritz – Carlton 1758 9317
@ritzcarltonbahrain

La Plage
Ritz – Carlton 1758 0000
@laplage_bh

FRENCH

The Harvesters Pub and Terrace
Diplomatic area 1753 1122
@crownplazabahrain

Bagatelle
Seef 1667 7770
@bagatellebahrain

Little Chefs

Here's a recipe from our lovely friend Ally at Ally's Kitchen Stories



Carrot Cottage Cheese Cookies

These scrumptious chewy, healthy & protein packed cookies are a lunch box hit! They have that comforting carrot cake flavour that children adore, making it easy to sneak in some nutrition too.

A breezy Bish Bash Bosh recipe that you can make together at home in under an hour!

Ingredients (Makes 15-20)

1 Cup Grated Carrot

1-Cup Oats

¾ Cup Full Fat Cottage Cheese

1 Large Eggie

¾ Whole Wheat Flour Or Plain

½ Cup Maple Syrup

1 Tsp Vanilla Extract

Pinch Of Salt

¼ Tsp Cinnamon

¼ Tsp Nutmeg

1 Tbsp Chia Seeds

1 Tbsp Sunflower Seeds

1 Tbsp Pumpkin Seeds

Method:

Preheat oven to 160 degrees

In a blender blitz the cottage cheese, eggie, maple and vanilla until smooth.

Pour batter into a bowl and add oats, flour, baking powder, salt and seeds.

Fold in the grated carrot. Cover and refrigerate for 30 mins.

Scoop a rounded tbsp. of dough onto a baking sheet, making sure you have approx 2 inches between each cookie.

Bake between 13-16 minutes or until the edges are golden.

Relish!



RESTAURANTS CONT.

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

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
@motimahahal_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
@crownplazabahrain

INTERNATIONAL

Bahrain Bay Kitchen

The Four Seasons
Bahrain Bay 1711 5500
@fsbahrain

Botanica

Manama 3380 8035
@botanicabahrain

Cut by Wolfgang Puck

Bahrain Bay 1711 5044
@cutbahrain

Da Rosa

Fraser Suites Diplomatic 1616 1800
@darosa.fraserdiplomatic

Fusions by Tala

Adliya 1771 3000
@fusionsbytala

Gallery 21

Manama 1771 1600
@gallery21bh

Indigo

The Merchant House
Manama 1667 8666
@indigo.manama

La Mosaïque

Diplomatic Area 3924 2391
@lamosaïquebahrain

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

Savour

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
@Rokabahrainofficial

JAPANESE & PERUVIAN**Clay**

Adliya 1755 4545
@clay_bahrain

LEBANESE**Al Arisha**

Manama 1772 5414
@alarisharestaurant

Al Fayez

Reef Island 1332 0612
@alfayezbahrain

Em Sherif Sea Cafe

The Avenues 7710 0777
@emsherifseacafe.bh

Leila

Seef 1756 6556
@leilaminlebnen

Pashawat

Sofitel Bahrain 1763 6363
@sofitelbahrain

Zahrat Al Fayrouz

Jumeirah Gulf of Bahrain 7777 1000
@zahrataalfayrouz

Zayt Zaytoon

Budaiya/Al 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

Legendz

SteakHouse



LEGENDZ WEEKLY SPECIALS

THE BRUNCH

EVERY FRIDAY | 12:00 PM - 4:00 PM

- - - -

SATURDAY BBQ BEEF RIBS

EVERY SATURDAY | 6:00 PM - 10:00 PM

- - - -

RIBEYE NIGHT

EVERY SUNDAY | 6:00 PM - 10:00 PM

- - - -

TWO FOR ONE STEAK

EVERY MONDAY | 6:00 PM - 10:00 PM

- - - -

CHÂTEAU BRILLIANT NIGHT

EVERY THURSDAY | 6:00 PM - 10:00 PM

- - - -

STEAK & LOBSTER

EVERYDAY | 6:00 PM - 10:00 PM

- - - -

For bookings or more information

WhatsApp +973 3696 7701



INTERCONTINENTAL
BAHRAIN



The Ultimate Guide to Ladies Nights in Bahrain

Whether you're looking to catch up with the girls, or unwind with some bites at sunset, Bahrain's nightlife has a great lineup of Ladies nights throughout the week. From chic rooftop lounges to stylish hotel restaurants, venues across the island are offering complimentary drinks, discounts and entertainment just for women.

Sunday

Thai Lounge, Ritz Carlton. Cocktails at special prices and 50% off selected finger food, 6–9 pm

Solymar Beach. One complimentary drink, 2pm onwards

Tuesday

SUSHISAMBA Bahrain. Two cocktails and one bites platter for 12BD (from 8pm)

Botanica. Free flowing complimentary drinks. 9–11pm

Mai Tai Lounge, Ritz Carlton. Three complimentary drinks, 9pm–midnight

The Gulf Hotel. Ladies enjoy 50% off food at all restaurants (excluding Rasoi by Vineet and Fusions by Tala).

Wednesday

Alto Lounge. Three complimentary drinks, 5pm–2am

Bushido by Buddha Bar. Three complimentary drinks. 8–11pm

Calexico. Two complimentary drinks, 9–11pm

Cocoluna Lounge, Hilton Bahrain. Three complimentary drinks, 7pm–midnight

Trader Vics. Two complimentary drinks, 6–9pm

McGettigan's. Four complimentary drinks and one starter for 5BD, 6–11 pm.

Cucina Italian. 50% off total bill (evening only).



Thursday

Downtown at The Intercontinental Bahrain. Three complimentary drinks and 25% off the total food bill, plus free entry, 9pm – 1am

Spin Speakeasy Bar at The Gulf Hotel. Three complimentary drinks, 9pm–midnight.

Friday

Spin Speakeasy Bar at The Gulf Hotel. Three complimentary drinks, 9pm–midnight.

Saturday

Circa. Three complimentary drinks, 7pm–2:30am

*Details were correct at time of going to print



Isfahani

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

Takht Jamsheed

Manama 1774 6431
@thegulphotelbh

SEAFOOD

Fish Bone

Manama 1729 8436
@fishbone.bh

Fish Market

Bahrain Bay 1710 0800
Sitra 1770 1201
@fishmarketbah

La Mer

Sofitel, Zallaq 1763 6363
@sofitelbahrain

La Perle

Novotel Al Dana 1729 8439
Manama
@la.perle.restaurant

Tabreez

Manama 1740 6206
@tabreez_restaurant

Waves Seafood

Manama 1753 1122
@crownepalazabahrain

SOUTH AFRICAN

Butcher's Shop & Grill

Seef 1717 2323
@butchershopar

SPANISH

Salero

Seef 1717 1300
@salerobahrain

STEAKHOUSE

Legendz

Manama 1722 7777
@legendzsteakhouse

Meat Company

Adliya 1774 2080
@themeatcobh

Plums

Ritz - Carlton 1758 6499
@ritzcarltonbahrain

The Foundry

Adliya 1722 3223
@thefoundrybh

THAI

Banana Leaf

Adliya 1774 4171
@banana.leaf.restaurant

Eathai

Isa Town 1767 3711
@eatthai.bahrain

Hash House

Adliya 1771 5094
@hashhouse_bh

Honey

Gudaibiya 3345 5442
@honeyrestaurant

Royal Thai

Manama 1771 3000
@royalthaibahrain

Thai Lounge

Ritz - Carlton 1758 6480
@thai_lounge_bh

TURKISH

Gunaydin

Adliya 1700 0099
@gunaydinbahrain

Sisler

The Avenues 1667 0358
@sisler_bahrain

VEGAN

Let them eat Cake

Saar 3232 0078
@let_them_eat_cake_bh

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

Florencia

@florenciaicecreambh

Marble Slab

@marbleslab_bh

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BAHRAIN

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925th Floor, Conrad Bahrain Financial Harbour

SAMBA BRUNCH
Starting October 3rd
Every Friday
1 PM - 4 PM

Enjoy Japanese, Brazilian, and Peruvian
LUNCH | DINNER
Everyday - 1 pm

BUSINESS LUNCH
4-Course Menu for BHD 15 per person
Mon - Thur
1 PM - 3 PM

@sushisambabahrain



Koh Samui



Cradled in the turquoise waters of the Gulf of Thailand, Koh Samui is a sun-soaked escape where white-sand beaches, jungle waterfalls, and ancient temples live in perfect harmony. Arriving in Samui airport is like arriving at a 5 star tropical retreat and it gives you a taste of what's to come.

Start on the island's north shores, with Bophut, family friendly and packed full of restaurants, spas and boutique resorts. Just up the coast, Choeng Mon offers luxury villas to rent on airbnb and hidden coves. Further south Lamai is a great place to be based with easy access to the south coast, shopping and day trips.



Things to do

Koh Samui is packed full of things to do and is the perfect size to get around the island. Rent a car and explore at your own pace. Visit the Big Buddha, a 12-meter seated figure on a rocky islet just off the coast. Hike to the Na Muang waterfalls, or take a boat for a day trip to Ang Thong Marine Park (pictured), an archipelago of uninhabited islands, and snorkeling spots straight out of a Bond film. You can even visit Pig Island (Koh Madsum), where friendly pigs roam free on the beach. There are endless activities for the whole family, from jungle zip lining to jet skiing, visiting an elephant sanctuary and crazy golf. The list is endless.

Markets

No trip to Samui is complete without a night market. Start at Fisherman's Village Walking Street in Bophut, where nights come alive with sizzling seafood, local handicrafts, and live music by the water. Chaweng Night Market serves up Thai street food favourites like mango sticky rice, satay skewers, and spicy papaya salad for next to nothing. If you're feeling brave you can try the more interesting snacks on offer, including deep-fried scorpion.

Top Tips:

- Download the app 'Grab', just like our Talabat and has taxis too.
- Remember to fill out the new Thai immigration online form before arriving.
- Pack light. Koh Samui is warm all year and dress is generally casual.



Eat:

Splashing out: Tree Tops Restaurant, Dine on the Rocks, Coco Tams.

Middle of the road: Zazen Restaurant, Nahm Samui, Gusto.

On a budget: Thongson Beach restaurant.

Stay:

Splashing out: Four Seasons Koh Samui, Anantara Bophut, Conrad Koh Samui.

Middle of the road: The Bophut Beach Resort, Zazen Boutique Resort.

On a budget: Holiday Inn Bophut.

When to Go

- Dry Season (Dec–Feb): Clear skies, calm seas, and peak activity, book early.
- Hot Season (Mar–May): Great for sun-seekers, with fewer crowds and vibrant festivals like Songkran.
- Green Season (Jun–Sep): Tropical rain showers, lush landscapes, and better prices.
- Monsoon (Oct–Nov): Rainiest time of year, but peaceful, and home to Loy Krathong, the lantern festival that lights up the night.

The Gulf Air flight schedule.

Fly to Bangkok with Gulf Air and connect on to Koh Samui with Bangkok Airways.

Bahrain To Bangkok Schedule 25 August to 25 October 2025

Flt Desg	Eff Date	Dis Date	Freq	Dept Arp	Dept Time	Arvl Arp	Arrv Time
GF 0152	25-Aug-25	24-Oct-25	Daily	Bahrain	22:45	Bangkok	09:55
GF 0153	26-Aug-25	25-Oct-25	Daily	Bangkok	19:40	Bahrain	22:55

Bahrain To Bangkok Schedule 26 October 2025 to 27 March 2026

Flt Desg	Eff Date	Dis Date	Freq	Dept Arp	Dept Time	Arvl Arp	Arrv Time
GF 0152	26-Oct-25	26-Mar-26	Daily	Bahrain	22:45	Bangkok	09:20
GF 0153	27-Oct-25	27-Mar-26	Daily	Bangkok	19:15	Bahrain	22:40



طيران الخليج
GULF AIR





Celebrate the new season of The Bahrain
Turf Club with our racehorse themed

Fun Zone



Horse Racing crossword



Across

2. Location of the REHC in Bahrain.
3. The person who rides a horse during a race.
5. The gate the horses start from in a race.
7. A horse's height is measured in _

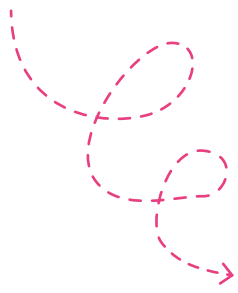
Down

1. Where the horses race.
4. REHC stands for _ Equestrian and Horseracing Club.
6. Famous Royal horse race in the UK in June, starts with an A.

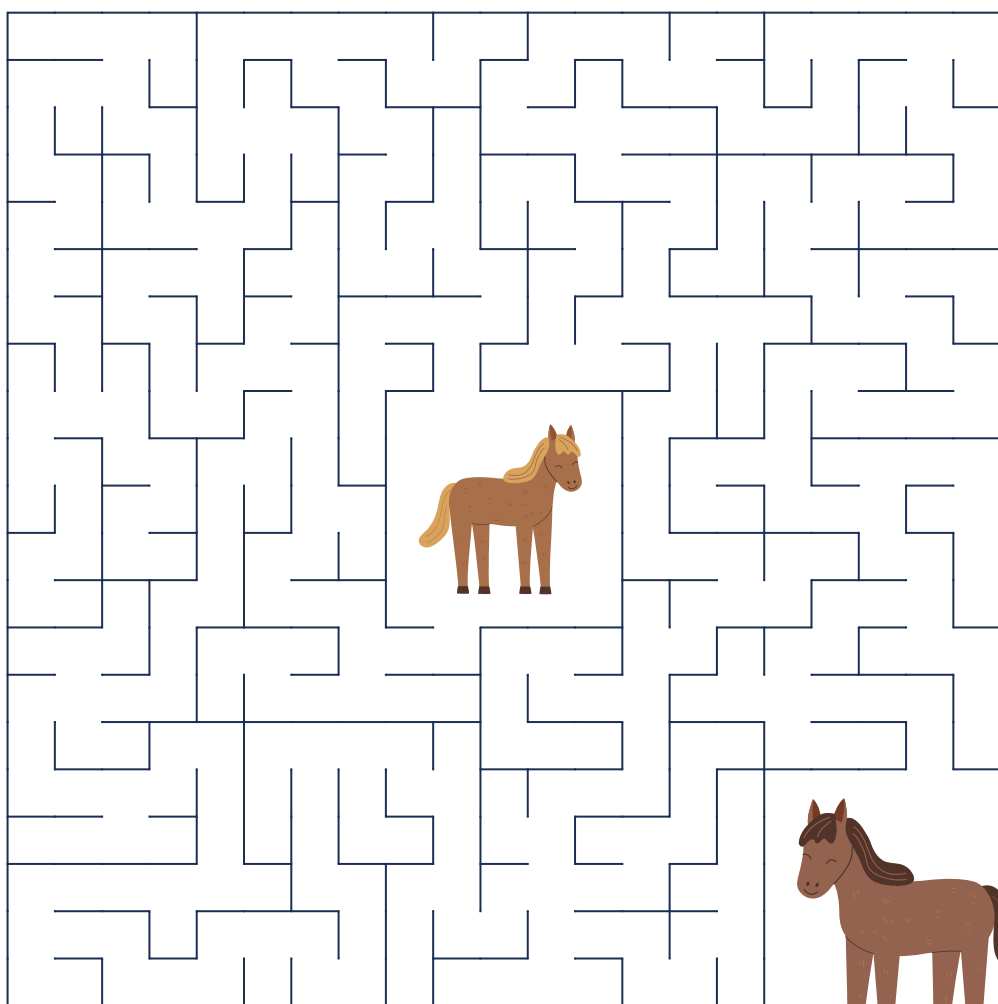
Solution:
 Across
 1. RIFFA
 2. RIFFA
 3. JOCKEY
 4. RASHID
 5. STALL
 6. ASCOT
 7. HANDS



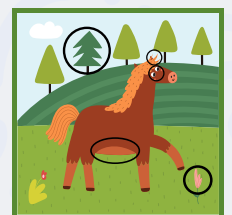
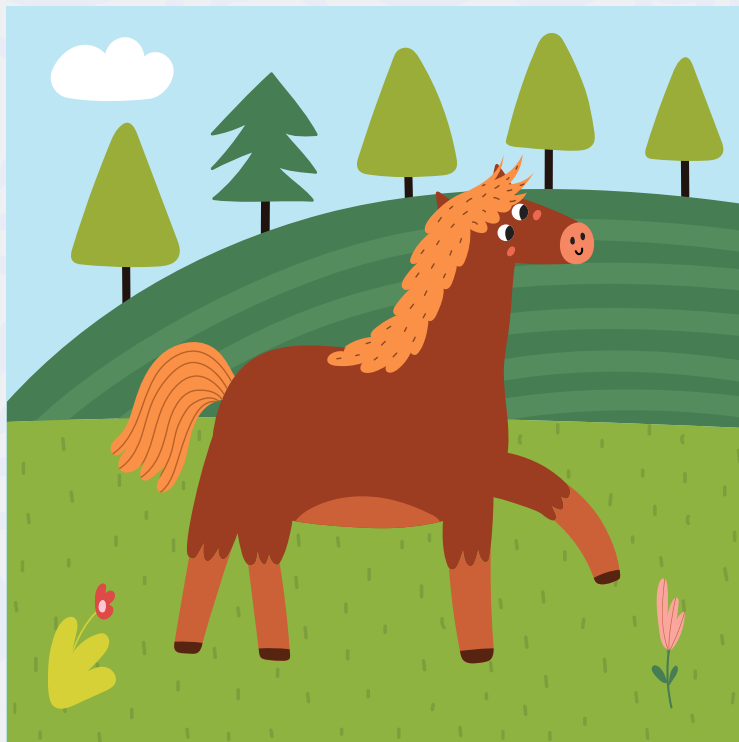
Colour me in!



Help the horse find the foal
in the maze!



Spot the 5
differences



Beauty & the Bookworm Recommends

The change of season, end of summer and beginning of cooler weather means it is time for extra hydration, and TLC for your skin after the harshness of the sun. Korean beauty products are perfect for all skin types.



1. Medicube – Zero Pore Pad – These pre-soaked pads contain AHA, BHA, Panthenol and Allantoin and are excellent exfoliation and deep cleaning daily or nightly.



2. AXIS-Y – Vegan Collagen Eye Serum – A great, quick refresher for your under eyes. It not only addresses puffiness and dark circles but also over time helps with fine lines.



3. Dr. Althea – 345 Relief Cream – A nourishing cream that is lightweight, hydrating and non-greasy. It is perfect for under makeup and provides potent ingredients like niacinamide, panthenol and other plant derived extracts.



4. Hur – Purifying Cleansing Balm – This is an oil balm which emulsifies into milk once in contact with water. It is extremely gentle and perfect for makeup removal and the first of a double cleanse.

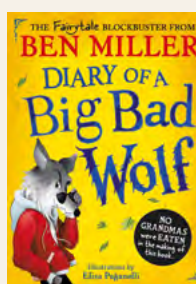
These recommendations are from lovely Meg Hutchinson at Beauty & The Bookworm. Follow her here @beautyandthebookworm_



This is a haunting and very unique novel that unravels themes of identity, memory, family and the weight of personal history. With its sharp prose and deeply human characters, it lingers long after the final page.



A beautiful, gripping novel that blends history, memory and grief against the backdrop of a fractured land. With deeply lyrical writing and layered storytelling, it captures both the pain of the past and resilience needed to move through trauma.



A witty, imaginative twist of the classic fairy tale The Three Little Pigs. This gives young readers a new perspective into the misunderstood wolf's side of the story. Fun, clever, and full of heart, it is a playful read that turns villains into unlikely heroes.



A beautifully illustrated, gentle and thoughtful book that captures life's big feelings through simple words. It is a heartwarming reminder to pause, reflect and find meaning in the everyday.

Health & Wellbeing

FITNESS & SPORT

GYMS

Alpha Mindset Team
Manama 3641 7885
@alphamindsetteam

Centraal Club
Hamala 3813 8138
@centraal.club

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
@hydrosapah

HV Holistic
Seef 1777 5544
@hvholistic

JFC Bahrain Fitness Gym
Manama 3300 2592
@jfc Bahrain

Ki Train
Manama 3624 2230
@kitrainBH

La Sante Women Wellness
Center, Maqabah 1700 0878
@BH_wellnessCent

Oxygen Gym
Budaiya 1761 6165
@oxygengym

PureFit
Seef 3414 4836
@purefit.bh

Push Gym
Budaiya 7771 0101
@push_bh

REPs Fitness Studio
Manama 7737 7348
@repsfit

Ride Nation
Riffa 1748 4828
@ridenation.me

Ritz – Carlton Hotel
Seef 1758 0000
@ritzcarltonbahrain

Royal Golf Club
Riffa 1775 1266
@royalgolfclub

Sports Training Complex
Saar 3916 9475
@sportstrainingcomplex

Spartan Fitness
Saar 1777 1700
@spartan.fitness.bh

So Fit Gym
Riffa 1768 0902

Sofitel
Zallaq 1763 6363
@sofitelbahrain

Tower Gym
Seef 1758 7007
@almoyyedtower

UFC Gym
Juffair 1700 0044
@ufcgymbh

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



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The British Club

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@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

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

Hoora 1729 2154
@scubamasterco

FISHING

Seastar Marine

Amwaj 3707 8888
@seastarmarinebh

FOOTBALL

24N Football

Manama 3754 9322
@24n_football

Adhari Park

Manama 1740 7300
@adharipark

Bahrain Rugby Football Club

Saar 1769 5809
@bahrainrfc

British Club

Adliya 1772 8245
@britishclubofbahrain

BSB Football Academy
Hamala 1761 0943
@britishschoolbahrain

Centraal Club
Hamala 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
@tekkeers_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

Tee Up Golf Simulator
Amwaj 3800 1197
@teeup.bh

Awali Golf Club
Awali 1775 6770
@awaligolfclub

Royal Golf Club
Riffa 1775 0777
@theroyalgolfclub

GYMNASTICS

Flip n Fun
Janabiya 3889 4111
@flipnfun.bh

Aspire
Budaiya 1700 5831
@aspiregymnasticsbh

Bahrain Gymnastics Fed
Manama
@bahrain.gymnastics

BSB Gymnastics Academy
Hamala 1761 0920
@britishschoolbahrain

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 Sakhr 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

Padel Kingdom
Al Ali 3600 9977
@padelkingdom.bh

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

MG Tennis Academy
Various locations 3833 3065
@mg_tennisacademy

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

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
Zallaq 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

Amor Sui Hair & Beauty
Adliya 3899 1414
@amor_sui_beauty_lounge

Tournesol Beauty
Budaiya 3351 5015
@tournesolbeautybh

Keratin Glow Hair
Janabiya 3595 9334
@keratinglow_bh

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

Tournesol Beauty
Budaiya 3351 5015
@tournesolbeautybh

Amor Sui Hair & Beauty
Adliya 3899 1414
@amor_sui_beauty_lounge

Beautopia

Saar 7733 9999
@beautopiabh

Beauty Lines Mobile Salon

Manama 3223 3326
@beautylines_bh

Blink and Wink

Hamala 3314 5254
@blink_and_wink_bh

Boho Nails

Saar 1711 6115
@bohosalonbh

Cryo

Seef 3800 0155
@cryo_bahrain

Fab u Looks

Saar 7703 7703
@fab_u_looks

Fiore

Seef 1723 2317
@fiorefrombahrain

Fingertips Bar

Saar 3998 8445
@fingertipsbar

Glam and Glow

Al Qadam 3838 0338
@glamandglowbeautylounge

Hospitalia by Yara

Saar/Riffa 1781 1111
@hospitaliabyyara

House of Nails

Saar 1759 3311
@houseofnails.bh

Hydro Spa & Salon

Riffa 3200 8600
@hydrospabh

Jamila

Seef 1753 7853
@thejamilaofficial

Lashspa

Al Ali 1759 9044
Juffair 1759 9144
@lashspa

Lavish

Budaiya 1759 9022
@lavish_nailbodycouture

Lillia Beauty Lounge

Gufool 1726 6966
@lilliabeautylounge

N.Spa

Seef 1758 7766
@nspabahrain

NStyle Beauty Lounge

Seef 1758 1974
@nstylebh

Novel Beauty Salon

Saar 1779 1222

Posh Beauty lounge

Hamala 7708 2680
@posh.bh

The Nail Hut

Jannusan 3883 0304
@thenailhut.bah

The Lash Room Bahrain

Seef 3306 2448
@thelashroom.bah

U 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 Hoor 7718 5006
@isc_bahrain

Royal Bahrain Hospital

Manama 1724 6800
@royalbahrainhospital

Saar Dental Specialists

Saar 1759 6444
@saardentalspecialists

Seef Dental

Seef 1758 7991
@seefdental

Smile Dental Clinic

Zinj 1740 0899

FIRST AID**First Aid Box**

Seef 3936 3622

Royal Life Saving Bahrain

Manama 3200 1113
@rlsbahrain

GP CLINICS & PAEDIATRICS**American Mission Hospital**

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

Awali Hospital

Awali 1775 7600
@awalihospital

Bahrain Defence Hospital

Riffa 1776 6666
@bdf_hospital

Bahrain Specialist Hospital

Juffair 1781 2222
@bsh_hospital

Dr Ayman Pediatric Clinic

Zinj 3360 0393
@draymanclinic

Dr Hani at RBH

Manama 1724 6800
@royalbahrainhospital

Ibn Al Nafees Hospital

Manama 1782 8282
@ibnalnafees

International Hospital of Bahrain

Budaiya 1759 8222
@ihbahrain

Kims Health Hospital

Umm Al Hassam 1782 2123
@kimshealthbahrain

The Kids Clinic

Manama 1771 5515

Kidz Care Clinic

Saar 3367 7344

Royal Bahrain Hospital

Manama 1724 6800
@royalbahrainhospital

Royal Bahrain Hospital

Janabiya 1724 6800
@royalbahrainhospital

MATERNITY**American Mission Hospital**

Manama 1717 7711
@american_mission_hospital

Awali Hospital

Awali 1775 7600
@awalihospital

Bahrain Defence Force Hospital

Riffa 1776 6774
@bdf_hospital





Bahrain Specialist Hospital
Juffair 1781 2200
@bsh_hospital

Ibn Al Nafees Hospital
Manama 1782 8282
@ibnalnafees

Kims Health Hospital
Umm Al Hassam 1782 2123
@kimshealthbahrain

King Hamad University Hospital
Muharraq 1744 4444
@king_h_hospital

Royal Bahrain Hospital
Manama 1724 6800
@royalbahrainhospital

Salmaniya Medical Complex
Salmaniya 1728 8888

OPTICIANS

Ahmed Alwazzan Opticians
Manama 1722 6969
@alwazzanopticians

Ahmed Alwazzan Opticians
Seef 3990 6162
@alwazzanopticians

Optica
City Centre Bahrain 1751 6839
@optica_me

Optica
Seef 1751 6848
@optica_me

Optica
Bahrain Mall 1751 6840
@optica_me

Yateem Opticians
Juffair 1725 3397
@yateemoptician_bahrain

Yateem Opticians
Riffa 1777 9369
@yateemoptician_bahrain

PHARMACIES

Al Kindi Hospital
Zinj 1724 1381
@alkindihospital

Bliss Lab
Manama 1772 0800
@blisslab.bh

Boots The Chemist
City Center 1717 9851
@bootsmiddleeast

Boots The Chemist
Seef 1711 0520
@bootsmiddleeast

Gulf Pharmacy Bahrain
Manama 1723 9399
@gulfpharmacybahrain

Ibn Al Nafees Hospital
Manama 1782 8282
@ibnalnafees

Kims Health Hospital
Umm Al Hassam 1782 2123
@kimshealthbahrain

Nasser Pharmacy
Manama 1772 0800
@nasserpharmacy

Royal Bahrain Hospital
Manama 1724 6800
@royalbahrainhospital

Ruyan Pharmacy
Muharraq 1733 1168
@ruyanbahrain

You Plus
Sanabis 1726 1062
@youplus.bh

SPECIALIST HEALTHCARE

InTouch Janabiya 1769 0100
@intouchclinicbahrain

Barefoot Nutrition Virtual 3889 5693
@barefootnutritiontherapy

Dr Jaffar Clinic Manama 1723 0238
@drjaffarclinic

American Mission Hospital
Saar 1724 8102
@american_mission_hospital

Art Therapy Centre
Riffa 3348 6060
@arttherapybh

Back on the Move Osteopathy
Seef 3919 7480
@backonthemove

East Riffa High Performance Centre
Riffa 3731 7317
@eastriffa_hpc

Gulf Diabetes Specialist Centre
Manama 1723 9239
@gulfdmdc

InTouch
Janabiya 1769 0100
@intouchclinicbahrain

Life Element Incorporation
Amwaj 6692 9422

Little Village Center
Um Al Hassam 6632 4600
@littlevillagecenter

Physio Relax
Seef 1700 1818
@physiorelaxbh

Steps Rehabilitation Centre
Saar 1724 6256
@stepscenterbahrain

Well Med Clinic
Manama 1760 0221
@wellmed.centre



Because Your Child's Health is Your Greatest Peace of Mind

Compassionate Pediatric Care, Always

Department of Pediatrics



DR. BASSEM SALIM HAIDAR
Consultant - Neonatology & Pediatrics



DR. MANAL ELDEGEIR
Consultant - Pediatric Allergy & Immunology



DR. YARA MOHAMAD HEJAZI
Consultant - Pediatrics & Endocrinology



DR. AHMED ELBEHERI
Consultant - Pediatrics



DR. SRINIVASABABU
Specialist - Pediatrics

Royal Bahrain Hospital 3218 1810 | RBH Medical Center 3355 8311 | 1724 6800



In the Know

with Sarah Baquer, Senior Marketing & Communications Manager at Beyon Al Dana Amphitheatre.

If you know, you know

Describe Bahrain in three words: Nostalgic. Friendly. Grounding.

Favourite restaurant in Bahrain: Manos – try the Pav salad and rib-eye steak, medium rare.

Your perfect day in Bahrain: A lazy Friday morning spent with my kids, followed by a swim or the beach and then back home for a movie night, surrounded by unlimited snacks.

The best thing about living in Bahrain: Knowing someone everywhere you go – that's also the worst thing.

A hidden gem that you tell all your friends about: The Raven's Nest – the most underrated café in Bahrain

The Lasts

The last book I read: Salt Houses by Hala Alyan

The last podcast I listened to: Candace

The last concert I went to: Guns N Roses, May 20th, 2025, at Al Dana Amphitheatre

The last piece of clothing I bought: Swimwear

The last meal I ate: Avocado with Za'atar on freshly baked gluten-free bread from Walton's Confectionery

The last app I downloaded: Upscrolled – although I have not used it yet

The last holiday I went on: Abu Dhabi, January 11th, 2025, to see Coldplay

The last show I binged: Severance



This or That

Coffee or tea? Tea

Sunrise or sunset? Sunset

Gold or silver? Gold

Beach or City Break? Beach

Lark or Owl? Owl

A final thought

Is there a quote, mantra, or saying you live by?

I don't have just one quote I live by, but I try to live in a way that reflects what matters most to me; being authentic, seeking truth, living with purpose, and standing up for what I believe in, even when it's uncomfortable. I value staying connected to my spirit, helping others, and always learning. At the heart of it all, I'm learning that being your own best friend is the foundation for everything else.



Education



NURSERY & PRESCHOOLS

Nadeen School Bahrain
Dilmunia 1772 8886
@nadeenschool

St Christopher's School
Saar 1760 5051
@stchrisbahrain

Little Starz Pre – School
Riffa 6661 3130
@little.starz.bh

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

Little Gems Pre – School
Budaiya 1769 4356
@littlegemspreschoolbahrain

Little Pearls Nursery
Hidd 3355 8911
@littlepearlsnurserybahrain

Little Village Center
Um Al Hassam 1732 2570
@littlevillagecenter

Little Wonders Preschool
Saar 3644 7000
@littliewonderspreschoolbahrain

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

Madeleine's Pre – School
Adliya 1772 1851
@madeleinespreschool

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

Talent International &
The Infant
School
Manama 1725 2346
@infantschoolbh

The British Nursery
Riffa 1766 0024
@thebritishnursery

The Golden Days Nursery
Barbar 1722 3103

Twinkle Twinkle
Saar 1770 0412
@twinkletwinklecenter

Very Berry Nursery
Sanad 3390 9599
@veryberrynursery



Back to School at Nadeen School: A Time for Growth, Goals, and New Beginnings

Nadeen School is thrilled to welcome back our learners and families with open hearts and renewed energy! As the sun rises on a new academic year, our corridors once again come alive with the joyful sounds of laughter, curiosity, and connection. Whether learners are stepping into a new year starting at Nadeen for the first time, or returning to familiar classrooms, this time of year brings with it a sense of hope, purpose, and excitement.

This year is particularly special for our school community. We will celebrate not only the start of a new academic year but also a historic milestone: for the first time in Nadeen School's journey, our learners will be sitting their IGCSE examinations, a proud and significant achievement that reflects the dedication, growth, and academic maturity of our learners and staff alike.



A Fresh Start and a Growing Community

We are proud to welcome over 200 new learners from around the world this year. The rich diversity of our learner body continues to be one of our greatest strengths. Our inclusive and vibrant environment ensures that every learner feels supported, valued, and inspired from day one.

The beginning of the school year is a new chapter for learners, parents, and staff.

Classrooms are carefully prepared by our teachers to create warm, engaging spaces for learning. Parents offer essential encouragement and structure from home. And learners arrive full of potential, ready to set goals, try new things, and build meaningful friendships.



Building Strong Foundations

At Nadeen School, we believe that academic success is deeply connected to emotional well-being. That's why we focus on kindness, inclusivity, and open communication as pillars of our school vision and mission. From our welcome events and learner orientations to leadership engagement and community involvement, we aim to foster a nurturing and respectful learning environment for all.

This year, our Senior Leadership Team looks forward to personally welcoming all families to campus. Whether you are a returning parent or a new member of our school community, we would be honoured to meet you and share the exciting vision for the year ahead.



Looking Ahead with Excitement

As we look toward the year ahead, we are filled with enthusiasm for the discoveries, achievements, and experiences that await. From creative classroom projects and exciting field trips to leadership opportunities and community initiatives, every moment contributes to a rich and fulfilling school journey.

To our learners, families, and staff, thank you for being part of the Nadeen School community. Here's to a joyful, inspiring, and unforgettable school year. Let's make this a memorable year: TOGETHER!

SCAN THIS



**JOIN OUR
FAMILY**
Admissions for
2025/26 are open!



**PRIMARY & SECONDARY SCHOOLS**

Nadeen School Bahrain
Dilmunia 1772 8886
@nadeenschool

St Christopher's School
Saar 1760 5051
@stchrisbahrain

Anderson education
UK +44 7810 186592
@anderson_education

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

Britus International School
Salmabad 1759 8440
@bisbh_official

Capital School
Zinj 1700 8880
@capitalschoolbahrain

Canadian School Bahrain
Diyar Al Muharra 6664 4234
@canadianschoolbh

Eton House
Hamala 1749 0333
@etonhousemea

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

Hawar International School
East Riffa 1366 6555
@hawarschool_official

Ibn Khuldoon National School
Isa Town 1778 0661
@ikns

International School of Chouefait
Amwaj 1603 3333
@iscmanama

Multinational School
Adliya 1771 1444
@mnschoolbahrain

Naseem International School
Riffa 1778 2000
@nisbahrain

New Millenium School
Bug hazal 1727 2700
@newmilleniusschoolbahrain

Pakistan School
Isa Town 1768 2304
@pakistanschool

Palms Primary School
Riffa 1766 6637
@palms.school

Philippine School
Riffa 1764 5451
@realphilippineschoolbahrain

Quality Education School
Budaiya 1769 2917
@qesbh

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Thursday 13 November 2025

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Saturday 15 November 2025

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sylvie@andersoneducation.co.uk

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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

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

Fusion Tutors & Tuition
Saar 3895 3348

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

Muharrag 1732 2549
@shaikh_ebrahim_center

Teach Bahrain

Janabiya 3729 9525
@teachbahrain

TUTORS

Fusion Tutors & Tuition
Saar 3895 3348

Chef Circle
Manama 3919 2890
@chefcirclebh

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

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www.asb.bh



Level Up Bahrain
Saar 3975 7222
@levelup_bh



Teach Bahrain
Janabiya 3729 9525
@teachbahrain

Wise Young Generation Center
Hoora 3377 9830

HOLIDAY CLUBS

Flip n Fun
Janabiya 3889 4111
@flipnfun.bh

MG Tennis Academy
Various locations
3833 3065
@mg_tennisacademy

Anderson education UK
+44 7810 186592
@anderson_education

Athletic Kings Tennis
Saar 3832 5914
@athletickingsbahrain

Artology
Saar 3679 0785
@artology.bh

Bahrain Rugby Football club
Saar 1769 5809
@bahrainrfc

The British Club
Adliya 1772 8245
@britishclubofbahrain

British School of Bahrain
Hamala 1761 0920
@britishschoolbahrain

Budaiya Pre – School
Saar 1779 1491
@budaiya_preschool

Centraal Club
Hamala 3813 8138
@centraal.club

Level Up
Saar Avenue 3975 7222
@levelup_bh

MiniMe Bahrain
Saar 3376 1361
@minime_bahrain

Juventus Academy Bahrain
Saar 3713 0107
@jacademybah

Ritz – Carlton Hotel
Seef 1758 0000
@ritzcarltonbahrain

Sofitel
Zallaq 1763 6414
@sofitelbahrain

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

Studio Ceramics
Budaiya 1700 2911
@studioceramicsbh

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

SPECIALIST EDUCATION

Affinity Consultancy
Saar 3966 9267
affinityconsultancy.org

Alia Autism Center
Sitra 1773 0960
@aliaschool

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
@reachabathrapy

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



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The Overdressed

Five minutes with Dana Al Khalifa, stylist, influencer and owner of The Overdressed, the trusted 'go-to' social media platform for curated, refined and timeless beauty @theoverdressed

What inspired you to start The Overdressed?

I don't gate keep. So if I find something beautiful or interesting I love sharing it. So The Overdressed started as a desire to show people a lot of beautiful jewellery, but because I can't only love one beautiful thing it turned out to be me sharing everything I really love!

How would you describe your signature style in three words and what influences it the most?

Clean, classic and extra. My signature style veers from clean crisp and comfortable to mafia wife. I love both. I like monotone colours, I like every shade of beige, I love an all black outfit, I also love an all white outfit. Equally I would not say no to a Versace bodysuit with jeans, or a Pucci skirt or an Etro print dress! Basically I like everything.

Sustainability is a big topic in fashion today. How do you incorporate ethical choices into your wardrobe and styling?

This will come as a surprise but I hate shopping. I make a list and stick to it. I window shop online a lot, I look and research. I write down what I purchased in my notes, what I plan to buy and the required uses of my clothes. None of us have infinite space to store clothes. I do a big purge once a year and see how much of it I haven't used and try not repeat the same mistake.



Which fashion trends are you loving right now, and which ones do you avoid?

The fastest way to get bored of your clothes is to follow trends. I literally only buy what I like and what will flatter me, if the trend is going to make me look ridiculous I will pass thanks. (Those camel shoes for example, why?!)

Any tips for busy mums who want to look stylish with minimal effort and time.

Plain, plain, plain. No time to think, beige and white is faultless. Blue jeans white shirt. White t-shirt and beige cargo pants. The basics have to be good too, invest in skin, hair and good hygiene.

How do you balance your family life with The Overdressed?

It's family first. No matter what. I try to do everything while my kids are at school. When I have to be away, I pre-organize everything ahead of time, and we are fortunate to be living next to family.



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

Market Street Bahrain
Um Al Hassam 3399 2591
@marketstreetbahrain

Tiny Om jewellery
Saar 3200 0513
@tinyomjewellery

Purple Orchid Perfume
Muharraq 3693 9613
@purpleorchidperfume

Big Splinters
Um Al Hassam 3399 2591
@bigsplinters

Natkri Soaps
Janabiya 3881 0904
@natrisoaps

Arabesque Art Gallery
Manama 1772 2916
@arabesque_art_gallery

BJC Baby
Seef 1756 4910
@bjc.baby

Hanger 57
Seef 3397 3977
@hanger57

Laderach Chocolatier Suisse
Seef 3881 8080
@laderach_bahrain

Plant Your Wishes Seed Paper

Manama
@plantyourwishes

Re – Loved Luxury
Saar
@re_loved_luxury

Reverie Chocolaterie
Riffa 3226 1222
@reverie_bh

JEWELLERY

Bijoux Ethica Jewellery
Saar 3920 1392
@bijouxethica

Tiny Om jewellery
Saar 3200 0513
@tinyomjewellery

Marreya Jewellery
Manama 3885 6000
@marreya.bh

Khalil Alfardan Jewellery
Manama 3727 3332
@khalilalfardanjewellery

Bahrain Jewellery Centre (BJC)
Manama 1752 0052
@bahrainjewellerycentre

Harmony Jewels
Saar 3917 1921
@harmonybahrain

Shahrazad Design Everyday
Fine Jewellery
Manama 3967 6663
@shahrazaddesign

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



SUPERMARKETS CONT.

Lulu Hypermarket

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

Tamimi Markets

Dilmunia / Nakheel / Riffa
@tamimimarketsbh

TOY SHOPS

The Dressing up Box
Saar 3200 8289
@thedressingupbox.bh

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

Market Street Bahrain
Um Al Hassam 3399 2591
@marketstreetbahrain

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 & LAUNDRY

Tidy Bayti Professional
Home Organiser
Various 3947 9262
@tidybayti

Retro Laundry & Dry
Cleaning
Manama 3650 5152
@retrolaundry.bh

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

Big Splinters Woodwork
Um Al Hassam 3399 2591
@bigsplinters

Artikel
Babar 1779 5070
@artikeljawaddome

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

Fab Aluminium Doors
Muharraq 3949 0787
@baf_aluminiums

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

CVAD Design Consultants
Manama 3775 7515

DBS Interiors
Manama 3417 5913
@bysaranabeel

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

Starlinks
Manama 3944 9905
@starlinks_me

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

Rizq Interiors
Budaiya 3995 2830
@rizqinteriors

Chaudhary Upholstery & Curtains
Manama 3375 7370
@chaudhary_group-of-co.bh

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



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

Let Them Eat Cake
Saar 1769 1114
@let_them_eat_cake_bh

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
@thegulphotelbh

Haute Cupcakes
Seef 3306 7770
@hautecupcakesbh

Hopscotch Rustic Kitchen
Saar 1769 1124
@hopscotch.bh

Jena
Hamala 1761 3191
@jenabakery

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

Purple Papaya Events
Jidhafs 3666 5130
@purplepapayaagency

Mayball Solutions
Manama 3335 1538
@mayball9999

Fun Factory
Manama 3962 2413
@funfactory.bh

Bubbles Events
Manama 3331 0133
@bubbleevents

By Amna Alkan
Manama 3443 1788
@amnas_events_

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

Events A La Carte
Manama 3993 0324
@eventsalacarte

Events by Dhabiya Manama
@eventsbydhabiya

Events by Leaves
Seef 1759 9055
@eventsbyleaves

Events Essentials
Manama 3407 6282
@events_essentials_bh

Fatoom Events
Manama 3900 4465
@entertainment.world.bh

Kids Party Maker
Manama 3728 8988
kids_party_maker_bahrain

L'Arabia
Hamala 7717 7377
@l_arabia

Newbury Events
Riffa 3720 2786
@newburyevents

Noah's Events
Manama 3940 6706
@noahseventsahrain

Picnico
Manama
@picnico_bh

Sara Events
Manama 3393 6690
@sara_events_bh

Sleepee Teepee
Saar 3974 0496
@sleepeeeteeppeebh

The Party People of Bahrain
Seef 3352 2571
@thepartypeople_ofbahrain

FANCY DRESS

The Dressing up Box
Saar 3200 8289
@thedressingupbox.bh

PARTY SUPPLIES

The Selfie Pod Guys
Seef 3721 1721
@selfiepodguys

Al Wasmia 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

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@teeup.bh

Al Areen Palace and Spa

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@alareenpalaceandspa

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@artology.bh

Artzania

Manama 3996 9933
@artzania

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@bahrain_karting

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@bahrainrfc

Bahrain Science Centre

Isa Town 1768 6466

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@dilmunclub

Escape Code

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@escape.code

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@fsbahrain

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@funland.bahrain

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@kidspalacebh

Jumpsters

Saar 1769 1558
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Jump Up

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@jumpup.fun

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@lpodwaterpark

Mad Science Bahrain

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@madsciencebh

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Mosaic House

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@mosiachousebahrain

Nutty Scientists

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Pottery at Studio Ceramics

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@studioceramicsbh

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@ritzcarltonbahrain

Sleepee Teepee Bahrain

Saar 3974 0496
@sleepeepeepee

Soccer Stars Academy

Janabiya 3319 3060
@soccorstars_bh

Soul Culture

Saar 3338 2263
@soulculturebh

Tekkers

Saar/Sanabis/Riifa/Dilmunia
3384 3416
@tekkers_bahrain

The Heaven Muharraq

Muharraq 3909 0080
@theheaven_muharraq

Yellow Submarine

Wadi Al Sail 3805 6666
Saar Mall 3990

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@rcsbahrain

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1717 6930

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Migrant Workers Protection Society

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Safer Waters for All

New Pool and Beach Guidelines Become Mandatory in Bahrain by Royal Life Savers Bahrain (RLS)

This year marks a turning point for water safety in Bahrain. The Guidelines for Safe Pool Operation (GSPO) and Guidelines for Safe Beach Operation (GSBO) have now become mandatory for all hotels and furnished apartments across the Kingdom.

These guidelines are not just about compliance, they are about creating a safer and more enjoyable experience for everyone. From families on holiday to lifeguards on duty, the GSPO and GSBO raise standards across the board, ensuring consistency, accountability, and professionalism in aquatic environments.

Why These Guidelines Matter

For hotel guests, the guidelines mean peace of mind. Pools and beaches will be managed with clear procedures, safe staffing levels, and properly maintained equipment. For operators, they provide a roadmap to reducing risks, protecting lives, and meeting international best practice.

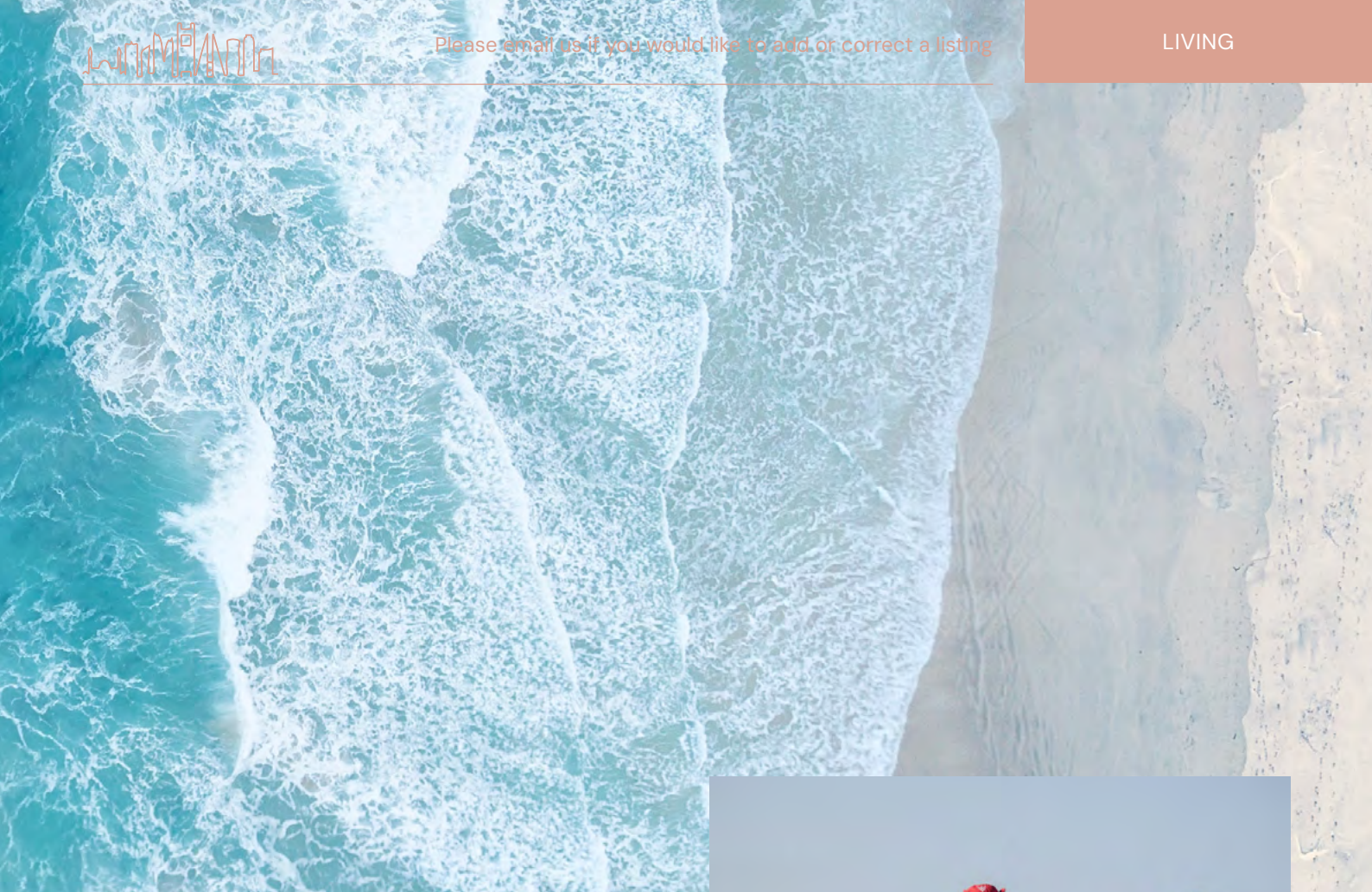
And for lifeguards, the people at the heart of aquatic safety, the guidelines mean improved working conditions. Requirements such as appropriate shade, hydration, and

polarised sunglasses to reduce glare and help spot swimmers in distress put the wellbeing of lifeguards front and centre. At this point, it is worth highlighting our partnership with Pale Blue Dot, who are supporting Royal Life Saving Bahrain by supplying high quality polarised sunglasses to lifeguards across the Kingdom.

Building a Lifesaving Culture

The introduction of mandatory guidelines is a milestone that Royal Life Saving Bahrain has been working towards since our founding in 2018. From the start, our mission has been clear: to reduce drowning and promote safer aquatic environments. These new requirements align directly with our Water Safety Strategy, specifically the goal to Provide Safe Locations for all residents and visitors in Bahrain.

Beyond regulation, we are committed to embedding water safety into the fabric of community life. Our Rookie Junior Beach Lifesaving Club already gives children the chance to learn valuable skills in a fun and supportive environment, helping to build the next generation of lifesavers.



Later this year, we are proud to be launching lifesaving sport in Bahrain, an exciting new chapter that will allow young people and adults to test their skills in a competitive but team focused way. Lifesaving sport not only develops physical fitness and water confidence, but also deepens the culture of vigilance, responsibility, and teamwork that the GSPO and GSBO promote.

A Safer Future for Bahrain

The introduction of mandatory guidelines is more than a regulatory requirement, it is a statement of intent. Bahrain is making water safety a national priority, and by doing so, protecting lives, enhancing the hospitality sector, and creating opportunities for community engagement.

At Royal Life Saving Bahrain, we are proud to play our part in this journey. Together with our partners and the wider community, we believe these changes will make Bahrain's pools and beaches safer, stronger, and more welcoming for all.



Pale Blue Dot is a Bahraini Sustainable Sunglasses brand. The sunglasses are made of recycled ocean plastic, polarised and give 100% UV protection from the sun. Contact them on www.palebluedotstore.com or **Whatsapp them on 32268251** to place your order.

Community

Small
business
shout outs



Interaction Art

Interaction Art is a community initiative dedicated to supporting artists in Bahrain whether local artists or artists residing here.

We know it can be tough to get your work seen, so we help by featuring art on social media and through other channels. We're non-profit, volunteering our time so we try to run workshops and events where we can find space that will host us and for little or no

cost. Basically, we just want to build more support for local artists and help them get the recognition they're missing.

We want this to be our contribution to society

✉ interactionartbahrain@gmail.com

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



Useful phone numbers

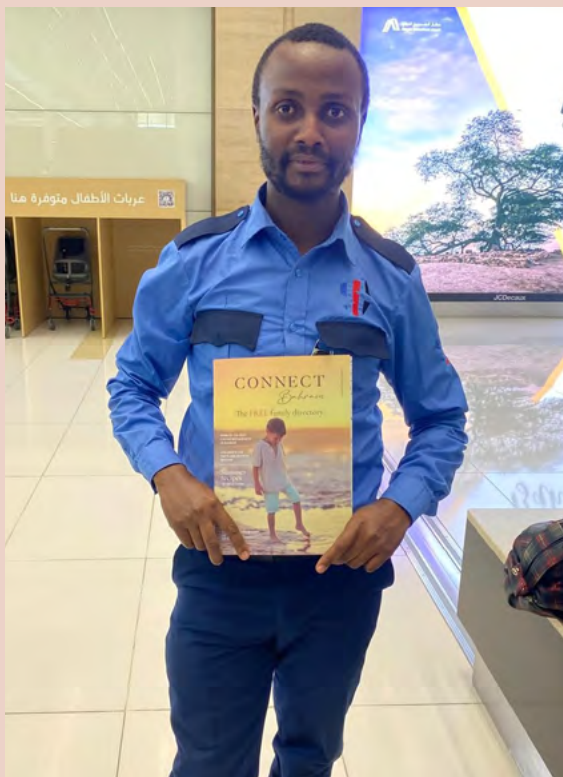
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NHRA	1711 3333
Ministry of Health	8000 8100
Family Protection (Domestic)	1743 0515
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Sanitation Emergency (Sewer)	8000 1810

Municipality Emergency	3960 9331
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Bahrain Gas 1770 2811

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Local Call Assistance 100
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Weatherline 1723 6236

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