

CONNECT

Bahrain

The **FREE** family directory

CHILDREN'S
ACTIVITY PULL-OUT

INDOOR FUN FOR
SUMMER IN
BAHRAIN

Greek Islands
FOR YOUR BUCKET LIST



CONNECTBAHRAIN.COM

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Welcome

Welcome to the Summer edition of Connect Bahrain, The Family Directory. This special Sun, Sea & Summer edition is filled with ideas to help you make the most of the summer with family and friends. While the region continues to feel the impact of the conflict, we hope this edition offers a little inspiration, positivity and moments of escape for our readers.

Inside, you'll discover our Ice Cream Trail, featuring some of Bahrain's sweetest spots to cool down at this summer. We also take you abroad with our feature on Greek Islands, packed with dreamy destinations for your next getaway.

Our magazine is free and available throughout Bahrain. Please contact us if you would like to add a listing or advertise your business. Don't forget to visit our website and Bahrain's first online family directory at www.connectbahrain.com.

With very best wishes,

Ruth Brown & Georgie Jones

 hello@connectbahrain.com

 [whatsapp +973 3226 8251](https://www.whatsapp.com/channel/0029va333333333333333333)

CR 159194

We have hidden ten strawberry ice creams amongst the pages, see if you can find them – the first one is here.



Greek Islands

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Fun zone

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34. Tree of Life



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Things to do



ART & CRAFT

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

Al Jasra Handicraft Centre
Al Jasra 1729 9879

Al Riwaq Art Space
Manama 1771 7441
@alriwaq

Artology
Saar 3679 0785
@artology.bh

Artly
A'ali 1762 1802
@artlybh

Art Lounge by Marion
Saar 3921 2060
@artloungebymarion

Art World
Manama 3766 9266

Aurians Academy of Arts
Riffa 3323 2895
@aurians.bh

Bahrain Arts Society
Jidhafs 1759 0551
@bahrainartssociety

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
@wildaboutartcoo

BRIDGE

Bridge at the British Club
Manama 3940 7780
@britishclubofbahrain

CHESS

Arjun's Chess Academy
Bahrain
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

Kitchen United Cooking Class
Riffa 3350 3000
@kucokingclass

A Piece of Cake
Budaiya 3900 1155
@a_piece_of_cakebh

DANCE & BALLET

AADS Artistic Productions
Manama 3355 7266

Bahrain Ballet Center
Budaiya 3371 9180
@bahrainballetcenter

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

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

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

Learn to Grow

Janabiya 3223 4456
@learntogrow.bh

Little Chris

Saar 1760 5101
@littlechrisbh

Little Gems

Saar 1769 4356
@littlegemspreschoolbahrain

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

Bahrain Yacht Club & Marina

Sitra 1770 0677
@thebahrainyachtclub

Dragon Resort

Amwaj 1603 1111
@dragonhotelbh

Four Seasons Hotel

Bahrain Bay 1711 5000
@fsbahrain

Golden Beach

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

Jumeirah Gulf of Bahrain

Zallaq 7777 1000
@jumeirahgulfofbahrain

Marassi Al Bahrain

@marassibeach

Novotel Al Dana Resort

Manama 1729 8008
@novotel_bahrain

Ritz – Carlton Hotel

Seef 1758 0000
@ritzcarltonbahrain

Royal Saray

Seef 7770 7070
@royalsaray

Sofitel Hotel

Zallaq 1763 6347
@sofitelbahrain

Solymar Beach

Amwaj 3509 4777
@solymarbahrain

The Art Hotel and Spa

Amwaj 1600 0111
@theart.bh

Vida Beach Resort

Marassi Al Bahrain 7748 8100
@vidabahrain

BOAT TRIPS**Al Dar Islands**

Sitra 1770 4600
@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](https://www.flipnfun.bh)

Fun Factory
Manama 3962 2413
[@funfactory.bh](https://www.funfactory.bh)

Tee Up Golf Simulator
Amwaj 3800 1197
[@teeup.bh](https://www.teeup.bh)

Adhari Park
Tubli 1740 7300
[@adharipark](https://www.adharipark.bh)
4pm – 10pm

Al Areen Wildlife Park
Al Areen 1784 5480
[@alareen.bh](https://www.alareen.bh)
10am – 5pm

Bahrain International Circuit
Sakhir 1745 0000
[@bah_int_circuit](https://www.bah_int_circuit.bh)

Bahrain Science Center
Isa Town 1768 6466
[@mys_yc_bsc](https://www.mys_yc_bsc.bh)
10am – 1pm / 4pm – 8pm

Bahrain Fort
Seef 1756 7177
10am – 8pm

Escape Code
Saar 1750 0023
[@escape.code](https://www.escape.code.bh)
10am – 11:30pm

Gravity Indoor Skydiving
Zallaq 1310 0000
[@gravitybah](https://www.gravitybah.bh)
12pm – 10pm

Kashta Tours
Manama 3212 2163
[@kashta.tours](https://www.kashta.tours)

La Fontaine
Hoorah 3881 9909
[@lafontainebh](https://www.lafontainebh.bh)

Lost Paradise of Dilmun Water Park
Al Areen 1784 5100
[@lpodwaterpark](https://www.lpodwaterpark.bh)
10am – 7pm

Rashid Equestrian & Bahrain International, Horseracing Club
Sakhir 1744 033
[@rehc.bh](https://www.rehc.bh)

Royal Camel Farm
Janabiya 1788 1188
[@camelfarm_bh](https://www.camelfarm_bh.bh)
10am – 5:30pm

Star Marine
Saada 3879 7979
[@starmarinebah](https://www.starmarinebah.bh)

CULTURE

A'ali Burial Mounds
A'ali Open 24 hrs
A'ali Pottery 3985 6994
[@aalipottery](https://www.aalipottery.bh)
10am – 6pm

Abo Helal Basket Weaving
Manama 3969 1330
[@buhelal_basket](https://www.buhelal_basket.bh)

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

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

Arad Fort
Muharraq 1729 8777
12pm

Bab el – Bahrain Souq
Manama 3445 1280
[@manama_shopping](https://www.manama_shopping.bh)

Bahrain Capital Mall
Seef 1710 2369
10am – 9pm

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

Delmon Pottery
Aali 3535 9151
[@delmon_pottery](https://www.delmon_pottery.bh)

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

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](https://www.shaikhebrahimcenter.bh)

Siyadi House
Muharraq 3323 3521
[@pearlingpathbh](https://www.pearlingpathbh.bh)

BAHRAIN AUTHORITY FOR CULTURE & ANTIQUITIES

Bahrain National Museum
[@culturebah](https://www.culturebah.bh)
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
[@Pearlingpathbh](https://www.pearlingpathbh.bh)

Qal'at Bu Mahir
10am – 6pm Tuesday closed

Arad Fort
9am – 5pm Friday closed

Al Jasra House
8am – 2pm Friday closed

Tree of Life Site
8am – 5pm

Al Alawi House
10am – 6pm Tuesday closed

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

House of Basket Weaving
8am – 1pm Friday closed

PEARLING PATH

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

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

Al Jalahma House
10am – 6pm Tuesday closed

CONCERTS

Beyon Al Dana Amphitheatre
[@beyon_aldana](https://www.beyon_aldana.bh)

Bahrain National Theatre
Manama

Exhibition World Bahrain Sakhir
[@ewbahrain](https://www.ewbahrain.bh)

Platinumlist Bahrain
[@platinumlistbh](https://www.platinumlistbh.bh)



Indoor Fun in Bahrain



Marassi Aquarium

A brilliant family outing where children can explore colourful fish, sharks, rays and interactive exhibits. It's one of Bahrain's most exciting indoor attractions and ideal for all ages. Go for the afternoon and pick up a bite to eat at one of Marassi Galleria's many restaurants.

Location: Marassi Galleria, Diyar Al Muharraq

Price: From 6 BD for regular entry. Children under 3 enter free.



Yabeela

Bahrain's largest indoor family entertainment centre and a huge hit with children. Yabeela has rides, games, thrill attractions, bumper cars and entertainment zones, making it ideal for older kids and energetic little ones.

Location: Al Liwan, Hamala

Price: Pay-as-you-go system starting from 500 fils to 3.5 BD per ride/game.

Our Tip: these costs can add up quickly once you are there with excited children. Make sure you set a fixed amount that you want to spend before you go or you might end up overspending.

AIRLINES

Air Arabia @airarabiagroup	1750 5111
Air Canada @aircanada	1782 8768
Air France @airfrance	1722 0870
Air India @airindia.in	1722 0788
American Airlines @americanair	1782 6725
British Airways @british_airways	1758 7777
Cathay Pacific @cathaypacific	1722 6226
Cyprus Airways @cyprusairways	1722 0849

Egypt Air @egyptair	1724 3317
Emirates Airlines @emirates	1758 8700
Etihad Airlines @etihad	1751 9999
Gulf Air @gulfair	1737 3737
KLM @klm	1722 9747
Kuwait Airways @kuwaitairways	1722 3300
Oman Air @omanairofficial	1750 0020
Qatar Airways @qatarairways	1721 2202
Saudia Airlines @saudi_airlines	1721 1550

AIRPORT INFORMATION

Bahrain International Airport Muharraq @bahrainairport	8000 7777
Hala Bahrain Muharraq @halabahrainhospitality	1713 9002

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

Hawar Resort by Mantis
Hawar Island 3218 3610
@hawarresortbymantis

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

Lagoona Beach Resort
Budaiya 1663 0000
@laguna.bh



**Le Meridien**

Seef 1717 1000
@lemeridienbahrain

Majestic Arjaan Rotana

Muharraq 3999 7289
@majesticarjaanbyrotana

Movenpick

Muharraq 1746 0000
@movenpickbahrain

Novotel Al Dana Resort

Manama 1729 8008
@novotel_bahrain

Palm Yard Hotel

Manama 1772 5000

Raffles Al Areen Palace Bahrain

Zallaq 1784 5000
@rafflesalareenpalace.bahrain

Ramada

Seef 1774 2000
@ramadabahrain

Ramee Grand

Seef 1711 1999
@rameegrand.bh

Ritz-Carlton Bahrain

Seef 1758 0000
@ritzcarltonbahrain

Reef Resort Hotel

Reef Island 1311 0110
@reefboutiquehotel

Royal Saray

Seef 7770 7070
@royalsaray

Sheraton Bahrain

Manama 1753 3533
@sheratonbahrain

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

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INTERCONTINENTAL BAHRAIN

Legendz
SteakHouse

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

Sophie's Secret Bahrain

Saar 3393 3230
@sophie_secret_bahrain

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

Manam 1729 7117
@hertz

Kanoo Daily Rental

Manama 1778 4042

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



Food & Drink

Avli by tashas

Spotlight on Bahrain Harbour

Over the past few years, Bahrain Harbour has transformed into one of the Kingdom's most exciting areas, blending waterfront dining, scenic walkways and a growing café culture all in one beautifully designed area.



Avli by tashas

ROKA BAHRAIN

Perched on the rooftop of Bahrain Harbour's Pearl House, Roka Bahrain brings the internationally acclaimed Japanese robatayaki concept to Bahrain.

Combining breathtaking waterfront views with contemporary Japanese cuisine, the restaurant centres around its signature robata grill, where premium meats, seafood and vegetables are cooked over charcoal. Alongside an extensive selection of sushi, sashimi and creative cocktails, ROKA delivers a fantastic dining experience. We vote their weekend brunch as one of the best in Bahrain, both for value and the food itself.

SUSHISAMBA Bahrain

Located on the 25th floor of Conrad Bahrain Financial Harbour, SUSHISAMBA brings its world-renowned fusion of Japanese, Brazilian and Peruvian cuisine to the Kingdom.

Take in the breathtaking views with one of the best rooftops in Manama. This is our favourite spot for a sundowner.



Avli by tashas

After a year at Bahrain Harbour, Avli has firmly established itself as one of the Kingdom's most popular dining destinations. Bringing a modern take on Greek cuisine, the restaurant combines fresh Mediterranean flavours, stylish interiors and the warm hospitality for which the Tashas Group is known.

Avli is well known for its striking entrance, where elegant stone archways, olive trees and warm earthy tones create an atmosphere that feels worlds away from the city.

Inspired by the outdoor courtyards of the Mediterranean and the resilient culture of modern Athens, the restaurant combines sophisticated design with the relaxed spirit of Greek hospitality. Its outdoor area, lined with tables overlooking the waterfront, makes you feel like you're dining in a European harbour and is the perfect spot for leisurely lunches that stretch into the afternoon or romantic dinners beneath the stars.

The menu focuses on Greek flavours with a contemporary touch, featuring beautifully prepared mezze, fresh seafood and signature dishes designed for sharing. Our favourites include the Zucchini Carpaccio and Feta Saganaki drizzled with honey. Seafood lovers will enjoy the beautifully prepared fish on the menu, while the Baklava Sundae is the most inspired Greek style pudding we've ever tried.

Whether you're gathering with friends, celebrating a special occasion or simply soaking up the atmosphere, Avli offers a dining experience that captures Mediterranean living in the heart of Manama.



The Pelican Club

The Pelican Club brings a fresh slice of Miami-inspired dining to Bahrain Harbour. Blending Latino vibes with a lively atmosphere, this bar and restaurant are a fantastic addition to the area.

It is also home to one of Bahrain's most talked-about dishes - the now-viral El Jefe Guac which is prepared table-side for guests. Combining creamy avocado with a surprising twist of sweet banana, the dish has become a social media sensation, drawing diners eager to try the unique flavour combination for themselves.





BRUNCH

Al Waha

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

Bahrain Bay kitchen

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

Baharat

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

Bo – Sabi

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

Bushido

Seef 1758 3555
Friday/Saturday 12:30 – 3:30pm
Buffet 25 BD – 35.5 BD

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 11 – 4pm
Buffet 28 – 37BD

McGettigan's

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

My Café

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

Obab Al Bahar
Jumeriah Gulf of Bahrain
7777 1000

Friday 12:30 – 4pm
Buffet 30 – 39BD

Opa

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

Origin Kitchen and Culture

Hilton Bahrain 3369 2013
Friday 12:30 – 4pm
Buffet 28 – 39BD

Orla

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

Riviera by Palma

Raffles Al Areen Palace and Spa
Saturday 12-4pm 3605 7494
Set Menu 38-48BD

Pashwat

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

Primavera
Ritz Carlton 1758 6452
Friday 12:30–4pm

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

Wild

Sheraton 1753 3533
Friday 12:30-5pm
Buffet 36 - 46BD

COFFEE & CAKE

Bruges Chocolatier

Various 3834 8470
@bruges.chocolatier

Audrey's Bakery

Tubli 3889 9021

Aroma Café

Seef 1758 2711
@aromabahrain

A Piece of Cake

Riffa 1777 7909
@a_piece_of_cakebh

Baker & Spice

Al Aali Mall 1360 9666
@bakerandspicebah

Chez Sophie

Amwaj 1603 0912
@chezsophie.bh

Cakes and Bakes

Riffa 3933 3466
@cakesandbakes.bh

Café Chantilly

Saar 1720 0071
@chantilly_bh

Café Delices

Manama 1771 3000
@cafedelicebh

Café Lilou

Adliya 1771 4440
Seef 1758 3939
@cafelilou

Café Sego

Manama 1721 1152
@cafesego

Cake Boutique

Seef 1755 2253
@cakeboutiquebh

ChocoBisc

Manama 3509 4993
@choco_bisc

Crème London

Al Liwan 6664 4323
@cremelondonbh

Crumbles

Riffa 3611 6313
@crumbles_bakery

Dose café

Water Garden City 1700 0774
@dosecafe_bh

Eastern Bakery

Mina Salman 1772 7133
@easternbakerybh

Esquires

Awali 3600 0000
@esquires_bahrain

Furn

Seef 1717 1441
@furnbahrain

GB Café

Seef 7708 7768
@greenbarcafe

Goodness

Saar 3360 0082
@goodness.bh

Grotta

Hamala 3320 0780
@grottabakery

Hala Lebnan

Reef Island 1777 2600
@hahalebnnan.bh

Haute Cafe and Patisserie

Seef 1758 6363
@Hautecafebh

Hopscotch

Saar 1769 1124
@hopscotch.bh



Jena Hamala 1761 3191 @jenabakery	Ritz Gourmet Lounge Seef 1758 6434 @ritz_gourmet_lounge	Ric's Kountry Kitchen Manaa 1772 5550 @ricsbahrain	Danat Al Tawawish Manama 3805 0713 @altawawish
Joe & The Juice Various @joeandthejuicebahrain	Tariq Pastries Adliya 1768 0461 @tariqpastriesbahrain	Route 66 Amwaj 1606 6066 Adliya 1774 4831 Isa Town 1700 4566 @eatroute66	Darseen Café Bahrain National Museum 7733 6600 @darseencafebh
Just Cupcake Riffa 1766 6090 @justcupcake	Tea Club Adliya/Amwaj/Avenues 3977 7098 @teaclub_official	Shake Shack City Centre 1711 0389 The Avenues 1711 0588 @shakeshackme	Emma Wash Budaiya 1730 9030 @emmawash_bh
La Reine de Versaille Riffa 1755 5600 lareine.patisserie	The Orangery Adliya 1736 9696 @orangeryme	Texas Longhorn Manama 3205 9999 @texaslonghorn.bh	Haji's Café Manama 1721 0647 @hajiscale
La Ventana Manama 7710 6070 @cafelaventana	The Lebanese Bakery Seef 1759 5559 @thelebanesebakerybh	The Pelican Club Bahrain Bay 6665 5505 @thepelicanclubbh	Lumee Saar 1743 4300 Seef 1733 3747 The Avenues 1733 1747 @lumeestreet
Love Churros Bahrain Riffa 3300 0768 @lovechurrosbh	Tuga Amwaj 3636 7431 @bakeryoftuga	ASIAN FUSION	Naseef Manama 1720 8888 Saada 3896 6668 Seef 1722 3333 @naseefrestaurant
Café T, Royal Golf Club Riffa 1775 0777 @theroyalgolfclub	RESTAURANTS	Bo – Sabi Manama 3811 1474 @bo.sabi.bh	Villa Mamas Saar 1730 5031 @villamamas
Le Chocolat Seef 1711 1144 Saar 1723 2345 @lechocolat_bh	N'ovo Hamala 3223 0428 @novo.bh	Hong Kong Janabiya 7799 0002 Riffa 7766 1661 Seef 1748 4048 Zinj 1766 1668 @hongkongbh	BRITISH
Let Them Eat Cake Saar 3232 0078 @let_them_eat_cake_bh	AMERICAN	Monsoon Adliya 1774 9222 @monsoonbahrain	The English Rose Adliya @theenglishrosebh
Lilou Artisan Patisserie Bahrain Riffa 1771 5370 @lilouartisanpatisseriebah	Buffalo Wings and Rings Adliya 1710 4994 @buffalowildwingsbahrain	Nu Asia Seef 1743 4344 Budaiya 1769 1919 @nuasia	The Village Chippy Saar 3363 6222 @thevillagechippybahrain
Lollosa Cookies Manama 3823 8622 @lollosa_cookies	Applebee's Seef 7744 9999 @applebeesbahrain	Ramenara Seef 3989 8966 @ramenara_official	CHINESE
Manual Seef 3229 9277 @manualbahrain	Black Tap Craft Burgers Seef 1710 0363 @blacktapbahrain	re Asian Cuisine Four Seasons Bahrain Bay 1711 5500 @reasiancuisine	China Garden, Gulf Hotel Manama 1774 6423 @chinagardenbh
Maya La Chocolaterie East Riffa 3920 4222 @mayalachocolaterie	Blaze Burgers Adliya 1774 4773 Janabiya 3984 4773 @blazeburgers	Muju Dragon Resort Amwaj 1603 9800 @dragonresort.bh	David's Stir Fry Crazy Adliya 1754 0188 @davidssstirfry
My Bakery Riffa 1765 0411 @mybakerybahrain	Dough Bahrain Bay 3356 0367 @doughbahrain	WU restaurant The Art Hotel Amwaj 1600 0111 @wulounge	PF Changs Seef 1711 0380 The Avenues 1711 0567 @pfchangsmc
My Café Manama 7734 4444 @mycafebh	Cocos Adliya 1771 6512 @cocoscafebahrain	BAHRAINI	EUROPEAN
Paul Café City Centre Bahrain 1717 2321 Seef Mall 1758 0073 @paularabia	Frankie's Seef 1755 0666 @frankiesamericandiner	Dona's Wonders Various 1721 3669 @donaswonders	Camelot Adliya 3997 7540 @camelotrestaurant
Red Crossaint bakery Juffair 7799 5551 @redcrossaintbakery	Lucky Clucks Seef 1755 4400 @luckyclucksbh	Cinnamon in the Souk Manama 3717 7899 @themerchanthousebahrain	The Furn Bistro & Bakery Seef 1717 1441 @furnbahrain
Rich Janabiya 6636 0633 @rich.bhr	Pickl Bahrain Seef @pickl.bh	La Med Ritz – Carlton 1758 9317 @ritzcarltonbahrain	



Little Chefs

A recipe from the lovely
Ally at Ally's Kitchen Stories



Ally



Summer Sunshine Bars

Golden sweet-tart lemon bars are squares of SUMMER SUNSHINE.

What makes it even better, is they're just a doddle to make with the perfect amount of shortbread crust to lemon filling ratio.



Ingredients

Shortbread Base

100g Salted Butter

¼ Cup Icing Sugar

1Tsp Vanilla Extract

150g Doves Farm Plain Flour

Lemon Curd Topping

3 Lemons (Zest & Juice)

110g Caster Sugar

9 Large Happy Eggs

75g Salted Butter

50g Doves Farm Flour

Method

- Line an 8" square pan with baking paper.
- In a large bowl, tip in your butter and beat to soften slightly. Add in sugar and beat until well combined.
- Add in vanilla and sift in flour, then beat until it starts to clump together. If it's too dry, add a VERY little milk to bring it together.
- Tip your shortbread mixture into your prepared tin and press down into a layer using your fingers.
- Pop your tin in the fridge to chill and preheat your oven to 180c.
- Once oven is heated, bake your shortbread for 15-20 minutes until firm to touch and golden on the edges.
- While your shortbread is baking, zest lemons directly into your mixing bowl, and then squeeze the juice into the same bowl. Add in the rest of your ingredients, making sure to sift in the flour so it doesn't clump.
- As soon as the shortbread is done, pour your lemon mixture over the shortbread and pop it back in the oven. Bake for 10-13 mins.
- Remove from the oven and leave in the tin to cool completely.
- Dust the top with some icing sugar. The cut into squares.

Eating Peasy Lemon Squeezy

La Plage
Ritz – Carlton 1758 0000
@laplage_bh

FRENCH

The Harvesters Pub and Terrace

Diplomatic area 1753 1122
@crownplazabahrain

Bagatelle

Seef 1667 7770
@bagatellebahrain

Café Lilou

Adliya 1771 4440
Seef 1758 3939
@cafelilou

Chez Alain

Reef Island 1332 0615
@chezalainbahrain

La Reine

Manama 1311 6263
@lareine_cafe

GREEK

Agora

Arad/Athar/Riffa 1770 3830
@agora.food

Attic

Adliya 1771 7780
@atticbahrain

Avli by Tashas

Bahrain Bay 1771 7780
@avlibytashasbahrain

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
@sangambahrain

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



Experience the vibrant flavors of Mexico at Cantina Kahlo.

Set against the stunning seaside backdrop of The Ritz-Carlton, Bahrain, enjoy authentic cuisine, Mariachi performances, handcrafted beverages, and a lively atmosphere inspired by the spirit and artistry of Mexico.

Discover Cantina Kahlo, call +973 17 58 6499.



THE RITZ-CARLTON
BAHRAIN





Indigo The Merchant House Manama 1667 8666 @indigo.manama	The Terrace Royal Saray Seef 1710 0346 @theterrace_bh	Nino Seef 1756 6555 @ninobahrain	Oishi The Avenues 1722 8062 @oishi.bahrain
La Mosaïque Diplomatic Area 3924 2391 @lamosaiquebahrain	Trade Room Bar & lounge Financial Harbour 7797 7777 @traderoom_bahrain	NKD Pizza Saar 1748 4894 @nkdpizzabh	Sato Manama 1774 6429 @satolounge_bh
La Fontaine Manama 1723 0123 @lafontainebh	ITALIAN	Oliveto Adliya 1771 6747 @olivetobahrain	Roka Bahrain Bahrain Bay 1334 3334 @Rokabahrainiofficial
La Table Krug by Y Ritz Carlton 1758 6699 @ltkby	Cafe Italia Seef 1758 2823 @cafeitalia_seef	Otto Hamala 1733 6622 @ottobahrain	JAPANESE & PERUVIAN
Links Royal Golf Club, Riffa 1775 1266 @theroyalgolfclub	Cicco's Adliya 1771 3710 @cicco.bh	San Carlo Seef 1765 6565 @sancarlobahrain	Clay Adliya 1755 4545 @clay_bahrain
Mahonia Adliya 3722 2244 @mahoniabh	Cipriani Marassi 1700 3300 @ciprianibahrain	Sugo Janabiya 3944 5394 @sugo_bh	LEBANESE
Marina Café Amwaj 3746 0000 @marinacafe.bh	Crazy Pizza Hamala 3993 8686 @crazypizza.bahrain	Primavera Ritz Carlton 1758 0000 @primavera_osteria	Al Arisha Manama 1772 5414 @alarisharestaurant
My Café Manama 7734 4444 @mycafebh	Cucina Italiana Manama 1700 1317 @lacucinaitaliana	Roma Manama 1772 5885 @roma_restaurant_bh	Al Fayez Reef Island 1332 0612 @alfayezbahrain
Nomad Urban Eatery Seef 1700 0330 @nomadeatery	Due Mari Jumeirah Gulf of Bahrain 7777 1000 @duemaribahrain	Vapiano Seef 1749 1391 @vapianobahrain	Em Sherif Sea Cafe The Avenues 7710 0777 @emsherifseacafe.bh
Palma Restaurant Raffles Al Areen Palace 1784 5000 @rafflesalareenpalace.bahrain	Fatto Seef 6677 8822 @fattobahrain	JAPANESE	Leila Seef 1756 6556 @leilaminlebnen
Roast Saar 1745 6006 @roastbahrain	Fiamma Sofitel, Zallaq 1763 6414 @sofitelbahrain	Bushido Seef 1758 3555 @bushidobybuddhabar	Pashawat Sofitel Bahrain 1763 6363 @sofitelbahrain
Saraya Zallaq 1763 6363 @sofitelbahrain	Gusto Riffa 1777 8887 Janabiya 1769 5556 @gusto_bahrain	Gyuto Al Liwan 7799 9444 @gyuto.bh	Zahrat Al Fayrouz Jumeirah Gulf of Bahrain 7777 1000 @zahratalfayrouz
Saveur Westin, Seef 1717 1000 @westinbahrain	La Pergola Adliya 1774 6419 @lapergolabh	Kabuki Al Liwan 1762 1100 @kabuki_bahrain	Zayt Zaytoon Budaiya/Al Hooraa 1666 2666 @zaytzaytoon
Selections Intercontinental Regency Manama 1722 7777 @selectionsrestaurant	L'Orto Adliya 1777 1718 @lorto.bh	Kenko Manama 3344 5988 @kenkobahrain	MEDITERRANEAN
SushiSamba Manama 7797 9779 @sushisambabahrain	Luigi's Pizza Saar 1769 3533 @luigisbahrain	M by Mirai Seef 1778 3030 @mbymirai	Orla Adliya 7793 9393 @orlabahrain
Terrace at 28 Manama 6639 8787 @terrace_at28	Luna Hamala 3211 1160 @luna_bahrain	Maki, Moda Mall Diplomatic Area 1752 2733 @makirest	MEXICAN
The Bistro Dilmun Club Saar 1763 0926 @dilmunclub	Masso Manama 1772 1061 @massorestaurant	Maison Sushi Sofitel Bahrain 1763 6363	Calexico Adliya 1766 6644 Janabiya Foodtruck 3542 8802 @calexico_bahrain
	Medzo Manama 1722 7777 Medzo_bh	Meisei Adliya 1700 7770 @meiseibahrain	Cantina Kahlo Ritz – Carlton 1758 0000 @cantinakahlo
		Mirai Adliya 3917 3951 @mirairestaurantlounge	El Chapo Adliya 3773 8838 @elchapo.bhr
			Senor Pacos Adliya 1772 5873 @senor_pacos_bh



ORGANIC

Baker & Spice

Al Aali Mall 1360 9666
@bakerandspicebah

PERSIAN

Al Abraaj

Various 1743 4343
@alabraaj

Isfahani

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

Takht Jamsheed

Manama 1774 6431
@thegulfhotelbh

SEAFOOD

Fish Bone

Manama 1729 8436
@fishbone.bh

Fish Market

Bahrain Bay 1710 0800
Sitra 1770 1201
@fishmarketbah

La Mer

Sofitel, Zallaq 1763 6363
@sofitelbahrain

La Perle

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

Tabreez

Manama 1740 6206
@tabreez_restaurant

Waves Seafood

Manama 1753 1122
@crownplazabahrain

SOUTH AFRICAN

Butcher's Shop & Grill

Seef 1717 2323
@butchersshopar

SPANISH

Salero

Seef 1717 1300
@salerobahrain

STEAKHOUSE

Legendz

Manama 1722 7777
@legendzsteakhouse

Meat Company

Adliya 1774 2080
@themeatcobh

Plums

Ritz – Carlton 1758 6499
@ritzcarltonbahrain

The Foundry

Adliya 1722 3223
@thefoundrybh

THAI

Banana Leaf

Adliya 1774 4171
@banana.leaf.restaurant

Eathai

Isa Town 1767 3711
@eathai.bahrain

Hash House

Adliya 1771 5094
@hashhouse_bh

Honey

Gudaibiya 3345 5442
@honeyrestaurant

Royal Thai

Manama 1771 3000
@royalthaibahrain

Thai Lounge
Ritz – Carlton 1758 6480
@thai_lounge_bh

TURKISH

Gunaydin

Adliya 1700 0099
@gunaydinbahrain

Sisler

The Avenues 1667 0358
@sisler_bahrain

DELIVERY

Ahlan

@ahlanapp

Dine In

@dinein.me

Jahez

@Jahezbh

Talabat

@talabatbh

FAST FOOD

Box it

@boxitarabia

Burrito Loco

@burritoloco.me

Dominos

@dominosbh

Fuddruckers

@fuddruckersbahrain

Hardee's

@hardeesbahrain

McDonalds

@mcdonaldsbahrain

Papa Johns

@papajohnsbahrain

Pizza Hut

@pizzahutbahrain

Pro Pizza @pro.eatery

@pro.eatery

Tacos and Burritos

@tnbme

YaSalam

@yasalambahrain

ICE CREAM

Baskin Robbins

@baskinrobbinsbh

Chin Chin Ice Cream

The Avenues 1777 7181
@chinchinicecreambh

Florencia

@floenciaicecreambh

Marble Slab

@marbleslab_bh



Island State of Mind: Five Ways to have a proper Bahrain Summer

Bahrain in summer is not for the faint-hearted. It is hot, bright, sticky and occasionally feels like you have opened an oven door and decided to live inside it. And you know what? It is one of my absolute favourite times of the year. The roads are a bit quieter, plenty of resident's travel and the days feel slower in the best possible way.

But here's the thing: there are plenty of ways to summermaxx your Bahrain summer. With a little planning, a lot of sunscreen and a handy swimsuit, here's how to make the most of it.

1. Escape to Jaradah Island

Few things feel more like a holiday than heading out to Jaradah Island. This tiny sandbank appears and disappears with the tide, which only adds to its magic. One minute you are on a boat leaving Bahrain behind and the next you are standing in clear turquoise water wondering why you ever complain about summer.

Book a boat, pack plenty of drinks, bring snacks, towels, hats and enough sunscreen to cover a small army. It is the closest you will get to that "secret island" feeling without needing a passport, boarding pass or emotional support airport croissant.

2. Have Breakfast by the Water

Summer in Bahrain is all about timing. The trick is to get out early, enjoy the morning light and retreat before the sun starts behaving.

Breakfast by the water is one of the easiest ways to feel like you are on holiday without actually going anywhere. Head to somewhere like Naseef in Muharraq, GB Cafe at the Fort or Biba in Bahrain Bay, or any spot where you can sit with a coffee and look out at the sea.

There is something wonderfully civilised about starting the day with eggs, fresh bread, a good coffee and a view. Add a breeze and suddenly you are basically in the South of France. Sort of. With better karak nearby.

3. Kayak Through the Mangroves

For something a little more active, kayaking in Bahrain's mangroves is a brilliant summer adventure. It is peaceful, beautiful and gives you a completely different view of the island.



You glide through the water, move between the mangrove trees and spot some of the birdlife that makes this ecosystem so special. The mangroves are home to more than 200 recorded bird species. Go early in the morning or closer to sunset, when the light softens and the heat becomes slightly less dramatic.

4. Go for a Sunset Drink

If summer days are for hiding indoors, summer evenings are for emerging outdoors holding something cold! A sunset drink is one of Bahrain's most underrated pleasures. Find somewhere with a view, order a cocktail (or mocktail) and watch the sky change colour.

Whether you head to a hotel terrace, a beachside spot or a rooftop, the ritual is what matters. Sit. Sip. Exhale.

5. A Pool Day, Your Way

Finally, there is the pool day. And here I believe in offering two equally valid routes. If budget allows book yourself into somewhere fabulous, a pool day at Raffles, a hotel day pass, a private cabana, a staycation somewhere. Especially as plenty of places have special rates for residents in the summer months.

If budget does not allow, create your own poolside theatre. Buy a fun and elaborate inflatable, from canopy loungers with shade and cup holders to oversized noodles, floating hammocks, cabana-style islands and even giant food-shaped floats. Personally, I support anything that lets you bob about in water while holding a cold drink and avoiding responsibilities.

Bahrain summer may be intense, but it also has its own rhythm. You do not have to leave the island to enjoy it. You just have to remember that you live on one.

For more food, travel and Bahrain tips:
hungryfifi.com, @hungry_fifi

hungry
fifi

Written by

GREEK ISLANDS

FOR YOUR
BUCKETLIST

Greek Islands you need to discover this Summer beyond the obvious... these beautiful Greek escapes deserve a spot on your ultimate travel list.

When it comes to Greek island holidays, many travellers think of the same famous names first. But beyond the classics lies a collection of islands packed with charm, crystal-clear waters, authentic villages and unforgettable sunsets.

If you're planning your next European escape, here are five Greek islands worth discovering, and don't forget to book your flights with Gulf Air, www.gulfair.com

Hydra

Elegant and wonderfully peaceful, Hydra is one of Greece's most unique islands. Cars are banned here, so transport comes in the form of donkeys, water taxis and walking. Its pretty harbour is lined with stone mansions, chic boutiques and waterside cafés. Perfect for couples or anyone seeking a slower pace with style.

Why go: Sophisticated atmosphere, no traffic, easy day trips from Athens.

Kefalonia

Lush, green and effortlessly beautiful, Kefalonia feels more relaxed than many Greek hotspots. Expect turquoise coves, mountain landscapes and charming fishing villages. Myrtos Beach is one of Greece's most spectacular beaches.

Why go: Nature, beaches, family-friendly charm.

Hydra





Zakynthos

Zakynthos

Known for the famous Shipwreck Beach, Zakynthos offers much more than postcard views. Think sea caves, turtle spotting and lively towns mixed with hidden beaches. It works well for families, couples and groups alike. Top Tip: Go to the north east to discover Nobelos, one of the best restaurants on the island.

Why go: Adventure, iconic coastline, vibrant atmosphere.

Skopelos

If it looks familiar, that's because Skopelos starred in Mamma Mia! But beyond the film fame lies a wonderfully green island covered in pine forests and fringed by clear blue sea. Traditional tavernas and peaceful beaches add to the magic.

Why go: Romantic scenery, greenery, authentic Greek feel.

Paros

Paros is where style meets laid-back island life. Chic but still relaxed, it offers gorgeous villages, beach clubs, boutique hotels and a lively but tasteful energy. Naoussa is one of the prettiest harbour towns in Greece.

Why go: Trendy without being overdone, beautiful beaches, stylish dining.

Our Connect Bahrain Tips:

For understated luxury, try Hydra.

For beaches and families, Kefalonia or Zakynthos.

For romance, Skopelos.

For chic summer energy, Paros.

Whichever you choose, Greece rarely disappoints.





Bahrain's Coolest Ice Cream Trail: Local Scoops to Try This Summer

When Bahrain's temperatures rise, there's only one answer: ice cream. From artisan gelato to nostalgic local favourites, these homegrown spots are worth adding to your summer list.



Scoop Creamery

Shakhura, The Markets, Shop 11

A premium small-batch favourite known for rich textures and creative flavours. Look out for favourites such as Eton Mess, Sweet Corn Caramel, Sea Salt Vanilla and rotating seasonal specials.

Florencia Ice Cream

Multiple locations including Janabiyah Square, Marassi Galleria, Juffair Square and Time Out Market Bahrain

One of Bahrain's best-known artisan gelato brands, perfect for a stylish sweet stop. Popular choices include Stracciatella, Mango Sorbet, Cookies n Cream, Vanilla Bean, and refreshing fruit flavours.

Chin Chin Ice Cream

The Avenues

Ice cream parlour with special sundaes and a 'build your own' ice cream dessert menu. **Also available on Talabat.**

Ice Cream Bnt Alfreej

West Riffa

A local gem offering Bahraini-inspired flavours and homemade charm. Keep an eye out for flavours such as Saffron, Rose, Date, Cardamom and regional favourites.

Bahrain Ice Cream Factory

Across Bahrain, including its famous roaming vans and stores

A true Bahrain classic bringing generations of nostalgia. Think Vanilla Soft Serve, Chocolate Dip, Strawberry Swirl, and simple timeless favourites.

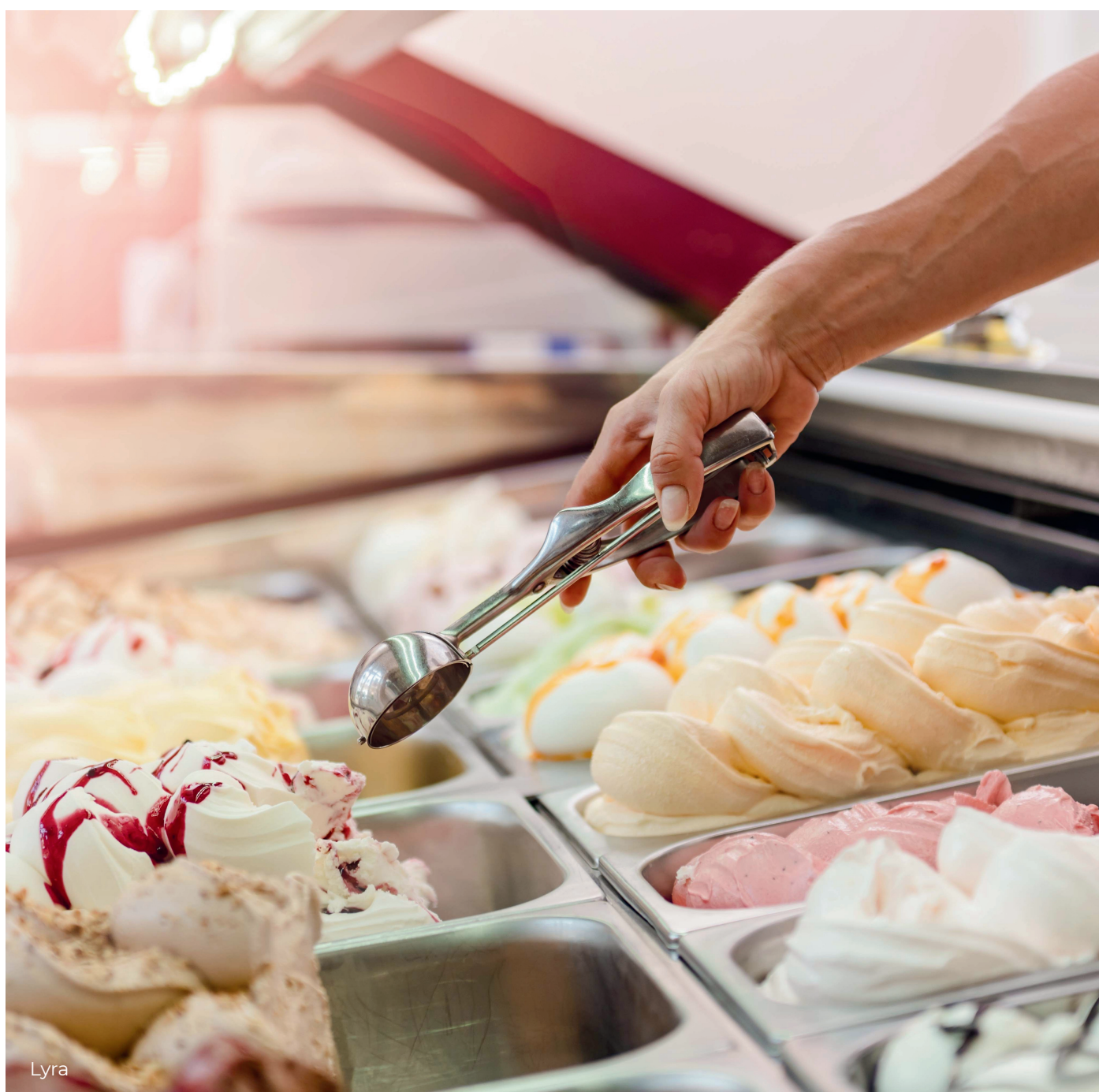
Five Degrees Artisan Ice Cream

Across Bahrain

Handcrafted artisan ice cream with a boutique feel and premium ingredients. Popular picks include Madagascar Vanilla, Sea Salt Caramel, Dark Chocolate, Espresso and Pistachio Crunch.

Make It a Summer Mission!

Try one each week and create your own Bahrain Ice Cream Trail this summer, one scoop at a time.



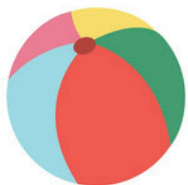
Lyra



SUMMER

— crossword puzzle —

1.



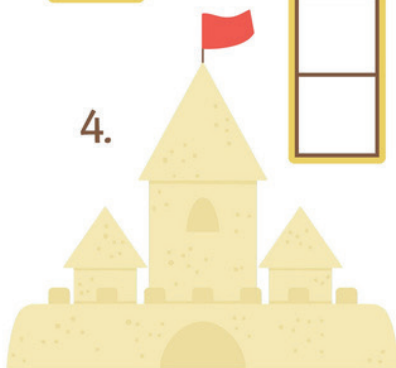
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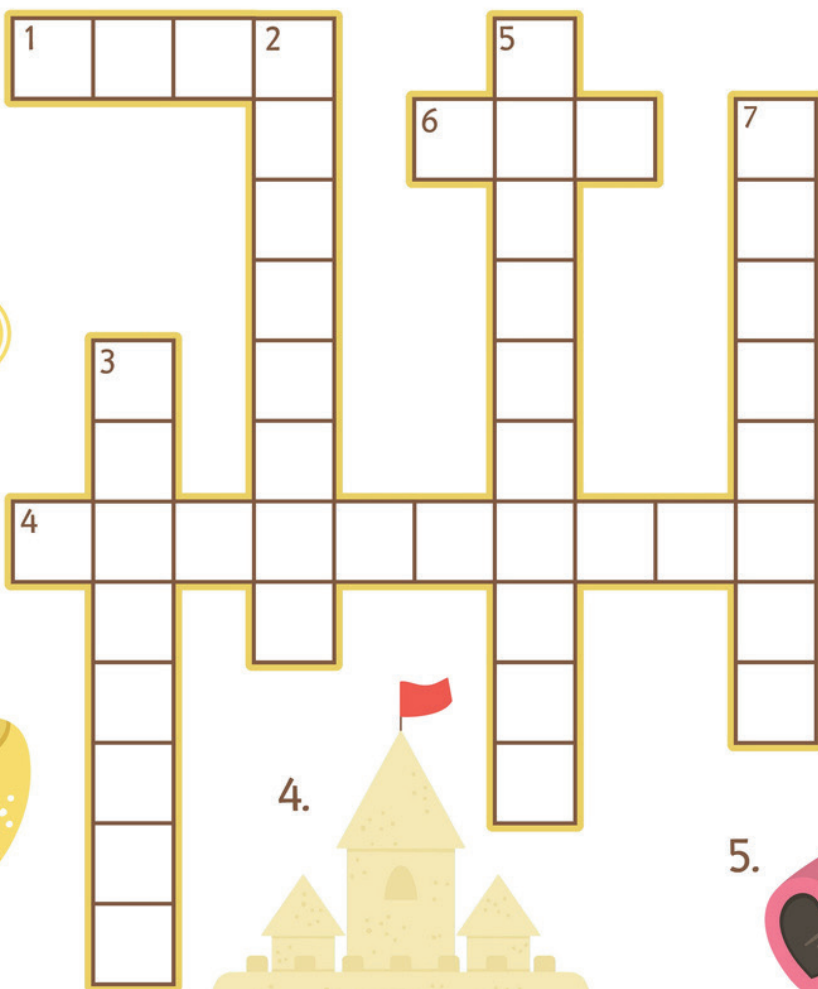
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6.



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ANSWER: 1.Ball 2.Lemonade 3.Seashell 4.Sandcastle 5.Sunglasses 6.Sun 7.Flipflops



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Sum

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FIND 5 DIFFERENCES





Beauty & the Bookworm

The reading community and book clubs in Bahrain

In recent years, Bahrain's reading community has quietly flourished into something truly special. While the love of books has always existed across the island, many readers say the real turning point came during the Covid-19 pandemic. With more time spent at home, people began reconnecting with reading, sharing recommendations online, and finding comfort in stories during uncertain times. What started as solo reading habits soon became a thriving community built on conversation, creativity, and connection.

Today, book clubs across Bahrain continue to grow, bringing together readers of all ages and interests. From contemporary fiction and fantasy to literary classics and self-development books, readers are meeting both online and in person to discuss their latest reads. Many cafés and cultural spaces have also embraced this growing trend by hosting reading events, author signings, and literary discussions.

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



Meg Hutchinson



Read with Wafa @readwithwafa

The book club, The Blossoming Book Club, aims to bring people together through carefully chosen non-fiction books aligned with monthly themes. These themes range from self-growth and mindset to creativity and gratitude. At each meeting, we discuss the book and engage in an interactive activity designed to help the members fully understand the book's ideas and apply the lessons to their own lives.



Booksteers
@booksteers

A pop up book club for readers where books become conversations, memories, and shared experiences. We host engaging book club activities, discussions, reviews, and creative reading challenges for our community. We also created a special reading passport for our book club members to track their literary journeys and make reading even more fun.



Kay's Bookclub
@kaysbookclub.bh

Kay's Bookclub was founded in 2020 for people who love reading but struggle to find time in their busy lives. With 23 members and 10 book club friends, the club brings like-minded readers together in a welcoming, judgment-free space built on connection, conversation, and a shared love of books. From novels to self-help, members meet once a month to share honest opinions and different perspectives with mutual respect.



The Booked club
@the_bookedclub

An exclusive book club in Bahrain where members explore a new book each month across a range of genres. From classics to contemporary bestsellers, every selection offers something fresh and inspiring. We meet monthly for lively, thoughtful discussions.

Creative Business bookclub
@decorumart.co

This is a space for anyone interested in entrepreneurship, business, creativity, and innovation. Whether you are starting your own business, dreaming of becoming an entrepreneur, or simply looking to learn from and be inspired by some of the world's greatest minds, the club offers a welcoming community to connect, discuss ideas, and grow through books and conversation.



Meet the Founder

A note from Ed Brown MBE, founder of Rice Solutions, specialist consultants offering bespoke leadership training and mentoring for professionals and organisations operating in the Arabian Gulf.



In my service with the British Army, I was fortunate enough to spend three years seconded to the Kuwait Armed Forces as an advisor, a period which coincided with the Arab Spring. On my arrival in post, I was asked to visit the Chief of the Armed Forces to introduce myself and some bio notes were requested. I duly printed off an old bio which I had used for some charitable work I had been doing which included some personal interests including an interest in cooking.

I was expecting a meeting with the great man to be with one or two of his close confidantes. As I walked into his office I was a little surprised to see that he had collected all of his senior staff together. I was ushered over to sit next to the Chief and he immediately started quizzing me about my operational experience and what I understood about Kuwait and its military. As we came to a close, and with a smile on his face he asked about my interest in cooking. This question caused widespread hilarity amongst the gathered officers as they were clearly amused that anyone would admit to such a domestic interest. Once the laughter died down, the General then pushed the point by asking if in British cooking, potatoes were preferred to rice. I replied that potatoes were something of a staple in British cooking.

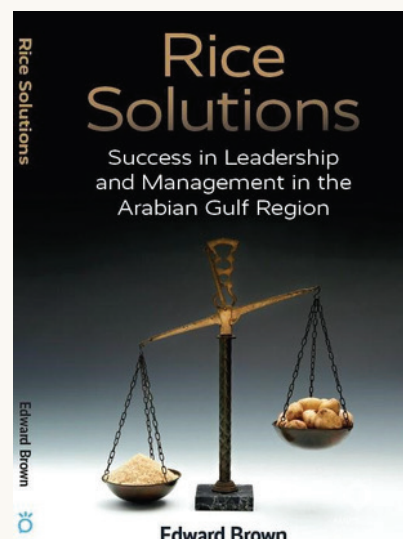
He then took my arm and looked at me very seriously. "Whilst you are advising me", he said, "I want you to provide Rice solutions and not Potato"

In one very simple comment he had placed his finger on one of the most important factors to consider when working with people of another culture. I used the phrase often over the next few years with my UK Military team to ensure that the advice we were giving always took into account the local culture fully. My least effective team members were those few who arrived in Kuwait and had the arrogance to ignore the culture and to believe that they were there to impose the British Military way on their hosts.

When I moved into the Private Sector in Kuwait, KSA and Bahrain, I continued to use the phrase to guide our business cultures and it provided a sensible guide rail to allow us to navigate the many cultural challenges.

I have used the term now for the title of my book on leadership and management which was published in November 2024 and also for my current consultancy where our aim remains to help people and businesses deliver Rice Solutions to the business environment in the Arabian Gulf Region.

For more information visit:
www.ricesolutions.consulting





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

Barry's Bahrain
Hamala 3227 8322
@barrysbahrain

Bahrain Rugby Football Club
Saar 1769 5809
@bahrainrfc

British Club
Adliya 1772 8245
@britishclubofbahrain

Bodyline
Saar 1779 3932
@bodylineladiesclub

Dilmun Club
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@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_

HV Holistic
Seef 1777 5544
@hvholistic

JFC Bahrain Fitness Gym
Manama 3300 2592
@jfcbahrain

Ki Train
Manama 3624 2230
@kitrainBH

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
Rifa 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

Bliss Yoga Bahrain
Argan Village,
Bu quwah 3399 2236
@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

La Fontaine
Manama 1723 0123
@lafontainebh

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

Strong Pilates
Saar 3353 3430
@strong_saar

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

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

Centraal Club
Hamala 3813 8138
@centraal.club

The British Club
Adliya 1772 8245
@britishclubofbahrain

BASKETBALL

Bahrain Basketball Association
Umm Al Hassam 1781 0353
@bah_basketball

Centraal Club
Hamala 3813 8138
@centraal.club

SPARTA, St Christopher's
Saar 1760 5190
@sparta_bahrain

BIKES & CYCLING

Bahrain Triathlon Association
Saar 7771 3777
@triaathlonbh

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

BOXING**Level up Boxing**

Saar 3975 7222
@levelupboxingbh

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

Scuba Master

Hooraa 1729 2154
@scubamasterco

**FISHING****Seastar Marine**

Amwaj 3707 8888
@seastarmarinebh

FOOTBALL**24N Football**

Manama 3754 9322
@24n_football

Adhari Park

Manama 1740 7300
@adharipark

Bahrain Rugby Football Club

Saar 1769 5809
@bahrainrfc

British Club

Adliya 1772 8245
@britishclubofbahrain

BSB Football Academy

Hamala 1761 0943
@britishschoolbahrain

Centraal Club

Hamala 3813 8138
@centraal.club

Dilmun Club

Saar 1769 2986
@dilmunclub

Footpool Bahrain

Manama 3696 3443
@footpoolbh

Juventus Academy Bahrain

Saar 3713 0107
@jacademybh

Kick Off Academy

Saar 6969 0000
@kickoff.academy

Tekkers

Saar/Sanabis/Riifa/Dilmunia 3384 3416
@tekkers_bahrain

Soccer Stars Academy

Janabiya 3319 3060
@soccerstars_bh

SPARTA, St Christopher's

Saar 1760 5190
@sparta_bahrain

The Football Academy (TFA)

Saar/Riffa 7730 0000
@tfa.bahrain

Winners Football Centre

Isa Town 3808 5535
@gowfc

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DINING BENEFITS 10% (with Loyalty Card)	DINING BENEFITS 15% OFF	DINING BENEFITS 20% OFF
SPA BENEFITS 10% (with Loyalty Card)	SPA BENEFITS 15% OFF + 1 FREE 60-min Massage (For Yearly Members only)	SPA BENEFITS 20% OFF + 2 FREE 75-min Massage (For Yearly Members only)
PARKING ACCESS Up to 4 hours/day from Sun to Thu only	PARKING ACCESS ✓	PARKING ACCESS ✓
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	FREE 1 NIGHT STAY in a 1 Bedroom Deluxe Suite with Breakfast (For Yearly Members only)	FREE 1 NIGHT STAY in a Luxurious Penthouse Suite with Breakfast (For Yearly Members only)

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*Terms & Conditions apply

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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 1761 0920
@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
Sakhir 1745 1975
@bahrain_karting

Gulf Speed One
Juffair 3922 6612
@gulfspeedone

Matrix Bahrain
Juffair 3617 2477
@matrix.bh

Trax
Seef 3838 8555
@trax.bh

KITE SURFING

Beach Culture
Bahrain Bay 3303 6361
@beachculture

Experience Bahrain
Amwaj 1700 3636
@experiencebahrain.bh

MARTIAL ARTS

Aces Taekwondo Academy
Zenj 3999 6499
@aces_zenj

Albanna Martial Arts Center
Juffair 3666 8390
@albanamac

Bahrain Karate Center
Saar/Dilmuna 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
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Sakhir 1745 0000
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@bah_int_circuit

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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
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@theroyalgolfclub

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@skypadel.bh

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@bahrainrfc

RUNNING

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@triathlonbh

Let us Run
Manama 3638 3348
@lettuce.run

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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

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@bahrainrfc

Mermaid Swimming Classes
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@merschoolbh

Elements BSB
Hamala 1761 0973
@elements.bsb

Dilmun Club
Saar 1769 0926
@dilmunclub

Royal Life Saving Bahrain
Manama 3200 1113
@rlsbahrain

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

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

Movement Tennis
Hamala 3930 9402
@movement.tennis

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Saar 1760 5190
@sparta_bahrain

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

Alkem City Center Bahrain
7797 3333
@alkem.bh

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

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 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

Johnny & Co
Amwaj 3222 9299
Seef 3914 6119
@johnnycompany

Joz Salon
Amwaj 1736 9133
@jozsals

Lina Ladies Salon
Riffa 6691 1101
@linaladiessalon

Majestic Arjaan by Rotana
Seef 3999 7289
@majesticarjaanbyrotana

Man Spa
Saar 1758 0110

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
@beautyline_bh

Blink and Wink
Hamala 3314 5254
@blink_and_wink_bh

Boho Nails
Saar 1711 6115
@bohosalonbh

Cryo
Seef 3800 0155
@cryo_bahrain

Fab u Looks
Saar 7703 7703
@fab_u_looks

Fiore
Seef 1723 2317
@fiorefrombahrain

Fingertips Bar
Saar 3998 8445
@fingertipsbar

Glam and Glow
Al Qadam 3838 0338
@glamandglowbeautylounge

Hospitalia by Yara
Saar/Riffa 1781 1111
@hospitaliabyyara

House of Nails
Saar 1759 3311
@houseofnails.bh

Hydro Spa & Salon
Riffa 3200 8600
@hydrospabh

Jamila
Seef 1753 7853
@thejamilaofficial

Lashspa
Al Ali 1759 9044
Juffair 1759 9144
@lashspa

Lavish
Budaiya 1759 9022
@lavish_nailbodycouture

Lillia Beauty Lounge
Gufool 1726 6966
@lilliabeautylounge

N.Spa
Seef 1758 7766
@nspabahrain

NStyle Beauty Lounge
Seef 1758 1974
@nstylebh

Novel Beauty Salon
Saar 1779 1222

Posh Beauty lounge
Hamala 7708 2680
@posh.bh

The Nail Hut
Jannusan 3883 0304
@thenailhut.bah

The Lash Room Bahrain
Seef 3306 2448
@thelashroom.bah

U Beauti

Hamala 1369 1999
@ubeauti_bh

Vanity Ladies Beauty Salon

Janabiya 1700 7121
@vanitysalonbh

Yara Beauty lounge

Amwaj 1601 0999

DENTISTS**Al Jishi Specialist Dental Centre**

Manama 1729 2777
@aljishidental

Al Mutawa Dental

Tubli 1787 7816

American Mission Hospital

Manama 1717 7711
Saar 1724 8102
@american_mission_hospital

Awali Hospital

Awali 1775 7600
@awalihospital

British Dental Center

Saar 3978 6855
@bdc.bahrain

Dr Ali Mattar

Manama 1771 4877
@doctoralimattarclinic

Dr Rashad Al Alwai Dental Center

Manama 1722 5566
@drrashadalalawidentalcenter

Gulf Dental Speciality Hospital

Zinj 1774 1444
@gulfdentalspecialityhospital

Ibn Al Nafees Hospital

Manama 1782 8282
@ibnalnafees

Irish Speciality Clinic

Al Hoora 7718 5006
@isc_bahrain

Royal Bahrain Hospital

Manama 1724 6800
@royalbahrainhospital

Saar Dental Specialists

Saar 1759 6444
@saardentalspecialists

Seef Dental

Seef 1758 7991
@seefdental

Smile Dental Clinic

Zinj 1740 0899

FIRST AID**First Aid Box**

Seef 3936 3622

Royal Life Saving Bahrain

Manama 3200 1113
@rlsbahrain

GP CLINICS & PAEDIATRICS**American Mission Hospital**

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

Awali Hospital

Awali 1775 7600
@awalihospital

Bahrain Defence Hospital

Riffa 1776 6666
@bdf_hospital

Bahrain Specialist Hospital

Juffair 1781 2222
@bsh_hospital

Dr Ayman Pediatric Clinic

Zinj 3360 0393
@draymanclinic

Ibn Al Nafees Hospital

Manama 1782 8282
@ibnalnafees

International Hospital of Bahrain

Budaiya 1759 8222
@ihbahrain

Kims Health Hospital

Umm Al Hassam 1782 2123
@kimshealthbahrain

The Kids Clinic

Manama 1771 5515

Kidz Care Klinik

Saar 3367 7344

Royal Bahrain Hospital
Manama and Janabiya
1724 6800
@royalbahrainhospital

MATERNITY**American Mission Hospital**

Manama 1717 7711
@american_mission_hospital

Awali Hospital

Awali 1775 7600
@awalihospital

Bahrain Defence Force Hospital

Riffa 1776 6774
@bdf_hospital

Bahrain Specialist Hospital

Juffair 1781 2200
@bsh_hospital

Ibn Al Nafees Hospital

Manama
@ibnalnafees

Kims Health Hospital

Umm Al Hassam 1782 2123
@kimshealthbahrain

King Hamad University Hospital

Muharraq 1744 4444
@king_h_hospital

Royal Bahrain Hospital
Manama 1724 6800
@royalbahrainhospital

Salmaniya Medical Complex

Salmaniya 1728 8888

OPTICIANS**Ahmed Alwazzan Opticians**

Manama 1722 6969
@alwazzanopticians

Ahmed Alwazzan Opticians

Seef 3990 6162
@alwazzanopticians

Optica

City Centre Bahrain 1751 6839
@optica_me

Optica

Seef 1751 6848
@optica_me

Optica

Bahrain Mall 1751 6840
@optica_me

Yateem Opticians

Juffair 1725 3397
@yateemoptician_bahrain

Yateem Opticians

Riffa 1777 9369
@yateemoptician_bahrain

PHARMACIES**Al Kindi Hospital**

Zinj 1724 1381
@alkindihospital

Bliss Lab

Manama 1772 0800
@blisslab.bh

Boots The Chemist

City Center 1717 9851
@bootsmiddleeast

Boots The Chemist

Seef 1711 0520
@bootsmiddleeast

Gulf Pharmacy Bahrain

Manama 1723 9399
@gulfpharmacybahrain

Ibn Al Nafees Hospital

Manama 1782 8282
@ibnalnafees

Kims Health Hospital

Umm Al Hassam 1782 2123
@kimshealthbahrain

Nasser Pharmacy

Manama 1772 0800
@nasserpharmacy

Royal Bahrain Hospital
Manama 1724 6800
@royalbahrainhospital

Ruyan Pharmacy

Muharraq 1733 1168
@ruyanbahrain

You Plus

Sanabis 1726 1062
@youplus.bh

SPECIALIST HEALTHCARE**InTouch**

Janabiya 1769 0100
@intouchclinicbahrain

Barefoot Nutrition

Virtual 3889 5693
@barefootnutritionalthrapy

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

Little Village Center

Um Al Hassam 6632 4600
@littlevillagecenter

Physio Relax

Seef 1700 1818
@physiorelaxbh

Steps Rehabilitation Centre

Saar 1724 6256
@stepscenterbahrain

Well Med Clinic

Manama 1760 0221
@wellmed.centre



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البحرين



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**DR. BASSEM SALIM
HAIDAR**
Consultant - Neonatology
& Pediatrics



DR. MANAL ELDEGEIR
Consultant - Pediatric Allergy
& Immunology



DR. YARA MOHAMAD HEJAZI
Consultant - Pediatrics &
Endocrinology



DR. MONA ISSA
Consultant - Pediatrics



DR. AHMED ELBEHERY
Consultant - Pediatrics



DR. SRINIVASABABU
Specialist - Pediatrics

Royal Bahrain Hospital 3218 1810

RBH Medical Center 3355 8311

1724 6800



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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 Kindergarden
Sanad 7708 2017
@happyhearts.bah

KG Kids Pre School
Riffa 1766 3556
@kgkidspreschool

Kiddy Care Pre School
Zinj 3231 4680
@kiddycarepreschool

Kidsland Nursery
Jid Al Haj 1740 5717
@kidslandbh

Kinder World Preschool
Adliya 3365 4050
@kinderworld_adliya

Kinder World Preschool
Janabiya 3360 0097
@kinderworld_janabiyah

Kids Corner Nursery
Isa Town 3807 7758
@kidscorner.bh

Kipina Nursery
Saar 1700 9598
@kipina_kids_bahrain

Kidz World Kindergarden
Adliya 1771 5050
@kidzworldkindergarden

Ibn Khuldoon National School
Isa Town 1778 0661
@ikns

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
@littlewonderspreschoolbahrain

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



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NADEEN
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Twinkle Twinkle
Saar 1770 0412
@twinkletwinklecenter

Very Berry Nursery
Sanad 3390 9599
@very.berrynursery

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
@bahrainindianschool

Beacon Private School
Hidd 6600 0088
@beaconprivateschool



British Preparatory School
Saar 1779 2010
@bps_bahrain

British School of Bahrain
Hamala 1761 0920
@britishschoolbahrain

Britus International School
Salmabad 1759 8440
@bisbh_official

Capital School
Zinj 1700 8880
@capitalschoolbahrain

Canadian School Bahrain
Diyar Al Muharraq 6664 4234
@canadianschoolbh

Eton House
Hamala 1749 0333
@etonhousemea

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

Hawar International School
East Riffa 1366 6555
@hawarschool_official

Ibn Khuldoon National School
Isa Town 1778 0661
@ikns

International School of Chouefait
Amwaj 1603 3333
@iscmanama

Multinational School
Adliya 1771 1444
@mnschoolbahrain

Nadeen School Bahrain
Dilmunia 1772 8886
@nadeenschool

Naseem International School
Riffa 1778 2000
@nisbahrain

New Millenium School
Bug hazal 1727 2700
@newmilleniumschoollbahrain

Pakistan School
Isa Town 1768 2304
@pakistanschool

Palms Primary School
Riffa 1766 6637
@palms.school

Philippine School
Riffa 1764 5451
@realphilippineschoollbahrain

Quality Education School
Budaiya 1769 2917
@qesbh

Quest School
Janabiya 3366 6014
@questschoolbh

Riffa Views International School
Riffa 1656 5000
@rvis.bh

Sacred Heart School
Isa Town 1768 4367
@sacredheartschoollbahrain

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**Alliance Française**

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

Babylon Translation Centre

Sanabis 1738 2505
@babylon_centre

Bait Al Taleem English

Language Institute
A'ali 1764 3199
@baitaltaleem1

Berlitz

Manama 1782 7847
@berlitzbah

British Council

Manama 1616 8094
@britishcouncilbh

British Language Center

Saar 1779 1468
@blc_bh

English Language Skills Center

Manama 1778 6449
@elscbahrain

Everything English

Manama 3671 5684
@everythingenglishlanguage

Garden of Knowledge

Bani Jamra 3561 7635
@the_garden_of_knowledge

Shaikh Ebrahim Center

Muharraq 1732 2549
@shaikh_ebrahim_center

Teach Bahrain

Janabiya 3729 9525
@teachbahrain

TUTORS**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

New Leaf Education

Manama 3303 0165
@new_leaf_education

Learning Center

Sehla 1740 0227
@sylvanbh

**Level Up Bahrain**

Saar 3975 7222
@levelup_bh

Teach Bahrain

Janabiya 3729 9525
@teachbahrain 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

MG TENNIS ACADEMY



MG tennis academy is a community of dedicated coaches and enthusiastic players. The academy is led by Georgios Dioulgkaridis (former coach at Rafael Nadal and Mouratoglou academy) and Marc Dijkhuizen (former ATP player with a worldwide ranking of 900 in singles and 400 in doubles)



mg_tennisacademy



3833 3065





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
@disabledsportsfederationbahrain

Hope Institute
Isa Town 1768 0815
@hope_institute_bahrain

Little Village Center
Um Al Hassam 6632 4600
@littlevillagecenter

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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In the Know

Noor Albasri is a Radio Presenter on Radio Bahrain, a Muscian and an Influencer

If you know, you know

Describe Bahrain in three words: Warm, safe and kind

Favourite restaurant in Bahrain: Kojo

Your perfect day in Bahrain: My perfect day in Bahrain is a slow weekend with nowhere urgent to be, iced coffee in the car, driving around listening to music, stopping somewhere for breakfast with my family, and winging it for the rest of the day until it ends in the comfort of my home with my favorite show on.

The best thing about living in Bahrain: No matter how small the island feels, there's always someone you know and somewhere you belong.

A hidden gem that you tell all your friends about: Hawar Islands, feels like Bahrain's little secret escape

The Lasts

The last book I read: Talking with Serial Killers

The last podcast I listened to: The Mel Robbins podcast: Dealing with a narcissist

The last concert I went to: Andre Rieu

The last piece of clothing I bought: An oversized grey blazer I absolutely convinced myself I "needed."

The last meal I ate: Home cooked pasta



The last app I downloaded: Prequel (photo editing app)

The last holiday I went on: England during Christmas

The last show I binged: Fallout

This or That

Coffee or tea? Coffee

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?

"If it costs your peace, it's too expensive."



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
Various
@alosrasupermarket

Al Jazira
Various
@aljazira.supermarket

Carrefour
Various
@carrefourbahrain

Lulu Hypermarket
Various
@luluhyperbh

Tamimi Markets
Various
@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

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

Cargio WLL
3700 0082
logistics@CargioME.com

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

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
@pretypawsbh

PET HOTELS**Bed & Biscuits**

Manama 1740 2350
@bedandbiscuitsbh

Delmon Boarding Kennels & Cattery

Barbar 1769 4066
@demonkennels

Saar Kennels The Pet Hotel & Spa

Saar 1779 0017
@saarkennels

PET RELOCATION**Bed & Biscuits**

Manama 1740 2350
@bedandbiscuitsbh

Delmon Pet Relocators

Barbar 3972 9868
@delmonpetsrelocatorsbh



Jetpet Global and Cargio
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
@thegulfhotelbh

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
@sleepeeeteepee

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 Wasmiya Tent & Supplies

Manama 3316 6999
@alwasmiyatent

Costume Chest

Juffair 3965 8541
@costumechest

Day to Day

Jannusan 1744 1000
@daytodaybh_

Entertainment World

Manama 3900 4465
@entertainment.worldbh

Evento De Bahrain

Manama 6666 2013
@eventodebh

Party Mania

Budaiya 1766 0515
@partymaniabahrain

The Dressing Up Box

Saar 3200 8289
@thedressingupbox.bh

PARTY VENUES**Flip n Fun**

Hamala 3889 4111
@flipnfun.bh

Tee Up Golf Simulators

Amwaj 3800 1197
@teeup.bh

Artology

Saar 3679 0785
@artology.bh



**Artzania**

Manama 3996 9933
@artzania

Bahrain International Karting

Circuit, Sakhir 1745 1745
@bahrain_karting

Bahrain Rugby Football Club

Saar 1769 5809
@bahrainrfc

Bahrain Science Centre

Isa Town 1768 6466

British Club

Adliya 1772 8245
@britishclubofbahrain

Budaiya Pre – School

Budaiya 1779 1491
@budaiya_preschool

Dilmun Club

Saar 1769 0926
@dilmunclub

Escape Code

Saar 1750 0023
@escape.code

Four Seasons

Bahrain Bay 1711 5000
@fsbahrain

Funland Center

Manama 1729 2313
@funland.bahrain

Kids Palace

Saar 1765 1050
@kidspalacebh

Jumpsters

Saar 1769 1558
@jumpsters_bh

Jump Up

Tubli/ A'ali 3355 1225
@jumpup.fun

Lost Paradise of Dilmun

Water Park, Al Areen 1784 5100
@lpodwaterpark

Mad Science Bahrain

Budaiya 3971 0055
@madsciencebh

Magic Island

Seef 7791 1211
@magicislandbh

Mosaic House

Budaiya 3925 3942
@mosiachousebahrain

Nutty Scientists

Seef 3355 3551
@nuttyscientistsbahrain

Pottery at Studio Ceramics

Budaiya 1759 9026
@studioceramicsbh

Ritz – Carlton Hotel

Seef 1758 0000
@ritzcarltonbahrain

Sleepee Teepee Bahrain

Saar 3974 0496
@sleepeeetepeebeh

Soccer Stars Academy

Janabiya 3319 3060
@soccorstars_bh

Soul Culture

Saar 3338 2263
@soulculturebh

Tekkers

Saar/Sanabis/Riifa/Dilmunia 3384 3416
@tekkeers_bahrain

The Heaven Muharraq

Muharraq 3909 0080
@theheaven_muharraq

Yellow Submarine

Saar/Wadi Al Sail 3805 6666
@yellowsubmarinebh

COMMUNITY**LOCAL CHARITIES & NOT – FOR – PROFIT****Pre Loved Books**

@prelovedbook.bh

A Box of Goodness

@aboxofgoodness

A Box Forward

@aboxforward

Bahrain Red Crescent Society

Manama 1729 3171
@rcsbahrain

Bahrain Sports Federation for Disabilities

Manama 1717 6930

Manama Rotary Club

Manama 3903 3961
@rotaryclubofmanama

Migrant Workers Protection Society

Manama 1782 7895
@mwpsbh

Omneyat Foundation

@omneyat.bh

Shamsaha

Manama 3844 7588
@shamsaha_me

Think Pink Bahrain

Manama 3907 6717

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PARTIES

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- ✓ Corporate Events
- ✓ Birthday Parties
- ✓ FieldTrips

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Community



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Ever notice how “everyone’s invited” can still feel out of reach when the activity wasn’t built with neurodivergent needs in mind?

Inclusion isn’t just about sharing the same space—it’s about designing experiences that help every child feel safe, supported, and fully able to participate (and enjoy the moment). Because for neurodivergent learners, the difference is often in the details: clear routines, sensory-aware environments, predictable instructions, and support that meets them where they are.

That’s why ***Brain Wave’s Beyond Barriers Summer Camp*** matters. Let’s create more activities where connection comes naturally—*play together, grow together*—and no one has to “adapt alone”



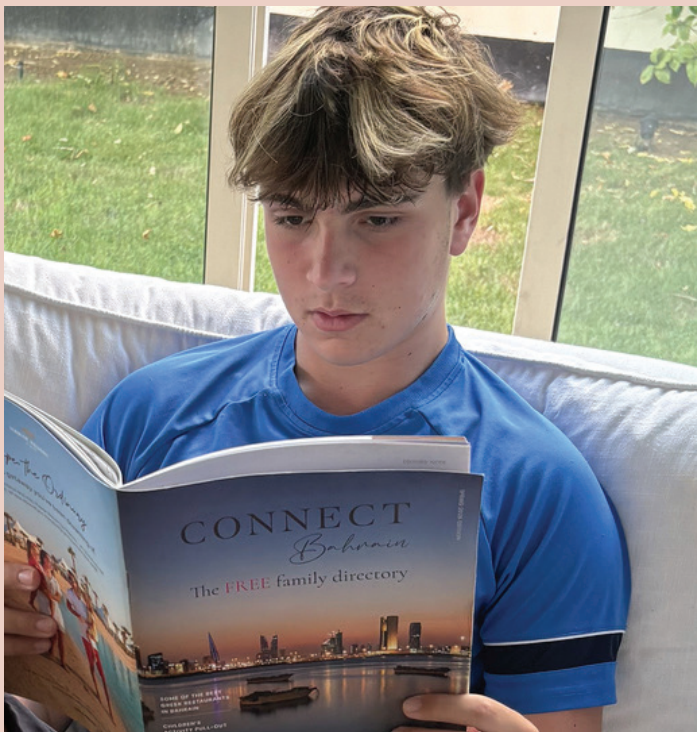
Useful phone numbers

Police Ambulance Fire	999
Police Hotline non emergency	8000 8008
NHRA	1711 3333
Ministry of Health	8000 8100
Family Protection (Domestic)	1743 0515
Food Hygiene Complaints	3942 7743
Electricity and Water	1751 5555
Sanitation Emergency (Sewer)	8000 1810

Municipality Emergency	3960 9331
Cybercrime Anti Corruption	992
Child Protection (Cyberspace)	992
King Fahd Causeway Security	1779 6555
Supreme Council Environment	8000 1112
Supreme Council of Health	1710 1776
Traffic Accident	199

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USEFUL CONTACTS

CAR REPAIRS

Prime Auto Care Car Repairs
Tubli 3564 6810

COMPUTER & PHONE REPAIRS

Nexcel IT & Computer Repair
Manama 3394 5666
@nexcelbh

Ainush Software Solutions
Manama 3596 4580

Bluebell Computers
Al Maqsha 1759 6993
@blue_bellcomputer

Edge Phones
Saar 3828 4090
@edgephonebh

Reunion Computer
Diraz 1769 5955
@reunionpc

Star Plus
Saar 1782 7123
@starplus_bh

COURIERS

Aramex Bahrain/Shop n Ship
Manama 1733 0434
@aramex

DHL
Manama 1736 4100
@dhl

FedEx
Manama 8000 4314
@fedex

EMBASSIES & CONSULATES

Bangladesh	1723 3925
China	1772 3800
Egypt	1772 0005
France	1729 8600
Greece	3996 7686
India	1771 2785
Iraq	1774 1472
Ireland	1772 8146
Italy	1725 2424
Japan	1771 6565
Jordan	1729 1109
Kuwait	1753 4040
Lebanon	1757 9001
Malaysia	1756 4551
Mexico	1725 2104
Morocco	1774 0566
Netherlands	1760 0110
Oman	1729 3663
Pakistan	1724 4113
Qatar	1772 2922
Russia	1772 5222
Saudi Arabia	1753 7722
Turkey	1753 3448
UAE	1774 8333
UK	1757 4100
USA	1724 2700

GAS & WATER

Nestle Water	1740 4435
Aqua Cool	1778 4101
Bahrain Gas	1770 2811

INSURANCE

GIG Bahrain
Manama 8000 1060
@gigbh

Patrick York Insurance
Seef 1758 7031
@pyinsurance

INTERNATIONAL DIRECTORY

Enquiries	191
Local Call Assistance	100
Local Directory Enquiries	181
Weatherline	1723 6236

OTHER

Top Certifier
Al Qudaiyah 3564 3151
@topcertifier_bahrain

British Chamber of Commerce
Bahrain
@britishchambercommerce
bahrain

PHOTOGRAPHERS

Yas Yakes Photos
@yas.takes.photos

Amani Photography
Seef 3998 8068
@amaniphoto_studio

Bader Alwazeer Photography
Manama 3777 3308
@bader_photo

Euroway Photography & Design
Hooraa 3730 0097
@euroway_photography

Fatmina Photography
Manama 3662 2622
@fatimaphotography.bh

Jodie Baker Photography
Janabiya 3885 2723
@jodiebakerphotography

Khatoon & Bader
Manama 3934 4258
@bkweddings

Little Miracles by Sherin
Manama 3444 3662
@littlemiraclesbys

Makenzie Everbout
@makenzieeverbout
photography

Roqaya Wedding Photographer
Manama 3999 0068
@roqayaphoto

Scope
Saar 1769 9520
@studio_scope

PRINTERS & WEB DEVELOPERS

AAA Printerz
Manama 3661 8183
@aaaprinterz

Ad Dar Media
Manama 3325 5133
@addar.media

PUBLIC SERVICE NUMBERS

Coast Guard 1770 0000
Flight Information Police 1733 9339 999

TAILORS

Desi Tailoring
Galali 3444 0773
@_desiboutique_

Mrs Pan Tailoring
Budaiya 3446 3710

Soriginal Tailoring
Saar 3841 0120
@soriginal.bh

Tailor Express
Manama 3628 8000
@tailorexpress_bh

Trico Tailoring
Al Hidd 1700 3445
@tricobh

TELECOMS

Batelco 3926 4462
STC 3312 4124
Zain 3610 7107





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