



# Bahrain

Photo: sdgraphics/shutterstock



Kutikan/shutterstock



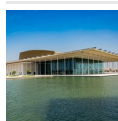
Eugene Sergeev/shutterstock



Kritkun/shutterstock

It is easy to overlook this small island nation, having, as it does, such powerful and flashy neighbours like Qatar and the Emirates. However, ignoring Bahrain would be a huge mistake. It is an emerging power in the region, with all the luxury and worldliness of a cosmopolitan destination and all the charm and personality of a small island. Add to this the growing art scene and burgeoning international cuisine in the country, and you have the newest prime travel destination in the region, and the most socially liberal one.

## Featured



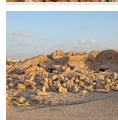
### Bahrain National Theatre

Emerging from the placid waters just like the nearby National Museum, the Na...



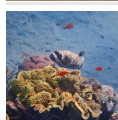
### Souq Bab Al Bahrain

For an authentic local shopping experience, there is no better place than So...



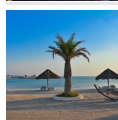
### Dilmun Burial Mounds

This burial site complex is believed to be the largest prehistoric cemetery ...



### New Way Diving & Sea Tours

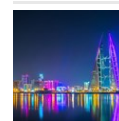
New Way Diving & Sea Tours is highly organised, with professional staff and ...



### Al Dar Island

Al Dar Island is often regarded as home to some of Bahrain's finest beaches....

## Top 5



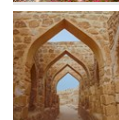
### Bahrain World Trade Center

The Bahrain World Trade Center is one of the country's most recognisable lan...



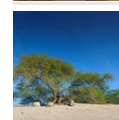
### Al Fateh Grand Mosque

Bahrain's grand mosque, named after the founder of the country, is a sight t...



### Bahrain Fort

Just outside of Manama lies the imposing, centuries-old Qal'at al-Bahrain, o...



### Tree of Life

An old belief says that Bahrain was the location of the Garden of Eden. This...



### Pearling Path Visitor & Ex...

Pearl collecting has long been a central tradition in Bahrain, and the Pearl...

## THE ISLAND



*Evannovostro/shutterstock*

Bahrain more than holds its own in terms of the luxury and finesse you would expect from a Gulf oil nation, yet it strongly holds on to its roots, boasting a long and rich history, spectacular desert vistas and some of the finest pearls on the planet. It offers a wonderful opportunity to experience an authentically Arab destination while also enjoying the socially liberal advantages that Bahrain provides. Dress norms for women are not as strict as in other societies in the region, and alcohol is legal for locals and tourists alike.

Though the expat population is growing, Bahrain receives far fewer tourists than some other, more 'fashionable' destinations in the vicinity, like Dubai and Doha. Travellers are taking advantage of this fact and enjoying everything the island has to offer without worrying about big crowds of tourists putting a damper on the experience.

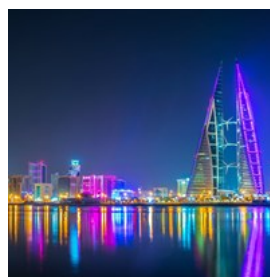
## DO & SEE



*Dr Ajay Kumar Singh/shutterstock*

Bahrain's long and rich history has left its mark wherever one looks on the island. The Bahrain Fort speaks to its colonial past, the Dilmun Burial Grounds give us a glimpse of prehistoric times, while the Oil Museum is a testament to recent development. The stunning National Museum, the world-class National Theatre and the International F1 circuit are all proof of the state-of-the-art facilities of the country.

### Bahrain World Trade Center



The Bahrain World Trade Center is one of the country's most recognisable landmarks and a defining feature of its skyline. The complex

is open to the public, where you can admire its striking architecture, explore the popular MODA Mall, or dine in its restaurants.

The twin towers are connected by three skybridges, each fitted with a wind turbine, an innovative feature that harnesses the strong Gulf winds. On breezy days, you can often see them turning. Frequently featured on postcards and travel guides, this building has become a modern symbol of Bahrain.

Photo: trabantos/shutterstock

Address: Isa Al Kabeer Avenue, Manama, Bahrain  
Phone: +973 1753 5140  
Internet: [www.bahrainwtc.com](http://www.bahrainwtc.com)  
Email: [helpdesk@bwtc.com.bh](mailto:helpdesk@bwtc.com.bh)

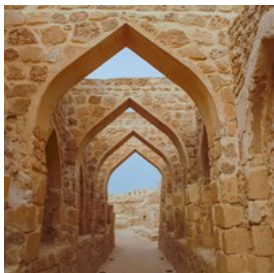
### Al Fateh Grand Mosque



Bahrain's grand mosque, named after the founder of the country, is a sight to behold. It's one of the largest mosques in the world, accommodating 7,000 worshipers and containing a library with many ancient volumes. Its precious materials were brought from all over the world and processed by local craftspeople. Visitors have been endlessly fascinated by the huge domes and the beautiful calligraphy ornamenting the walls. Guided tours are available in both English and Arabic.

Photo: Orhan Cam/Shutterstock.com  
Address: Awal Avenue Corner Al Fatih Highway, Manama, Bahrain  
Phone: +973 1772 7773  
Internet: [www.alfatehbh.net](http://www.alfatehbh.net)  
More Info: Suitable clothing is recommended

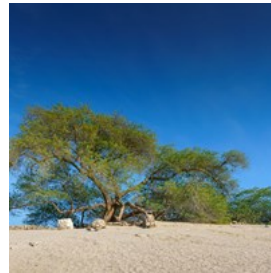
### Bahrain Fort



Just outside of Manama lies the imposing, centuries-old Qal'at al-Bahrain, originally built by the Portuguese in order to defend their outposts in the Gulf. The site has been in use for almost 5,000 years, and the archaeological digs around the fort showcase the rich history of the area, including the ruins of two earlier forts.

Photo: Kritkun/Shutterstock.com  
Address: Karbabad, Bahrain  
Phone: +973 1756 7171

### Tree of Life



An old belief says that Bahrain was the location of the Garden of Eden. This majestic tree is considered to be all that is left of it. At over 400 years old, this solitary mesquite tree has survived in the desert for centuries and is believed to be the site where ancient cults practised worshipping rituals.

Photo: Sergey\_Bogomyako/shutterstock  
More Info: There are not many signs along the road, GPS is suggested to reach the site.

### Pearling Path Visitor & Experience Center



Pearl collecting has long been a central tradition in Bahrain, and the Pearling Path Visitor and Experience Center brings this heritage to life. Located in the former capital, Muharraq, the site tells the story of the village's roads, houses, and daily life during the pearling era. The restored historic homes provide a glimpse into how people once lived, while the trail itself reflects the cultural and economic importance of pearling, which once dominated the Gulf. Today, the Pearling Path offers a walking route through some of Muharraq's oldest and most atmospheric neighbourhoods.

Photo: PREJU SURESH/shutterstock  
Address: Muharraq, Bahrain  
Internet: [www.pearlingpath.bh/en](http://www.pearlingpath.bh/en)

### Bahrain National Museum



Housed in an impressive building that seems to float effortlessly on calm waters, Bahrain's National Museum is the country's most visited

attraction. It provides a thorough and fascinating tour through the archaeological, artistic, and cultural history of the country, with its numerous exhibits, including traditional handicrafts, manuscripts, and burial mounds.

Photo: trabantos/shutterstock

Address: Shaikh Hamad Causeway, Manama, Bahrain

Phone: +973 1729 8777

Internet: [www.culture.gov.bh/en](http://www.culture.gov.bh/en)

### Beit Sheikh Isa Bin Ali Al Khalifa (House)



This majestic building of Beit Sheikh Isa Bin Ali Al Khalifa was once the seat of power for the ruling Sheikh, and it is one of the finest and

best-preserved traditional Gulf buildings found anywhere. A marvel of architecture, the rooms are kept quite cool in the summer heat through an inventive system of draft towers. Though unfurnished, the meticulous decoration in the different rooms deserves hours of examination.

Photo: John Grummitt/Shutterstock.com

Address: Shaikh Abdulla Avenue, Muharraaq, Bahrain

### Souq Bab Al Bahrain



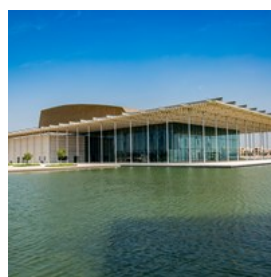
For an authentic local shopping experience, there is no better place than Souq Bab Al Bahrain, the old bazaar of Manama. Look for the

best bargains and haggle with traders in this melting pot of alleys and narrow streets. Its numerous stalls and shops sell everything you may long for: from spices, jewellery and gold items to colourful textiles and handcraft rugs. Several souvenir shops and street-food kiosks can also be found in the market.

Photo: lovelypeace/shutterstock

Address: Government Avenue, Manama, Bahrain

### Bahrain National Theatre



Emerging from the placid waters just like the nearby National Museum, the National Theatre is one of the biggest theatres in the Arab

world. It hosts performances by some of the foremost artists in the world, ranging from classical music and ballet to contemporary shows. The impressive architectural achievement owns much to local tradition with the wooden interiors and the 1,001 seats inspired by the world-famous Arabic tales.

Photo: Manu M Nair/Shutterstock.com

Address: Shaikh Hamad Causeway, Manama, Bahrain

Phone: +973 7772 9817

Internet: [www.culture.gov.bh/en/visitingbahrain/CulturalTourism/10top\\_must\\_dos/Name,10533,en.html](http://www.culture.gov.bh/en/visitingbahrain/CulturalTourism/10top_must_dos/Name,10533,en.html)

### Bahrain International Circuit



A must-see for motorsports enthusiasts, the Bahrain Formula 1 racetrack is a modern structure located just at the heart of the Shakir

desert. Besides the Bahrain Grand Prix, it hosts many events and offers tours as well as a variety of driving experiences.

Photo: Digital Storm/Shutterstock.com

Address: Gate 255, Gulf of Bahrain Avenue Umm Jidar,  
Sakhir 1062, Bahrain  
Phone: +973 1745 0000  
Internet: [www.bahraingp.com](http://www.bahraingp.com)  
Email: [social.network@bic.com.bh](mailto:social.network@bic.com.bh)

### Bahrain International Karting Circuit



After a visit to the Bahrain International Circuit, you might be eager to experience the thrill of racing. The Bahrain International

Karting Circuit, located on the same grounds, offers a 1.4-kilometre track, featuring a mix of challenging curves and varied terrain. It's an exciting option for both adults and children.

Photo: Nomad\_Soul/shutterstock

Address: Umm Jidar, Bahrain  
Phone: +973 1745 1745  
Internet: [www.bahraingp.com/karting/arrive-and-drive](http://www.bahraingp.com/karting/arrive-and-drive)

### Dilmun Burial Mounds



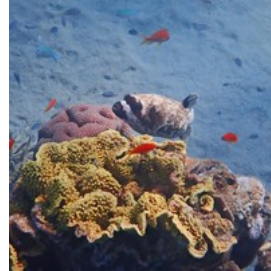
This burial site complex is believed to be the largest prehistoric cemetery in the world, encompassing thousands of burial mounds spread

throughout the island's northern area. Dating as far back as the Dilmun era, some of the tombs are incredibly well preserved, particularly those around the village of A'Ali.

Photo: Philip Lange/Shutterstock.com

Address: A'Ali village, Bahrain  
Phone: +973 1729 8777  
Internet: [www.culture.gov.bh/en](http://www.culture.gov.bh/en)

### New Way Diving & Sea Tours



New Way Diving & Sea Tours is highly organised, with professional staff and trained assistants ensuring a smooth experience that feels

almost like a five-star service. They offer a wide range of activities, including PADI courses, guided sea tours, diving instruction, and yacht or boat rentals. It's also possible to complete your Open Water Diving certification with them. For those mindful of the environment, the company is involved in the Marine Protectors Team, an initiative dedicated to safeguarding the ocean.

Photo: Sergei25/shutterstock

Address: Building 353 Road 59, Amwaj Islands, Bahrain  
Phone: +973 3377 0975  
Internet: [www.newwaydivers.com](http://www.newwaydivers.com)

### Al Dar Island



Al Dar Island is often regarded as home to some of Bahrain's finest beaches. By day it is quiet, calm, and family-friendly, while by

night it transforms into a lively spot with DJ parties. Access is arranged through the reservation office, where you take a bus followed by a boat transfer to reach the island. Although small, it has its own restaurant and a shop selling food, drinks, and gifts. Note that bringing your own food is not permitted.

Photo: Mandeep Singhs/shutterstock

## DINING



Stanislav71/shutterstock

Bahrainis enjoy a wealth of varied and tasty eating options on the island. Local flavours rich in spices are available at small and large eateries alike, and international cuisine from across the globe can be enjoyed at any of the numerous high-end restaurants found in the country, from Italian and Mexican to Iranian and Japanese.

### Haji's Traditional Cafe



Haji's Traditional Cafe is a no-frills Arabic restaurant serving fresh, traditional dishes highly appreciated by both tourists and locals. A

must-try is the freshly baked bread cooked in a clay oven and prepared following the same unchanged recipe since the restaurant opened its doors in 1950.

Photo: MikeDotta/Shutterstock.com

Address: Road no. 471, Bab AlBahrain, Manama, Bahrain

Phone: +973 1721 0647

Internet: [www.instagram.com/hajiscafe/?hl=en](https://www.instagram.com/hajiscafe/?hl=en)

### Banana Leaf



A popular Thai restaurant with fair prices and fresh, street-food-like fares.

Banana Leaf is located at the core of Gudaibiya, but it's easy to spot thanks to its waterfall windows and vivid green signs. The classic Tomyum soup is a favourite with customers.

Photo: Cat Box/Shutterstock.com

Address: Gudaibiya, Hassan Bin Thabit Avenue, Manama, Bahrain

Phone: +973 1774 4171

Internet: [www.talabat.com/bahrain/banana-leaf](http://www.talabat.com/bahrain/banana-leaf)

Email: [banana.leaf.restaurant@outlook.com](mailto:banana.leaf.restaurant@outlook.com)

### Swagat



This Indian restaurant has become popular among vegetarians and vegans on the island, but its simple yet flavour-rich dishes can easily be

appreciated by everyone. Hidden among the alleys of Manama Souq, Swagat is a real value for money.

Photo: Sergii Rudiuk/Shutter.com

Address: Manama Souq, Manama, Bahrain

Phone: +973 1722 5137

### Rasoi by Vineet



Located inside the Gulf Hotel complex, Rasoi is the first restaurant in Bahrain headed by a Michelin-starred chef, offering one of the finest

culinary experiences on the island. As a counterpart to Vineet Bathia's innovative Indian cuisine, it features lively interiors: a modern

version of Indian style decor with vivid colours, crystals and a glass-panelled show kitchen.

Photo: Neil Langan/Shutterstock.com

Address: Al Fateh Street, Adliya, Manama, Bahrain

Phone: +973 1774 6461

Internet: [www.gulfhotehbahrain.com/Rasoi](http://www.gulfhotehbahrain.com/Rasoi)

Email: [rasoirestaurant@gulfhotehbahrain.com](mailto:rasoirestaurant@gulfhotehbahrain.com)

### Via Brasil Bahrain



Via Brasil offers an authentic taste of Brazil in the heart of Bahrain. Known for its exceptional cuts of meat, the restaurant is especially popular for its unlimited BBQ option, perfect for groups to share. Meals are often accompanied by live music, and the service is attentive. The garlic bread is a favourite starter to begin the experience.

Photo: trindade51/shutterstock

Address: Building 65, Road 4003, Block 340, Juffair, Manama, Bahrain

Phone: +973 6639 0928

Internet: [wyndhamgardenmanama.com/en/dining/via-brasil](http://wyndhamgardenmanama.com/en/dining/via-brasil)

Email: [info@wyndhamgardenmanama.com](mailto:info@wyndhamgardenmanama.com)

### Reef Al-Yemen



Yemeni cuisine often doesn't get the attention it deserves, but Reef Al-Yemen shows just how rich and flavourful it can be. Open 24 hours, it's a great choice for breakfast, lunch, or dinner. The restaurant is especially proud of its rice dishes, and their madghut is a highlight worth trying.

Photo: wong yu liang/shutterstock

Address: Hamala, Bahrain

Phone: +973 3211 1153

Internet: [www.instagram.com/reef\\_alyemenbh](http://www.instagram.com/reef_alyemenbh)

### Trattoria Bahrain



Trattoria Bahrain brings authentic Italian flavours to the Middle East, offering classics such as pepperoni pizza, fettuccine carbonara, and

lasagne Bolognese. Each meal is served with fresh complimentary bread. Located in the Wyndham Garden Hotel, it's an ideal spot for a romantic dinner.

Photo: Michaelnero/shutterstock

Address: Building 65, Road 4003, Block 340, Juffair Manama, Bahrain

Phone: +973 6639 0928

Internet: [wyndhamgardenmanama.com/en](http://wyndhamgardenmanama.com/en)

### Veranda Restaurant



A longtime favourite in Bahrain for both locals and visitors, Veranda is a beautifully decorated restaurant that invites its guests to linger for hours

over the home-style Arabic dishes and some shisha. On Thursday and Friday nights, there is a barbecue buffet, the best way to discover and sample a wide array of local specialities. Many international dishes are also available.

Photo: rawf8/Shutterstock.com

Address: 7 Delmun Avenue, Manama 973, Bahrain

Phone: +973 1771 5868

Internet: [www.instagram.com/veranda\\_bh](http://www.instagram.com/veranda_bh)

Email: [info@verandabahrain.com](mailto:info@verandabahrain.com)

## Maki



One is first struck by Maki's modern design, and then by how equally sleek the dishes are. Japanese cuisine is taken a step further here,

combining typical Japanese ingredients to make innovative Asian fusion meals. It is located on the ground floor of the World Trade Center, in an area that is great for shopping and lounging well into the evening hours.

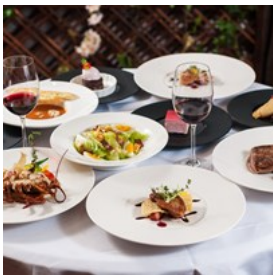
Photo: niolox/Shutterstock

Address: Bahrain World Trade Center, West Tower, King Faisal Highway, Manama, Bahrain

Phone: +973 1752 2733

Internet: [www.olivermaki.com](http://www.olivermaki.com)

## Masso



Masso provides one of the best fine dining experiences to be had anywhere in Bahrain. Located in the Palace Boutique Hotel, the menu

consists of southern European cuisine, cooked with organic, seasonal products. The award-winning wine list is the largest in the country.

Photo: momo2050/Shutterstock.com

Address: The Palace Boutique Hotel, Road #382, Manama, Bahrain

Phone: +973 1772 1061

Internet: [www.massorestaurant.com](http://www.massorestaurant.com)

Email: [reservations@massorestaurant.com](mailto:reservations@massorestaurant.com)

## CAFÉS



Sophie James/shutterstock

The blazing desert heat is not enough to stop the people of Bahrain from enjoying a hot cup of coffee. There is an abundance of stylish cafés throughout the island that serve delicious coffee and tea drinks as well as fresh pastries and desserts.

## Roche Cafe & Sweets



Roche is well-known by locals for the variety of Khaleeji dishes on its menu. The café is especially famous for its 'rangeena', a traditional

dessert made with nuts, dates and spices, which is definitely a must-try. Other specialities from the region that you may want to sample are Karak tea, shawarmas, Bahraini breakfast and egg dishes.

Photo: Food Shop/shutterstock

Address: Road 3816, Manama, Bahrain

Phone: +973 1704 3111

Internet: [www.instagram.com/rochecafe](http://www.instagram.com/rochecafe)

### Cafe la Ventana



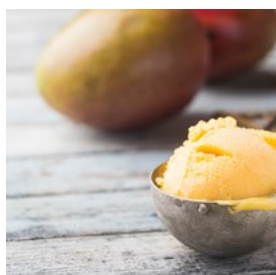
This cosy cafe in the bustling Block 338 district offers freshly-prepared easy meal options such as salads, soups, sandwiches and baked potatoes. La Ventana boasts a daily selection of popular homemade cakes and a good assortment of teas.

Photo: Anastasia Kamysheva/Shutterstock.com

Address: Block 3801, Manama, Bahrain

Phone: +973 77 106 070

### Naseef Cafe



Naseef became popular in 1920 because of its homemade mango ice-cream that can still be enjoyed by customers today. However, this cafe is most beloved nowadays for its full traditional Bahraini breakfast and one of the best Karak chai in town.

They have another location in Muharraq.

Photo: Goskova Tatiana/Shutterstock.com

Address: Shop 1, Building, 1128, Road 1531, Muharraq, Bahrain

Phone: +973 39 622 882

Email: naseefcafe@gmail.com

### Lobby Lounge



Located at the Ritz-Carlton Bahrain, this elegant café features daily live music from 7 pm to 10 pm. It is well known for its cheesecake and coffee, and the atmosphere combines luxury with a touch of nostalgia, from the poolside to

the sea views. Enjoy traditional Arabic tea in their lounge furnished with large, comfortable couches.

Photo: Alexandra Anschiz/shutterstock

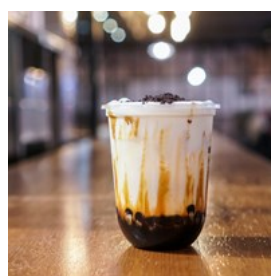
Address: Building 173, Road 2803, Al Seef, Block 428 Al Seef District, Manama, Bahrain

Phone: +973 1758 0000

Internet: [www.ritzcarlton.com/en/hotels/bahrz-the-ritz-carlton-bahrain/dining](http://www.ritzcarlton.com/en/hotels/bahrz-the-ritz-carlton-bahrain/dining)

Email: RC-Bahrain@ritzcarlton.com

### Latea at Seef Mall



Located in Seef Mall in the Seef district, Latea is a popular spot to cool down on Bahrain's hot days with its refreshing bubble teas. Favourites

include their Boba and Taro varieties. Unlike many busy cafés, Latea is usually calm, making it an ideal place to unwind with a drink after a day of shopping.

Photo: Need Swanya/shutterstock

Address: Shop 1272, Building 2102, Road 2825, Block 428, Al Seef, Bahrain

Phone: +973 3609 9139

Internet: [www.instagram.com/latea.bahrain](https://www.instagram.com/latea.bahrain)

Email: lateabh.feedback@gmail.com

### Café Lilou



Café Lilou is the best place in town to enjoy afternoon tea: the cosy sofas invite you to linger and laze the evening away over a hot cup of

coffee and a fresh pastry. The food options range from refreshing salads and warm sandwiches to more hearty soups and full dinner platters.

Photo: Wanessa\_p/Shutterstock.com

Address: Block 428 Al Aali Mall 2210 Road No 2827 Seef

District, Bahrain

Phone: +973 1758 3939

Internet: [www.instagram.com/cafelilou](http://www.instagram.com/cafelilou)

### Café Délices



The best of Parisian patisseries can be enjoyed half a world away, in the middle of the Persian Gulf, at Café Délices. Mouth-watering pastries, cakes and cookies, homemade chocolates and delectable macarons are all available here.

Café Délices is located in the Gulf Hotel Bahrain.

Photo: Veniamin Kraskov/Shutterstock.com

Address: Building 11 Rd No 3801, Manama, Bahrain

Phone: +973 1771 3000

Internet: [www.gulfhotehbahrain.com/Cafe-Delices](http://www.gulfhotehbahrain.com/Cafe-Delices)

More Info: Gulf Hotel Bahrain

## BARS & NIGHTLIFE



Dr Ajay Kumar Singh/shutterstock

Bahrain is somewhat more socially liberal than some of its neighbouring countries when it comes to, for example, drinking. Alcoholic beverages are legal in the country, even for Muslims, so it is not surprising that it is a favourite destination for citizens of other Gulf nations. This also means that nightlife on the island is much more lively than in other places in

the region, and there are plenty of bars, lounges and nightclubs to be found throughout.

### Downtown Bar



Downtown bar is a popular venue among locals and visitors alike. It's part of the Intercontinental Regency Hotel, and it attracts huge crowds, especially on nights with live music. They host local bands, jam sessions and open mic nights. Wednesday is Ladies' Night.

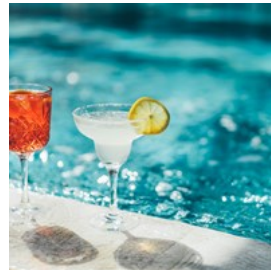
Photo: Wollertz/Shutterstock.com

Address: Building No 130, Road 1507, King Faisal Highway manama, Bahrain

Phone: +973 1722 7777

Internet: [www.ihg.com/intercontinental/hotels/gb/en/manama/bahha/hoteldetail/dining](http://www.ihg.com/intercontinental/hotels/gb/en/manama/bahha/hoteldetail/dining)

### Elements Pool & Lounge



Elements Pool & Lounge, located at the Intercontinental Regency Hotel, provides a relaxed setting by the pool where you can enjoy drinks, music, and a poolside snack menu. Happy Hour runs on most days from 5pm to 7pm, excluding Fridays and Saturdays.

Photo: Mariia Korneeva/shutterstock

Address: Intercontinental Regency Bahrain, Road 1511, Manama, Bahrain

Phone: +973 1722 7777

Internet: [www.ihg.com/intercontinental/hotels/us/en/manama/bahha/hoteldetail/dining](http://www.ihg.com/intercontinental/hotels/us/en/manama/bahha/hoteldetail/dining)

### Club Wrangler Bahrain



Club Wrangler, located in the Juffair Grand Hotel, is one of Bahrain's pioneers in R&B nightlife. Hosting international DJs on rotation, it draws a lively mix of tourists and local residents. Events can get crowded, so it's best to check their social media for updates and book a table in advance.

Photo: PeopleImages.com - Yuri A/shutterstock

Address: Building 676 Road 4014, Manama, Bahrain

Phone: +973 3232 4900

Internet: [www.clubwranglerbh.com](http://www.clubwranglerbh.com)

### W Club Bahrain



W Club Bahrain is an upscale nightlife spot known for its stylish atmosphere and premium service. Table bookings vary in price depending on location, with options such as Main VIP, Bar VIP and the Back Room. The drinks menu includes champagne like Cuvée and Blanc, alongside premium vodka labels such as Grey Goose, Cîroc and Belvedere. While it leans towards the expensive side, the club offers a refined experience that combines sophistication with lively entertainment.

Photo: barmalini/shutterstock

Address: Building 999, Road 2813, Block 428, Al Seef, Bahrain

Phone: +973 6664 4481

Internet: [www.wclubbahrain.com](http://www.wclubbahrain.com)

Email: [info@wclubbahrain.com](mailto:info@wclubbahrain.com)

### Crossroads Lounge



Crossroads Lounge is a laid-back spot with live music with a welcoming dining experience. With regular band performances and open mic sessions, it's a place for both entertainment and casual meals. The menu covers breakfast, lunch and dinner, and the prices are more reasonable than many other bars. An ice-cold beer with their well-known wings is a classic choice here.

The bar is located in the Juffair Gate Hotel.

Photo: Alexander Prokopenko/shutterstock

Address: 340 Building 733, Road 4016, Manama, Bahrain

Phone: +973 3361 4447

Internet: [www.juffairgatehotel.com/facilities](http://www.juffairgatehotel.com/facilities)

### JJ's Irish Pub



JJ's pub is a pretty huge venue with a friendly atmosphere and a good draft beer selection. Many events are hosted regularly during the week such as karaoke, pub quiz, ladies' night and live music by the house band The Noise.

Photo: Kostadin Atanasov/Shutterstock.com

Address: Road 3827 Building 816, Block 338 Manama, Bahrain

Phone: +973 3384 3005

Internet: [www.instagram.com/explore/locations/196001997119051/jjs-irish-restaurant-pub](https://www.instagram.com/explore/locations/196001997119051/jjs-irish-restaurant-pub)

Email: [info@jjsirishrestaurant.com](mailto:info@jjsirishrestaurant.com)

### Bushido Lounge



On the second floor of the Bushido Restaurant you can find one of the most suave and sophisticated lounge/bar areas in all of Bahrain. The elegant

decor and intimate lighting beg you to linger and enjoy one of the many varieties of specialty Sakes available. Don't miss the chance to take your drink to the refreshing terrace.

Photo: pio3/Shutterstock.com

Address: Building # 52, Road 38, Block 428, Seef Area, Bahrain

Phone: +973 1758 3555

Internet: [www.bushido.com.bh](http://www.bushido.com.bh)

Email: [reservation@bushido.com.bh](mailto:reservation@bushido.com.bh)

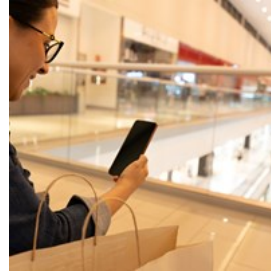
## SHOPPING



Shimon Bar/shuttertsock

Bahrain's modern taste and sensibilities mean plenty of shopping centres with all the amenities and facilities you would expect. But Bahrain's best shopping occurs in the souqs and markets, where shops, stalls and vendors peddle everything from clothing and souvenirs to spices, herbs and Bahrain's famous pearl jewellery.

### Moda Mall



The World Trade Center in Manama is one of Bahrain's most iconic landmarks, and a visit here can be perfectly paired with a stop at

Moda Mall, which sits within the twin towers. This exclusive shopping centre may be compact, but it is home to an array of high-end brands, from designer clothing and jewellery to luxury handbags — even showcasing luxurious cars.

If you're more interested in browsing than buying, Moda Mall also offers a variety of international restaurants and cafés, including vegan-friendly options. The outdoor courtyard, has a vertical garden, ideal for al fresco dining.

If you're driving, valet parking is available.

Photo: Camilo Turbay/shutterstock

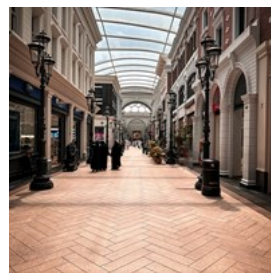
Address: Bahrain World Trade Center Gate 2, Manama, Bahrain

Phone: +973 1721 1398

Internet: [www.modabahrain.com](http://www.modabahrain.com)

Email: [helpdesk@bwtc.com.bh](mailto:helpdesk@bwtc.com.bh)

### The Avenues Mall



The Avenues Mall, set along the seafront, is one of Bahrain's most popular shopping destinations. Home to more than 130 shops and eateries, it

continues to expand in response to growing demand. You can come not only for shopping but also to dine, enjoy a coffee, or make use of amenities such as free Wi-Fi, ATMs, prayer rooms, and even a car wash. The mall is considered one of the most attractive in Bahrain, particularly after its recent expansion, with its

architecture making it a pleasant place for a stroll. All major international brands are represented here.

Photo: aalhabibi/shutterstock

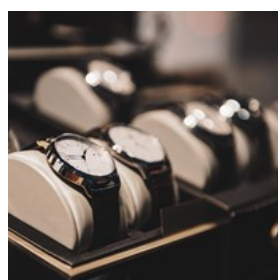
Address: Central Market 3977, Road 4660, Sea Front 346,  
Manama, Bahrain

Phone: +973 1700 0110

Internet: [www.the-avenues.com/bahrain/en](http://www.the-avenues.com/bahrain/en)

Email: [marketingbh@mabanee.com](mailto:marketingbh@mabanee.com)

### City Centre Bahrain



City Centre Bahrain is one of the largest shopping destinations in the country, spread across four spacious, air-conditioned floors. It houses an impressive range of international and regional brands, offering everything from Arabian perfumes and jewellery to electronics, clothing, groceries, books, and home appliances. Beyond shopping, the mall provides plenty of entertainment, including a cinema, Magic Planet, and Ping Bahrain. The modern facilities, with restrooms, ATMs, and plenty of dining options, make it an option for a full day of shopping.

Photo: Creative Lab/shutterstock

Address: Building 2758, Road 4650 Shaikh Khalifa Bin  
Salman Highway, Jidhafs, Bahrain

Phone: +973 8000 0131

Internet: [www.citycentrebahrain.com](http://www.citycentrebahrain.com)

### Gold City Mall



Bahrain is famous worldwide for the quality of its pearls and works in gold. The exclusive showrooms at Gold City Mall, a continuation of the Gold Souq founded by Indian immigrants, showcase some of the country's very best

precious metals and gems, worked with incredible skill into true works of art. You are assured to find only natural pearls at this shopping mall.

Photo: Sarath maroli/Shutterstock.com

Address: Government Avenue, Manama, Bahrain

Phone: +973 1722 9411

### Seef Mall - Seef District



Bahrain is well known for its shopping malls, with Moda Mall, The Avenues and other centrally located options often drawing the biggest

crowds. If you're seeking a calmer experience; however, Seef Mall in the Seef district provides a quieter alternative slightly away from the city's busiest areas.

Like most major malls in Bahrain, Seef Mall offers a mix of restaurants, cafés, and a wide selection of shops, alongside entertainment options such as a cinema and Magic Island, an indoor theme park. The mall also promotes special events on its website, giving shoppers the chance to win prizes.

In addition to its flagship in Seef, the brand has two other branches in Muharraq and Isa Town.

Photo: Zarai Moez/shutterstock

Address: Seef District, Manama, Bahrain

Phone: +973 7791 1114

Internet: [www.seefdistrict.seefmall.com.bh](http://www.seefdistrict.seefmall.com.bh)

### Bahrain Mall



With its red brick facade and fortress build, this huge mall was designed to evoke the history and tradition of Bahraini architecture, along with the palm trees, torches, and water features found within. It contains everything the modern shopper could need, department stores, boutiques, restaurants and more.

Photo: Sonpichit Salangsing/Shutterstock.com

Address: Avenue 28 Building 184, Block 410 Sanabis, Manama, Bahrain

Opening hours: Daily 8am–11pm

Phone: +973 1755 8181

Internet: [www.instagram.com/thebahrainmall](https://www.instagram.com/thebahrainmall)

### Souq Bab Al Bahrain

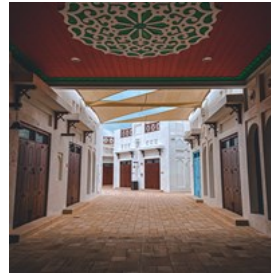


For an authentic local shopping experience, there is no better place than Souq Bab Al Bahrain, the old bazaar of Manama. Look for the best bargains and haggle with traders in this melting pot of alleys and narrow streets. Its numerous stalls and shops sell everything you may long for: from spices, jewellery and gold items to colourful textiles and handcraft rugs. Several souvenir shops and street-food kiosks can also be found in the market.

Photo: lovelypeace/shutterstock

Address: Government Avenue, Manama, Bahrain

### Souq Al Baraha



Souq Al Baraha, located in the Muharraq district, is a smaller but charming traditional market that offers a more authentic shopping experience

compared to Bahrain's modern malls. Here, you'll find affordable goods from local vendors who also take pride in keeping the market neat and welcoming.

Stroll through the shops, stop for a coffee or tea, and even enjoy a bite to eat while soaking up the local atmosphere. Do keep in mind; however, that the souq can feel rather warm during the summer months as it is not air-conditioned.

Photo: Shaima Ahmed Ali/shutterstock

Address: Muharraq, Bahrain

Phone: +973 1333 3060

Internet: [www.instagram.com/souq.albaraha](https://www.instagram.com/souq.albaraha)

Email: [info@souqalbaraha.com](mailto:info@souqalbaraha.com)

### Kingdom of Perfume



One of the most popular shops with tourists in the Manama Souq, Kingdom of Perfume has a dizzying array of fragrances from around the world. All the popular brands are represented here, but the real jewels here are the locally created perfumes with all manner of fresh ingredients from the area.

Photo: Claudia Paulussen/Shutterstock.com

Address: Sheikh Abdullah Avenue, Manama, Bahrain

Phone: +973 3962 8006

## TOURIST INFORMATION



Philip Lange/shutterstock

### Bahrain International Airport (BAH)



The Bahrain International Airport is located about 7km northeast of Manama, in Muharraq, and serves as the hub for Gulf Air, the national

airline. The easiest way to get to Manama or anywhere else in Bahrain is by taxi. There are also buses running every 10 minutes from 6am to 9pm, connecting the airport with Manama and Muharraq.

Photo: Jantira Namwong/shutterstock

Address: Road 2404, Muharraq, Bahrain

Phone: +973 8000 7777

Internet: [www.bahrainairport.bh](http://www.bahrainairport.bh)

Email: [corporate.communications@gulfaingroup.bh](mailto:corporate.communications@gulfaingroup.bh)

### Passport & Visa



To enter Bahrain, travellers must ensure their passport is valid for at least six months from the date of arrival. In addition, all visitors to

the Kingdom of Bahrain, except for citizens of Gulf Cooperation Council (GCC) countries, are required to obtain a visa. It is advisable to check

the government's official website to confirm whether you can obtain a visa on arrival or if you need to apply for an electronic visa beforehand.

Photo: PeopleImages.com - Yuri A/shutterstock

Internet: [www.evisa.gov.bh](http://www.evisa.gov.bh)

### Best Time to Visit

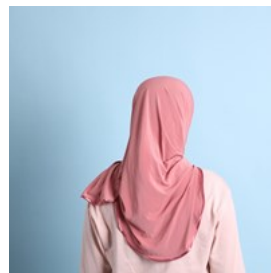


The best time to visit Bahrain is between November and March when the weather is pleasantly mild. During this period, you can enjoy

the Bahrain International Airshow, a spectacular event showcasing aviation feats, and the vibrant Bahrain Food Festival, which celebrates the nation's diverse culinary heritage. The Formula 1 Gulf Air Bahrain Grand Prix in March also draws motorsport enthusiasts from around the globe. Accommodation prices are more affordable compared to the peak summer season, and the bustling souqs, historic forts, and contemporary art galleries are all more enjoyable without the scorching summer heat.

Photo: nomzzz/shutterstock

### Social Norms & Bahrain Travel Advice



While Bahrain is relatively liberal compared to some of its neighbours, it's still important to respect local customs and traditions to

ensure a pleasant and respectful visit.

- Dress modestly, especially in public places; women should cover their shoulders and knees, while men should avoid wearing shorts.
- Public displays of affection are frowned upon and should be avoided.

- During Ramadan, refrain from eating, drinking, or smoking in public during daylight hours out of respect for those fasting.
- Always remove your shoes before entering a mosque, and it's polite to ask for permission before taking photos of people, particularly women.

Photo: kimberlywood/shutterstock

### Public Transport



Bahrain has a network of public buses that cover major areas and tourist attractions. While the buses are modern and air-conditioned, they can be a bit challenging for tourists due to infrequent schedules and limited routes. Most tourists find it easier to get around using taxis or ride-hailing services like Uber and Careem, which are widely available and relatively inexpensive.

Photo: Makistock/shutterstock  
Internet: [www.bahrainbus.bh](http://www.bahrainbus.bh)

### Taxi

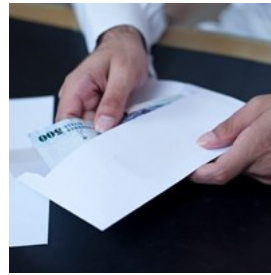


Taxis are the most efficient and convenient way for tourists to get around Bahrain. However, if you plan to explore sights beyond the major towns, renting a car might be a more cost-effective option.

Alternatively, ride-hailing services like Uber and Careem are also widely accessible and relatively inexpensive.

Photo: John Grummitt/shutterstock  
Phone: +973 1666 1666

### Post

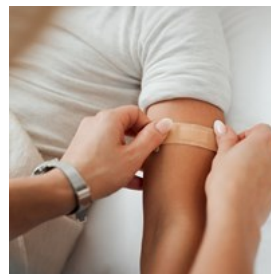


Most post offices in Bahrain typically operate from Sunday to Thursday, with opening hours usually from 8am to 1pm and then from 4pm to 6pm.

In Bahrain, post offices provide a range of services including mail and parcel delivery, express courier services, and postal financial services such as money orders.

Photo: Hany Musallam/shutterstock  
Address: Manama Post Office - Government Avenue, Manama, Bahrain  
Phone: +973 3345 1642  
Internet: [www.bahrainpost.gov.bh/en](http://www.bahrainpost.gov.bh/en)

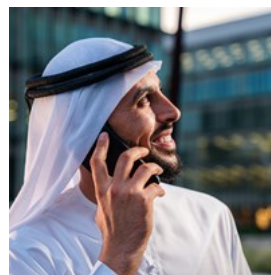
### Pharmacy



Some of the main pharmacy chains in Bahrain include Boots and Nasser Pharmacy, which is open 24/7.

Photo: PeopleImages/shutterstock  
Address: Nasser Pharmacy - Alfateh Block 324 Road 40 Building 161, Manama, Bahrain  
Phone: +973 1772 0800  
Internet: [www.nasserpharmacy.com](http://www.nasserpharmacy.com)

### Telephone



Country code: +973  
International access code: +00

Photo: oneinchpunch/shutterstock

## Electricity



For Bahrain, the associated plug type is G, which is the plug that has three rectangular pins in a triangular pattern. The country operates on a

230V supply voltage and 50Hz.

Photo: TY Lim/shutterstock

## Population

Bahrain: 1.64 million (2025)

## Currency

Bahraini Dinar (BHD)

1 BHD = 1000 fils

## Opening hours

Most businesses open from 8/9am to 6/8pm. Bars and cafes stay open late, usually until 2/3am. Many establishments close on Friday and Saturday or work only half the day.

## Internet

[www.bahrain.com](http://www.bahrain.com)

[www.visitbahrain.bh](http://www.visitbahrain.bh)

## Newspapers

Bahrain This Week: [www.bahrainthisweek.com](http://www.bahrainthisweek.com)

Gulf Weekly: [www.gulfweekly.com](http://www.gulfweekly.com)

Voice of Bahrain: [www.vob.org/en](http://www.vob.org/en)

## Emergency numbers

Emergency (Police, Fire and Ambulance): 999