BAHRAIN

Two seas where fresh water springs beneath saltwater oceans and in Arabic bahr is sea and ‘thnain is two. The island ancient names were Dilmun, Tylos, Awal, and presently called Kingdom of Bahrain.
His Royal Highness Prince Salman bin Hamad Al Khalifa, the Crown Prince, Deputy Supreme Commander and First Deputy Prime Minister

His Royal Highness Prince Khalifa Bin Salman Al Khalifa, Prime Minister

His Majesty King Hamad Bin Isa Al Khalifa, King of Bahrain

His Highness Sheikh Isa bin Salman Al Khalifa the late Amir of Bahrain
CONTENTS

08 Bahrain Profile
10 Ancient Bahrain
16 Bahrain World Trade Center

34 Traditional Food
36 Places To Visit
42 Things To Do
**BAHRAIN PROFILE**

**Area:** Bahrain is an island nation, with an area of 770 sq km (archipelago consisting of 33 islands)

**Geographic Coordinates:** 26 00 N, 50 33 E

**Capital city:** Manama, our capital, is based in the north of the main island

**Religion:** Many religions are practiced. Islam is the state religion and we are also home to Christians, Hindus and Jews

**Currency:** Bahraini Dinar (BD) (USD 1 = 0.376 BD, fixed peg) Bahraini Dinars was introduced in 1965 replacing the Gulf Rupee at a rate of 10 Rupees to 1 Dinar

**Time zone:** Situated between east and west, we are three hours ahead of Greenwich Mean Time (GMT+3)

**Languages:** Arabic, English (used as the business language)

**Climate:** Mild winters (December - March) with occasional chilly and rainy days in January and February. Warm and balmy Spring (April) and Autumn (October and November). Hot dry summers (May - September).

**Average daily sunshine is 9 hours, average annual rainfall 2.75 inch (70mm)**

<table>
<thead>
<tr>
<th>Season</th>
<th>Winter temp. range:</th>
<th>Spring temp. range:</th>
<th>Summer temp. range:</th>
<th>Autumn temp. range:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>60-77°F (15-25°C)</td>
<td>68-86°F (20-30°C)</td>
<td>87-107°F (31-42°C)</td>
<td>77-95°F (25-35°C)</td>
</tr>
</tbody>
</table>

**Terrain:** Mostly low desert plain rising gently to low central escarpment

**Natural Hazards:** Periodic droughts: sand storm

**Bahrain Flag:** The national flag of Bahrain consists of a white band on the left, separated from a red area on the right by five triangles that serve as a serrated line.

Red is the traditional colour for flags of the Arab states of the Arabian Gulf. The white is on the hoist side; the five points represent the five pillars of Islam.
ANCIENT BAHRAIN

By: Maeve Kelynack Skinner
Special Thanks to Ali Mushaira of bahrainguide.org

Bahrain’s history goes back a long, long way. How long? Well, consider this: The Sumerians of ancient Mesopotamia (now Iraq) – widely believed to be the first to discover the art of writing – etched man’s earliest adventures onto clay tablets more than 5,000 years ago.

Among those tales were the story of Adam and Eve in the Garden of Eden, Noah and the Great Deluge and, the Epic of Gilgamesh which gives the first mention of Bahrain, then known as Dilmun.

So Bahrain not only existed in those prehistoric times, it was apparently also well known in the region.

The epic tells of how King Gilgamesh of Uruk (Iraq) sought the secret of eternal life. This, he believed, lay in the sea surrounding Dilmun which was composed of sweet water which gushed up from underground streams to mingle with the salty water, thus forming two seas – to which Bahrain owes its name: bahr is sea in Arabic and ‘thain is two.

The epic contains the following verse:

There is a plant that grows under the water
It has a prickle like a thorn, like a rose; it will wound your hands, but if you succeed in taking it, then your hands will hold that which restores his lost youth to a man

The ‘plant’ is believed to refer to an oyster and what Gilgamesh likely held in his hands was a pearl because even 5,000 years ago Bahrain was famous for its dazzling natural pearls which owe their special lustre to oysters found only at this confluence of the two seas. Bahrain was the pearl royal centre of the known world and its gems sought after by royalty such as Queen Elizabeth I, Emperor Napoleon and wealthy princes and maharajahs.

Geoffrey Bibby, the late Danish archaeologist, led the first archaeological expedition to Bahrain in 1953 to search for Dilmun, which according to folklore was ‘a land without death or sickness and with an abundance of sweet waters believed to grant eternal life.’
the rich capital of an independent kingdom and a strategic trading entrepôt between Mesopotamia and the Indus Valley (India) which is described in his book, Looking for Dilmun.

Bibby also found the world’s largest known prehistoric cemetery with more than 100,000 burial mounds covering areas of Bahrain. No one knows quite why people were buried here in such numbers but the fact that pearls have been found alongside other jewels, clay pots and artefacts in excavated grave mounds, indicate a belief that the island possessed the secret of immortality.

The burial mounds were from two distinct eras – the Dilmun period of 3000 to 1800BC and the Tylos (Greek) period of 1500BC to 350AD. The most exciting finds from the Dilmun era were the soapstone seals, that were used to make impressions in soft clay or wax, representing a signature or mark of ownership. Bibby found the remains of a seal-carver’s workshop and as the seals found in Bahrain were unlike similar types from Mesopotamia or India, it confirmed that many originated in Bahrain. The most notable seal sites are in Barbar and Saar.

Saar was one of the major discoveries of the Arabian Gulf region when first uncovered in the early 1980s by a Jordanian-Bahraini team. But it wasn’t until 1989 when archaeologists Dr Robert Killick and his wife Dr Jane Moon, arrived in Bahrain and formed the London-Bahrain Archaeological Expedition, that the site was fully investigated.

The city was inhabited between 2100-1800BC during the Dilmun era when Bahrain was involved in the copper trade between Oman and southern Iraq.
According to Killick, uncovering the ancient city was almost like lifting the lid on a toy box to reveal a perfectly laid out ‘Lego-land’ city with walls, streets, stones and a temple that had remained intact for four centuries. Lying undisturbed on the temple’s sandy floor were numerous seals, plaquettes and sealings indicating that food and drink offerings used for ceremonial rites had been stored there.

These exquisitely preserved Dilmun seals are now on display in the Bahrain National Museum and are a ‘must-see’ on any visitor’s tour of Bahrain. The designs are often used by Bahrain’s jewellers to create unique mementoes of Bahrain.

The Tylos area was introduced to Bahrain by a Grecian naval fleet exploring the Arabian coast for Alexander the Great who had his eye on annexing the peninsula into his Hellenic empire. Nearchos, one of Alexander’s admirals wrote: “There lies the island of Tylos, distant from the mouth of the Euphrates about a day and a night’s sail … it is large and neither rough nor wooded and bears garden fruits and all things in due season.”

But before Alexander had a chance to conquer Arabia, he died. His fleet remained however and set up a flourishing entrepôt in Bahrain, benefiting from the increasingly affluent commerce between Greece, Rome, Persia and Arabia, exporting frankincense from Oman and pearls from Bahrain. Ancient historian and military commander Pliny acknowledged in one of his letters:

“Tylos was famous for its vast number of pearls.”

Finds from excavated Tylos tombs now displayed in the Bahrain National Museum include exquisite Hellenic gold and precious gem necklaces, rings and earrings, delicate glasses and bowls, stone figurines and pre-Islamic coins copied from Alexander’s monetary designs.

Flash forward a few centuries and Dilmun’s waters of eternal life could so easily have referred to the discovery of oil in Bahrain in 1932. It was the first nation in the Gulf to find the precious ‘black gold’ that paved the way for untold riches to gush forth from beneath Arabia’s sands and change forever the lives of its people. New Zealander Frank Holmes, the first overseas representative of California’s Standard Oil Company, (forerunner to Bapco) was convinced that an immense oilfield ran along the Gulf coast – and he was proved right. Although the discovery of oil took a few years to bring financial security to Bahrain, it saved the nation from an economic downturn caused by a decline in the pearl trade and World War II.

By the early 1970s Bahrain was replacing Lebanon as the financial centre of the Middle East and in 1973, the Bahrain Monetary Agency (BMA) was established to implement the country’s fiscal policy and ensure a secure and well regulated investment market that operates within world class standards. The Central Bank of Bahrain has recently replaced the BMA as the kingdom’s official financial services regulator.
BAHRAIN WORLD TRADE CENTER

Bahrain World Trade Center towers was inspired by the traditional Arabian “Wind Towers” in that the very shape of the buildings harness the unobstructed prevailing onshore breeze from the Gulf, providing a renewable source of energy for the project.

The Bahrain World Trade Center (BWTC), built in 2008 and designed by Atkins, is an iconic landmark situated at the heart of the leading financial and business hub. Overlooking the Manama waterfront, this state-of-the-art structure comprises two 44-storey sail shaped office towers, the five-star Sheraton Hotel, as well as MODA Mall - Bahrain’s only luxury shopping destination which is home to over 150 high profile retail brands as well as a host of modern cafes and exciting fine dining eateries.

Offering spectacular views of the sea and the Manama cityscape, the BWTC provides leading regional and international organizations with a world-class business address. Bahrain’s first intelligent building, the BWTC is also the world’s first skyscraper to incorporate wind turbines in its design contributing towards the total power consumption of the towers.

Its innovative design employs the latest SMART systems capable of delivering unsurpassed security, a host of competitive advantages and efficiency in office management. The BWTC has won a number of awards for its sustainable architecture and ground breaking design; offering a perfect blend of lifestyle and business, celebrating aspiration and accomplishment.
AMWAJ ISLANDS

An island community that is connected, refreshing and vibrant. A place by the sea in which to live, work, do business, in which to dine, enjoy sports, entertain... or just at peace with nature.

Island surrounded by tranquil azure waters, clear blue skies, fresh breeze, and a community of people with different cultures living in close harmony. An island flowing with waterways and lagoons connected to the sea. At Amwaj Islands are the pioneers of waterside living in Bahrain, creating a perfectly balanced community development with individual beach villas / condominiums, providing a relaxing lifestyle for residents while still being conveniently located close to the bustling city of Manama. Amwaj Island where guest and residents can live their island dreams....today. Amwaj Islands. A destination like no other with six themed islands each offering a different living experience: Tala; Najmah; Asdaf; Murjan; Jood and Lulu.
ISLANDS OF AMWAJ

Amwaj Island’s six man made islands are each unique, offering a truly enviable lifestyle for residents, with a choice of outstanding homes by the water, a vibrant and growing community and a relaxing, easy way of life just 10 minutes from the airport and 15 minutes from the capital, Manama.

1. Tala Island
Tala Island is uniquely shaped in an elongated curve offers a variety of villas each with individual beach access to a calm lagoon together with a wide range of apartments set in over a million square feet of irrigated, lush landscaped grounds.

2. Najmah
The most developed area of the island group and includes residential, commercial and recreational opportunities. Al Marsa, which is on the southeastern edge of the island, is the Miami or Venice of Amwaj. This luxurious development is built a network of canals and allows for ideal boat access. The apartments, villas and condos here have a true tropical feel, and in some it is possible to park your boat in your garden.

3. Wardeh
A residential island that is an excellent choice for investment or retirement living. The ORCA development is exceptional due to the dramatic facade of the building, which has been designed to represent the elegant sea mammal, the orca. Fay Beach is another, even more intimate, development that has twelve luxurious, beachfront villas.

4. Hamama
Offers a modern, urban feel with twelve loft homes that provide panoramic views of the lagoon through large windows. These open, airy homes with beautiful architectural design have a tranquil effect on the owner and make perfect vacation homes.

5. Dalphene
An island solely dedicated to fun and entertainment. It is on this island that families can enjoy the Beach Club, the Bird Sanctuary and the Theme Water Park, all specifically created for sole enjoyment. With so many opportunities for recreation, there is really no need to ever leave the island!

6. Farasha Island
The important commercial center of Amwaj Islands. All of the educational and medical needs of residents and visitors can be met in this quadrant, which includes a university and a hospital. Modern facilities, technologically advanced equipment and efficient services all stand at the ready to serve island dwellers.
THINGS TO DO IN AMWAJ

Amwaj Dive Club
Novice or experienced divers can join the Amwaj Dive Club to learn and discover the kaleidoscope of Bahrain marine life and its underwater world, with equipment hire, dive trips, snorkeling and professional PADI courses all available.

Watersports
Fresh trade winds attract kite and windsurfers, as well as traditional board surfers and wake boarders to Amwaj, where crystal clear waters and calm conditions are perfect for practising and perfecting these exhilarating sports. Paddle around the islands in a canoe or kayak, or take a boat from Amwaj Marina to go fishing or enjoy a picnic out on the water.

Azizia Bird Kingdom
For a close encounter with an astonishing array of birds from all over the world, visit Azizia Bird Kingdom, housing 70 different species and over 500 birds in a massive, carefully controlled ecosystem, including several critically endangered species.

Family Outdoor activities
Take a stroll around The Lagoon complex at the heart of Amwaj and you’re sure to find something to keep you occupied. Cafés, restaurants, shops, boutiques and more stay open late into the evening year round, providing a great place to meet, socialise and explore. You and your children can even hire bikes and trikes for a fun ride around!

Spa & Salon
The spas and salons of Amwaj Islands offer a mix of luxurious care and calming relaxation in stylish surroundings. Let certified specialists primp, pamper and help you look and feel your best. Hot oils, massages, unique therapeutic experiences, hair and nail salons and more are all available to help relieve stress and provide you with total physical well-being.
BAHRAIN BAY

The Bahrain Bay development is the result of a unique and distinctive vision.

In creating a metropolis for the 21st century that aims to create a world-class destination which blends perfectly with its surrounding environment. Diversity of style and design is of paramount importance in creating an environment which is stimulating, surprising and alive. Where developers’ and residents’ interests meet and Middle East real estate investment proves a profitable exercise. Bahrain Bay is creating varied and distinctive districts and neighbourhoods. A rich cultural and artistic scene will surely develop. Together, these will create many opportunities to form the ties that truly unite a community.

Bahrain Bay goal is to create a development that respects its unique environment and shows its commitment to sustainability. Using state of the art technologies in its construction and infrastructure it is the intention to make Bahrain Bay a development that will safeguard the region’s environmental well-being for generations to come.
FOUR SEASONS HOTEL BAHRAIN BAY

By, Leila Jaravata Dulay

Featuring Four Seasons, one of the most recent iconic brand to operate in Bahrain. The architectural design of the Hotel was influenced by non-other than the local culture.
Four Seasons Hotel Bahrain Bay is not only a landmark but also a home of arts and culture. Greg Pirkle Hotel General Manager highlighted that in every market we enter, we make sure that we support the local community and what better way to do this than selecting more than 3000 artworks to instill the Bahraini culture into this landmark property - the majority of these paintings and pieces of art are created by local Bahraini artists.

We also take pride in a great cooperation with internationally renowned designer Pierre Yves Rochon. Pierre-Yves Rochon clearly dreamed deeply about Bahrain’s newest treasure. He designed the Hotel with an Art Deco style, a famous pre-World War II design characterized by hard geometric shapes, rich colours and lavish ornament.

The journey to Four Season Hotel Bahrain Bay is similar in elegance, design and luxury to a 1930’s voyage on a passenger ship. Guests are guided slowly across the water to the intimate and exclusive sanctuary of the Hotel and gardens. They will become enamoured with the strong architectural elements coupled with the soothing colours and rich materials that produce a hotel of pure brilliance. As a global brand Four Seasons shares a projection from the GCC market in leisure and business perspective. The GCC market continues to be an important market for us as a company where we continue to see growth year over year. Four Seasons Hotel Bahrain Bay has a lot to offer to its guests and caters to everybody such as businessmen, families and couples.

Four Seasons being situated in Bahrain Bay is just 10 to 14 minutes from Bahrain International Airport, and only a nine-minute drive from downtown’s Bab Al Bahrain. Excellent as a business hotel, Four Seasons is five minutes from Manama’s financial area and diplomatic quarter.

Inevitably, the local hospitality culture blends with the Four Seasons international brand standards within the Hotel. Four Seasons General Manager Greg Pirkle highlights the unique design & structure but most importantly the passion of the Hotel staff. Opening a property with nearly 600 employees on board who have conducted a series of core Four Season brand trainings in the last months is definitely something that adds to the value of this landmark Hotel in the heart of Manama.
DURRAT AL BAHRAIN

A unique place where contrasting lifestyles complement each other.
It’s an island and a city, the desert and the sea, a holiday and a home, a place to be together, its escapism and adventure. One world that offers you endless possibilities.
It is a place like no other.

DURRAT AL BAHRAIN IS URBAN LIVING, ISLAND STYLE.
Bahrain’s most inspiring development, Durrat Al Bahrain is deemed as a hallmark resort island city of the 21st century. Located on the south coast of Bahrain, this 21 km2 master development has been created across a cluster of 15 spectacular islands. It will host, among many kaleidoscopic offerings, over 2000 beautiful beachfront villas, 3600 executive apartments and offices, luxury hotels and spa resorts, parks and entertainment precincts, mosques and international schools, premier retail malls and restaurants, a 400-berth marina, and an Ernie Els designed 18-hole championship golf course.
BAB AL BAHRAIN

By: Mary Coons

Bab al Bahrain – which means Gateway of Bahrain – marks the main entrance to the Manama Suq.

Bab al Bahrain’s ground floor houses the tourist information office and shop brimming with guidebooks, handicrafts and natural pearls for sale. This might be a good first stop for tourists. Taxis are readily available here for transport back to your hotel or ship.

The Suq's bustling marketplace with its traditional and contemporary shops recently completed two phases of renovation. The prime goal of the project, initiated under the directives of His Royal Highness Prime Minister Shaikh Khalifa bin Salman Al Khalifa, was to rebrand the Manama suq into a significant and self-sufficient urban center, according to officials, by returning the suq “back to its prominence within the daily fabric of life in Bahrain.”

Whether you are interested in Arabic perfume, class A designer watches, 24-carat gold jewelry, coveted antiques and regional handicraft, or modern appliances, unusual trinkets, traditional clothing or bright colored Indian fabric, bargaining – and sometimes intense negotiating – is welcomed and expected. Don’t worry about language barriers; English is widely spoken and understood. Although most dealers are Indian, the massive weekend crowds comprise all ethnicities and walks of life.

The Gold suq, tucked away in a two-story building off of Bab al Bahrain Avenue, similar to Gold City’s jewelry is all 18K and 24K gold items. In the Middle East, 10K and 14K gold items are not considered or accepted as “gold” jewelry. If pearls are more to your liking, Bahraini natural pearls are one of a kind and available here. You will not find any cultured pearls in the country; only natural – the only natural pearls in the world today – and sold by the ounce. It is illegal to bring cultured pearls into the country to sell.

Visiting the suq is not just about shopping however. This is an enriching cultural and social experience. Be adventurous. Plan to take your time wandering the narrow streets and passageways of rows upon rows of open stalls, and don’t be surprised if you find yourself temporarily turned around. It happens to everyone.

After all, that’s part of the intrigue of discovering new sights and meeting people of a foreign land; offering an ideal opportunity to converse with locals while asking for directions.
SHOPPING IN BAHRAIN

Al Aali Shopping Complex
Offering contemporary convenience, sophisticated amenities & renowned brands, Al Aali Shopping Complex takes the concept of shopping to higher levels of pure glamour, modern chic and timeless luxury. The complex features some of the most internationally & locally famed designer labels in fashion, accessories, bags & shoes, jewellery, home, cuisine and more.

Bahrain City Centre
Strategically located on Sheikh Khalifa Bin Salman Al Khalifa Highway in the heart of Manama, Bahrain City Centre introduced a world-class retail ambience and hundreds of other 'firsts' to the Kingdom including 350 of its over 350 internationally brands making their debut in the country. Variety of family entertainment includes Waterpark, cinema complex and over 50 food court from all over the world.

Moda Mall
The ultra-exclusive shopping complex located on the ground floor of the Bahrain World Trade Center (BWTC), tenants comprising a veritable who's who of the fashion world. Home to 160 exclusive brand name boutiques in the Kingdom. Moda Mall spans approximately 16,500 square meters, including 6,900 square meters of the Bahrain Commercial Complex (BCC), offering 1,700 space car part shared with the adjoining BWTC.

Seef Mall
Bahrain’s first authentic mall, premier family shopping hub and entertainment destination, widely known for its distinctive architecture and stimulating ambience. Located in Seef District, with area of 135,000 square meter, attracts over 20,000 visitors a week. 370 outlets with world-class retail, fashion and jewellery brands. Selection of over 55 restaurants, food stalls, coffee shops and cafes in two food courts.

Seef Mall Muharraq
Designed to cater to the needs of the residents of Muharraq and visitors alike, Seef Mall Muharraq is the first shopping centre in what was formerly Bahrain’s capital. The new mall has a unique waterfront location with an unparalleled view of the Manama and Juffair skyscrapers and is located next to the Arad Fort, a world heritage site. Inspired by its proximity to the bay, the Mall’s design references the merging of sand dunes and sea using a variety of forms, colours and textures.
ISLAND FLAVOR

Traditional taste includes vibrant colors, taste and aroma from dried nuts, green cardamom and more makes a perfect Bahraini meal.
<table>
<thead>
<tr>
<th>Food</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Qoozi</td>
<td>Grilled lamb served with rice, boiled eggs, cooked onions, spices and mixed nuts.</td>
</tr>
<tr>
<td>Machboos</td>
<td>Fresh chicken or meat or Hamoor fish served with fine rice mixed with curry.</td>
</tr>
<tr>
<td>Muhammar</td>
<td>Dish of sweet rice serviced with fried Safi (rabbit fish) or/and Chanad (mackerel fish).</td>
</tr>
<tr>
<td>Gahwa</td>
<td>Is the traditional coffee that is often served with cardamom and saffron added to it.</td>
</tr>
<tr>
<td>Falafel</td>
<td>Deep-fried balls of ground chickpeas served in pita bread.</td>
</tr>
<tr>
<td>Khubz</td>
<td>Traditional flat bread baked in oven.</td>
</tr>
<tr>
<td>Halwa</td>
<td>Traditional Bahraini dessert that is stuffed with cardamom and pistachio.</td>
</tr>
<tr>
<td>Safi</td>
<td>Rabbit fish is one of the most famous type of fish cooked either deep fried or grilled, marinated with lemon, salt, pepper and cayenne served with steam or saffron rice.</td>
</tr>
</tbody>
</table>
Block 338

Located in the heart of Manama, Block 338 is a charming pedestrian quarter crammed with international restaurants, art galleries and boutique shops. As Bahrain’s hot dining district, Block 338 offers a wide range of restaurants appealing to all ages and taste, be it for a fancy meal, traditional Bahraini food or just a soothing drink. In addition to this distinguished eating experience, Block 338 has a number of good retail opportunities tucked into its side streets and has grown over the years into a vibrant space for art lovers.
AL RIWAQ ART SPACE

Situated in the neighborhood of Block 338 in Bahrain, Al Riwaq Art Space is dedicated to promoting local contemporary art and design, and connecting with developments in these fields at regional and international levels.

A not-for-profit institution that nurtures cultural production, offers local creative opportunities to develop their practice, and provides a platform for the exchange of ideas between artists and the general public.
BAHRAIN NATIONAL MUSEUM

The museum was inaugurated in 1988 by the late Emir Shaikh Isa bin Salman Al Khalifa. Built on a central location between Manama and Muharraq, Bahrain National Museum houses 9 main halls, and classifies the accumulated heritage of the Kingdom of Bahrain into 6 different sections.
THINGS TO DO

Dhow ride
A cruise around Manama bay on a traditional Arabian boat locally called Dhow, vessel craft from wood. The trip includes traditional food and refreshment as you watch a grande sunset.

Camel ride
Experience a unique ride as you cruise around the tree of life or go to the camel farm in Janabiya to have the ride, a selfie or simply a close encounter with baby camels and herd of camels.

Horse Ride
A royal ride will bring you a unique experience, as you wander on open trails to the hidden beauty of the island greenery and calm desert. Note that unique collection of pure-bred Arabian horses has been preserved on the island for over 200 years.

Karting
Bahrain International Circuit’s all-new state-of-the-art karting facility built to standards of the Commission Internationale de Karting (CIK), helps unearth young local talent; and its on-site technicians provide vital racing expertise.

Dolphin watching
Take a 40-minute boat ride to the Hawar Islands and look out for the dolphins and manatees who play in the calm Gulf seas while flamingos stalk through the shallow waters.
Pearl diving
Known for its pearl industry, Bahrain allows visitors to dive for their own pearls with the help of the Into The Blue Dive Centre or ScubaMaster where you will be guided by professional and PADI trained divers.

Camping
Escape the busy city life and explore the tranquil desert during the camping season, best from October to March at Sakhir desert. Have a unique traditional Arabic dessert escapade with a twist of the modern amenities while enjoying fun with friends and families.

Traditional souk shopping
Enjoy the sight and scent of different aroma, spices, traditional perfume, “bakhoor” (Arabic incense) to hand made souvenirs, fabrics to 24 karats gold jewelry and pearl. Make sure you’re ready to bargain.

Bird watching
You have several options to enjoy bird watching. Take a 20 minutes boat ride to Hawar Islands sanctuary of wildlife reserve and home of numerous bird species either native or migratory birds. Or take a ride to Al Areen Wildlife Park & Reserve next to Bahrain International Circuit or to Azizia bird kingdom at Amwaj Islands.

Museum tour
Bahrain hosts several museums from Stamps Museum located at the Ministry of Transportation building, Currency Museum located on the Central Bank premises, Oil Museum and the First Oil Well located in the desert of Sakhir. Museum for Pearl Diving was the first location for Bahrain Courts prior to becoming a museum. Bait Al Quran home to comprehensive and valuable collection of the Holy Quran and related Manuscripts, Rashid Al Oraifi Museum a where you can find artwork inspired by Dilmun culture and History. Bahrain National Museum covers 6,000 years of Bahrain’s history.
THE BAHRAIN ROYAL EQUESTRIAN AND ENDURANCE FEDERATION

The renowned equestrian traditions of Bahrain stay intact with establishment of the National Federation of Bahrain or the Bahrain Royal Equestrian and Endurance Federation (BREEF).
BREEF was established as per the ministerial decree issued by General Organization for Youth and Sports on 19th March 2003. Besides being the founder patron of BREEF, His Highness Shaikh Nasser Bin Hamad Al-Khalifa leads the equestrian excellence of Bahrain as the dynamic head of the Royal Team representing the Kingdom in both National and International Equestrian and Endurance championships. The Federation is the sole authority for organizing all the equestrian activities, games and events, continuing the vibrant activities of its predecessor, the Bahrain Equestrian Association. Its goal is: “To upgrade Endurance Riding, Show jumping and Arabian horse activities in the Kingdom of Bahrain.”
BAHRAIN INTERNATIONAL CIRCUIT

The Home of Motorsport in the Middle East, and a visit to the Kingdom of Bahrain would not be complete without a trip to the Sakhir desert, to see one of the most modern motor racing venues in the world.
The circuit’s top-of-the-line facilities make it the perfect place to host all sorts of events, be it a sporting, business, cultural or leisurely occasion.

Since it was inaugurated by His Majesty King Hamad bin Isa Al Khalifa in 2004, the circuit has been the cornerstone of the rapid development of the Kingdom of Bahrain, and it has placed the tiny Gulf Island on a pedestal in the world map.

Bahrain International Circuit continues to flourish today and it remains as a pioneer in regional motor racing and entertainment.

Visitors can opt for an exclusive behind-the-scenes tour of Bahrain International Circuit, which is a must for every motorsport fan. Beginning at the landmark eight-storey Sakhir Tower, the tour will visit the Media Centre, the region’s most advanced global communication centre, stop by at the state-of-the-art Race Control Tower – and even take a lap around Bahrain’s world famous Formula One circuit (subject to availability). Then visitors can pop into the BIC Pit Shop to find a souvenir of a wonderful trip. The OpenTour runs every Sunday, Tuesday and Thursday; throughout the year (10am to 2pm). Book by calling BIC’s Contact Centre on +973 1745 0000 or emailing the sales team on info@bic.com.bh. The guides are bilingual (Arabic and English).
00. Airport
01. Khalifa Port

02. Bait Al Quran
03. Al Fateh Mosque

04. Burial Mounds
05. Al Jasra House
06. Arad Fort
07. Bahrain Fort
08. Oil Museum
09. Bahrain National Museum

10. Bahrain City Center
11. Seef Mall
12. Harbour Mall
13. Moda Mall
14. Seef Mall Muharraq
15. Gold City / Gold Souq

16. Bahrain Financial Harbour
17. Bahrain World Trade Center
18. Four Seasons Hotel Bahrain Bay
19. BIC

20. Amwaj
21. Bahrain Bay
22. Durrat Al Bahrain
23. Reef Island
24. Hawar Island

25. Block 338
26. Bab Al Bahrain / Manama Souq
27. Camel Farm
28. Prince Khalifa Park
29. Muharraq Pearling Trail
BAHRAIN VISA GUIDELINES

Visa Requirements
Applications for visas must include the following:

- A valid passport: must be valid for at least 6 months at the time of entry
- Completed visa application form with one (1) recent photo attached
- Itinerary
- Must provide Address and contact information in Bahrain (see application form)
- Must provide sufficient financial documents to support the travel (bank statement)
- A letter stating the following

For an official or diplomatic visa: (Gratis) Diplomatic & Official visa applications will take at least 2 weeks time to process.

For a business visa: An original letter (on company letterhead) stating the purpose and duration of the visit and that the applicant is responsible for all travel expenses. (Photocopies are not accepted).

The Embassies of Bahrain abroad and the General Directorate of Immigration and Passports may issue a multiple visa valid for five years which allows Citizens of the United States of America, Canada who are businessmen, tourists or visitors to enter the country and stay for a period not to exceed four weeks per entry.

Citizens of other countries: Citizens from the following 35 countries (Germany, France, Belgium, Luxembourg, Netherlands, Britain, Ireland, Spain, Italy, Sweden, Finland, Austria, Denmark, Switzerland, Japan, Norway, Australia, New Zealand, Canada, Hong Kong, United States of America, Portugal, Malaysia, Iceland, Liechtenstein, Greece, Monaco, San Marino, Singapore, Brunei, Vatican City, Andorra, China and Thailand) can obtain a visa valid for two weeks issued from access points inside the country without pre-arrangement or local sponsor’s request. This visa may be extended for another two weeks.

Business and Visitors visa applications will take at least 2 weeks time to process.

A letter of consent must accompany all applications for minors from both parents and a photocopy of both parents’ passports. Parents travelling without their spouses need a legal document stating that he/she is the legal guardian for the minor child.
The following conditions must be met in order to issue this Visa:

- Completed visa application form
- Visitor’s entry must not violate the Security and National welfare of the country.
- Visitor must be able to support himself or his dependents, if any, during his visit.
- Note: All nationals of countries that are not listed above must obtain a non-objection certificate from a Bahraini sponsor.
- For citizens of USA, Canada and UK the fee is US $228.00
- Money order or company check only. Cash or personal checks are not acceptable.
- Prepaid, self-addressed envelope with the applicant’s address

Please make sure that your name and address appears in both the sender and the recipient fields of the prepaid airbill.

Foreigners living in other GCC countries
Foreigners living in GCC countries can get an entry visa to Bahrain for two weeks provided they have had a valid residence permit in any of the GCC countries for six months and the remaining validity is for a similar period. The visa is also issued to foreigners, who are employed as housemaids, chauffeurs or nannies by families residing in GCC countries. These domestic workers must arrive in and leave with their employers.

Foreigners living in the Kingdom of Saudi Arabia
Foreigners living in the Kingdom of Saudi Arabia arriving in Bahrain via the King Fahad Causeway may obtain a two-week visa free of charge at the Immigration and passports office at the access point. This visa may be extended for another two weeks without charge. Also, this type of visa may be issued to foreigners employed as housemaids, chauffeurs, nannies, babysitter and accompanying families entering Bahrain. Those families may not leave Bahrain without the employee’s escorts who arrived with them to Bahrain.

All visa applications can be completed online: www.evisa.gov.bh