



Bahrain

Photo: Kutikan/Shutterstock.com



Eugene Sergeev/Shutterstock.com

It is easy to overlook this small island-nation, having, as it does, such powerful and flashy neighbours as Qatar and the Emirates, but to ignore 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 arts 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, to boot.

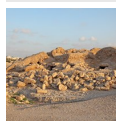


Kritkun/Shutterstock.com



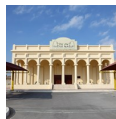
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This burial site complex is believed to be the largest prehistoric cemetery ...



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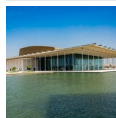
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Shaikh Isa bin Ali House

This majestic building of Beit Sheikh Isa Bin Ali Al Khalifa was once the se...

THE ISLAND



Evannovostro/Shutterstock.com

Bahrain more than holds its own in terms of the luxury and finesse one expects 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 (such as Dubai and Doha). But travelers in the know 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.com

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 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: Denise Krebs/Flickr.com(image cropped)

Address: Shaikh Hamad Causeway, Manama

Opening hours: Daily: 10am-6pm, closed on Tuesday

Phone: +973 17 298 777

Internet: www.culture.gov.bh/en/authority/cultural_sites/BahrainNationalMuseum

Al Fatih 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 worshippers 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 daily for free in both English and Arabic.

Photo: Orhan Cam/Shutterstock.com

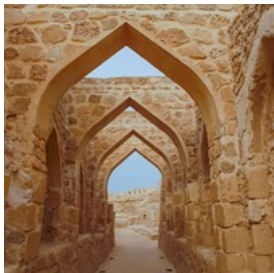
Address: Awal Avenue Corner Al Fatih Highway, Manama

Opening hours: Sunday-Thursday: 9am-4pm (for non-Muslims)

Phone: +973 17 727 773

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 ruins of two earlier forts.

Photo: Kritkun/Shutterstock.com

Address: Qal'at Al Bahrain Avenue, Al Qalah

Opening hours: Daily: 8am-6pm

Phone: +973 17 567 171

Internet: http://culture.gov.bh/en/authority/cultural_sites/Qal-atAl-BahrainSiteMuseum

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 practiced worshipping rituals.

A small visitor centre welcomes visitors to the site.

Photo: CharlotteRaboff/Shutterstock.com

Address: Off the Musakar Highway, between Riffa and Awali, near Jebel Dukhan

Opening hours: Visitor Center is open Monday-Friday: 9am-5pm

Phone: +973 39 475 566

More Info: There are no many signs along the road, GPS is suggested to reach the site.

Shaikh Isa bin Ali 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 examining.

Photo: John Grummitt/Shutterstock.com

Address: Shaikh Abdulla Avenue, Muharraq

Opening hours: Saturday-Thursday: 8am-2pm

Pearl Diving Tours



A long-standing industry for the island, which is recognized to have some of the finest pearls in the world, pearl diving has recently become available

also to tourists. Licensed companies will take visitors off Ras Rayyah Port to both expert and non-qualified snorkelling sites for up to 2 hours diving sessions. All pearls which have been found can be kept!

Photo: Unigraphoto/Shutterstock.com

Phone: +973 17 558 800

Internet: <http://pearldiving.bh>

Email: info@pearldiving.bh

More Info: A package must be purchased online in advance; then a pass that can be bought online or at the main office

Bahrain National Theatre



Emerging from the placid waters just as the nearby National Museum, the National Theatre is one of the biggest theater 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: Sheikh Hamad Causeway, Manama

Phone: +973 17 001 908

Internet: www.culture.gov.bh/en/authority/cultural_sites/BahrainNationalTheatre

Bahrain International Circuit



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

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

Photo: Digital Storm/Shutterstock.com

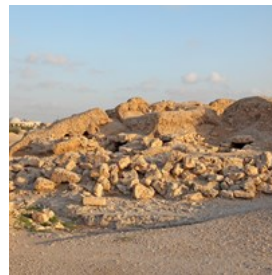
Address: Gulf of Bahrain Avenue, Umm Jidar 1062, Sakhir

Phone: +973 17 450 000

Internet: www.bahraingp.com

Email: info@bic.com.bh

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

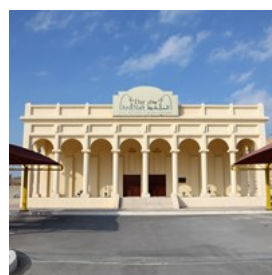
Address: A'Ali village

Opening hours: Daylight hours

Internet:

www.culture.gov.bh/en/authority/CulturalHighlights/DBM

Oil Museum



Bahrain owes much of its wealth to the oil reserves present on the island, and Dar al-Naft Oil Museum, housed in an impressive white building at the site

where oil was first discovered, provides insights

into the oil industry in Bahrain through exhibits and photographs. The country's first, rather primitive oil well, dating from 1932, can also be admired.

Photo: Philip Lange/Shutterstock.com

Address: Jebel Dukhan, Manama

Phone: +973 17 753 475

More Info: The museum is a 40-minute drive away from Manama. It's advisable to call prior to your visit to check opening hours.

DINING



Stanislav71/Shutterstock.com

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 Cafe



Haji Ghawa 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

Opening hours: Daily: 5:30am-9pm

Phone: +973 17 210 647

Internet: hajiscafe1950.com

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 is easy to spot thanks to its waterfall windows and vivid green signs. The classic Tomyum soup is a favorite with customers.

Photo: Cat Box/Shutterstock.com

Address: Gudaibiya, Hassan Bin Thabit Avenue, Manama

Opening hours: Daily: 12am-11.30pm

Swagat



This Indian restaurant has become popular among vegetarians and vegans on the island, but its simple yet flavor-rich dishes can easily be appreciated by everyone. Hidden among the alleys of Manama Souq, Swagat is real value for money.

Photo: Sergii Rudiuk/Shutter.com

Address: Manama Souq, Manama

Opening hours: Daily: 6.30am-10pm

Phone: +973 17 225 137

Rasoi by Vineet



Being the first restaurant in Bahrain headed by a Michelin-starred chef, Rasoi offers 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.

Rasoi is located inside the Gulf Hotel complex.

Photo: Neil Langan/Shutterstock.com

Address: Al Fateh Street, Adliya, Manama

Opening hours: Sunday-Thursday: 12pm-3pm & 7pm-11pm

Friday-Saturday: 1pm-4pm & 7pm-11pm. Closed during Ramadan

Phone: +973 17 746 461

Internet: www.gulfhotehbahrain.com/Rasoi

Email: rasoirestaurant@gulfhotehbahrain.com

Veranda Restaurant and Cafe



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. 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: Block 327, Sheikh Isa Avenue, Manama

Opening hours: Saturday-Thursday: 9am-12.30am Friday: 11.30am-1am

Phone: +973 17 715 868

Internet: www.verandabahrain.com

Email: 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

Opening hours: Saturday-Tuesday: 12pm-11pm

Wednesday-Friday: 12pm-12am

Phone: +973 17 522 733

Internet: 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, Adliya, Manama

Opening hours: Daily: 12pm-3pm & 7pm-2am

Phone: +973 17 721 061 +973 33 280 280

Internet: www.massorestaurant.com

Email: reservations@massorestaurant.com

CAFES



Sophie James/Shutterstock.com

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 cafes throughout the island that serve delicious coffee and tea drinks as well as fresh pastries and desserts.

Roche Cafe and Sweets



Roche is well-known by locals for the variety of Khaleeji dishes figuring in its menu. The cafe is especially famous for its rangeena, a traditional dessert made with nuts, dates and spices, that is definitely a must-try. Other specialties from the region that you may want to sample are Karak tea, shawarmas, Bahraini breakfast and egg dishes.

Photo: Hassan haider Al-Awami/Shutterstock.com

Address: Adliya, Manama

Phone: +973 17 710 200

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.

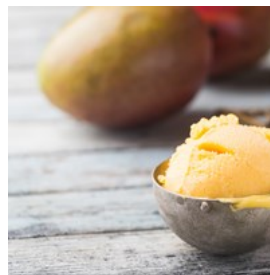
Photo: Anastasia Kamysheva/Shutterstock.com

Address: Block 338, Alqudaybiyah, Manama

Opening hours: Daily: 9am-11pm

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 amidst the shops of the buzzing Manama Souq is most beloved nowadays for its full traditional Bahraini breakfast and one of the best Karak chai in town.

Photo: Goskova Tatiana/Shutterstock.com

Address: Bab Al Bahrain, Manama

Opening hours: Daily: 8am-10pm

Phone: +973 39 622 882

Cafe Lilou



A taste of Paris in the Persian Gulf. Cafe Lilou is the best place in town to enjoy afternoon tea: the cosy sofas invite visitors 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: Adliya & Al a'ali Mall, Seef, Manama

Opening hours: Saturday-Wednesday: 8am-11:30pm

Thursday-Friday: 8am-12am

Phone: +973 17 714 440

Aroma Cafe



A great way to immerse oneself into the Bahraini way of life is to spend a hot afternoon enjoying shisha at a place like Aroma. It is a casual, but beautifully decorated place, complete with reclining divans and cushions, that serves Arabic dishes and offers a great selection of shisha flavours.

Photo: shafiga baghirova/Shutterstock.com

Address: Seef, Manama

Opening hours: Daily: 8am-12:30am

Phone: +973 17 582 711

Internet: www.aromabh.com

Email: info@aromabh.com

Cafe Delices



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

Photo: Veniamin Kraskov/Shutterstock.com

Address: Road No 3801, Gulf Hotel, Manama

Opening hours: Daily: 7am-7pm

Phone: +973 17 713 000

Email: fbm@gulfhotelbahrain.com

More Info: It is one of the few places open during Ramadan.

Located in Gulf Hotel Bahrain

BARS & NIGHTLIFE



Dr Ajay Kumar Singh/Shutterstock.com

Bahrain is somewhat more socially liberal than some of its neighbouring countries when it comes, for example, to 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 other places in the region, and there are plenty of bars, lounges and nightclubs to be found throughout.

Downtown Bar



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

Photo: Wollertz/Shutterstock.com

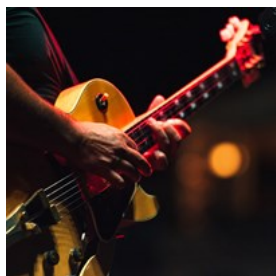
Address: 1507 King Faisal Highway, Manama

Opening hours: Daily: 4pm-2am

Phone: +973 17 227 777

Internet: www.ihg.com/intercontinental/hotels/gb/en/manama/bahha/hotel/detail

JJ's Irish Pub



JJ's pub is a pretty huge venue with a friendly atmosphere and a good draft beers 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: Block 326, Al Qudaibiya, Manama
Phone: +973 33 843 005
Internet: jjsirishrestaurant.com
Email: 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: Road 38, Block 428, Seef, Manama
Opening hours: Daily: 12pm-3am
Phone: +973 17 583 555
Internet: www.bushido.com.bh
Email: bushido@bushido.com.bh

The Warbler



Baisan International Hotel is home to the Warbler, a popular British-style sports pub with events almost every night. There is dancing, live music, important sports matches streaming

on-screen, Ladies' night on Tuesdays, and a fully-stocked kitchen serving up a varied menu.

Photo: DisobeyArt/Shutterstock.com
Address: Block 320, Manama
Opening hours: Daily: 12pm-2am
Phone: +973 17 290 600

SHOPPING



Shimon Bar/Shutterstock.com

Bahrain's modern tastes and sensibilities means that there are plenty of shopping centres with all the amenities and facilities one would expect. But Bahrain's best shopping takes place 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.

A'Ali Pottery Market



A traditional market full of hand-crafted items and family-run workshops welcomes visitors into the characteristic district of A'Ali. Artisans' hands model the clay on top of old-fashioned revolving wheels according to techniques which has remained unchanged through generations.

Photo: Philip Lange/Shutterstock.com
Address: Highway 71 and Avenue 42, A'Ali
Opening hours: Saturday-Thursday: 8am-1pm & 4pm-6pm

Jamal Showaiter Factory and Shop



Showaiter family has been synonyms with halwa in Bahrain for over 150 years. Learn about all the secrets behind the preparation of this

extremely sugary Middle-Eastern sweet in its Bahraini version at the Muharraq Factory and buy some of the bright gelatinous cake at the end of your tour.

Photo: highviews/Shutterstock.com

Address: Shaikh Hamad Avenue, Muharraq souq, Muharraq

Opening hours: Daily: 8am-10.30pm

Phone: +973 17 347 227

Internet: <http://showaiter.com>

Email: info@showaiter.bh

The 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

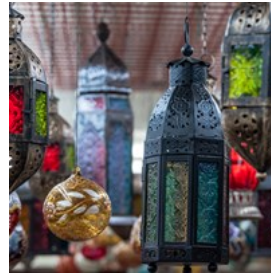
Address: The Bahrain Mall, Seef, Manama

Phone: +973 17 558 101

Internet: www.thebahrainmall.com

Email: info@thebahrainmall.com

Manama Souq



For an authentic local shopping experience there is no better place than Manama Souq, 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, jewelry and gold items to colorful textiles and handcraft rugs. Several souvenirs shops and street-food kiosks can also be found in the market.

Photo: Gustavo Mariotto/Shutterstock.com

Address: Manama Souq, Manama

Opening hours: Saturday-Thursday: 8.30am-1.30pm &

4pm-9pm Friday: 4pm-9pm

Kingdom of Perfumes



One of the most popular shops with tourists in the Manama Souq, Kingdom of Perfumes has a dizzying array of fragrances from around

the world. All the popular brands are represented, 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

Opening hours: Daily: 9am-1pm & 4pm-9pm

Phone: +973 39 628 006

Gold City



Bahrain is famous worldwide for the quality of its pearls and work in gold. The exclusive showrooms at Gold City, 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 Gold City.

Photo: Sarath maroli/Shutterstock.com

Address: Government Avenue, Manama

Opening hours: Daily: 8am-1pm & 4pm-8pm

Phone: +973 17 210 404

Internet: www.bahraingoldcity.com

Email: info@bahraingoldcity.com

Spice Souq



One of the best parts of the souq experience is the feast for the senses that are the spice sellers. Their stall feature heaps of colourful and fragrant herbs and spices from around the world, along with other treats like seeds, dried fruit, lentils and countless other delicacies.

Photo: Zhukov Oleg/Shutterstock.com

Address: off Sheikh Abdullah Avenue, Manama Souq, Manama

Opening hours: Daily: 9am-1pm & 4pm-7pm

TOURIST INFORMATION



Philip Lange/Shutterstock.com

Best Time to Visit



The best period to visit Bahrain is during the months between November and March, with the clear skies and gentle breezes of Gulf

winter.

It's not advisable to visit the island from May to October because of the high temperatures and humid weather.

In April, be ready to join the celebrations for the Formula 1 Grand Prix.

Photo: VectorA/Shutterstock.com

Passport/Visa



A passport valid for at least six months from the date of arrival is required to enter the country.

Visitors must have a visa to visit Bahrain. Visas are

available on arrival at the airport for citizens of 66 countries but it's recommended to apply for an e-visa in advance at: www.evisa.gov.bh.

Photo: TukTuk Design/Shutterstock.com
Internet: www.evisa.gov.bh

Bahrain International Airport



The Bahrain International Airport (BAH) 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 and linking the airport with Manama and Muharraq.

Photo: Juan Garces
Address: Road 2404, Muharraq
Phone: +973 80 007 777
Internet: www.bahrainairport.com
Email: info@bac.bh

Public Transport



Bahrain has a network of public buses that connect most areas of the island, with buses running daily from 6am until 9 pm every 10 and 15 minutes.

Photo: Pierre-Luc Auclair
Address: Main Office: Road 4025, Block 840, Isa Town
Opening hours: Customer service working hours: 6am-9pm
Phone: +973 66 311 111
Internet: <https://bahrainbus.bh/en>
Email: info@bahrainbus.bh

Taxi



Taxis are the most efficient and convenient way for tourists to get around. They are readily available and fast, although, if you plan to

visit many sights outside major town, renting a car may be cheaper.

Make sure the driver uses the meter.

Bahrain Taxi: +973 1666 1666
Speedy Motors: +973 1768 2999
Bahrain Limo: +973 1733 9533
Arabian Taxi: +973 1746 1746

Photo: ArrivalGuides

Post Office



Several post offices are conveniently located around the country. The main post sorting centre is in Muharraq.

Photo: Andy Fuchs
Address: Block 215, Al Hala, Muharraq
Opening hours: Saturday-Thursday: 6am-8pm
Phone: +973 17 474 444
Internet: www.bahrainpost.gov.bh/en/index.php
Email: stamp@mot.gov.bh

Pharmacy



Bahrain Pharmacy & General Store

Photo: Gemma Garner
Address: Bab Al Bahrain Avenue, Manama

Opening hours: Sunday-Thursday: 8am-5:30pm
Phone: +973 17 264 088
Internet: www.bahrainpharmacy.com
Email: info@bahrainpharmacy.com

Telephone



Country code: +973
International access code:
+00

Photo: Jardson Almeida

Electricity



Voltage: 230 V
Frequency: 50 Hz Power
sockets: type G

Photo: Stirling Tschan

Social Norms & Bahrain Travel Advice



Although Bahrain is a liberal, tourist-friendly country visitors should take the usual precautions and be aware of Muslim countries'

social norms.

- Both men and women should wear modest clothing when in public.
- When greeting, men should wait to be invited before shaking hands with women, especially in rural areas.
- During Ramadan it is not permitted to eat, drink or smoke in public during day-hours.
- Same-sex relationships are legal but it's

- advisable to avoid public displays of affection.
- Due to political tensions, travel between Bahrain and Qatar is not allowed and there's a curfew on watercourses around Bahrain from 6pm to 4am.
- Tap water is not potable anywhere in Bahrain.

Photo: Design Collection/Shutterstock.com

Population

Bahrain: 1,501,635 (2020 census)
Manama City: 200,000 (2020 estimate)

Currency

1 Bahraini Dinar (BHD) = 1,000 fils (fuloos)

Opening hours

Most businesses open at about 8-9am and close between 6-8pm.
Restaurants: 11am-3pm 16pm-1am
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.btea.bh
www.calendar.bh

Newspapers

Bahrain This Week
Gulf Weekly
Voice of Bahrain

Emergency numbers

Emergency (Police, Fire and Ambulance): 999

Tourist information

Bab Al Bahrain Information Centre

Bab Al Bahrain Avenue, Manama 304, Bahrain
Opening Hours: Sunday-Thursday: 9am-5pm Saturday:
9am-1pm