

ABOUT MANAMA

General Overview

Head of State	His Majesty the King, Sheikh Hamad bin Isa Al Khalifa
Prime Minister	His Royal Highness, Prince Khalifa bin Salman Al Khalifa
Crown Prince	His Royal Highness, Prince Salman Bin Hamad Al Khalifa
National Day	December 16
Independence Day	August 15, 1971 (from United Kingdom)
Population	1,039,297 Nationals: 527,433 (51%) Non-Nationals: 511,864 (49%)
Location / Area Size	Arabian Gulf, 741.4 Square Kilometers
Capital	Manama
Governorates	Bahrain is split into five governorates: Capital, Central, Muharraq, Northern and Southern
Languages	Arabic, English, Farsi, Urdu
Currency	Bahraini Dinar
Fixed Exchange Rate	1 Bahraini Dinar = 2.65 US Dollar
Business Hours	Government offices 07:00-14:15 (Sunday to Thursday) Banks 07:30-13:00 is the normal business hours (Sunday to Thursday) Some banks are also open for a few hours on some afternoons Central Post Office (Manama, near Bab Al Bahrain) – 07:00-19:30 (Saturday to Thursday) Shops Working hours vary, but typically 08:30-12:30 and 16:00-20:00 (Saturday to Thursday) Many shops are open for half or full day on Friday as well
Weekly holidays	Friday, Saturday
Time zone	3 hours ahead of GMT (GMT+3)
Country Dialing Code	+973
Internet Code	.bh
Climate	Summer: July-September, very hot and humid (Avg. 36°C). Winter: December to February, cool or mild with occasional rain (10°C - 20°C). Remaining months: March to May and October to November, warm with occasional pleasant breezes (20°C - 30°C).

History of Manama

Islam

Islam is practised by the vast majority of Bahrainis and governs their personal, political, economic and legal lives.

Among certain obligations for Muslims are to pray five times a day - at dawn, noon, afternoon, sunset, and evening. The exact time is listed in the local newspaper each day. Friday is the Muslim holy day. Everything is closed. Many companies also close on Saturday, making the weekend Friday and Saturday.

During the holy month of Ramadan all Muslims must fast from dawn to dusk and the working hours are reduced usually to six hours per day. Fasting includes no eating, drinking, cigarette smoking, or gum chewing. Expatriates are not required to fast; however, they must not eat, drink, smoke, or chew gum in public. Each night at sunset families and friends gather together to celebrate the breaking of the fast (iftar). In general, things happen more slowly during Ramadan. Many businesses operate on a reduced schedule. Shops may be open and closed at unusual times.

The north of Bahrain's main island which is dominated by Manama today has seen human activity for roughly 5,000 years, as is indicated from the remains around Bahrain Fort. The Dilmun Civilisation made this area their capital, burying their dead farther south at the tombs of A'ali. The islanders were soon, however, disturbed by a series of invaders that arrived here by sea, beginning with the Assyrians during the *BC period* and ending with the Arabs. During these many centuries Dilmun, as it was at first known before its name was changed many times by each new invading power, was a trading post whose importance fluctuated depending on which empire dominated. Manama and its inhabitants first discovered Islam during the 7th century and by the 9th century began to lean to a more conservative almost socialist belief system that caused considerable friction with the surrounding Muslim lands. The Qarmartians, as this group was known, ransacked Mecca in 930 during the sacred Haji, killing hundreds before escaping with the much revered Black Stone. A feud with the Baghdad-based Abbasids less than 50 years later saw the Qarmartians run out of town. The next major foreign intervention in Bahrain came at the beginning of the 1500s when the Portuguese naval fleets arrived, quickly crushing the small local population in Manama and the surrounding areas. Bahrain Fort was built during this era, probably to keep out the Persians who nevertheless managed a series of invasions as the whole island swapped hands between the Portuguese, Persians and Oman for the proceeding two centuries. Once the Persians eventually triumphed, it wasn't long before the Al Khalifa family appeared from nowhere, or at least from nearby Qatar, to take control of the whole of the island at the end of the 18th century. The new rulers, whose dynasty continues to this day, sought protection against the Persians from the now dominant, empire-building British as Manama entered a period of colonialism that increased over time, not least when oil was discovered 30 km (19 mi) south in the centre of the island and first extracted in 1931. After World War II, Bahrain moved slowly towards independence and eventually in 1971 the British pulled out leaving Manama in charge of its own affairs. This was the beginning of a period that has seen it grow and flourish mainly thanks to considerable wealth accumulated through oil production and processing

Hostess in Manama

The Family/Tribe

The extended family or tribe forms the basis of both the social structure and individual identity. Loyalty to the family comes before other social relationships, even business.

The family is very private. Prying questions should be avoided. It is ordinary for large extended families to live in the same house, compound, or village.

Etiquette and Customs in Kingdom of Bahrain

Meeting Etiquette

Bahrainis are tremendously friendly. Greetings are given with a sense of enthusiasm and delight at meeting you or seeing you again. Smiling and direct eye contacts are crucial. Men shake hands and kiss each other on the cheek. Women generally hug and kiss close female friends. When Bahrainis greet each other they take their time and converse about general things.

Dining Etiquette

Bahrainis enjoy entertaining friends and family in their homes, although they will also socialize in restaurants, clubs, and international hotels. Entertainment is often same-sex only. Friends may be invited to a Bahraini's home.

If you are invited to a Bahraini's house: Check to see if the host is wearing shoes. If not, remove yours

at the door. Dress conservatively. Try to arrive at the invited time. Punctuality is appreciated. Show respect for the elders by greeting them first. Accept any offer of coffee or tea. To turn down hospitality may be considered a rejection of the person.

If you are invited for a meal, there may be a great deal of socializing and small talk before the meal is served. The evening will end quite quickly after the meal. It is considered good manners to reciprocate any hospitality you receive.

Watch your table manners!

If the meal is on the floor, sit cross-legged or kneel on one knee. Never let your feet touch the food mat. Try a bit if everything that is served. Meals are generally served family-style.

There is often more food than you can eat. You will be urged to take more food despite saying you are full. It is considered polite to leave some food on your plate when you have finished eating. This demonstrates that your host has showered his guests with generosity and abundance.

What to Wear?

Bahrain is a Muslim country, so people generally dress conservatively. However, Bahrain has always been open society (it was, and probably still is, the most open and tolerant of the Gulf States) so it is generally very tolerant provided that you are respectful. In general, Bahrainis love to dress up. So try to look as good as possible wherever you go.

Restaurants

American Cuisine |

Name	Telephone	Price Range (per persons)	Atmosphere & Meals Served
Applebee's, Sanabis	17 555 834	Under BD5	Casual, LD, Licensed
Chilli's, BarBar, Dana Mall, Seef Mall	17 271701	BD6-BD10	Casual, LD
Chilli's Too, Juffair	17 271701	BD6-BD10	Casual, LD, Licensed
Fuddruckers, Sanad & Adliya	17 620999 17 742266	Under BD5	Casual Dining, BLD
Fudds To Go	17 728728	Under BD5	Casual, LD, Licensed
Hard Rock Cafe, Exhibitions Avenue	17 291569	BD6-BD10	Casual, LD, Licensed
Johnny Al A'ali Mall	Rockets, 17 566565	Under BD5	Casual, LD
Ric's Country Kitchen, Juffair	17 725550	Under BD5	Casual, LD, Licensed

Asian

Name	Telephone	Price Range (per persons)	Atmosphere & Meals Served
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Alosara Manama, Hooraa, Muharraq	17 240 098	Under BD5	Casual, D
Bangkok International, Umm Al Hassam	17 740 666	Under BD5	Casual, D
Bu Zinj Ali,	17 242432	Under BD5	Casual, D
Charcoal Grill Bab Al Bahrain, umm Al Hassam	17 223 531 17 729 115	Under BD5	Casual, LD
Fantasy Hooraa	17 292 832	Under BD5	Casual , BLD, Licensed
Monsoon Adliya	17 749 222	Over BD 10	Casual , BLD, Licensed
Paradise Manama	17 535 306	Under BD 5	Casual, LD
Salt & Pepper Sanad	17 623 535	Under BD 5	Casual, LD
Sun and Sand	17 311 366	Under BD 5	Casual, LD
Wholesale	17 595 950	Under BD 5	Casual, LD

Shawerma

Name	Telephone	Price Range (per persons)	Atmosphere & Meals Served
Shawarma Express Juffair, Khamis, Zinj, Sa'ar, Seef Mall, Riffa, Sitra Mall, BDF	17 729 922	Over BD5	Casual, BLD

Quick serve

Name	Telephone	Price Range (per persons)	Atmosphere & Meals Served
Burger King Country Mall, Diplomatic Area	17 271 701	Under BD5	Smart Casual, BLD
Burger Adliya, Muharraq Riffa, Sanad Budaiya, Land Hooraa,	17 716316	Under BD5	Smart Casual, BLD
DQ Grill & Chill Dana Mall, Airport Arrivals, Jawad Dome, Juffair, Manama, Salmaniya	17 271 701	Under BD5	Smart Casual, BLD
Hardee's Manama, Hooraa, Seef Mall Dana Mall, Juffair, Isa Town Riffa	17 711 112	Under BD5	Smart Casual, BLD

Jasmi's Juffair, Al A'ali Mall, Zinj, Arad Airport, Bahrain Mall, Hoorah, Marina Mall, Riffa, Seef, Zayed Town	17 727 887	Under BD5	Smart Casual, BLD
Kentucky Fried Chicken Adliya, Arad, Bukhawara, Budaiya, Hamad Town, Hoorah, Isa Town, Manama, Muharraq, Riffa, Sitra Mall, Bahrain Mall, Seef Mall Ext., University of Bahrain	17 711 111	Under BD5	Smart Casual, BLD
Marry Brown Zinj	17 257 778	Under BD5	Smart Casual, BLD
McDonald's Juffair, Bab Al Bahrain, Dana Mall, Exhibition Avenue, Muharraq, Riffa, Sakhir, Sa'ar Najibi, Seef Mall, Sitra Mall, Tubli	17 811 812	Under BD5	Smart Casual, BLD
Taza Tubli	17 784 997	Under BD5	Smart

Pizza

Name	Telephone	Price Range (per persons)	Atmosphere & Meals Served
Domino's Pizza, Arad, Budaiya, Juffair & Isa Town	17 677 777	Under BD5	Smart Casual, Snacks
Little Caesars Adliya, Budaiya	17 744 144	Under BD5	Smart Casual, Snacks
Papa John's Airport Arrivals, Bahrain Mall Jawad Dome, Juffair, Marina Mall, Nwaidrat, Seef Mall	17 271 701 17556 115 17 695 592 17 725 453 17 253 010 17 700 207 17 581 516	Under BD5	Casual, Snacks
Pizzabella Al Hamala, Juffair	17 611 751	Under BD5	Smart Casual, Snacks
Pizza Express Adliya	17 742 299	Under BD5	Smart Casual, Snacks
Pizza Hut Dana Mall, Gold City Hamad Town, Hoorah, Juffair, Muharraq, Riffa, Seef Mall, Sehla, Zinj	17 711 113	Under BD5	Smart Casual, Snacks
The Pizza Company Juffair	17 811 830	Under BD5	Smart Casual, Snacks

Middle Eastern

Name	Telephone	Price Range (per persons)	Atmosphere & Meals Served
Al Adliya, Al A'ali Mall, Bahrain Mall, Dana Mall, Riffa, Seef Mall, Sehla	17 714 222	Under BD5	Casual, LD
Al Sawani Near Marina Club	17 297 333	BD6-BD10	Casual, LD Licensed
Amasi Bahrain Carlton Hotel	17 715 999	BD6-BD10	Casual, LD Licensed
Amwaj Dajla Iraqi Mirador Hotel	17 312 000	BD6-BD10	Casual, LD Licensed
Chakmagia	17 558 500	Under BD5	Casual, LD
Khan Al Safir Hotel	17 827 999	BD6-BD10	Casual, LD Licensed
Khazana Seef Mall	17 735 380	Under BD5	Casual, LD
Teatro Dana Mall	17 558 500	Under BD5	Casual, LD Licensed

Tours

Kingdom of Bahrain has many different attractions to cater for a myriad of interests. For history lovers, there is the rich heritage of ancient civilisations which date back to over 5,000 years, with many temples and burials mounds to explore. A good place to start is the Bahrain National Museum where you can learn about Bahrain rich history throughout the millennia.

Forts at Riffa, Arad and of course the Bahrain Fort itself are remarkable examples of ancient architecture. Closer to the present, historically speaking, you can visit the restored houses of Muharraq which depict Bahraini style homes as they were during the last century. Or you can learn about the history of pearl diving at the pearl museum. More recent landmarks well worth the visit include Oil Well No. 1 and the 25 km King Fahd causeway which links Bahrain to Saudi Arabia.

Nature lovers may visit the Al Areen wildlife sanctuary and where they will see flamingos, ostriches, camels and the renowned Oryx, or take a trip to the centre of the Island and gaze in wonder at the Tree of Life which has survived for hundreds of years in the middle of the desert. If your interest is sports, then take a Friday trip to the racecourse at Sakhir. And whilst you're there, why not pop across to the Bahrain International Circuit for some motorsports fun, or enjoy the nearby water sports at the Lost Paradise of Dilmun Water Park, the largest and most advanced water park in the Middle East.

Stamps and Currency collectors will have a field day at the stamps and currency museums.

And for those of you interested to know more about Islam, then head for the Al Fateh Mosque in the new Juffair area where friendly guides are ready to enlighten you.

Museum

Bahrain National Museum. A rich collection of Bahrain's ancient archaeological artifacts is on display at the Bahrain National Museum. The museum covers 6,000 years of Bahrain's history. The complex includes four halls: one devoted to archaeology and the ancient civilisation of Dilmun, while two halls depict the culture

and lifestyle of Bahrain's recent pre-industrial past, and the fourth is devoted to natural history, focusing on the natural environment of Bahrain featuring specimens of Bahrain's flora and fauna.

Oil Museum and the First Oil Well. As the name suggests, this is the first oil production well in the Arabian Gulf and is located in Bahrain. The museum showcases the history of the oil industry in Bahrain for over a century. The Oil Museum houses some fascinating exhibits, including drilling equipment, documents, old photographs and a working model of an oil rig.

Museum of Pearl Diving. The Museum of Pearl Diving's building is regarded as one of the most important and historic buildings in Bahrain. Its importance derives from being the first official location of the Bahrain Courts prior to becoming the museum.

Bait Al Qur'an. This landmark building, meaning House of the Qur'an, was built to accommodate a comprehensive and valuable collection of the Holy Qur'an and related manuscripts, a collection unique in the Arabian Gulf. All visitors are welcome, and the complex comprises a mosque, a library, an auditorium, a school and museum consisting of five exhibition halls.

Currency Museum. The museum displays a comprehensive collection of the currency used in Bahrain from the beginning of Islam until modern times. The collection is priceless and includes some very rare coins. The museum is located on the Bahrain Central Bank premises.

Stamps Museum.

A remarkable collection of all the stamps issued and used in Bahrain are in display. The museum is located in the Ministry of Transportation building.

Rashid Al Oraifi Museum. This museum is an adaptive re-use of the Al Oraifi family's private residence where artwork, inspired by the Dilmun culture and history by one of Bahrain's most talented artists, Rashid Al Oraifi, is on display.

Tourist Attractions

Al-Fatih Mosque (also known as Al-Fatih Islamic Centre/Grand Mosque) is Bahrain's largest mosque. Besides being a place of Islamic worship where people of all faiths are welcome, it is one of the major tourist attractions.

Khamis Mosque is believed to be the first mosque in Bahrain, built during the era of the Umayyad caliph Omer II. It is considered to be one of the oldest relics of Islam in the region with the foundation of the mosque believed to have been laid as early as 692 AD.

Arad Fort is a 15th century fort in Arad built in a typical Arab style. Close to the Bahrain International Airport, the fort has been extensively renovated and presents a magnificent sight when it is illuminated at night. Little is known of the history of the fort and there is no firm evidence of the precise date of construction; however, comprehensive excavations are in process in order to discover its past.

Bab Al Bahrain means 'Gate of Bahrain' and is located in Manama's central business district. Built by the British in the 1940s, it housed the government offices of the time and marked the coastline which since has been reclaimed.

Manama Souq is a bustling marketplace with numerous traditional as well as modern shops. The souq (marketplace) is located in the heart of the city, near Bab Al Bahrain. All kinds of spices, fabrics, kaftans, handicrafts, souvenirs, dry fruits, nuts, and just about everything one can imagine are on view and available for purchase.

Gold Souq. The Gold Souq is well worth a visit, and all the gold on display is of the highest purity and hallmarked as 18 carat and 21 carat. The Bahraini pearls available for sale are the only natural pearls in the world today and every one unique.

Barbar Temple is an important archaeological site located in the village of Barbar. The most recent of the three Barbar temples was discovered by a Danish archaeological team in 1954. A further two temples were discovered on the site with the oldest dating back to 3,000 BCE.

Bahrain Fort is an archaeological site composed of an artificial mound created by human habitation ranging in age from 2,300 BCE up to the 17th century CE. Archaeological evidence indicates that the site once served the capital of the Dilmun civilization, and most recently as a Portuguese fort. Due to its archaeological

importance it was designated as a UNESCO World Heritage Site in 2005.

Dilmun Burial Mounds. The Dilmun Burial Mounds is a necropolis dating back to the Dilmun era. A Danish group excavating what they considered a city of the Bronze Age came across artifacts dating back to around 4,100 - 3,700 BCE within the tumuli.

King Fahd Causeway is a multiple causeway and bridges combination connecting Khobar, Saudi Arabia with the island nation of Bahrain. The 25 kilometer causeway officially opened to traffic on November 25, 1986.

The Tree of Life is a 400-year old mesquite tree in Bahrain considered a natural wonder. This lone tree rises from the desert and nurtured by a source of water the origin of which remains a mystery as no aquifers are known to exist at the tree's location

Siyadi House This is one of the most impressive examples of a 19th century house built by the pearl merchant Ahmed Bin Qassem Siyadi, and has many fine features to look out for, including ornate ceilings, stained-glass windows, carved screens and a large safe set into the wall of a small, upper reception room.

Salman bin Ahmed Al Fateh Fort Standing on a low escarpment overlooking the valley between East and West Riffa, the fort held an ideal strategic position during the 18th century. In more recent times, it was used as a private dwelling, but it has now been restored and is open to the public. A section in Arabic calligraphy, including a beautiful display of illuminated Qur'an and other religious documents, is breathtaking, and course of visit would not be complete without viewing the traditional trades and crafts which have been cleverly displayed in a reconstruction of a typical souk of the 1930s.

Al-Jasra House The house was built by Shaikh Hamad bin Abdulla Al Khalifa in 1907, and was the birthplace of the late Amir in July 1933. When the family moved to Riffa later in the 1930s the building fell into disrepair, but was restored in 1986 and is now open to the public.

Shaikh Isa's house in the old town of Muharraq, was once the home of Shaikh Isa Bin Ali Al Khalifa, the ruler of Bahrain at that time. It provides a fine example of local architecture, complete with wind tower, wall carvings and lattice work, and is representative of traditional 19th century life.

Bahrain International Circuit In a unique desert venue, the Bahrain International Circuit is undoubtedly the most technologically advanced and architecturally stunning race track in the world. It is not only an exciting racing circuit, but it also offers unparalleled opportunities and attractions. The Driving Days is fast becoming one of the most popular activities that the BIC has to offer. This intensive program gives a taste of the wide variety of on-track and off-track activities that can be experienced at the award-winning circuit making it a one-of-a-kind experience. The website to visit is www.bahraingp.com.bh Lost Paradise of Dilmun Water Park Whether it is a relaxing river or thrilling high-speed descent, the Lost Paradise of Dilmun has something for you. Bahrain's first fully themed water park is a perfect blend of top-class water attractions and facilities, stunning architecture and an ambience that makes your day one you won't forget. Over 14 slides and attractions are blended seamlessly to create a desert oasis and garden of paradise for guests to enjoy: spa pools, interactive children's wet play area and family raft ride to name a few. The park also features the Gulf region's largest wave pool, the first in the region with a natural sandy beach. The website to visit is www.lpodwaterpark.com.

A'ali Pottery Workshop You can watch the potters at work at the A'ali Pottery Workshop where traditional methods using ancient kilns in a tradition that has been handed down generation after generation.

Al Jasra Handicrafts Centre Located in the village of Al Jasra, you experience the practice of local crafts where the centre is divided into small rooms, each containing craftsmen engaged in the traditional arts of pottery, cloth and basket weaving. Souvenirs are also available for purchase

Textile Weaving Located in the village of Bani Jamra, weavers produce works of arts on their manually operated looms. The looms need excellent co-ordination with nearly 2,600 threads extending for about 30 meters.

The Craft Centre The craft centre is run entirely by Bahraini women and has some of the most exquisite creations you will find, ranging from jewellery, iron, wood and paper products to embroidered and crocheted goods as well as highly artistic Arabic calligraphy.

Dolphin Watching Take a boat trip from the Bahrain Yacht Club and watch the dolphins and manatees playing in the warm Gulf waters. See local fisherman head out in traditional wooden dhows to catch the prized hammour, a member of the Grouper family. www.bahrainyachtclub.com.bh Pearl Diving Bahrain

is famous for its pearls, and you can try your hand at pearl diving and maybe take home one of these natural gems of the sea. Bahrain Yacht Club www.bahrainyachtclub.com.bh

Bird Watching The Kingdom and the Hawar Islands in particular, are a haven for native and migratory birds including flamingos, bulbuls (nightingales), ospreys and sooty falcons. Bird watchers are strongly advised to take the 20 km boat trip to the Islands. Boats depart from Ad Dur Jetty at 10am daily.

Shopping

Designer names, international brands, local flavour - whatever your preferred form of retail therapy, Bahrain's got it all. From exclusive boutiques, to modern malls, to bargain hunting at the souk, there's something for every occasion and every wallet.

For modern-style shopping, there are state of the art malls. Of the biggest malls, Al A'ali Shopping Complex and Seef Mall are located in the Seef area, and Bahrain Mall and Dana Mall are located in the adjacent Sanabis area. The newly-opened Sitra Mall is a little further off Sitra bridge.

The next major project expected to be completed is the Bahrain City Centre mall, a fully-equipped leisure complex with a shopping mall, kids' play area, cinemas, two hotels and a water park, due to open in 2008.

Other smaller, centrally located malls offer a wide variety of goods. The malls include the Yateem Centre (located in the Manama suq), Marina Mall, Lulu Mall (well known for fabrics), GOSI Centre (specialising in telecommunications products and accessories) and Bahrain Commercial Complex, (better known as the Sheraton Complex due to its proximity to the hotel), which is rapidly expanding.

For a complete shopping in Bahrain visiting the traditional suqs is a must. The biggest and most popular is the Manama suq. Others well worth a visit are the Muharraq Suq, the Iranian suq in Isa Town (second hand goods, low cost household items and a bird market), Suq Waqif in Hamad Town (fresh fruit and vegetables), and of course Manama Central Market and the Fish Market, provide a fascinating insight into local trading and produce.

The suburbs are well served by Riffa Mall, Al Alawi complex in Nwaidrat and Isa Town Mall – each serving their local community with a cross section of goods. Other malls, with a food retailer as the anchor store, include Jawad Dome in Barbar, the Najibi Centre at Saar, and Al Jazira Centre in Mahooz.

You can't miss Ramez, a huge multi-purpose store; it is the right place for bargain hunters and families alike, selling a mixture of household. It's the perfect place to stock up in bulk for parties or other celebrations, or simply for those with big families.

It's true to say that Bahrain boasts a multitude of other unique, individual retail outlets, too numerous to mention, scattered around the suburbs of Manama and beyond. There are handmade chocolates to sample, designer boutiques, local art galleries, antique stores and artefact sellers galore.

Seef Mall

It is the country's biggest and best-known mall with a host of international retails brands, tons of places to eat, and a 16-screen cinema. www.seefmall.net

Bahrain Mall

Located in the heart of Bahrain's retail district with over 120 international brands, Bahrain's only hypermarket, and exciting events all year round, The Bahrain Mall is the shopping hub for families and visitors from all over the world. It covers an area of 750,000 square feet with ample parking facilities for up to 1,600 cars. www.thebahrainmall.com

Dana Mall

The Mall Caters for all its clientele needs offering a variety of exclusive retail shopping outlets with a relaxing umbrella of coffee shops all around. An entertainment theme park grants full amusement to all family members topped with most exclusive cinema complex in the region, offering 12 screens of the highest international calibre and most distinguished in the latest fashion and design.

www.danamall.net

Yateem Centre

Comprising more than 10,000 square meters of built-up accommodation, Yateem Centre comprises over five levels; it is the first shopping mall in Bahrain.

www.yateemcentre.com

Al A'ali Shopping Complex

A shopping mall with traditional Bahraini motifs and elements, it hosts Bahrain elite shopping brands.

Accommodation

There are almost one hundred hotels in Bahrain, ranging from luxurious five-star hotels through to the many different budget hotels, there are options for everyone. In addition there are dozens of attractively furnished flats and guesthouses.

Most of the hotels are located in Manama with few exceptions. All five and four stars hotels provide airport pickup services, if notified in advance, and they will always be able to help with advice on where to go and what to see.

Hotels in Bahrain are fully equipped to handle all kinds of functions, events and business meetings. Most top-class hotels have business centres, swimming pools and health centres.

Five star hotels have uniform room rates for standard rooms so there's no need to shop price but look at quality and features, choosing a hotel suiting your requirements.

All hotels apply a service charge (15%) and a government levy (5%). Major international currencies could be used in most of the hotels in Bahrain.

Five Star Hotels

Banyan Tree Desert Spa and Resort, Al Areen

Tel: + 973 17 84 5000

Fax: + 973 17 84 5001

www.banyantree.com/en/alareen/index.html

The Ritz-Carlton, Bahrain Hotel & Spa

Tel: +973 17 580 000

Fax: +973 17 580 333

www.ritzcarlton.com/en/Properties/Bahrain/

Crown Plaza Hotel

Tel: +973 17 531 122

Fax: +973 17 530 154

<http://www.ichotelsgroup.com/>

Diplomat Radisson SAS

Tel: +973 17 531666

Fax: +973 17 530843

<http://www.manama.radissonsas.com/>

Golden Tulip Hotel

Tel: +973 17 535 000

Fax: +973 17 523 020

<http://www.goldentulipbahrain.com/>

Gulf Hotel

Tel: +973 17 713 000

Fax: +973 17 713 040

<http://www.gulfhotelbahrain.com/>

The Moevenpick Hotel

Tel: +973 17 460 000

Fax +973 17 460 001

www.moevenpick-hotels.com/hotels/Bahrain

The Regency InterContinental

Tel: +973 17 227 777

Fax: +973 17 229 929

<http://www.intercontinental.com/manama>

Sheraton Bahrain Hotel & Towers

Tel: +973 17 533 533

Fax: +973 17 534 069

www.sheraton.com/bahrain

Four Star Hotels

Al Bander Hotel & Resort

Tel: +973 17 701 201

Fax: +973 17 701 491

<http://www.albander.com/>

Al Safir Hotel

Tel: +973 17 827 999

Fax: +973 17 827 888

<http://www.alsafirhotel.com/>

Best Western Elite Hotel

Tel: +973 17 827 600

Fax: +973 17 827 666

<http://www.bestwestern.com/reservations/me/bh/>

Elite Grande Hotel

Tel: +973 17 558 888

Fax; +973 17 558 222

<http://www.elitegroup4u.com/>

Elite Resort and Spa

Tel: +973 17 558 888

Fax; +973 17 558 222

<http://www.elitegroup4u.com/>

Elite Suites Hotel

Tel: +973 17 558 888

Fax; +973 17 558 222

<http://www.elitegroup4u.com/>

Gulf Gate Hotel

Tel. +973 17 210 210

Fax. +973 17 213 315

<http://www.gulfgatehotel.com/>

Mercure Grand Hotel

Tel: +973 17 584 400

Fax: +973 17 584 401

<http://www.mercurebahrain.com/>

Novotel Al Dana Resort

Tel: +973 17 298 008

Fax: +973 17 298 338

<http://www.novotel-bahrain.com/>

Pars International Hotel

Tel: +973 17 814 777

Fax: +973 17 814 778

<http://www.parsbahrain.net/>

Ramada Hotel

Tel: +973 17 742 000

Fax: +973 17 742 809

<http://www.ramada.com/>