

OURS. YOURS.  
*Bahrain*





His Royal Highness Prince  
Salman bin Hamad Al  
Khalifa. Crown Prince & Prime  
Minister.



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



His Highness Sheikh Isa  
bin Salman Al Khalifa. Late  
Emir of Bahrain.

OURS. YOURS.  
Bahrain



## Bahrain

«El Bahrain» in Arabic means the «two seas», specifically referring to the unique natural phenomenon where fresh water springs burst out in the middle of the Arabian Gulf, creating the natural habitat for the rarest types of natural pearls. The island ancient names were Dilmun, Tylos, Arados , Awal and presently the Kingdom of Bahrain.



## Our welcome Your pleasure

Our hospitality: it is, perhaps, the thing that impresses when you arrive; and what lingers longest once you've left. Being a trading nation that has welcomed the world for over 4,000 years, putting our guests first has become second nature. To visit Bahrain is to know Bahrainis.

Our people are our most precious natural resource. Their readiness to smile and eagerness to help are legendary.

And we couldn't be easier to find. Our cluster of thirty-three islands sits happily in the heart of the Gulf. Flights from most cities in the region take less than an hour. Saudi Arabia is a short drive across the causeway. And wherever in the world you're travelling from, our navigable and well-connected airport makes Bahrain the gateway to the Gulf.

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Gulf Air, the national carrier of the Kingdom of Bahrain, commenced operations in 1950, becoming one of the first commercial airlines established in the Middle East. We operate daily flights to cities in Europe, the Middle East, Africa, Indian sub-continent and the Far East from our hub at the new Bahrain International Airport terminal building with a combination of wide and narrow body fleet of Boeing and Airbus aircraft.

Proudly carrying our national tradition, we are renowned for our Arabian hospitality evidenced by our signature family and business friendly products. As the national carrier, we connect Bahrain to the world and, as such, are a key national infrastructure asset, serving as a powerful driver for the economy and supporting the Kingdom's on-going economic growth.

Visit [www.gulfair.com](http://www.gulfair.com) to learn more about us.



# Bahrain Profile

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

Geographic Coordinates: °26.0667 N, °50.5577E

Capital city: Manama, 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, Jews and other religions.

Currency: Bahraini Dinar (BD) (USD 1 = 0.376 BD, fixed peg)

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

Languages: Arabic is the official language and English is widely spoken (used as the business language)





Broadly speaking, the year may be divided into two main climatic periods from June to September and from December to March, separated by two transitional periods April/May and October/November.

Average daily sunshine is 9 hours, average annual rainfall is 70.8mm.

Winter temp. range: °76.28-62.6F (°24.6-17C)

Spring temp. range: °79.16-71.06F (°26.2-21.7C)

Summer temp. range: °103.82-89.6F (°39.9-32C)

Autumn temp. range: °100.22-86F (°37.9-30C)

**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.



# Bahrain Profile

By: Maeve Kelynack Skinner

Special Thanks to Ali Mushaima of bahrainguide.

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 'thnain 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 luster to oysters found only at this confluence of the two seas. Bahrain was the pearling center 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.'

Bibby verified the existence of Dilmun, 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, platings 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 jewelers 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

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 oil field 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 center 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.



# 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, 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, modern appliances, unusual trinkets, traditional clothing or bright col-



ored Indian fabric, bargaining – and sometimes intense negotiating – is welcomed and expected. Don't worry about language barriers; English is widely spoken and understood. 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. 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.



## Bahrain Fort and Site Museum

Known as Dilmun in ancient times, Bahrain's rich trading history is reflected in numerous archaeological sites, the most fascinating of which is the Bahrain Fort site that is registered as a UNESCO World Heritage site. The fort is located atop a 17.5 hectare artificial hill that has been built over more than 4000 years of continuous occupation. It is the site of the former capital of Dilmun and one of the most important archaeological sites in the Arabian Gulf. The excavations over the past 50 years have revealed residential, public, commercial and military structures that testify to the importance of the site over the centuries. These findings are brought to life by an audio guide available at the site museum.

Open to the public since 2008, the site museum display area consists of 5 exhibition halls organized around a massive Tell Wall. With 500 artefacts showcased, the long settlement history of the site is evoked to the unique backdrop of the wall, which recreates the different archaeological layers uncovered at the site. The seaside café of the museum offers a stunning view over the fort and the surrounding palm groves.





# Sheikh Salman Bin Ahmed Al Fateh Fort

Sheikh Salman bin Ahmed Al-Fateh Fort, commonly known as Ri a Fort due to its location in Ri a, is an historic landmark and stands witness to one of the most important junctures in Bahrain's history. Within its beautiful architecture lives the memory of the ruling family of Bahrain, the Al Khalifas.

A series of programs were organized by the Bahrain Authority for Culture and Antiquities have brought life back to the fort and not only present a chronological history of the Al Khalifa family but showcase the interior space designed by the French rm, La Meduse and the local engineering rm, PAD, which took its inspiration from the fort's history and people.

The fort also houses the Saffron Café, which overlooks the picturesque Al-Haniniya Valley, offering visitors the perfect ambience created by the site's history and environment.



# The Pearling Path

UNESCO World Heritage Site  
Date of Inscription: 2012

As of 2012, “Pearling, Testimony of an Island Economy” has become the second World Heritage Site of the Kingdom of Bahrain as the testimony of its millennia-old pearl collecting tradition and the globally significant single-product island economy and social system it produced.

“Pearling, Testimony of an Island Economy” is a serial nomination consisting of 15 property components: three vast oyster beds located in the northern territorial waters of Bahrain, one seashore site at the southern tip of Bahrain’s Muharraq Island, and nine clusters of historic buildings consisting of seventeen architectural structures embedded in the urban fabric of Muharraq city. Taken together, the fifteen individual sites reflect the final expression and last remaining – and thus outstanding – example of a cultural tradition that dominated the Arabian Gulf from prehistory to the early 20th century.



Although Muharraç's pearling economy subsided in the 1930s, the grand narrative it produced remains the most significant source of Bahraini cultural identity. More than a mere "story", this grand narrative is a comprehensive, shared memory and a thorough explanation of historical experience and traditional knowledge that provides meaning to contemporary identity throughout the Arabian Gulf.

# Old Houses of Muharraq

Muharraq, the former capital of Bahrain, is known for its cultural contributions through the many restored traditional Bahraini houses that can be found amidst the narrow lanes and byways. The Sheikh Isa bin Ali House is Bahrain's most impressive example of Gulf Islamic architecture featuring four courtyards, beautifully carved wooden doors, and perforated gypsum panels.

The Sheikh Ebrahim Bin Mohamed Al Khalifa Center for Culture and Research provides an important insight into several particularly interesting aspects of Bahrain's heritage. From embroidery at Kurar House to a splendid showcase of Bahrain's pearling history at the Bin Matar House, the former home of a renowned pearl merchant, the various houses reflect Sheikh Ebrahim Center's commitment towards preservation of both traditional architect and history.

The collection of houses include the Sheikh Ebrahim Lecture Hall, Iqra Children's Library, Heraf al Diyar, Nukhida House (the first house to be restored along the Pearling Path), Kurar House, Abdullah al Zayed House, Bin Matar House, Bu Zaboona House, Mohammed bin Faris House that all showcase different aspects of Bahrain's rich heritage. Hosting regular art exhibitions and film screenings in the old city is Maison Jamsheer, another example of the traditional courtyard houses, which is situated a stone's throw away from Sheikh Ebrahim Center.





## Sheikh Isa Bin Ali House

The House of Sheikh Isa bin Ali Al Khalifa was his residence and the seat of his government. This beautiful house offers insight into the royal life in the 19th century. It consists of several rooms arranged around four courtyards and characterized by its wind towers. It is considered one of the most impressive example of Gulf Islamic architecture on the island.



# Dilmun Burial Mounds

UNESCO World Heritage site  
Date of Inscription: 2019

The Dilmun Burial Mounds is a serial property formed by 21 archaeological sites located in the western part of the island of Bahrain. Six of the selected site components are burial mound fields consisting of some dozen to several thousand tumuli. Together they comprise about 11,774 burial mounds. The remaining 15 site components consist of 13 single royal mounds and two pairs of royal mounds, all embedded in the urban fabric of A'ali village.

The Dilmun Burial Mounds were constructed during the Early Dilmun Period over a time span of 300 years, approximately between 2050 and 1750 BCE. The property encompasses the most representative sites of Late Type Early Dilmun Burial Mound construction.

The burial mounds bear witness to the flourishing of the Early Dilmun civilization around the 2nd millennium BCE. During that period, Bah-



rain gained economic importance on an international level as a trade hub which led to population growth and, as a consequence, to a more diversified social complexity. The latter is best reflected in the extensive necropoleis with their variety of graves, comprising burial mounds of various size, as well as chieftain mounds and the grandest of them all, the so-called royal mounds.

Archaeological evidence shows that the burial sites were originally not constructed as mounds but as cylindrical low towers. The royal mounds, characterized by their pronounced sizes and elaborate burial chambers, were constructed as two-storeyed sepulchral tower forming a ziggurat-like shape. The Dilmun Burial Mounds illustrate globally unique characteristics not only with regard to their numbers, density and scale but also in terms of construction typology and details, such as their alcove-equipped burial chambers.

# 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.



## 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 neighborhoods. 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.



## 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. With six themed islands each offering a different living experience: Tala; Najmah; Asdaf; Murjan; Jood and Lulu.



## 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 practicing 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.

#### The Lagoon

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, socialize and explore. You and your children can even hire bikes and trikes for a fun ride around!

#### GrafEATii Bistro and Bowl

All-day dining options with an extensive international cuisine menu of mouth-watering treats that cater to all taste buds, including the little ones. It also has 10 bowling lanes, and a resident DJ to put you just in the right frame of mind to knock down some pins.

GrafEATii is open 7 days a week, from 10am – midnight on weekdays,







## 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.



# Bahrain National Museum

The Bahrain National Museum was officially inaugurated by the late Amir H.H. Shaikh Isa Bin Salman Al-Khalifa on 15 December 1988. It was considered one of the finest museums of its kind in the Gulf region. Today, the Bahrain National Museum is one of the island's main cultural landmarks.

Conceived and designed by Krohn and Hartvig Rasmussen, the outstanding building is characterized by its white travertine marble facade and is centrally located on an artificial peninsula overlooking the island of Muharraq. The museum complex is composed of two connected buildings with approximately 20,000 square metres of floor space. The main building houses the permanent exhibition area, temporary exhibition halls, an art gallery, a lecture hall, gift shop and café. The administrative offices, curatorial research areas, conservation laboratories, exhibition construction and collection storage areas are located in the administrative building.



# Bahrain National Theater

## Bahrain National Theatre

Bahrain National Theater opened in November 2012 under the patronage of His Majesty King Hamad bin Isa Al Khalifa. The Bahrain National Theatre hosted a number of global performances from some of the world's foremost artists, such as the Orchestra of the 21st Century of Russia, legendary composer Yannī, Spanish opera superstar Plácido Domingo, the Bolshoi and Mariinsky Ballets from Russia, and Il Divo. Built on an area of about 12,000 m<sup>2</sup> overlooking the sea, the -1,001 seat theatre is located next to the Bahrain National Museum. Its unique architectural design and wood-covered interior walls draw inspiration from the tales of 1,001 Arabian Nights.

The Bahrain National Theater is one of the largest theaters in the Arab world, and is the third largest opera house in the Arab world after the Cairo Opera House in Egypt and the Royal Opera House Muscat in Oman.



## 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, jewelry, home, cuisine and more.

### Bahrain City Centre

Strategically located in the heart of Manama, introducing a world-class retail ambience. Variety of family entertainment includes a waterpark, cinema complex and over 50 food court from all over the world.

### Bahrain Dragon City Mall

Dragon City offers unique wholesale and retail opportunities to local consumers, trade customers and tourists. The retail development encompasses Dragon Mall and a themed "Dining Village. Incorporating over 360 commercial units for both retail and wholesale trade.



### 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 jewelry brands. Selection of over 55 restaurants, food stalls, coffee shops and cafes in two food courts.

### The Avenues – Bahrain

The first commercial and entertainment mall of its kind in the kingdom with a unique seafront location extending 1.5 km, is slated to open in October with 50 per cent of its retail space allocated for restaurants and cafes that will overlook Bahrain Bay. The mall brings a new concept to Bahrain, with a design inspired by The Avenues- Kuwait, and gives visitors an outdoor feeling while remaining indoors, protected from the heat by an ETFE (Ethylene Tetrafluoroethylene) roof, which is



## Our Flavours

Traditional taste includes vibrant colors, taste and aroma from dried nuts, green cardamom and more makes a perfect Bahraini meal.

### Traditional Food

#### Qoozi

Grilled lamb served with rice, boiled eggs, cooked onions, spices and mixed nuts.

#### Machboos

Fresh chicken, prawns, meat or Hamoor fish served with rice mixed with curry.

#### Bahraini Kebab

Deep-fried vegetarian balls made of chickpeas flour.

#### Safi

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.

Muhammar

Dish of sweet rice serviced with fried Safi (rabbit fish) or/and Chanad (mackerel fish).

Gahwa

Is the traditional welcoming coffee that is often served with cardamom and saffron added to it.

Halwa

Traditional Bahraini dessert that is stuffed with cardamom and pistachio.









# Things to do:

By: Mary Coons

## Pottery Making at A'ali Pottery

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.

## Cycling Tour

Find the right bike route for you through Bahrain, where you can find many cycle routes to explore. The routes you most commonly find here are of the flat type. Most people get on their bikes to ride here in the months of May and August.

## 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 herds.

## 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.

#### Dolphin watching

Take a -40minute boat ride to the Hawar Islands and look out for the dolphins and manatees (Sea Cows) who play in the calm Gulf seas while stingrays stalk through the shallow waters.

#### Scuba Diving

Few spots in the world have such an abundance of oyster beds, and divers are free to collect as many shells as they can carry on specially organised pearl-diving trips run by certified diving schools. According to the statistics, you might find one pearl of value in every 100 shells .

#### 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 desert escapade with a twist of the modern amenities while enjoying fun with friends and families.



# Pearl Diving

## DIVE DEEP INTO AN UNFORGETTABLE EXPERIENCE

Bahrain, known as the pearl of the Gulf, has always been the global destination for the world's finest natural pearls. It is one of the few countries in the world that allows members of the public to experience the thrill of pearl diving, and has the healthiest and most abundant oyster beds in the region. Enthusiasts can experience the thrill of pearl diving in deep waters or even snorkeling in shallow waters by booking day-excursions through one of the many licensed dive centers.



Unlike anywhere else in the world, local and foreign tourists on sanctioned trips have the option to keep or sell any pearls that they find. Anyone who finds a pearl in Bahraini waters is encouraged to get it examined, tested and certified by Danat as a natural saltwater pearl. For more information on how you can undertake your own treasure hunt, visit: [www.pearldiving.bh](http://www.pearldiving.bh)



## 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. Begin-



Tning 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 nd a souvenir of a wonderful trip. The Open Tour runs every Sunday, Tuesday and Thursday; throughout the year at 10am or 2pm). Book by calling BIC's Contact Centre on + 973 17450000 or emailing the sales team on [info@bic.com.bh](mailto:info@bic.com.bh)

The guides are bilingual (Arabic and English).



# 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."

A photograph of two go-kart racers on a track at night. The racers are wearing helmets and racing suits, and their karts are illuminated by track lights. A large, illuminated sign in the background reads "BAHRAIN INTERNATIONAL KARTING CIRCUIT". The sign has a red background with white text and a green and white striped pattern on the left side. The track is dark, and the foreground shows a blurred white line on the asphalt.

**BAHRAIN INTERNATIONAL**  
**KARTING CIRCUIT**

## Karting BIC

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

## Open Track Cars BIC

If you have ever dreamed of being a champion racing driver, then this could be the event for you. The Open Track experience offers a thrilling trackside experience for all drivers. Find more details on the following Page.

## Gravity

Bahrain's first indoor skydiving experience awaits you!

You can't resist the incredible feeling of a freefall in one of the tallest wind tunnels in the world; with an overall height of 12 meters, constructed with tempered glass.

Jump in just like you would from an aircraft, but without a parachute, and even without boarding an airplane in the first place! Everyone can enjoy this bodyflight experience, except for those reluctant to go on a life-changing adventure.



# Bahrain Visa Guidelines

## Visa Requirements

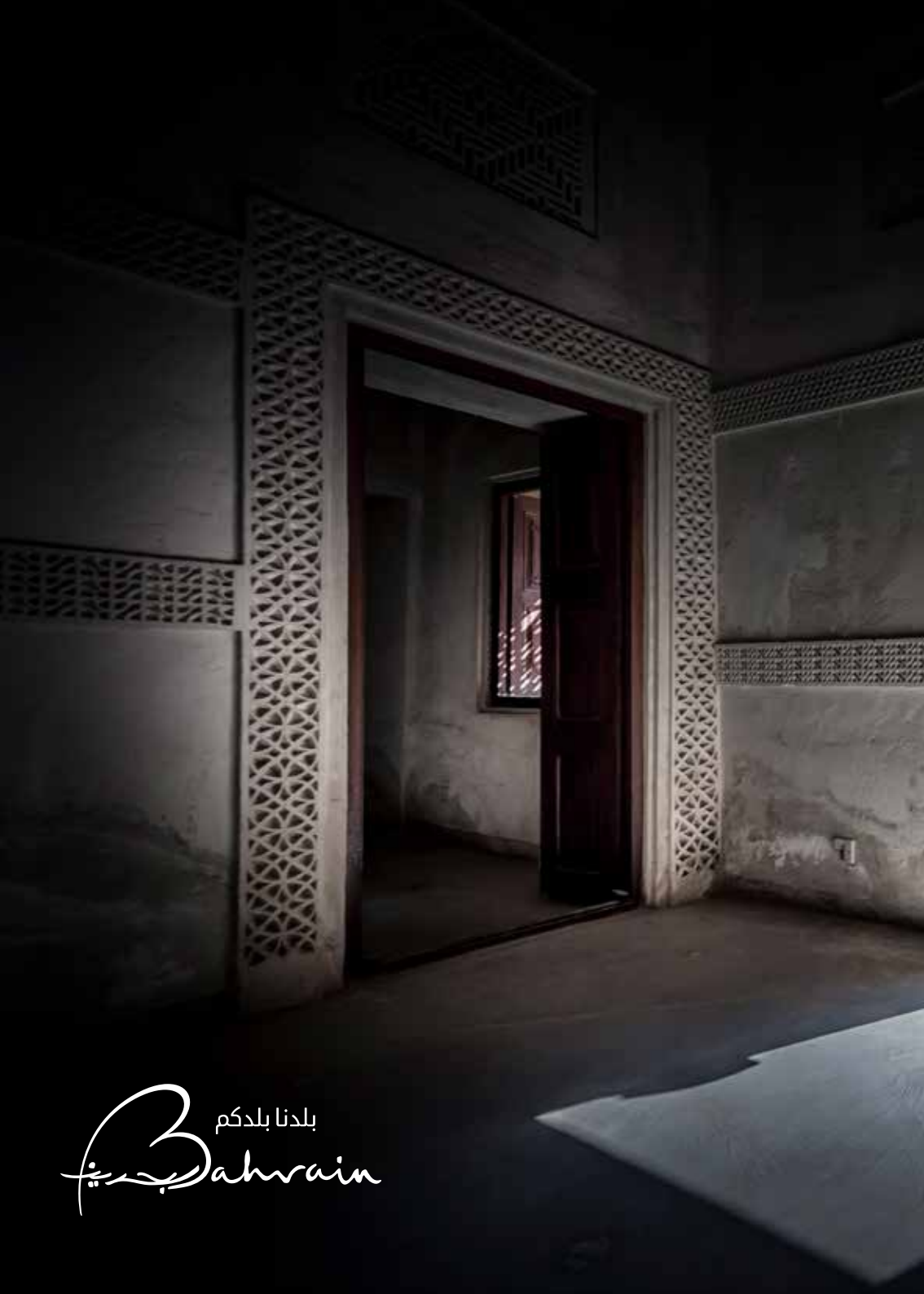
People wishing to visit or work in Bahrain would now be able to know if they are eligible for a visa, apply and even view its status electronically without the need of being present in person.

The Bahraini government is trying through these services to help people get their visa applications processed in the fastest time possible without any delays as requirements are clearly stated for the e-visa to be issued.

You can determine if you are eligible for any visa and what's required online: [www.evisa.gov.bh](http://www.evisa.gov.bh)



There will be no need to make phone calls or be present at the directorate and status updates will be completely visible online through visiting online visa status service



بلدنا بلدکم  
Bahrain