

# BAHRAIN Visitor Guide

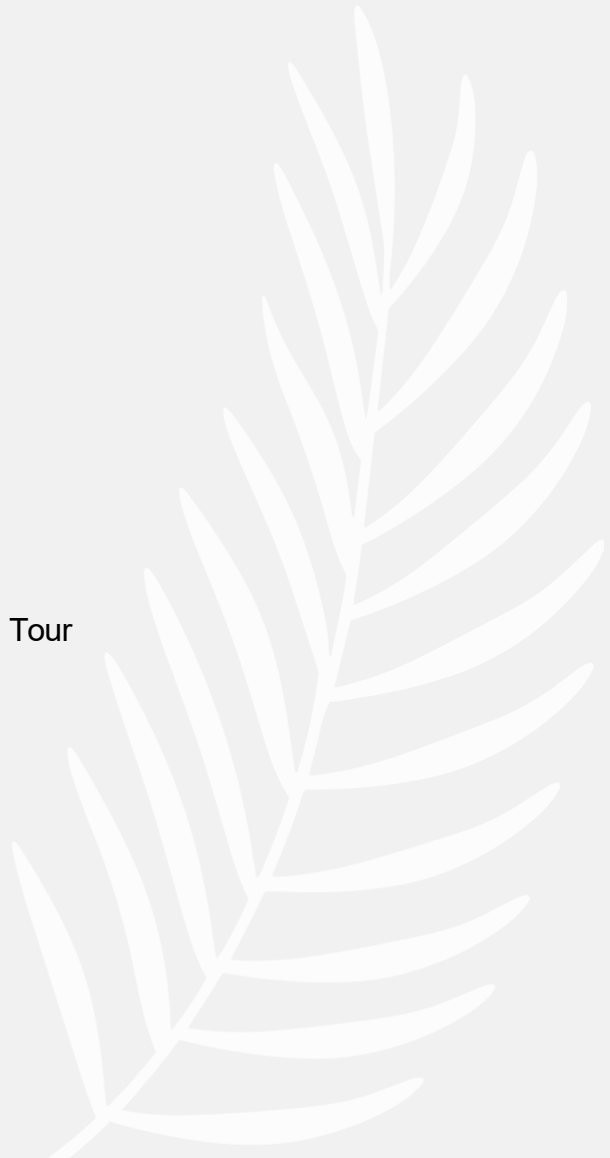




# TOURS



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# MANAMA & MUHARRAQ SIGHTSEEING TOUR

## Itinerary Suggested Stops:

- Al Fateh Mosque
- Bahrain National Museum
- Muharraq Renovated houses
- Bahrain Fort

## Description

Explore the northern side of the Kingdom and discover the breath-taking array of cultural spots and interesting locations including Al Fateh Mosque – one of the largest mosques in the world as well as one of the first museums in the Gulf, Bahrain National Museum, which opened in 1988. After you have explored the exhibition halls showcasing local customs, traditions and an array of artefacts uncovered at various archaeological sites, the next stop will be Muharraq Souq – an atmospheric bazaar, where you can purchase beautiful fabrics and Bahraini pearls. Last on the agenda is UNESCO World Heritage Site, Qal'at Al Bahrain. Set on a 17.5-hectare

artificial hill, it is the site of the former capital of Dilmun and is one of the most prolific archaeological digs in the Arabian Gulf.

You will be transported through history with a knowledgeable guide who will proudly share their experience and passion for the country. There is plenty to see on this carefully designed tour, which aims to give you a look into the many hidden gems located around the northern side of Bahrain, while presenting plenty of photo opportunities and creating beautiful memories of an exciting vacation.

# ANCIENT GARDEN OF EDEN

## Itinerary Suggested Stops:

- Camel Farm
- Bahrain International Circuit
- Oil Field (Jabal Dukhan)
- Tree of Life
- Riffa Fort

## Description

Take an awe-inspiring trip around the southern part of Bahrain, which hosts a magnificent array of sites. First, you'll visit the camel farm and perhaps have the chance to taste some camel milk, before heading to Bahrain International Circuit - the 'Home of Motorsport in the Middle East' and host of the Formula One Gulf Air Bahrain Grand Prix. Once you've taken some holiday snaps, there is plenty more to see as you navigate the oil fields, visit the Tree of Life – famous for

surviving for over a century with no source of water, and finish off the tour with the beautiful Riffa Fort which is steeped in history. The fort was converted into a residence in the 19th century for Shaikh Salman Bin Ahmed Al Fateh Al Khalifa and offers a view that one cannot afford to miss. Along the way, your passionate and well-versed tour guide will explain the significance and unique aspects of each stop while answering any questions you may have.







# FRIDAY SPECIAL TOUR

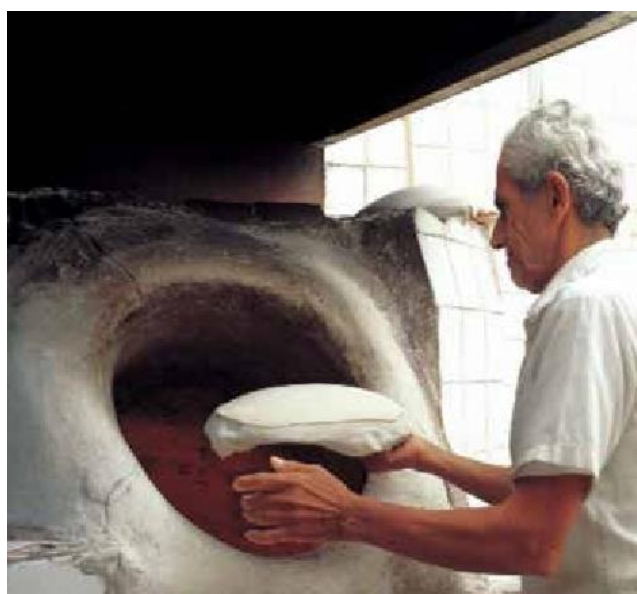
## Itinerary Suggested Stops:

- Al Khamis Mosque
- Bahrain National Museum
- Bahrain Fort
- Manama Souq
- Traditional Friday Bahraini Machboos

## Description

Take a walk through history and discover beautiful architecture of years gone by while gaining insight into the Dilmun era, as well as the significant developments the Kingdom has undergone. Along the way, there will be plenty of photo opportunities and your tour guide will deepen your knowledge of the area. The day will begin with a visit to one of the oldest mosques in the Arab World - Al Khamis Mosque which dates back to the 11th century, followed by Bahrain National Museum, where you'll discover an array of artefacts

and learn about local customs and culture. Next on the agenda is a UNESCO World Heritage Site, Qal'at Al Bahrain with its breath-taking views and perfect photo opportunities, followed by Manama Souq which hosts an array of beautiful fabrics and showcases Bahrain's famous pearls. Your tour will conclude with the chance to sample traditional Bahraini Machboos, a delicious and filling treat that is a must-try on a trip to the Kingdom.



# FOODIES DELIGHT

## Itinerary Suggested Stops:

- Muharraq Souq / traditional Bread maker
- Muharraq old shop Shweeter
- Coffee tasting
- Manama souq / spices shop
- Food Tasting at Local restaurant

## Description

Calling all food lovers and culinary enthusiasts, take a guided journey through the city and sample the array of local creations, spices, sweets, and fresh produce that Bahrain has to offer. It is a unique way to broaden your culinary horizons, and learn direct from locals, the perfect spice blends that deliver an explosion of flavours with every bite. You'll visit a number of carefully selected spots, designed to give you a complete overview of the foodscape in Bahrain that will undoubtedly

leave your taste buds tingling. The Muharraq Souq is first on the agenda, where a traditional bread maker will showcase his skills, followed by one of the oldest Muharraq sweet shop. You'll stop for a taste of Arabic coffee and stock up on local spices in Manama Souq, before experiencing a mind-blowing food tasting at a traditional Restaurant complete with an array of unforgettable flavours to savour.



# MANGROVE

## Description

Truly unforgettable sights and experiences will be enjoyed on this Mangrove tour to Tubli Bay. Escape to another world, as you discover nature at its very best through the beautiful, well-protected and nurtured natural mangroves. There is plenty of wildlife to see as you move through this area of natural beauty. Along the way, you'll also get a wonderful glimpse of the Bahrain skyline, which is truly a sight to behold. All the while, you can soak up some sun and relax as you head along the coastline and take in the picturesque area.



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# IMMERSIVE DILMUN

## Itinerary Suggested Stops:

- Al Fateh Mosque
- Bahrain National Museum
- Muharraq Renovated houses
- Bahrain Fort
- Lunch at Local Restaurant
- Camel Farm
- Bahrain Intl. Circuit
- Oil Field
- Tree of Life

## Description

Immerse yourself in the many delights that Bahrain has to offer on this full-day excursion. Explore the must-see cultural spots and locations, while you discover interesting snippets of history about the 'Pearl of the Gulf'. Your guide is equipped with the knowledge and experience to showcase each of these places and all they have to offer.

During the morning, you'll visit Al Fateh Mosque and the Bahrain National Museum, followed by the Muharraq Souq, where you can purchase beautiful items such as Bahrain's world-famous pearls, highly acclaimed gold and brightly coloured fabrics.

This exciting morning of culture and history will conclude with a visit to Bahrain Fort – Qal'at Al Bahrain, which with its coastal location offers two beautiful backdrops – the sparkling blue waters and the city skyline.

After stopping for a traditional Bahraini lunch at one of the best restaurants for local cuisine on the island, Sight-seeing continues in the afternoon with the Camel Farm, Bahrain International Circuit, the Oil Fields and the Tree of Life.



# AL JASRA HERITAGE

## Itinerary Suggested Stops:

- Royal Camel Farm
- King Fahad Saudi Causeway
- Bahrain Military Museum
- Traditional Bahraini lunch
- Al Jasra Old Houses
- Al Jasra Handicraft Centre

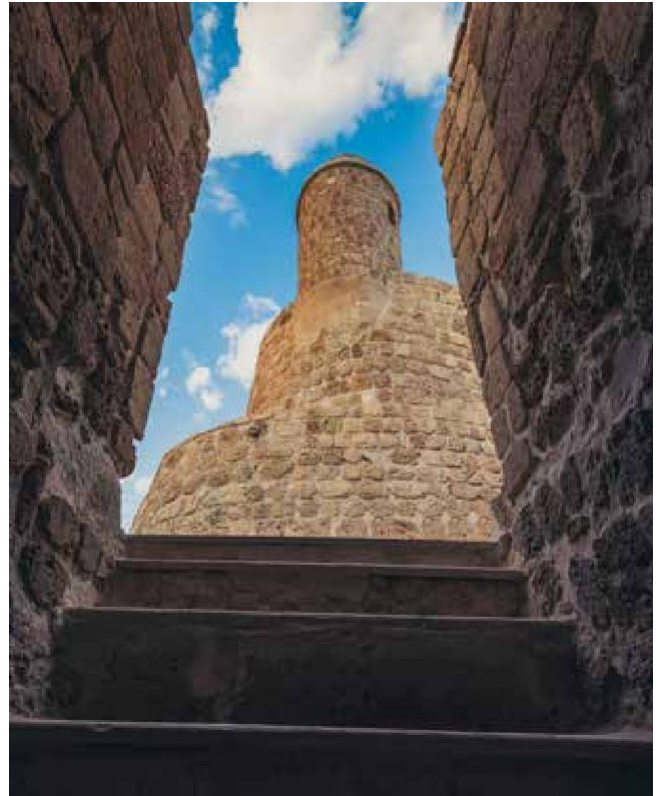
## Description

Spend the day taking in the sights of Al Jasra, which features prized local handicrafts and breath-taking old houses including The Late Amir's birth place. You'll have the chance to meet camels at the Royal Camel Farm and get some fantastic pictures with the Saudi Arabia shoreline in the background. Next you'll dine like a local with a delicious traditional Bahraini lunch at a popular local restaurant, before discovering Al Jasra Old Houses, including Beit Al Jasra - a traditional style house built in 1907 and restored in 1986

using traditional building materials such as coral stones, and palm leaf trunks. The unique talents of Bahraini craftsman that have been passed from generation to generation will be showcased at Al Jasra Handicraft Centre, which features pottery making, cloth weaving, wood working and basket weaving. Lastly, you'll visit A'ali Burial Mounds which is one of a number of necropolis areas in the Kingdom dating back to the Dilmun era, and see the beautiful pottery created by local craftsman.







# GILGAMESH REVERIE

## Itinerary Suggested Stops:

- Al Khamis Mosque
- Bahrain National Museum
- Traditional Bahraini Lunch
- Bahrain Fort (Qalat Al Bahrain)
- Barbar Temple
- A'ali Burial Mounds

## Description

Bahrain is steeped in history, and this tour is the perfect way to gain insight into the significant development the country has undergone over the centuries. Begin your day with a guided walk through Al Khamis Mosque – one of the oldest mosques in the Arab world. Built around 692 AD, its foundations date back to the 11th century, and its identical twin minarets make it easily recognisable. Afterwards you'll visit Bahrain National Museum which showcases local traditions and customs as well as an exciting array of historical artefacts before stopping for a spot of lunch, where you'll have an authentic experience sampling the best local cuisine. Lunch will be followed by the

awe-inspiring Bahrain Fort – Qal'at Al Bahrain, a UNESCO World Heritage Site that has endured over 4,000 years of continuous occupation. Your knowledgeable tour guide will talk you through the significance and background of the structure and as you explore, you'll find perfect photo opportunities with ideal views of the city skyline and the sparkling blue waters thanks to its coastal location. The last two stops will take you to Barbar Temple - a complex consisting of three successive temples built over five stages, dating back to the second and third millennium BC and A'ali Burial Mounds - one of the necropolis areas which dates back to the Dilmun era.



# SHOPPING TOUR

## Itinerary Suggested Stops:

- Visit to Manama souq / pearl shop
- Ali Mall/ pearl shop
- World Trade Center /Moda mall
- Avenues Mall
- Handicraft Capital Mall

## Description

From the quaint and traditional, to large super-luxury malls, Bahrain has an overwhelming number of shopping options to choose from. This tour will navigate some of the best shopping opportunities in the kingdom, starting with the

traditional souq, before moving on to the more well-known shops. You'll also be guided around the breath-taking World Trade Centre, which houses Moda Mall – a super high-end luxury brand mall.



# FOOD LOVERS - COOKING EXPERIENCE

## Itinerary Suggested Stops:

- Central Market
- Cooking Class with Local Chef
- Bahrain Dairy Factory
- Al Kamel Factory
- Local Private Farm

## Description

Inspire your inner chef and learn to cook like a pro at this fantastic cooking experience. Whether you want to know more about pairing spices, or the authentic dishes of Bahrain, this cooking class is sure to exceed expectations. You will be taken on a journey through the fresh produce of Bahrain at Manama Central Market, where you can select an array of

fresh ingredients and cook up a storm in the kitchen of a local chef before enjoying your masterpiece for lunch. During the afternoon you'll discover the manufacturing processes at Bahrain Dairy and Al Kamel Factory, and visit a private farm where you'll see first-hand the importance of agriculture in the Kingdom.







# HISTORICAL PEARLING & FISHING PATH

## Itinerary Suggested Stops:

- Bu Maher Fort
- Shipbuilding yard in Muharraq
- Bait Al Siyyadi in Muharraq
- Fish bait (house) of Backers factory
- Photo stop at fish trap factory
- Photo Stop at Pearl Diving Dock\*
- Lunch in Traditional Bahraini Restaurant

## Description

Take a glimpse at Bahrain's soul, and dive into the country's heritage pre-oil discovery, with a tour that offers unique insight into its internationally famed pearling industry. For over a century, the Kingdom's pearls have been sought after, and one of the most notable appearances is the Bahrain pearl drop earrings gifted to Queen Elizabeth II by The Late Amir.

This is a truly unique opportunity to immerse yourself in the fishing and pearling industries, with a local at the helm who

will guide you through the day-to-day operations. Firstly, you'll visit Bu Maher Fort, before heading to the Shipbuilding Yard in Muharraq where you'll see the majestic Dhow's up close. After, you'll be taken to the Bakers Factory, and have two photo stops, one at the Fish Trap Factory and the second at the Pearl Diving Dock before being invited to join a local pearl diver in a traditional Bahraini restaurant for lunch, where you'll discover how the industry has been passed through the generations.



# BOAT TRIP TO HIDDEN GEM

## Itinerary Suggested Stops:

- Jarada Island

## Description

Jarada is a tidal island located 14 kilometres off the coast of Bahrain, only accessible by boat. It provides a picturesque secluded setting to enjoy a day of relaxation, swimming, lunch and plenty of fun with your friends and family. Dive into the crystal-clear blue water, or spend your afternoon soaking up rays on the golden sand. Jarada is a truly idyllic location and a perfect day out for all.

Head out onto the sparkling blue waters surrounding Bahrain

and get a unique and exclusive look at the magnificent city skyline, complimented by the beautiful shorelines. There are wonderful photo opportunities to be had as you float around the island in a comfortable boat and take in the awe-inspiring buildings. Plus, if you're lucky you might get to see some of the dolphin pods that grace the island's waters. The dolphins happily swim quite close to the boat which is fantastic for everyone, but specifically for younger members of the family.



# GROUND ACTIVITIES

- 27 Horse Riding
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- 32 Royal Golf
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# HORSE RIDING

## Description

Your Arabian horseback adventure will begin following a short drive from your pick-up location to the stables near Bahrain Fort – a UNESCO World Heritage Site. Upon arrival, you can sample traditional Arabic coffee or tea, accompanied by local delicacies.

Once you have enjoyed a little taste of Arabia, you will be paired with a calm and well-trained horse to take you around the mesmerising sites of the area. Exploring on horseback is the perfect way to discover exciting pieces of history, while offering numerous picture-perfect opportunities.

Refreshments will be available upon return in the stable lounge, where you will have the chance to dress in traditional Bahraini attire and take photos next to a fully decorated Arabian stallion. Meanwhile, local Bahraini equestrian jumping champion 'The Captain' will share his real-life stories about these beautiful creatures



# 4X4 LANDROVER EXPERIENCE

## Description

Experience the thrill of off-roading in British designed SUVs in the heart of the Sakhir desert at Bahrain International Circuit. Featuring 3.5 kilometres varying terrains, the unique setting encompasses 32 natural and man-made obstacles such as slide slopes, humps, rocks, gravel roads and watercourses.

You can experience this heart-racing activity behind the wheel or as a passenger. Whichever you choose, you will learn the most effective way to utilise Land Rover technologies before putting them into action on the course. A qualified instructor will guide you through each obstacle and you'll learn many new things both about your driving skills and the capabilities of a Land Rover.

This Land Rover challenge promises to be an enjoyable and thrilling ride.





# GRAVITY

## Description

Bahrain's first indoor skydiving experience awaits you. Jump as you would from an aircraft, into one of the tallest wind tunnels in the world. It is a great activity for everyone, with guaranteed thrills and the promise of a life-changing adventure.

Anyone over the age of four can enjoy the thrill. The instructors are highly trained to ensure that everyone enjoys the activity in a safe environment and will be by your side during your flight to guide you.

A first-time flight experience takes approximately 2 hours, during which time you'll take part in a personalised training session, before gearing up to take to the air.



# KARTING

## Description

Bring out your competitive side and get behind the wheel of a go-kart at the world-class karting venue at Bahrain International Circuit. Featuring five track configurations, it is designed to the highest international standards, which sees it host world championship events. Plus, the state-of-the-art flood light system means you can enjoy this activity after the sun goes down.

After your session, lap times will be automatically sent to your email address. You will also have the option to post your results on Facebook and showcase your speed to your friends.

Restrictions apply – children aged between 7 and 12 will drive on the kids track – subject to a minimum height of 120cm, children aged over 13 years and adults, drive on the Club or CIK Track. Please disclose age and height information at point of booking.





# BIKE RIDING

## Description

Saturate your senses, and let Bahrain capture your heart as you cycle through a city shrouded in history, culture, and breath-taking architecture. You'll find an array of hidden gems on your cycling adventure, as you navigate the old streets of Manama, or perhaps take a trip off the beaten track. This promises to be a bike tour to remember, complete with the convenience of having the experience planned for you.



# ROYAL GOLF

## Description

Ever dreamed of playing on a golf course designed by an international golfing legend? Now's your chance, with the magnificent 18-hole, par 72 championship golf course in Riffa, designed by Colin Montgomerie. Inspired by years of experience playing around the world, together with his team from European Golf Design, Montgomerie planned every hole to challenge golfers of all abilities.

Colin Montgomerie also designed the 9-hole, par 3 Wee Monty course. Ideal for beginners it's a scaled down version of the larger championship course, with holes ranging in length from 60 to 140 yards. The course provides a test for golfers of all abilities, while offering a fun and entertaining experience.





# PAINT BALLING

## Description

Experience the highly popular, action-packed, adrenalin filled sport of paint balling enjoyed by 120 million people worldwide. The game builds leadership skills, co-ordination, team building and fitness levels, all while having immense fun, in the biggest indoor paintball arena in the Middle East.

Paintball Bahrain features 360-degree 4K cameras that track player movements, this means spectators can also engage in the activity in real time. No other paintball operation in the region offers this highly unique service.

Developed in the 1980s, the game sees players eliminate opponents from play by hitting them with dye-filled, breakable, oil and gelatine paintballs or pellets, usually shot from a carbon dioxide or compressed air powered 'paintball marker'.

# WATER ACTIVITIES

- 35 Pearl Diving or Snorkeling
- 36 Scuba Diving
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- 38 Jet Pack
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- 40 Jet Ski
- 42 Jetovator
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# PEARL DIVING OR SNORKELING

## Description

Dive into the warm azure waters of the Gulf, and discover Bahrain's legacy, while seeking underwater treasures. Once the centre of the global pearling industry, for over 2000 years Bahrain's natural pearls have been prized as some of the best in the world. This is a truly immersive experience, as you gain unique insight into the industry, while casting your eyes across the beauty beneath the surface.

The Bahrain Pearling Trail is listed as a UNESCO World Heritage site – a testament to the significance of Bahrain's pearling legacy globally.



# SCUBA DIVING

## Description

Dive into the crystal-clear blue waters of Bahrain and discover a whole world of adventure beneath the surface. Bahrain has a long maritime history, which provides numerous awe-inspiring diving spots for the avid diver. The warm shallow waters, and the deeper areas provide unusual and memorable encounters.

Your adventure filled experience includes the opportunity to go reef diving, as well as a variety of wreck dives which include ships, tugs, and barges. Plus, you'll see an array of aquatic life as you navigate the seabed. There is an average underwater visibility of five metres inshore and up to 25 metres on the more distant offshore reefs.





# FISHING TRIP

## Description

Diverse and colourful aquatic life can be found in the sparkling waters surrounding Bahrain. More than 200 species of fish have been identified. Enjoy the true essence of adventurous fishing off the coast in a variety of popular locations. A great benefit of the Bahrain coastline is its calm waters and light breeze, which make for a relaxing day.

You will be provided with the knowledge and expertise to make the most out of your fishing trip, along with all required bait and equipment. All equipment provided is of the highest standard to ensure an enjoyable experience. Whether you're a novice or experienced fisherman, this is a great activity for all to enjoy.



# JET PACK

## Description

Thrill-seekers will be rewarded with an opportunity to try the futuristic Jet Pack and soar above Bahrain's blue sparkling waters. This is guaranteed to be an unforgettable experience, with this extraordinary piece of equipment.

For this activity, a device that uses jets of gas or liquid, is strapped to your back to propel you through the air. It will feel like you've grown wings as you hover above the surface and feel the wind in your hair for this truly exhilarating experience.

Prior to your activity, a short training session will give you all the knowledge you need to have a safe and enjoyable adventure.





# FLY BOARD

## Description

Now you can swim like a dolphin with this heart-pumping activity. The Flyboard is a brand of hydro-flying device which supplies propulsion to drive a board into the air. The Flyboard sees the rider stand on a board connected by a long hose to a watercraft, which through pressure, forces water to a pair of boots with jet nozzles underneath, providing thrust for the rider to fly up to 15 metres in the air or take a dive into the water up to 2.5 metres down.

Prior to taking flight, you will be provided with a carefully constructed training session and the utmost care has been taken to ensure your safety throughout.

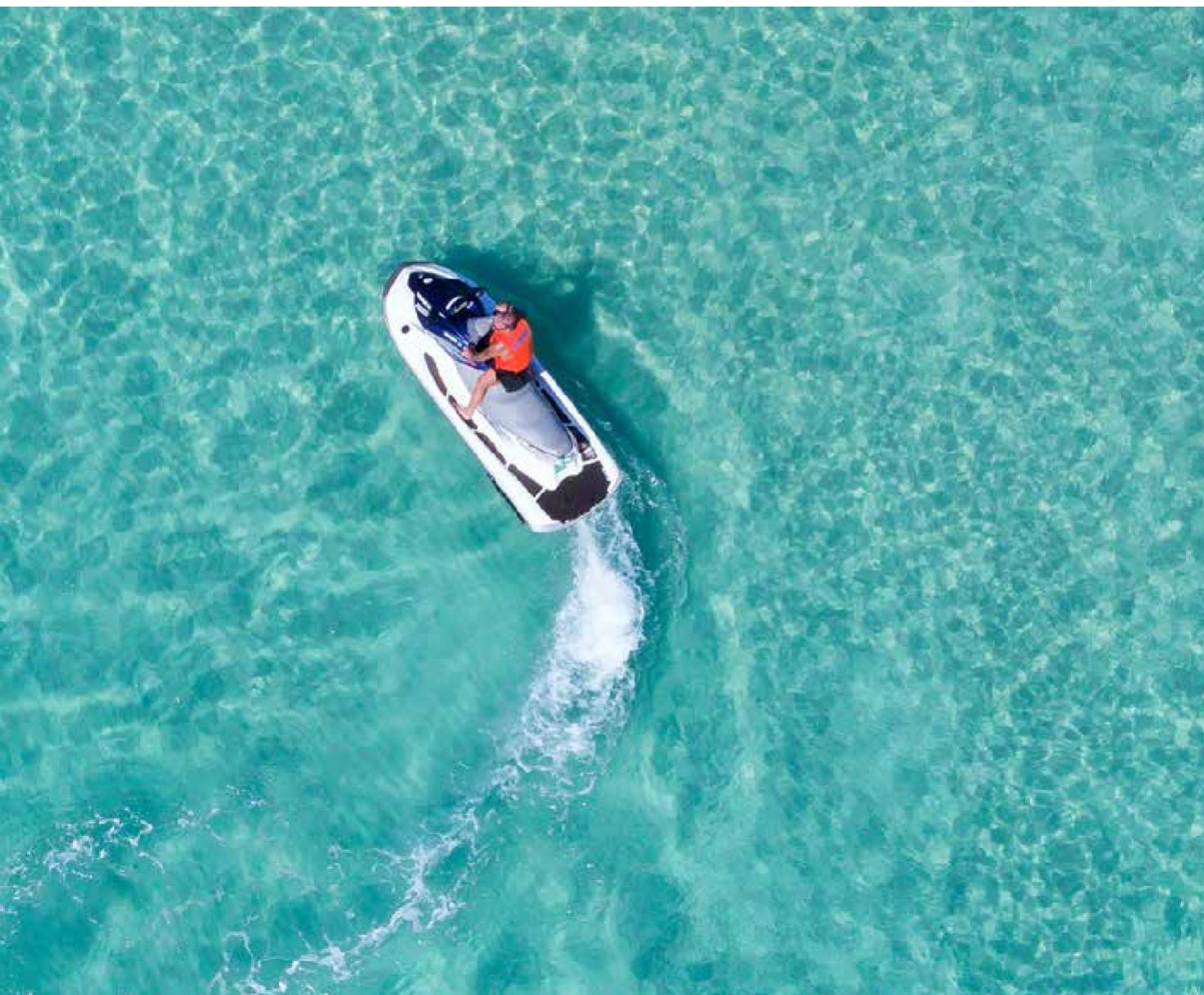
# JET SKI

## Description

The calm waters surrounding Bahrain provide the perfect opportunity to soar through the sea on a powerful jet ski. With the wind in your hair, you'll get a great view of the shoreline as you experience the thrills of a jet ski and speed around. This exhilarating activity is one of the most popular on the island, as it requires minimal instruction, and provides a great way to tour the sea and get a unique look at the kingdom's breath-taking skyline.

Each Jet Ski can accommodate up to two people, or ride solo and race your friends and family through the water.









# JETOVATOR

## Description

Get your adrenaline pumping on a flying water jet bike called the Jetovator. This exciting and innovative creation brings a whole new meaning to flying through the air.

Propulsion and water pressure are provided by a Jet Ski, which allows this flying machine to attain speeds of up to 25mph. Not to mention, the seat offers a comfortable and some might say more balanced ride. The Jetovator is also capable of diving for brief durations, although reaching 20-40 feet in the air should be all the thrill you need for this unmissable activity.

Prior to your activity, a short training session will give you all the knowledge you need to have a safe and enjoyable adventure.





# WAKEBOARD

## Description

Bahrain's calm warm waters sparkling in the sunshine make for the perfect location for these exhilarating watersports. Wakeboarding will see you towed across the surface by a boat, as you navigate the waves with the wind your hair. Test your skills and try a few tricks. For those who have found your confidence on the waves, give Wake Surfing a go. You'll be towed by a boat to get you started, before you showcase your skills and ride the steep face below the waves peak, in a fashion reminiscent of surfing. Water Skiing is also a fantastic option for those looking for an adrenaline pumping sport which will see you glide across the surface.



