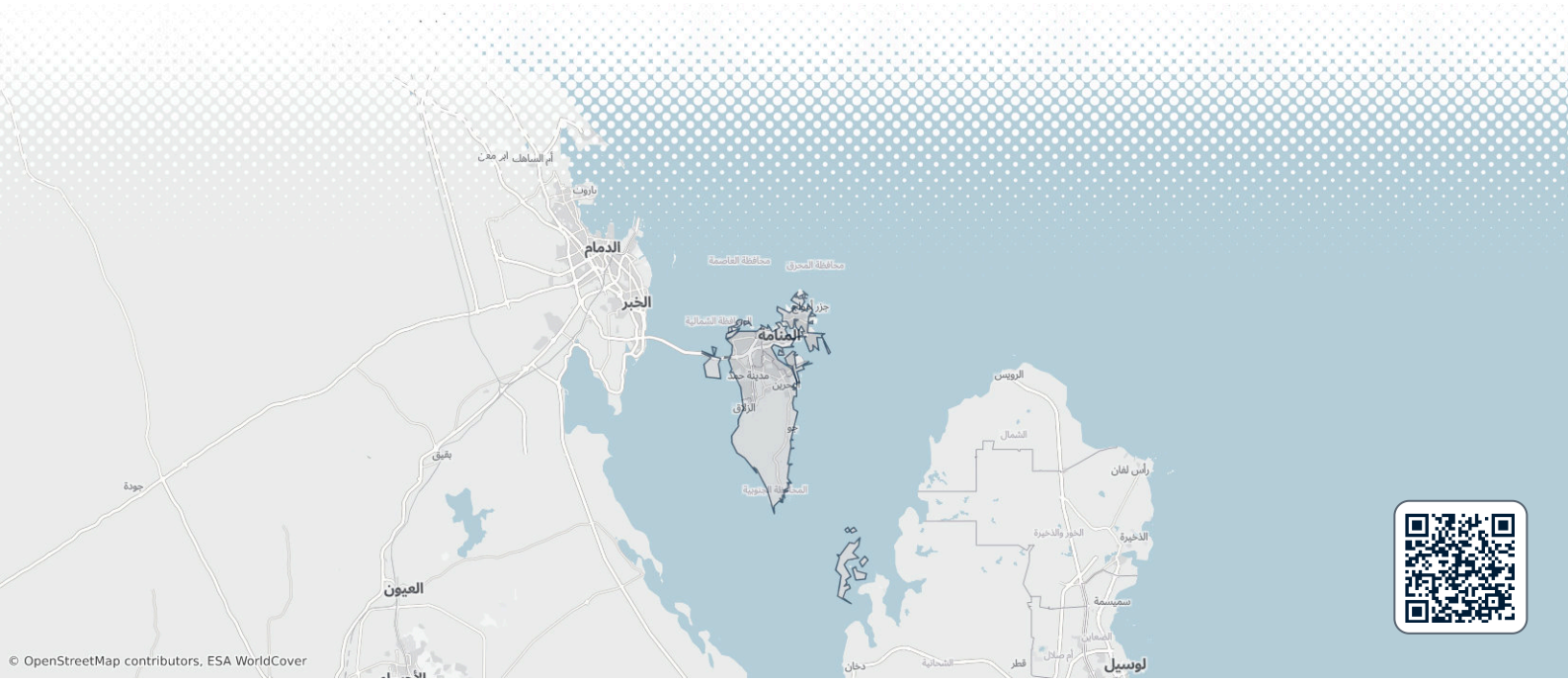


Bahrain

TRAVEL GUIDE

Tripomatic



Overview

Bahrain is a small island nation in the Persian Gulf, linked to Saudi Arabia by the 25-kilometer King Fahd Causeway. Its compact size means most sights sit within an hour of each other. This makes it a good short trip or a stopover on a longer Gulf itinerary. The islands were home to the ancient Dilmun civilization thousands of years ago. Pearl diving later made Bahrain rich, before oil transformed the economy in the 20th century. Today Manama's modern skyline sits close to old souqs, forts, and a UNESCO-listed pearling heritage.

Bahrain suits travelers who want a mix of history, city life, and beach time without long distances between them. It has a more relaxed atmosphere than some Gulf neighbors. Alcohol is served in licensed hotels and restaurants, and dress codes outside religious sites are not strict. Summers are extremely hot and better avoided. The cooler months from November to April are the best time to visit.

Money & payments

The Bahraini dinar is divided into 1,000 fils. It is pegged to the US dollar and is one of the highest-value currencies in the world. Carry small notes for the Manama souq and local taxis, where cash is often easier than card. ATMs are common in Manama and Al-Muharraq but scarcer in smaller towns.

Currency

CURRENCY	1 BHD	1 BHD
BHD	**2.362 EUR**	**2.66 USD**
	1 EUR = 0.4234 BHD	1 USD = 0.376 BHD

Cards widely accepted

Budget travelers can keep costs down by eating at local cafeterias and using public buses. Mid-range travelers spending more on taxis, restaurants, and hotels should plan for noticeably higher daily costs.

Typical costs

Rough prices in touristic areas, per person

Hotel (double room, per night) mid-range hotel, double room	25 – 70 BHD €59 – €165
Dinner (mid-range restaurant)	8 – 20 BHD €19 – €47
Inexpensive meal	2 – 4 BHD €5 – €9
Local beer	3 – 5 BHD €7 – €12
Coffee	1 – 2 BHD €2 – €5
Water	0.15 – 0.3 BHD €0 – €1
Transit ticket	0.3 – 0.5 BHD €1 – €1
Taxi (per km)	0.2 – 0.3 BHD €0 – €1

Tipping

Tipping in Bahrain is not required, but it is appreciated for good service. Many restaurants add a service charge to the bill, so any extra tip is optional rather than expected. Taxi drivers do not expect a tip, though rounding up the fare is common. In hotels, a small tip for porters and housekeeping is customary.

Restaurant service charge often included; ~10% extra appreciated	Optional
Taxi round up the fare	Optional
Hotel 1-2 BHD for porters or housekeeping	Optional
Tour guide a few BHD for a half or full day	Optional
Bar round up	Optional

Electricity

Bahrain uses Type G plugs at 230 V / 50 Hz, the same three-pin plug used in the UK. Travelers from North America, mainland Europe, and much of Asia will need an adapter.

ELECTRICITY



Type G

230 V · 50 Hz

Language

Arabic is the official language, but English is widely spoken in hotels, restaurants, and shops, especially in Manama. Road signs and menus in tourist areas are usually written in both Arabic and English. Arabic uses its own script, so words outside the main tourist areas may not have a Latin-alphabet translation.

Useful phrases

Hello	مرحبا Marhaba
Thank you	شكرا Shukran
Please	من فضلك Min fadlik
Yes	نعم Na'am
No	لا La
Goodbye	مع السلامة Ma'a salama
Excuse me	لو سمحت Law samaht
How much?	كم السعر Kam al-si'r
Where is...?	أين Ayna
Help	النجدة An-najda

Staying connected

Prepaid SIM cards are available from Batelco, stc, and Zain outlets at the airport and in malls. Bring your passport, since registration is required. Some internet voice-calling services are restricted. Calls through certain messaging apps may not work reliably — a local SIM or eSIM data plan avoids this.

Safety & emergencies

Bahrain is generally safe for visitors, with low rates of violent crime. Watch for pickpockets in busy areas like the Manama souq. Political demonstrations sometimes occur in certain neighborhoods away from the main tourist areas; avoid them and follow local news for updates. Summer heat is a real risk — stay hydrated and limit outdoor activity during the hottest hours.

Emergency numbers

GENERAL EMERGENCY	POLICE	AMBULANCE	FIRE BRIGADE
999	112	112	112

Health

Tap water is desalinated and safe to drink, though many residents prefer bottled water for the taste. Pharmacies are widely available, with several 24-hour options in Manama. No special vaccinations are required beyond your routine immunizations, though checking with a doctor before travel is always sensible.

Visas & entry

Most GCC nationals can enter Bahrain without a visa. Citizens of the United States, the United Kingdom, the European Union, and many other countries can get a tourist visa on arrival. An eVisa can also be arranged online before the trip. These options cover short-term tourist visits; longer trips need a different visa category.

> Visa and entry requirements change frequently. Verify current requirements with the official immigration authority or your country's embassy before travel.

Etiquette

Dress modestly outside hotels and beach resorts, covering shoulders and knees. Women visiting Al Fateh Grand Mosque should wear a headscarf and a long robe; both are available to borrow at the entrance. During Ramadan, avoid eating, drinking, or smoking in public during daylight hours, even if you are not fasting. Use your right hand for eating and greeting. Ask permission before photographing people, and avoid photographing government or military buildings.

Holidays & opening hours

Friday is the Islamic holy day, so many shops and offices close in the morning and during midday prayers. During Ramadan, business hours shift: shops often open later and close after sundown, and some restaurants stay closed during the day.

Public holidays

Jan 1	New Year's Day
Feb 22	Sports Day
May 1	Labour Day
Dec 16	National Day

Getting around

- **By taxi and ride-hailing**: Metered taxis and apps like Uber and Careem are the easiest way to get around; there is no metro or rail network.
- **By bus**: Bahrain Public Transport Company runs an affordable network covering most of the main island. Pay with a rechargeable card or cash on board.
- **By causeway**: The King Fahd Causeway connects Bahrain to Saudi Arabia by road, a common way for regional visitors to arrive by car.
- **By air**: Bahrain International Airport, near Al-Muharraq, is the main gateway for international visitors.

Driving

- **Key rules**: Seatbelts are mandatory for all occupants. Using a mobile phone while driving is illegal and enforced with cameras. Drink-driving laws are strict, with a very low legal alcohol limit.
- **Tolls**: There are no tolls on Bahrain's own roads. Crossing the King Fahd Causeway to Saudi Arabia carries a toll paid per vehicle at the crossing.
- **Parking**: Central Manama has metered street parking; malls and hotels usually offer free parking.
- **Fuel**: Stations are increasingly self-service, and most accept card payment at the pump. Pumps are labeled in English and Arabic.

URBAN	RURAL	MOTORWAY
60 km/h	100 km/h	120 km/h

PETROL	DIESEL
Petrol, Unleaded 91, Unleaded 95	Diesel

Drive on the right

No motorway vignette needed

No tolls on domestic roads. Crossing the King Fahd Causeway to Saudi Arabia costs a per-vehicle toll paid at the crossing, a few Bahraini dinars for a car.

Food & drink

Bahraini food centers on rice, seafood, and spices, shaped by centuries of trade across the Gulf. Machboos — spiced rice with chicken, lamb, or fish — is the closest thing to a national dish. Other staples include muhammar, a sweeter version of spiced rice, and grilled or fried fresh fish from the Gulf.

Bahraini halwa is a dense, gelatinous sweet flavored with saffron, cardamom, and rosewater, traditionally shared with guests. Dates are eaten year-round and given as gifts. Arabic coffee, or gahwa, is served in small cups with cardamom, often alongside dates, as a sign of hospitality.

Restaurants range from simple cafeterias serving shawarma and grilled meats to fine dining in Manama's hotels. The mix reflects Arab, Persian, and South Asian influences. Alcohol is available in licensed hotels, restaurants, and bars, unlike in some neighboring countries.

What to eat & drink

BREAKFAST

Balaleet · بلاليط
Sweet vermicelli noodles with cardamom and saffron, topped with a savory omelet.

SWEETS & DESSERTS

Bahraini Halwa · حلوى بحرينية
A dense, gelatinous sweet flavored with saffron, cardamom, and rosewater.

DRINKS

Gahwa · قهوة
Cardamom-spiced Arabic coffee served in small cups, often with dates.

SIGNATURE DISHES

Machboos · مجبوس
Spiced rice with chicken, lamb, or fish; Bahrain's national dish.

Muhammar · محمر
Sweetened spiced rice, often served alongside fish.

Bahrain – Plan Your Trip
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Scan to download the app

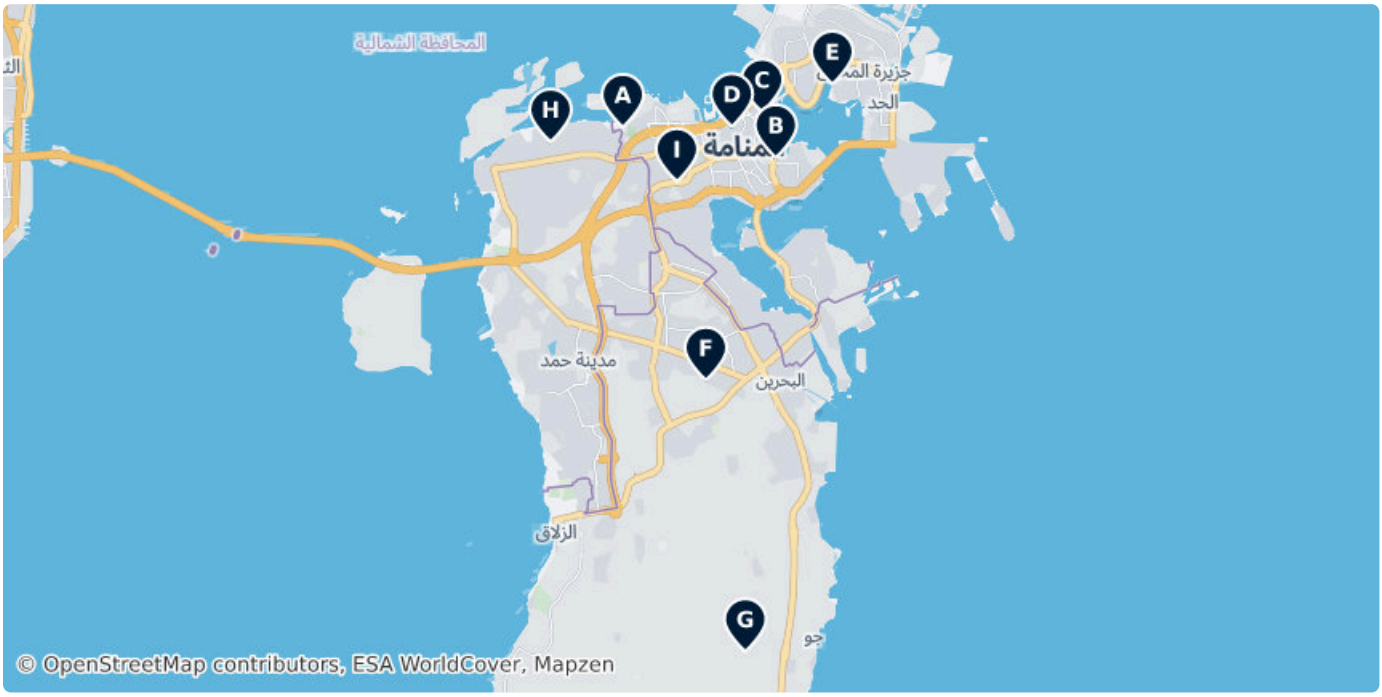
Where to explore

Most visitors base themselves in Manama, the capital. It is home to the National Museum, the Manama souq, and Bahrain World Trade Center, known for the wind turbines built into its skybridges. Just across the water, Al-Muharraq was Bahrain's original capital and pearling port. Its old town is now a UNESCO-listed heritage trail of restored merchant houses.

Riffa is a green, historic royal town south of Manama, worth a stop for its fort and gardens. Isa Town and Hamad Town are planned residential cities with fewer sights, but they show a more everyday side of Bahraini life away from the tourist areas.

Bahrain's Essential Landmarks

Explore Bahrain’s heritage through the 16th-century Qal'at al-Bahrain, a UNESCO World Heritage site, and the ancient Dilmun-era Barbar Temple. This collection features architectural landmarks like the Al Fateh Grand Mosque and the historic Khamis Mosque, alongside defensive structures such as Arad and Riffa Forts. Cultural insights are found at Bait Al Quran, while the Bab Al Bahrain serves as the gateway to Manama’s traditional souq. The 400-year-old Tree of Life stands as a unique natural phenomenon in the desert.





A Qal'at al-Bahrain

The Qal'at al-Bahrain, also known as the Bahrain Fort or Portuguese Fort, is an archaeological site located in Bahrain.

Road 3857, Al Qalaah, Bahrain (26.23289, 50.52084)



B Al Fateh Grand Mosque

The Al-Fateh Mosque was one of the largest mosques in the world, encompassing 6,500 square meters and having the capacity to accommodate...

BH (26.21906, 50.59852)

youtu.be/Rmrerfk9PUg



C Bait Al Quran

Beit Al Qur'an is a multi-purpose complex dedicated to the Islamic arts and is located in Hoora, Bahrain.

1901 Avenue, Al Hoora, Bahrain (26.23975, 50.59153)



D Bab Al Bahrain

A historical building and main gateway to the Manama Souq. Designed by Sir Charles Belgrave in 1949, it originally stood near the water's edge and now houses a tourist information center.

Government Avenue, Manama, Bahrain (26.23316, 50.57618)

youtu.be/7LCPexGASBw



E Arad Fort

Arad Fort is a 15th-century fort in Arad, Bahrain. Formerly guarding a separate island of its own, the fort and its surroundings have since...

29 Avenue, Arad, Bahrain (26.25248, 50.62718)



F Rifa Fort

Riffa Fort also known as, Shaikh Salman bin Ahmed Fateh Fort or Qal'at ar-Riffa, is a fort in Riffa, Bahrain.

Sheikh Humood Bin Subah Avenue, Al Hunayniyah, Bahrain (26.11781, 50.56298)



G Tree of Life

The Tree of Life in Bahrain is a 9.75 meters high Prosopis cineraria tree that is over 400 years old.

(Unnamed Road), Bahrain (25.99424, 50.58297)

youtu.be/fU9TXRNzOZM



The First Temple

The building represent the first phase, the older in terms of time and the deeper in spatial sense (or in the interior of the hill). It is also distinguished by the fact that its builders spread and artificial layer of (clean) soil under the entire area of the temple, a style followed in the Sumerian temples prior to commencement of construction. Within this layer explorers discovered miscellaneous archeological materials, such as pottery and metal pieces which were

The Second Temple

The second temple is considered a copy of the first one. It was the best preserved of the five temples. Its walls were built of well-engraved rocks cut from Jiddah Island. The upper platform consists of trapezoid measuring 26,24.5,27 and 25 meters. Its surface covered with rock sheets. The platform is characterized by two zones A and B the second slightly lower than the first. It is believed the yard of the temple existed in Zone A, which was surrounded by a special wall. A number of remains related to worship rituals were discovered, the most important being a circular dual altar built in the middle of the yard of well engraved rocks. It was prepared to receive worshippers offerings and sacrifices.

To the southwest, archaeologists discovered three blocks of engraved rocks embedded in the ground, each has a round perforation at the top. They were probably used to the animal sacrifices because of the many traces left by ropes in each hole. Another opinion maintains that these rocks were originally boat anchors dedicated to the temple as known from similar discoveries in Syrian and Egyptian cities.

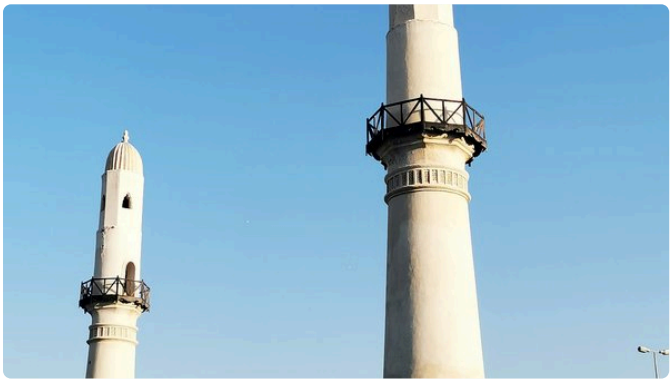
The Third Temple

Third Barbar temple was built on a single square platform measuring 38 x 38 meters with no buildings on the sides but was surrounded by a great stonewall. To implement the building, large portions of the second temple were filled with debris, which expanded the area of the third temple, and it became much larger than its predecessors. It is probable that it was fitted with stairs in its northern section whose features disappeared. The renovations included the old well, which looked in Phase 3 as a half circle protruding from the southern wall. The well shaft was built exactly on the shaft of the previous stage. It is regrettable that the third temple remained exposed on the top of the hill for years. Its constructional elements suffered substantial damage as a result of

H Barbar Temple

The Barbar Temple is an archaeological site located in the village of Barbar, Bahrain, considered to be part of the Dilmun culture.

1809 Road, Barbar, Bahrain (26.22618, 50.48424)



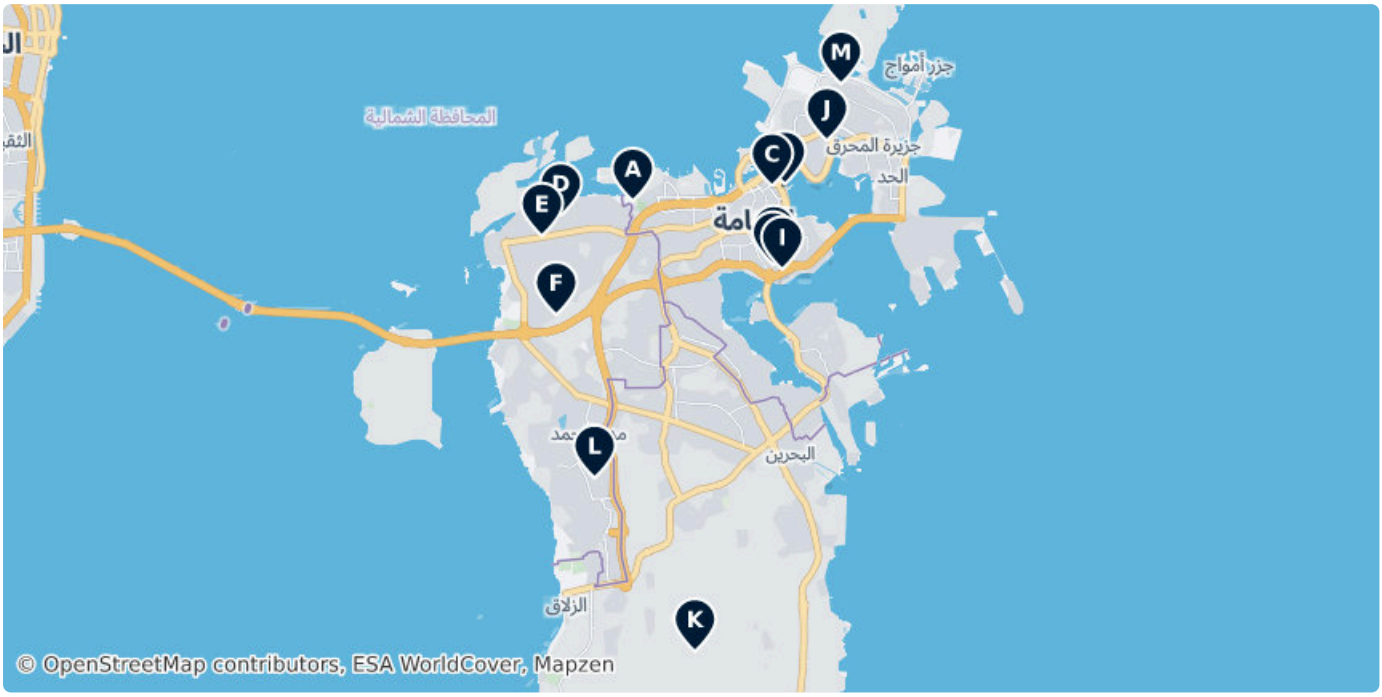
I Khamis Mosque

The Khamis Mosque is believed to be the first mosque in Bahrain, built during the era of the Umayyad caliph Umar II.

Sheikh Salman Highway, Tashan, Bahrain (26.20817, 50.54832)

Bahrain's Cultural Treasures

Bahrain's archaeological and artistic landscape spans over 4,000 years, from the ancient Dilmun civilization to contemporary Middle Eastern art. This collection features UNESCO World Heritage sites like the Qal'at al-Bahrain and the Dilmun-era temple at Saar. Major institutions like the Bahrain National Museum and Bait Al Quran showcase Islamic calligraphy and regional history, while specialized sites like the Oil Museum document the discovery of petroleum in 1932. Local galleries in Adliya and Muharraq highlight the island's vibrant modern art scene.

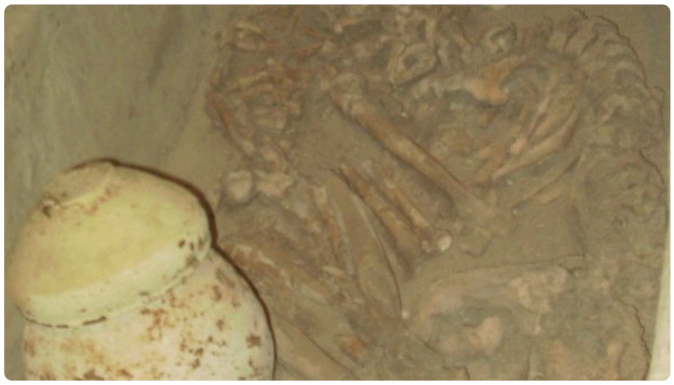




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Road 3857, Al Qalaah, Bahrain (26.23289, 50.52084)



B Bahrain National Museum

The Bahrain National Museum is the largest and oldest public museum in Bahrain.

(Unnamed Road), Bahrain (26.24064, 50.59810)

youtu.be/mwwVI-dVX9g



C Bait Al Quran

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1809 Road, Barbar, Bahrain (26.22618, 50.48424)



E Diraz Temple

The Diraz Temple is located on the side of Budaiya Highway, in the village of Diraz in Bahrain.

(Unnamed Road), Barbar, Bahrain (26.21701, 50.47460)

F Saar Archeological Site

A Dilmun-era settlement dating to the 3rd millennium BC, featuring a unique T-shaped temple and residential houses arranged in a grid pattern.

(26.18102, 50.48189)

G Bashar Gallery

Contemporary art space showcasing works by regional Bahraini artists.

(26.20679, 50.59255)

H Arabesque Art Gallery

Gallery specializing in traditional Arabic calligraphy and Islamic art.

Abdul Aziz Saad Al Shamlan Avenue, Um Al Hassam, Bahrain (26.20393, 50.59215)

I Golden Gallery

Art gallery in the Adliya district featuring local paintings and creative works.

(26.20178, 50.59673)

J Hend Gallery

Modern art space in Muharraq dedicated to Middle Eastern visual arts and photography.

Avenue 1 (26.26044, 50.61948)

K Oil Museum

Located near the region's first oil well, this museum exhibits vintage drilling equipment, maps, and photographs documenting Bahrain's petroleum history since 1932.

(Unnamed Road), Bahrain (26.02745, 50.55240)

bahrain.com/en/history-and-culture

L nawaf

(26.10667, 50.50136)

M مأتم الإمام علي

Traditional Shia congregation hall and religious community center in Muharraq.

(26.28623, 50.62665)

Historical Sites of Bahrain

Bahrain's historical landscape is defined by its strategic maritime position and ancient civilizations. This collection features the UNESCO-listed Bahrain Fort, a multi-layered archaeological site, and the 15th-century Arad Fort. Religious heritage is represented by the Khamis Mosque, believed to be the island's oldest, and the Al Fateh Grand Mosque, one of the world's largest. These sites showcase traditional Islamic architecture, military fortifications from the Dilmun and Portuguese eras, and the island's long-standing role as a cultural crossroads in the Persian Gulf.





A Al Fateh Grand Mosque

The Al-Fateh Mosque was one of the largest mosques in the world, encompassing 6,500 square meters and having the capacity to accommodate...

BH (26.21906, 50.59852)

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Al Qalaah, Bahrain (26.23342, 50.52020)



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Sheikh Humood Bin Subah Avenue, Al Hunayniyah, Bahrain (26.11781, 50.56298)

E Old Palace

A historical royal residence in Gudaibiya, known for its traditional architectural style and role in hosting state events and political gatherings.

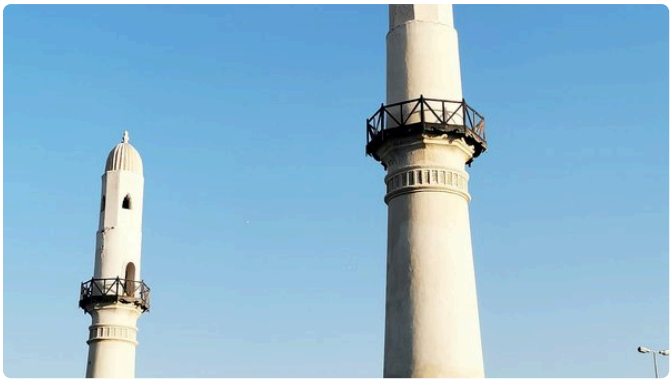
(26.22197, 50.58744)



F Bu Maher Fort

Built in 1840, this Muharraq fortification serves as the starting point of the UNESCO Bahrain Pearling Path. It historically protected the city’s harbor and the pearl diving fleet.

(Unnamed Road), Muharraq, Bahrain (26.24126, 50.61353)



G Khamis Mosque

The Khamis Mosque is believed to be the first mosque in Bahrain, built during the era of the Umayyad caliph Umar II.

Sheikh Salman Highway, Tashan, Bahrain
(26.20817, 50.54832)

I Msjd ajwr

A historic mosque located within the Manama Souq, reflecting traditional Bahraini religious architecture in the city's commercial heart.

Shaikh Hamad Avenue, Hamad Town, Bahrain
(26.10523, 50.50547)

H Msjd alamam alhsyn lyh alslam

A prominent Shia mosque located in Manama, serving as a center for religious gatherings and communal prayer.

(26.16375, 50.61242)

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