

A Visitor's Guide To Bahrain

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This information is being specially prepared for families,
visiting their military and civilian personnel in the Kingdom of Bahrain.

DISCLAIMER

The information provided in this booklet does not constitute a formal endorsement of the companies, products or services by the Department of the Navy, Department of Defense or the Fleet and Family Support Center.

This information is provided as informational resource material to visiting family members of military and civilian personnel assigned to NSA Bahrain.

Marhabah (Hello),

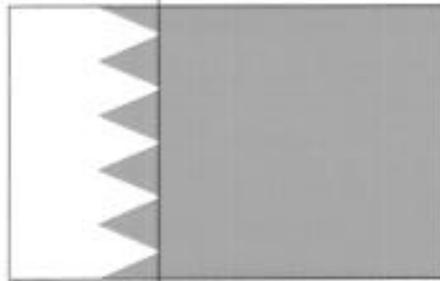
Welcome to the Kingdom of Bahrain. We hope that your visit to this beautiful country will be an enjoyable experience. I am sure that your service member has told you many good things about Bahrain. Visiting Bahrain can allay some of your concerns and reassure you that your spouse is living and working in a "safe", hospitable country. We hope that the information found in this guide, coupled with the knowledge of your active duty/civilian person, will enable you to have a great visit.

Paid advertisements and endorsement of any specific business were deliberately avoided. All information included in this guide is based on personal experience of many people.

All directions begin from the Grand Mosque located in Juffair. If you have a map of Manama you will notice some road names might not correspond to your map. In these cases, the name on the street signs rather than the names on the map were used. Some spellings may also vary; therefore the spellings most commonly seen were used.

With the aid of A Visitors Guide to Bahrain and your sponsor in tow, venture out, explore, meet the people and learn about this beautiful island of Bahrain! Most of all - enjoy your stay.

If you need additional information or assistance remember The Fleet and Family Service Center is your first stop for information.



Facts about Bahrain:

Official Name	Kingdom of Bahrain
Head of State	His Majesty the King, Hamad bin Isa Al-Khalifa
Capital	Manama
Area	706km²
Location	Lies along the east coast of Saudi Arabia
Geography	An archipelago of 36 islands
Population	724,645 this includes 276.154 non-nationals (July 2003 est.)
Currency	Bahrain dinar (US \$ 1 = BD 0.375) Notes appear in denominations of BD.500 fils, 1, 5, 10, and 20. Coins are in denominations of 10, 25, 50, 100 and 500 fils.
Official Language	Arabic, but English is widely spoken as well as Farsi
Official religion	Islam
Climate	June – Sept., hot and humid Oct.- April, mild and cool

Common Arabic phrases

Marhabah	Hello
Assalaamu alaikom	Peace be upon you
Wa Alaikom assalaam	And upon you is peace
Al hamdu lillah	Thanks be to God
Inshallah	If God wills
becham hatha	How much is this?
Khalas	Finished
Ba'dain	Later
Na'am	Yes
Laa	No
Ismee	My name is
Shokran	Thanks
Ma assalaamah	Goodbye

MEDICAL PROCEDURES

NSA MEDICAL CLINIC

Phone: 17 854-260; Health Benefits Office: 17 854-323
Hours: 0730-1630 (Sunday - Thursday). Tuesdays 0730-1130 only, due to staff training.

A. General Info:

We hope that a visiting family member will not require medical assistance while on vacation here in Bahrain; however, emergencies can occur. It is recommended that you bring with you an adequate supply of all medications. The following information is provided to assist in case of an emergency.

NSA Bahrain Medical can cover many of the medical needs of military members and their families. However, family members may also use the various medical facilities in the community without a written referral from the clinic, but you will want to check with the Clinic to make sure TRICARE will cover the care you are seeking. (Family Members) who accompany their sponsor to NSA Bahrain, or who visit for more than 30 days, are highly encouraged to enroll in TRICARE Prime Europe here in Bahrain immediately upon their arrival.

****NOTE: If you are treated in any Emergency Room/admitted to a hospital you must call the NSA Bahrain Clinic (Phone #17 854-260) within 24 hours of treatment in order to be covered by TRICARE.**

HOSPITALS

BAHRAIN DEFENSE FORCE HOSPITAL

Phone: 17 766-666; Liaison Officer - 17 661-973
Location: Riffa
Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a. Causeway Rd). Stay to the right to remain on this highway. Go 6.1 miles and take the Madinat Hamad exit (follow the 2nd branch right off of the exit ramp). Heading south on Sh. Khalifa Bin Salman Hwy. Continue on this road to the end of the highway; you will come to a roundabout. At the roundabout make a left (enter 6, exit 9). BDF will be on your right after the 2nd traffic light.

AMERICAN MISSION HOSPITAL

Phone: 17 253-447; Liaison Officer, 17 248-109
Location: Manama City Center
Directions: From Grand Mosque: Cross over Al Fatih Hwy. At first light, turn left onto Osama Bin Zaid Ave (a.k.a. Schwarma Alley). Go to first light and turn right onto Sh Isa Ave. Go a short distance and go through the roundabout (enter 6, exit 12) onto Sh. Isa Ave. Go 0.6 miles and turn right at the 4th light (including pedestrian light) onto Isa Al Kabeer Ave. Go a short distance and the hospital will be on your left. Parking is a premium. There is additional parking if you continue past the hospital and at the traffic light veer right and then right again to reach the back of the hospital.

SAAR CLINIC

Phone: 17 790-025
Location: Budaiya
Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles passing through or around the Pearl Roundabout and the Seef Mall Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says Saudi/Budaiya, this will bypass the Pearl Roundabout, after the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 4.6 miles take a right at the Manama West/Budaiya exit and veer right at the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Go 2.6 miles and enter the 3rd roundabout (McDonald's will be on your left) and make a left turn - exit Sar Rd (enter 6, exit 9). Go approximately 1 mile and look for Saar Clinic on the right. If you get to Ave. 35 you've gone too far.

AWALI HOSPITAL

Phone: 17 753-333
Location: Awali
Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a Causeway Rd). Stay to the right to remain on this highway. Go 4.0 miles and take the Isa Town exit. This will put you onto Sh. Salman Hwy. Follow it south through the roundabouts until you come to the Awali roundabout. (There are usually flags here). Go through the roundabout to the Awali Gate (enter 6, exit 9). Go in the gate; take the first left hand turn, then the first right hand turn. This will take you to the hospital parking lot. There are guards at the Awali gate if you need help finding the hospital, but there are also signs to guide you.

INTERNATIONAL HOSPITAL BAHRAIN (IHB)

Phone: 17 591-666
Location: Budaiya Hwy.
Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy

(a.k.a Causeway Rd). Stay to the right to remain on this highway. Go 6.1 miles. Take the Madinat/Hamad/Manama City Centre exit and bear right onto the Manama City Centre exit. This will put you on Sh. Kalifa Bin Salman Hwy. Go 1.7 miles and take the first exit (Manama West/Budaiya Exit). After the exit you will approach a roundabout (Burgerland Roundabout), turn right, (enter 6, exit 3). You will pass IHB on your left. Go to the next roundabout and u-turn (enter 6, exit 6) back to the hospital.

BAHRAIN SPECIALIST HOSPITAL

Phone: 17 812-222; Appointments: 17 812-222

Location: Juffair

Directions: From Grand Mosque: Go East on Al Awal Ave away from Al Fatih Hwy (towards base). Pass Al Safir Hotel on your left and Hotel California on your right. At this point follow the signs for Bahrain Specialist Hospital, as there are no road names. As of this time follow the only paved road and it will lead you to the hospital.

PHARMACIES

NOTE: Over the counter drugs are available at the NSA Clinic's pharmacy. Four articles/family/month. Go to the pharmacy window and ask for the chit paperwork. Same day service.

- A. Some hospitals house their own pharmacy and you may have your prescriptions filled at the hospital at no charge.
- B. For prescriptions being filled at a pharmacy in town, you will need to pay in full and take your *itemized* receipt (it must display the medication purchased) and the original prescription to the Health Benefits Advisor (HBA) in order to receive 100% reimbursement. NOTE: Some prescriptions may not be covered under TRICARE Prime (i.e. diet pills, some acne medication). Check with your HBA (Phone # 1785 4323) prior to having the prescription filled if you have a question as to whether a prescription would be covered. NOTE: ADSMs must have a referral from a clinic provider, processed by the HBA office, prior to purchasing any medications not available in the clinic pharmacy (or not obtainable at one of the hospitals as part of referred care).
- C. You may also have your prescriptions filled on base. However, if a provider in town writes the prescription, it must first be rewritten by a physician at the base clinic prior to having it filled at the pharmacy on base. NOTE: You may want to check with the pharmacy to make sure they can provide the medication outlined in your prescription before consulting a physician at the base clinic.

JAFFAR PHARMACY

Phone: 17 291-039
Location: Manama
Hours: Open 24 Hours
Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. At the first traffic light turn left. Turn right at the first traffic light onto Exhibition Ave. Go to the 3rd roundabout and turn right onto Tarfa Bin Al Abd Ave. The pharmacy is on the left after you pass the gas station. It's a building with the purple trim.

NASSER PHARMACY

Phone: 17 740-900
Location: Adliya
General Info: Pharmacy and MORE! Make-up, party supplies, nail polish, baby items, magazines and cards. Open 24 Hours.
Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a Causeway Rd). Stay to the right to remain on this highway. Go 1.6 miles taking the 2nd right after the first light. You will see the Jasmis Restaurant on the left after you make the right turn. This is Qadisiya Ave. Al Jazira will be on the right (at Um Ishoom Ave). Pass Al Jazira, you will see Nasser Pharmacy on the right hand side.

DENTAL PROCEDURES

NSA DENTAL CLINIC

Phone: 1785 4325
Steps:

1. Stop by the Health Benefits Office to verify that you are currently enrolled in United Concordia Dental plan and verify that deductions from your sponsor's LES are current.
2. Pick up a copy of UCCI Benefits Booklet and familiarize yourself with limitations to coverage of the procedure you are seeking.
3. Stop by the Dental Clinic on base (same bldg as NSA Clinic) and pick up a referral form (referral forms are valid for 120 days).
4. Schedule an appointment with a dentist off base.
5. The civilian dentist can ONLY do what is requested on the referral form. He must annotate on the referral form any further recommended treatment.
6. If additional work needs to be completed, then you must obtain a new referral form from the base Dental Clinic.

DENTIST OFFICES

GULF DENTAL SPECIALTY HOSPITAL

Phone: 17 741-444
Location: Mahuz/Tubli

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a Causeway Rd). Stay to the right to remain on this highway. Go 1.7 miles taking the 2nd right after the first light. You will see the Jasmis Restaurant on the left after you make the right turn. At the first right, make a right at Al Jazira's grocery store will be on your left. Just past the fresh vegetable stand on the right (approximately 0.1 mile) is the turn in for the Gulf Dental Specialty Hospital.

BAHRAIN SPECIALIST HOSPITAL (Dental Clinic)

Phone: 17 812-222

Location: Juffair

Directions: From Grand Mosque: Go East on Al Awal Ave away from Al Fatih Hwy (towards base). Pass Al Safir Hotel on your left and Hotel California on your right. At this point follow the signs for Bahrain Specialist Hospital, as there are no road names. As of this time follow the only paved road and it will lead you to the hospital.

AL MOSAWI DENTAL CLINIC

Phone: 17 717-199

Location: Adliya

Directions: From the Grand Mosque: Cross over Al Fatih Hwy and continue straight (past the Gulf Hotel). Al Mosawi is in a small building on your right, immediately after the 2nd traffic light, before the gift/flower shops.

**American Mission Hospital and International Hospital of Bahrain also house Dental Clinics. See hospital information for contact number and directions.

OPHTHALMOLOGY

AL BASIL EYE CLINIC

Phone: 17 310-030

Location: Palace Avenue

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. At the first light turn left onto Sh. Duaij Ave. Go straight 0.6 miles to the roundabout and turn right at the roundabout (enter 6, exit 3) onto Palace Ave. Go through one light and when you reach the 1st roundabout, the clinic is on your right just before you enter the roundabout. Turn right from the roundabout and park behind the clinic.

OPTOMETRY

NSA MEDICAL CLINIC

Phone: 17 854-260 (Medical Clinic, phone to make appointment)

Location: NSA Bahrain

Hours: Call for updated times.
General Info: Primarily for glasses prescriptions. If you've worn contacts before and there isn't a significant change, they will do a contact lens prescription.

BAHRAIN OPTICIANS

Phone: 17 214-142.
Location: Manama Souq
General Info: Good selection and good repair policy. Good prices on glasses. Bahrain Opticians has the widest variety of children's glasses.

Location #1: Follow directions to Manama Souq listed under the Souq in the Shopping section of Camel Crossings. Enter the souq at the Bab Al Bahrain Arch. As you walk through the Arch look across the street and to the left corner and you will see Bahrain Opticians. Hours: Saturday - Thursday 0800 - 1230 and 1530 - 2000. Friday: 1600-2000.

Location #2: Follow directions to Manama Souq listed under the souq in the Shopping section of Camel Crossings. Enter the souq at the Bab 'Al Bahrain Arch. As you walk through the Arch, take your first left. Turn right at your second street. About half the way down this street you will see Bahrain Opticians on the left, just past the Ethnic Crafts store. This is the location for the widest variety of children's glasses. Phone: 17 225-355. Hours: Saturday - Thursday, 0800 - 1230 and 1530 - 2000. Closed Friday.

Location #3: Bahrain Mall.
See Malls listed under Shopping for directions to Bahrain Mall.

DINAR MAN SERVICES

You will hear "Dinar Man" frequently around the base. The Dinar Man/Dinar Exchange is actually a multi-service office located on the second deck of The Freedom Souq. This office provides many services that will make your life easier when you first arrive. The Dinar Man can exchange dollars to dinar. Also if you are planning to travel outside the country, the Dinar Man can also exchange other foreign currency as well (i.e. Euros, Australian dollars, riyals, etc. This office can also assist with providing travelers' checks, Western Union money transfers, and credit card cash advances (4% bank service charge).

Hours: 0800 - 1700, Saturday - Thursday. Closed Friday. Phone: 1785 6495.

CREDIT CARD USAGE

Bahrain is basically a cash society. You purchase items with Bahraini Dinar or with your credit card. However, when using your credit card on and off base, be very cautious of your credit card receipt. The whole credit card account number, your full name, and credit card expiration date is printed on the receipt. There has been no problem using a credit card, but be mindful to get your receipt and keep it in a secure place at home until your statement comes in

shred the receipt or keep the receipts in a secure location. One option would be to use just one credit card with a very minimal balance for shopping in town and with Internet purchases.

TIPPING

Hotels and most restaurants include a service charge in the bill. This charge is a tax and an extra percentage to the house. None of the service charge goes to your server. Tipping is not expected here as in restaurants in the States, but many of the workers here receive very low wages and really appreciate the gesture. Tipping is obviously a personal choice and opinions on this will vary widely. Here are some guidelines: Taxis, no tips, Porter, 500 fils. (this includes the gentleman that takes your groceries to the car, but not someone who just bags them), Gas station attendant, no tip, food delivery (both restaurant and cold store) 500 fils - 1 BD unless the order is extremely large.

GROCERY SHOPPING

Everyone will want to try out the food stores that are available in Bahrain. They vary from stores that will look familiar to those that will look very foreign. Produce most often is fresher and cheaper on the economy. This is true of many other products. Spices in particular come to mind. Please be mindful that loose spices purchased in the open market cannot be shipped home through the postal system. There are many fabulous Indian and Oriental products at good prices. Many stores even have products that are very western. Smaller stores called COLD STORES are like the 7-11 stores in the states. Most neighborhoods have at least one if not more of these little places; this is good place to pick up milk and bread. Many will even deliver once you establish a relationship with them.

CENTRAL FISH MARKET

Phone: N/A

Location: Manama (by the Pearl Roundabout)

General Info: A good place to buy a variety of fresh fish, feel free to negotiate. Look around as the prices can vary a great deal from one vendor to another. There is a false feeling that you need to go early in the morning for freshness. Most all fish and shellfish are sold whole. There are people to clean them on site. This is great for whole fish, in hot weather the smell can be oppressive; the floors are always wet and smelly. It is a good idea to take two pair of shoes and changing before you get back in the car also it is a good idea to place your purchase in bucket or water proof container to prevent leaks.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Drive 1.6 miles and you will approach the Pearl Roundabout. Enter at 6 and exit at 8:00 onto Suwaidiyah Ave. At the first traffic light U-TURN and then make your 1st right. The Marina Mall will be on your right and the Fish Market is on your left.

CENTRAL VEGETABLE MARKET

- Phone: N/A
- Location: Manama (by the Pearl Roundabout)
- General Info: Better quality and better prices on fruit and vegetables than you will find in the regular stores. In the fruit section, the vendors tend to sell by the case. Good prices, but you will probably want to split stuff with friends. This is generally not the case in the vegetable section. There are lots of choices and some vendors will let you taste.
- Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Drive 1.6 miles and you will approach the Pearl Roundabout. Enter at 6 and exit at 8:00 onto Suwafiyah Ave. At the first traffic light U-TURN and then make your 1st right. Go past the Marina Mall and the Fruit/Vegetable Market will be on the right.

JAWADS SUPERMARKET

- Phone: 17691010
- Location: Budaiya
- General info: This is a good supermarket that caters to western tastes. You will find a variety of products including produce, bakery, meat, and deli. There is a pork section here that has a good selection. Pork is available, but pricey. This store has a variety of products, some are priced right and some are expensive. At Christmas they have some cute ornaments at really good prices. Be sure and apply for a Jawads card if you plan on shopping here on a regular basis. You will get credit towards "Jawads" dinar that are redeemable at several places on the island. I find this store and "the big" Al Jazira comparable. Some things are either more available or a better price here and vice versa. Much depends on where you live and shop.
- Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles passing through or around the Pearl Roundabout and the Seef Mall Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says Saudi/Budaiya, this will bypass the Pearl Roundabout, after the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 4.6 miles take a right at the Manama West/Budaiya exit and veer right at the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Continue straight thru two roundabouts. Jawads is on the right a short distance after the 2nd roundabout. Look for the sign as the store sits off the road about 0.2 miles. If you reach the 3rd roundabout, you've gone too far.

AL JAZIRA

Phone: 17 740-111

Location: Mahooz, Um Ishoom Ave and Al Qadisiya Ave

General info: Basically see Jawads. Many choices of bread and other store baked items. They also have an "Al Jazira" card. It is so worth it to take advantage of this offer. Hours: 0800 - 2200 seven days a week.

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a. Causeway Rd). Stay to the right to remain on this highway. Go 1.7 miles taking the 2nd right after the first light. You will see the Jasmis Restaurant on the left after you make the right turn. At the first right, make a right onto Um Ishoom Ave. Al Jazira's grocery store will be on your left.

ALOSRA SUPERMARKET

Phone: 17697558

Location: Budaiya - Sara Road

General Info: A little better selection than Jawad's Supermarket, but basically the same.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles passing through or around the Pearl Roundabout and the Seef Mall Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says Saudi/Budaiya. This will bypass the Pearl Roundabout. After the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 4.6 miles take a right at the Manama West/Budaiya exit and veer right at the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Go 2.6 miles and you will see Alosra Supermarket on the left as you approach the 3rd roundabout. To get to the supermarket, approach the 3rd roundabout and turn left at Sara Rd. (enter 6, exit 9). Go 0.1 mile and take your first left into the supermarket parking lot.

*****Bahraini bread can be found at many bakeries throughout the island; however, the directions listed below are to a bakery located in Juffair near the base.

Directions: From Grand Mosque: Turn left at Al Fatih Hwy. Go 0.5 miles and turn left at the light onto Juffair Ave. Go 0.2 mile and turn left just after the bus stop. There will be a row of shops in front of you. Slightly to the right in this row is a cold store with light blue shutters; this is the bread place. If you go in the afternoon/evening you'll see people coming out with stacks of bread!

SOUQS (MARKET PLACES)

MANAMA SOUQ

Location: Manama

General Info: You can find all sorts of local craft items here as well as electronics, kitchen appliances, sheets, baskets, fabric, furniture, toys, and gold, lots of gold. A good rule is to price items at GEANT or GIANT to make sure you can bargain for a fair price. Parking is .200 fils for the first two hours and .100 fils for each additional hour. Souq hours generally 0830-1230 and 1600-2000. If you get hot and want some refreshments, try relaxing at the La Veranda Restaurant/Coffee Shop located in the Aradous Hotel. They have lunch buffet and a nice view of Manama and the water.

Directions: From Grand Mosque: Turn right on Al Fatih Hwy. Go 2.1 miles and turn left onto King Faisal Hwy. Go 1.1 miles and turn left at the third light. Take the first right and you will see a parking lot on your right and left. To park on the right, take the immediate right into the parking lot. To park on the left side, go to the roundabout ahead of you and U-turn (enter 6, exit 6) and take the first right into the parking lot. Looking at the KFC, you will need to cross Government Ave. Facing KFC look to the right and you will see an arch. This is the entrance to the "Bab Al Bahrain" Manama Souq.

MUHARRAQ SOUQ

Location: Muharraq

General Info: One of the least changed areas of Bahrain. In the back streets you can see much of the old style architecture. On the main street you can visit fabric shops, sweet shops, etc. Most shops close around 1230 and re-open around 1600.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn right onto Sh. Isa Bin Salman Causeway. Go over the sail bridge. At the 2nd light turn right onto Sh. Salman Ave. Go through the roundabout (enter 6, exit 12) and turn left at the big bridge. Go straight through the small roundabout and you are at the souq. Parking is best in the first parking lot on the right. It's about 200 fils to park for 2hrs. Additional parking is on the street...good luck.

ISA TOWN SOUQ

Location: Isa Town

General Info: Fabric, dishes, kitchen utensils, odds and ends. Household items. Casual furniture. Rubbermaid-like items. No fee for parking. This souq is MUCH smaller than the Manama Souq. Souq hours generally 0830-1230 and 1600-2000.

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy

(a.k.a Causeway Rd). Stay to the right to remain on this highway. Go 4.0 miles and take the Isa Town Exit and you will curl onto Sh. Salman Hwy. Go to the 2nd roundabout and turn left (enter 6, exit 9) into the Isa Town Gate. Go straight and turn right at the next roundabout onto Al Quds Rd (enter 6, exit 3). Go to the next roundabout and bear left (enter 6, exit 9). Follow this road to another roundabout and turn right (enter 6, exit 3). At the 2nd street turn right. The Isa Town Market and the parking lot will be on the left. No fee for parking.

CARPETS

****NOTE:** It is best to attend the Carpet Buying Seminar offered by the Fleet and Family Support Center (FFSC) before buying carpets. Always shop and compare prices before deciding on a purchase.

CARPET HOUSE

Phone: Store: 17 710-163. Mobile: 3946-5687
Location: Adliya; Schwarma Alley
Hours: 0900 -1300 and 1600 -2200
General Info: Point of Contact. Mohammed. Mohammed does many of the rug flops for the ships that pull into port here. He speaks excellent English and is very helpful.

Directions: From Grand Mosque: Cross over Al Fatih Hwy. At first light, turn left onto Osama Bin Zaid Ave (a.k.a. Schwarma Alley). Go through one traffic light. His shop is approximately one block down on the right just past the Baskin Robbins.

OASIS HANDMADE CARPET CENTRE

Phone: Store: 1771-3197 Mobile: 3946-0324
Location: Adliya - Osama Bin Zaid Ave (a.k.a. Shwarma Alley)
General Info: Contact: Abdul Wahed Abdulla. All kinds of handmade carpets. Abdul is very helpful and friendly. Abdul does many rug flop parties, provides local food for the party. He will bring the food, set up and leave for approximately an hour for you to mingle with your guests and then return with a lot of rugs for you and your guests to look at and buy, however, no obligation.

Directions: From Grand Mosque: Cross over Al Fatih Hwy. At first light, turn left onto Osama Bin Zaid Ave (a.k.a. Schwarma Alley). When the road turns to the right, Oasis Carpets will be on your right.

CITY CARPETS

Phone: Store: 17 716-158. Mobile: 3961-3269. Bleep: 3937-3271
Location: Adliya
General Info: Contacts: Abdul and Sadiq Al-Omari (brothers). Abdul and Sadiq are happy to give free carpet lessons without expectation to purchase. 35 years of experience in the business. Wide range of old and new carpets.

different qualities and sizes. Most carpets are from Iran, some Afgan and Indian Pakistani. Willing to negotiate interest free payment plan. Transportation to home provided to view carpets without obligation to buy. If carpet search doesn't prove fruitful, they will try and locate carpets at their other two carpet shops or take a trip to Iran!!!

Directions: From Grand Mosque: Cross over Al Fatih Hwy. At first light, turn left onto Osama Bin Zaid Ave (a.k.a. Schwarma Alley). City Carpet is first carpet shop on the right side of the road.

BRADRAN'S CARPETS

Phone: 17 228-655

Location: Near Manama Souq/Gold City

Hours: Saturday - Wednesday 0830 - 1300 and 1530 - 1900 Thursday, 0830 - 1930. Friday 0900 - 1200

General Info: Persian and Chinese carpets of the best quality. These are the men who teach the Carpet Buying class offered by Fleet and Family Services Center each month. They are very willing to spend time teaching about the carpets. Great place to start learning. The prices are set and determined by the strength of the Iran currency. No haggles make comparison easy. Oriental carpets and more for home decorating and gifts.

Directions: See "souqs" listed under the "Shopping" section of Camel Crossings for directions to the Manama Souq. Before walking through the Bab Al Bahrain Arch, turn right and walk right along Government Ave (this is the road in front of the Arch). Walk a couple of blocks and turn left after the Bahrain Islamic Bank and before Gold City. The carpet shop will be on the left.

HANDMADE CARPETS

Phone: 17 293-695

Location: Exhibition Ave

General Info: Ask for Sadiq or Abu Sadiq. Shop is owned by Abu Sadiq, Sadiq's father. Lots of wonderful beautiful Persian carpets, also carries Turkish and Pakistani carpets. The owner not lower his prices as much as some other shops, but is honest and stands behind the quality of his carpets. Cleans and repairs carpets.

Directions: From the Grand Mosque: Turn right on Al Fatih Hwy. Go 0.5 miles and turn left at the first light. Go 1 block and turn right at the first light onto Exhibition Ave. Go through the second roundabout. The shop is in this block on the right. If there is no parking available on the street, take the next right hand turn and bear right into the empty lot to park, then walk back about half a block to the shop.

JEWELRY

****NOTE:** It is best to attend the “Gold Buying Seminar” offered by the Fleet and Family Support Center (FFSC) before buying gold. Always shop and compare prices before deciding on a purchase. There are a lot of gold shops, so take your time and make a good purchase. FFSC offers gold buying seminars monthly. Call or stop by the FFSC for further information. Phone 17 85 4046.

GOLD SOUQ

Location: Manama Souq

General Info: The shopping mall for Gold!!! Dozens of gold, silver and gems shops all in one area. Closes on Friday’s at noon for the rest of the day.

Directions: See “Souqs” listed under “Shopping” for directions to the Manama Souq. Enter the Manama Souq through the Bab Al Bahrain Arch. Cross the street and walk straight making a left turn at the 3rd street on your left (fabric shops will be on the right). The first building on the left will be the Gold Souq.

GOLD CITY

Location: Walking distance from Manama Souq

General Info: Similar to Gold Souq. You can park in the Manama Souq parking areas and walk a few blocks or you can drive directly to Gold City and use their free Valet Parking. Hours: 0930 – 2130, everyday except Friday. On Friday most shops only open in the evening.

Directions: From Grand Mosque: Turn right on Al Fatih Hwy. Go 2.1 miles and turn left onto King Faisal Hwy. Go 1.1 miles and turn left at the third light. Go to 2nd light and turn right onto Government Ave. Go a short distance (few blocks) and you will see Gold City on your left.

SOUVENIRS AND HANDICRAFTS

KASHMIR ART EMPORIUM

Phone: 17 253-234

Location: Manama Souq

General Info: Large selection of crafts, brass, silver and jewelry. Hours: Saturday - Thursday 0830 –1230 and 1530 - 2000 and Friday 0900 -1200.

Directions: Follow directions to Manama Souq listed under “Souqs” in the “Shopping” section of Camel Crossings. Enter the souq at the Bab Al Bahrain Arch. As you walk through the Arch, take your first left. Turn right at your second street (there will be a yellow sign with red lettering for Ethnic Crafts). When you come to a “T” turn left. The store will be a few shops on your right.

DANAH HANDICRAFTS

Phone: 17 211-954
Location: Juffair (near Bahrain School)
General Info: Souvenirs and handicrafts

Directions: From Grand Mosque: Turn left at Al Fatih Hwy. Go 0.5 miles and turn left at the light onto Juffair Ave. Go 0.4 miles to the first roundabout and Danah Handicrafts will be on your left. Parking in back.

ETHNIC CRAFTS

Phone: 17 556-246
Location: Juffair (near Bahrain School) and Manama Souq.
Hours: Saturday - Thursday 0930 – 2000 and Friday 1630 - 1930.
General Info: Wide variety of crafts and souvenirs from Bahrain, India and Pakistan.
Juffair

Direction: Location #1: From Grand Mosque: Turn left at Al Fatih Hwy. Go 0.5 miles and turn left at the light onto Juffair Ave. Go 0.4 miles to the first roundabout and Danah Handicrafts will be on your left. Parking in back.

Manama Souq

Direction: Location #2: Follow directions to Manama Souq listed under “souqs” in the “Shopping” section of Camel Crossings. Enter the souq at the Bab Al Bahrain Arch. As you walk through the Arch, take your first left. Turn right at your second street (there will be a yellow sign with red lettering for Ethnic Crafts). Ethnic Crafts will be about halfway down this street on your left. Hours: 0830 – 1300 and 1600 - 2100. Friday, 1600 – 2030.

MULTI-PURPOSE STORES

GEANT HYPERMARKET

Phone: 17 588 181
Location: Sanabis, Bahrain Mall.
Hours: 1000 - 2400, seven days a week.
General Info: GEANT is the closest thing to a Wal-Mart Superstore here in Bahrain. They carry clothing, shoes, some hardware supplies, toys, computer and electronic equipment, furniture items, household supplies, groceries.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 3.7 miles passing through or around the Pearl Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says Saudi/Budaiya, this will bypass the Pearl Roundabout, after the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 3.7 miles, you will approach the Seef Mall

Roundabout. Take the 3rd exit at the Seef Mall Roundabout, the sign will say Exhibitions Center (enter 6, exit 11). Go straight and take your first left into the Bahrain Mall parking garage. GEANT is located on the 2nd floor.

GIANT

Location: Sanabis - Dana Mall

General Info: GIANT is a smaller scale GEANT, which is located at the Dana Mall.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 3.7 miles passing through or around the Pearl Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says Saudi/Budaiya, this will bypass the Pearl Roundabout, after the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 3.7 miles, you will approach the Seef Mall Roundabout. At the Seef Mall you will need to make a U-turn (enter 6, exit 6). Go approximately 2 mile and take your first right. Dana Mall will be on your left. Go to the roundabout and U-turn (enter 6, exit 6) and make your first right into the Dana Mall parking garage. GIANT is on the 2nd floor.

DISCOUNT HOME STORES

Location: Adliya (off Sh. Isa Ave)

General Info: Clothes, shoes, home appliances, home décor, shelving unit, dishes.

Directions: From Grand Mosque: Cross over Al Fatih Hwy. At first light, turn left onto Osama Bin Zaid Ave (a.k.a. Schwarma Alley). Go to first light and turn right onto Sh Isa Ave. You will see Discount Home Store on your left as you approach the first roundabout. Make a U-turn at the roundabout (enter 6, exit 6). Take your 1st right and another 1st right to get to the parking lot in front of the store.

MALLS

SEEF MALL

Location: Sanabis

Hours: 1000 - 2200. Seven days a week.

General Info: Cinema showing the most recent movies. Movie prices are comparable to the states. Also has two food court areas including Pizza Hut, Dairy Queen, and McDonalds. Clothes are fairly expensive, but look for the sales and you can purchase quality clothes at a descent price.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 3.7 miles passing through or around the Pearl Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says

Saudi/Budaiya, this will bypass the Pearl Roundabout, after the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 3.7 miles, you will approach the Seef Mall Roundabout. At the Seef Mall Roundabout, take a right, (enter 6, exit 3). Take another first right. The Seef Mall will be on your right.

A'ALI MALL

Location: Sanabis

General Info: Mainly upscale clothing stores.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 3.7 miles passing through or around the Pearl Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says Saudi/Budaiya, this will bypass the Pearl Roundabout, after the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 3.7 miles, you will approach the Seef Mall Roundabout. At the Seef Mall Roundabout, take a right, (enter 6, exit 3). Take another first right. The Seef Mall will be on your right. Drive a short distance further and pass the Toys R Us and the A'Ali Mall will be on your right.

BAHRAIN MALL

Location: Sanabis

Mall Hours: 1000 - 2400. Seven days a week.

General Info: Futon World (a neat play area for the kids with games and rides, including a roller coaster ride for small children). Also in the Bahrain Mall you will find GEANT located on the 2nd floor. GEANT is the closet thing to a Wal-Mart Superstore here in Bahrain. Food court includes Dairy Queen, Burger King, KFC and other ethnic food available. Bahrain Post Office located on 1st floor and the hours are 0900 - 1100 and 1800 - 2000.

Directions: From Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 3.7 miles passing through or around the Pearl Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says Saudi/Budaiya, this will bypass the Pearl Roundabout, after the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 3.7 miles, you will approach the Seef Mall Roundabout. Take a left (enter 6, exit 11) at the Seef Mall Roundabout at the exit sign will say Exhibitions Center/Daih/Sanabis. Go straight and take your first left into the parking garage.

DANA MALL

Location: Sanabis

General Info: Has a mini-amusement park inside the mall including a water ride, roller coaster ride. Neat place to take the kids. Also has a food court that includes a Chili's restaurant. GIANT is located on the 2nd floor of the Dana Mall. GIANT is a smaller scale GEANT, which is located at the Bahrain Mall.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 3.7 miles passing through or around the Pearl Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says Saudi/Budaiya, this will bypass the Pearl Roundabout, after the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 3.7 miles, you will approach the Seef Mall Roundabout. At the Seef Mall Roundabout, you will need to make a U-turn (enter 6, exit 6). Go 0.8 mile and take your first right at the Sanabis exit sign. Dana Mall will be on your left. Go to the roundabout and U-turn (enter 6, exit 6) and make your first right into the Dana Mall parking garage.

MARINA MALL

Location: Zinj/Pearl Roundabout

General Info: A large shoe store located in this mall as well as reasonably priced clothes. There is also a Home Center on the 2nd floor that has a lot of nice things to help with your home décor. At Christmas, they do carry a limited supply of Christmas decorations. Hours: 1000 – 2200, seven days.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Drive 1.6 miles and you will approach the Pearl Roundabout. Enter at 6 and exit at 8:00 onto Suwailiyah Ave. At the first traffic light U-TURN and then make your 1st right in order to get into parking lot.

YATEEM CENTRE

Location: Near Manama Souq.

Hours: 0900 - 1300 and 1600 - 2100. Seven days a week.

General Info: Like shopping in the souq, but with air conditioning. This mall includes sport stores, shoe stores, souvenir shops, ethnic and western clothing, a shoe repair shop, ice cream and sweet shop, card shops. Bathrooms here are usually clean and stocked.

Directions: From Grand Mosque: Turn right on Al Fatih Hwy. Go 2.1 miles and turn left onto King Faisal Hwy. Go 1.1 miles and turn left at the third

light. Take the first right and you will see a parking lot on your right and left. To park on the right, take the immediate right into the parking lot. To park on the left side, go to the roundabout ahead of you and U-turn (enter 6, exit 6) and take the first right into the parking lot. Look for the BATELCO COMMERCIAL CENTRE (across the street facing away from the water). Yateem Centre will be to the left-backside of the Batelco Commercial center.

GOSI COMPLEX

Phone: 17 291-551

Location: Exhibition Ave.

General Info: This complex has a twin movie cinema and some shopping. Most of the shops in Gosi Complex close for mid-afternoon and reopen usually after 1500 hundred.

Directions: From the Grand Mosque: Turn right on Al Fatih Hwy. Go 0.5 miles and turn left at the first light. Go 1 block and turn right at the first light onto Exhibition Ave. Go through the third roundabout and Gosi Complex is a large pink Complex on the right. Just after going through the 3rd roundabout, turn right just after the pedestrian crossing. Parking in back.

ET CETERA/ODDS AND ENDS

RAMEZ TRADING CENTER

Location: Pearl Roundabout, near Central Fish Market.

Hours: 9:00 a.m. to midnight, seven days a week.

General Info: Like a dollar store but a "Dinar Store". Most items are BD 1.000 or less. Nicer items up to BD 4.000. Huge wall of perfumes, great buys on art materials. Upstairs is local clothing and scarves. They do not take credit cards, be prepared to pay dinar.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Drive 1.6 miles and you will approach the Pearl Roundabout. Enter at 6 and exit at 8:00 onto Suwafiyah Ave (3rd exit). At the first traffic light U-TURN and then make your 1st right. The Marina Mall will be on your right and Ramez Trading Center will be on your left after the Fish Market.

FIVE CIRCLES (200 films store)

Phone: 17 292-242

Location: Off Exhibition. One street behind Gosi Complex.

Hours: Saturday – Thursday, 0900 – 1330 and 1600 – 2400. Friday, 1500 - 2400

General Info: Everything in the store is .200 fils. A great place to get gift bags and trinkets.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 0.5 miles and turn left at the first light. Go 1 block and turn right at the first light onto Exhibition Ave. Go through the third roundabout and Gosi Complex is a large pink Complex on the right. Just after going through the 3rd roundabout, turn right just after the pedestrian crossing. Make your 2nd left (Note: first left is a one way). Five Circles is a short distance on your right side.

RESTAURANTS

No matter what your taste in foods, the many restaurants and hotels in Bahrain will provide you with an array of choices. Restaurants are too numerous to list in this guide. Please stop by the Fleet and Family Support Center for a free copy of a Bahrain Monthly Pocket Guide, this handy book will provide information on eating out and other cultural items of interest.

CULTURAL INTEREST

NOTE: Tours for many of these sites are available through NSA BAHRAIN MWR's Information, Tickets and Tours Office in the Recreation Center.

BAHRAIN NATIONAL MUSEUM

Phone: 17 292-977

Location: Manama - Al Fateh Hwy

General Info: 500 fils per adult. Saturday - Wednesday.

Exhibits on history and culture as well as archaeological artifacts. Walk through an old souq, glimpse traditional daily life, study the burial mounds. All this and more! A wonderful place to start learning about Bahrain.

Directions: From the Grand Mosque: Turn right on Al Fatih Hwy. You will see Funland and the Marina Club on the right. Watch the signs for the exit to the Museum, which will be on the right.

BURIAL MOUNDS

Location: Hamad Town

General Info: Periods: Dilmun, Tylos and Helenistic around 2000-4000 years old. Both sites (Hamad Town and Sara) are public, but do not have guided tours. Visit anytime of the day. **An advance visit to the Bahrain National Museum will give you a better understanding of the sites** (see "museum information" above) phone: 17 292-977).

Directions: From the Grand Mosque: Turn left on the Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a. Causeway Rd). Stay to the right to remain on this highway. Go

4.0 miles and take the Isa Town Exit and you will curl onto Sh. Salman Hwy. Drive on Sh. Salman Hwy for 2.8 miles to 3rd roundabout and go right onto Sh. Zayed Ave. Go 0.9 miles and make a left at the 1st roundabout towards A'Ali (enter 6, exit 9). Go through the next roundabout and you will be on Ave 38. Go 0.8 mile and the Burial Mounds will be on your right

BARBAR TEMPLE

Location: Barbar, off Budaiya Hwy.

General Info: A series of successive temples from 4000 BC. You will get MORE from your visit if you do a little reading about the site before you go. There is a sign there that gives some information about the temple. The watchman may give you a little tour, it will probably be in Arabic, even if you don't understand much, a small tip (baksheesh) is expected. Open daily, tours available through MWR Office, but you can go on your own and just walk about.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles passing through or around the Pearl Roundabout and the Seef Mall Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says Saudi/Budaiya, this will bypass the Pearl Roundabout, after the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 4.6 miles take a right at the Manama West/Budaiya exit and veer right at the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Continue on Budaiya Hwy. After the 2nd roundabout, go 0.8 mile and turn right on Barbar Ave (there will also be a brown sign directing you to the Barbar Temple). Go 0.5 mile and turn right at another brown sign directing you to the Barbar Temple. Go approximately two hundred yards and you will see some stone columns and ruins. Look for the guard shack and a sign with some information about Barbar Temple.

TREE OF LIFE

Location: In the desert south of Awali

General Info: A lone tree thriving in the desert, its source of water is unknown. Camels are frequently seen here and you may even get to ride one! Take plenty of drinking water and a mobile phone for emergencies. Not recommended at dusk!

Directions: From Grand Mosque: Turn left on Al Fatih Highway for 0.9 and veer right before the 2nd light onto Sh. Isa Bin Salman Hwy (a.k.a. Causeway Rd). Go 0.7 miles and turn left at the first light onto Sitra Causeway. Follow through 2 very LARGE roundabouts. Watch for signs to the Riffa Golf Course. At a roundabout, the sign will say "Riffa Golf Course" go left. Stay on the main road; pass the Riffa Golf Course on

your left. Just past the golf course there is a small roundabout, go right. Follow the "Tree of Life" signs all the way.

THE GRAND MOSQUE

- Phone: 17 727-773
Location: Juffair/Adliya (intersection of Al Fateh Hwy and Al Awal Ave).
Hours: Saturday through Wednesday 0900 - 1200.
General Info: One of Bahrain's most beautiful landmarks and an excellent example of Middle East religious architecture. If you are at all interested in architectural design and/or religious writings, you need to visit this Mosque. They have plenty of free handouts regarding the Islamic culture. You may visit the Mosque and even photograph the inside, but there are restrictions: NO shorts or sleeveless tops. Women MUST wear an abaya, which can be borrowed, from the Mosque library. Take off your shoes. NO admittance during prayer times, check local paper for prayer times.
- Directions: From the NSA Bahrain Main Gate (where all the taxis are parked), take the first left. You will pass the Fakhruddin's Restaurant and Mega Mart on your left. Take the first right after Mega Mart. You will come to a "T" go left. Take the second right. You will come to another "T" go left. The Mosque will be on the right.

BAIT AL QURAN

- Phone: 17 290-404
Location: Off the corner of Exhibitions Ave and Sh. Hamad Causeway.
General Info: Extensive collections of rare and fine copies of the Holy Quran. Visitors are welcome; dress appropriately, no shorts or sleeveless tops. You must remove your shoes before entering the mosque. Hours: Saturday - Wednesday 0800 - 1200 and 1600 - 1800; Thursday 0800 - 1300. Closed Fridays.
- Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 1.6 miles and turn left at the 2nd light onto Sh. Hamad Causeway. Go to 1st light and make a U-turn and take your first right. This road will curve around and pass by the Bahrain Red Crescent Society on the right. Bait Al Quran is the next building on your right. It is marked "Islamic Art" on the glass doors.

ARAD FORT

- Phone: 17 672-278
Location: Arad
Hours: Saturday thru Tuesday 0800 - 1400. Wed & Thursday 0900 - 1800. Friday, 1500 - 1800.
General Info: Restored 16th Century Portuguese Fort. Off the island of Muharraq. Cost: 200 fills per adult. Something different for the kids to explore. Not stroller friendly. Don't go on a windy day.

Directions: From Grand Mosque: Turn right on Al Fatih Hwy. Go 1.2 miles and turn right onto Sh. Hamad Causeway. Take the Airport/Arad-Hidd Exit (1.3miles). Go approximately 2 miles down and turn right at Jasmi's restaurant onto Avenue 40. Follow straight past Muharraq Sports Club. At the end of the road turn right onto Avenue 29. Fort will be down a block on your left. There are brown ARAD FORT signs posted up through the turn at Jasmi's.

BAHRAIN FORT

Location: Karbabad. Northern edge of the island.

General Info: 16th century Portuguese Fort as well as excavation site of several different settlement periods including the Dilmun era. Open daily except on National Holidays.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left onto King Faisal Hwy. Go approximately 4.0 miles (bearing right through the Pearl Roundabout onto Sh. Khalifa Bin Salman Hwy and straight through the roundabout at Seef Mall) taking the Kurrannh exit. There will be a gas station on the left as you come off the exit. Go 0.1 mile and turn right at the BAHRAIN FORT sign. Go 0.1 mile and the road will "T" go left. Continue 0.4 of a mile and at the stop sign go left. Then almost immediately go straight up the dirt hill and you will see the fort.

SHEIK ISA'S HOUSE

Phone: 17 334-945

Location: Muharraq

Hours: Closed Saturday, 0800 – 1400, Sun – Tues and 0900 – 1800, Wed & Thurs, 1500 – 1800, Friday.

General Info: The home of H.H. the Amir's great grandfather, Sheik Isa bin Ali Al Khalifa. This house will provide you an opportunity to see the traditional architecture of Bahrain and insight into life in Bahrain in the 19th century. See functioning wind towers and marvel at the original air conditioning. Free

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn right onto Sh. Isa Bin Salman Causeway. Go over the sail bridge. At the 2nd light turn right onto Sh. Salman Ave. Go through the roundabout (enter 6, exit 12). At the bridge turn left (you'll see a sign for Muharraq Souq - follow that). At the roundabout go straight through (enter 6, exit 1). This will put you on a narrow one-way street through the souq. Go straight until there is a "T" in the road. Turn left at the "T". At the 1st traffic light turn left. Immediately there will be a mosque on your right. Park here in the parking lot. At the far end you will see a white wall with a wooden Bahraini door. Follow the wall to the right, then around to the left. This will bring you to the entrance to the house.

THE SIYADI HOUSE (Pearl Merchant's House)

- Phone: 17 334-945
Location: Muharraq
Hours: Saturday to Tuesday 0800 – 1400.
Wednesdays and Thursdays 0900 – 1800.
Friday 1500 – 1800. General Info: Wonderful old 19th century house with some of the best architecture of the period. Beautiful stained glass, painted ceilings, even a hidden staircase and secret room. Siyadi House is a short walk from Sheik Isa's House.
- Directions: Follow directions to Sheik Isa's House. As you leave Sheik Isa's turn left and walk to Main Street. Turn right and walk about 1 block. You will see the brown sign for SIYADI House. Follow to the right. You will see an old mosque and minaret ahead of you. This is the Siyadi Mosque. Next to the mosque you will see a building with beautiful gypsum work. This is the Siyadi House.

AL JASRA HANDICRAFT CENTER

- Phone: 17 611-900
Location: Al Jasra
Hours: Saturday to Wednesday 0800 - 1400.
General Info: Traditional crafts demonstrated, displayed and sold such as, Bahraini chests, model dhows, fabric weavers, basket weavers, & pottery. You can make purchases from the vendors directly or go to the gift shop and bookstore on the premises. Best day to go is Saturday in order to see the work in progress.
- Directions: From the Grand Mosque: Turn left on the Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a. Causeway Rd). Stay to the right to remain on this highway. Go 8.8 miles and exit right after Kid's World at the Budaiya exit. At the top of the ramp go LEFT. This will now be Wahi Al Aheb Hwy. Just as you come over the overpass you will see a sign for Al Jasra on your right. Turn RIGHT here and follow the road. As you come to the roundabout enter at 6 and exit at 1. Al Jasra Handicraft Center will be on your right.

AL JASRA HOUSE (BAIT AL JAZRA)

- Location: Jasra
General Info: The Amir's birthplace. Classic Bahraini architecture and house design. This is one of the few historic landmarks that are furnished in the style typical of the period; the buildings and grounds are beautiful and well maintained. The town of Jasra itself is charming!
- Hours: Sunday - Tuesday 0800 - 1400; Wednesday - Thursday 0900 - 1800; Friday 1500 – 1800. Closed Saturday. Fee: Adults .200 fils and children free.
- Directions: From the Grand Mosque: Turn left on the Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a. Causeway Rd). Stay to the right to remain on this highway. Go

8.8 miles and exit right after Kid's World at the Budaiya exit. At the top of the ramp go left. This will now be Wahi Al Aheb Hwy. Just as you come over the overpass you will see a sign for Al Jasra on your right. Turn right here and follow the road for 1.3 miles passing through two roundabouts (Al Jasra Handicraft Center will be on your right between the 1st and 2nd roundabout). Just after the 2nd roundabout turn left at the sign for Al Jasra House. Go down a short distance and the parking entrance is on the right.

SAKHIR RACECOURSE

- Phone: 17 440-330
Location: Off Zallaq Hwy heading west from Awali
General Info: Thoroughbred and Arab horse racing. Betting is not allowed but it is fun to go watch the horses run. Race meetings held October to April on Fridays. Starts at 2:30 p.m.
Directions: From the Grand Mosque: Turn left on the Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a. Causeway Rd). Stay to the right to remain on this highway. Go 4.0 miles and take the Isa Town Exit and you will curl onto Sh. Salman Hwy. Drive on Sh. Salman Hwy for 7.2 miles through nine roundabouts. Just before the tenth (and last) roundabout veer right onto Zallaq Hwy. Follow Zallaq Hwy for 2.5 miles passing through two roundabouts and turn right when you see the sign: "Equestrian and Horseracing Club" (you will see a large statue of three horses on your left). After turning right, go approximately 0.5 mile; the stadium and parking lot will be in front of you.

FIRST OIL WELL/OIL MUSEUM

- Phone: 17 753-475 (**call to confirm open times**)
Location: In the desert south of Awali
General Info: First oil well in the gulf and a museum depicting oil exploration and production in the area. Open Thursday and Friday 0900 - 1800.
Directions: From the Grand Mosque: Turn left on the Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a. Causeway Rd). Stay to the right to remain on this highway. Go 4.0 miles and take the Isa Town Exit and you will curl onto Sh. Salman Hwy. Drive on Sh. Salman Hwy for 7.2 miles through nine roundabouts. Just before the tenth (and last) roundabout veer right onto Zallaq Hwy. Follow Zallaq Hwy for 1.4 miles making a left at the roundabout (enter 6, exit 9). Go 4.3 miles and through 1 roundabout and First Oil Well and Museum will be on the right.

AL AREEN WILDLIFE PARK

- Phone: 17 836-116
Location: Off Gulf of Bahrain Ave (near University of Bahrain)

General Info: Rare and endangered species on exhibit in their natural habitats. Air-conditioned bus tour of the park and an informative film included with entrance fee. Entrance fee: Adults BD 1.000. Children under 15 years - 500 fils. Children under 3 years free. Gift shop on premises.

Directions: From the Grand Mosque: Turn left on the Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a. Causeway Rd). Stay to the right to remain on this highway. Go 4.0 miles and take the Isa Town Exit and you will curl onto Sh. Salman Hwy. Drive on Sh. Salman Hwy for 7.2 miles through nine roundabouts. Just before the tenth (and last) roundabout veer right onto Zallaq Hwy. Follow Zallaq Hwy for 4.6 miles passing through 3 roundabouts and make a left when you see a small sign "Al Areen" onto Gulf of Bahrain Ave. Follow Gulf of Bahrain Ave for 3.0 miles and turn left at the roundabout. Park entrance 100 yards ahead of you.

FORT OF RIFFA (SH. SALMAN BIN AHMED AL FATEH FORT)

Location: Riffa

General Info: Open Saturday - Wednesday 0730 - 1400; Thursday 1000 - 1700; Closed Friday.

Directions: From the Grand Mosque: Turn left on the Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a. Causeway Rd). Go 0.7 mile and turn left at the 1st light onto Sh. Jaber Al Ahmed Al Subah Hwy. Go 7.4 miles taking a right at the 1st light after going through two roundabouts. (You will see big red and white smokestacks here). (Note: After 2nd roundabout road changes names to Al Muaskar Ave). After turning right at the light onto Riffa Ave, go 1.5 miles and turn left at the 4th light. Go 0.7 miles passing through one roundabout and the fort will be on the right.

DELMON POTTERY

Phone: 17 642-539

Location: A'Ali Village

General Info: Watch potters works and visit the shop for pottery. Open 0700 – 1900, seven days a week.

Directions: From the Grand Mosque: Turn left on the Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a. Causeway Rd). Stay to the right to remain on this highway. Go 4.0 miles and take the Isa Town Exit and you will curl onto Sh. Salman Hwy. Drive on Sh. Salman Hwy for 2.8 miles to 3rd roundabout and go right onto Sh. Zayed Ave. Go 0.9 miles and make a left at the 1st roundabout towards A'Ali (enter 6, exit 9). Drive a short distance and make a right at the next roundabout. Go approximately 0.2 mile and turn right. Go approximately 50 yards and Delmon Pottery will be on your left.

TOURS

CULTURAL TOUR

Phone: 17 966-2910

Location: Pick-up locations can be arranged from your hotel or the front gate of NSA (outside Pass and I.D.)

General Info: Contact person. Mr. Fareed Hussain. Phone: 3966-2910. Mr Hussain requires at a minimum 5 people for the tour and a maximum of 12 persons; the cost per person is BD 10,000. This Cultural Tour includes 10 stops at various sites in Bahrain: the National Museum, Fort Bahrain, Basket-weavers, Dhow Shipbuilding Yard, 2000 BC Burial Mounds, Fort Riffa, Tree of Life and Camel Farm, Al Jasra House, Saar Archeological Dig Site, and two other sites depending on the dates. This is the tour to take to give you an idea where everything is located and Mr. Hussain is very informative. This is great if you are new to Bahrain and want to see everything with an experienced guide the first time around.

MWR – ITT OFFICE

Phone: 1785- 3531

Location: First floor of Freedom Souq near Navy Federal Credit Union

General Info: Contact the NSA MWR for special tours and events

PEARL SNORKEL DIVE (SNORKELING TOUR)

Phone: 3966-2910

Location: Pick-up locations can be arranged from your hotel or the front gate of NSA (outside Pass and I.D.)

General Info: Contact person. Mr. Fareed Hussain. Phone: 3966-2910. The active duty person must accompany you on this tour. Minimum 5/Maximum 12. Cost: BD 15,000. Mr. Hussain usually has some snorkel gear available, additional gear can be checked out in advance from Gear Issue in the Fleet Gym. Take a traditional Arabian Show fishing boat trip from Muharraq, one hour to the oyster beds. You can snorkel for pearls at low tide. Recommend you bring change of clothes, gloves (optional), cooler with beverages and bag lunch/snacks. You may want to combine the Pearl Dive Tour with the Deep Sea Fishing (bring own poles and gear (or you can check out gear from Gear Issue). Some bait provided.

RELIGIOUS SERVICES

ON BASE

HOLY TRINITY CHAPEL, NSA BAHRAIN

Phone: 17 724-235 (Chaplain's Office)

General Info: All regular religious services are held on Fridays. Each congregation has additional programs, services and Religious education. For more information, please call the Chaplains Office.

CATHOLIC MASS & RELIGIOUS EDUCATION

Religious Education: Friday at 0815 at various locations on base.

Mass: Sunday -Wednesday @ Chapel Annex at 1200.

Mass: Thursday @ Chapel Training Facility at 1730.

Mass: Friday @ Chapel Training Facility at 0930.

PROTESTANT SERVICES & FRIDAY SCHOOL

There is no Children Friday School until further notice.

Adult Friday School: Navy College Classroom #2 at 0930.

Worship Service: Friday @ Chapel Training Facility at 1100.

Worship Service: Sunday @ Chapel Training Facility at 1200.

JEWISH

Shabbat Service: 2nd Friday of each month @ Chapel Annex.

CHURCH OF CHRIST

Worship Service: Friday @ Chapel Annex at 1100.

OFF BASE

NOTE: Please call to confirm service times and to get directions.

ST. CHRISTOPHER' S CATHEDRAL (Anglican/Episcopal)

Phone: 17 253-866

Location: Near the Manama Police Fort.

General Info: Friday 0930 (family service). Sunday, 1030 and 1800 on 1st and 3rd Sundays and Evening Prayer 2nd and 4th Sundays. Monday - Thursday and Saturday at 0800. NOTE: Services also held at Community Church Awali on Monday 1310 and Saturday 1900. (family service).

COMMUNITY CHURCH, AWALI

Phone: 17 754-344

Location: Awali

General Info: Different denominations share this church.

NATIONAL EVANGELICAL (Non-Denominational)

Phone: 17 254-508

Location: Near American Mission Hospital

General Info: English language services held Friday at 0930 and Sunday 1830.

Tagalog language services held Friday at 1300.

SACRED HEART CHURCH (Roman Catholic)

Phone: 17 253-598

Location: Manama

General Info: Friday service 1730. Saturday service 18:30 pm. Sunday 0900 and 1730 and 1900.

CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

Phone: 17 612-382

WORD OF LIFE INTERNATIONAL CHURCH

Phone: Contact person: Pastor Bonny Villanueva.

Home: 17 720-513 Mobile: 3961-5460

Location: Mahooz on Kuwait Avenue.

General Info: A lively, Bible based, Christ-centered, family-oriented celebration church. Friday services 0900 - 1100. Sunday evening Bible study 1930 - 2130. There are prayer meetings and small home meetings throughout the week. There is a Friday School for children and teens. There is a van ministry for people needing a ride.

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a. Causeway Rd). Stay to the right to remain on this highway. Turn right at the 1st light onto Kuwait Ave. At the fifth stoplight, Salmaniya Road, do a U-turn. Take the 2nd right turn onto Road 2801. Villa #76 is on the corner on the left side of the road directly across the street from the Palestinian Embassy. Parking is a challenge as there are numerous churches on this street. Just drive around a few blocks and you will find something.

CONVERSION CHARTS

Oven Temperature Chart: U.S. and British

Heat Level	Degrees Fahrenheit	Degrees Celsius	British (Regulo) Gas Mark
Very cool	200	95	0
Very cool	225	110	1/4
Very cool	250	120	1/2
Cool or slow	275	135	1
Cool or slow	300	150	2
Warm	325	165	3
Moderate	350	175	4
Moderately hot	375	190	5
Fairly hot	400	200	6
Hot	425	220	7
Very Hot	450	230	8



The
Fleet & Family Support
Center



MONEY CONVERSION TABLE

US DOLLARS TO BAHRAINI DINARS		
\$ 1.00 = BHD 0.375	\$ 10.00 = BHD 3.750	\$ 100.00 = BHD 37.500
\$ 1.50 = BHD 0.563	\$ 15.00 = BHD 5.625	\$ 150.00 = BHD 56.250
\$ 2.00 = BHD 0.750	\$ 20.00 = BHD 7.500	\$ 200.00 = BHD 75.000
\$ 2.50 = BHD 0.938	\$ 25.00 = BHD 9.375	\$ 250.00 = BHD 93.750
\$ 3.00 = BHD 1.125	\$ 30.00 = BHD 11.250	\$ 300.00 = BHD 112.500
\$ 3.50 = BHD 1.313	\$ 35.00 = BHD 13.125	\$ 350.00 = BHD 131.250
\$ 4.00 = BHD 1.500	\$ 40.00 = BHD 15.000	\$ 400.00 = BHD 150.000
\$ 4.50 = BHD 1.688	\$ 45.00 = BHD 16.875	\$ 450.00 = BHD 168.750
\$ 5.00 = BHD 1.875	\$ 50.00 = BHD 18.750	\$ 500.00 = BHD 187.500
\$ 5.50 = BHD 2.063	\$ 55.00 = BHD 20.625	\$ 550.00 = BHD 206.250
\$ 6.00 = BHD 2.250	\$ 60.00 = BHD 22.500	\$ 600.00 = BHD 225.000
\$ 6.50 = BHD 2.438	\$ 65.00 = BHD 24.375	\$ 650.00 = BHD 243.750
\$ 7.00 = BHD 2.625	\$ 70.00 = BHD 26.250	\$ 700.00 = BHD 262.500
\$ 7.50 = BHD 2.813	\$ 75.00 = BHD 28.125	\$ 750.00 = BHD 281.250
\$ 8.00 = BHD 3.000	\$ 80.00 = BHD 30.000	\$ 800.00 = BHD 300.000
\$ 8.50 = BHD 3.188	\$ 85.00 = BHD 31.875	\$ 850.00 = BHD 318.750
\$ 9.00 = BHD 3.375	\$ 90.00 = BHD 33.750	\$ 900.00 = BHD 337.500
\$ 9.50 = BHD 3.563	\$ 95.00 = BHD 35.625	\$ 950.00 = BHD 356.250
		\$ 1,000.00 = BHD 375.000

BAHRAINI DINAR TO US DOLLARS		
BHD 1.000 = \$ 2.67	BHD 10.000 = \$ 26.67	BHD 100.000 = \$ 266.67
BHD 1.500 = \$ 4.00	BHD 15.000 = \$ 40.00	BHD 150.000 = \$ 400.00
BHD 2.000 = \$ 5.33	BHD 20.000 = \$ 53.33	BHD 200.000 = \$ 533.33
BHD 2.500 = \$ 6.67	BHD 25.000 = \$ 66.67	BHD 250.000 = \$ 666.67
BHD 3.000 = \$ 8.00	BHD 30.000 = \$ 80.00	BHD 300.000 = \$ 800.00
BHD 3.500 = \$ 9.33	BHD 35.000 = \$ 93.33	BHD 350.000 = \$ 933.33
BHD 4.000 = \$ 10.67	BHD 40.000 = \$ 106.67	BHD 400.000 = \$ 1,066.67
BHD 4.500 = \$ 12.00	BHD 45.000 = \$ 120.00	BHD 450.000 = \$ 1,200.00
BHD 5.000 = \$ 13.33	BHD 50.000 = \$ 133.33	BHD 500.000 = \$ 1,333.33
BHD 5.500 = \$ 14.67	BHD 55.000 = \$ 146.67	BHD 550.000 = \$ 1,466.67
BHD 6.000 = \$ 16.00	BHD 60.000 = \$ 160.00	BHD 600.000 = \$ 1,600.00
BHD 6.500 = \$ 17.33	BHD 65.000 = \$ 173.33	BHD 650.000 = \$ 1,733.33
BHD 7.000 = \$ 18.67	BHD 70.000 = \$ 186.67	BHD 700.000 = \$ 1,866.67
BHD 7.500 = \$ 20.00	BHD 75.000 = \$ 200.00	BHD 750.000 = \$ 2,000.00
BHD 8.000 = \$ 21.33	BHD 80.000 = \$ 213.33	BHD 800.000 = \$ 2,133.33
BHD 8.500 = \$ 22.67	BHD 85.000 = \$ 226.67	BHD 850.000 = \$ 2,266.67
BHD 9.000 = \$ 24.00	BHD 90.000 = \$ 240.00	BHD 900.000 = \$ 2,400.00
BHD 9.500 = \$ 25.33	BHD 95.000 = \$ 253.33	BHD 950.000 = \$ 2,533.33
		BHD 1,000.000 = \$ 2,666.67

NSA BAHRAIN - SERVICES HOURS OF OPERATION



Telephone Numbers: (DSN) On Base: (318) 439-xxxx OFF Base: (00973) 1785-xxxx
 Base Information: (DSN) On Base: (318) 439-4000 Off Base: (00973) 1785-4000



FACILITY	PHONE	SUN	MON	TUE	WED	THU	FRI	SAT
BARBER / BEAUTY SHOP	x4229	0900-1300 1400-1800	0900-1300 1400-1800	0900-1300 1400-1800	0900-1300 1400-1800	0900-1300 1400-1800	CLOSED	0900-1300 1400-1800
BATELCO	17883966	0900-1400	0900-1400	0900-1400	0900-1400	0900-1315	CLOSED	0900-1400
DENTAL	x4325	0730-1630	0730-1630	0730-1300	0730-1630	0730-1630	CLOSED	CLOSED
BY APPOINTMENT ONLY								
DESERT DOME @ Freedom Souq								
A & W All American Food	x3177	24 HRS	24 HRS	24 HRS	24 HRS	24 HRS	24 HRS	24 HRS
Asian Creation	x3177	1000-2200	1000-2200	1000-2200	1000-2200	1000-2200	1000-2200	1000-2200
Cinnamon Street	x3177	24 HRS	24 HRS	24 HRS	24 HRS	24 HRS	24 HRS	24 HRS
Eddie Peppers	x3177	1000-2200	1000-2200	1000-2200	1000-2200	1000-2200	1000-2200	1000-2200
Hot Stuff Pizza	x3177	0600-2230	0600-2230	0600-2230	0600-2230	0600-2230	0600-2230	0600-2230
NAPS BBQ	x3177	1000-2200	1000-2200	1000-2200	1000-2200	1000-2200	1000-2200	1000-2200
Smash Hit Subs	x3177	1000-2200	1000-2200	1000-2200	1000-2200	1000-2200	1000-2200	1000-2200
DESERT DOME								
A & W All American Food	x3177	0600-2200	0600-2200	0600-2200	0600-2200	0600-2200	0600-2200	0600-2200
Hot Stuff Pizza	x3177	0600-2230	0600-2230	0600-2230	0600-2230	0600-2230	0600-2230	0600-2230
Main Bar	x3177	1600-2300	1600-2300	1600-2300	1600-2300	1600-2300	1600-2300	1600-2300
DINAR EXCHANGE	x6495	0830-1300 1400-1700	0830-1300 1400-1700	0830-1300 1400-1700	0830-1300 1400-1700	0830-1300 1400-1700	CLOSED	0830-1300 1400-1700
DINAR EXCHANGE - MWR	x4230	0730-2230	0730-2230	0730-2230	0730-2230	0730-2230	0730-2230	0730-2230
DRY CLEANERS	x4279	0900-1300 1400-1800	0900-1300 1400-1800	0900-1300 1400-1800	0900-1300 1400-1800	0900-1300 1400-1800	CLOSED	0900-1300 1400-1800
IMMIGRATION	x4258	0900-1500	0900-1500	0900-1500	0900-1500	0900-1500	CLOSED	0900-1500
FFSC	x4046	0730-1630	0730-1630	0730-1630	0730-1630	0730-1630	CLOSED	CLOSED
FITNESS & GYM	x4205	0500-2400	0500-2400	0500-2400	0500-2400	0500-2400	0800-2400	0800-2400
Bowling/Gym	x4205	1000-1800	1000-1800	1000-1800	1000-1800	1000-1800	1000-1800	CLOSED
The Dog House	x4205	1000-1800	1000-1800	1000-1800	1000-1800	1000-1800	1000-1800	1000-1800
Fitness Enhancement Program	x4205	1100-1300	1100-1300	1100-1300	1100-1300	1100-1300	CLOSED	CLOSED
Gear Issues	x4205	0800-1900	0800-1900	0800-1900	0800-1900	0800-1900	0800-1630	0800-1630
HRO	x4763	0800-1530	0800-1530	0800-1300	0800-1530	0800-1530	CLOSED	0800-1530
HOUSING	x4104	0800-1530	0800-1530	0800-1300	0800-1530	0800-1530	CLOSED	0800-1530
INTERNET CAFE	x8483	24 HRS	24 HRS	24 HRS	24 HRS	24 HRS	24 HRS	24 HRS
LIBERTY CENTER	x3192	0800-2200	0800-2200	0800-2200	0800-2200	0800-2400	0800-2400	0800-2200
LIBRARY	x4062	0900-1800	0900-1800	0900-1800	0900-1800	0900-1800	CLOSED	0900-1800
MEDICAL	x4260	0730-1630	0730-1630	0730-1130	0730-1630	0730-1630	CLOSED	CLOSED
BY APPOINTMENT ONLY								
EMERGENCY ONLY								
MWR OFFICE	x4422	0800-1630	0800-1630	0800-1630	0800-1630	0800-1630	CLOSED	0800-1630
MWR PUBLICITY	x4299	0800-1630	0800-1630	0800-1630	0800-1630	0800-1630	CLOSED	0800-1630
NAVY EXCHANGE	x6937	1000-1900	1000-1900	1000-1900	1000-1900	1000-1900	1000-1900	1000-1900
Mini-Mart	x9347	24 HRS	24 HRS	24 HRS	24 HRS	24 HRS	24 HRS	24 HRS
NFCU	x4313	0730-1130	0830-1300 1400-1630	0830-1300 1400-1630	0830-1300 1400-1630	0830-1300 1400-1630	CLOSED	CLOSED
NMCRS	x9546	FOR EMERGENCY APPOINTMENT -36859546 / 36854418						
OASIS MALL MWR Galley	x4204							
Breakfast	X4204	0530-1000	0530-1000	0530-1000	0530-1000	0530-1000	0600-0900	0530-1000
Lunch	x4204	1100-1400	1100-1400	1100-1400	1100-1400	1100-1400	1100-1400	1100-1400
Dinner	X4204	1700-2000	1700-2000	1700-2000	1700-2000	1700-2000	1700-2000	1700-2000
Salad Bar	x4204	1100-2000	1100-2000	1100-2000	1100-2000	1100-2000	1100-2000	1100-2000
PACK & WRAP	x4266	0800-1600	0800-1600	0800-1600	0800-1600	0800-1600	CLOSED	0800-1600
POST OFFICE	x4272	0900-1600	0900-1600	0900-1600	0900-1600	0900-1600	CLOSED	0900-1300
PERSONAL PROPERTY	X4265	0800-1530	0800-1530	0800-1530	0800-1530	0800-1530	CLOSED	0800-1200
PHOTO LAB	x4109	0830-2100	0830-2100	0830-2100	0830-2100	0830-2100	CLOSED	0830-2100
POOL Training Tank	x4102	0600-0930 1030-2000	0600-0930 1030-2000	0600-0930 1030-2000	0600-0930 1030-2000	0600-0930 1030-2000	1000-1800	1000-1800
PSD ID LAB	X3534	CLOSED	0900-1600	0830-1600	0900-1600	0830-1600	0900-1200	CLOSED
SENTINEL HALL	x4716	24 HRS	24 HRS	24 HRS	24 HRS	24 HRS	24 HRS	24 HRS
SHOE SHOP	x4174	0900-1300 1400-1800	0900-1300 1400-1800	0900-1300 1400-1800	0900-1300 1400-1800	0900-1300 1400-1800	CLOSED	0900-1300 1400-1800
TAILOR SHOP	x4174	0900-1300 1400-1800	0900-1300 1400-1800	0900-1300 1400-1800	0900-1300 1400-1800	0900-1300 1400-1800	CLOSED	0900-1300 1400-1800
THEATER	x4534	1200-2200	1200-2200	1200-2200	1200-2200	1200-2200	1200-2200	1200-2200
USO	x4089	0800-2000	0800-2000	0800-2000	0800-2000	0800-2000	1000-2000	0800-2000
VET	x4295	0900-1130	0900-1600	0900-1600	0900-1600	0900-1600	CLOSED	CLOSED
VIDEO SOUQ	x6930	1100-2000	1100-2000	1100-2000	1100-2000	1100-2000	1100-2000	1100-1600

Compliments of your Fleet and Family Support Center, NSA Bahrain (09 Jan 07)