



# August 2019

## COMMUNITY RECREATION GROUP TRIPS

### TREE OF LIFE & ARABIAN BUFFET

**Friday 02**

Discover the Tree of Life (Shajarat-al-Hayat, as it is called in the local language), a mesquite lonely tree that stands in the heart of Bahrain's desert for over 400 years. Lunch at Veranda Café in Adliya.

**Time: 10 a.m. - 2 p.m. MWR Price: \$43.00**

### TRIP TO JARADA ISLAND

**Friday 02**

Jarada Island is one of the best attractions in Bahrain, golden sands and clear blue water. The island appears in the ebb and disappears in the tide, it's one of the best place to swim around Bahrain.

**Time: 9 a.m. - 1:30 p.m. MWR Price: \$83.50**

### ARABIAN GULF FISHING

**Saturday, 03 & Friday, 16**

Experience fishing in the warm and shallow waters of the Arabian Gulf in Amwaj Islands. Tour includes bait and equipment.

**Time: 7:30 a.m. - 1 p.m. MWR Price: \$85.00**

### TRACK TOP ADVENTURE & GO-KARTING

**Saturday, 03**

Located at Bahrain International Karting Circuit. The all-new Track Top Adventure is a unique facility that offers both adults and children ropes course. Once registered for Go-Karting the customer service officer will add you to a racing session. Once geared up, a track coordinator will take you through safety briefing and explain how to operate the karts safely plus the track specifications.

**Time: 4 - 8 p.m. MWR Price: \$121.50**

### COOKING DEMONSTRATION

**Saturday, 03 & 24**

Join the cooking demonstration at the Gulf Hotel Bahrain. Designed for home cooks with busy lifestyles who have a passion for food, we offer intimate hands-on demonstration classes. Classes are led by their professional culinary instructors.

**Time: 10 a.m. - 1:30 p.m. MWR Price: \$65.00**

### GROUP PEARL SNORKEL HUNT

**Friday, 09 & 30**

Off the shores of Amwaj Islands, submerge yourself in the shallow waters of Bahrain's premiere pearl diving location. Total snorkeling time is 4 hours.

**Time: 7:30 a.m. - 1 p.m. MWR Price: \$85.00**

Registration deadline for all tours and trips will be 72 hours prior to each tour/trip date

### DESERT TOUR

**Friday, 09**

Visiting Bahrain would be incomplete without venturing into the desert. Here, you'll discover a place beyond comparison. The tour includes the Formula 1 Track, 1st Oil Well, Tree of Life, Al A'ali Burial Mounds, and Al A'ali Pottery.

**Time: 1:45 - 6 p.m. MWR Price: \$64.75**

### JUMP UP!!! & SHOPPING

**Saturday, 10**

The thrill of an extreme sport and the exercise of a super high-intensity workout. Jump Up is the first trampoline park of its kind on the Island. Ramli Mall, provides a complete shopping and entertainment experience.

**Time: 10:30 a.m. - 2:30 p.m. MWR Price: \$27.75 / \$8.00 (Shopping only)**

### GO-KARTING IN BAHRAIN

**Friday, 16**

Experience the pure adrenaline of driving a 13 HP go kart at the Home of Motorsport in the Middle East: The Bahrain International Circuit.

**Time: 4:45 - 8 p.m. MWR Price: \$97.50**



### JET SKI RIDING

**Saturday, 17**

A cool and refreshing way to enjoy Bahrain this summer, experience the thrill of Jet Skis. One hour rental and safety lecture included.

**Time: 8:30 - 11 a.m. MWR Price: \$113.00**

### FULL DAY CITY TOUR

**Saturday, 17**

Enjoy this nine hour tour made exclusively for NSA! Adore picturesque stops and visit the splendors of the Al Fateh Grand Mosque, Museum, Muharraq Souq, Muharraq old Houses, Qal'at Al-Bahrain, Bab Al Bahrain, Al A'ali Pottery, Al A'ali Burial Mounds, BIC, Tree of life, and the 1st Oil Well.

**Time: 9 a.m. - 6 p.m. MWR Price: \$117.50**

### KAYAKING & PADDLE BOARDING

**Friday, 23**

Kayak & paddle board in the unique manmade island beaches of Amwaj Islands. Enjoy a complimentary day pass at the Art Rotana hotel. Lunch on your own at one of the eight restaurant's on property.

**Time: 10 a.m. - 2:30 p.m. MWR Price: \$40.00**

### SCUBA DIVE TOUR

**Friday, 23**

It's not hard to see why scuba diving has become a favorite past time in Bahrain. This tour is a perfect blend of mystery and adventure as we take you diving to one wreck and one reef.

**Time: 7:30 a.m. - 1 p.m. MWR Price: \$92.00**

### PAINTBALL & SEEF MALL SHOPPING

**Saturday, 24**

The exclusive indoor playing field uses the latest paintball equipment, live streaming and more located at Seef Mall. Gather your family and friends to get the most exciting experience for one hour. All equipment included, with 200 paintballs.

**Time: 2 - 5:30 p.m. MWR Price: \$43.25 / \$8.00 (Shopping only)**

### CARPET BUYING CLASSES WITH FFSC

**Monday, 26**

Get some expert ideas and tips about carpet buying from Fleet & Family classes and then enjoy a tour to the Souq to purchase your very own carpet.

**Time: 10 a.m. - 1 p.m. MWR Price: \$7.00**

### AL A'ALI POTTERY & TREE OF LIFE

**Friday, 30**

Located amidst 4,000 years old burial grounds, visit Bahrain's largest pottery center. Discover the Tree of Life - a mesquite lonely tree that has stood in the heart of Bahrain's desert for over 400 years. Lunch buffet at Veranda Café in Adliya.

**Time: 8 a.m. - 2 p.m. MWR Price: \$51.00**

### ARABIAN SUNSET HORSEBACK RIDING & STABLE TOUR

**Saturday, 31**

Enjoy a one hour sunset tour on top of an Arabian stallion accompanied by traditional Arabic coffee or tea with local delicacies and snacks. As dusk descends, marvel at the orange glow under open skies and head towards the shore of the Karbabad beach past the fort museum.

**Time: 4:30 - 7 p.m. MWR Price: \$132.00**

### HALF DAY CITY TOUR

**Saturday, 31**

Enjoy this 4 hour tour made exclusively and specifically for NSA! Adore picturesque stops and visit the splendors of the Al Fateh Grand Mosque, National Museum, Muharraq Souq, Muharraq old houses, Qal'at Al-Bahrain, & Bab Al Bahrain.

**Time: 9 a.m. - 1:30 p.m. MWR Price: \$64.75**

**439-4206/3531**

VISIT THE COMMUNITY RECREATION OFFICE FREEDOM SOUQ  
HOURS: SUN - THURS & HOLIDAYS: 10 A.M. - 6 P.M. | FRI-SAT: CLOSED



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