

## A BIG WELCOME

*It's a great pleasure to welcome you to our luxurious 5-star hotel & beach. To enhance your stay, we've rounded up everything you need to know from exciting activities to exclusive offers for you and your loved ones.*



## Ready, Set, Bowl!

📅 Monday to Wednesday | 📍 at Murphy's - 1st floor

Enjoy **1 FREE GAME** per stay this December at Murphy's For In-house Junior Suite & Luxury Suite guests

📌 Get your voucher at the reception!



## Treat Yourself

**Solymar Spa & Wellness**

Stay with us for 3 or more nights & avail **20% OFF** this December on any spa treatment

Enjoy a 30 minute back & shoulders massage for **20 BD**



We are proud to have been awarded "Bahrain's Favourite Beach" at the 2024 FACT Dining Awards.



## Meet Your Trainers

**Smriti & Vishnu**  
3rd Floor Gym

# Bahrain Upcoming Events



## Meet Our Executive Chef Carlo A Culinary Maestro

*We are thrilled to introduce our Executive Chef Carlo, a true culinary innovator whose passion for food and dedication to excellence shine through in every dish.*

*With a remarkable talent for blending flavors and creating unforgettable dining experiences, Chef Carlo has quickly become a beloved figure in the Solymar Group and beyond.*

*We love his creativity and commitment to quality, and we're sure you will too!*

*Join us in celebrating his culinary journey and the delicious surprises he has in store for you.*

## Discover the Solymar Muses

*In the heart of Hotel's lobby stands a painting of two bohemian ladies—the Solymar Muses. Representing a painter and a poet, they inspire creativity and individuality, inviting guests to embark on their own artistic journeys.*

**A Mythical Connection:** *Inspired by ancient muses who guided poets and artists, the Solymar Muses embody timeless creativity, reminding us that beauty lies in art, nature, and connection.*

**Their Story:** *In a sunlit coastal town, two friends—a painter and a poet—found inspiration in shared adventures. From sandy shores to vibrant markets, they expressed life's beauty through art and words, becoming symbols of freedom and self-expression.*

**Your Creative Invitation:** *More than a painting, the Solymar Muses encourage guests to explore their inner muse—through art, music, or conversation. Take a moment in our lobby to reflect on your inspirations and share your story.*







# Sustainability at Solymar

At Solymar, we embrace eco-friendly practices like towel conservation, water-efficient fixtures, and biodegradable amenities, offering a luxurious and sustainable experience.

## There's Something Extraordinary Around Every Corner

 | 7' Marassi Galleria Mall



## Marassi Aquarium & Underwater Zoo

The largest aquarium in Bahrain invites you to get up close to an incredible array of underwater life from all corners of the world.

Experience a dazzling array of marine species, all set against a backdrop of state-of-the-art exhibits and immersive displays.



### **YOUR SOLYMAR STAY ESSENTIALS**

Check-In 3 PM  
Check-Out 12 PM

In-Room Dining 24h  
Dial Ext. 5830

Pool 7 AM - Sunset

Gym 8 AM - 10 AM  
SPA 8 AM - 3 AM  
Dial Ext. 5810

Level 15 Rooftop Pool Bar  
10 AM - 2 AM

Murphy's Irish Pub  
12 PM - 2 AM

A2 Beauty Lounge  
10 AM - 10 PM

Flower Shop  
Wednesday to Monday  
10 AM - 7 PM

All Day Dining Buffet  
- Breakfast 7 AM - 10:30 AM  
- Lunch 12:30 PM - 3:30 PM  
- Dinner 7 PM - 11:00 PM

Solymar Beach  
9 AM - 10 PM  
- Beach Use: 9 AM - Sunset  
- After 6 PM: Free entry (except events)



Meet Our  
Director Of Rooms  
**Mr. Bassem Hamdy**

# Solymar Beach



🚶 | 5' 🚗 | 1' Distance: 750 M

Located just 750 meters from Hotel, Solymar Beach is a mere 1-minute drive or a scenic 5-minute walk. This proximity makes it effortless to transition from your luxurious hotel suite to Bahrain's premier beachfront destination.

Recognized for its unparalleled charm, Solymar Beach has been crowned Best Beach in Bahrain twice in a row by the prestigious Fact Magazine Dining Awards. Renowned for its pristine white sands and crystal-clear waters, The Beach offers the ultimate retreat.

Lounge in a chic cabana, savor refreshing cocktails from our beachfront bar, and let the beats of deep house and Afro rhythms set the tone for your perfect day. Whether you're here to unwind or celebrate, Solymar Beach promises an unforgettable coastal experience.

## Must Try at Solymar Beach



### Today's Catch Calamari

Crisp, golden-fried baby squid, served with a classic tartar sauce for the perfect balance of crunch and creaminess.



### Chicken Souvlaki (Gyro)

Succulent grilled chicken thigh cubes, wrapped in soft pita bread with fresh tomatoes, onions, parsley, and tzatziki, served with Patates.

Scan For Beach Food & Drinks Menu



### All The Dips

A generous sharing platter featuring our signature dips, each offering a unique blend of flavors and textures. Perfect for dipping and sharing, served with warm pita bread.

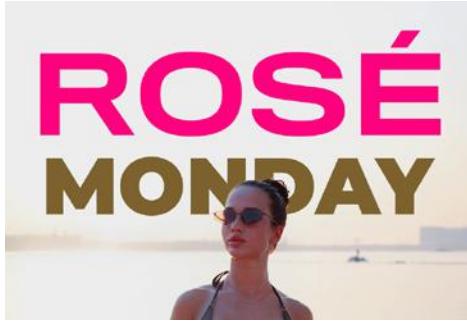


# Solymar Beach Events



## **Rosé Sundays**

Every Sunday from 9 AM  
Ladies enjoy free entry with a welcome Rosé while grooving to the beats of DJ Miss Velvet.



## **Rosé Monday**

Every Monday from 9 AM  
Start the week in style — ladies enjoy free entry, a chilled Rosé on arrival.



## **Rosé Tuesday**

Every Tuesday from 9 AM  
Midweek escape — ladies sip their welcome Rosé with free entry and DJ Miss Velvet's coastal beats.



## **ECLÈCTIC Ladies' Night**

Every Thursday from 8 PM  
Ladies receive 2 complimentary cocktails while enjoying live Entertainment.



## **Friday BIG Late Brunch**

Every Friday from 2 PM–6 PM at Solymar Garden. Mediterranean menu, bottomless drinks & tropical beats. First brunch starts November 14.

**December 31<sup>st</sup>**

# **NEE YEAR'S EVE**

U N D E R   T H E   S T A R S

*Celebrate the final night of the year at Solymar Garden  
an evening of joy and new beginnings.*

visit [tickets.solymarbahrain.com](https://tickets.solymarbahrain.com) to learn more



Solymar Hotel  
& Beach | Bahrain  
@solymarbahrain

## Join Our Musical Journey on YouTube

*Subscribe to our YouTube channel for exclusive full sets, live performances, and event highlights from Amwaj's premier beach destination.*



## Did You Know? Solymar Garden Is Home to 15 Peacocks

*At Solymar, peacocks symbolize beauty, pride, and renewal. These magnificent birds embody our commitment to elegance and vibrancy, creating a unique atmosphere for our guests. Legend has it that our founder was inspired by a peacock's stunning display during a garden stroll, leading to the choice of these graceful creatures as our emblem. Join us in celebrating their charm and spirit!*

*Our peacocks stroll gracefully around the garden from dawn until sunset, embodying beauty and serenity.*



# Exclusive Magazines & Newspapers for Our Guests

Experience unlimited access to over 7,000 premium newspapers and magazines from around the globe during your stay at Solymar Hotel & Beach. With titles like Forbes, Bloomberg Businessweek, Vogue, CQ, and many more available instantly on your personal device.

نقدم لضيوفنا الكرام خدمة حصرية للوصول غير المحدود لأكثر من 7,000 إصدار من أرقى الصحف والمجلات العالمية خلال إقامتهم في فندق سوليمار. استمتعوا بتصفح مجموعة متميزة من الإصدارات العالمية مثل فوربس، وبلومبرج بزنس ويك، وفوج، وجي كيو، وغيرها الكثير مباشرة على أجهزتك الشخصية.



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اتصل بشبكة الواي فاي الخاصة بفندق سوليمار، امسح رمز QR وابدأ القراءة!







# Solyflora

## Blooming Beauty at Solymar Hotel

Located on Hotel's ground floor, Solyflora offers elegant bouquets & custom floral arrangements for any occasion, crafted with care to brighten your day.

## Our Favourite Restaurants



### **Sumosan**

Marassi Al Bahrain

Japanese Restaurant  
Contemporary Japanese Cuisine  
Weekdays: 5:30 PM - 1 AM  
Weekends: 5:30 PM - 2 AM  
Closed on Monday



### **CUT by Wolfgang Puck**

Manama

The critically acclaimed CUT by Wolfgang Puck widely recognized as one of the top steak restaurants in the world.



### **Cico's**

Manama

Open every day from 12pm to 12am  
(Kitchen last orders at 11pm)  
Dress policy: Smart casual, No shorts or slipper are allowed.



## Our Favourite Manama Bars

### **Ourania Rooftop**

Manama

Enjoy a 20% discount for Solymar Hotel in-house guests & elevate your experience at Ourania Rooftop, where unforgettable moments await.

### **Botanica**

Manama

Enjoy a 20% discount for Solymar Hotel in-house guests & experience Botanica: A Festival of Good Energy Restaurant, Bar, and Lounge!

Simply present your Solymar Hotel key upon arrival.  
These special offers are available exclusively for Solymar Hotel in-house guests.





# Hotel TV Channel List

1: SOLYMAR HOTEL

## 2- Solymar TV House

Deep House & Afro House favorites, handpicked by our team.

## 3- Solymar TV Top 100

The best tracks from our staff's personal playlist.

## 4- Solymar TV Live

Exclusive live recordings from artists performed at Solymar Beach.

5: BLOOMBERG

6: MBC DRAMA

7: MBC BOLLYWOOD

8: MBC2

9: MBC ACTION

10: MBC MAX

11: MBC3

12: WANASAH

13: TV5 MONDE HD

14: TV5 MONDE ORIENT

15: FRANCE 24 HD

16: TRT WORLD HD

17: TRT ARABI HD

18: ARABIA

19: RAISTORIA

20: AL EMARAT TV

21: ABU DHABI TV HD

11: MBC3

12: WANASAH

13: TV5 MONDE HD

14: TV5 MONDE ORIENT

15: FRANCE 24 HD

16: TRT WORLD HD

17: TRT ARABI HD

18: ARABIA

19: RAISTORIA

20: AL EMARAT TV

21: ABU DHABI TV HD

33: BAU PLUS

34: DUBAI TV

35: KUWAIT 1

36: DUBAI ONE

37: DUBAI SPORTS 2

38: KUWAIT 2

39: DUBAI SPORTS 1

40: KUWAIT SPORTS 1

41: SAMA DUBAI

42: DUBAI RACING 1

43: KUWAIT SPORT 2

44: MBC MASR

45: NHK

46: 2M MOROCCO

47: RAISCUOLA

48: SAUDI TV HD

49: SBC

50: KSA SPORTS 2 HD

51: MTV LEBANON HD

52: AL JADEED

53: LBC 1

54: ON SPORTS

55: ON TIME SPORTS 2

56: BBC NEWS

57: CNBC

58: FRANCE 24 FR

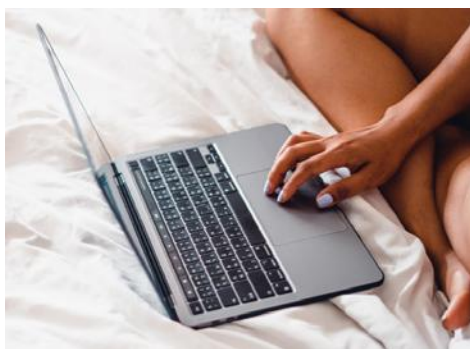
59: HOLY OURAN

60: BAHRAIN FM

61: RADIO BAH

62: ARAB CLASSICAL

English Movie Channels



Follow the directions to

## Connect to Solymar Hotel Wi-Fi

1- Network Name: Solymar

2- Go to: In-House Login

3- Password: Room No. & First Name



## Shisha G on G Terrace

Enjoy your favorite Shisha flavor at the G on G terrace. Ideal for a relaxing evening.

For details, call Ext. #5640



## Room Service Suggestion

### Spaghetti Bolognese

A classic Italian pasta dish with rich, savory meat sauce.

### Butterfly Shrimp Salad with Avocado

Crisp greens topped with succulent butterfly shrimp and creamy avocado slices for a refreshing twist.

Scan to view



Room Service Menu



## INDULGE IN *BEAUTY*, *REDEFINE Confidence*

*A2 Beauty Lounge combines Russian precision with global expertise, offering exceptional hair, nail, brow, and lash services to elevate your beauty experience.*

*Solymar Hotel G floor*



NEW

## Level 15



# Level 15 Rooftop Pool Bar

*Perched high above Amwaj Islands, Level 15 Rooftop Pool Bar at Solymar Hotel is Bahrain's elevated night ritual — a glass-edged infinity pool surrounded by ambient lighting, skyline views, and crafted cocktails that flow from sunset till late. From lounge beats in the early evening to deep-house rhythms after midnight, Level 15 captures Solymar's signature spirit of effortless sophistication and seaside energy, reimagined above the city.*

*Take the elevator to the 15th floor, follow the music, and step into a view that turns every night into a Solymar moment.*

*Opens: 10 AM*

*Closes: 2 AM*

*Pool Access: 7 AM - Sunset*





 **Hoteling Vol. I**  
Solymar Hotel & Beach | Bahrain



 **Hoteling Vol. II**  
Solymar Hotel & Beach | Bahrain

# Take The Sounds Of Solymar With You Wherever You Go

*Step into the atmosphere of Solymar even after you leave. With Hoteling Vol. I and Hoteling Vol. II, our specially curated playlists, you can take the sounds of Solymar with you wherever you go.*

*From smooth lounge beats to deep house and eclectic melodies, this playlist captures the essence of our lobby experience—luxury, relaxation, and vibrant energy. It's the perfect way to relive your memories and nostalgia from Solymar whenever you want.*

*Simply scan the QR code and let the music transport you back to the heart of Solymar.*



# Discover Bahrain History

 | 30' *Bahrain National Museum*



Step into Bahrain's history at one of the oldest and largest museums in the Gulf. Explore fascinating exhibits showcasing archaeological treasures, ancient manuscripts, and Bahrain's rich cultural heritage. We suggest you book your Sightseeing Tours at: [visitbahrain.bh](https://visitbahrain.bh)



## Instagram Inspiration

*Now, It's Your Turn!*

