



Photo: marc152df/Shutterstock.com



VentaRisk/Pixabay



tomertu/Shutterstock.com



Frontpage/Shutterstock.com

Baghdad remains a vibrant and colourful city despite recent hardships. The locals have steadfastly resisted the conflicts and violence, striving to keep their beloved city bustling with life, courage, personality, and optimism. However, it is important to acknowledge that risks and dangers persist, and most world governments currently advise against leisure travel to the city.

### Featured

### Top 5



#### Monument to the Unknown Soldier

The Monument to the Unknown Soldier, located in the



#### Iraqi National Museum

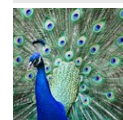
The Iraqi National Museum is dedicated to the rich history of Iraq and its a...

#### Victory Arch (The Swords of Qadisiyyah)

Victory Arch or The Swords of Qadisiyyah, also known as the Hands of Victory, is one of Baghdad's more striking monuments. It ...

#### Baghdadi Museum

Often referred to as the Iraqi equivalent of Madame Tussaud's, the Baghdadi Museum features wax sculptures that capture the li...



#### Al-Zawraa Park

Al-Zawraa Park is one of Baghdad's largest and most well-known green spaces....

## THE CITY



Muhammad Nabeel/Pexels

Baghdad's current state betrays its long and illustrious history. It was once a vital centre for scholarship and culture in the Arab world and an inviting destination for bohemians and backpackers from every corner of the world, invoking romantic images of Arabia. Today, sadly, after years of conflict, much of the city is in tatters, and constant dangers make it difficult for local residents, not to mention foreign travellers.

International visitors, primarily travelling for business, are typically confined to the International Zone (Green Zone), where security is more stringent. Although venturing outside the Green Zone is often cautioned against due to safety issues, this area is where you can experience much of Baghdad's remaining vibrancy and cultural flair. Despite the challenges, exploring beyond the Green Zone can offer a glimpse into the city's enduring spirit and rich heritage.

## DO & SEE



Angela N Perryman/Shutterstock.com

While international visitors are generally advised to remain within the International Zone (Green Zone) for security reasons, exploring beyond its boundaries can offer a deeper insight into Baghdad's rich cultural and historical landscape. Outside the zone, you'll find impressive monuments such as the Swords of Qadisiyyah and the Al-Shaheed Memorial, as well as significant museums like the Iraqi National Museum. Additionally, parks like Al-Zawraa Park offer much-needed green spaces for locals and visitors to enjoy.

### Monument to the Unknown Soldier



The Monument to the Unknown Soldier, located in the Al-Shaheed (Martyrs) Memorial complex in Baghdad, is a striking symbol of

sacrifice and valour. Built between 1979 and 1982, the monument features a design that includes a stylised Iraqi shield and sword, representing the fallen soldiers. It serves to commemorate all those who fought and died for their country in various conflicts, including the Iran-Iraq War.

Photo: VentaRisk/Pixabay

Address: Baghdad Monument, Baghdad

### Iraqi National Museum



The Iraqi National Museum is dedicated to the rich history of Iraq and its ancient civilisations, including the Sumerians, Assyrians, and Babylonians. Its collections feature artefacts that span over 7,000 years of history. Unfortunately, many of these invaluable pieces were lost during the looting that occurred in the early days of the Iraq War in 2003. Since then, efforts have been underway to recover and restore these artefacts, and the museum continues to play a vital role in preserving and showcasing Iraq's cultural heritage.

Photo: Pixabay

Address: Allawi Street, Baghdad

Opening hours: Mon–Thu 9am–1pm, Fri 9am–5pm, Sat & Sun closed

### Victory Arch (The Swords of Qadisiyah)

Victory Arch or The Swords of Qadisiyyah, also known as the Hands of Victory, is one of Baghdad's more striking monuments. It features two colossal statues of hands holding crossed swords that arch above the road. The monument marks the entrance to a major traffic circle and celebrates Iraq's victory in the Iran-Iraq War. Erected during Saddam Hussein's regime, it reflects the era's characteristic style of monumental propaganda.

Address: Grand Festivities Square, Baghdad

### Baghdadi Museum

Often referred to as the Iraqi equivalent of Madame Tussaud's, the Baghdadi Museum features wax sculptures that capture the lives of average Baghdadi residents from the mid-20th century. Unlike Madame Tussaud's, which

focuses on contemporary celebrities, this museum offers a glimpse into daily life and the local culture of the past.

Address: Al Rasheed Street, Baghdad

### Al-Zawraa Park



Al-Zawraa Park is one of Baghdad's largest and most well-known green spaces. Originally an army camp, the area was converted into a family-friendly park in the 1970s. It features expansive green spaces, a roller coaster, shops, cafés, and even the Baghdad Zoo.

Photo: Melanie Hughes/Unsplash

Address: Al-Zawraa Park, Baghdad

Opening hours: Daily 9am–11pm

## DINING



Rus S/Shutterstock.com

Iraqi cuisine has ancient roots, with influences from early Mesopotamian cultures and neighbouring regions such as Persia, Syria, and Turkey. Over the centuries, these influences have shaped a diverse and intricate culinary tradition. Typical Iraqi dishes include 'dolma' (stuffed grape leaves), kebabs, and various stews. While dishes like falafel, pita with hummus, and biryani are popular in the broader Middle Eastern region, they are more commonly

associated with Levantine or South Asian cuisines.

### **Saj Al-Reef Restaurant**

Saj Al-Reef, as the name reflects, uses Saj (a bread-type dough placed on a domed metal griddle and baked over a wood fire) as a main ingredient in many of its dishes, being a healthier alternative to regular bread. Over time other influences have been adopted and the menu now includes Saj sandwiches, Mexican dishes, and Indian and other ethnic foods.

Address: 62nd Street, Baghdad

Opening hours: Daily 7am-2am

Phone: +964 780 000 0366

### **Restaurant Beeston Samad**

Samad Restaurant is a local favourite, its throngs of loyal patrons flooding their four locations daily and warranting the opening of a new location in Dubai. The menu consists of oriental, Iraqi, Kurdish and Western cuisines. The prices might be higher than most other options in the area, but they merely reflect the quality of the food.

Address: Al Mansur St, Baghdad

Phone: +964 740 024 4666

Internet: [www.samadrest.com](http://www.samadrest.com)

Email: [info@bestoonsamadrestaurant.com](mailto:info@bestoonsamadrestaurant.com)

### **Mazaya Restaurant**

Mazaya stands out for the huge diversity of its menu. Options include everything from European cuisine and classic Italian favourites like pizza and pasta to Chinese and Middle Eastern dishes, specializing in Iraqi and Lebanese food.

Whatever mood you're in, you are sure to find something at Mazaya.

Address: Al Mansur St, Baghdad

Opening hours: Daily 10:30am-11pm

Phone: +964 781 522 2006

## CAFÉS



*AGCreations/Shutterstock.com*

From the modern and sleek Western-style cafés where young urbanites sip espressos, to more traditional Iraqi teahouses where older gentlemen share a hookah, to child-friendly ice cream parlours where families escape the afternoon heat and enjoy pistachio-packed cones, Baghdad's café scene has plenty to offer even the most discerning coffee-lover.

### **Ice Pack**



Few things can help cool weary travellers during the hot Iraqi afternoons quite like ice cream. Ice Pack is a popular ice cream parlour with

locations all around the city. Locals love the rich and creamy texture, as well as the great variety of flavours from which to choose.

Photo: William Álvarez/Unsplash

Address: Qutaiba (62) Street, Baghdad

Opening hours: Daily 10am-midnight

### Al-Faqma Ice Cream, Cake & Cafe Shop



Al Faqma is a Baghdad institution. This much beloved family-run establishment has been in operation for over 40 years. Now with several locations throughout the city, it is a great place to try more traditional Iraqi ice cream, loaded with pistachio nuts.

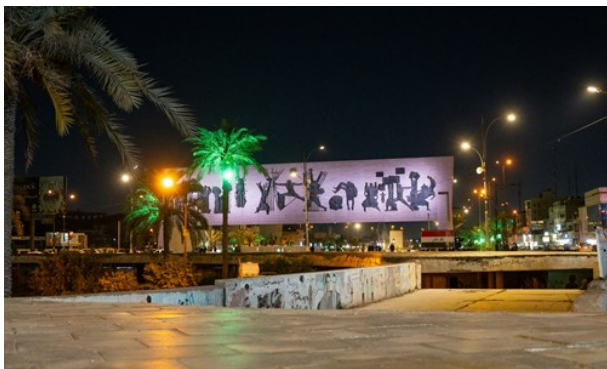
Photo: randana1/Pixabay

Address: 14 Ramadhan Street, Baghdad

Opening hours: Daily 10am-1am

Phone: +964 770 299 9339

### BARS & NIGHTLIFE



□ □ □ /Unsplash

After years of conflict and curfews, Baghdad's nightlife is gradually reviving. Young residents are increasingly frequenting outdoor cafés and pool halls, enjoying beer and playing dominoes well into the night. The city is seeing a resurgence of bars, restaurants, and a few nightclubs, bringing a renewed vibrancy to its evenings. However, for foreign visitors seeking a safe and lively night out, international organisations and private clubs remain the most reliable options.

### SHOPPING



Aurélien Lemasson-Théobald/Unsplash

Baghdad's historic shopping area extends from Shuhada Bridge to Ahrar Bridge, with Rashid Street as the main thoroughfare. This bustling street is flanked by lively souqs, including the Coppersmith Souq, the colourful Shorjah marketplace, and the Clothiers and Rug Souqs. On the other side of the Tigris, Mansour Mall provides a modern, quieter shopping alternative, featuring contemporary retail options and a more relaxed environment.

#### Souqs and Bazaars



Most of Baghdad's traditional marketplaces are located off Rashid Street, particularly in the area between Shuhada and Ahrar Bridges.

Wander through the Coppersmith Souq (Souq al-Safafer) to admire a wide array of ornate copper pots and other handcrafted items. On the other side of Rashid Street, visit the bustling Shorjah Market to immerse yourself in the vibrant atmosphere of a traditional Oriental bazaar, where you can experience a rich blend of local culture and commerce.

Photo: Andy Kennedy/Unsplash

Address: Al Rasheed Street, Baghdad

### Mutanabbi Street



Mutanabbi Street, named in honour of the celebrated 10th-century Iraqi poet Al-Mutanabbi, has long been considered the heart of Baghdad's

intellectual and literary life. Historically renowned for its numerous bookshops, outdoor book stalls, and book vendors, the street has been a vibrant centre for book culture and intellectual exchange. Many of these establishments continue to operate today, despite the challenges posed by recent conflicts and security concerns.

Photo: Manel & Sean/Unsplash

Address: Mutanabbi Street, Baghdad

### Mansour Mall



Mansour Mall is one of the first modern shopping malls in Iraq and offers a contemporary shopping experience comparable to those found globally.

Inside, shoppers can explore a range of international brand boutiques, enjoy a diverse food court, experience a 5D cinema, and find various entertainment options for children.

Photo: Pexels/Pixabay

Address: Rowad Street, Baghdad

Opening hours: Daily 11am-11pm

Internet: [www.instagram.com/almansour\\_mall](https://www.instagram.com/almansour_mall)

### Maximall



Maximall offers a vibrant blend of modern retail and entertainment amidst the city's historic charm. With its sleek design, the centre features a mix of

international brands, local boutiques, and gourmet dining options, alongside a cutting-edge cinema.

Photo: charlesdeluvio/Unsplash

Address: Mansour Street, Baghdad

Opening hours: Daily 10am-midnight

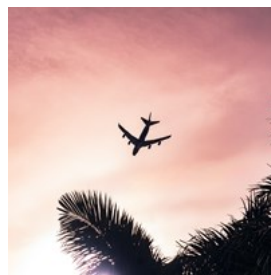
Phone: +964 782 666 1492

## TOURIST INFORMATION



Iulian Dragomir/Shutterstock.com

### Baghdad International Airport (BGW)



The Baghdad International Airport is located approximately 16 kilometres west of the city centre. It is the country's largest air hub,

and home base for the national airline (Iraqi Airways). Travellers can use authorised taxis available at the airport, or arrange for airport shuttle services provided by some hotels. Additionally, ride-sharing apps like Careem and Uber operate in Baghdad, offering another

convenient way to get to and from the airport.

Photo: Eduardo Velazco Guart/Unsplash

Address: Baghdad International Airport

Internet: [www.baghdad-airport.com](http://www.baghdad-airport.com)

## Dangers



While Baghdad has seen improvements in some areas, security concerns remain significant and should not be underestimated. The city

continues to face threats from kidnappings, terrorist attacks, including car bombs and improvised explosive devices, and occasional violence related to protests. Marketplaces, in particular, can be vulnerable.

Visitors should exercise extreme caution, stay informed through reliable sources, and follow any travel advisories issued by their home countries to ensure their safety.

Photo: Abdul Aziz/Unsplash

## Taxi



In Baghdad, finding taxis is relatively straightforward, with many available throughout the city, especially in busy areas

and near major landmarks. However, traditional taxis often do not use meters, so it is advisable to agree on the fare before starting your journey to avoid misunderstandings. Ride-sharing apps, such as Uber and Careem, are operational in Baghdad and provide a convenient alternative to hailing a taxi on the street, though availability can vary.

Photo: Gustavo/Unsplash

## Public Transport



Public transport in Baghdad primarily consists of buses and shared taxis, with the latter being a common and economical option for getting around the city. While these modes of transport can be useful, their reliability and safety can vary.

The bus system, though extensive, may not always adhere to strict schedules, and traffic congestion can affect travel times. Shared taxis operate on set routes and can be a practical choice, but negotiating fares in advance is advisable.

For tourists, using ride-sharing apps like Careem and Uber is often considered a safer and more convenient alternative for getting around Baghdad.

Photo: Reinaldo Kevin/Unsplash

## Post



In Baghdad, post offices generally operate from 8am to 3pm, Sunday through Thursday, with some branches possibly closing earlier on Fridays.

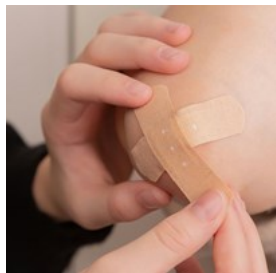
They provide a range of services including mailing letters and parcels, domestic and international shipping, and basic banking services

Photo: Ali Bakhtiari/Unsplash

Address: Iraqi Central Post Office - Nasir Street, Baghdad

Opening hours: Sun-Thu 8am-1pm, Fri & Sat closed

## Pharmacy



Finding pharmacies in Baghdad is generally straightforward, especially in central or commercial areas like Karrada, Al-Mansour, and

Al-Jadriya. Pharmacies are often located near hospitals and clinics, which can be a good place to start.

Photo: Diana Polekhina/Unsplash

Address: Amna Al-Sheikhly Pharmacy - Al Kindi Street, Baghdad

Opening hours: Sat-Thu 9am-11pm, Fri closed

Phone: +964 771 550 9697

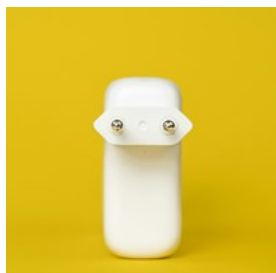
## Telephone



Country code: +964 Area code: 1

Photo: Miryam León/Unsplash

## Electricity



In Iraq, there are three main types of electrical plugs: Type C, D, and G. Type C plugs feature two round pins, Type D plugs have three round pins

arranged in a triangular pattern, and Type G plugs are characterised by three rectangular pins in a triangular configuration. The standard voltage across the country is 230 volts, with a frequency of 50 Hz.

Photo: Mika Baumeister/Unsplash

## Population

Information is subject to change. Please contact your Lifestyle Consultant for the most up-to-date recommendations.

Metro area: 7.9 million (2024)

## Currency

Iraqi Dinar (IQD)

## Opening hours

In Baghdad, typical business opening hours are as follows:

**Retail Stores and Shops:** Generally open from 9am to 7pm. Many shops close for a few hours in the afternoon for a break.

**Banks:** Usually operate from 8am to 3pm, Sunday to Thursday.

**Government Offices:** Typically open from 8am to 3pm, Sunday to Thursday.

## Newspapers

Al-Mada: <https://almadapaper.net>

Al-Qabas: [www.alqabas.com](http://www.alqabas.com)

## Emergency numbers

Police: 104

Ambulance: 122

Fire Department: 115