

CONTENTS

[Welcome](#)

[Bahamas... At a glance](#)

[A Travel Pro Knows Overview](#)

[Successful Sales Conversion](#)

[Questions](#)

[Geography](#)

[Culture & Etiquette](#)

[Food & Drink](#)

[Economy & Industry](#)

[Getting There and Around](#)

[Points of Interest Map](#)

[Landmarks and Attractions](#)

[Hotels](#)

[Attractions and Services from](#)

[Orbitz](#)

[References](#)

Bahamas... At a glance



Airports

Lynden Pindling International Airport (NAS)
Grand Bahama International Airport (FPO)



Landmarks, Attractions and Points of Interest

Nassau, Paradise
Island

Abaco Island

Andros Island

Bimini

Exuma

Harbour Island -
Eleuthera

Freeport, Grand
Bahama

San Salvador Island

Fort Charlotte

Fort Montagu

Government House

Colonial Architecture



Your Orbitz University Destination Guide

As a travel professional your customers count on you to be knowledgeable about the destinations you sell.

This guide is designed to provide you with a background on **Bahamas**.

A Travel Pro Knows - Overview... will provide you with basic information about **Bahamas** such as time zone, electricity, health, safety and currency issues etc..

Successful Sales Conversion Questions which will help guide you through the qualification/probing process.

Other sections included in the destination guide are:

Getting To provides basic information about how travelers usually arrive at the destination

Getting Around provides basic information about how travelers get around the destination.

Points of Interest Map provides basic information about the region including what's nearby in terms of lodging, and attractions.

To get more information on the region click on the interactive star symbol 

Landmarks section provides basic information about some of the key landmarks and attractions. This is not meant to be an all-encompassing list.

Area specific sections provide more detailed information about each geographic area of the destination including some key hotels, museums, theatres, etc.

Attractions & Services offered on the Orbitz and Cheap Tickets sites provides basic information about some of the attractions and services that are offered on www.orbitz.com and www.cheaptickets.com.

References Guide acknowledges materials used in the creation of the destination guide and provides links to further in-depth information.



A Travel Pro Knows - Overview



Climate

The Bahamas has a tropical maritime climate, which makes for generally year-round good weather. The Bahamas does not experience extremes of temperatures. In centrally situated New Providence, winter temperatures seldom fall much below 60F (15C) and usually reach about 75F (24C) in the day. In summer, temperatures usually fall to 78F (26C) or less at night and seldom rise above 90F (32C) during the day. There are two seasons: summer which is from May thru September and winter which is from October through April.



Currency

Bahamian dollar (\$B) which is based on the U.S. dollar. One Bahamian dollar equals 100 Bahamian cents.



Electricity

110-120 Volts (Same as U.S./Canada, most other areas are 220-240 Volts)



Health

Adequate medical care is available on New Providence and Grand Bahama islands. Medical care is more limited elsewhere. Serious health problems requiring hospitalization and/or medical evacuation to the United States can cost tens of thousands of dollars, and air ambulance companies generally require payment or an insurer's guarantee of payment up front. Consult your medical insurance company prior to traveling to determine whether the policy applies overseas and whether it covers emergency expenses such as a medical evacuation.



Language

The official language of the Bahamas is still English, but many Bahamians speak a unique dialect of the language. Here, the locals combine British English with language taken from their native African, Irish, or Scottish heritage. The islands' Haitian residents also speak Creole.



Time zone

Bahamas is 5 hours behind of GMT





The following are some questions that you can use to help make recommendations on Bahamas.

- Is this your first trip to Bahamas?
- If this is not, find out which areas of the country they've visited before.
- What is your budget for your hotel stay?
- Are you looking for an 'all inclusive' resort?
- What amenities would you like?
- What activities are you interested in?
- The activities can help you determine the best area of the country to recommend.
- Is this for a special occasion like a honeymoon or anniversary?
- If yes, find out if they are interested in an 'adults only' property?
- Are there any children traveling with you?



Geography

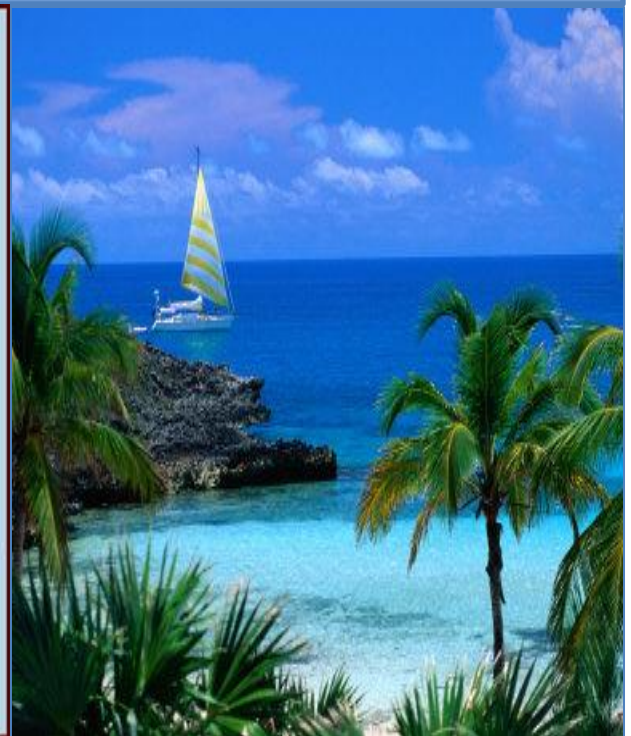
The Bahamas is a group of about 700 atolls and cays in the western Atlantic Ocean, of which only between 30 and 40 are inhabited.

The largest of the islands is Andros Island, located 120 miles (190 km) southeast of Florida. The Bimini islands are to its northwest. To the North is the island of Grand Bahama, home to the second largest city in the country, Freeport.

The island of Great Abaco is to its east. In the far south is the island of Great Inagua, the second largest island in the country. Other notable islands include Eleuthera, Cat Island, San Salvador Island, Acklins, Crooked Island, and Mayaguana. Nassau is the capital and largest city, located on New Providence. The islands have a subtropical climate, moderated by the Gulf Stream.

All the islands are low and flat, with ridges that usually rise no more than 15 to 20 m (49 to 66 ft). The highest point in the country is Mount Alvernia, (formerly Como Hill) on Cat Island. It has an altitude of 63 metres (207 ft).

To the southeast, the Turks and Caicos Islands, and three more extensive submarine features called Mouchoir Bank, Silver Bank, and Navidad Bank, are geographically a continuation of The Bahamas, but not part of the Commonwealth of The Bahamas.



Culture & Social Conventions

Meeting Etiquette

The most common greeting is the handshake, accompanied by direct eye contact and a welcoming smile.

For the most part Bahamians are warm and hospitable, although they initially may appear a bit more standoffish than people from other Caribbean islands.

They are a little slower to move to a first name basis, and sometimes even close friends may refer to one another by their surname.

Gift Giving Etiquette

Good friends and family give gifts for birthdays, Christmas, and other significant events in a person's life.

Gifts need not be expensive.

If invited to a Bahamian's home, bring fruit, flowers, or wine for the hosts.

Gift giving is a relaxed affair and has little protocol.

There are no restrictions on what kind of wrapping paper to use/not use.

Gifts are generally opened when received.

Dining Etiquette

If you are invited to a Bahamian's house:

Arrive on time if invited to dinner; no more than 15 minutes late if invited to a barbecue or a large party.

Dress well, in clothes you would wear to the office. Dressing too informally may be misconstrued as a lack of respect towards your hosts.



Food & Drink

Tipping:

All food, whether self serve or served at the table will have an automatic 15% gratuity added to the bill. There are rare exceptions to this, so check your bill carefully before paying.

The Bahamas are the delight of fresh seafood lovers who enjoy the bountifully rich treasures from the sea. **Crawfish** (local rock lobster) **conch** (pronounced 'konk'), **land crabs**, and fish such as Grouper, Yellow Tail and Red Snapper are local and tourist favorites.

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Conch (pronounced 'konk'), is a mollusk (shell fish like an oyster), is a perennial local seafood favorite. Unlike the slimy oyster the meat of conch is firm and white and is prepared in a variety of ways including **conch chowder**, **conch stew**, **conch salad**, popular **conch fritters**, and is also deep fried as "cracked conch".

Boiled fish and grits is a favorite breakfast. Boiled fish is also delicious served with homemade Island bread. Grouper is the most popular fish used for boiling. Bahamians are experts at cooking this fish which is flaky, white, tender and mild in flavor.

Other specialties include **Bahamian stew fish** (made with celery, onions, tomatoes, spices and fish), **Bahamian crawfish**, **peas n' rice** (consisting of pigeon peas with salt, pork or bacon, tomatoes, celery, rice, thyme and pepper) and **Johnny cake** (pan-cooked bread made with butter, milk, flour, sugar, salt and baking powder).

Drinks:

The Yellow Bird is made with crème de banana liqueur, Vat 19 rum, orange juice, pineapple juice, apricot brandy, and Galliano. A Bahama Mama has Vat 19, citrus juice (perhaps pineapple, too), bitters, a dash of nutmeg, crème de cassis, and a hint of grenadine. The Goombay Smash usually consists of coconut rum, pineapple juice, lemon juice, Triple Sec, Vat 19, and a dash of simple syrup.

Nearly every bartender in the islands has a personal version of Planter's Punch. A classic recipe is to make it with lime juice, sugar, and Vat 19, plus a dash of bitters. It's usually served with a cherry and an orange slice.

If you want a typically Bahamian liqueur, try Nassau Royale. It is used to make an increasingly popular drink, the C. C. Rider, which includes Canadian Club, apricot brandy, and pineapple juice.



Economy & Industry - Overview

The Bahamian economy is almost entirely dependent on tourism and financial services to generate foreign exchange earnings. Tourism alone provides an estimated 60% of the gross domestic product (GDP) and employs about half the Bahamian workforce. In 2004, over half a million tourists visited The Bahamas, most of whom are from the United States.

A major contribution to the recent growth in the overall Bahamian economy is Kerzner International's Atlantis Resort and Casino, which took over the former Paradise Island Resort and has provided a much needed boost to the economy. In addition, the opening of Breezes Super Club and Sandals Resort also aided this turnaround. The Bahamian Government also has adopted a proactive approach to courting foreign investors and has conducted major investment missions to the Far East, Europe, Latin America, and Canada. The primary purpose of the trips was to restore the reputation of The Bahamas in these markets.

Financial services constitute the second-most important sector of the Bahamian economy, accounting for up to 17% of GDP, due to the country's status as an offshore financial center. As of December 1998, the government had licensed 418 banks and trust companies in The Bahamas. The Bahamas promulgated the International Business Companies (IBC) Act in January 1990 to enhance the country's status as a leading financial center. The act served to simplify and reduce the cost of incorporating offshore companies in The Bahamas. Within 9 years, more than 84,000 IBC-type companies had been established. In February 1991, the government also legalized the establishment of Asset Protection Trusts in The Bahamas. In December 2000, partly as a response to appearing the plenary FATF Blacklist, the government enacted a legislative package to better regulate the financial sector, including creation of a Financial Intelligence Unit and enforcement of "know-your-customer" rules. Other initiatives include the enactment of the Foundations Act in 2004 and the planned introduction of legislation to regulate Private Trust Companies.

Agriculture and fisheries industry together account for 5% of GDP. The Bahamas exports lobster and some fish but does not raise these items commercially. There is no largescale agriculture, and most agricultural products are consumed domestically. The Bahamas imports more than \$250 million in foodstuffs per year, representing about 80% of its food consumption. The government aims to expand food production to reduce imports and generate foreign exchange. It actively seeks foreign investment aimed at increasing agricultural exports, particularly specialty food items. The government officially lists beef and pork production and processing, fruits and nuts, dairy production, winter vegetables, and mariculture (shrimp farming) as the areas in which it wishes to encourage foreign investment.



Getting There and Around

By Air

The two largest airports are Lynden Pindling International Airport ([NAS](#)), formerly known as Nassau International Airport and Grand Bahama International Airport (FPO). A few airlines fly directly to airports on the larger Out Islands, but the majority of flights arrive in Nassau or Freeport where passengers will connect to another flight before continuing to the Out Islands.

Interisland flights offer the only quick and convenient way to travel within the Bahamas. **Bahamas air** is the dominant airline in the Bahamas. Bahamas air flies to Freeport, Marsh Harbour, Treasure Cay, North Eleuthera, Governor's Harbour, Rock Sound, George Town and several southern islands including Cat Island and Long Island.

Most flights to the Out Islands are during the day. **Abaco Air** flies from Marsh Harbour to Nassau and North Eleuthera. Charters also available. **Southern Air** flies from Nassau to Governor's Harbour and North Eleuthera in Eleuthera, as well as Stella Maris and Deadman's Cay on Long Island. **Western Air** flies from Nassau to Andros Town, Bimini, Grand Bahama and Exuma.

By boat

The Bahamas are a popular port of call for cruise ships plying the Caribbean. The capital, Nassau, on New Providence Island is one of the world's busiest cruise ship ports, and is well served by ships that originate from Florida. Freeport on Grand Bahama Island is a growing destination as well.

Most island groups have customs and immigration available for those arriving by yacht. The customs fee for a private yacht is \$150 for 35' and under and \$300 for over 35'.

Royal Caribbean has their own island in the Bahamas called Coco Cay. This island is leased by Royal Caribbean, rather than being fully owned such as Disney's ownership arrangement for Castaway Cay. It is strictly for Royal Caribbean cruisers. The island has 25 little shops for souvenirs and their own private beaches, as well as water games in the middle of the clear crystal blue ocean. They have a BBQ and main picnic area with the cruise employees as well as the people that Royal Caribbean hire to live and work on the island. Royal Caribbean is busy all year round because of the hot climate in the Bahamas, that they have frequent travellers through all the months of the year.

Disney's Castaway Cay, formerly known as Gorda Cay, is a privately owned island near the island of Abaco, close to Sandy Point. This island differs from most of the leased cays in the fact that it is privately owned by The Walt Disney Company and has its own dock so that tendering is not necessary. Castaway Cay has separate areas for families, teens and adults. The island also contains a fiber optic network which connects to the ship.



Getting There and Around

By Plane

The national airline of The Bahamas, Bahamasair serves 19 airports on 12 Bahamian islands.

By Rental Car

Many travelers don't really need to rent a car in The Bahamas, especially those who are coming for a few days of soaking in the sun at their resort's own beach. In Nassau and Freeport, you can easily rely on public transportation or taxis. Most visitors need transportation only from the airport to their hotel; island tours can be arranged later, and an expensive private car won't always be necessary. Your hotel can readily arrange for taxi service if you want to venture out.

Road rules are much the same as those in the U.S., but you drive **on the left**. Visitors may drive with their home driver's license for up to 3 months. For longer stays, you'll need to secure a Bahamian driver's license.

By Taxi

Taxis are plentiful in the Nassau/Cable Beach/Paradise Island area and in the Freeport/Lucaya area on Grand Bahama Island. These cabs, for the most part, are metered - but they take cash only, no credit cards. In the Out Islands, however, it's not so easy. In general, taxi service is available at all air terminals, at least if those air terminals have "port of entry" status. They can also be hailed at most marinas. Taxis are usually shared, often with the local residents. Out Island taxis aren't metered, so you must negotiate the fare before you get in. (Expect to pay a rate of around US\$20 per hour.)

By Mail Boat

Mail boats are a cheap way to go: The typical fare from Nassau to Marsh Harbour is US\$55 per person one-way. Many of the boats offer two classes of passenger accommodations, first and second. In first class, you get a bunk bed; in second, you may be entitled only to deck space.

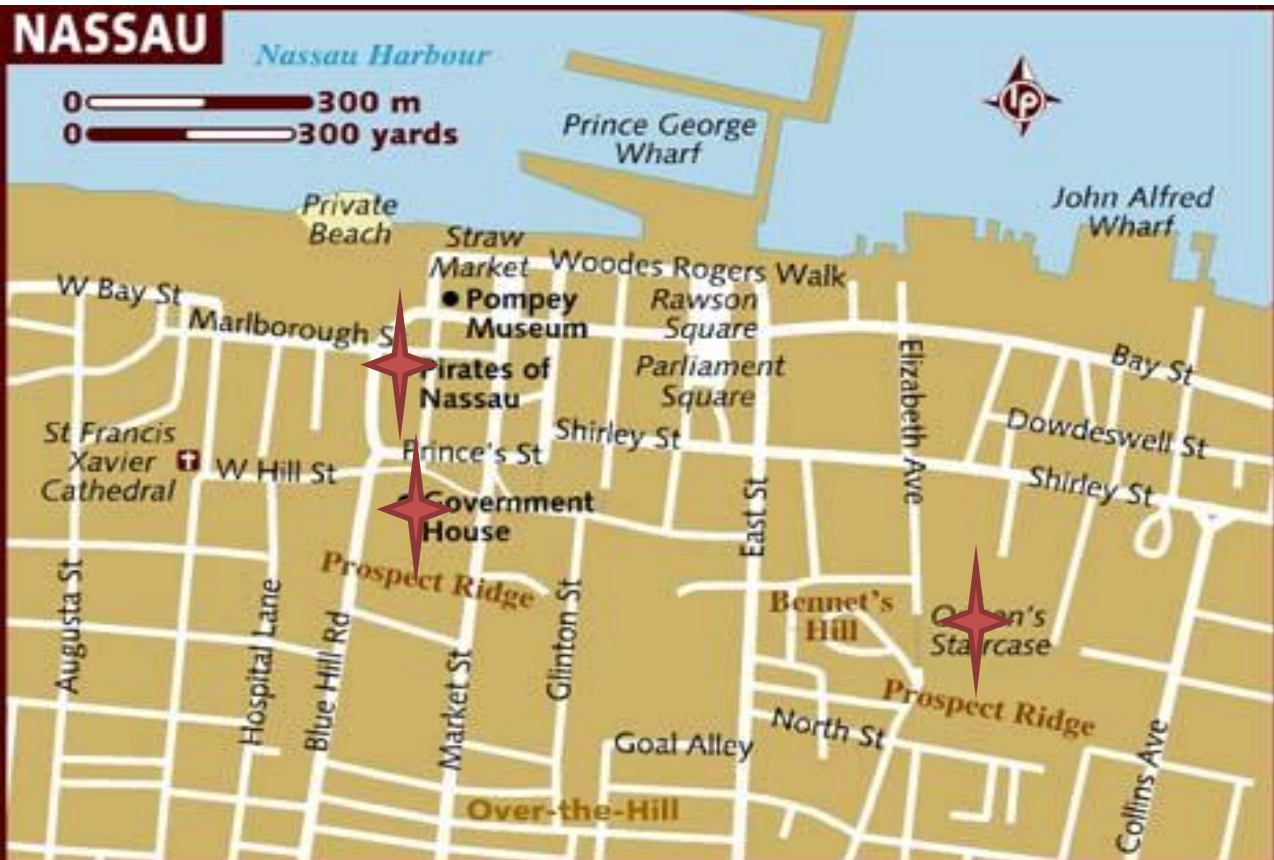


Points of Interest Map

BAHAMAS



NASSAU



Nassau Paradise Island



Downtown

Downtown is the hub for all activities in Nassau. Thousands of people visit daily, to shop, dine, sightsee and to enjoy the tropical climate of the city. While the busiest part of Downtown is the Bay Street thoroughfare and the Woodes Rogers Walk, located across the street from the port and parallel to Bay, the area actually extends for several blocks in each direction. It starts at West Bay, around the Junkanoo Beach area. A few hotels and restaurants are located on West Bay, most notably Compass Point, Holiday Inn, Quality Inn, and Chez Willie. The next landmark is the British Colonial Hotel, which marks the beginning of Bay Street proper. Pirates of Nassau Museum is just across from the British Colonial Hilton. The next few blocks of Bay Street are wall-to-wall boutiques, with a few restaurants and clubs interspersed throughout the retailers. Famous historical landmarks are also in the vicinity, including Vendue House and the Christ Church Cathedral. Although the tourist part of Downtown peters out after about seven blocks, smaller, more local stores are found all the way down Bay Street. At this point, Bay Street becomes East Bay.

Cable Beach

Cable Beach is recognised as the hotel district of Nassau. Five enormous hotels—two of which are all-inclusive—are located on this strip. The area is also known for its dining, the Crystal Palace Casino, and the golden sands of Cable Beach itself. Most of the area's restaurants are located either in the hotels or across the street. BBQ Beach, Androsia and Capriccio are three of the best dining options in the Cable Beach area, each offering unique décor, a serene atmosphere, and distinctive cuisine. There is little to no nightlife. There is a bit of shopping, most of it located in the Wyndham.



Grand Bahama - Freeport



Freeport – Grand Bahamas

Freeport is located on the island of Grand Bahama of the North-west Bahamas. It is the second most populous city in the Bahamas. The main airport serving the city is the Grand Bahama International Airport (FPO). On the eastern and western ends of the Island are serene and quaint settings and finding a hide-away spot is relatively easy. Shopping is also a feature as one can stroll through Port Lucaya Marketplace and discover duty-free treasures from around the world.

Like New Providence, the larger Grand Bahama boasts (more) miles of pearly white beaches, and luxurious hotels. Unlike Nassau, the less populated outskirts of Grand Bahama supply more serene and tranquil surroundings (read deserted beaches) popular amongst those who desire private hideaway spots reminiscent of the Family Islands. The 60 miles of crystal clear waters on Grand Bahamas make it an ideal place for snorkeling and diving. It is also a great place to fish. The island has one 18-hole championship golf course.



Andros Island



Andros is the largest of all the Islands but has the smallest population for its size. It has an abundance of bonefish and the world's third largest barrier reef which is over 140 miles (225km) long and is renowned for its superb diving sites and marine life. Andros (2,300 square miles) is the fifth largest island in the Caribbean, but only has a population of 8,000 people.

Andros is composed of three major islands: North Andros, Mangrove Cay, and South Andros, and hundreds of cays adjoined by mangrove estuaries and tidal swamp lands. An astonishing two hundred different types of birds are native to Andros Island!

Andros is the largest of the Bahama islands, dwarfing the more densely populated New Providence in size almost tenfold. Teeming with lush green foliage, spunky land crabs, and wild orchids of every possible color, Andros is an Edenic paradise.

We offer a few three star smaller resorts on the island. It is a good place for people who are looking for a more authentic, quiet, relaxed vacation.

It is good for fishing and diving.



Bimini



Located 40 miles (80km) off the coast of Florida, Bimini is home to the finest fishing in the Bahamas and attract sportsmen due to the islands championship fishing tournaments held year round.

Bimini is where the waters of Florida's Gulfstream meets The Bahama Banks.

For diving fans, don't forget to visit the underwater stone formation rumored to be part of the Lost City of Atlantis.

We offer a few 4-star properties on Bimi that offer access to the Marina. There are no all-inclusive resorts on the island.



Exuma



The Exuma islands are a string of islands and cays that form a pearl necklace of long forgotten hideaways, natural harbors and secluded beaches, that span over a hundred miles of clear blue water--a new island for every day of the year. The Exuma chain comprises about 360 or more cays, that stretch for about 130 miles beginning 30 miles southeast of New Providence.

Home to the Bahamas National Trust's Exuma National Land and Sea Park--one of the largest underwater and land preserves, Exuma is a nature lover's paradise kept in its original pristine setting.

The Park consists of underwater limestone and coral reefs, drop-offs, blue holes, caves and marine life, and is home to the Bahamian iguana, a giant lizard-like creature



Harbour Island - Eleuthera



The Island of Eleuthera is very inviting. It has the quaint settlements of Harbour Island (with its unique pink sandy beaches) and Spanish Wells.

While not busy serving as a backdrop to Sport's Illustrated Swimsuit models, the illustrious island of Eleuthera is busy serving up pink-ish beaches that will make your heart flutter, white picket fences that will tickle your fancy, blooming hibiscus flowers for your beloved one, and luscious super-sweet pineapples that will make your taste buds water (when in season of course).

Eleuthera has been a romantic hideaway for the British Royal Family for many years. This 110 mile long island is where HRH Prince Charles and the late Princess Diana spent a holiday in 1982 and where Prince Edward proposed to Sophie in 1999.



Abaco



Abaco is referred to as the sailing capital of the world. Abaco Bahamas has naturally protected waters and dozens of offshore cays covering over 130 square miles of Bahamian aquamarine water.

Abaco Bahamas is the third most populous island in The Bahamas. It is home to the famous red and white striped lighthouse, Abaco with its numerous offshore cays and reef protected waters, once served as a safe harbor for British loyalists during the American Revolution

Abaco now serves a more useful purpose as the one of the most favorite destinations among yachtsman the world over. Filled with excellent marinas and boats for hire, not to mention a championship golf course, Abaco truly is a sailor's paradise.

Its two major islands, Great Abaco and Little Abaco, have a myriad of small cays flanking the mainland. The sea channel between the islands allows for good cruising. Abaco, located in the northern Bahamas, typically boasts pine forests and is frequented by hunters of wild boar and ducks. Its waters abound with fish, including the marlin and sailfish. It also has bonefishing flats.



San Salvador Island



Island residents and many historians claim that Christopher Columbus first set foot on American soil when he landed on San Salvador Island in October of 1492.

Although others claim that distinction for nearby Cat Island, San Salvador is home to Landfall Bay, which commemorates the explorer's visit. Whatever the truth may be, San Salvador offers plenty to interest history-minded visitors, including the 1887 Dixon Hill Lighthouse and the 1861 offshore shipwreck site of the "HMS Conqueror."

For a bit of pre-Columbian history, visit the archaeological excavations at Pigeon Creek, which have offered clues to the lives of the island's first inhabitants, Lucayan/Taino Amerindians. San Salvador lies 200 miles southeast of Nassau, the capital of the Bahamas.



Landmarks and Attractions

Ardastra Gardens, Zoo & Conservation Center



At Ardastra Gardens more than 300 birds, mammals and reptiles from the Islands of the Bahamas, the Caribbean, Latin America and around the world are on display among acres of lush tropical gardens.

Ardastra Gardens, Zoo & Conservation Center is open daily from 9 AM to 5 PM.

Colonial Architecture



Nassau has retained much of its older architecture and blended it with modern buildings so that it creates a harmonious whole with several places of interest.

The original part of the city is small enough that you can wander along and see much of the historic architecture.

Parliament Square with the Houses of Parliament, the Old Colonial Secretary's office, the Supreme Court and the Statue of Queen Victoria is definitely worth a visit.

Nearby at Parliament and Shirley Streets is the Nassau Public Library that was originally a prison.



Landmarks and Attractions

Fort Charlotte



One of the historic places of interest in Nassau is Fort Charlotte which is the biggest British-built fort in the Bahamas.

The fort was constructed between 1787 and 1790 for the purpose of defending Nassau Harbour's westerly entrance.

Visitors can take free tours of the fort given by guides in period costume during which they will get to see the moat and drawbridge, the dungeon and the ramparts.

Fort Charlotte is the largest of three forts located in the capital city of Nassau.

Fort Montagu



Built in 1741 of local limestone, Fort Montagu is the oldest fort still standing on the island of New Providence. It is at the eastern end of Nassau harbour along the waterfront.



Landmarks and Attractions

Bacardi Distillery



Located on Bacardi and Carmichael Roads on New Providence Island, the Bacardi Rum Distillery offers a Refinery Tour on Tuesdays that is yet another of the things to do when on vacation in the Bahamas. In addition to learning about the manufacture of rum the tour allows taste testing at the end.

Government House



The Government House on Duke and George Street in Nassau has been the official residence of the governor-general of the Bahamas since 1801. This building typifies the merging of British, American and Bahamian architectural styles.



Landmarks and Attractions

Villa Doyle, National Art Gallery of the Bahamas



The building housing the National Art Gallery of the Bahamas is a historic place of interest. It was built around the 1860's and the owner was Chief Justice Williams Henry Doyle. It was acquired by the government of The Bahamas and restored as The National Art Gallery. The gallery focuses primarily on the work of contemporary Bahamian artists. The collection of ceramics, paintings, sculptures, photography and textiles also includes work by such notable Bahamian artists as Amos Ferguson, Maxwell Taylor and Antonius Roberts. The gallery is open Tuesday through Saturday from 10 AM to 4 PM.

Gregory Arch



Another historic place of interest is Gregory Arch. When you pass through this stone arch on Market Street, you cross the line that divides downtown Nassau from the rest of the city. Built in 1852, the tunnel leads to the community known as Over-The-Hill and the old settlements of Grants Town and Bain Town.



Landmarks and Attractions

Pirates of Nassau Museum



In the 18th century, Nassau was the home of pirates and the Pirates of Nassau Museum allow visitors to revisit the time when pirates ruled the roost.

This interactive museum allows visitors to become stowaways aboard a replica pirate ship and learn what life was like at sea, visit Nassau's former shanty town, find out how infamous pirates met their end, and see astonishing artifacts left over from the Golden Age.

The Pirates of Nassau Museum is open Monday through Saturday from 9 AM to 6 PM and Sunday from 9 AM to noon.

Queen's Staircase



Created by slaves between the years 1793 and 1794, the Queen's Staircase is one of Nassau's most popular architectural attractions. The steps were carved from a solid limestone wall and designed as an escape route from neighboring Fort Fincastle. They also served as a lookout for invading marauders and pirates.

Later, the 65 steps were named the Queen's Staircase in honor of Queen Victoria's 65 years of reign.

The Queen's Staircase is a gateway to many of the city's major attractions including the Straw Market, Christ Church Cathedral and Pompey Museum.



Landmarks and Attractions

Balcony House



The Balcony House on Market Street and Trinity Place in Nassau, is a historic place of interest as it is considered the oldest wooden residential structure in Nassau having been constructed in the 18th century.

One of the distinguishing features is its overhanging balcony, while another interesting aspect of the building are the furnishings and a mahogany staircase that was recovered from a ship during the 19th century

Christ Church Cathedral



The enormous stone cathedral off Bay Street is more than just an impressive edifice. It is a landmark, and has played a significant role in Nassau's history. The original church was built in 1670. It was granted cathedral status in 1861, giving the settlement of Nassau the right to claim city status.

Approximately 130 years later the church was given a thorough facelift. Today it looms up majestically, dwarfing every other building on the block, a testament to Nassau's rich history. The church is still very active and holds multiple services and prayers in a traditional Anglican style for Evensong, evening, and Sunday morning services. The church also has an extensive website providing a great deal of interesting historical information and newsletters about recent events. Admission is free; donations are appreciated.



Landmarks and Attractions

Crystal Cay



Linked to Arawak Cay and the mainland by a bridge is Crystal Cay on New Providence Island and this attraction is a combination zoo and aquarium.

Its observation tower soars 100 feet above the ocean surface. You can descend a winding staircase to a depth of 20 feet below sea level for a 360-degree view of coral, sponges, tropical fish, and other sea life - or wind your way along the Pleasure Reef snorkeling trail.

Straw market



Straw is the name given to dried palm leaves and sisal plant leaves which Bahamian women use to make hats, bags, baskets and dolls. The straw market on Nassau's Bay Street is one of the world's largest straw markets and is one of the most popular attractions in Nassau. In addition to straw items visitors can also obtain jewelry and wood carvings.

The Straw Market is open daily from 9 AM to 5 PM. Most vendors only accept cash as payment.



Landmarks and Attractions

Versailles Garden and French Cloister



An attraction that is just 15 minutes walk from Atlantis Resort is the Versailles Garden and French Cloister.

Visitors can wander through manicured lawns fringed with flowering plants and adorned with statues of historical and mythological figures.

At the top of the garden is a reconstructed French monastery. There is a lovely gazebo that overlooks Nassau Harbour.

The grounds are open 24 hours a day, seven days a week. Admission is free.

The Caves



The Lucayans, the former residents who lived on The Islands Of The Bahamas from around the 10th century to Christopher Columbus' time, once used these caves. They are located a little west of Cable Beach.



Landmarks and Attractions

Dolphin Encounters on Blue Lagoon Island



Blue Lagoon island (Salt Cay) is just three miles northeast of Paradise Island and is a secluded three-mile-long islet with powdery white sands, a meandering lagoon, palm trees and tropical birds.

The island is home to Atlantic bottlenose dolphins and California sea lions and visitors can interact with these amazing sea creatures.

You can participate at the Dolphin Swim or the Dolphin Encounter or join in the Sea Lion Encounter.

The Pompey Museum at Vendue House



Two hundred years ago, Vendue House was the site of the local slave auctions. The house now serves as a museum of local history and culture, specifically of slave culture and the history of emancipation in the Bahamas. The museum is located in downtown Nassau, approximately a block from the British Colonial Hotel. It's best to call before making a special trip here as the hours of operation are short and subject to change.



Hotels – Nassau

Wyndham Nassau Resort***

The Wyndham Nassau Resort rests against the Atlantic Ocean on sugary white sands, offering beautiful ocean views.

Guests swim in the private lagoon or oceanfront pool, splash down the spiral water slide and indulge at nine on-site restaurants and lounges.

The Crystal Palace Casino beckons gamers with whirling lights and inexpensive beverages. Dedicated wedding specialists make dream nuptials come true and a PGA-approved golf course is moments away.

Rates from \$ 93



Hotels – Nassau

Comfort Suites Paradise Island***

The Comfort Suites Paradise Island hotel is an all-suite hotel on beautiful Paradise Island. The hotel is adjacent to the famed Atlantis Resort, where guests enjoy access, including Atlantis pools, lazy river, water slides, movie theater, casino and spa.

Additionally, guests have signing privileges at Atlantis restaurants and lounges. Marina Village features quaint shops and eateries just across the street.

The Paradise Island Shopping Center is also just steps away, featuring Anthony's Caribbean Grill and duty-free gift shops.

Rates from \$ 148



Hotels – Nassau

Sandyport Beaches Resort***

Sandyport Beach Resort hotel guests can experience the Caribbean in all its variety at this quiet complex of villas.

The villas are grouped about a marina that is conveniently close to both Nassau and the fabulous Caribbean. Cable Beach is a few minutes away by foot, and the hotel offers all modern amenities.

These include baby-sitting and child care services, high-speed Internet access, a concierge and a business center.

The Sandyport Beach Resort also has tennis courts, an outdoor pool and a variety of fine dining venues

Rates from \$122



Attractions and Services from Orbitz

Atlantis Dolphin Cay Experience

Don't miss this once-in-a-lifetime opportunity to swim with the dolphins! Dolphin Cay, home of 31 Atlantic bottle-nosed dolphins is a must see during your trip to Nassau. Dolphin Cay at Atlantis is an extraordinary, 14-acre dolphin habitat - one of the largest and most sophisticated of its kind in the world. Home to a playful pod of Atlantic Bottlenose Dolphins rescued from Hurricane Katrina, Dolphin Cay welcomes anyone visiting the islands to join in on their fun. Swim along and play with beautiful Atlantic Bottlenose Dolphins in this state-of-the-art habitat. Discover how swimming with dolphins has been redefined, whether you share in their playful shallow water antics or experience their speed and agility in deeper waters. The dolphins of Atlantis welcome you to Dolphin Cay.

Shallow Water Interaction

These interactions take place in waist-deep water with a beautiful Atlantic Bottlenose Dolphin, two trainers and up to 10 guests. You will wade into the shallow waters in breathtaking lagoon and come nose to bottlenose for an unforgettable, up-close encounter as you touch, hug and even kiss your new dolphin friend. The Shallow Water Interaction is available for guests of all ages. A parent or appointed guardian must participate in the program with all children under the age of 10.

Deep Water Swim

Limited to just six guests, this wide-open dolphin playground is yours to explore. Hand-held water scooters let you control your speed, so you can race alongside dolphins, cruise along the surface, or dive to the depths of their saltwater lagoon. Snorkels and masks are also provided - and yours to take with you. The highlight of your encounter is our signature "foot push", where a pair of dolphins - one on each foot - propels you across the lagoon for a rush unlike any you've ever experienced. Please Note: Participants must be at least 10 years of age and able to swim in deep water without support vests or assistance.

Duration: 1.5 – 2 Hours

Availability

Dolphin Cay operates daily. Interactions begin at 8:30AM and operate throughout the day with the last session at 3:50PM.

Location

Atlantis Resort

Paradise Island (between Royal Towers and The Cove)



Attractions and Services from Orbitz

Stuart Cove's Half-Day SUB Adventure

At SUB Bahamas your underwater experience begins with a submarine orientation by our professional SUB guide. During the briefing you will learn basic piloting skills and simple operating and communication procedures. Following your orientation, you will board our comfortable custom-built 55' support vessel that will take you to one of Nassau's famous reefs. Throughout your submarine adventure, a team of professional SUB guides will supervise and escort you and your friends around a spectacular coral reef feeding the fish along the way and stopping to show participants marine life. Zooming effortlessly around the coral gardens on your personal submarine will give you the unique opportunity to interact with colorful tropical fish and living coral. Custom videos of your submarine experience will be available for purchase after your undersea excursion. To be an undersea pilot you must be at least 12 years old and in good physical health.

Participant Requirements:

- 12 years of age
- Good physical health.
- Cannot be pregnant, no asthma, no epilepsy, no diabetes, no personal history of heart attacks or heart problems, strokes, no recently diagnosed High Blood pressure, no antidepressant medications or other potential contraindicated medications, no problems equalizing your ears on an airplane or in the mountains.

Inclusions:

- Your program includes complimentary round trip transfers from your hotel, SUB briefing, use of a SUB unit for a dive, and SUB Guides to assist you. Your boat comes with fresh drinking water and ice.

Exclusions:

- Wetsuit (\$10 rental), snacks, and other beverages besides water, and tips to crew.

Please Note

Stuart Cove's no longer offers shuttle bus pickup at Coral Harbor Villas in Coral Harbor. Client's staying there will be responsible for making their own way to our facility to participate in activities.



Attractions and Services from Orbitz

Caribbean Festival

Don't miss the most festive snorkeling excursion, off the shores of Bavaro, on board the "Caribbean Festival" catamaran. Enjoy the underwater world of the Dominican Republic. Snorkel in the open aquarium at the beautiful coral reef among the vast amount of splendid and most colorful marine species. Imagine swimming with the nurse sharks and a "hands on" experience swimming with the stingrays at "Stingray Bay". On board the catamaran join in the fun and dance our national dance, "merengue", sip a "Cuba libre" or "Mamajuana" and enjoy the show, a mini "Dominican Carnival".

Duration

Half day

Availability

Monday - Saturday

Inclusions

- Snacks
- Fruits
- Water
- Sodas
- Beer & Rum

Exclusions

Gratuity



Attractions and Services from Orbitz

Dolphin Island

Don't miss this once-in-a-lifetime opportunity to swim with one of the most beautiful aquatic creatures there is! Now is your chance to realize your dream, an experience you will never forget.

Duration

Half Day

Availability

Every day of the week

Inclusions

- Soft Drinks
- Water

Exclusions

Gratuity



References

1. Bahamas, <http://www.about.com>, accessed 2012.
2. Bahamas, <http://www.wiki.com>, accessed April, 2012.
3. TheBahamasGuide.com, access August 2012.

