


	<p style="text-align: center;">Nassau (Just Started -- Still Under Construction)</p>
	 <p>Nassau Bahamas is the most popular Bahama island vacation destination. Located on the island of New Providence, Bahamas, Nassau is the capital city and has been the centerpiece of this island nation since the shipwrecking days of Blackbeard the pirate. A busy hub of international commerce and finance, Nassau is the most cosmopolitan city in the Bahama islands, the seat of government and a vibrant center for tourism, as well as world-class entertainment</p>
	<p>Prized for its safe harbour, Nassau Bahamas made history which has been preserved nicely in Victorian mansions displaying elegant noble architecture, cathedrals, weather-beaten 18th-century forts and a hand-carved Queen's Staircase, whose 66 steps lead to a view of the island not to be missed. Vacationers know Nassau as a vacation playground of fine white-sand beaches and exciting nightlife. International business persons know Nassau Bahamas as a financial center and a starting point for global business. Natives know their city as a friendly little place where you pretty much know everyone, where the local spelling bee winner still makes the Nassau Bahamas newspaper front page.</p>
	<p>New Providence Island, with Nassau as its hub, and Paradise Island, located just a stone's throw away, all lie within a graceful constellation of islands arcing south east from the coast of Florida. The unique blend of international glamour and tropical ambiance gives the vacationer the freedom to do absolutely everything or absolutely nothing. Whether you are looking for sophisticated resorts or secluded beaches, vibrant nightlife or the perfect pool, colonial charm or tropical island beauty, you'll find it here in the Bahamas. Plus, Nassau shopping is some of the best to be found anywhere!</p>
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	<p>colonnaded buildings around Parliament Square.</p> <p>Nassau shopping is some of the best to be found anywhere. For fun, head off to the Straw Market, one of the largest markets of its kind in the world offering, of course, items made of straw (hats, bags, baskets, etc.) plus native necklaces and bracelets, clothing, and wood carvings. For high-end jewelry, crystal, and china, head to the numerous shops along Bay Street for duty-free shopping, which can save you up to 50% off of U.S. prices.</p> <p>Eating out can be anything you desire. From a down-home Bahamian eatery to an elegant French restaurant, your choices are practically endless between downtown Nassau and the many resorts. Hotels and resorts in the area are also the focus of nightlife with their nightclubs, discos, and casinos. The dress code is relax, get into the spirit of the islands, and enjoy.</p>
	<p>Nassau is the capital, largest city, and commercial centre of the Commonwealth of the Bahamas. The city has a population of 260,000 (2008 census), nearly 70 percent of the entire population of the Bahamas (303,611). Lynden Pindling International Airport, the major airport for the Bahamas, is located about 10 miles (16 kilometres) west of Nassau city centre, and has daily flights to major cities in the United Kingdom, United States, Canada and the Caribbean. The city is located on the island of New Providence, which functions much like a federal district. While there is no local government, it is governed directly as an administrative division of the national government.</p> <p>Located on New Providence Island, Nassau has an attractive harbor, a colorful blend of old world and colonial architecture and a busy port. The tropical climate and natural beauty of the Bahamas has made Nassau a popular tourist destination, with a reputation for relaxing days and an exciting nightlife.</p> <p>Summertime temperatures rarely exceed 92 degrees Fahrenheit (33 degrees Celsius) and the winter months have daytime temperatures between 68 and 80 °F (20 and 26 °C), rarely falling below 50 °F (10 °C).</p> <p>The city's proximity to the United States (180 miles (290 km) east-southeast of Miami, Florida) has also contributed to its popularity as a holiday resort, especially after the banning of American travel to Cuba. The world famous Atlantis resort on nearby Paradise Island accounts for more tourist arrivals to the city than any other hotel property. The mega resort also employs over 6,000 Bahamians, the largest outside of government</p>
	<p>Nassau was formerly known as Charles Town; it was burnt to the ground by the Spanish in 1684, but later rebuilt and renamed Nassau in 1695 in honour of King William III of England (from the Dutch House of Orange-Nassau). By 1713, the sparsely settled Bahamas had become a pirate rendezvous. English pirate chieftains Thomas Barrow and Benjamin Hornigold proclaimed Nassau a pirate republic, establishing themselves as governors, and were joined by Charles Vane, Calico Jack</p>

[Rackham](#), and Edward Teach, the infamous "[Blackbeard](#)", along with women pirates such as [Anne Bonny](#) and [Mary Read](#).

In 1718, the crown sought to regain control and appointed Captain [Woodes Rogers](#) General and Governor in chief in and over the Bahama islands. He ousted Blackbeard from his position as Magistrate of the "Privateers Republic", reformed the civil government and successfully expelled the pirates. Rogers cleaned up Nassau and rebuilt the fort, even going as far to use his own money to try to overcome problems.

[Ardastra Gardens, Zoo and Conservation Centre](#) was opened in 1982 and was the first zoo in The Bahamas. It had previously been open as gardens in Nassau since 1937.



fort fincastle

Nassau has an important location for numerous [James Bond](#) novels and films. The most notable is [Thunderball](#) released in 1965 where most of the film was based in Nassau and the Junkanoo festival also featured in the film with [Sean Connery](#). Nassau was again the location for the 1983 unofficial remake of the film [Never Say Never Again](#), and it was more recently Nassau featured in the 2006 James Bond film [Casino Royale](#). Nassau was also featured in the famous Beatles movie [Help!](#)

Nassau is also heavily featured in the novel [Tobin in Paradise](#) by Author [Stanley Morgan](#). The gist of the novel being that the main character [Russ Tobin](#) visits [Nassau](#), and primarily [Paradise Island](#), and the comedic events that ensue.

	Winter	Spring	Summer	Autumn
Average High	77° F	81° F	88° F	85° F
Average Low	62° F	66° F	75° F	71° F
Average Rainfall	1.8"	2.8"	8.0"	5.3"

	<p>Do negotiate your taxi fare (or ask the driver to turn on the meter) before climbing in.</p> <p>Don't be surprised if you're called "Darling" or "Honey" in the Bahamas. It's as common a greeting in the Bahamas as "Mon" is in the Caribbean.</p> <p>Don't plan to sunbathe nude or camp on beaches: These are illegal activities in the Bahamas (though topless bathing is tolerated in some areas).</p> <p>Don't worry about changing money if you're a U.S. citizen. The U.S. dollar is on par and accepted along with the Bahamian dollar.</p> <p>Do experience the less touristy side of the Bahamas: Travel between islands on a mail boat. Your companions will be Bahamians (and sometimes their goats and chickens).</p> <p>Don't expect to find full banking services on all islands. Make sure you have enough cash or traveler's checks if you go beyond Nassau or Freeport/Lucaya.</p>
	<p>All through The Islands of The Bahamas, music is woven deeply into the fabric of daily life, so much so that one of the nicknames given to our archipelago is the Islands of Song. Musical traditions here reflect both the impact of history on the islands and a homegrown, distinctively national character. Blues and spirituals made their way down from the American South and took on a Bahamian flavor – in breezy shoreside church choirs where "rhyming spirituals" are sung, and on homemade guitars in the hands of virtuoso performers like the legendary Joseph Spence and his contemporary Israel Forbes.</p> <p>Junkanoo, goombay and rake 'n' scrape all incorporate the handclapping and drum rhythms of West African dance music. Goombay is a secular Bahamian tradition, danceable music full of stories about love and other daily dramas. Rake 'n' scrape bands are purely instrumental – a carpenter's saw, a goatskin drum and an accordion are all traditional rake 'n' scrape instruments. And the "gran' dance" of Junkanoo is, of course, the heart of our annual national celebration. Competing dance groups (called "shacks"), like the Valley Boys, the Music Makers and the Saxons Superstars, spend all year creating fanciful costumes and practicing elaborate routines. If you can't be here for the Christmastime festival, a number of nightspots feature Junkanoo performances, or you could join one of the "shacks" for a practice – participants are welcome.</p> <p>Bahamian English is a fascinating mixture of Queen's diction, African influences and island lingo. Unfamiliar sounding words you'll hear on our streets and beaches may be survivors from early English settlement (true Shakesperian English!), echoes of Africa or local slang. The "h" is often dropped in daily speech ('ouse for house or t'anks for thanks). You'll find conversation easy here – the distinctive sounds of daily speech are all part of a true Bahamian experience</p>



Over the centuries, our protected harbor – hidden among a tangle of islands poised between the Atlantic and Caribbean, and only a few hundred miles from the United States' southern coast – has sheltered religious dissenters, ship wreckers, pirates, freed slaves, blockade runners, rum smugglers and runaway lovers. Times are peaceful now, but we still cherish a tradition of people making their own rules under sunny skies.

The Bahamian island of Guanahani, traditionally identified as San Salvador, was Christopher Columbus' first landfall in the New World. The original inhabitants of the island were the Lucayans, described by Columbus as a peace-loving people, beautiful and generous of heart. Though Columbus claimed the island for Spain, the lack of gold here led the Spaniards to focus on settlements elsewhere in the Caribbean. In 1629, Charles I of England laid claim to the Carolinas and threw The Bahamas in for good measure, a grand gesture that would weave together two of the major influences on The Bahamas' development – England and the American South.

In 1648, William Sayles and his Eleutheran Adventurers (from the Greek word "Eleutheria," or "freedom") landed briefly in Nassau's harbor during their search for a place to establish a Puritan colony. They then sailed south to today's Eleuthera Island, where a reef called the Devil's Backbone wrecked the Adventurers' ship and chose their new home for them. The surviving Adventurers were the first English settlers in The Bahamas.

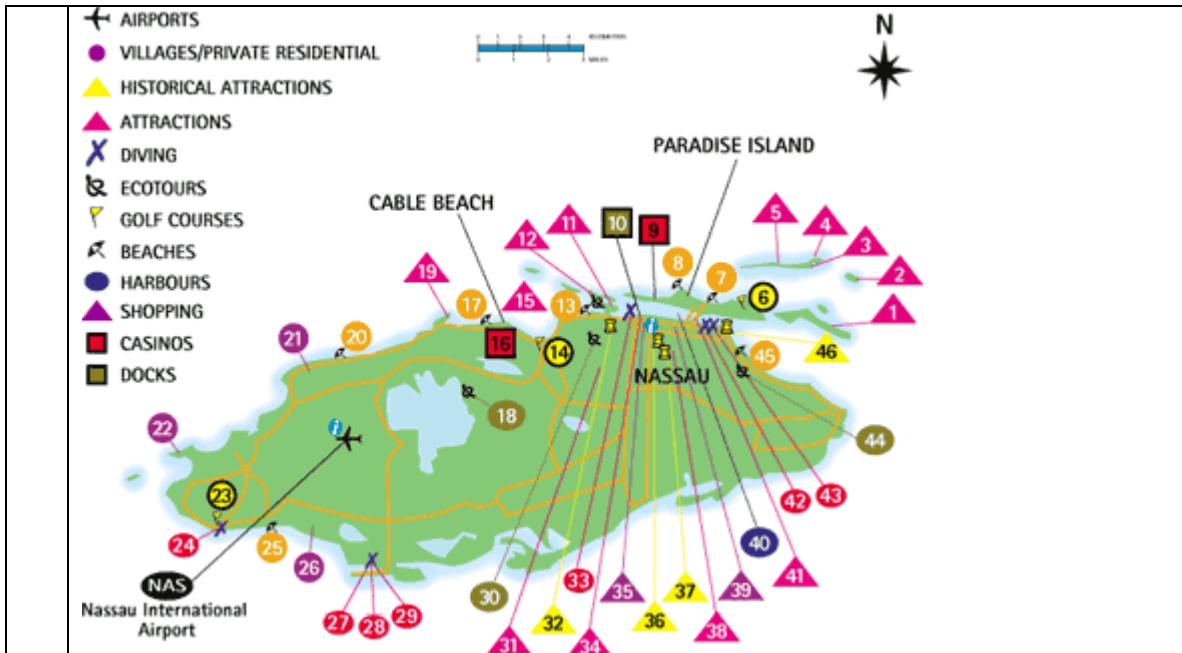
Back in Nassau (first established as Charles Town in 1666 and christened Nassau in 1695), wrecked ships became a livelihood for the city's less religious-minded settlers. If bad weather and poor maps didn't bring enough salvage ashore, the "citizens" of this outlaw settlement would put lights on the reefs to lure ships to their doom. None of this rogue activity was approved of by the faraway English government – but the English did put a seal of approval on the beginnings of piracy.




























During the 17th century, England was constantly at war and the Royal Navy had its hands full, and so a Letter of Marque was given to sea captains called "privateers," allowing them to attack enemy ships. Piracy quickly became rampant, and in Nassau a "Privateer's Republic" was established.

Edward Teach, better known as Blackbeard, declared himself Nassau's magistrate. Calico Jack Rackham, Anne Bonney and Mary Read were among many infamous pirates based here.

When England signed treaties with its enemies, the privateers (who had far exceeded the limits of their Letter of Marque) officially became outlaws. In 1718 their "republic" came to an end when England sent Governor Woodes Rogers to Nassau, armed with three warships and the motto *Expulsis Piratis – Resituta*



#	KEY	ATTRACTION	CATEGORY
1	▲	Athol Island	Attraction
2	▲	Rose Island	Attraction
3	▲	Stingray City	Attraction
4	▲	Dolphin Encounters	Attraction
5	▲	Blue Lagoon Island	Attraction
6	●	P.I. Golf Course	Golf Course
7	●	Cabbage Beach	Beach
8	●	Paradise Beach	Beach
9	■	Atlantis Paradise Island Casino	Casino
10	■	Prince George Dock	Dock
11	▲	Arawak Cay	Attraction
12	▲	Crystal Cay Marine Park	Attraction/Ecotour
13	●	Saunder's Beach	Beach
14	●	Cable Beach Golf Course	Golf Course
15	▲	Goodman's Bay	Recreation
16	■	Crystal Palace Casino	Casino
17	●	Cave's Beach	Beach
18	●	Lake Nancy	Ecotour
19	▲	Delaporte Point	Recreation
20	●	Orange Hill Beach	Beach
21	●	Gambier Village	Village

22		Lyford Cay	Exclusive Private Residential
23		Clarion Resort & Golf Course	Golf Course
24		Stuart Cove's Dive South Ocean	Dive Centre
25		Adelaide Beach	Beach
26		Adelaide Village	Village
27		Sun Skiff Divers	Dive Centre
28		Dive, Dive, Dive	Dive Centre
29		Nassau Scuba Center	Dive Centre
30		Botanic Gardens	Ecotour
31		Ardastra Gardens & Zoo	Attraction
32		Fort Charlotte	Historical Attraction
33		Sun Divers Limited	Dive Centre
34		Rawson Square	Attraction
35		Straw Market	Shopping
36		Queen's Staircase	Historical Attraction
37		Fort Fincastle	Historical Attraction
38		Water Tower	Attraction
39		Bay Street	Shopping
40		Nassau Harbor	Harbour
41		Potter's Cay	Attraction
42		Bahama Divers	Dive Centre
43		Diver's Haven	Dive Centre
44		The Retreat	Ecotour
45		Montagu Bay	Beach
46		Fort Montagu	Historical Attraction

Transportation

A rental car isn't needed as most places can be reached easily by taxi, which is generally the best and most convenient way of getting around. Taxi rates are set by the government. If you do decide to rent a car, rental car agencies can be found at the airport and downtown. Remember — drive on the left side of the road!

Bus

If you'd like to travel like the locals, you can hop on board a jitney (small minibus).

The exact fare is required. The concierge at your hotel can help you with directions, or ask the jitney driver. Bus number 10 goes from the hotels along Cable Beach into downtown. On your return, just shout out the name of your hotel as you approach it and the driver will stop. Jitneys operate until 7pm, so if you are out for dinner, you'll need to take a taxi. Local city transit service is also available from Paradise Island to/from downtown and Cable Beach.

Scooter

Scooters are another fun way to travel around the area. Helmets are mandatory and remember to drive on the left. You may also want to start off on some of the quieter side streets to get the hang of it before you set off.

Carriage

For romance, take a horse-drawn carriage ride around Nassau. You can find them in the center of Rawson Square and don't hesitate to bargain.

Water

Taxi

Between downtown Nassau and Paradise Island, you can either walk, take local city transit service, take a taxi, or hop on a water taxi. Water taxis operate from 9am till early evening. They will pack the boat almost to overflowing, so don't be alarmed. Also, one of the boat hands may also act (with an emphasis on "act") as a tour guide. Tip them if you feel they did a great job.

Automobile Rental

If you decide to rent a car, please remember that driving in Nassau / Paradise Island is on the left side of the road. Car rental companies located at the Nassau International Airport are:

- Avis: 242-377-7121
- Budget: 242-377-7405
- Dollar: 242-377-8300
- Hertz: 242-377-8684

Climate

Thanks to the warm Gulf Stream currents and balmy trade winds, The Islands Of The Bahamas are blessed with a semi-tropical climate. Typical temperatures range from 70° to 80° Fahrenheit. Rarely does it climb above 90°F on a midsummer's day or fall below 60°F on a winter's night. While we can give no guarantees regarding rain, rainfall is most unlikely from November through April. Water temperatures range from the low 80s in the summer to about 74°F in midwinter.

Currency / Banking

The legal tender is the Bahamian dollar, which is equivalent in value to the U.S. dollar. U.S. currency is accepted throughout Nassau / Paradise Island as are most

major credit cards and traveler's checks.

Banking hours are Monday through Thursday, 9:30 a.m. to 3 p.m. and Friday from 9:30 a.m. to 5 p.m. Automatic Bank Machines (ATMs) are located at both Paradise Island and Cable Beach casinos, Rawson Square and major banks.

Customs

U.S. citizens out of the country for 48 hours are allowed up to \$800 worth of duty-free merchandise. Less than 48 hours, the duty-free exemption is \$200. Limitations include 32 ounces of tobacco for those over 21 and no more than two liters of alcohol.

Canadian residents away for seven or more days are entitled to \$750 worth of duty-free goods. Limitations include two pounds of manufactured tobacco and up to 40 ounces of liquor or wine. If traveling for 48 hours the duty-free exemption is \$400 worth of merchandise.

United Kingdom residents may take home a total of £145 of duty-free merchandise. Limitations include two fluid ounces of perfume, a half pound of tobacco and two liters of table wine.

To make traveling easier pack things you're going to declare separately and keep all your sales receipts.

Drinking Water

Tap water in Nassau Paradise Island is safe to drink, but bottled water is readily available for purchase throughout the island.

Electricity

With standard North American 120-volt/60-cycle AC electrical current, you will be able to operate American or Canadian hairdryers, shavers and other small electrical appliances without adapters.

Entry/Exit Requirements

Nassau Paradise Island is one of the few Caribbean destinations that provides pre-clearance for U.S. Customs and Immigration services, allowing flights from Nassau Paradise Island to enter the United States as domestic flights and bypass the normal U.S. Customs and Immigration clearance encountered on most returns from an international destination.

If you are a U.S. citizen, The Islands of the Bahamas follow the U.S. Government international travel requirements for re-entry into the U.S., namely a valid U.S. Passport. The Bahamian Government may also require proof of return airline ticket and sufficient funds to support your stay. Please be aware that a voter registration or certified birth certificate is no longer accepted as proof of U.S. citizenship. If you

do not have a passport, please visit www.travel.state.gov for the most current information about the passport application process.

If you are not a U.S. citizen, please call a Bahamas Consulate for additional information:

New York 212-421-6420 London 0207-408-4488

Miami 305-373-6295 Canada 613-232-1724

Holidays - 2008

Banks, businesses and many shops are closed on the following public government holidays and some close early the day before:

- New Year's Day (January 1)
- Good Friday (March 21)
- Easter Sunday (March 23)
- Easter Monday (March 24)
- Whit Monday (May 12)
- Labor Day (June 6)
- Independence Day (July 10)
- Emancipation Day (August 4)
- Discovery Day (October 13)
- Christmas Day (December 25)
- Boxing Day (December 26)

Note: Holidays falling on a Saturday or Sunday are usually celebrated on the following Monday.

Hotel Check-in / Check-out

Hotel check-in time is generally 3 p.m. and check-out time is 11 a.m. If you expect to arrive before check-in time, plan to have a swimsuit and change of casual clothes handy, as most hotels have a luggage and changing room for early arrivals. The same applies with late departure flights.

Language

English (more British than American) is the national language of The Bahamas and is intertwined with an appealing Bahamian dialect.

Medical Facilities

Internationally trained doctors are available at the hotels and throughout the island. Two hospitals are fully equipped to respond to emergency medical situations. Princess Margaret Hospital and Doctor's Hospital are both located in Nassau.

On-Island Transportation

Getting around Nassau / Paradise Island is very easy. Metered taxis are located outside the hotels and may also be hired by the hour. From the Nassau airport taxi rates are approximately \$25 to downtown Nassau, \$17 to Cable Beach and \$30 to Paradise Island - plus the bridge toll. Fares are based on 2 passengers, there is an additional charge for extra passengers and extra luggage. Ferry boats (water taxis) can take you between Nassau and Paradise Island while at the same time giving you a waterfront view of Nassau Harbor. Tickets can be purchased at the tour desk at Festival Place and at Woodes Rogers Wharf right next door. Round trip tickets cost about \$6 per person and the trip is approximately 10 minutes each way. Ferries leave every half hour on the hour from 9:00 am to 6:00 pm. Buses, known locally as "jitneys" run from the hotels to downtown Nassau several times a day. The cost for a one way ride is approximately \$1 per adult and .50 cents per child, exact change is required. Cars and motor scooters (helmets required) are available for rental (insurance is suggested). Please be aware that we drive on the left side of the road!

We offer direct dial telephone service world-wide and satellite television capabilities so that many of our hotels and resorts can offer guests their favorite shows, sporting events and movie channels. Hi-speed Internet access is also available at many of our hotels.

Eastern Standard Time is used on all islands. April to October is Eastern Daylight Time, in conjunction with U.S. summer hours.

Restaurants and hotels automatically add 15% to all food and beverage checks in lieu of gratuity. For exceptional service you may wish to leave something extra. Bellboys and porters usually receive \$2 per bag. Taxi drivers should be tipped about 15% of the fare.

Children under the age of 12 generally stay free. Some hotels offer children's programs and scheduled activities to keep children entertained. Bonded babysitting services are also available.

A valid import permit (\$10) is required to import any animal into The Bahamas. Animals must be six months or older. Persons wishing to apply for an import permit may phone in their request to 242-325-7502 or write to the Director of Agriculture at:

- Ministry of Agriculture, Trade & Industry
- Box 3704
- Nassau, Bahamas

Please state your name and address, the type, age and number of animals you wish to import, the country of export and origin, the purpose for importing the animals(s) as well as anticipated date of arrival and destination in The Bahamas.

For the U.S., Canada and the United Kingdom, the main provisions of the import permit as it applies to dogs and cats are:

1. Dogs and cats over the age of six months arriving from the U.S. and Canada

must be accompanied by a veterinary health certificate issued within 48 hours of embarkation, and a valid certificate of rabies vaccination for either the one-year or three-year-duration vaccine.

2. The one-year-duration vaccine must have been administered within not more than 10 months and not less than one month prior to arrival in The Bahamas.
3. The three-year-duration vaccine must have been administered within not more than 34 months and not less than one month prior to arrival in The Bahamas.

Dogs and cats under six months old are prohibited importation from the U.S. and Canada and all countries that are rabies endemic. Dogs and cats from the UK or any rabies-free country may enter without a rabies vaccination if accompanied by a veterinary health certificate and certificate stating there have been no cases of rabies in that country of origin for the previous year.

Animals not meeting these conditions are not allowed to enter the Commonwealth.

A duty for permanent entry of all animals into The Bahamas is levied, based on the value of the animal plus 2% stamp duty.

Casual spring and summer dress is appropriate throughout the year. For dining in more elegant/upscale restaurants, casinos and some nightclubs, you will need dress shirts, slacks or dresses. Bathing suits are acceptable only on the beach, pool and poolside dining, not on the streets or in restaurants.

To be wed in The Islands Of The Bahamas, couples must be in residence for 24 hours prior to applying for a marriage license. Birth certificates and a notarized affidavit are required. If appropriate, you'll also need divorce papers, death certificate of a former spouse and parental consent if under the age of 18. Most hotels are equipped to assist guests with marriage arrangements. Visit our [wedding](#) section or contact the Registrar General Office between the hours of 9:30 am - 4:30 pm for more details.

- The Registrar General Office
- Box N-532
- Nassau Bahamas
- 242-323-0594 or 0595 or 0596

OR

- The Weddings and Honeymoon Unit of the Ministry of Tourism
- 1-888-NUPTIAL (687-8425 US callers)
- Email: romance@bahamas.com
- 1-800-667-3777 (Canadian callers)

<http://www.nassauparadiseisland.com/>

	http://www.atlantis.com/
	http://www.bahamas-travel.info/
Attractions & Excursions	
	<p>Golf Customize your vacation with discounted greens fees and gain access to hotel-affiliated golf courses with a stay at select hotels. <i>Hotel-Affiliated Courses</i></p> <ul style="list-style-type: none"> • Cable Beach Golf Club With four sets of tees, this course will accommodate any level of player. Accuracy is needed. Designed by Fred Settle, Jr. <ul style="list-style-type: none"> ○ Greens fees are included in the all-inclusive plan for guests staying at Sheraton Cable Beach Resort. • Ocean Club Golf Course Enjoy invigorating play and spectacular ocean views at this course on Paradise Island. Designed by Tom Weiskopf. <ul style="list-style-type: none"> ○ Guests at Atlantis Paradise Island may reserve tee times up to 60 days in advance. Greens fees not included. ○ Guests at other hotels may reserve tee times on the day of play, based on availability. <p>Sportfishing November - May is the best time to fish for amberjack, June and July are great for blue marlin, and May - September are the best months for oceanic bonito and blackfin tuna. Arrangements for a half day or full day of fishing can be made at most hotels.</p> <p>Snorkeling Snorkeling is very popular in the Bahamas. With shallow seas, crystal-clear water, and a number of sites, it's easy to see why. The most popular snorkeling sites are Love Beach, Rose Island Reefs, the Gambier Deep Reef, Booby Rock Channel, and the Goulding Reef Cays.</p> <p>Scuba Diving Many shipwrecks are in the shallow waters, which makes the Bahamas one of the best scuba diving locales in the world. Elkhorn coral and dozens of reefs are also great places to dive. The best dive site is Shark Wall, 10 miles out and filled with an incredible amount and variety of marine life. Other dive sites include Rose Island Reefs, the Southwest Reef, Razorback, and Booby Rock Reef.</p>
Beaches	
	The Bahamas are famous for their beaches and one of the best known is Cable Beach. If you're looking for a more serene scene, you might like to try Adelaide Beach. It's busy with locals on the weekends, but virtually empty during the week. Also try Caves Beach, located west of Cable Beach, to avoid the crowds.
	A day at the beach - enjoying sun, sand and sea - is the number one reason millions of tourists from around the world visit the Bahamas. The Bahamas have

more than their share of beaches. There's lots of variety, so there's something for every kind of sun worshipper or beach lover. Here is a list including the names and information on some of the most popular beaches in the Bahamas.

Abaco

Guana Beach - considered by some guidebooks to be one of the Bahamas' best. It's a white sand beach, all seven miles of it, and there are lovely palm trees at the edge. Just what you'd expect in a beautiful tropical beach!

Tahiti Beach - This quiet romantic Bahamas beach is popular with couples and sailing enthusiasts. The Abacos are a boating and sailing paradise and this beach is ideal to access from the sea. You can also get to the beach by hiking or riding a bike along a gravel road. Cars can not drive on the road, which makes this beach one of the quietest in the Bahamas. Be sure to bring your own food and water, you will find very limited facilities on the beach.

Treasure Cay Beach - boasts the endorsement of National Geographic magazine as a superb beach - one of the best in the world. It's another white sand beach. The sand is pure and clean, sparkling white, and there are over three miles of beach to enjoy.

Cat Island

North Shore Beach - Five miles of pink sandy beach, with few visitors, make this beach an idea one for the independent traveler who just wants to relax in peace and harmony with the sea.

Fine Beach - Twelve miles of beach, pink sand, and peace and quiet.

Harbour Island

Pink Sands Beach - rated as one of the Caribbean's best beaches by Caribbean Travel and Life magazine. It's about three miles long, and as the name implies, the sands are pink. Combine that with blue water for a wonderful beach!

Grand Bahama Island

Gold Rock Beach - A white sandy beach that extends for over five miles.

Taino Beach - Close to Freeport, this white sand beach is a great place for you to enjoy the beach with your family or indulge in your favorite water sports.

Xanadu Beach - One of the more popular beaches on Grand Bahama Island and very good for swimming. The calm waters and convenient access to restaurants and facilities in nearby Freeport makes this beach a favorite for families, despite the fact that it is one of the most crowded beaches on the island.

Exuma

Stocking Island Beach - White sugar sands and very few visitors make this a great beach. It's in the Exumas Land and Sea Park.

Sandy Cay - Another sugar sand beach of tiny white granules. You'll find seclusion here, and lots of shells to enjoy, too.

Nassau / New Providence

Cable Beach - Located on New Providence Island, this is one of the best beaches in Bahamas for travelers who want to stay near the shops, bars, and gambling outlets found on the island. Cable Beach is also a popular choice for families with children, due to its handy access to restrooms, hotels, and restaurants. The beach is about 4 miles long.

Caves Beach - Across from Cave's Village, on West Bay Street about 7 miles from Nassau. It is a small but beautiful Bahamas beach, ideal for escaping the crowds of Nassau as fewer tourists frequent this beach due to its more remote location. There are no public restrooms or facilities of any kind, so be sure to plan ahead.

Love Beach - This is another small beach, lesser known and hence quiet and secluded. A great beach if you want to go snorkeling. You can book an excursion with a local dive operator and enjoy an abundance of coral and marine life, only a mile from shore.

Western Esplanade - This is one of the most convenient public beaches in Bahamas. If you are arriving by cruise ship or staying at a Nassau hotel, this is a great choice. You can walk to the Western Esplanade from the cruise docks in downtown Nassau in about 10 minutes. Sometimes referred to as Junkanoo Beach by the locals, it is one of the only beaches in the Bahamas where tourists will find public restrooms, changing areas and restaurants serving snack-type food and beverages.

Paradise Island

Cabbage Beach - The most popular beach on Paradise Island, Cabbage beach is perhaps the most consistently populated beach in the Bahamas, but there is plenty of sand and sea for everyone. Although the beach has a couple of public access points, it is inhabited mostly by guests of the hotels that line the northern shore of Paradise Island - including the Atlantis Resort, RIU and Comfort Suites. There are no public restrooms or changing facilities, only customers of the hotels or restaurants can use the bathrooms. Therefore, you'll probably want to plan on having lunch at one of the hotel restaurants so you can take advantage of the facilities, especially if you are traveling with children.

Paradise Beach - This might be the nicest Bahamas beach on Paradise Island but it can be difficult to access, unless you live on the island year-round, or are a guest of the Atlantis Resort. Guests at the Cove at Atlantis use the little huts which are provided for a fee as a place to change, eat and get out of the sun.

Food & Nightlife



Although virtually any type of international food can be found in The Bahamas, it would be a mistake to miss an opportunity to sample the local cuisine. No matter where you are, you won't have any difficulty finding plenty of restaurants serving Bahamian cuisine and fresh local seafood at reasonable prices.

Seafood is the staple of Bahamian cuisine--especially conch (pronounced konk), the firm, white, peach-fringed meat from a large type of ocean mollusk. Fresh, uncooked conch is delicious; the conch meat is scored with a knife, and lime juice and spices are sprinkled over the meat. It can also be deep-fried (called "cracked conch"), steamed, added to soups, salads, and stews or made into conch chowder and conch fritters. The Bahamian "rock lobster" is a spiny variety without claws that is served broiled, minced or used in salads. Other delicacies include boiled or baked land crabs, which can be seen before they are cooked running across the roads after dark.

Fresh fish also plays a major role in the cooking of The Bahamas--a popular brunch is boiled fish served with grits and when done right, is often the most flavorful way to enjoy the taste of a fresh catch. Stew fish, made with celery, onions, tomatoes and various spices, is another local specialty. Many dishes are accompanied by pigeon peas and rice (the infamous peas'n'rice served throughout the Caribbean), with spices, tomatoes, onions, and bacon added.

Peas also figure prominently in the wide array of fragrant Bahamian soups--pea soup with dumplings and salt beef and the familiar split pea and ham soup are just two of the many pea-based broths. One soup unique to the Caribbean and Bahamas is the souse (pronounced sowse)--the only ingredients are water, onions, lime juice, celery, peppers, and meat; no thickeners are added. The meat added to a souse is often ox-tail or pigs' feet, giving the souse a delicious, rich flavor, new to many visitors.

The cuisine of The Bahamas is never, ever bland. Spicy, subtly and uniquely flavored with local meats and produce, more than any other cuisine in the West Indies, Bahamian cooking has been influenced by the American South. One very

popular example of this influence is the "fish'n'grits" mentioned above.

Both alcoholic and nonalcoholic drinks are a highly-developed specialty in The Bahamas; bars pride themselves on their own special concoctions of rum punch. **Kalik**, the beer of The Bahamas, is unusually light and wheaty, served well-chilled to wash down the day's heat. The Bahamian refresher of choice is coconut water (not heavier, fattier coconut milk) blended with sweet milk and gin. There is also a drink called Switcher, made with native limes; those who have had it swear that it tastes better than any other citrus drink around

Nassau/Cable Beach and Paradise Island offer endless temptation for the food lover. From classic American to Greek and Chinese cuisine, you can find just about anything you are in the mood for. Local specialties include conch chowder and fritters. Other local favorites include peas n' rice, johnnycake, and guava duff for dessert. They even have a local beer, Kalik (pronounced KAH-LIK). Try out any of these restaurants for a great dining experience:

- Bahamian Kitchen
Excellent Bahamian cuisine at reasonable prices. A favorite of travelers and locals, here you can dine on Bahamian seafood and top-notch salads and sandwiches.
- Chez Willie
Owner/operator Mr. Willie Armstrong boasts more than 28 years of experience and says "at Chez Willie, the only thing better than our food is our service." Enjoy French and Bahamian gourmet cuisine.
- Columbus Tavern
Paradise Island's only waterside restaurant provides fresh seafood prepared in a Continental style with a Bahamian twist. Particularly delightful is the steak Diane, prepared tableside, or the lobster flambé.
- Double Dragon
Specializing in authentic Chinese cuisine.
- East Villa
Arguably the best broiled New York strip steak in the Bahamas, East Villa specializes in Chinese and Continental cuisine.
- Greycliff Inn and Restaurant
Combining Bahamian and Continental cuisine, the Greycliff Restaurant offers one of the most decadent dining experiences in the Caribbean.
- Seashells
Mediterranean-style cuisine such as pan-seared beef tenderloin or pan-roasted lobster tail highlight the menu along with homemade pasta, bread, and ice cream. Dance under the stars and see the amazing ocean view.

Nightlife centers on the hotels and several nightclubs on the island, in addition to the two casinos. The most spectacular casino is at the Atlantis Paradise Island. The casino is extraordinary with huge glass-blown sculptures by Dale Chihuly, and lots of natural light during the day. Next door is the just-as-impressive disco. The other casino is over on New Providence Island on Cable Beach at the Wyndham Nassau Resort & Crystal Palace Casino and spans more than 3,000 square feet and is loaded with 750 slot machines, blackjack tables, roulette wheels, and more

[Graycliff](#) - Historic Graycliff, a mansion built in 1742 by a famous pirate later to become a prison, is now a five star restaurant that boasts a cellar holding over 200,000 bottles of vintage wine.

[Spring Moon Restaurant & Bar](#) - Caves Village, West Bay Street
Gourmet Chinese food with a Bahamian touch. Elegant dining inside or outdoors, on the patio, overlooking the Caves Village Courtyard. Open Monday through Saturday. Tel: (242) 327-2300.

[Cafe Johnny Canoe](#) - Nassau, Cable Beach
A wonderful, truly Bahamian experience. The decor alone is worth a visit. Authentic Junkanoo masks & antique photos of "old" Nassau on the walls. A great selection of food from local seafood specialties, like conch fritters and blackened grouper, to big beefy burgers & fries, with salads for those watching their diet. Drinks and cocktails are generous servings & the guava duff is among the best on the island. Tel: (242) 327-3373 Fax: (242) 327-3380

[Provence Restaurant](#) - Elegant French Mediterranean cuisine by renowned chef Chef Marc Innocenti. Selection of Tapas at the bar. Dine indoors or outdoors, overlooking the marina. Located at Olde Towne in Sandypoint, Provence is open for dinner Monday thru Saturday and for lunch Monday thru Friday. Tel: (242) 327-0985.

[Pirates of Nassau](#) - An interactive Pirate Attraction in the heart of downtown Nassau. Board the ship "Revenge" and come face to face with Blackbeard and his fellow rogue pirates. Our Pirate Pub & Grill is the perfect setting for some delicious grub and a cold beer. Looking for that special gift - step into PLUNDER! The pirate shop for unique piratical souvenirs. We carry a wide range of pirate gifts for all ages - t-shirts, replica guns, jewelry and of course kids pirate toys.

[Athena's Cafe & Bar](#) - Bay & Charlotte Street
Casual dining in the heart of downtown Nassau, right on Bay Street, featuring Greek, Bahamian cuisine. Try the lobster Tail (Greek Style), Greek Souvlaki or Fried Calamari. Tel: 322-1936

[Bahama Mama Mia](#) - Nassau
Tel: (242) 363-5345 Fax: (242) 363-4155

[Bahamian Kitchen](#) - Trinity Place, off Bay Street
Casual atmosphere serves American and authentic Bahamian cuisine including

conch fritters, steamed grouper, fried plantain (very good) and peas & rice. Tel: 325-0702

Buena Vista - Nassau, New Providence Island
In Nassau, this fine dining establishment has been serving Continental cuisine for over fifty years. Note: Closed Sundays, does not serve lunch. Tel: 242-322-2811

Cafe Matisse - Bank Lane behind Parliament Square
Courtyard or indoor dining. Specialties include seafood, home-made pasta and delicious desserts. Tel: (242) 356-7012 Fax: (242) 356-7014

Club Waterloo - East Bay Street
Tel: (242) 393-7324

Conch Fritters - Bay Street, across from the British Colonial Hilton
Tel: (242) 328-8778

Hammerheads Bar & Grill - Bay Street, near the Bridge
Tel: (242) 393-5625 Fax: (242) 364-8631

Clay Oven - 100 West Bay Street
Authentic Indian cuisine. Open for lunch and dinner. Tel: (242) 325-2525 Fax: (242)326-2626

Montagu Gardens Steak & Grill - East Bay Street
Known for excellent lobster tails and great steaks. Tel: 394-6347

Mama Lyddy's Place - Nassau,
This homey is where residents on New Providence island consider their true-to-the-core place for Bahamian food. Tel: 242-328-6849

Paradise Island Restaurants and Dining

Anthony's Caribbean Grill - Paradise Island
A fun place to eat and drink. Island specialties. Cuisine: American, Bahamian. Tel: 363-3152

Blue Lagoon Restaurant - Paradise Island
Tel (242) 363-2400 Fax (242) 363-3403

Blue Marlin Restaurant - Paradise Island
Tel: (242) 363-2660 Fax: (242) 363-4155

People-to-People Tea Party: Ongoing, last Friday of the month, January - August.

	<p>Come have tea with the Governor General's wife as she hosts a People-to-People Tea Party at Government House in Nassau. A delightful afternoon of tea and Bahamian hospitality where guests can chat with local volunteers.</p> <p>Changing of the Guard Ceremony: Ongoing, every second Saturday, year-round at 10am. Witness the pomp and pageantry of the Changing of the Guard at the Government House.</p> <p>Junkanoo: December 26, every year. A spectacular parade of elaborately costumed dancers dancing to the sounds of cowbells and drums. Some of the costumes can cost thousands of dollars. It is often compared to Mardi Gras or Carnival. The best place to see the celebration is on Bay Street, preferably in one of the bleachers set up for the occasion. Several hotels have Junkanoo-type celebrations as part of their entertainment.</p>
	<p>Nightclubs:</p> <p>Club Waterloo 1 mile east of Paradise Island Bridge, Nassau · 242-393-7324-- Housed in a Bahamian mansion, the popular Club Waterloo boasts both indoor and outdoor party areas. The music is a combination of both American and European beats, and live entertainment is provided on the weekends. There are large disco areas and five bars that keep everyone in motion.</p> <p>Atlantis Casino At the Atlantis Resort on Paradise Island · 242-363-3000 PARADISE ISLAND: If you are looking for action, look no further than the Atlantis Resort Casino on Paradise Island. The casino alone is over 50,000 square feet and illuminated with 1,100 slot machines, blackjack tables, baccarat, craps, and Caribbean stud poker gaming areas. A variety of great restaurants surround the casino. Your concentration may be broken by the occasional screams of winners.</p> <p>Charlie's 601 East Bay St, Nassau · 242-322-3041 This club reeks of sophistication. Reminiscent of an elegant speakeasy, Charlie's employs a doorman and enforces its formal dress code. Open for business Thursday through Saturday, this is where you can go to get away from the spring break type atmosphere and enjoy a night out on the island.</p> <p>Pure Nightlife Downtown Nassau at Armstrong & East Bay Street - (242) 326-4578 Pure Nightlife is the newest, exclusive VIP ultra-lounge. Indulge yourself with elegance and style while relaxing to a smooth fusion of beautiful music.</p> <p>Cocktails and Dreams West Bay St, Nassau · 242-328-3745 Cocktails and Dreams is the only beachfront nightspot in Nassau. Located just past the British Colonial Hotel, they offer daily drink specials, billiards, darts, and boogie tunes.</p> <p>Dragons Atlantis Casino and Resort, Paradise Island · 242-636-3000 This club is hot! Although the voodoo dancing and the fire eruptions are only depictions on the massive video walls, you can't help but feel the heat on the dance floor. Live</p>

	<p>entertainment mostly on the weekends, with a bandstand 10 feet above the crowd.</p> <p>Hammerheads Bar and Grill Nassau side-Bridges to Paradise Island, Nassau · 242-393-5625 The atmosphere here is fun, casual, and all island, all the time! The great bar is rivaled only by the excellent bar food, which consists of burgers, conch creations, and fresh fish prepared a variety of ways. The bar is full of the young crowd and there are reduced price drinks anytime it's raining!</p> <p>Rainforest Theater West Bay St, Crystal Palace Casino, Nassau · 242-327-6200 This is big time entertainment. The theater seats over 800 and the stage is the setting for the glitz and glamour of Las Vegas style revues and shows. Enjoy a fixed price dinner at the theater, or come just for the show. Be aware that Tuesday and Saturday evenings are usually filled with "cruisers" from the ships, so reservations are a must for these two days. Check to see what shows are in town while you're here.</p> <p>The Drop Off Bay St, Nassau If you're not aware of it, or not looking closely enough, you may miss this popular basement dance club and bar. The atmosphere is energetic and the live entertainment on the weekends is a huge draw. It really gets going after midnight on the weekends.</p> <p>Club Fluid--Bay St, Downtown Nassau · 242-356-4691 Two dance floors offering the best in World Music and the latest in Hip Hop and R & B provided by internationally experienced DJs. A first class lounge with theme nights including: Twisted Tuesdays, Girls Night Out Thursdays, Bacardi Connection Fridays, Saturday Night Live and Reggae Sundays. Open Tuesday through Sunday from 10:00pm until.</p>

Shopping

Visit the historic forts or shop for bargains along **Bay Street**, Nassau's famous international [shopping](#) location. Liquor, perfume, jewelry and china are favorite items for duty-free shoppers, along with fine local and international crafts plus native goods, from handmade yards of batik to fine jewelry & Rolex watches. The best buys and shopping bargains can be found among the straw craft items and souvenirs at the **Straw Market**. The stores on Bay Street are flanked by picturesque, pastel pink-colored Colonial-style Government buildings erected in the early 1800s by Loyalists, including the Houses of Parliament, the old Colonial Secretary's Office and the Supreme Court all surrounding a marble statue of Queen Victoria. Parliament Square in downtown **Nassau Bahamas** is the traditional center of Bahamian government. Each season, the Opening Ceremonies of the Supreme Court fill the square with pomp and pageantry. Further downtown stands **Fort Charlotte**. Built in 1788, it is complete with moat, open battlements, even

dungeons.

Venture east on Bay Street from the city's core and you come to a bridge that takes you to "Paradise," with posh **luxury resorts** (including the world famous [Atlantis Bahamas Resort](#)), the Caribbean's largest casino, plus exciting nightlife on an island formerly called "Hog."

The bridges (there are actually two - one for coming and one for going) can be walked but most people cab over. Speedy boat taxis are also available which connect with dockside limo services on both islands.



As you go east, just past the bridge to [Paradise Island](#), there is the boating heart of Nassau / **Paradise Island** with a number of [marinas](#) with boats for hire. The East End is also a delightful residential area showing the full flavor of Nassau's colonial past in its architecture & horticulture. Big houses with wide breezy verandas face the sea.

Heading in the other direction you will discover Cable Beach, the Bahamian Riviera, with its luxury [hotels](#), casinos and world famous beachfront. **Cable Beach** got its name in 1907 from the laying here of transatlantic telephone cables linking what was an isolated Bahamas to the rest of the world. But these days, the world comes to The Bahamas to see what it has been missing.

For those who prefer a quieter, more serene island experience, it can be found even farther west. Once you leave the downtown area, the pace is slower. For example, the section of West Bay Street that leads to Cable Beach is nicknamed "Go Slow Bend." Beyond Cable Beach, the island's [environment](#) is transformed. Large tracts of pine trees dominate the central-west portions of New Providence, with the island's perimeter marked by miles of fine white sand [beaches](#).

The Coral Harbour development, on the southern side of New Providence island, is a quiet, opulent community in a palm-clad setting. Its winding canals offer easy access to the sea. West of Coral Harbour, there is Adelaide, a tiny village with narrow streets. It was one of the first Black settlements established after the abolition of slavery. The area is a lovely, secluded spot for activities such as fishing or swimming. At the tip of New Providence, there is **Lyford Cay**, an exclusive residential enclave.

There is certainly no shortage of [restaurants](#) and lounges either. Enjoy almost any type of international cuisine or experience [native recipes](#) that will wake up your taste buds like never before. Conch fritters, grouper fingers, peas 'n' rice, boiled fish, johnnycake plus guava duff are just a few of the tasty dishes, all of which go "just right" with a tropical drink in your hand.

	<p>Nassau offers some of the best duty-free shopping in the Caribbean with the biggest names in fashion and jewelry including Armani, Bulgari, Cartier, Feragamo, Gucci, Versace, etc.</p> <p>All along Bay Street you'll find duty-free shopping with savings of up to 50% off U.S. prices on jewelry, crystal, and china. If buying crystal and china to augment what you currently have, make sure to bring along the brand name and the pattern.</p> <p>Some 30 shops selling goods from around the globe are located in the Nassau International Bazaar, running between Bay Street down to the waterfront. The area looks like a European village with its quaint storefronts and cobbled pathways.</p> <p>Nassau's famous Straw Market is one of the largest in the world, and is open seven days a week from early morning until evening. Here, you'll find an array of handmade mats, hats, and baskets along with fabrics, jewelry, woodcarvings, and guava jellies. Of course, half the fun of shopping here is in the bargaining. The Straw Market is on downtown Bay Street, a block east of the British Colonial Hotel.</p>
	<p>Liquid Desert Bay Street Souvenirs, surfwear & accessories, local artwork, tea, coffee, water sport toys, handcrafts, original T-shirts, pirate products and water sports equipment. Times: 9-6 Mon - Sat Contact Details Phone: (242) 326-2684 Fax: (242) 326-2322 Email: liquiddesert@coralwave.com</p> <hr/> <p>Cole's of Nassau Crystal Court, Paradise Island, Parliament Street, and Bay Street (next to Athena's Cafe) Designer fashions, sportswear, swim wear, shoes, accessories, jewelry and unique gifts. Exclusive retailer for Manuel Canovas, Cerrati 1881, La Perla, Lilly Pulitzer, Gottex, Emilio Pucci, Roidal, Calvin Klein and many more distinctive lines. Contact Details Phone: (242) 363-4161 Fax: (242) 326-9953 Email: colesnas@batelnet.bs</p>

Cole Thompson Pharmacies Ltd.

Pilot House Complex, East Bay St.

Personalized prescription service, registered pharmacist on duty at all times, over the counter drugs & a large variety of: greeting cards, medical supplies, pharmaceutical products, health & beauty aids, cosmetics, toiletries, drugs, sundries, confectionery items, toys, school supplies, local and international newspapers & magazines, gift items and much more.

Comments: Pharmacy

Times: 8:30 am - 9 p.m. Mon - Sat

Contact Details

Phone: (242) 393-8368

Fax: (242) 393-5078

Coin of the Realm

Charlotte St. off Bay St.

Purveyors of fine jewelry in platinum, gold and silver. Nassau's largest and finest selection of coin and conch pearl jewelry. With a wide array of Ancient Greek coins and Spanish gold and silver treasure coins, we truly are the gem of the Bahamas, the Bahamian conch pearl, surrounded by internally flawless diamonds. Visit the Coin of the Realm for all your souvenir and jewelry needs.

Comments: Jewelry Store

Contact Details

Phone: (242) 322-4862

Fax: (242) 328-0998

Cigar Stogies

Prince George Plaza, downtown Nassau.

Fine cigars you can trust. Nassau's largest selection of authentic Cuban cigars. Bolivar, Cohiba, El Rey del Mundo, H. Upmann, Hoyo de Monterrey, Montechristo, Partagas, Punch, Romeo y Julieta. Walk-in Humidor. Large selection of cigar accessories. Cruise Ship recommended.

Contact Details

Phone: (242) 356-5103

Fax: (242) 328-3810

Cartier

284 Bay Street & Crystal Court at Atlantis

With stores on the world's most celebrated streets, Cartier now brings its distinguished collection of jewellery, watches and gifts to two elegant locations right in the heart of Nassau and Paradise Island's most vibrant shopping environment. All the famous creations are displayed, from dramatic jewellery pieces to the complete line of "Les Must de Cartier" Collection: watches, clocks, pens, lighters, leather goods, scarves, eye wear, gifts and fragrances. We invite you to visit our two locations where you will be welcomed with the famous sense of personal service that has been a Cartier tradition for a century and a half around the world.

Contact Details

Phone: (242) 322-4391 Bay Street, (242) 363-5808 Crystal Court at Atlantis

Fax: 326-2434 Bay Street,

Bristol Cellars

Port Lucaya Bazaar Downtown

Liquor wholesaler and exclusive distributors of selected brands. Wide range of duty free items, three locations in Grand Bahama

Other Info: duty free liquor

Contact Details

Phone: (242) 352-9772

Fax: (242) 352-4151

Brass & Leather 1& 2

Charlotte St. & Marathon Mall

Designer leather goods and gifts for men and women, including handbags, shoes, belts, scarves and small leather gifts and accessories. Come and visit us at any of our two locations.

Comments: Leather goods store

Contact Details

Phone: (242) 394-5676

Fax: (242) 322-1361

Colombian Emeralds International

Bay St. near Rawson Square

Choose from a wide selection of diamond, ruby, sapphire and tanzanite gemstone jewellery, including handmade 18K gold Baraka, the ultimate in Italian craftsmanship. CEI also carries some of the world's finest watches such as Breitling, Raymond Weil, Tissot, Baume & Mercier, Ebel, Zodiac, Seiko and Citizen. And we know you will do a double-take when you see the exquisite dual-

faced Reverso line from Jaegar-LeCoultre. Certified appraisals and 90-day insurance against damage, loss or theft, full international guarantees and a toll free US service office.

Contact Details

Phone: (242) 326-1661

Fax: (242) 328-5902

Crown Jewelers

Bay Street

The diamond shoppe. Manufacturer of jewelry and retailer of precious and semiprecious stones, gold jewelry, watches and more.

Contact Details

Phone: (242) 322-8651

Fax: (242) 328-8969

John Bull

Mall at Marathon

Watches (official Rolex retailer, Bahamas exclusively). gemstones, gold and designer jewelry, cameras, sunglasses, cosmetics and gifts. Also John Bull La Parfumerie for quality fragrances and the Leather gallery.

Contact Details

Phone: (242) 393-4406

Fax: (242) 323-7600

Island Treasures

International Bazaar, Bay Street

You'll find Bahamian made handcrafts, souvenirs and gifts of all sorts, including straw bags and hats, keyrings, shell and bead jewellery, clothing, desk accessories, Kodak disposable cameras and film, and much more.

Contact Details

Phone: (242) 323-7568

Island Merchants Ltd.

Bay Street , hotels, Airport, (5 locations)

Retail & wholesale distributors of souvenirs, Kodak products, Kalik beer logo merchandise, postcards art prints, Lodi art products, snacks, candies

Comments: Tourist

Other Info: Kodak & Kalik beer logo

Contact Details

Phone: (242) 322-1588

Hard Rock Cafe

Charlotte Street off Bay Street

Hard Rock Cafe is NOW OPEN.
We're located down town Bay Street / N Charlotte Street. We offer hot merchandise including collectible Nassau Bahamas pins, logo T's, hats, glasses and so much more. Come in and enjoy our display of Rock and Roll memorabilia including actual show outfits worn by Lenny Kravitz & Madonna.

Comments: Clothing / Souvenirs

Times: Mon-Sat 9:30am - 6pm Sun, 9:30 - 2:30pm

Other Info: AAA Discount

Harbour Bay Liquors

East Bay St. Harbour Bay Shopping Center

Wines, beer, and spirits plus Bahamian made products such as flavored rums and Kalik beer. For a wide array of liquor, beer and wines, visit the Harbour Bay Liquor store today!

Contact Details

Phone: (242) 394-0630

Fax: (242) 394-0632

GNC (General Nutrition Centers)

Harbour Shopping Centre, East Bay Street & Mall at Marathon, Robinson & Marathon Roads

Brand-name vitamins and minerals, healing herbs, formulas for children, homeopathic medicines and weight loss items.

Contact Details

Phone: (242) 394-2180

Fendi

Bay & Charlotte Streets

The International Collection, imported directly from Italy, includes handbags,

luggage, watches, fragrances and accessories for men and women.

Contact Details

Phone: (242) 322-6300

Doongalik Studios

18 Village Road, Nassau Bahamas

Unique Bahamian Experience!

• Fine Art Gallery

• Junkanoo Crafts Shop

• Designer Products

Comments: Junkanoo Craft Shop

Contact Details

Phone: (242) 394-1886

Email: dstudios@bahamas.net.bs

Visit the website: <http://www.doongalikstudios.com>

The Linen Shop

Bay Street

You'll find the best in table linens, bed linens, children's clothing, Irish linen handkerchiefs, decorative items, accessories and gifts.

Contact Details

Phone: (242) 322-4266

The Perfume Factory

International Bazaar

Mix your own special fragrance or purchase a unique fragrance created and manufactured on the premises. Take a complimentary tour of the factory and see how perfume is made.

Contact Details

Phone: (242) 352-9391

Fax: (242) 352-9040

Tommy Hilfiger

Port Lucaya

Tommy Hilfiger sells Tommy Hilfiger brand clothes for men.

Comments: Men's Clothing

Times: Mon-Fri 9-6, Fri & Sat 10-7, Closed Sundays

Contact Details

Phone: 242 373 8912

Tikal Tees & Tokens

Downtown Bay Street, immediately east of East Street

- Souvenirs • Incense • Massage oils
- Sunglasses • Mugs
- Good selection of shirts at affordable prices
- Access to e-mail and INTERNET service available

Comments: Gifts & souvenirs

Contact Details

Phone: (242) 322-1050

Email: prichy@invest.com

The Body Shop

Bay St.

Natural skin and hair care products for women and men from the world famous body shop line. Soaps, shampoos and conditioners, lotions, makeup, perfume oils, bath accessories and much more.

Contact Details

Phone: (242) 356-2431

Fax: (242) 328-8329

The Beauty Spot

Bay & Frederick St.

Top of the line selection of cosmetics, skin care products and perfume. Lines include Chanel, Clinique, Elizabeth Arden and Yves St. Laurent.

Contact Details

Phone: (242) 322-5930

Fax: (242) 326-2196

Solomon's Mines

Bay & Charlotte St.

Solomon's Mines, the preferred luxury retailer of The Bahamas, is pleased to offer you the most exclusive selection of quality name brand merchandise from all over

the world. Indulge in in your favorite luxury items & duty-free prices. Jewelry, Bahamian-made Beach Treasures jewelry exclusively, gems including emeralds, sapphires, diamonds and rubies, leather goods, watches, china, crystal, giftware, perfumes and skin care products, and Bally, Hermes, Ferragamo, Laliq and Versace boutiques.

Treasures of the World, Pleasures of the Soul. All Found in One Place.

Other Info: All major credit cards accepted

Contact Details

Phone: (242) 325-7554, Toll free 877-Solomine

Fax: (242) 356-6924

Visit the website: <http://www.solomons-mines.com>

Pyfrom's

Bay Street

T-shirts, resort wear, posters, jewelry, featuring locally produced souvenirs, cassettes, CDs, jellies, conch chowder, steel drums, snorkeling gear, Caribbean coffee and much, much more.

Contact Details

Phone: (242) 322-2603

Fax: (242) 322-4691

Plunder At Pirates Of Nassau

King & George Streets

Pirate paraphernalia, including art, jewellery, books, coins, novelty items, postcards, souvenirs, T-shirts and food items.

Pipe Of Peace

Bay Street, near Parliament Street

T-shirts, swimsuits, souvenirs galore, tobacco goods including Cuban cigars, Polaroid cameras, film and much more. Ask for Bahamas-made Bacardi Rum Cake.

Contact Details

Phone: (242) 325-2022

Windmere Day Spa and Salon

East Bay St.

Salon and spa services, including facial therapy, hand and foot therapy; spa

	<p>packages and one-on-one personal training. Matrix and Logics hair products, and FloraSpa skin care products, all make Windmere Day Spa and Salon the perfect Spa in the Bahamas.</p> <p>Contact Details</p> <p>Phone: (242) 393-8788</p> <p>Fax: (242) 394-6804</p>