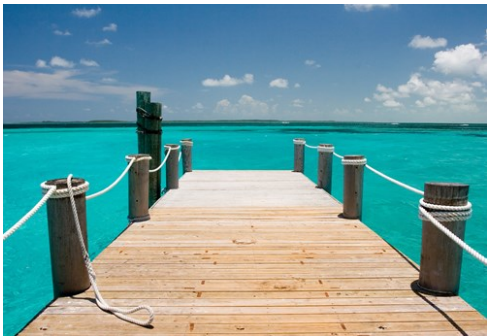




Nassau

Photo: YoTuT



Ariel Bravy/Shutterstock.com

With a culture and natural landscape as colorful as its history (it was once declared a “pirate republic” by infamous pirates Charles Vane, Calico Jack Rackham, "Blackbeard" Edward Teach, Anne Bonny, and Mary Read), Nassau is The Bahamas’ crown jewel. With a booming Downtown District, Nassau makes for some wonderful on-land entertainment. The beaches are its signature attraction, however, with the likes of Cable Beach at its helm. Turquoise waters boast the best clarity on the planet with a visibility of over 200 feet!



Costin Constantinescu/Shutterstock.com



John Wollwerth/Shutterstock.com

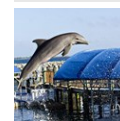
Go where no one has
VENTURED BEFORE!

5 Off the Beaten Track
Destinations in Asia

ArrivalGuides

Foto: WhitefoxChen / Shutterstock

Top 5



Dolphin Encounters

Dolphin Encounters, located on private Blue Lagoon Island, is one of the mos...



Sandy Toes

Enjoy the day snorkeling and kayaking, soaking up the sun on the private bea...



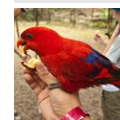
Powerboat Adventures

Get a breathtaking view of the picturesque scenery and feed the iguanas on o...



John Watling’s Distillery

John Watling’s Distillery is a bit off the beaten path, but a most for rum-l...



Ardastra Gardens

This lovely little Zoo hosts a variety of animals. The flamingo show is wond...



THE CITY



TravelingOtter (image cropped)

Nassau is best known as a vibrant city where you can choose your own pace and vacation style to suit your frame of mind. Its bouncing jitneys, colorful pirate history, and candy colored government buildings co-exist with ultra-modern resorts that enchant everyone. From backpackers to luxury travelers, it's time for sun, sand, and sea as you kick back and discover the many attractions in Nassau.

DO & SEE



Worachat Sodsri/Shutterstock.com

The good weather makes it easy to visit attractions year round. The Bahamas has plenty of different sights to charm you-whether it is the nature, art, history, shopping, or the people.

Dolphin Encounters



Dolphin Encounters, located on private Blue Lagoon Island, is one of the most intriguing and memorable tours available. Visit the world famous dolphins of Dolphin Encounters for a once-in-a-lifetime experience. The boat departure dock/check-in area is located at the Paradise Island Ferry Terminal.

Photo: Boris Kasimov (image cropped)

Address: Blue Lagoon Island

Phone: +1 242 363 1003

Internet: www.dolphinencounters.com

Email: info@dolphinencounters.com

More Info: Duration of encounters span 3 hours.

Sandy Toes



Enjoy the day snorkeling and kayaking, soaking up the sun on the private beach or in a hammock. When it's all said and done, your experience on Sandy Toe is sure to be a memorable one. The private island destination offers guided snorkeling tours, all you can eat Bahamian buffets, unbeatable vistas, beach bars, a private beach, hammock garden, nature trails, kayaking and inner tube rentals, and professional beach massages.

Photo: ohrim/Shutterstock.com

Address: Rose Island, New Providence, Bahamas

Opening hours: Tuesday, Wednesday, Friday, & Sunday:
10am-4pm

Phone: +1 242 363 8637

Internet: www.sandytoesroseisland.com

Email: sandytoesroseisland@gmail.com

More Info: Book your excursion through:
www.sandytoes.rezgo.com

Powerboat Adventures



Get a breathtaking view of the picturesque scenery and feed the iguanas on one of the islands with grapes when going on this adventurous

powerboat trip.

Photo: Moto "Club4AG" Miwa (image cropped)

Address: Atlantis Bridge, Bahamas

Opening hours: Sunday - Saturday 9am - 5pm

Phone: +1 242 363 1466

Internet: www.powerboatadventures.com

John Watling's Distillery



John Watling's Distillery is a bit off the beaten path, but a most for rum-lovers. Watch the process of rum making and sample the different

types of rum.

Photo: Africa Studio/Shutterstock.com

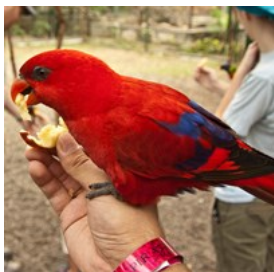
Address: 17 Delancy St, Nassau, Bahamas

Opening hours: 10am-6pm every day, Friday until 9pm

Phone: +1 242-322-2811

Internet: www.johnwatlings.com

Ardastra Gardens



This lovely little Zoo hosts a variety of animals. The flamingo show is wonderful and you also get to feed the birds and some of the animals.

Photo: Bryce Edwards (image cropped)

Address: Chippingham Road, Nassau, Bahamas

Opening hours: Sunday - Saturday 9am - 5pm

Phone: +1 242 323 5806

Internet: www.ardastra.com

The Heritage Museum of the Bahamas

At the Heritage Museum, you get a captivating insight into the history of the island and it's people as well as original artifacts. Each part of the museum has an own theme ranging from history of the island to pirate era.

Address: West Hill St, Nassau, New Providence Island

Opening hours: 9am - 5pm

Phone: +1 242 302 9150

The National Art Gallery of The Bahamas



The National Art Gallery of The Bahamas is the premier arts institution in The Bahamas. This gallery is excellently curated and definitely

worthy of a visit. Four decades of Bahamian Art are exhibited, from 1973, the year of Bahamian Independence, to the present.

Photo: ArnoldReinhold (image cropped)

Address: West & West Hill Streets, Nassau, Bahamas

Opening hours: Tuesday - Saturday: 10-4pm, Sundays: 12-4pm, Closed: Mondays & Public Holidays

Phone: +1 242 328 5800

Internet: www.nagb.org.bs

Email: info@nagb.org.bs

Pirates of Nassau Museum



Nassau was the base for the greatest concentration of pirates during the 17th century. The museum, located in downtown Nassau, is fun,

informative, cleverly put together, and gives a great portrayal of a pirate's life. Board a replica of the pirate ship "Revenge" and let the adventures begin!

Photo: Keo the Younger (image cropped)

Address: King and George Streets, Nassau, Bahamas

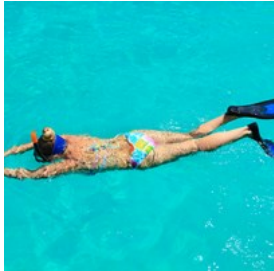
Opening hours: Monday-Saturday: 9am-6pm. Sunday: 9am-12pm.

Phone: +1 242 356 3759

Internet: www.pirates-of-nassau.com

Email: piratesofnassau@batelnet.bs

Seahorse Snorkel and Sailing Excursions



Spend a wonderful morning or afternoon sailing, sunning, and snorkeling out to one of the nearby reefs along Spruce Cay or Athol

Island. Complimentary water and snacks are available throughout the tour, while rum punch and a full bar are available after snorkeling. En route back to shore, relax with a drink, listen to Bahamian music, and enjoy sailing aboard a state-of-the-art catamaran. This 3-3 1/2 hour tour departs daily from either the Ferry Terminal or Cruise Ship Dock.

Photo: Khoroshunova Olga/Shutterstock.com

Address: Paradise Island Marina, Nassau, New Providence Island

Opening hours: Daily: 9am -12:30pm and 1pm - 4:30pm

Phone: +1 800 821 4505

Internet: www.seahorsesailingadventures.com

Tru Bahamian Food Tours



Tru Bahamian Food Tours offer a unique guided tasting and cultural walking tour that takes you on a 3-hour culinary adventure. Authentic

Bahamian cuisine still remains largely unknown and often times inaccessible to the islands' annual visitors. Tru Bahamian Food Tours brings the authenticity of island flavor and specialties to you.

Photo: BlueOrange Studio/Shutterstock.com

Address: George St. off of Bay St, exact location is disclosed upon ticket purchase

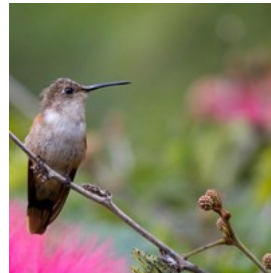
Opening hours: Monday-Saturday: 11:30am

Phone: +1 242 601 1725

Internet: www.trubahamianfoodtours.com

Email: customersupport@trubahamianfoodtours.com

Caribbean Birding Trail



Despite its small stature, New Providence island boasts the second-most Bahamian, as well as Caribbean specialty birds, after Abaco. Many of the

sites are accessible only by vehicle, so consider utilizing a birding guide. While the Bahama Woodstar is the only endemic species present on the island, there are still a wealth of other colorful, exotic birds to see. Look to the Cuban Grassquit and the Caribbean Dove as examples.

Photo: Matt MacGillivray (image cropped)

Address: Botanic Gardens in Nassau or Paradise Island

Internet: www.caribbeanbirdingtrail.org/sites/bahamas/new-providence/

Email: info@caribbeanbirdingtrail.org

Queen's Staircase



The Queen's Staircase, located in the proximity of Fort Fincastle and the Water Tower, was built to honor Queen Victoria and carved by hand. Walk up

the impressive stairs lying in the shade and escape the heat.

Photo: TravelingOtter (image cropped)

Address: Elisabeth Ave, Nassau, Bahamas

Clifton Heritage National Land and Sea Park

The Clifton Heritage National Park offers a series of educational programs that utilize archival documents, photographs, craft, songs,

dramatizations, dance, story telling, audio and visual presentations, field trips, electronic lessons, readings, and site tours. One of the island's best kept secrets, the Park combines beautiful nature trails, historical ruins, amazing beaches, and guided tours.

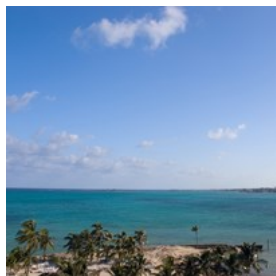
Address: South West Rd, Nassau, New Providence
Opening hours: Monday-Sunday: 9am-7pm
Phone: +1 242 362 4368
Internet: www.cliftonheritage.org
Email: info@cliftonheritage.org

Christ Church Cathedral

Built in 1841, Christ Church Cathedral is the fifth church to occupy the location. Tablets trace the trials Nassau citizens endured over the centuries years ago, and the sanctuary's back also features baptismal font. The Lord Proprietors built the original building in 1670, making it the first church built in The Islands Of The Bahamas.

Address: George Street, Nassau
Opening hours: Monday - Friday 9am-5pm
Phone: +1 242 322 4186
Internet: www.christchurchcathedralbahamas.com
Email: cc.cathedral@batelnet.bs

Beaches



region's best:

Nassau boasts dozens of wondrous beaches, which are the area's prized possessions. Soft sands and crystalline waters rein in accolades as the

Junkanoo Beach
West Bay Street and Nassau Street
Nassau, New Providence Island

Cabbage Beach

Paradise Island (north side)
Nassau, New Providence Island

Cable Beach
Nassau, New Providence Island

Love Beach
10 miles west of downtown Nassau

Photo: Kanu Suguro/Shutterstock.com

Wellness Spa Bahamas



Wellness Spa Bahamas brings the healing of Therapeutic Massage to you. Treat yourself well and enhance your health mentally, physically, and emotionally. They encourage total relaxation, improving blood flow and reducing chronic pain for elevated health.

Photo: Karl Cossio (image cropped)
Address: Paradise Island Dr, Nassau, New Providence Island
Opening hours: Monday-Saturday: 10am-8pm
Phone: +1 242 438 3932
Internet: www.wellnessbahamas.net
Email: wellnessbahamas@gmail.com

Dermalogica Skin Centre



Dermalogica's Skin Treatment is customized to your skin's needs with a thorough, zone-by-zone Face Mapping analysis. This will help you understand your skin and its needs. The professional Skin Therapists will diagnose and prescribe a home care and treatment regimen to deliver your optimum skin health.

Photo: Zenspa1 (image cropped)
Address: Old Fort Town Centre, Nassau, New Providence

Island

Opening hours: Monday - Thursday: 10am - 7pm, Saturday:
10am - 5pm, Sunday: Closed

Phone: +1 242 377 7546

Internet: www.dermalogicaskincentre.com

Email: appointments@dermalogicaskincentre.com

DINING



tiverylucky/Shutterstock.com

In the mood for fresh seafood, succulent meats or Bahamian traditional favorites? Perhaps you'd like to see today's fresh selection of rock lobster, snapper and conch. Nassau provides some of the finest dining with endless possibilities.

Olive's Meze Grill & Bar

Offering a full menu of Mediterranean-inspired grilled and roasted meats, seafood, and daily chef's specials, Olive's Meze Grill is a definite favorite of locals and visitors seeking a romantic setting. Enjoy a variety of organic dishes as well, spanning Olive's original lunch menu of gyros, Greek salads, burgers, and paninis.

Address: West Bay Street, The Shops at Cable Beach,
Nassau, New Providence

Opening hours: Daily: 10am-1am

Phone: +1 242 327 6393

Internet: www.olivesgrill.com

Email: info@olivesmezegrill.com

Café Matisse

Dine al fresco in Café Matisse charming courtyard or on the veranda. The menu, which

changes every three months, features homemade pasta, fresh seafood, real Italian pizza, and delicious desserts.

Address: Bank Lane and Bay Street, Nassau, New Providence
Island

Opening hours: Tuesday-Saturday: 12pm-3pm, 6pm-11pm.

Phone: +1 242 356 7012

Internet: www.cafe-matisse.com

More Info: Behind Parliament Square, just off Bay Street

Van Breugel's Restaurant

Located in a beautifully restored historical Bahamian home, Van Breugel's delivers a charming fusion of old world Europe and Caribbean traditions. Cozy up with culinary creations that are bound to impress even those choicest of eaters.

Address: Charlotte Street South, Nassau, New Providence

Opening hours: Monday-Tuesday: 10:30am-3pm.

Wednesday-Thursday: 10:30am-3pm, 5:30pm-10pm. Friday:
10:30am-3pm, 5pm-10:30pm. Saturday: 11am-4pm,
6pm-10pm.

Phone: +1 242 322 2484

Internet: www.vanbreugels.com

Email: info@vanbreugels.com

Dune at One&Only Ocean Club

Set atop a white sand bluff overlooking the sea, Dune indulges all of your senses. The menu offers an imaginative blend of French Asian dishes infused with local herbs and Bahamian flavours.

Address: Paradise Island Drive, Nassau

Opening hours: Daily: 7am-11am, 12pm-4pm, 6pm-9:30pm

Phone: +1 242 363 2501

Internet:

oceanclub.oneandonlyresorts.com/cuisine/dune.aspx

Brussels Bistro

Magnificent French and Belgian cuisine located right in the heart of downtown Nassau are to be had at Brussels. Belgian Beers, expert wine

service, and a full bar are highlights.

Address: Frederick Street, Nassau
Opening hours: Monday-Friday: 11am-3:30pm.
Tuesday-Saturday: 5pm-10pm
Phone: +1 242 326 4523
Internet: www.brusselsbistro.biz
Email: brusselsbistro@hotmail.com

Blue Caviar Le Restaurant

"Tell me what you eat and I will tell you who you are." Brillat Savarin, French Gastronome, spoke those wise words in 1755, and Blue Caviar has followed them to a tee. The French cuisine blends fresh ingredients to provide a complete experience from the first taste to the last!

Address: Lyford Cay, West Bay Street Nassau City, New Providence
Opening hours: Monday-Saturday: 8am-10pm
Phone: +1 242 362 6030
Internet: www.bluecaviar.com
Email: jacques@bluecaviar.com

Carmine's

The ever-popular New York-style Carmine's is guaranteed to delight your palate. An array of fine Italian wines pair alongside classic Italian recipes to create the ultimate menu. Chicken scarpariello, shrimp scampi, fried calamari, veal saltimbocca, and more are all served in abundant portions.

Address: One Casino Drive, Paradise Island, Nassau
Opening hours: Daily: 5:30pm-10pm
Phone: +1 242 363 3000
Internet: www.carminesnyc.com

Montagu Gardens Steak & Grill

The picturesque Montagu Gardens serves the best in Angus beef and fresh native seafood. Located in a historical Bahamian mansion on Lake Waterloo, Montagu also serves a variety of delicious chicken, lamb, pasta, ribs, and Bahamian-inspired dishes.

Address: East Bay Street, Nassau, Bahamas
Opening hours: Monday-Saturday: 11am-3pm, 6pm-11pm
Phone: +1 242 394 6347
Internet: www.stenigh8.wix.com/montagugardens
Email: info@montagugardens.com
More Info: Next to Club Waterloo

Graycliff Restaurant

Graycliff Restaurant is pure elegance. Serving signature dishes, fine wines, and vintage Cuban cigars from its colonial mansion location, Graycliff is the ultimate Bahamian dining experience. Guests can even buy the world's oldest bottle of wine, a German vintage 1727.

Address: West Hill Street, Nassau, Bahamas
Opening hours: Monday-Friday: 12pm-2:30pm, 6:30pm-10:30pm. Saturday-Sunday: 6:30pm-10:30pm.
Phone: +1 242 302 9150
Internet: www.graycliff.com
Email: info@graycliff.com

Goldie's Conch House

As the winner of consecutive Certificates of Excellence from Tripadvisor, Goldie's needs little introduction. Tourists and locals are consistently dazzled by the homemade dishes of owner Goldie Evans himself. The fettuccine with conch and shrimp is a particular favorite.

Address: West Bay Street and Chippingham Road, Paradise Island, New Providence Island
Phone: +1 242 325 4300
Internet: www.goldiesconchhousenassau.com
Email: goldiesconchhouse@yahoo.com

Luciano's

The harborside Luciano's beckons with mahogany woodwork, gardens, and terraces as guests dine on Tuscan cuisine. Enjoy a menu of escarole, white bean, and sausage soup; osso buco; grouper; and homemade pastas.

Address: East Bay Street, Nassau, New Providence Island, The Bahamas
Opening hours: Monday-Friday: 11:30-3:30, 6pm-10pm

Phone: +1 242 323 7770
Internet: www.lucianosnassau.com
Email: lucianos@restaurantsbs.com

Bahamian Club

Fine meat is the house specialty at Bahamian Club, where a menu of rib-eye steak, veal chop, herb-roasted rack of lamb, and chateaubriand for two are sure to impress. Not a meatlover? Look to fresh seafood delights like the grilled swordfish steak, Bahamian lobster, and salmon fillet.

Address: Atlantis, Paradise Island, New Providence Island
Opening hours: Daily: 6pm-10pm
Phone: +1 242 363 3000
Internet: www.atlantisbahamas.com
Email: AtlantisSocialTeam@gmail.com
More Info: Located at Atlantis Paradise Island

Bahama Grill

Taste the islands at the popular Bahama Grill. Choose to dine indoors or outdoors on the covered deck while sipping on yummy cocktails. Made-to-order dishes are their specialty, including hickory smoked pork, baby-back, and beef ribs; grilled, barbecue, and rotisserie chicken; and tasty grilled conch.

Address: West Bay Street, Nassau, Bahamas
Opening hours: Monday-Saturday: 11am-11pm. Sun: 11am-9pm.
Phone: +1 242 356 4745
Internet: www.bahamagrill.com
Email: bahamagrill@coralwave.com

Sapodilla

Sapodilla. You're in for something extraordinary with expert service, food, live music, and ambiance. Even the cutlery and glassware is carefully placed.

Address: West Bay Street, Nassau, New Providence Island
Opening hours: Tuesday-Saturday: 6pm-12pm
Phone: +1 242 327 0611

Internet: www.sapodillabahamas.com
Email: information@sapodillabahamas.com

Cafe Martinique

Known for its grills, everything from prime rib for two, to a succulent veal chop, Cafe Martinique is perfection. Paradise Island's most most elegant and upscale restaurant features imported art and antiques from Belle Epoque Paris.

Address: Atlantis Paradise Island, Nassau, New Providence Island
Opening hours: Daily: 6am-10pm
Phone: +1 954 809 2100
Internet: www.atlantisbahamas.com

Goodfellow Farms

Goodfellow Farms is a lunch-only, family-run restaurant with a menu that changes daily. A number of fresh grill to order items like Hanger steak, lamb chops, Mahi, and Salmon are constants, along with farm grown greens and herbs.

Address: Nelson Road, Mt Pleasant, New Providence, The Bahamas
Opening hours: Monday-Saturday: 8am-4pm, Sunday 10:00 am until 4:00pm Lunch 11:00am -3:00pm daily
Phone: +1 242 377 5000
Internet: www.goodfellowfarms.com
Email: beach@goodfellowfarms.com

Compass Point

Compass Point is located in the hotel of the same name. The large restaurant features several bars that jut out of the sea on a barrier wall, and seating for diners is inside or outside. The food is good, service excellent, and there's never a rush to vacate a table. Enjoy!

Address: West Bay Street, Nassau, New Providence Island
Phone: +1 242 327 4500
Internet: www.compasspointbeachresort.com

CAFES



Elenadesign/Shutterstock.com

Whether you want a regular coffee or a light meal, Nassau offers a variety of options. Some cafes are high-end, while others are friendly for all occasions.

Athena Café & Bar

Enjoy authentic Greek dishes with excellent service and a delightful open porch view of Nassau. Souvlaki, moussaka, or hearty Greek gyros are local favorites at Athena.

Address: Bay Street at Charlotte Street, Nassau

Opening hours: Monday-Saturday: 9:30am-6pm. Sun: 9am-4pm.

Phone: +1 242 326 1296

Internet: www.athenacafebar.com

Gregory's Mediterranean Delights

Pastries, paninis, baguettes, greek burgers, salads, wraps, vegetarian choices, fresh squeezed orange juice, frozitos, lattes, cappuccinos, and mouth watering desserts are the name of the game at Gregory's. European coffee is also served here.

Address: George Street, Bay Street, Nassau, New Providence

Opening hours: Monday-Friday: 7am-7pm. Sat: 8am-6pm.

Phone: +1 242 356 7175

Email: gmdfood@gmail.com

McKenzie's Fresh Fish and Conch

Great food without the pomp of touristy traps is

what McKenzie's offers you. The conch salads are all individually made from this small shack. Seafood is balanced with fresh fruits and vegetables to create yummy extraordinaire.

Address: Potters Cay Dock Road & East Bay Street, Nassau, New Providence Island

Cafe Milano Bistro

Fresh-to-order dishes, homemade specialty pizzas, and patio dining options all make Cafe Milano an excellent choice. Dine with great waterfront views at this cafe.

Address: Cable Beach, West Bay Street, Nassau, New Providence

Opening hours: Monday to Friday: 8:30am to 10pm,

Saturday: 9am to 10pm, Sunday: 3pm to 10pm

Phone: +1 242 327 5456

Internet: www.milanobistro.com

Email: milanobistro@yahoo.com

More Info: Next door to Sandal's Resort

Oh Andros

Enormous portions of delicious food is to be expected at Oh Andros. The seafood is always freshly prepared onsite.

Address: Arawak Cay, Nassau, New Providence

Opening hours: Daily: 12pm-12am

Phone: +1 242 326 7115

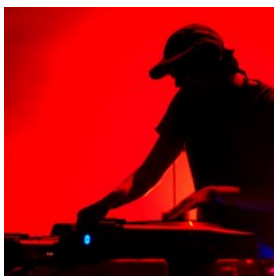
BARS & NIGHTLIFE



Ramunas Bruzas/Shutterstock.com

Nassau nightlife finds visitors headed for the casinos or beach bars for an evening of music and gaming. Many resorts offer superb casino entertainment, bars, and nightclubs.

Bambu



Bambu has an atmosphere like no other in Nassau, thanks to its open air bar and dance floor overlooking the Nassau Harbour. DJs play the latest Top 40 dance tunes, along with Europe's hottest house beats.

Photo: Sergei Bachlakov/Shutterstock.com

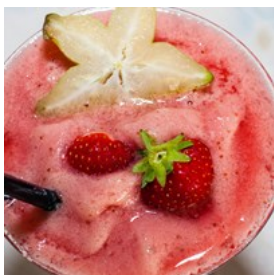
Address: Prince George Plaza, Woodes Rodgers Wharf, Nassau

Opening hours: Tuesday, Friday, & Saturday: 9pm-5am

Phone: +1 242 326 6627

Email: info@bambunassau.com

The Daiquiri Shack

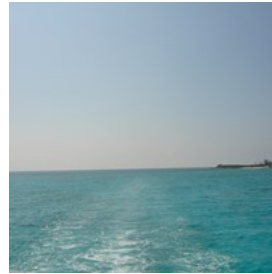


The Daiquiri Shack is well-known for the best Daiquiris on the whole island made with fresh fruit and rum. Served by the knowledgeable bartenders and in a relaxing atmosphere with music will certainly make your night memorable.

Photo: mstella/Shutterstock.com

Address: West Bay Street, Nassau

Booze & Cruise



Enjoy a fantastic party with drinks like the famous Bahama Mama, rhythmic beats and a picturesque view of the sunset on board of a ship.

You can even go snorkeling or swimming during the cruise.

Photo: Matt Phillips (image cropped)

Phone: +1 242 393 2973

Internet: www.boozecruisebahamas.com/index.html#_=_

Email: info@boozecruisebahamas.com

More Info: 12:30 - 1:00pm From Hotel main entrance

Departure time from Paradise Island Harbour Resort - 1:30pm

Atlantis Casino



The Atlantis Resort offers poolside gaming in a 100,000-square-foot casino. The table games are open daily at this unique resort destination, which even features the world's largest open-air marine habitat. Awards are as follows: Condé Nast Traveler: "Top 121 Golf Resorts" and "Top 20 Foreign Golf Resorts;" "The 100 Best Vacations For 2012;" Caribbean Travel + Life's "Best of the Caribbean Awards," and "Best Mega-Resort."

Photo: Yuguesh Fagoonee/Shutterstock.com

Address: 1 Casino Drive, Nassau, New Providence

Opening hours: Daily: 10am-4am

Phone: +1 242 363 3000

Internet: www.atlantis.com/casino.aspx

Email: AtlantisSocialTeam@gmail.com

Twisted Lime Sports Bar and Grill



Located in Sandyport's Marina Village, the Twisted Lime specializes in Gastro Pub and Fire Grill fare. Try their creative sandwiches, pastas, and signature flatbreads while watching the big games on 18 Big Screen HDTV's.

Photo: Joshua Resnick/Shutterstock.com

Address: Olde Towne Marina, Sandyport Plaza, Nassau, New Providence Island

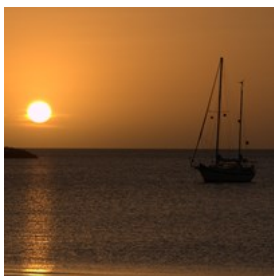
Opening hours: Daily: 11am-2am

Phone: +1 242 327 0061

Internet: www.twistedlimebar.com

Email: twistedlimebar@gmail.com

Compass Point Outdoor Ocean Bar



The Outdoor Bar at Compass Point Beach Resort boasts some of the island's best views.

Tropical libations and an extensive bar menu make

this a viable option.

Photo: Matt Berger/Shutterstock.com

Address: West Bay Street, Nassau, New Providence

Phone: +1 242 327 4500

Internet: www.compasspointbeachresort.com/dining

Señor Frog's



The motto "have fun, let yourself go and unleash your fiesta" already suggests what Señor Frog's is about. A great selection of cocktails and

food to fill up even the hungriest of guests and lots of fun.

Photo: Pressmaster/Shutterstock.com

Address: Woodes Rodgers Walk, Nassau, Bahamas

Opening hours: Monday - Friday: 11am-1am

Phone: +1 242 323 1777

Internet: www.senorfrogs.com

Email: info@senorfrogs.com

Aura



As one of the country's hottest nightclubs, Aura even draws celebrities. Bartenders keep the crowds energized as they dance the night away.

The genre of music varies according to the crowd.

Photo: Pressmaster/Shutterstock.com

Address: 1 Casino Drive, Nassau City, New Providence

Opening hours: Thursday - Saturday Doors Open at 10:00pm

Phone: +1 242 359 3024

Internet: www.atlantisbahamas.com

Email: auratables@atlantisparadise.com

More Info: Casually elegant attire is required. Absolutely no shorts, flip flops or athletic wear will be permitted.

Club Waterloo & Shooters Bar

Club Waterloo claims to be Nassau's largest indoor/outdoor nightclub.



With five bars, nonstop dancing, and live bands on the weekends,

Waterloo has something fun up its sleeves.

Photo: dwphotos/Shutterstock.com

Address: East Bay Street, Nassau, New Providence Island

Opening hours: Tuesday-Saturday: 8pm-4am

Phone: +1 242 393 7324

Internet: www.clubwaterloo.com

Email: info@clubwaterloo.com

Oasis Lounge



Expect to have live piano or vocal music most nights at Oasis Lounge. With some of the island's best drink deals, complimentary hors

d'oeuvres, and a wonderful atmosphere, Oasis is a sure bet.

Photo: punyavee.napalai/Shutterstock.com

Address: Club Land'Or, Paradise Island, New Providence Island

Opening hours: Daily: 4pm-12am

Phone: +1 242 363 2400

Internet: www.bluelagoonseafood.com

The Moon Club



The Moon Club is situated on the main Casino floor of the Atlantis Resort. Its eye catcher is a marine habitat with moon jellyfish behind the bar. Cocktails, an extensive wine collection, draft beer options, and a selection of cigars make Moon Club the perfect venue for a fantastic night.

Photo: Monkey Business Images/Shutterstock.com

Address: 1 Casino Drive, Nassau City, New Providence

Phone: +1 242 363 3000

Internet: www.atlantisbahamas.com

Sea Glass



Tapas, fruit martinis, and signature cocktails are served at the voguish Sea Glass nightly. Table games like blackjack or roulette are to be had as

well.

Photo: Syda Productions/Shutterstock.com

Address: 1 Casino Drive, Nassau, New Providence

Opening hours: Daily: 11am-1am

Phone: +1 242 363 3000

Internet: www.atlantisbahamas.com

Cain at The Cove



Cain at The Cove sits along Atlantis' Cove and Paradise beaches. The adults-only ultra-pool features an outdoor gaming pavilion and 20

private cabanas.

Photo: Chiyacat/Shutterstock.com

Address: 1 Casino Drive, Nassau, New Providence

Opening hours: Daily: 8pm-2am

Phone: +1 242 363 3000

Internet: www.atlantisbahamas.com

Pirate's Pub & Grill



Pirate's Pub & Grill is always in season. Enjoy cold beer and hot food, with some of the best wings in town.

Photo: Joshua Resnick/Shutterstock.com

Address: King & George Street, Nassau, New Providence Island

Opening hours: Monday-Sunday: 10am-2pm

Phone: +1 242 328 0308

Email: piratespubbahamas242@gmail.com

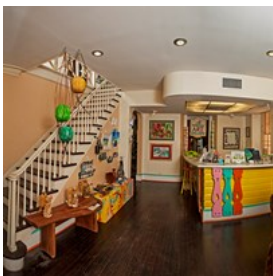
SHOPPING



steven andres/Shutterstock.com

The Bahamas provides its visitors with every shopping experience imaginable. Nassau's duty-free status makes it popular for buying luxury items. The Bahamas are famous for handicrafts, paintings, sea treasure, blown glass, Conch shell jewelry and Junkanoo art. Practice your bartering skills while witnessing local artisans at work.

Doongalik Studios



Doongalik is a delightful art studio showcasing Bahamian art from a lovely garden setting. The Exhibition Gallery is located in a historically traditional building, from which the proprietors hope that the majority of visitors to The Bahamas will "come to experience its Art, Culture and Heritage rather than its Sun, Sand and Sea."

Photo: Guilden Gilbert

Address: 20 Village Road, Nassau, Bahamas

Opening hours: Mon - Wed: 10am - 4pm, Sat: 9am - 1pm

Phone: +1 242 394 1886

Internet: www.doongalik.com

Email: pam.burnside@doongalik.com

Straw Market



If you are looking for some souvenirs, this is the place to go. The vendors sell an array of gifts and souvenirs like straw bags made from bleached palm leaves. Haggling is obligatory at the Straw Market.

Photo: Kushal Bose/Shutterstock.com

Address: W Bay St, Nassau, Bahamas

Phone: +1 242 302 9741

Email: williamd53@msn.com

Coin of the Realm



This gem of a shop is located centrally on Charlotte Street. It has a large variety of high-quality jewelry and unique pieces on offer.

Photo: Africa Studio/Shutterstock.com

Address: Charlotte Street, Nassau

Opening hours: Monday - Saturday 10am - 5pm

Phone: +1 242 322 4862

Internet: www.coinrealm.net

Email: sales@coinrealm.net

Tag Heuer Boutique



Since 1860, Tag Heuer Boutique offers exceptional service and high-quality Swiss watches at affordable prices. The Tag Heuer Boutique in Nassau is no exception and excellent service will be guaranteed.

Photo: wongwean/Shutterstock.com

Address: Bay Street, Nassau

Phone: +1 242 322 8389

Internet: www.tagheuer.com/int-en/home

Marina Village at Atlantis



World class shopping is offered at Atlantis Resorts through the Marina Village. Fine jewelry, watches, clothing, crystal, and everything in

between is here. Peruse an assortment of luxury boutiques including Dooney & Bourke, Versace JC, John Bull, and Solomon's Sea Treasures.

Photo: Jon Worth (image cropped)

Address: 1 Casino Drive, Nassau, New Providence, Bahamas

Phone: +1 242 363 3000

Internet: www.atlantisbahamas.com

Bahama Hand Prints



Bahama Hand Prints is a small factory and boutique where the tradition of hand screen-printing continues. A must do on

any trip for unique take home gifts for yourself and friends.

Photo: Petr Lerch/Shutterstock.com

Address: Ernest Street, Nassau, North Providence

Opening hours: Monday-Friday: 10am-4pm, Saturday: 10am-2pm.

Phone: +1 242 394 4111

Internet: www.bahamahandprints.com

Email: info@bahamahandprints.com

Crystal Court Shops



The Crystal Court Shops are premier destinations for high-fashion. The finest in women's and men's apparel are available, spanning Amici,

Cole's of Nassau, Faconnable, Island Gear with Tommy Bahama, Mademoiselle, Salvatore

Ferragamo, and Versace.

Photo: michaeljung/Shutterstock.com

Address: 1 Casino Drive, Nassau, New Providence

Phone: +1 242 363 3000

Internet:

www.atlantisbahamas.com/thingstodo/activities/shopping

Bay Street Station

Come shopping in beautiful Downtown Nassau at Bay Street Station. They feature Guy Harvey Art and Apparel, TORTUGA Rum and Rum Cakes baked daily in their own bakery, Genuinely Bahamian Food Artisan Products, and Bahamian Jewels affordable accessories inspired by the islands.

Address: Bay Street & Charlotte Street, Nassau, New Providence Island

Phone: +1 242 601 0027

Internet: www.baystreetstation.com

Bay Street



The commercial district of Bay Street is Nassau's busiest street. Find everything you could need to fulfill your shopping needs here, with interesting shops and restaurants.

Photo: Ramunas Bruzas/Shutterstock.com

Address: Bay Street, Nassau, New Providence Island

La Casita

The charming La Casita is a boutique offering high-end straw bags, purses, and costume jewelry. Come see what you can find!

Address: Bay Street, Nassau, New Providence Island

Phone: +1 242 356 7302

Email: meka@lacasitabahamas.com

Brass and Leather



Find leather goods for men and women, including bags, shoes, and belts, at Brass and Leather. There're even luggage, wallets,

fragrances, and more from the International collection at Fendi.

Photo: Jascha Asadov/Shutterstock.com

Address: Charlotte Street, Nassau, New Providence Island

Phone: +1 242 322 3806

Email: fendi.store@brass-leather.com

Diamonds International



Diamonds International is the duty free leader in fine jewelry throughout the Caribbean and the Bahamas is no exception.

There are three,

convenient Bay Street locations in Nassau.

Photo: Coprid/Shutterstock.com

Address: 324 Bay Street, Nassau, Bahamas

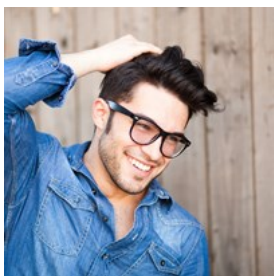
Opening hours: Monday-Saturday: 9am-6pm. Sunday: 9:30am-3pm.

Phone: +1 800 515 3935

Internet: www.diamondsinternational.com/location/store/nassau-bahamas

Email: Bahamas@ShopDI.com

His Fashion



Nassau's premier boutique for men's clothing and accessories is His Fashion. Featured brands include Ralph Lauren, Tommy Hilfiger,

Nautica, Faconnable, Kenneth Cole, Reaction, Robert Graham, and Calvin Klein.

Photo: Matusciac Alexandru/Shutterstock.com

Address: Old Fort Bay Town Centre, New Providence Island

Opening hours: Monday-Saturday: 10am-6pm

Phone: +1 242 377 3900

Email: lebcoldbahamas@gmail.com

ESSENTIAL INFORMATION



ezipic/Shutterstock.com

Lynden Pindling International Airport



Lynden Pindling International Airport, the major airport for the Bahamas, is located about 16 kilometers (9.9 miles) west of Nassau city

center, and has daily flights to major cities in the United States, the Caribbean, Canada, and the United Kingdom.

Photo: Juan Garces

Address: Windsor Field Road, Nassau

Phone: +1 242 702 1010

Internet: www.nassaulpia.com

Email: feedback@nas.bs

Time Zone



Nassau is located in the Eastern Standard time zone, and all times are reflected in Eastern time.

Photo: Marek Polakovic

Public Transport



Jitney Bus Public transportation service (referred to as jitneys) is available on several of the major islands, such as Nassau/Paradise Island

and Grand Bahama Island. Fares vary, depending on the route, and exact change is required. Bus stops are marked.

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.

Photo: Pierre-Luc Auclair

More Info: Bus service is generally from early morning (about 6:30am) until about 7pm. Ferries leave every half hour on the hour from 9am to 6pm.

Taxi



Taxi fares are fixed by the government. Usually you tip taxi drivers 15%. You can call a taxi, take one on the street or in front of a hotel. Jermaine's Taxi &

Tours +1 242 425 1789
info@jermainestaxiandtours.com

Bahamas Taxi Services +1 242 423 4982
cherylfoxferguson@live.com

Internet: jermainestaxiandtours.com/taxi_fares

Post



Bahama General Post
Office

Photo: Andy Fuchs

Address: East Hill Street, Nassau

Phone: +1 242 322 3025

Pharmacy



In Nassau, there are many independent stores such as Lowe's Wholesale Pharmacy, PharmaChoice, and Friendly

Pharmacy.

Lowe's Wholesale Pharmacy
Soldier Rd, Nassau

Friendly Pharmacy Elizabeth on Bay
Bay St, Nassau
+1 242 323 0051

Photo: Gemma Garner

Address: Bay St, Nassau

Opening hours: 9.30am - 5.30pm, Sunday closed

Phone: +1 242 323 0051

Telephone



Country code: +1 Area
codes in Nassau: 242

Photo: Jardson Almeida

Electricity



Electrical outlets in The Islands Of The Bahamas are 60 cycles/120 volts, which is compatible with all US appliances. British and European appliances

require a flat two-pin adaptor and 220-volt converter.

Photo: Stirling Tschan

Population

248,948

Currency

The Bahamian dollar is held on par with the US dollar and both are accepted interchangeably throughout the islands.

Newspapers

The Nassau Guardian
The Tribune
The Bahama Journal

Emergency numbers

911 or 919

Tourist information

The Bahamas Ministry of Tourism
P.O. Box N-3701, Nassau
+1 242 302 2000
+1 800 Bahamas