

# Index

See also Accommodations and Restaurant indexes, below.

## GENERAL INDEX

### AARP, 46

Abaco Bahamas Charters, 53, 57, 212–213

Abaco Club on Winding Bay (Marsh Harbour), 214

Abaco National Park (Bahamas National Trust Sanctuary), 215

The Abacos, 206–235. *See also specific cays, islands, and towns*

brief description of, 26  
getting around, 208  
traveling to, 206, 208

Abacos Train Wreck, 213

Abraham's Bay (Mayaguana Island), 298

Accommodations. *See also Accommodations Index; and specific islands*

accessible, 45  
best, 16–20  
tips on, 58–62

Ace Tennis Center (Grand Bahama), 173

Acklins Island, 27, 295–297

Active vacations, 52–55

Adderley's Plantation (Long Island), 294

Adirondack (wreck), 213

African-American travelers, 47

Air Canada, 35

Air Tickets Direct, 39

Air travel, 34–35, 38–39, 55

Albert Lowe Museum (New Plymouth), 233

Albury's Ferry Service, 208, 216, 222, 223

Albury's Sail Shop (Man-O-War Cay), 222–223

Alice Town (Bimini), 189

All Abaco Sailing Regatta, 33

All-inclusive resorts, 60

American Airlines, 35

American Airlines Vacations, 51

American Eagle, 38

American Express, 39, 41, 62, 63, 73

American Express Travelers Cheque Card, 41

Andros, 181–182, 193–205  
accommodations, 197–201  
beaches, 202  
brief description of, 25–26  
exploring, 204–205  
getting around, 197  
orientation, 196  
restaurants, 201–202  
traveling to, 194, 196  
watersports and outdoor activities, 202–204

Andros barrier reef, 202

Andros Conservancy and Trust, 202

Androsia (Port Lucaya), 175

Androsia batik, 204

Andros Town, 196, 198

Animale (Port Lucaya), 175

Arawak Cay, 116

Ardastra Gardens (New Providence), 102, 104

Area code, 62

Art galleries, 176, 177, 258

Arthur's Bakery and Café (Eleuthera), 254

Arthur's Town (Cat Island), 280

Atlantis, continent of, 190

Atlantis Paradise Island Resort & Casino

attractions, 139  
casino, 126, 138, 141–142  
future plans, 126  
Mandara Spa, 138  
nightlife, 141–142  
outdoor activities, 137, 139  
shopping, 140–141  
tours, 126

ATMs (automated-teller machines), 40

Aura (Paradise Island), 142

AUTEC (Atlantic Undersea Testing and Evaluation Centre), 203

**B**abysitting, New Providence, 73

Bacardi Billfish Tournament (Freeport), 32

Bahama Beach Club (Treasure Cay), 225

Bahama Dawn (Marsh Harbour), 215

Bahamasair, 35

Bahamas Billfish Championship, 32–33

Bahamas Divers, 100, 138

Bahamas Family Island Regatta (the Exumas), 32

Bahamas Fast Ferries, 238, 249, 262

Bahamas Ferries, 208

Bahamas Houseboats (George Town), 266

Bahamas National Trust Sanctuary (Abaco National Park), 215

Bahamas Outdoors Ltd., 97, 112

Bahamas Post Office Philatelic Bureau (Nassau), 114–115

Bahamas Summer Boating Fling/Flotilla, 33

Bahamas White Marlin Open (the Abacos), 33

Bahamian dollar (B\$1), 39

Balcony House (Nassau), 105

Balmain Antiques (Nassau), 117  
Bamboo Point (San Salvador), 288

Bandolera (Port Lucaya), 176  
Barbary Beach (Grand Bahama), 169

Barefoot Sailing Cruises (New Providence), 98

Barry's Limited (Nassau), 115  
Beaches, 8–9. *See also specific beaches*

the Abacos, 215, 219–220, 226, 231  
Andros, 202

- Beaches (cont.)**  
 best, 10–11  
 Bimini, 187–188  
 Cat Island, 279  
 Eleuthera, 239, 241, 245, 256  
 the Exumas, 262  
 Grand Bahama, 168–169  
 Marsh Harbour (Great Abaco), 212  
 New Providence, 96–97  
 Paradise Island, 137  
 San Salvador, 287
- The Beauty Spot (Nassau), 118**
- Benjamin's Blue Hole (Andros), 203**
- The Berry Islands, 181, 191–193**  
 brief description of, 25
- Betsy Bay (Mayaguana Island), 298**
- Biking, 54, 97–98, 169, 225, 250**
- Bimini, 2, 182–191**
- Bimini Bay Beach, 187–188**
- Bimini Bay Rod and Gun Club, 190**
- Bimini Big Game Fishing Club**  
 All Wahoo Tournament, 34
- Bimini Big Game Resort & Marina, 186, 189, 191**
- Bimini Blue Water Marina, 189**
- Bimini Museum, 190**
- Bimini Road (Paradise Island), 142**
- Bimini Straw Market, 189**
- Bimini Undersea, 189**
- Bird Rock Lighthouse (Crooked Island), 296**
- Bird-watching, 104, 175, 204, 298, 300**
- Blackbeard's Tower (New Providence), 105**
- Blue holes, Andros, 203**
- Blue Rooster (Harbour Island), 258**
- Boat charters and rentals, 57.**  
*See also* Fishing and fishing charters  
 the Abacos, 212–213, 220, 223, 232  
 Eleuthera, 257  
 the Exumas, 260, 271
- Boat travel and cruises. *See* also Ferries; Mail boats**  
 the Abacos, 208, 232  
 Bimini, 184  
 the Exumas, 262–263  
 Grand Bahama, 144, 169–170  
 New Providence, 98  
 Paradise Island, 121
- Boiling Hole (Eleuthera), 249**
- Bone-fishing, 52**
- Bonneville Bones (Nassau), 115**
- Booby Rock Reef (New Providence), 100**
- Born Free Charters, 99**
- Brass and Leather Shop (Nassau), 114**
- Brendal's Dive Center (Green Turtle Cay), 231–232**
- Briland's Androsia (Eleuthera), 258**
- British Airways, 35, 38**
- British Colonial Hilton (Nassau), 111**
- Buccaneer Public Beaches (Eleuthera), 245**
- Bucket shops, 38–39**
- Bullock's Harbour (Great Harbour Cay), 192**
- Business hours, 62**
- Cabbage Beach (West Beach; Paradise Island), 8, 10, 137**
- Cable Beach (New Providence Island), 8–10, 96**  
 accommodations, 80–87  
 brief description of, 23  
 restaurants, 92–95  
 what's new in, 1
- Cable Beach Golf Course, 99**
- Calendar of events, 32–34**
- Cape Eleuthera, 239**
- Capt. Z Fishing and Dive Charters (Eleuthera), 248**
- Cargill Creek (Andros), 198–199, 202**
- Car rentals, 56**
- Casinos, 118–119, 138, 141–142, 178**
- Castle Island, 296**
- Casuarina Point (Great Abaco), 212, 215**
- Cat Cay, 182**
- Cat Cay Yacht Club, 182–183**
- Cat Island, 11, 27, 279–284**
- Cat Island Dive Center, 284**
- Cat Island Regatta, 33**
- The Cave (Eleuthera), 247**
- Caves and caving**  
 Eleuthera, 247, 248  
 Grand Bahama, 174  
 Long Island, 294
- Caves Beach, 9**
- Caves Beach (New Providence), 97**
- Cellphones, 50–51**
- Central Andros, 196**
- Central Andros National Park, 202**
- Central Bank of The Bahamas (Nassau), 105–106**
- Chalk's Ocean Airways, 38**
- Charlie's on the Beach/Cocktails 7 Dreams (Nassau), 119**
- Chat & Chill (Stocking Island), 271**
- Cherokee Sound (Marsh Harbour), 214**
- The Chicago Herald Monument (San Salvador), 288**
- Children. *See* Families with children**
- Christ Church Cathedral (Nassau), 111**
- Chub Cay, 192–193**
- Chub Cay Resort & Marina, 193**
- Churchill's Beach (Grand Bahama), 169**
- Cigars, Nassau, 114, 115**
- Clarence Town (Long Island), 294**
- Cleo's Boutique (Grand Bahama), 177**
- The Cloister (Paradise Island), 139–140**
- Club Amnesia (Grand Bahama), 179**
- Club Fluid (Nassau), 119**
- Club Med, 60, 290**
- Club Med–Columbus Isle (San Salvador), 284, 287, 288**
- Club Med Public Beach (Eleuthera), 245**
- Club Peace & Plenty (George Town), 263, 273**
- Coakley Town (Andros), 196**
- Cockburn Town (San Salvador), 289–290**
- Coco Bay (Green Turtle Cay), 231**
- Coin of the Realm (Nassau), 115**
- Coins and stamps, 114–115**
- Cole's of Nassau, 115**
- Colombian Emeralds (Nassau), 116**
- Colombian Emeralds (Paradise Island), 140–141**
- Colombian Emeralds International (Port Lucaya), 176**
- Colonel Hill (Crooked Island), 296**
- Columbus, Christopher, 110, 280, 284, 285, 287–291, 294–297**
- Conception Island, 291**
- Congo Town (Andros), 196**
- Consolidators, 38–39**
- Consulates, 62**
- Continental Airlines, 35**

Continental Airlines  
Vacations, 51

Corporate Casual Boutique  
(Port Lucaya), 176

Cotton Bay Club (Eleuthera), 240

Cotton Bay Golf Course,  
239–240

Count Basie Square (Port  
Lucaya), 146, 178

Crab Cay, 273

Credit cards, 40–41  
lost or stolen, 63

Crooked Island, 27, 295–297

Crooked Island Passage Light,  
295

Crossing Rocks (Great Abaco),  
215

Cruise lines, 68, 70

Currency, 39–40

The Current, 248–249

Current Cut Dive (Eleuthera),  
256–257

Customs regulations, 29–30

**D**eadman's Cay, 291, 294

Deadman's Cay Cave, 294

Delaporte Beach (New Provi-  
dence), 9, 97

Delta Airlines, 35

Delta Vacations, 51

Dentists, Nassau, 73

Destinatinos (Nassau), 62

Disabilities, travelers with,  
44–45

Discovery Cruise Lines, 144

Discovery Day, 34

Dive Abaco (Marsh Harbour),  
213–214

Dixon Hill Lighthouse (San Sal-  
vador), 284, 289

Doctors, 73

Dolphins, Grand Bahama, 170

Donny's Boat Rentals (Green  
Turtle Cay), 232

Doongalik Studios (Paradise  
Island), 141

Drug laws, 62  
Bimini, 184–185

Drugstores, 62

Dry Heads (Cat Island), 284

Dundas Center for the Perform-  
ing Arts (Nassau), 118

Dune Bar (Paradise Island), 142

Dunmore's Caves (Long Island),  
294

Dunmore's Plantation (Long  
Island), 294

Dunmore Town (Harbour  
Island), 257

**E**ast Beach (San Salvador),  
287

East End (Grand Bahama),  
146–147

East End Adventures, 170

Ebb Tide Gift Shop (Hope  
Town), 221

Ecosummer Expeditions  
(George Town), 272

Ecotourism, 17, 48–49

Eight Mile Rock (Grand  
Bahama), 180

Elbow Cay (Hope Town), 2,  
215–221

Elderhostel, 46

ElderTreks, 46

Electricity, 62

Eleuthera, 236–259  
brief description of, 26  
getting around, 238  
traveling to, 236, 238  
what's new in, 2–3

Eleuthera Pineapple Festival  
(Gregory Town), 33

Elizabeth Harbour (George  
Town), 260, 273

Elvina (Eleuthera), 248

Emancipation Day, 33

Embassies and consulates, 62

Emerald Bay, 27

Emergencies, 62

End of the World Bar (Bimini),  
191

Entry requirements, 28–29

Exuma Cays National Land and  
Sea Park, 272

Exuma Dive Center (George  
Town), 271

Exuma Docking Services  
(George Town), 264, 271

The Exumas, 3, 260–278  
beaches, 270–271  
brief description of, 26–27  
getting around, 263  
traveling to, 262–263  
watersports and outdoor  
activities, 270–272

Exumas Cays Land and Sea  
Park, 271

Exuma Scuba Adventures, 271,  
272

Exuma Straw Market, 273

**F**amilies with children, 46  
accommodations, 19, 86,  
157

Family Island Regatta (George  
Town), 264–265

Fantastic Exuma Powerboat  
Adventure, 113

Farmer's Cay Festival, 32

Farquharson's Plantation (San  
Salvador), 289

Fashions (clothing)  
Grand Bahama, 177  
Nassau, 115–116

Fendi (Nassau), 116

Fernandez Bay (Cat Island), 280

Fernandez Bay (San Salvador),  
288

Ferries  
the Abacos, 208  
Acklins Island and Crooked  
Island, 295  
Eleuthera, 238, 249–250  
the Exumas, 263  
Nassau, 72

Ferry (Little Exuma), 274

Festival Place (Nassau), 68

Festivals and special events,  
32–34

Fish Hotel (New Providence),  
100

Fishing, 52–53  
the Abacos, 226, 232  
Andros, 202  
best, 13–14  
Bimini, 52, 188–189  
Eleuthera, 248  
The Exumas, 271  
Grand Bahama, 170–171  
Great Harbour Cay, 192  
Long Island, 293–294  
Mayaguana Island, 298  
Paradise Island, 137  
special events, 32–34

Fishing and fishing charters,  
New Providence, 98–99

Flamingo Bay (Great Exuma),  
274

Flights.com, 39

Flovin Gallery (Grand Bahama),  
177

Flovin Gallery II (Port Lucaya),  
176

FlyCheap, 39

Flying Cloud (New  
Providence), 98

Fort Charlotte (Nassau), 106

Fort Fincastle (Nassau), 106,  
110

Fort Montagu (Nassau), 106

Fortune Beach (Grand  
Bahama), 169

Fortune Hills Golf & Country  
Club (Lucaya), 171

Fortune Island, 297

Fountain of Youth, 190

Four Seasons Resort Emerald Bay Golf Club, 271–272  
 Freeport, 24, 146. *See also* Grand Bahama Island accommodations, 149–153 restaurants, 159–161  
 French Wells Bay (Crooked Island), 296  
 Fresh Creek (Andros), 199  
 Froggie's Out Island Adventures (Elbow Cay), 220  
 Frommers.com, 48  
 Frontiers International, 52

**G**arbanzo Beach (Elbow Cay), 219, 220  
 Gardens, The Retreat (Nassau), 104  
 Gauling's Cay, 240  
 Gay and lesbian travelers, 45–46  
 George Town (Great Exuma), 264–274  
 Glass Window (Eleuthera), 247–248  
 Gold Rock Beach (Grand Bahama), 168–169  
 Gold Rock Creek (Grand Bahama), 174  
 Golf, 54  
   best courses, 15–16  
   Cable Beach, 99  
   Eleuthera, 239–240  
   the Exumas, 271–272  
   Grand Bahama, 171  
   Paradise Island, 138

Goodman's Bay (New Providence), 9, 97  
 Gouling Cay, snorkeling, 100  
 The Gourmet Market (near Cable Beach), 95  
 Government Building (George Town), 273  
 Government House (Nassau), 110  
 Governor's Harbour (Eleuthera), 242–245  
 Grand Bahama Brewing Co. (Freeport), 174  
 Grand Bahama Island, 2, 143. *See also* Freeport; Lucaya accommodations, 149–159 arriving in, 144 beaches, 168–169 brief description of, 24 getting around, 147–148 layout of, 146–147 nightlife, 178 outdoor activities, 168–173

restaurants, 159–168 shopping, 175–178 sights and attractions, 173–175 visitor information, 144 weather, 149  
 Grand Bahama Nature Tours, 169, 172  
 Graycliff (Nassau), 110–111  
 Graycliff Cigar Company, 115  
 Gray's Plantation (Long Island), 294  
 Great Bahamas Seafood and Heritage Festival (Arawak Cay), 34  
 Great Guana Cay, 223–224  
 Great Harbour Cay, 191, 192  
 Great Harbour Cay Yacht Club & Marina, 192  
 Great Inagua, 27, 298–300  
 Great Salt Pond (Little Exuma), 275  
 Green Turtle Cay (New Plymouth), 227–234  
 Green Turtle Club Fishing Tournament, 228, 232  
 Green Turtle Divers, 232  
 Green turtles, 298–299  
 Gregory Arch (Nassau), 110  
 Gregory Town (Eleuthera), 26, 246–248  
 Grotto Bay (San Salvador), 288  
 Guanahani Dive Ltd. (San Salvador), 287  
 Gucci (Nassau), 117  
 Guesthouses, 61  
 Gully Roosters, 233  
 Gusty's (Harbour Island), 258  
 Guy Fawkes Day, 34

**H**andicrafts, Nassau, 116  
 Happy People Marina (Staniel Cay), 276  
 Harbour Island, 236  
 Harbour Island (Eleuthera), 249–258  
 Harbour's Edge (Elbow Cay), 221  
 Hard Bargain (Long Island), 294  
 The Harl Taylor Bag Collection (Nassau), 116  
 Hatchet Bay, 245–246  
 Health concerns, 42–43  
 Health insurance, 42, 43  
 Hemingway, Ernest, 25, 189  
 Hermitage (Cat Island), 284  
 Hermitage (Little Exuma), 275  
 H. Forbes Charter Services Ltd. (Grand Bahama), 173–174

Hideaways Aficionado, 60  
 Hiking, 54–55, 283–284  
 Hog Cay (the Exumas), 275  
 Hole-in-the-Wall (the Abacos), 215  
 Holidays, 63  
 Holy Saviour Roman Catholic Church (San Salvador), 289–290  
 Honeymoon resorts, best, 16–18  
 Hope Great House (Crooked Island), 296  
 Hope Town (Elbow Cay), 215–221  
 Horseback riding, 55  
   Grand Bahama, 171–172  
   New Providence, 100  
 Horse-drawn surreys, 71  
 Hospitals, 43, 63  
   Nassau, 74  
 Hospitals and clinics, Eleuthera, 239, 243  
 Houseboats, the Exumas, 266  
 Hurricane season, 30

**I**ggy Biggy (Marsh Harbour), 215  
 Inagua National Park, 300  
 Independence Week, 33  
 Insurance, 41–42  
 International Bazaar (Grand Bahama), 161, 176–178  
 Internet access, 49–50, 63  
 Island Bakery (Marsh Harbour), 210  
 Island Made Gift Shop (Eleuthera), 247  
 Island Marine (Hope Town), 220  
 Island Marine Boat Rentals (Great Guana Cay), 223  
 Isle of Capri (Grand Bahama), 178

**J**ames Bond movies, 78, 100, 101, 111, 276  
 JetBlue, 35  
 Jewelry, Nassau, 116–117  
 J.I.C. Boat Rentals & Treasure Divers, 226  
 John Bull (Nassau), 117  
 Joker's Wild (Paradise Island), 142  
 Junkanoo, 32  
 Junkanoo Beach (Western Esplanade), 9, 97  
 Junkanoo Boxing Day, 34  
 Junkanoo Expo (Nassau), 106  
 Junkanoo Summer Festival, 83  
 Just-A-Vacation, 51

**K**ayaking, 54, 172, 272  
 Kerr, Mount (San Salvador), 284  
 Kidd Cay (the Exumas), 274  
 King's Highway (Bimini), 190  
 Kuoni Travel, 51

**L**and crabs, Andros, 205  
 Language, 63  
 Laundry and dry cleaning, Nassau, 74  
 Leather goods, Nassau, 117  
 Leather Masters (Nassau), 117  
 Les Parisiennes (Port Lucaya), 176  
 Liberty Travel, 51  
 Lil' Shan's Watersports (Eleuthera), 257  
 The Linen Shop (Nassau), 117  
 Liquor laws, 63  
 Little Exuma, 274–275  
 Little Harbor (Great Abaco), 214  
 Little Inagua, 299  
 Long Bay (San Salvador), 288  
 Long Island, 3, 27, 291–294  
 Long Island Regatta, 33, 291  
 Lost and found, 63  
 Lost-luggage insurance, 42  
 Love Beach (New Providence), 97, 100  
 Loyalist Cottage (Harbour Island), 257  
 Lucaya. *See also* Grand Bahama Island; Port Lucaya Marketplace  
   accommodations, 153–156  
   brief description of, 24  
   restaurants, 161–163  
 Lucaya Beach (Grand Bahama), 168  
 Lucayan Golf Course (Grand Bahama), 171  
 Lucayan National Park (Grand Bahama), 54, 169, 174  
 Lucaya Watersports (Grand Bahama), 173  
 Lusca, 203  
 Lynden Pindling International Airport, 35, 68

**M**ail, 63  
 Mail boats, 57  
   the Abacos, 208  
   Acklins Island and Crooked Island, 295  
   Andros, 194, 196  
   Berry Islands, 192  
   Cat Island, 280

  Eleuthera, 238  
   the Exumas, 263  
   Great Inagua, 299  
   Long Island, 291  
   Mayaguana Island, 297  
   San Salvador, 284  
 Majestic Tours Ltd., 98, 112–113  
 Major Spot (the Exumas), 276  
 Malaria, 264  
 Mandara Spa (Paradise Island), 138  
 Mangrove Cay, 196, 200–201, 204  
 Manjack Cay, 231  
 Man-O-War Cay, 221–223  
 Margaritavilla Sand Bar (Grand Bahama), 179  
 Marina Village (Paradise Island), 140  
 Marine Farms Fortress (Crooked Island), 296  
 Markets, Nassau, 117–118  
 Marsh Harbour (Great Abaco), 206, 209–215  
   attractions, 214–215  
 MasterCard  
   emergency number, 63  
   traveler's checks, 41  
 Mastic Point (Andros), 196  
 Matthew Town (Great Inagua), 299  
 Mayaguana Island, 297–298  
 Medical insurance, 42, 43  
 Memorial Sculpture Garden (New Plymouth), 232  
 Mermaid Reef and Beach (Marsh Harbour), 213  
 Michael's Cycles (Eleuthera), 250, 257  
 The Mid-Winter Wahoo (Bimini), 32  
 Minns Water Sports (George Town), 271, 272  
 Miss Emily's Blue Bee Bar (Green Turtle Cay), 233  
 Miss Mae's (Eleuthera), 258  
 Money matters, 39–41  
 The Moorings, 15, 53, 57, 213  
 Morgan's Bluff (Andros), 196, 203–204  
 Morton Salt Crystal Factory (Great Inagua), 298  
 Moxey Town (Andros), 196

**N**assau. *See also* New Providence, 70; New Providence Island  
   accommodations, 75, 78–80  
   American Express, 73

  brief description of, 23–24  
   drugstores, 73  
   getting around, 71–73  
   layout of, 70–71  
   layout of, 70–71  
   organized tours, 112–113  
   restaurants, 87–92  
   shopping, 113–118  
   sights and attractions, 104–111  
   visitor information, 70  
   walking tour, 107–111  
   what's new in, 1  
 Nassau General Post Office, 110  
 Nassau International Bazaar, 117  
 Nassau Public Library and Museum, 108  
 Nassau's Straw Market, 118  
 Nassau Yacht Haven, 99  
 National Art Gallery of The Bahamas (Nassau), 104  
 New Plymouth (Green Turtle Cay), 227–234  
 New Providence Island, 23, 67–119. *See also* Cable Beach; Nassau  
   arriving in, 68  
   ATMs, 73  
   beaches and outdoor pursuits, 96–101  
   getting around, 71–73  
   layout of, 70–71  
   nightlife, 118–119  
   sights and attractions, 102–113  
 Newspapers and magazines, 64, 74  
 New World Museum (San Salvador), 290  
 New Year's Day Sailing Regatta, 32  
 Nicholl's Town (Andros), 196, 199–200  
 Nightlife, best, 21–22  
 Norman's Cay (the Exumas), 277  
 North Andros, 196  
 North Eleuthera Sailing Regatta, 34  
**O**cean Beach (Green Turtle Cay), 231  
 Ocean Blue Gallery (New Plymouth), 232–233  
 Ocean Club Golf Club (Paradise Island), 138  
 Ocean Motion Water Sports Ltd. (Grand Bahama), 173

- Ocean Wonder*, 169  
 Off season, 30–31  
 Old Fort Beach (New Providence), 97  
 Olympic Games Memorial (San Salvador), 288  
 One&Only Ocean Club (Paradise Island), 139–140  
 The Out Islands, 27, 38  
 Over-the-Hill (Nassau), 107
- P**ackage tours, 51–52  
 Palmetto Point, 241–242  
 Paradise Beach (Paradise Island), 9, 137  
 Paradise Island, 120–142  
   accommodations, 121–131  
   arriving in, 120–121  
   brief description of, 24  
   favorite experiences, 138  
   layout of, 121  
   nightlife, 141–142  
   outdoor activities, 137–139  
   restaurants, 131–137  
   shopping, 140–141  
   sightseeing, 139–140  
   transportation, 121  
   what's new in, 1–2  
 Paradise Island Casino, 126  
 Paris in The Bahamas (Grand Bahama), 177  
 Parliament Square (Nassau), 108  
 Passports, 28–29, 64  
 Peace & Plenty Boutique (George Town), 273  
 Pegasus Race and Sports Book (Paradise Island), 141–142  
 Pelican Cay, 220  
 Pelican Cays Land and Sea Park, 12, 213, 220  
 People-To-People Program, 105  
 The Perfume Bar (Nassau), 118  
 The Perfume Factory Fragrance of The Bahamas (Grand Bahama), 178  
 Perfumes and cosmetics, Nassau, 118  
 Perfumes and fragrances, Grand Bahama, 178  
 The Perfume Shop (Nassau), 118  
 Pete Johnston's Foundry (Great Abaco), 214  
 Pete's Pub and Gallery (Great Abaco), 214–215  
 Pets, traveling with, 64  
 Picnics, New Providence, 95  
 Pigeon Cay (the Exumas), 274  
 Pinetree Stables (Grand Bahama), 55, 171–172  
 Pink flamingos, 102, 104, 298, 300  
 Pink Sands Beach (Eleuthera), 10, 249, 256  
 Pirates of Nassau, 107  
 Pirate's Well (Mayaguana Island), 298  
 Plato's Lounge (Paradise Island), 142  
 Police, 64, 74  
 Port Lucaya, 146. *See also* Grand Bahama Island  
 Port Lucaya Marketplace (Grand Bahama)  
   restaurants, 163–167  
   shopping, 175–176  
 Post offices, 74  
 Potter's Cay, 102  
 Powerboat Adventures, 113  
 Preacher's Cave (Eleuthera), 248  
 Pretty Molly Bay (Little Exuma), 274  
 Prince George Plaza (Nassau), 117  
 Prince George Wharf (Nassau), 111  
 Princess Street Gallery (Harbour Island), 258  
 Prop Club (Grand Bahama), 179  
 Prospect Ridge (Nassau), 110
- Q**ueen's Highway (Andros), 204  
 Queen's Highway (Bimini), 190  
 Queen's Highway (Great Exuma), 273  
 Queen's Staircase (Nassau), 110
- R**adio Beach (Bimini), 187  
 Rain Forest Theater (Cable Beach), 119  
 Rand Memorial Nature Centre (Grand Bahama), 55  
 Rand Nature Centre (Grand Bahama), 174–175  
 Rawson Square (Nassau), 108  
 Razorback (New Providence), 100  
 Red Bay Village (Andros), 205  
 The Reef Course (Grand Bahama), 171  
 Reef Rentals (Green Turtle Cay), 232  
 Reef Tours, Ltd. (Grand Bahama), 171, 173  
 Regatta Week (Marsh Harbour), 209  
 Regency Theater (Grand Bahama), 178  
 Restaurants. *See also* Restaurants Index; *and specific islands*  
   best, 20–21  
 The Retreat (Nassau), 104  
 Riding Rock Inn Resort & Marina (San Salvador), 286, 287, 290  
 Rock Sound (Eleuthera), 239–240  
 Rolle Town (the Exumas), 275  
 Rolleville (Great Exuma), 274  
 Ronnie's Smoke Shop & Sports Bar (Eleuthera), 245  
 Rose Island, 1, 113  
 Rose Island Reefs (New Providence), 100  
 Royal Victoria Hotel, former site of the, 108  
 Rum Cay, 290
- S**addle Cay, 262  
 Saddle Cay (the Exumas), 10  
 Safety, 44  
   New Providence, 74  
 Sailing, 53. *See also* Boat charters and rentals  
   best, 14–15  
   special events, 32–34  
 St. Andrew's Kirk (Presbyterian; Nassau), 110  
 St. Francis Roman Catholic Church (Nassau), 111  
 St. John's (Harbour Island), 257  
 St. Paul's (Long Island), 294  
 St. Peter's (Long Island), 294  
 Sampson Cay, 3  
 Sampson Cay (the Exumas), 277–278  
 Sandals, 60  
 Sandals Royal Bahamian Hotel & Spa (Nassau), Red Lane Spa at, 84  
 Sand Bar (Marsh Harbour), 215  
 The Sandpiper (George Town), 273  
 Sandy Cay Reef, 220  
 Sandy Point (San Salvador), 288  
 Sandy Point Estate (San Salvador), 289  
 San Jacinto (wreck), 231  
 San Salvador, 27, 284–291

- Sapodilly's Bar & Grill (Marsh Harbour), 215
- Sapona* (wreck off Bimini), 188
- Saunders Beach, 9
- Saunders Beach (New Providence), 97
- Savannah Sound, 241
- Scooter rentals, 54
- Scuba diving, 53–54
  - the Abacos, 213–214, 220, 226, 231
  - Andros, 202–204
    - best, 11–12
  - Bimini, 189
  - Eleuthera, 256
  - the Exumas, 260, 272
  - Grand Bahama, 172–173
  - Long Island, 291, 294
  - New Providence, 100–101
  - Paradise Island, 138
  - San Salvador, 287
- Sea Grape Boutique (Nassau), 116
- Seagrapes (Harbour Island), 258
- Sea Horse Boat Rentals (the Abacos), 213, 223
- Sea Preserve and Fowl Cay Land, 213
- Seascape Inn (Andros), 204
- Seasons, 30
- Sea Spray Resort (Elbow Cay), 221
- Seaview Takeaway (Eleuthera), 254
- Seaworld Explorer (New Providence), 104–105
- Security measures, 35
- Senior travel, 46
- Señor Frog (Nassau), 119
- Shark Wall (New Providence), 11, 100
- Shop at the Landing (Harbour Island), 258
- Silver Point Beach (Grand Bahama), 168
- Single travelers, 47–48
- Small Hope Bay Lodge (Andros), 202, 204
- Smith, Anna Nicole, 101
- Smith's Point (Grand Bahama), 169
- Snorkeling
  - the Abacos, 213–214, 220, 231
  - Andros, 202–204
    - best, 12–13
  - Bimini, 189
  - Chub Cay, 193
  - the Exumas, 260, 272
  - Grand Bahama, 172–173
  - Long Island, 294
  - New Providence, 100–101
  - Paradise Island, 138
  - San Salvador, 288
- Solomon's Mines (Nassau), 115
- South Andros, 196, 201
- South Bight, 200
- South Bimini, 190
- The Southern Bahamas, 27, 279–300
- Southwest Point (Great Inagua), 300
- Southwest Reef (New Providence), 100
- Spanish Cay, 234
- Spanish Wells, 236
- Spanish Wells (Eleuthera), 258–259
- Special events and festivals, 32–34
- Spook Hill Beach (Bimini), 187–188
- Staniard Creek (Andros), 196, 197–198
- Staniel Cay (the Exumas), 27, 275–277
- Starfish Activity Center (George Town), 271, 272
- STA Travel, 39
- Stocking Island (the Exumas), 11, 263, 270–272
- Straw Market
  - Bimini, 189
  - Exuma (George Town), 273
  - Grand Bahama, 177
  - Nassau, 111, 118
- Stuart Cove's Dive Bahamas (New Providence), 101
- Sun exposure, 43
- Superior Watersports (Grand Bahama), 169–170
- Surfers Beach (Eleuthera), 247
- Surfing, Eleuthera, 247
- Sustainable tourism, 17, 48–49
- T**ahiti Beach (Elbow Cay), 215
- Tahiti Beach (the Abacos), 10, 219–220
- Taino Beach (Grand Bahama), 168
  - accommodations, 156–157
  - restaurants, 161–163
- Tappan Monument (San Salvador), 288
- Tarpum Bay (Eleuthera), 240–241
- Taxes, 65
- Taxis, 56–57
- Telephones, 65–66
  - cellphones, 50–51
- Ten Bay Beach (Eleuthera), 10
- Ten Bay Beach (Palmetto Point), 241
- Tennis, 55
  - the Abacos, 226, 232
  - best facilities, 16
  - Grand Bahama, 173
  - Paradise Island, 139
  - San Salvador, 288
- Thomas Cook, 39
- Thompson's Bakery (Eleuthera), 246
- Three-Day Regatta (Cat Island), 280
- Thunderball Grotto (the Exumas), 276
- Tilloo Cay, 219, 220
- Time zone, 66
- Tipping, 66
- Tipsy Seagull Bar (Treasure Cay), 227
- TOTO (Tongue of the Ocean; Andros), 203
- Tours, Nassau, 112–113
- TourScan, 51
- Transportation, 55–57
- Transportation Security Administration, 35
- Traveler's checks, 41
- Traveling to The Bahamas, 34–39
- Travel insurance, 41–42
- Treasure Cay, 206, 224–227
- Treasure Cay Beach, 226
- Treasure Cay Golf Club, 226
- Treasure Cay Hotel Resort & Marina, 226
  - outdoor activities, 226
- Trip-cancellation insurance, 41–42
- Turtles, green, 298–299
- Twain Air, 35
- U**nderwater Explorers Society (UNEXSO), 172–173
- Underwater Explorers Society (UNEXSO; Grand Bahama), 170
- UNEXSO Dive Shop (Grand Bahama), 176
- Union Creek Reserve (Great Inagua), 298–299
- United Vacations, 51
- Unusual Centre (Grand Bahama), 177
- US Airways, 35, 38

- V**acation homes, 60
- Valentine's Dive Centre (Eleuthera), 257
- Vendue House (Nassau), 111
- Versailles Gardens at the Ocean Club (Paradise Island), 140
- Vic-Hum Club (Harbour Island), 258
- Victoria, Lake (George Town), 271
- Victoria Point Blue Hole (Andros), 196
- Villa rentals, 60
- Visa
  - emergency number, 63
  - traveler's checks, 41
- Visas, 29
- Visitor information, 28
  - Andros, 197
  - Bimini, 185
  - Eleuthera, 243, 250
  - Grand Bahama, 144
  - Marsh Harbour (Great Abaco), 209
  - Nassau, 70
- W**alker's Cay, 206, 234–235
- Walking tours, Nassau, 112
- Wally's (Marsh Harbour), 215
- Water, drinking, 66
- Watersports, 52–54. *See also specific watersports*
  - Andros, 202–204
  - Bimini, 187–189
  - The Exumas, 270–272
  - Grand Bahama, 173
  - New Providence, 96–101
- Water taxis
  - Nassau, 72
  - Paradise Island, 121
- Watling's Castle (San Salvador), 289
- Weather, 30
- Websites, 28
  - for health-related travel advice, 43
  - traveler's toolbox, 50
- Weddings, 66
- Wesley Methodist Church (Harbour Island), 257
- West Beach (Cabbage Beach; Paradise Island), 8, 10, 137
- West Beach (Windermere), 241
- West End (Grand Bahama), 146, 179–180
  - accommodations, 158–159
- Western Esplanade (New Providence), 9, 97
- Western Union, 63
- Wi-Fi access, 49
- Wildflowers, Andros, 205
- Wild Tamarind (Long Island), 294
- Williamstown (Little Exuma), 275
- Windermere Island, 241
- Windsor Equestrian Centre & Happy Trails Stables (New Providence), 100
- Windward Passage, 296
- Women travelers, 47
- Woodes Rogers Walk (Nassau), 111
- Wyannie Malone Museum (Elbow Cay), 221
- Wyndham Nassau Resort & Crystal Palace Casino, casino, 118–119
- X**anadu Beach (Grand Bahama), 168
  - accommodations, 157–158
- Xanadu Beach (Grand Bahama Island), 10
- Y**acht Club Pub (Green Turtle Cay), 234

## ACCOMMODATIONS

- Abaco Beach Resort & Boat Harbour (Marsh Harbour), 209–210
- Abaco Inn (Elbow Cay), 216–217
- The Adventurer's Resort (Eleuthera), 259
- Andros Island Bonefishing Club, 198–199
- Andros Lighthouse Yacht Club & Marina, 198
- Atlantis Paradise Island Resort & Casino, 2, 122–126
- Bahama House Inn (Eleuthera), 253–254
- Baycaner Beach Resort (Mayaguana), 298
- Bay View Village (Paradise Island), 130
- Bell Channel Inn (Lucaya), 155–156
- Best Western Castaways Resort & Suites (Freeport), 149, 152
- Bimini Big Game Resort & Marina, 185
- Bimini Blue Water Resort Ltd., 186
- The Bluff House Beach Hotel (Green Turtle Cay), 228–229
- Breezes Bahamas (Cable Beach), 82
- Bridge Inn (Cat Island), 282
- British Colonial Hilton (Nassau), 75
- Cape Santa Maria Beach Resort (Long Island), 292
- Cartwright's Ocean Front Cottages (Eleuthera), 240
- Chez Pierre (Long Island), 292
- Chub Cay Resort & Marina, 193
- Club Med—Columbus Isle (San Salvador), 286
- Club Peace & Plenty (George Town), 267
- Club Soleil Resort (Elbow Cay), 217
- Coco Bay Cottages (Green Turtle Cay), 229
- Cocodimama Charming Resort (Eleuthera), 243
- Coconut Cove Hotel (George Town), 267–268
- Comfort Suites (Paradise Island), 130
- Conch Inn Marina & Hotel (Marsh Harbour), 210
- Coral Sands (Eleuthera), 251–252
- The Cove Atlantis (Paradise Island), 2, 126–127
- The Cove Eleuthera, 246
- Dolphin Beach Resort (Great Guana Cay), 223–224
- Duck Inn and Orchid Gardens (Eleuthera), 243–244
- Dunmore Beach Club (Eleuthera), 250–251
- El Greco Hotel (Nassau), 79
- Emerald Palms Resort (Andros), 201
- Fernandez Bay Village (Cat Island), 282
- Flamingo Bay Yacht Club & Marina Hotel (Lucaya), 156
- Four Seasons Resort Great Exuma at Emerald Bay, 265
- Graycliff (Nassau), 78
- Green Turtle Club (Green Turtle Cay), 229–230
- Green Windows Inn (Andros), 199–200

- Greenwood Beach Resort & Dive Center (Cat Island), 282–283
- Hawk's Nest Resort & Marina (Cat Island), 283
- Holiday Inn Junkanoo Beach Resort (Paradise Island), 128
- Hope Town Harbour Lodge (Elbow Cay), 217
- Hope Town Hideaways (Elbow Cay), 217–218
- Hotel Higgins Landing (George Town), 265–266
- Hotel Riu Paradise Island (Paradise Island), 128–129
- Island Palm Resort (Freeport), 152
- Island Seas Resort (Freeport), 149
- Kamalame Cay (Andros), 197–198
- The Landing (Eleuthera), 253
- Lochabar Beach Lodge (Long Island), 292–293
- Lofty Fig Villas (Marsh Harbour), 210
- The Mangrove Cay Inn (Andros), 200–201
- Morton Main House (Great Inagua), 299
- Nassau Harbour Club Hotel & Marina, 79
- Nassau Palm Resort, 78
- Old Bahama Bay (Grand Bahama), 158
- One&Only Ocean Club, 127–128
- Orange Hill Beach Inn (near Cable Beach), 87
- Out Island Inn at Pittstown Point Landing (Crooked Island), 296
- Palm Beach Club (George Town), 266
- Paradise Harbour Club & Marina (Paradise Island), 130–131
- Paradise Island Beach Club, 129
- Peace & Plenty Beach Inn (George Town), 268
- Peace & Plenty Bonefish Lodge (George Town), 266–267
- Pelican Bay at Lucaya, 154–155
- Pigeon Cay Beach Club (Cat Island), 283
- Pineapple Fields (Eleuthera), 244
- Pink Sands (Eleuthera), 251
- Port Lucaya Resort & Yacht Club, 155
- Quality Inn Cigatoo (Eleuthera), 244
- Quality Inn Junkanoo Beach Nassau, 79–80
- Rainbow Inn (Eleuthera), 245–246
- Regatta Point (George Town), 268
- Riding Rock Inn Resort & Marina (San Salvador), 286–287
- Ritz Beach Resort (Lucaya), 156
- Rock House Hotel (Eleuthera), 252
- Romora Bay Club & Resort (Eleuthera), 252–253
- Royal Islander (Freeport), 152
- Royal Palm Hotel & Resort (Freeport), 152–153
- Runaway Hill Club (Eleuthera), 253
- Sammy's Place (Eleuthera), 240
- Sampson's Cay Club (the Exumas), 277–278
- Sandals Royal Bahamian Hotel & Spa (Cable Beach), 83–84
- Sandcastle Apartments (Eleuthera), 249
- Schooner's Landing (Man-O-War Cay), 222
- Sea Crest Hotel and Marina (Bimini), 186–187
- Seascape Inn (Andros), 201
- Sea Spray Resort and Villas (Elbow Cay), 218
- Sheraton Cable Beach Hotel, 84–85
- Sheraton Grand Bahama Island at Our Lucaya Resort, 153–154
- Small Hope Bay Lodge (Andros), 199
- The Spanish Cay Resort & Marina, 234
- Staniel Cay Yacht Club (the Exumas), 276–277
- Stella Maris Resort Club (Long Island), 293
- Sunrise Beach Club and Villas (Paradise Island), 129
- Surfers Beach Manor (Eleuthera), 248
- Tiamo Lodge (Andros), 200
- Tingum Village (Eleuthera), 254
- Treasure Cay Hotel Resort & Marina, 225
- Turtle Hill Vacation Villas (the Abacos), 218
- Unique Village (Eleuthera), 241
- Viva Wyndham Fortuna Beach (Grand Bahama), 157, 158–159
- Walker's Cay Hotel & Marina, 235
- Walkine's Guest House (Great Inagua), 299
- Westin Grand Bahama Island at Our Lucaya Resort, 153–154
- Westwind II (Cable Beach), 85–86
- Wyndham Nassau Resort & Crystal Palace Casino (Cable Beach), 86–87
- Xanadu Beach Resort and Marina (Grand Bahama), 157–158

## RESTAURANTS

- Abaco Inn (Elbow Cay), 218
- Amici's (Cable Beach), 93
- Anchorage (Spanish Wells), 259
- Anchorage Dining Room (Bimini), 187
- Angler's Restaurant (Marsh Harbour), 210–211
- Anthony's Caribbean Grill (Paradise Island), 136
- Avery's Restaurant & Grill (Eleuthera), 256
- Bahamian Club (Paradise Island), 131
- Bahamian Kitchen (Nassau), 91–92
- Becky's Restaurant (Freeport), 160
- Big D's Conch Spot No. 2 (George Town), 269
- Bimini Road (Paradise Island), 135
- Bishop's Restaurant (High Rock), 167–168
- The Black Angus Grille (Cable Beach), 92–93
- Blue Lagoon (Paradise Island), 131–132
- Blue Marlin (Paradise Island), 135
- Café at the Great Hall of Waters (Paradise Island), 132
- Café Martinique (Paradise Island), 132
- Café Matisse (Nassau), 90, 108
- Café Michel (International Bazaar), 161
- Café Skans (Nassau), 92
- Cambridge Villas (Eleuthera), 247

- Cap'n Jacks (Elbow Cay), 218–219
- Capriccio (Cable Beach), 94
- Carmine's (Paradise Island), 135–136
- Casa d'Angelo (Paradise Island), 2, 132–133
- China Beach (Lucaya), 161
- China Temple (International Bazaar), 161
- Churchill's (Lucaya), 162
- Cigatoo Restaurant (Eleuthera), 244
- The Club House Restaurant (Green Turtle Cay), 230
- Club Peace & Plenty Restaurant (George Town), 269
- Coconut Cove (George Town), 269
- Coconut's (Treasure Cay), 226
- Columbus Tavern (Paradise Island), 136
- Conch Fritters Bar & Grill (Nassau), 92
- The Cove (Eleuthera), 247
- Cozy Corner (Great Inagua), 299–300
- Curly Tails Restaurant & Bar (Marsh Harbour), 211
- Dianne Cash's Total Experience (Andros), 202
- Double Dragon (Nassau), 92
- Dune (Paradise Island), 133
- East Villa Restaurant and Lounge (Nassau), 90
- Emerald Palms Resort (Andros), 201–202
- Fathoms (Paradise Island), 133
- Fatman's Nephew (Port Lucaya Marketplace), 164
- Ferry House (Port Lucaya Marketplace), 163–164
- Fisherman's Inn (George Town), 270
- Forest (Long Island), 293
- Geneva's (Freeport), 160
- George's (Port Lucaya Marketplace), 166–167
- Giovanni's Cafe (Port Lucaya Marketplace), 164
- Graycliff (Nassau), 88
- The Harbour Lounge (Eleuthera), 255–256
- The Harbour Room (Port Lucaya Marketplace), 165
- Harbour's Edge (Elbow Cay), 219
- Hope Town Harbour Lodge (Elbow Cay), 219
- Iries (Lucaya), 162
- Iva Bowe's Central Highway Inn Restaurant & Bar (near George Town), 274
- Jean's Dog House (George Town), 268–269
- The Jib Room (Marsh Harbour), 211
- Kermit's Airport Lounge (George Town), 270
- La Dolce Vita (Port Lucaya Marketplace), 165
- The Landing (Eleuthera), 254
- Laura's Kitchen (Green Turtle Cay), 230
- Luciano's (Port Lucaya Marketplace), 164
- Luciano's of Chicago (Nassau), 90
- Mama Loo's (Paradise Island), 133–134
- Mangoes Restaurant (Marsh Harbour), 211
- Man-O-War Marina Pavilion, 222
- Marketplace (Paradise Island), 134
- Ma Ruby's (Eleuthera), 255
- Mate & Jenny's Pizza Restaurant & Bar (Eleuthera), 242
- Max's Conch Grill (Long Island), 293
- Mediterranean Restaurant & Bar (Le Med; Port Lucaya Marketplace), 165
- Moso (Cable Beach), 1, 94
- Muriel's Bakery (Eleuthera), 242
- News Café (Paradise Island), 136
- Nippers Beach Bar & Grill (Great Guana Cay), 224
- Nobu (Paradise Island), 2, 134
- Outrigger's Native Restaurant/White Wave Club (Port Lucaya Marketplace), 167
- Pammy's (Eleuthera), 244
- The Pepper Pot (Freeport), 160
- Pisces (Port Lucaya Marketplace), 166
- Plymouth Rock Liquors & Café (Green Turtle Cay), 230
- The Poop Deck at Sandy Port (Cable Beach), 91, 94
- Prop Club (Lucaya), 162–163
- Provence (near Cable Beach), 95
- Pub at Lucaya (Port Lucaya Marketplace), 166
- The Pub on the Mall (Freeport), 160–161
- Red Lion Pub (Bimini), 187
- Restaurant Sip Sip (Eleuthera), 256
- Ristorante Villagio (Nassau), 88
- Rock House Restaurant (Eleuthera), 255
- Rock Inn Restaurant (San Salvador), 287
- Rooster's Rest Pub & Restaurant (Green Turtle Cay), 230–231
- Runaway Hill Club (Eleuthera), 255
- Sam's Place (George Town), 270
- Sapodilly's Bar & Grill (Marsh Harbour), 210, 211–212
- Seagrapes Restaurant (Paradise Island), 136–137
- Shenanigan's Irish Pub (Port Lucaya Marketplace), 166
- Shoal Restaurant and Lounge (Nassau), 91
- Silvano's (Freeport), 159–160
- Sole Mare (Cable Beach), 93
- The Spinnaker Restaurant (Treasure Cay), 226
- The Stoned Crab (Lucaya), 162
- Sun and . . . (Nassau), 1, 88–89
- The Tackle Box (Bimini), 187, 191
- Taj Mahal (Nassau), 91
- Towne Cafe (George Town), 268
- Travellers Rest (near Gambier), 95–96
- Unique Village Restaurant & Lounge (Eleuthera), 242
- Wally's (Marsh Harbour), 212
- Water's Edge (Paradise Island), 134–135
- The White Door (Nassau), 89
- Willy Broadleaf (Lucaya), 163
- The Wrecking Tree Bar & Restaurant (Green Turtle Cay), 231
- Zorba's (Port Lucaya Marketplace), 167