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1. Geographical location

The capital and largest city of Bahamas is situated on the island of New Providence, which functions much like a business district. The city that dominates the entire island and its satellite, Paradise island, is a colourful blend of old world and colonial architecture. Nassau features tropical climate with relatively consistent temperatures throughout the course of the year. The relatively flat also boasts several shallow lakes that are tidally connected.



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2. Neighbouring cities/countries

The Beautiful City Of Nassau Finds Itself Located 112kms Away From South Andros, Followed By South Eleuthera At 118kms, 214kms To West Grand Bahamas, 259kms To Grand Kay, 297kms To Miami And 307kms To Hialeah. Nearest Countries Are Cuba, Turks And Caicos Islands And Cayman Islands.



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3. Significance

Once a home to everyone from pirates and freed slaves to blockade runners, rum smugglers and runaway lovers over the centuries, Nassau is all about warming sun and balmy breezes. First settled by the English, the area was contested by England, France and Spain, today this cacophony is a blend of jumping jitneys, bargaining vendors, gushing pirates, jostling drivers and avid shoppers. You don't need no energy drinks to keep you alive for the city is high spirited. (not spiritually). Just off Nassau's north shore lies 'paradise island' featuring sweeping tropical beach edged by an exotic grove of casuarina trees. A visit to the mammoth Atlantis Paradise Island Resort & Casino on Paradise is a must. Nassau is a city with a history of accommodating the young, wild and reckless and that trends continues till date, with bankers trying to find some space between downtown's international banks. The city isn't a favourite only among the heavy bankers and the rebellion youth but anti-paparazzi celebs have also found a home in Nassau. Duty free shops catches the attention of the many along with historic colonial-style buildings that glow like cotton candies. From a cruise-ship destination to a perfect vacation spot, Nassau is a place to be embraced.

4. History

Formerly known as Charles Town, Nassau was burned to the ground by the Spanish in 1684 during one of their frequent wars with the English, however it was rebuilt and renamed to Nassau in the year 1695 under the Governance of Nicholas Trott in honour of the Dutch Stadtholder and after also King of England, Scotland and Ireland. Due to lack of effective administration, the city fell on hard times with Spanish and French forces occupying the city in 1703 for a very short time. From 1703 to 1718 there was no governor in the colony and by 1713, the sparsely settled Bahamas had become a pirate haven. Over 1000 pirates had occupied the area outnumbering the mere hundred inhabitants of the town. Nassau was proclaimed a pirate republic, establishing themselves as "governors". In the year 1718, the British sought to regain control of the islands and appointed Captain Woodes Rogers as Royal governor who successfully clamped down on the pirates, reformed the civil administration, and restored commerce. A fort was soon built using the wealth of Woodes Rogers who tried to overcome problems. In 1720 the Spanish made an unsuccessful attempt to occupy Nassau. During the wars in the Thirteen Colonies, Nassau experienced an economic boom. With funds from privateering, a new fort, street lights and over 2300 sumptuous houses were built and Nassau was extended. Battle of Nassau in 1776 resulted in a brief occupation by American Continental Marines during the American War of Independence, however In 1778 after an overnight takeover, American invaders led by Captain Rathburn, left with ships, gunpowder and military stores after stopping in Nassau for only two days. In 1782 Spain captured Nassau for the last time and attacked New Providence with 5000 men. During the American Civil War, Nassau served as a port for blockade runners making their way to and from ports along the southern Atlantic Coast for continued trade with the Confederacy. Today Nassau stands as one of the major tourist destinations and International banking center of the Bahamas.

5. Cultural identity

The culture of Bahamas is a unique and diverse one. A melting pot of English, American, Indian and African cultures along with native communities, most of the population in the country is African-Americans. Bahamians take pride in their rich and colourful history and celebrates it with their various festivals and exhibits. Although their ancestors served as slaves in the past, the wounds of oppression have long been healed. Self expression is the core of every Bahamian, whether through the colourful art, lively music or soulful dancing, the culture is very well represented. Being the capital of the country, Nassau naturally is the cultural capital where you will find traditions, ceremonies and rituals in the colonial streets. Musical traditions here reflect both the impact of history on the islands and a home-grown, distinctively national character. Junkanoo parade is the biggest festival celebrated in the city. The parade is every bit culture displaying traditional arts, music and dance of the country. Music plays a big part in the culture of the country and throughout the island you will hear tunes of African rhythms, English folk songs, Caribbean calypso, and the unique Bahamian goombay traditional music. Junkanoo is the biggest cultural event in the country and boasts incredibly energetic, vibrant parade made up of brightly ensembled Bahamians dancing and “rushin” to the music of cowbells, drums, horns and whistles. Also, the makeshift sound of 'Rake and Scrape' is very popular among Family Islanders. Art is also an important part of Bahamian cultural life. Traditional crafts include straw work on islands, creating beautiful hats and baskets and Hand carvings from coral artwork and natural stone are refined from naturally occurring reef break-offs, beach erosions, outcrops, and smooth rocks.

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6. Natural resources

The island of Bahamas is home to over 25 national parks and conservations areas, all under the care of the Bahamas National trust. Nassau is home to Primeval Forest National Park. The natural resources found on the land includes salt, timber, aragonite and arable.



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7. Key site seeing places (paid and free)

7.1. Paid

7.1.1. Ardastra Gardens

Best known to be the habitat of marching flamingos, the Ardastra Gardens, Zoo, & Conservation Center covers an area of 4 acres of tropical gardens. The zoo captivates its audiences with entertaining activities and performances like the marching drill of the flamingos to the commands and feeding the lory parrots by hand. Conservation of native Caribbean species like the threatened Bahamas parrot or iguanas is carried out by the zoo. The wildlife institution also hosts birthday parties, unique ceremonies and weddings.

Address : P.O. Box N-4882, Nassau, Bahamas

Zipcode : N-4882

Location : 25.075665, -77.361693199999

Contact : +1 242-323-5806

Website : <http://www.ardastra.com/>

Entry Fee : Nationals- Adults: B\$14, Children(4-12years): B\$7, Free for children under 3years; Foreigners- Adults: B\$18, Children(from 4-12years): B\$9, Free for children under 3years.

Open & Close Timing : Daily 09:00hrs-17:00hrs

Time Required : 2

Expected Wait Time : 15 minutes

Buy Ticket : Yes

7.1.2. Fort Charlotte

Constructed under the administration of Lord Dunmore in 1789, Fort Charlotte was named after King George III's wife, and is the largest fortress of the city. Wander around the fortress and explore the walls, underground tunnels, dungeons and 42 cannons. If you are lucky, you might even come across local actors dressed up as characters from the time period, acting out scenes or maybe locals selling handmade utensils and baskets. There is also a living historical scene that culminates with the firing of the cannon at 12:00hrs on Monday, Tuesday, Thursday, Saturday & Sunday. On Wednesdays and Fridays, the show starts at 11:30hrs.

Address : Nassau P.O. Box N-7148, Bahamas

Zipcode : N-7148

Location : 25.0769583, -77.3587326

Contact : +1 242-322-7500

Entry Fee : Adult: B\$5, Children Under 12years: B\$2, Seniors: B\$3.

Open & Close Timing : Open 24Hours

Time Required : 1.5

Expected Wait Time : 15 minutes

Buy Ticket : Yes

7.1.3. National Art Museum

Snuggled in the historic mansion of Villa Doyle, The National Art Gallery Of The Bahamas is the first of its kind and most important art museum in the country. The museum features an impressive collection of sculptures, canvases, quilts, textiles and more by native artists that date back to the early 20th century till the modern day, giving you an insight of the visual culture and history of art in the Bahamas. Be amazed by the revolving art shows on national collection at the permanent exhibition gallery, be a part of the interactive monthly projects at the PS room or explore the new art pieces by aspiring artists at the 2 temporary exhibition spaces.

Address : West Hill Street P.O. Box SS-6341

Zipcode : SS-6341

Location : 25.075423999999999, -77.34732099999999

Contact : +1 242 328-5800

Website : <http://nagb.org.bs/>

Entry Fee : Foreigners: B\$10, Local Adults: B\$7, Students and Seniors: B\$5, Children (Under 12years): Free

Open & Close Timing : Tuesday-Saturday 10:00hrs-17:00hrs, Sunday 12:00hrs-17:00hrs.

Time Required : 1

Expected Wait Time : 5-10 minutes

Buy Ticket : No

7.1.4. Pirates of Nassau

Explore the world of Pirates at Pirates of Nassau Museum and learn more about the history of the golden age of piracy in the country. Board into a model of a pirate dock and begin your pirate adventure surrounded by the noise of lapping water among the taverns of pirates. Enter the world of looting buccaneer and the wielding of cutlass as you walk along a pirate frigate 'Revenge'. The museum appeals to kids with its wax structures and interactive pirate scenes and activities whereas adults are left intrigued with the historical tales. On-site, you will also find a local gift shop and a pub.

Address : King and George St., Nassau Box N-4808, Bahamas

Zipcode : N-4808

Location : 25.0774088, -77.3446685

Contact : +1 242-356-3759

Website : <http://www.piratesofnassau.com/>

Entry Fee : Adults: B\$13, Children (4-17years): B\$6.50

Open & Close Timing : Monday-Saturday 09:00hrs-18:00hrs, Sunday 09:00hrs-12:00hrs

Time Required : 1.5

Expected Wait Time : 20 minutes

Buy Ticket : Yes

7.1.5. The Heritage Museum of the Bahamas

Tour the Heritage Museum of the Bahamas that offers you a glimpse of the historical treasure of Bahamas from primeval times to the present day. Opened in 2014, the museum is located in the restored Mountbatten mansion wherein every room of the house reflects the country's different historical periods including piracy, maritime, slavery and World War II.

Address : West Hill St, Nassau Box EE-15082, New Providence Island

Zipcode : EE-15082

Location : 25.0759033, -77.3459975

Contact : +1 242-302-9150

Website : <https://www.facebook.com/The-Heritage-Museum-of-the-Bahamas-1472065219678295/>

Entry Fee : Adults: B\$12.5, Children under 12years: B\$6.25. Different Tours starting from B\$20.

Open & Close Timing : Monday-Friday 09:00hrs-17:00hrsMonday-Friday 09:00hrs-17:00hrs

Time Required : 0.5

Expected Wait Time : 10 minutes

Buy Ticket : No

7.1.6. Junkanoo Expo

The Junkanoo Expo Museum is a cultural oasis of exhibits featuring festive ensembles that are discretely made and some of them are even worn by revelers in previous parades during the delightful festival of Junkanoo. What differentiates the costumes from others is that most of the outfits are made out of crepe paper, making them far more fragile than those made of cloth. A perfect place to learn about the Bahamian culture, be swept up in the Junkanoo beat and grasp all that is Junkanoo. A symbol of freedom to all the Bahamians, this festival is one of the most entertaining and exciting celebrations that should definitely be on your list.

Address : Nassau P.O. Box N-7148, The Bahamas

Zipcode : N-7148

Location : 25.06, -77.345

Contact : +1 242-356-2731

Entry Fee : Adults: B\$2, Children: B\$0.50.

Open & Close Timing : Daily 10:00hrs-16:00hrs

Time Required : 1.5

Expected Wait Time : 15 minutes

Buy Ticket : Yes

7.1.7. Clifton Heritage Park

Come to the Clifton Heritage Park, where you will find remnants of the cultural legacy of 3 important groups that created a remarkable influence on the country: the Lucayans, the Loyalists, and the Africans. Established in 2004 to preserve the area in order to benefit the people, the parkland offers recreational activities like swimming, hiking, fishing, camping, birdwatching, and snorkeling. Walk along the winding paths and explore varied ecosystems such as cliffs, native coppice, coastal swamplands, dunes, marine life and much more. There are various guided tours starting from B\$20.

Address : West Bay Street P.O. Box EE-15082 Nassau, The Bahamas

Zipcode : EE-15082

Location : 25.0138287, -77.551975299999

Contact : +1 242 362-4368

Website : <http://www.cliftonheritage.org/>

Entry Fee : Nationals: B\$5, International Visitors: B\$10, Children (3-11years): B\$3.

Open & Close Timing : Daily 09:00hrs-17:00hrs

Time Required : 3

Expected Wait Time : 15-20 minutes

Buy Ticket : Yes

7.1.8. Aquaventure Water Park at Atlantis Paradise Island

You cannot miss this one-of-a-kind Waterscape at Atlantis Paradise Island where a whole day of fun and excitement awaits. Connected by a lush and tropical environment, this 57-hectare water park is home to various rides and attractions that include 6-storey slides, a 60-foot tunnel drop, a water play fort for kids, 20 swimming areas and other extreme levels of aqua slides. Lounge by the lagoon as the kids burn off energy on one of the many winding water slides or river rides and grab a meal from one of the on-ground eateries. Note: Long queues await for popular rides.

Address : 1 Casino Dr, Nassau P.O. Box SS-6307, New Providence Island

Zipcode : SS-6307

Location : 25.0861916, -77.323751399999

Contact : +1 242-363-3000

Website : <http://www.atlantisbahamas.com/thingstodo/waterpark>

Entry Fee : Aquaventure Water Park Day Pass starts at B\$145 for adults and B\$99 for children.

Open & Close Timing : Daily 09:00hrs-17:00hrs

Time Required : 6

Expected Wait Time : 30 minutes

Buy Ticket : Yes

7.1.9. Fort Fincastle

Huff up the Queen's staircase to visit Fort Fincastle that was constructed in 1793

by Viscount Fincastle. Built to protect the natives from pirate attacks, the fort is situated on Bennet Hill and gives sweeping views of Paradise Island. Wander around the fort and travel back to the colonial era, gaze at the antique cannons and read the informative plaques to know more about the fort.

Address : Nassau P.O. Box N-4084, Bahamas

Zipcode : N-4084

Location : 25.0735953, -77.33852

Contact : +1 242-322-7500

Entry Fee : General Admission: \$1

Open & Close Timing : Daily 08:00hrs-16:00hrs

Time Required : 1

Expected Wait Time : 10 minutes

Buy Ticket : No

7.1.10. Predator Lagoon

Located adjacent to the Paradise Lagoon, surround yourself with some of the best underwater species like Great Hammerhead sharks, Barracuda, Caribbean Reef sharks and Smalltooth Sawfish that call the Bahamas Lagoon their home. The Predator Lagoon also offers you one of the most enthralling experiences of feeding sharks. Explore the world underneath and be fascinated by the marine species that seek your attention at this aquatic paradise. Day passes can be purchased at the Discover Atlantis desk in Coral Towers, however, know that space is limited.

Address : 1 Casino Drive | Atlantis Resort, New Providence Island

Zipcode : SS-6307

Location : 25.0856572, -77.320210999999

Contact : +1 242-363-6950

Website

<http://www.atlantisbahamas.com/thingstodo/marinehabitat/predatorlagoon>

Entry Fee : Day passes starting from B\$100

Time Required : 2

Expected Wait Time : 30 minutes

Buy Ticket : Yes

7.1.11. Atlantis Dolphin Cay

Get up close and personal with the friendly dolphins and other marine creatures at Dolphin Cay, an exceptional lagoon spreading over an area of 14-acres with around 7 million gallons of turquoise seawater. A place that redefines swimming with playful dolphins, it is one of the largest marine abodes conserving exotic underwater species. Come here and create a lifetime of memory in the midst of the charismatic dolphins.

Address : Paradise Beach Drive, Suite 39, Paradise Island, Bahamas

Zipcode : SS-6307

Location : 25.0838693, -77.3266034

Contact : +1 242-363-6950

Website : <http://www.atlantisbahamas.com/thingstodo/dolphincay>

Entry Fee : Passes starting from B\$135

Open & Close Timing : Daily 09:00hrs-17:00hrs

Time Required : 2

Expected Wait Time : 15 minutes

Buy Ticket : Yes

7.1.12. Cruise

Board this speedy 57' catamaran and enjoy a day off amidst the bounty of the ocean. Watch the sun set into its horizon and make unforgettable memories by engaging yourself with the beautiful surroundings accompanied by lip-smacking delicacies and good company. The cruise also allows you to wake the adventurer within you and participate in some exciting watersports including scuba diving and snorkeling. You can opt for different cruise programs that range from half day sailing and snorkeling, dinner cruise to full day cruise.

Address : Flying Cloud, PO Box SS 19052, Nassau, Bahamas

Zipcode : SS-19052

Location : 25.0796423, -77.3214984

Contact : +1 242 394 5067

Website : <http://www.flyingcloud.info/>

Entry Fee : Half Day Cruise: B\$ 80, Dinner Cruise: B\$ 70, Full-Day Cruise: B\$90.

Time Required : 6

Expected Wait Time : 30-40 minutes

Buy Ticket : Yes



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7.2. Free

7.2.1. Queen's Staircase

Travel back in time as you climb the Queen's Staircase, a historic monument honoring Queen Victoria's lengthy reign. Built in 1794 of limestone rock using slave labor, the monument features 65 narrow steps that lead you to Bennet's Hill where you can admire the ruins of Fort Fincastle.

Address : Top of Elizabeth Avenue, off Shirley Street, Nassau PO Box EE-15082, New Providence Island

Zipcode : EE-15082

Location : 25.0738372, -77.3378179

Contact : +1 242-427-9878

Open & Close Timing : Daily 08:00hrs-16:00hrs

Time Required : 0.5

Expected Wait Time : 5 minutes

Buy Ticket : No

7.2.2. Atlantis Paradise Island

A trip to Nassau is incomplete without spending a day at Atlantis Paradise island, a fantasy world that boasts of the world's largest open-air marine habitat, one-of-a-kind water park, luxury hotel, the largest casino and entertainment complex. Enter the world of aquatic animals at the largest outdoor aquarium that is home to native tropical species and adorned with real and mythical creatures like seahorses and massive bronze doors. This ocean-themed resort also offers a multitude of unique accommodations, including the iconic Royal Towers and the stylish Cove Atlantis. Stroll around the various beaches for every beach at Atlantis has its own unique charm. Swim with the dolphins or try your luck at the casino, but don't think twice before getting your feet onto the grounds of Paradise island.

Address : 1 Casino Drive P.O. Box SS-6307, Paradise Island

Zipcode : SS-6307

Location : 25.084653, -77.323489999999

Contact : +1 242-363-3000

Website : <http://www.atlantisbahamas.com/>

Nearest Public Transport : Paradise Island Ferry Terminal

Open & Close Timing : Open 24 Hours

Time Required : 12

Buy Ticket : No

7.2.3. Blue Lagoon Island

A gorgeous tropical teardrop in the blue ocean, Blue Lagoon is a perfect setting for a day away from the hustle of the city and into the heart of a magnanimous seascape. The history buffs can gratify their curiosity at the historical tower whereas the mangrove swamps call the nature-lovers home. The island offers guided segway tours that help you to unravel beauty of the island. If you feel like it, you can also plunge into the warm waters and interact with the dolphins. The water park here attracts the young minds with their inflatable balloons. Bask in the sun at the beach and relish some of the best traditional flavors at one of the local eateries on-site. Note: Don't swim when the tide goes out as the water is not ideal for swimming.

Address : Paradise Island P.O. Box CB-13500, Bahamas

Zipcode : CB-13500

Location : 25.0997542, -77.267454499999

Contact : +1 866-918-9932

Open & Close Timing : Open 24 Hours

Time Required : 6

Buy Ticket : No

7.2.4. Government House

If you appreciate history and architecture, make sure you do not miss Government House, the stately seat of the Bahamas Governor General. Spanning across 10 acres, the architecture boasts of a flamboyant pink and white facade and represents a blend of local and colonial British and American traits. Built in 1801, observe the display plaques outside the building detailing the Bahaman history. Note: Check the schedule of the Government House to watch the changing of the guards.

Address : Duke St, Nassau P.O. Box N-8301, The Bahamas

Zipcode : N-8301

Location : 25.0758295, -77.344584899999

Contact : +1 242-322-1875

Open & Close Timing : Monday-Friday 09:00hrs-17:00hrs

Time Required : 0.5

Buy Ticket : No

7.2.5. Fort Montagu

Built in 1741 with limestone, Fort Montagu is the oldest fortress on the New Providence Island. Located on the eastern end of Nassau harbor along the waterfront, you can take free tours that are conducted throughout the week to know more about the history of the fort. Don't miss out on the gorgeous views and be sure to click some photographs.

Address : Fort Montagu, E Bay St P.O. Box SS-6233, The Bahamas

Zipcode : SS-6233

Location : 25.0737098, -77.3066443

Contact : +1 242 322-7500

Open & Close Timing : Daily 08:00hrs-15:00hrs

Time Required : 0.5

Buy Ticket : No

7.2.6. Athol Island

This small island located just 1.21 kilometers to the east of Paradise Island is a part of the National Marine Park and is your answer to the best snorkeling experience in the country. The island is uninhabited and boasts of crystal clear waters complemented by a striking marine habitat and beautiful reef.

Address : Athol Island Po Box N 4777, Bahamas

Zipcode : N-4777

Location : 25.0782767, -77.2717642

Open & Close Timing : Open 24 Hours

Time Required : 2.5

Buy Ticket : No

7.2.7. Spanish Wells

An island community situated at a distance of 77 kilometers from the capital city,

it is predominantly a fishing village in the country. This two-mile-long and half a mile wide lagoon is rightly referred to as the fishing capital of the country. With winding little trails, shaded coconut palm trees and bright bougainvilleas, Spanish Wells is known to be one of the most beautiful towns for a day trip. The gorgeous pink and white sand beaches and crystal clear waters make it a fantastic place for snorkeling.

Address : Spanish Wells P.O.Box EL 27413, Bahamas

Zipcode : EL 27413

Location : 25.066667, -77.333332999999

Open & Close Timing : Open 24Hours

Time Required : 4

Buy Ticket : No

7.2.8. Cable Beach

Lounge on the soft white sand and crystal blue waters at Cable Beach. The long, crescent-shaped beach invites you to laze around under the soft and bright sun rays, take a quick dip in the refreshing waters or discover the underwater world through snorkeling. The beach is home to various bars and restaurants that provide both local and international cuisines. Grab a drink and enjoy the view!

Address : Nassau P.O. Box CB-13005, New Providence Island

Zipcode : CB-13005

Location : 25.0779112, -77.411698399999

Open & Close Timing : Open 24 Hours

Time Required : 2

Buy Ticket : No

7.2.9. Christ Church Cathedral

Proudly standing as the first ever church in the country, Christ Church Cathedral was originally built in 1670 and has been destroyed and renovated a couple of times since. Today, the architectural gem boasts of a Gothic facade and stands in the heart of Nassau. As you enter through its vibrant door, your eyes will be attracted towards the intricate stained glass windows and interesting memorial plaques on the walls of the church.

Address : George and King Sts., Nassau P.O. Box N-4808, New Providence Island

Zipcode : N-4808

Location : 25.0774564, -77.3442513

Contact : +1 242-322-4186

Time Required : 0.5

Expected Wait Time : 10 minutes

Buy Ticket : No

7.2.10. Atlantis Casino

Try your luck at this widely acknowledged casino located in the Atlantis Resort. The award-winning establishment features tournaments and events along with the tables and slots in a beautifully ornated surroundings. The design of the casino is extremely admired as it features magnificent glass sculptures by Dale Chihuly, a renowned artist and radiates a vibrant and colorful energy. If you earn big, then do spend it on the big-brand shops surrounding the casino.

Address : 1 Casino Dr, Nassau P.O. Box SS-6307, New Providence Island

Zipcode : SS-6307

Location : 25.0837819, -77.32119799999999

Contact : +1 242-363-3000

Website : <http://www.atlantisbahamas.com/casino>

Time Required : 1.5

Expected Wait Time : 15-20 minutes

Buy Ticket : No

7.2.11. Nassau Botanical Gardens

Established at the time of Bahamas' Independence on July 10, 1973, the Nassau Botanical Gardens provide a serene retreat for the nature-lovers. The garden cultivates over 600 species of tropical flora spanning across 18 including the Bahamas National flower, the Yellow Elder. Once an old rock quarry that supplied rocks for the construction of Fort Charlotte and roads, the idea of this enchanting public place was conceived in 1951 by Mr. Oris Russell. Currently, the site is a tranquil park with numerous walkways, a stream, a grotto, terraces and a lawn used for partying and weddings.

Address : Chippingham Road Ministry of Agriculture & Marine Resources P.O. Box N-3028, Nassau, Nassau & Paradise Island

Zipcode : N-3028

Location : 25.0760566, -77.3591566

Contact : +1 242 356-6475

Time Required : 1

Buy Ticket : No

7.2.12. John Watling's Distillery

Do not forget to visit John Watling's Distillery at the historic Buena Vista Estate on your visit to this country. Observe the "Spirit of The Bahamas" rum being bottled in small batches the old-fashioned way by Bahamian hands. Located on a hill between lush tropical gardens overlooking the harbor, the 1789 distillery offers a free tour that takes you past antiques dating back to more than 300 years and to the warehouse, which stores over 1,000 white oak barrels.

Address : 7 Delancy Street, Nassau P.O. Box SP-63135, New Providence Island

Zipcode : SP-63135

Location : 25.074100299999999, -77.349141199999996

Contact : +1 242-322-2811

Website : <http://www.johnwatlings.com/>

Open & Close Timing : Daily 10:00hrs-18:00hrs

Time Required : 2

Expected Wait Time : 15-20 minutes

Buy Ticket : No

7.2.13. Fox Hill

One of the oldest villages in the country, Fox Hill holds on to its rich African heritage after getting its name from Samuel Fox, an African slave who was released in 1801 and bestowed with a huge mass of land spreading over 23.5 acres at Creek Village. You will find native "Foz Hillians" scattered all around this township who will welcome you with their historic tales that reflect the true culture of the country. The Fox Hill Parade Grounds, Black Beard's Tower top the charts of the must-visit sites in the city.

Address : Fox Hill Road, Nassau P.O. Box N-7148, Nassau & Paradise Island

Zipcode : N-7148

Location : 25.0355039, -77.2932617

Open & Close Timing : Open 24 Hours

Time Required : 2

Buy Ticket : No

7.2.14. The Retreat Gardens

Established in the year 1977, the Retreat Gardens encompasses one of the largest private collections of exotic and rare palm trees. This 11-acre park serves as the educational center and administrative headquarters of The Bahamas National Trust (BNT). A haven for the resident and migratory birds, explore the park by a self-guided tour or take guided tours here to discover the Bahamian hardwood forest and learn more about the indigenous plant and animal life in a peaceful environment. Note: The park may charge an entrance fee.

Address : Village Road, P.O. Box N-4105, Nassau, Nassau & Paradise Island

Zipcode : N-4105

Location : 25.0644455, -77.3119381

Contact : +1 242 393-1317

Time Required : 1

Expected Wait Time : 10 minutes

Buy Ticket : No

7.2.15. Rawson Square

Located in the heart of Nassau, Rawson Square sprawls across 2 sides of the Bay Street and represents the contrast of 2 different worlds. It is a gateway to the city for all the cruise-ship passengers. Named after Sir Rawson, Governor of The Bahamas, during the late 1860s, the square has become a platform for cultural exhibitions, pedestrian thoroughfares and public gatherings in the country. You will find a half-body bronze bust of Sir Milo Butler, the first Bahamian Governor-General of independent Bahamas on one side, while on the other side sits the great Queen Victoria. A place where history comes to life in its vibrant pastels, Rawson Square is an ideal backdrop for great photos and is a good starting point to learn more about the history and culture of The Bahamas. Stroll around the square, the main thoroughfare of the capital, and you will bump into a wide variety of shops selling local handmade gifts, souvenirs, clothing, and genuine Havana cigars. Starting at the British Colonial Hotel, the street bustles with

restaurants, clubs and various boutiques.

Address : Bay Street, Nassau P.O. Box N-7148, Nassau & Paradise Island

Zipcode : N-7148

Location : 25.0782955, -77.3404287999999

Open & Close Timing : Open 24 Hours

Time Required : 1

Buy Ticket : No

7.2.16. Versailles Gardens and French Cloister

Overlooking the Nassau Harbor on the southern tip of the island, the Versailles Gardens features a stunning green and multi-terraced landscape in a captivating rectangular structure that extends over 75 feet in width. It is popular for the manually laid rock rides that are made up of reddish-tan flint rock and grey sandstone providing the basis on which rich purple colored Bougainvillea proudly stands today. A peaceful getaway from the humdrum of the island, this park provides you with a tranquil environment to spend some quality time strolling around with your earphones plugged in.

Address : Остров Парадайс, P.O. Box N-4777, Nassau, Nassau & Paradise Island

Zipcode : N-4777

Location : 25.0804883, -77.3100236

Contact : +1 242 363-3000

Open & Close Timing : Open 24Hours

Time Required : 1

Buy Ticket : No

7.2.17. Straw Market

Stroll down to the world-famous native Straw Market where you can find bustling vendors who are willing to bargain with buyers. Home to handmade Bahamian crafts, gifts, souvenirs and items such as hand-woven straw hats, bags, mats, dolls, conch shell jewelry and wood carvings, this place is a paradise for shopaholics. Don't forget to bargain here.

Address : W Bay Street, Nassau P.O. Box N-7148, Nassau & Paradise Island

Zipcode : N-7148

Location : 25.0784597, -77.3433898999999

Contact : +1 242-363-2000

Open & Close Timing : Daily 09:00hrs-17:00hrs

Time Required : 1.5

Buy Ticket : No

7.2.18. Pig Beach

One of the major tourist attractions of the country, The Pig Beach provides the visitor with a unique experience of swimming with the pigs on the Island of Big Major Cay. Apart from being the official home of swimming pigs, the beach offers several aquatic sports like snorkeling with the sea turtles and tropical fishes, scuba diving, and many more. Tagged as “adorable” by both locals and tourists, this family of pigs has become one of the most favored tourist spots in the country. Head down to the Pig Beach and gain a once-in-a-lifetime experience of diving into the crystal clear waters alongside these pigs and piglets. Note: You can book a tour of this beach through various excursion vendors on the island.

Address : Pig Beach, Black Point, The Bahamas

Location : 24.183611, -76.456389

Open & Close Timing : Open 24Hours

Time Required : 8

Buy Ticket : No

7.2.19. Bay Street

The capital city's main thoroughfare, Bay Street is considered to be the heart of the city and is known for shopping, duty free goods and big brands.

Address : Bay Street, Nassau, New Providence, The Bahamas

Zipcode : N-7148

Location : 25.0779829, -77.338753

Time Required : 0

Buy Ticket : No

7.2.20. Festival Place

An awesome place for authentic handicrafts made by local artisans, Festival Place is a true reflection of artistry and features more than 45 artisans and tradespeople, along with a great selection of Bahamian sweets, treats, coffees and teas.

Address : Woodes Rodgers Walk, Nassau, The Bahamas

Zipcode : N-3701

Location : 25.07938, -77.3410892

Time Required : 0

Buy Ticket : No

7.2.21. Mall at Marathon

Come here to an array of shops, a few cinemas and a food court. This is a place to for you to spend your day and all your cash.

Address : Marathon And Robinson Road Nassau, The Bahamas, Robinson Rd, Nassau, The Bahamas

Zipcode : N-865

Location : 25.0509, -77.3277264

Time Required : 0

Buy Ticket : No

7.2.22. Old Fort Bay Town Centre

This shopping place is usually quiet and features a lot of stores along with restaurants. There are also public events held in this mall.

Zipcode : 0

Location : 25.0483822, -77.4905339

Time Required : 0

Buy Ticket : No

7.2.23. Harbour Bay Shopping Centre

This upscale mall has a variety of shops including a bookstore and cafés. Less crowded than other malls, Harbor Bay is also home to exotic restaurants.

Address : Harbour Bay Shopping Plaza, East, E Bay St, Nassau, The Bahamas

Zipcode : N-72

Location : 25.0725345, -77.3135078

Time Required : 0

Buy Ticket : No

7.2.24. The Linen Shop

Visit the store to pick from a great selection of locally-crafted items at reasonable prices. You can also pick traditional Bahamian souvenirs for your friends and family. There is also a "Book Nook" located here where you will be able to find wonderful books by local Bahamian authors.

Address : Nassau, The Bahamas

Zipcode : N-4744

Location : 25.06, -77.345

Time Required : 0

Buy Ticket : No

7.2.25. Prince George Wharf

This historic cruise-ship wharf is home to souvenir stalls, fast-food outlets, the Junkanoo Expo (BS\$2) with displays of masks and costumes.

Address : Nassau, The Bahamas

Zipcode : N-7148

Location : 25.0781799, -77.3404937999999

Time Required : 0

Buy Ticket : No

7.2.26. Bahama Handprints

Bahama Handprints is all about handmade interior design fabric, in tropical seashell or fish prints.

Address : Ernest St, Nassau, The Bahamas

Zipcode : SS-19043

Location : 25.0748551, -77.3220476

Time Required : 0

Buy Ticket : No

7.2.27. Plunder

Fascinated by pirates? Head to this shop that specializes in pirate gear. From pirate tees and eye-patches to a good selection of pirate lit for buccaneering bookworms, Plunder has everything to make you feel like a sea raider.

Address : King and George St., Nassau, The Bahamas

Zipcode : N-4808

Location : 25.0774088, -77.3446685

Time Required : 0

Buy Ticket : No

7.2.28. Bacardi Outlet

The name says it all. Get your duty-free Bacardi rum along with Bacardi-themed merchandise like hats, towels, shot glasses and more at this two-storey retail outlet.

Address : Nassau, The Bahamas

Zipcode : N-131

Location : 25.0781097, -77.3396533

Time Required : 0

Buy Ticket : No

7.2.29. John Bull

Excelling in duty-free goods, this premium chain is home to a magnificent variety of luxury goods.

Address : Bay St, Nassau, The Bahamas

Zipcode : N-7148

Location : 25.0777216999999, -77.3422233999999

Time Required : 0

Buy Ticket : No

7.2.30. Perfume Shop & Beauty Spot

Smell good by choosing one of the perfumes from a vast collection of designer sniffs and international cosmetics.

Address : Nassau, The Bahamas

Zipcode : N-4744

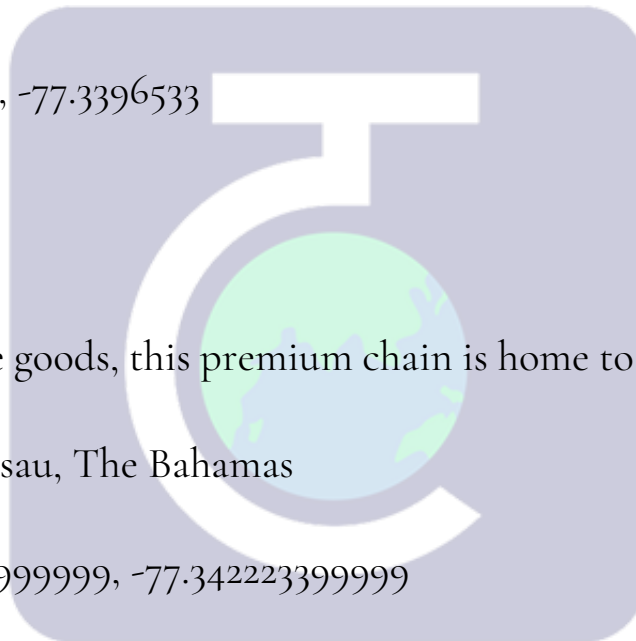
Location : 25.06, -77.345

Time Required : 0

Buy Ticket : No

7.2.31. Atlantis Logo Stores

One of the most reputed souvenir stores located in one of the most famed resorts



in the Caribbean, Atlantis Logo Stores has an extensive variety of Atlantis souvenirs and gifts for both adults and children alike, including beach attire, t-shirts, towels, mugs, stuffed animals of Paradise Pals and postcards, plus housewares, artwork and crafts by local artisans and more.

Address : One Casino Drive Suite 5, Paradise Island, The Bahamas

Zipcode : SS-6307

Location : 25.083905, -77.320383999999

Time Required : 0

Buy Ticket : No

7.2.32. The Bahamas Craft Centre

If you are in Downtown Nassau for some shopping, be sure to pay a visit to The Bahamas Craft Centre that features approximately 100 booths selling everything from woven straw goods to clothing and everything in between. You will spot Bahamian handicrafts, paintings, sea treasures, blown glass, conch shell jewelry, rum cakes and candies, candles, Junkanoo art, steel drums, pine seed dolls and straw work, as well as Androsia, a unique Bahamian fabric. You can also bargain your way through to get good deals.

Address : Paradise Island Drive Suite 23, Coming from Paradise Island Paradise Island Bridge - Southbound Rd, Paradise Island, The Bahamas

Zipcode : N-7550

Location : 25.081145, -77.319365

Time Required : 0

Buy Ticket : No

7.2.33. Marina Village

A great place to shop, Marina Village is home to over 20 designer and retail stores spread over 65,000 square feet along with dining options ranging from casual restaurants and fine dining to grab-and-go snacks and Starbucks.

Address : Paradise Island,, The Bahamas

Zipcode : SS-6307

Location : 25.0828863, -77.319389199999

Time Required : 0

Buy Ticket : No



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8. Key sites sports & adventure

With water temperatures averaging 80 degrees and sun shining almost throughout the area, there's always a chance of some fun and excitement in the beautiful turquoise waters of Nassau Paradise Island. From exploring the marine life while snorkelling or scuba diving, from finding your way in the waters through kayaking or jet skiing or from fishing for your own personal catch to swimming with dolphins, Nassau is a true paradise for adrenaline junkies. If you are all about water sports, you know you're at a right place. Come and discover a world of great water activities below –

- **Scuba/Snorkelling -**

Address : Paradise Island Marina, Nassau P.O. Box N-4777, New Providence Island

Location : 25.0796423,-77.3214984

Contact No : +1 800-821-4505

Website : <http://seahorsesailingadventures.com/>

Nearest Public Transport : Paradise Island Ferry Terminal

Entry Fees : Adults/Children Under 12: B\$65/\$30

Open / Close Time : Daily 09:00hrs-12:30hrs and 13:00hrs-16:30hrs

Time Required : 4

Wait Time : 15-20minutes

- **Sport Fishing -**

Address : East Bay Street, Nassau P.O. Box SS-5755, New Providence Island

Location : 25.074279999999999,-77.31408899999999

Contact No : +1 242-698-8687

Website : <http://live2.fish/>

Nearest Public Transport : P.I.F.T Ferry Terminal

Entry Fees : Half Day Tour: B\$699, Full Day Tour: B\$1299, Off Shore Trips: B\$2999
Time Required : 6
Wait Time : 10-15minutes

- **Kayaking -**

Address : #72 Yamacraw Road, Nassau P.O. Box CB-13005, New Providence Island
Location : 25.02978,-77.262949
Contact No : +1 242-455-9771
Website : <https://www.facebook.com/wolfkayaking>
Entry Fees : Tours starting from B\$65 to B\$95
Open / Close Time : Daily 09:00hrs-18:00hrs
Time Required : 4
Wait Time : 15-20minutes

- **Standup Board Paddling -**

Address : Cable Beach | Henrea Carlette Bldg, Nassau P.O. Box Ap59012, New Providence Island
Location : 25.0761343,-77.4071923
Contact No : +1 242-327-3853
Website : <http://www.pappasurf.com/index.php/services/services-group/tours>
Entry Fees : Adults: B\$85, Children 10-14: B\$55
Open / Close Time : Sunday-Saturday 09:30hrs-17:30hrs
Time Required : 4
Wait Time : 15-20minutes

- **Kiteboarding -**

Address : Baillou Hill Rd, Nassau, The Bahamas

Location : 25.0247059,-77.353224899999

Contact No : +1 242-422-0756

Website : <http://www.cross-shore.com/index.html>

Entry Fees : Beginner Courses starting from B\$350/ One-week intensive Kite Course starting from B\$1250, Advanced Rider: USD\$225 (with own gear), Intermediate Rider: USD\$275 (with own gear instruction included), Beginner: USD\$325 (instruction and gear included)

Time Required : 2

Wait Time : 15minutes

- **Swimming with dolphins -**

Address : Blue Lagoon Island, Nassau P.O. Box CB-13500, New Providence Island

Location : 25.0997542,-77.267454499999

Contact No : +1 242-363-1003

Website : <http://www.dolphinencounters.com/programs/>

Entry Fees : Tours starting from B\$185

Time Required : 2

Wait Time : 15-20minutes

- **Multi-Sport Adventure -**

Address : Paradise Island, The Bahamas

Location : 25.0851258,-77.318326299999

Contact No : +1 242-477-2782

Website : <http://www.myownwatersports.com/>

Entry Fees : Waterskiing & Jetskiing- Half Hour: B\$80, One Hour: B\$150

Parasailing- B\$ 80 Banana Boat Adventure: B\$ 20

Open / Close Time : Daily 09:00hrs-17:00hrs

Time Required : 3

Wait Time : 10 minutes

- **Shark Diving & SUB Adventure -**

Address : Southwest Bay Street P.O. Box CB-13137, New Providence Island

Location : 25.001297,-77.5239161

Contact No : +1 242-362-4171

Website : <http://www.stuartcove.com/index.aspx>

Entry Fees : Starting from B\$ 182 SUB- Starting from B\$ 138

Time Required : 5

Wait Time : 20-25 minutes

- **Glass bottom kayaking -**

Address : Nassau P.O. Box CB-13500, Bahamas

Location : 25.077649,-77.322801

Contact No : +1-242-376-2712

Website : <https://www.facebook.com/pg/Lil-Nassau-Glass-Bottom-Boat-311134375683209/about/>

Entry Fees : Starting from B \$70 for Adults, B \$50 for Children

Open / Close Time : Open 24 Hours

Time Required : 2.5

Wait Time : 30 minutes

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9. Adventure sports, Local sports, stadiums

Bahamas is known to be a fan of various sports. From Basketball, cricket, football to racing, rugby, softball, soccer, squash, tennis and volleyball, the country knows it all. However adventure sports still excel to the top. Nassau is home to Thomas Robinson Stadium that is the home stadium of Bahamas national football team.

- **Thomas A. Robinson National Stadium:**

Address : Nassau P.O. Box CB-13500, The Bahamas

Location : 25.0543397,-77.36018660000002

Contact No : +1 242-421-5688

Website : <http://seahorsesailingadventures.com/>



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10. Spas and relaxation

Bahamas is known to be one of the most relaxing places in the world so it goes without saying that it has a variety of ways to help rejuvenate your mind, body, and soul. From indoor to outdoor spas offering treatments and wellness activities to excellent therapies and massages, there's everything here. Just dive down to the following Spa centers and live it up.

- **Royal Suite Day Spa:**

Address : Sandyport Olde Towne Mall | Cable Beach, Nassau N-1229, New Providence Island

Location : 25.0786591,-77.34480710000003

Contact No : +1 242-356-0040

Website : <https://www.facebook.com/pages/Royal-Suite-Day-Spa/132030136915582>

- **Skin Solutions Day Spa & Salon:**

Address : Cable Beach, Nassau P.O. Box CB-13500, New Providence Island

Location : 25.075305,-77.40365100000002

Contact No : +1 242-327-0500

Website : <http://www.skinsolutionsbahamas.net/home>

- **Baha Retreat Anti-Aging Spa:**

Address : East Bay Street Nassau, P.O. Box N-376, Bahamas

Location : 25.0744642,-77.31840269999998

Contact No : +1 2423236711

Website : <http://www.baharetreat.com/>

- **Redlane Spa - Sandals Royal Bahamian Spa Resort & Offshore Island:**

Address : Sandals Royal Bahamian Spa Resort & Offshore Island P.O. Box CB-13005 Nassau, Bahamas

Location : 25.0772373,-77.41037610000001

Contact No : +1 (242) 327-6400

Website : <http://www.sandals.com/redlane-caribbean-spa/>

- **Mandara Spa:**

Address : 10, One Casino Drive, Paradise Island P.O. Box SS-6307, The Bahamas

Location : 25.08480209999999,-77.3247781

Contact No : +1 242-363-2000

Website : <http://www.mandaraspaspa.com/spa/Paradise-Island-Atlantis.aspx>

- **One&Only Ocean Club:**

Address : Nassau P.O. Box N-4777, Bahamas

Location : 25.0829046,-77.3099679

Contact No : +1 242-363-2501

Website : <https://www.oneandonlyresorts.com/one-and-only-ocean-club-bahamas>

- **Voko's Spa Experience:**

Address : Nassau P.O. Box N-4777, Bahamas

Location : 25.084351,-77.32381099999998

Contact No : +1 242-424-7003

Website : <http://www.vokosspa.com/>

- **Windermere Day Spa & Salons:**

Address : Harbour Bay Shopping Centre, East Bay Street, P.O. Box N-72
Nassau, Bahamas

Location : 25.0727462,-77.31396110000003

Contact No : +1 242-393-8788

Website : <http://www.windermereofdayspa.com/>



11. Events calendar

Month

Events

New Years' Day

The city celebrates New Year with as much enthusiasm and passion as anywhere else in the world. Firework displays, live concerts and fun events light up the New Years, continuing well past midnight. Junkanoo parades take place in most islands.

Majority Rule Day

Observed on January 10, Majority Rule Day became a public holiday in 2014 and commemorates The Bahamas gaining majority rule for the first time on January 10, 1967, symbolizing the promise of equality, a level playing field, and fair play for all Bahamians.

Nassau Classic Car Festival

Classic cars are paraded through the streets of Nassau/Paradise Island for all to see early each January.

Good Friday

This religious holiday marks the end of the Lenten season and is the first day of a long holiday weekend which includes the following Monday after Easter Sunday. On this holy day most Bahamians attend church services and serve fish as their main meal of the day.

Bacardi Rum Cup

The Bacardi Rum Cup takes place on Nassau/Paradise Island over two days in March. Sailing competitions and a performance by the royal Bahamas Police Force Band typifies the event.

Junkanoo

Will be observed between May 4-6, this fun, cultural event is on par with Carnival in Rio, with lots of costumes and parades in the streets. It takes place in Nassau, on New Providence Island.

Expect lots of color and noise (Junkanoo music), African customs, and gaudy outfits.

Randol Fawkes Labour Day

On this day, members of the labour unions unite along with political parties and march in a large parade through the streets

**of downtown Nassau. First
Friday in June.**

Bahamas Independence Day

**This holiday commemorates the
day when The Bahamas became
a fully independent nation in
1973, separating from the United
Kingdom. Observed on July 10.**

**Emancipation Day/August
Monday**

**Observed on the first Monday in
the month, the holiday celebrates
the emancipation of slaves in the
British colonies in 1834. It is
celebrated with a Junkanoo Rush-
out, a day of beaching, sailing,
and regattas in most islands.**

National Heroes Day

**Celebrated on Second Monday in
October, the day was earlier
known as Discover Day or
Columbus day and has now been
dedicated to honoring Bahamian
national heroes since 2013.**

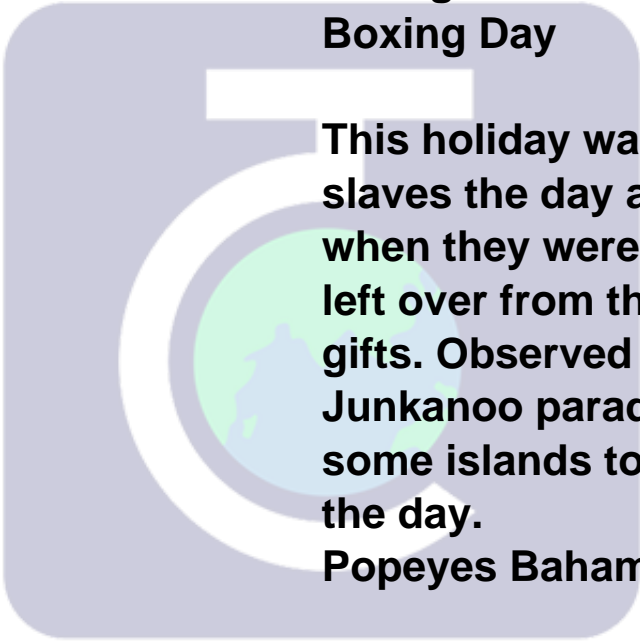
Bahamas Film Festival

**Observed between December
5-11, Movies, documentaries,
and animation by Bahamian film
producers are shown at
Nassau's Galleria Cinemas**

**during the Bahamas Film Festival.
Christmas**

Christmas is celebrated with very high spirits, the city is decorated with beautiful lights which attract the tourist to the city especially during the time of Christmas.

Boxing Day



This holiday was granted to slaves the day after Christmas, when they were given the boxes left over from their master's gifts. Observed on December 26, Junkanoo parades take place on some islands to commemorate the day.

Popeyes Bahamas Bowl

Taking place on December 23, Get ready for a week of sun, sand and football leading up to the big game. Watch as some of the America's best college football teams battle it out in the only FBS-level bowl game played outside of the U.S

12. Key local guides and tours

True: After working in a major hotel on an island for about 2 years, True realised the fact that people visit Bahamas but don't really explore beyond the four walls of hotel property. Hence True decided to be a guide. With an aim to provide a unique experience of the country that you may not find at other places, True makes sure to include a bit of everything - be it history or culture. Fluent only in English, True's guiding includes important facts, cultural interpretation with a little bit of humour making your experience worthwhile. Whether you are looking for exciting culinary adventures or experiencing Bahamian history via Segway tour or view our world-famous aquamarine waters by horseback, Nassau Paradise Island offers a wide range of unique tours and activities sure to delight you.

Nassau Food Tasting and Cultural Walking Tour: For all the food lovers, this tour is to be. Experience and explore Bahamian cuisine and culture on this tour and sample delicious food at six venues, including family-owned restaurants and speciality shops. From sipping some local teas to hogging on to some locals mac 'n' cheese, lose yourself! Quantities are great, Quality is top notch. What are you waiting for?

Nassau Shore Excursion: Island Highlights Sightseeing Tour: Take this 2.5 hour tour of Nassau and explore the main landmarks and highlights of the city. Climb to the Queen Victoria staircase for spectacular photos followed by a visit to the Graycliff Chocolate Factory, John Watling's Distillery and the famous Atlantis resort.

Nassau Rum and Food Walking Tour: This 2.5 Hour tour accompanied by a local guide is all about food and drinks! Take this tour to make your way through 4 establishments where you will fill your glasses with rum, hog onto some snacks and conclude by some excellent sweet boozy treats. Explore a pirate-themed pub, taste rum-infused chocolate at a chocolatier and get a first-hand look at how Caribbean rum is made at John Watling's Distillery.

Nassau City and Country Sightseeing Tour: This 2.5 hour tour takes you through the major sights of the city. Explore Nassau with the help of your local guide and learn more about the history and culture of the city. Highlights include Ft Charlotte and Ft Montagu, Ft Fincastle followed by a visit to local neighbourhoods where Bahamian residents live and work. Explore the legendary Fish Fry/Arawak Cay to taste some of the most loved local Bahamian dishes but

at your own expense. Nassau Historical City Tour: For all the history lovers wanting to know more about the city, this-2 hour guided tour is perfect. Learn more about the city's gripping past with the help of your local guide by paying a visit to the Government House, Fort Charlotte and Fort Fincastle. Huff up to the ever popular Queen's staircase and stop by cultural sites like the Straw Market and Arawak Cay. Don't forget to explore the local rum cake factory. Sunset Dinner Cruise in Nassau: A unique and unforgettable experience indeed. Take this tour and lounge in a casual atmosphere on a sailing catamaran while sitting on the nets or mingling around the deck. Cruise your way through Paradise island Harbor and gaze at the breath-taking views of the Atlantis and amazing sunsets over the horizon. Nassau Guided Bike Tour: Take this 3-hour guided bicycle tour and explore 4 of the city's leading tourist attractions. Get up close and personal with the native animals and birds at the Ardastra Gardens and Zoo followed by a visit to The Fish Fry to do away with your hunger. Travel to the 18th century Bahamas at the slave and dungeon ruins of Historical Fort Charlotte. Nassau City Scavenger-Hunt Adventure: On this 1.5 hour scavenger hunt, get the adrenaline pumping as you race against time to hunt for clues and complete various challenges to get to know Nassau. Divide yourself into teams and get ready to explore the capital city armed with a marked map. Highlight of the tour includes the city's most appreciated spots, including the Queen's Staircase and Parliament Square, while collecting points and learning about the city's art, culture and history. Nassau Senor Frog's Food and Drink Package with Transportation: Indulge yourself in a wild evening filled with dancing, singing and laughing at Senor Frog's Restaurant in Nassau. On this 3-hour Senor Frogs experience, choose from 3 different inclusive packages of food, drinks and transportation. Blast from the Past Nassau Tour: Explore the capital city's most important historical landmarks during this 90-minute tour. Explore the Government House, Pompey Square, the British Colonial Hilton Fort Nassau and conclude your trip with a visit to Junkanoo Beach, where you can continue exploring on your own. Self-Guided Audio Tour of Nassau: Download a vibrantly voiced out mp3 audio guide combined with a map detailing the area of your tour. Indulge yourself to discover the beautiful city of Nassau. Settled in the Caribbean you'll be sure to relish the white sandy beaches and amazing weather. This audio tour will enrich your visit with intriguing snippets of history and quirky facts as well as introducing you to

some of the city's hidden gems. Experience Nassau: Meal in a Bahamian Home: Skip the fancy restaurants and enjoy a 4-course meal inside a cozy, Bahamian home. Explore the history behind delicious Bahamian cuisine as your hosts serve up a delicious, Bahamian dinner. Begin your meal with a welcome tropical cocktail and end with a coffee and good conversation. Segway tour: Experience the city's magnificent blue waters and beaches, as you and your Segway glide along the walkways lining Nassau Harbor. Visit Junkanoo Beach, The Fish Fry and enjoy a great view of historic Fort Charlotte atop the hill just above you. The Discover Atlantis Tour: This tour will amaze kids and adults alike! Explore the streets and tunnels of the lost city of Atlantis while viewing stunning marine life exhibits.(Cost: \$45 for adults; \$30 for kids 12 and under). However, the pass does not give you access to the Atlantis beaches or swimming pools, water slides, pool deck, or pool lounge chairs. Nassau Glass Bottom Boat Excursion: Take a ride on a glass bottom boat through Nassau's crisp waters to experience reefs filled with rare and exotic fish. Yacht Tour: The Bahamas are world-renowned as one of the finest luxury yacht charter destinations. One can take a Bahamas Yacht tour that involves everything from visiting deserted islands, swimming and snorkelling in the barrier reef along with halting at some great dining shops, spas, shopping, entertainment and sunset bars. One can select from a wide selection of motor yachts, sailing yachts and luxury catamarans.

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13. Transportation hubs

Airport: Lynden Pindling International Airport: The Airport serving the city of Nassau is Lynden Pindling International that finds itself around 13kms away from the city center. Major U.S. airlines have flights to Nassau and limited service from Toronto and London also exists. **Port:** Nassau Bahamas Cruise Terminal: The city is a favourite port for many cruise ships. Nassau Bahamas Cruise Terminal is located around 5.8kms away from the city center. **Ferry Terminal:** P.I.F.T: A Ferry Terminal that finds itself located 5.8kms away from the city.

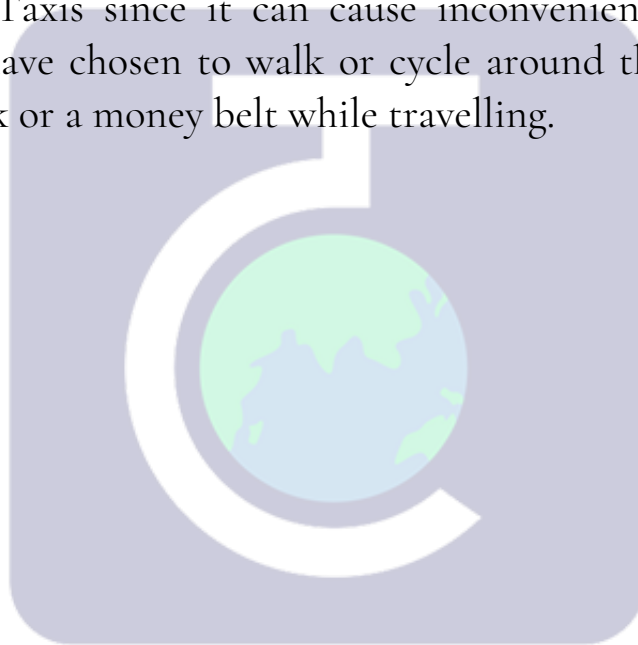


14. Transportation cost

Walking around some parts of the city is economical and one gets to experience the other side of Nassau. Distances are very short and a walking tour offers for some great experience. One could also make use of various transport that the capital has to offer. From water taxis, Minibuses (jitneys) to taxis, scooters and bikes, explore the town around at your own convenience – Watertaxi: One can make use of this service to travel to Paradise island from downtown. One roundtrip ride costs around B\$6. Minibus/Jitneys: The local bus system of the city and New Providence island. The most famous bus is #10 that covers most parts of the city. A bus will typically wait until it's full before departing. Understanding the various routes can be complex. The buses have destinations painted on the bus and one journey costs around B\$1.25 per person/per ride. Note: Minibuses operate from 06:30hrs to 19:00hrs. Taxi: The yellow licensed plates that look like minivans roam around the streets of Nassau and are equipped with meters but will usually refuse to use them, so agree on the fare in advance. The shortest of trips cost around B\$15-20. Scooters: One can also rent scooters to explore the area. The rates differ. For 4 hours, one is expected to pay B\$85, whereas for 8 Hours it is \$105 and for a full day it is around \$135.

Index**15. Baggage allowance**

One might have difficulty carrying heavy amount of baggage if travelling by cars or taxis for surcharges may apply for more than two persons and extra luggage. However, you can always request to be charged by the taxi meter, rather than a flat rate. When it comes to commuting through public transportation within the city, make sure not to carry heavy amount of luggage especially in Jitneys, Scooters and WaterTaxis since it can cause inconvenience to self and those around you. If you have chosen to walk or cycle around the city, make sure to carry only a backpack or a money belt while travelling.



Index

16. Must try food and local savouries

If you are looking for some authentic version of the Caribbean meals, wander around the food markets and street stalls that deal with the local dishes. When visiting Nassau Paradise Island, an authentic Bahamian dinner is an absolute must! Combining Spanish, West African and British influences, the flavors of The Bahamas will take you on a culinary journey you won't soon forget. Groove to the reggae and calypso music while making a toast to the sunset with your cocktails made from island-distilled rum and get lost into the dishes made from local ingredients – Grouper: One of the most frequently enjoyed catches on the island is the grouper – a fish with light flavor similar to that of bass or cod. Commonly grilled or fried, it is a delicious regional dish that you won't want to miss. Souse: No dinner is complete without an appetizer and souse (pronounced “sowse”). This delicious, savory stew combining onions, lime, celery, peppers, and meat is beloved on the island. Conch: A must-try meal list wouldn't be complete without conch (pronounced “konk”). This Bahamian specialty can be enjoyed in a variety of ways, including cracked conch, conch chowder, conch fritters, and conch salad. Peas n' Rice: Pigeon peas, a common bean of the Caribbean, with rice is a staple in The Bahamas. As a signature side dish for local fare, there's no way you can leave paradise without trying this island classic. Bahamian Johnny Cake: As the unofficial bread of the Bahamas, the Bahamian Johnny Cake is a local must-eat! While the word “cake” conjures up visions of sweet treats, Johnny Cake resembles more of a cornbread or another dense loaf, and is a delicious addition to any meal. Bahamian Rock Lobster: Bahamian rock lobster is a local delicacy that's definitely worth a try. Enjoy these tasty crustaceans broiled, minced or used in a fresh salad. Rum Cake: A taste of rum is a requirement while visiting Nassau Paradise Island – it is one of the most popular beverages in The Bahamas after all. Bahamian Stew Fish: A dark roux is combined with spices, tomato, celery, and onion to make a thick red sauce that is served over a partially pan-fried catch of the day (most commonly grouper or snapper). Baked Crab: A wildly popular dish among locals, crab is combined with bread crumbs, seasoning, and egg, and is then baked in the crab's original shell. Guava Duff: Take guava, fold it into pastry dough, boil it, and you have guava duff. Often served with a

rum custard sauce, this local dessert is otherworldly good.



17. Restaurant & Nightlife

Foodies will rejoice in Nassau's restaurant range, from shabby shacks serving traditional Bahamian treats to exquisite eateries where slippers and shorts mean a big No, there's everything. Gorgeous locations, stylish designs and International plates rule the capital city and caters to all the tastes and budgets. Celebrity chefs wander around and play with the plates to serve you the best while locals make sure that you come back for more. Nassau covers all of the culinary bases and makes your gastronomic experience an unforgettable one! When it comes to the bustling nightlife, get ready to go wild. From live music to trendy bars and nightclubs, Nassau is a paradise for those looking for adventures after dark. With so many bars and lounges to choose from, there's always somewhere in the capital to dance to the sounds of a DJ, enjoy mugs of beer or share a quiet nightcap. Major areas to look out for: One casino Drive, Woodes Rodgers Walk and West Bay street. Here's our list of some favourite places to drink & dine –

Food -

Foodies will rejoice in Nassau's restaurant range, from shabby shacks serving traditional Bahamian treats to exquisite eateries where slippers and shorts mean a big No, there's everything. Gorgeous locations, stylish designs and International plates rule the capital city and caters to all the tastes and budgets. Celebrity chefs wander around and play with the plates to serve you the best while locals make sure that you come back for more. Nassau covers all of the culinary bases and makes your gastronomic experience an unforgettable one! When it comes to the bustling nightlife, get ready to go wild. From live music to trendy bars and nightclubs, Nassau is a paradise for those looking for adventures after dark. With so many bars and lounges to choose from, there's always somewhere in the capital to dance to the sounds of a DJ, enjoy mugs of beer or share a quiet nightcap. Major areas to look out for: One casino Drive, Woodes Rodgers Walk and West Bay street. Here's our list of some favourite places to drink & dine –

- **On The Porch:**

Address : 18 Village Rd, Nassau P.O.Box N-1207, The Bahamas

Location : 25.0645694,-77.31162789999996

Contact No : +1 242-394-1886

Website : <http://www.doongalik.com/q29zoipkjc8zemi7hv6rqiz9zoy97x>

Open / Close Time : Saturdays 09:00hrs-13:00hrs

- **Conchie Joes Food Truck:**

Address : Montagu Beach City Of Nassau P.O. Box N-1411, New Providence, Bahamas

Location : 25.0711538,-77.30702159999998

Contact No : +1 242-424-4862

Website : <https://www.facebook.com/ConchieJoes/>

Open / Close Time : Daily 11:30hrs-15:00hrs

- **Graycliff Restaurant:**

Address : West Hill Street, Nassau P.O. Box N-10246, New Providence Island

Location : 25.075836,-77.3455460000000

Contact No : +1 242-302-9150

Website : <http://www.graycliff.com/>

Open / Close Time : Monday-Friday 12:00hrs-14:30hrs & 18:30hrs-22:30hrs, Saturday-Sunday 18:30hrs-22:30hrs

- **Café Matisse:**

Address : Bank Lane, Nassau P.O. Box N-7148, New Providence Island

Location : 25.0771428,-77.3402095000000

Contact No : +1 242-356-7012

Website : <http://cafe-matisse.com/>

Open / Close Time : Tuesday-Saturday 12:00hrs-22:00hrs

- **The Poop Deck:**

Address : East Bay Street, Nassau P.O. Box SS-6233, New Providence Island

Location : 25.074439299999999,-77.317687799999999

Contact No : +1 242-393-8175

Website : <http://thepoopdeck.com/>

Open / Close Time : Daily 11:30hrs-22:30hrs

- **Montagu Gardens:**

Address : E Bay St, Nassau P.O. Box SS-6233, The Bahamas

Location : 25.0721743,-77.309138800000003

Contact No : +1 242-394-6347

Website : <http://stenigh8.wixsite.com/montagugardens>

Open / Close Time : Monday-Saturday 11:00hrs-15:00hrs & 18:00hrs-23:00hrs

- **Nobu:**

Address : One Casino Drive, Suite 13, Paradise Island P.O. Box SS-6519, Bahamas

Location : 25.083554,-77.3213650000000

Contact No : +1 242-363-2000

Website : <http://www.noburestaurants.com/>

Open / Close Time : Daily 17:30hrs-23:00hrs

- **Luciano's of Chicago:**

Address : E Bay St, Nassau P.O. Box SS-6233, The Bahamas

Location : 25.0768295,-77.3293304999999

Contact No : +1 242-323-7770

Website : <http://www.lucianosnassau.com/>

Open / Close Time : Monday-Friday 11:30hrs-15:30hrs & 18:00hrs-22:00hrs, Saturday-Sunday 18:00hrs-22:00hrs

- **Bahamian Club:**

Address : One Casino Drive Suite 6, Paradise Island P.O. Box SS-6519, Bahamas

Location : 25.084128,-77.3184739999999

Contact No : +1 242-3666508

Website

<http://www.atlantisbahamas.com/dining/finedining/bahamianclub>

Open / Close Time : Daily 18:00hrs-22:00hrs

- **Sapodilla Estate:**

Address : Nassau P.O. Box N-4777, The Bahamas

Location : 25.0698274,-77.4436891000000

Contact No : +1 242-327-2161

Website : <http://www.sapodillabahamas.com/>

- **Oh Andros:**

Address : Nassau P.O. Box N-4777, The Bahamas

Location : 25.0799533,-77.3585397

Contact No : +1 242-326-7115

Open / Close Time : Daily 11:30hrs-22:30hrs

- **Potter's Cay Dock Police Station:**

Address : Mackey St, Nassau, P.O. Box N-4777, The Bahamas

Location : 25.0772998,-77.3209344

Contact No : +1 242-393-8892

Open / Close Time : Daily 06:00hrs-23:00hrs

- **Twisted Lime Sports Bar & Grill:**

Address : Watercolour Cay, Nassau P.O. Box N-4777, The Bahamas

Location : 25.0744941,-77.42921860000001

Contact No : +1 242-327-0061

Website : <http://www.twistedlimebar.com/>

Open / Close Time : Daily 12:00hrs-14:00hrs & 11:00hrs-23:59hrs

- **Pirate Republic Brewing:**

Address : Woodes Rodgers Walk, Nassau P.O. Box N-4777, The Bahamas

Location : 25.078799,-77.34204399999999

Contact No : +1 242-328-0612

Website : <http://www.piraterеспублиcbahamas.com/>

Open / Close Time : Sunday-Tuesday 11:00hrs-19:00hrs, Wednesday & Thursday: 11:00hrs-22:00hrs, Friday & Saturday 11:00hrs-02:00hrs

- **The Daiquiri Shack:**

Address : W Bay St, Nassau P.O. Box CB-13500, The Bahamas

Location : 25.07332109999999,-77.40115200000002

Contact No : +1 727-393-2706

Open / Close Time : Daily 09:00hrs-23:00hrs

- **Senor Frogs:**

Address : Woodes Rodgers Walk, Nassau P.O. Box N-4777, The Bahamas

Location : 25.0791273,-77.3447370999999

Contact No : +1 242-323-1777

Website : <http://senorfrogsbahamas.com/>

Open / Close Time : Daily 11:00hrs-01:00hrs

- **The Green Parrot:**

Address : Nassau N 4831, The Bahamas

Location : 25.0791562,-77.32031649999999

Contact No : +1 242-322-9248

Website : <http://www.greenparrotbar.com/>

Open / Close Time : Daily 11:30hrs-00:00hrs

- **The Fish Fry:**

Address : West Bay Street, Nassau N3037, New Providence Island

Location : 25.079584,-77.35865239999998

Contact No : +1 242-425-7275

Website : <https://www.facebook.com/Fish-Fry-Arawak-Cay-185133004867474/>

Open / Close Time : Daily 10:00hrs-02:00hrs

- **Compass Point Beach Resort:**

Address : West Bay Street Gambier, P.O. Box CB-13500, Bahamas

Location : 25.063846,-77.4810648000000

Contact No : +1 242-327-4500

Website : <http://www.compasspointbeachresort.com-bahamas.com/en/>



Index**18. Average meal cost**

Economical Meal: B\$15-20 Mid – Segment Restaurant: B\$60-120 Luxury Dining: Above B\$150 Average cost of beer: B\$2-5 Average cost of water: B\$1-2



19. Shopping

Wander around the quaint streets to find great souvenirs for your friends back home or just walk into any exquisite boutiques to give your wardrobe a little twist. While you are in Nassau a different shopping adventure awaits you. Bump into a variety of local crafts, jewellery, clothing and other authentic items that reflect the culture and creativity of The Bahamas. Downtown Nassau is a shopaholic's paradise - from world-famous Straw market, unique souvenirs to handcrafted items, Havana Cigars and local handmade gifts, there's anything and everything. A visit to Festival Place for unique crafts, art and music is a must. The biggest advantage of shopping in Nassau is Duty-Free Shopping. In the year 1992, the Bahamian government took away the import duty on a huge range of luxury goods including watches, jewellery, liquor, cameras, china, fragrances and more. Get ready to save an average of 25-35% on a variety of items along with some space in your suitcases for the following shop – Bay Street: The capital city's main thoroughfare, Bay Street is considered to be the heart of the city and is known for shopping, duty free goods and the big brands. Straw Market: The ever world-famous straw market is all about handmade Bahamian crafts, gifts, souvenirs and items such as hand-woven straw hats, bags, mats, dolls, conch shell jewellery and wood carvings. Bargain though! Festival Place: An awesome place for authentic handicrafts made by local artisans, Festival place is a true reflection of the artistry and features over 45 artisans and trades people, as well as Bahamian sweets and treats, coffees and teas, a tour desk and a full-service post office. Mall at Marathon: Come here to an array of shops, a few cinemas and a food court. Truly a place where you can spend a day and all your cash. Old Fort Bay Town Centre: This shopping place is usually quiet and features a lot of stores along with restaurants. There are also public events held in this mall. Harbour Bay Shopping Centre: This upscale mall has a variety of shops including a bookstore and Starbucks. Less crowded than other malls, Harbor Bay is also home to exotic restaurants. The Linen Shop: Visit the store to buy from a nice selection of locally-crafted and cute items at reasonable prices. You can also pick traditional Bahamian souvenir for friends and family. There's also a "Book Nook" located here where you will be able to find wonderful books by local Bahamian authors.

Prince George Wharf: This historic cruise-ship wharf is home to souvenir stalls, fast-food outlets, the Junkanoo Expo (BS\$2) with displays of masks and costumes. Bahama Handprints: It is all about handmade interior design fabric, in tropical seashell or fish prints. Plunder: Fascinated of pirates? Head to this shop that specializes in pirate gear. From pirate tees, eye patches to a good selection of pirate lit for buccaneering bookworms, there's everything pirate-y. Bacardi Outlet: The name says it all. Get your duty-free Bacardi rum along with Bacardi-themed hats, towels, shot glasses and more at this two-story retail outlet. John Bull: Excelling in Duty free goods, this excellent chain is home to a magnificent variety of luxury goods. Perfume Shop & Beauty Spot: Smell good by choosing one of the perfumes from a vast collection of designer sniffs and international cosmetics. Atlantis Logo Stores: One of the most reputed souvenir stores located in one of the most famed resorts in the Caribbean, Atlantis Logo Stores has an extensive variety of of Atlantis souvenirs and gifts for both adults and children alike, including beach attire, t-shirts, towels, mugs, stuffed animals of Paradise Pals and postcards, plus housewares, artwork and crafts by local artisans and more. The Bahamas Craft Centre: Don't only go to Downtown Nassau for some shopping but pay a visit to The Bahamas Craft Centre that features approximately 100 booths selling everything from woven straw good to clothing and everything in between. You'll spot Bahamian handicrafts, paintings, sea treasures, blown glass, conch shell jewelry, rum cakes and candies, candles, Junkanoo art, steel drums, pine seed dolls and straw work, as well as Androsia, a unique Bahamian fabric. Bargaining is appreciated. Marina Village: Another great place to shop is Marina Village that is home to over 20 designer and retail shops spread over 65,000 square feet along with dining options ranging from casual restaurants to fine dining, grab-and-go snacks to Starbucks

20. Tourist benefits

The BBC or Broad based consumption tax is implemented on almost all goods and services that are imported, bought or sold for use in the Bahamas. There are two rates of VAT that are carried out in the country, one at a standard rate of 7.5% and other at a zero rate of 0%. Goods that are exported to the customers abroad are classified as exempt from VAT or zero rated. However, the 7.5% VAT is charged on hotels and home rentals along with other services to the guests. Most of the major islands have duty-free shopping on cameras, binoculars and telescopes, china and crystal, watches and clocks, jewellery, perfumes, fine linens and tablecloths, liquor and leather goods. The only things excluded are alcohol, tobacco, medicine and food. Duty free shoppers will be provided with an immediate VAT refund on the point of sale. Note: Global Blue Companies (GB) also offers VAT OFF process (VAT refund in the store) and supports 85% or 100% VAT OFF at register. The company also provides e-reports to Government and Business intelligence to Merchants (Market and Sales information) Upon arriving in The Islands Of Bahamas, everyone must fill out and sign an immigration form, keeping a portion of the card in hand until departing. An oral baggage declaration is required. If entering The Bahamas by boat, there is a flat fee to clear Customs and Immigration, which is \$150.00 for boats 30 feet and under and \$300.00 for boats 31 feet and over. This covers a vessel with three persons or less. Also included is a cruising permit, a fishing permit, Customs and Immigration charges and the \$25.00 Departure Tax is waived for up to three persons. Each additional person above three will be charged \$25.00 Departure Tax. Note: One can also buy Nassau day passes to explore the best of everything. Nassau Paradise Island day passes make it easy to explore some of The Bahamas' best attractions and add a little extra excitement and adventure to your vacation in Paradise. Various passes include – Pick up a day pass for the Sandals Royal Bahamian Spa Resort & Offshore Island to enjoy unlimited premium-brand drinks and delicious fare from the many Sandals Royal Bahamian restaurants. (Cost of the pass is B\$110 for a 10am-6pm OR 6pm-2am pass, or \$190 for a 10am-2am pass) Pick up a day pass to enjoy unlimited beach and pool access and free use of a mask, fins, and snorkel with Meliá Nassau Beach All Inclusive pass. (B\$35 for adults; \$25 for

kids 12 and under) Explore the British Colonial Hilton Nassau. Pick up the pass and you'll have access to the beautiful beach, lounge chairs, pool and comfortable changing facilities. (Cost: B\$65 per person) Get away from the hustle and bustle of the city and enjoy in the serene atmosphere of Graycliff Hotel. The pass includes a day at the pool, and a three-course lunch. (Cost: \$100 for adults; \$75 for children)



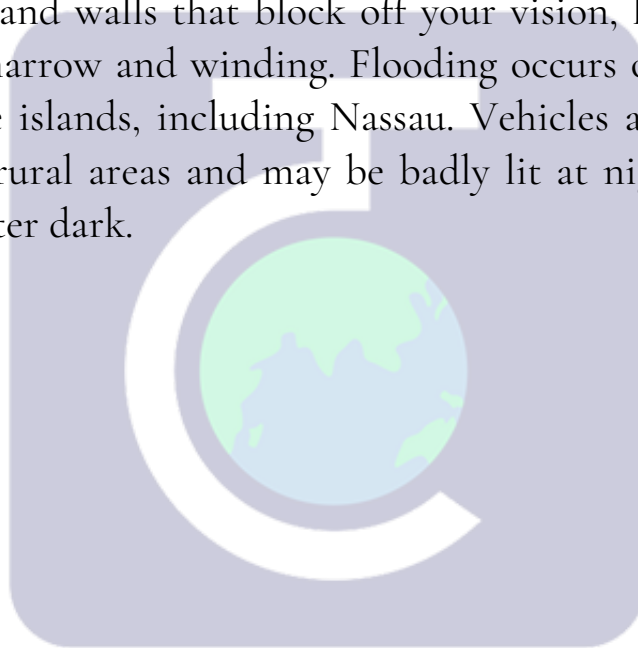
Index**21. Essential local apps**

Following are some of the applications that one can download on their smartphones – Bahamas News: Bahamas's leading newspapers for you to keep up Bahamas news throughout the day. Nassau Radio Stations: Groove to the tunes of all famous radio stations in the country.



22. Driving

British rules apply, drive on the left and be extra careful on roundabouts. Visitors may use their home licenses for up to three months and may also apply for an international driver's license. Pedestrians should remember to look right and left before crossing streets. It is the law that all drivers and their passengers wear seat belts while riding in a vehicle in The Bahamas. Nassau is pretty wild with narrow streets, huge traffic, and walls that block off your vision, hence drive carefully. Rural roads can be narrow and winding. Flooding occurs on roads in low-lying areas throughout the islands, including Nassau. Vehicles are in a poor state of repair, especially in rural areas and may be badly lit at night so one should be cautious if driving after dark.



23. Travel essentials

Following are the necessary things to keep in mind while travelling in the country –

1. Adapter/Plug – The standard voltage in the country is 110V with a frequency of 60 Hz. Power sockets: type A / B in. Note: Most of the modern hotels have dual voltage with all the sockets in the room being 220 volts.
2. It is always advised to carry sufficient prescribed medicines as OTCs may not be allowed.
3. One needs to carry a money belt in order to avoid theft or pick pocketing.
4. A comprehensive travel insurance policy is essential for tourists. Medical insurance (you want coverage of US\$2,000,000) should include provision for repatriation by air ambulance, and your policy should also cover you for illness or injury, and against theft.



24. Essential clothes

Following are the necessary things to keep in mind while travelling in the country –

1. Adapter/Plug – The standard voltage in the country is 110V with a frequency of 60 Hz. Power sockets: type A / B in. Note: Most of the modern hotels have dual voltage with all the sockets in the room being 220 volts.
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Index**25. Local currency**

The currency is the Bahamian dollar (B\$), pegged to the U.S. dollar so that they're always equivalent. 1 USD = 1.00000 BSD



26. Change vendor's commission, ATM charges

Travellers can access major banks and ATMs in Nassau and the rest of the Bahamas. The main financial institutions here include the Royal Bank of Canada, the Bank of Nova Scotia and the First Caribbean Bank. ATMs typically accept cards from the Cirrus and PLUS networks, so come prepared with the appropriate type of card. Banks are likely to charge you with a foreign transaction fee in an ATM, hence make sure to confirm with your bank about the fee charges prior to your transaction. One can only take out a limited amount, so it is recommended to take out the maximum amount in one go. There are many shops, restaurants and hotels around Nassau and Paradise island that accept US dollars hence exchanging is not mandatory, however there are local shops that do not accept US Dollars so keeping some amount of local cash in handy is always recommended. One can exchange the currency at the airport at a decent rate. The exchange commission charged might be 5-6% higher than usual (1-2%), hence make sure to confirm the price prior to buying the currency. Credit cards are a safe way to carry money, but their use has become more difficult, especially in The Bahamas. Some establishments in The Bahamas might not accept your credit card unless you have a computer chip imbedded in it. However one should always travel with a Credit card. Note that, extra transaction fee is charged. Travellers cheques are accepted in the country but don't be too dependent on them.

27. Staying connected

Global System for Mobiles or GSM work the best on the island. Bahamas Telecommunications Company is mainly a GSM Network - but Nassau does have a coverage for CDMA. However make sure to unlock your phone prior to your travel in order to use any SIM card in the country. If your stay is for a longer period of time, it is recommended that you buy a prepaid card. Buying a phone can be economically attractive, as many nations have cheap prepaid phone systems. Once you arrive at your destination, stop by a local cell-phone shop and get the cheapest package; you'll probably pay less than \$100 for a phone. If one wants the local SIM of the country, pay a visit to Bahamas Telecommunications Company. However to buy a SIM card/Phone/Prepaid Card, you will need a Xerox of your Passport for identification purposes. Also, the biggest advantage in Bahamas is the fact that a 100% digital switching system permits direct-distance dialling to more than 100 nations. When it comes to countries like US and Canada, one need not worry for they are a direct-dial away and most hotels provide direct-dialling service from guest rooms and/or the conference center. Note: The old coin-operated phones are still prevalent in The Bahamas and do still swallow coins. However these old phones are gradually being replaced by phones that use calling cards.

28. Time Zone

Nassau observes Eastern Standard Time between November 6th -March 13th and is 5 hours behind the Coordinated Universal time (UTC-5h), whereas between March 13th-November 6th, it observes Eastern Daylight Time, which is 4 hours away behind Universal Coordinated Time(UTC-4h).



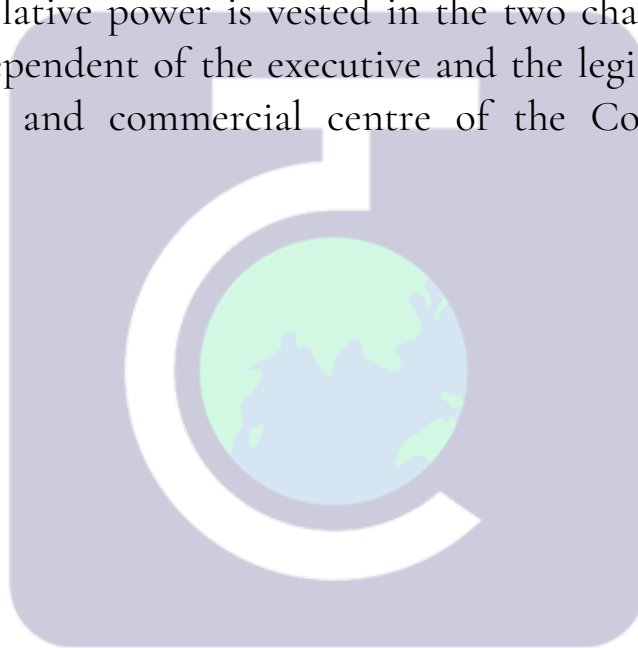
Index**29. Languages**

The official language of the Bahamas is English that is influenced by the Bahamian dialect. The Bahamian English is a mixture of Queen's diction, African influence and island dialect. For example: The "h" is often dropped, so it sounds like "ouse" for "house" or "t'anks" for "thanks."



Index**30. Political Scenario**

The politics of the Bahamas takes place within a framework of parliamentary democracy, with Prime Minister being the head of government. Being an independent country and a member of Commonwealth of Nations as a former British colony, the political and legal traditions follow those of the United Kingdom. Queen Elizabeth II is the head of state, but executive power is exercised by the cabinet. Legislative power is vested in the two chambers of parliament. The Judiciary is independent of the executive and the legislature. Nassau is the capital, largest city, and commercial centre of the Commonwealth of the Bahamas.



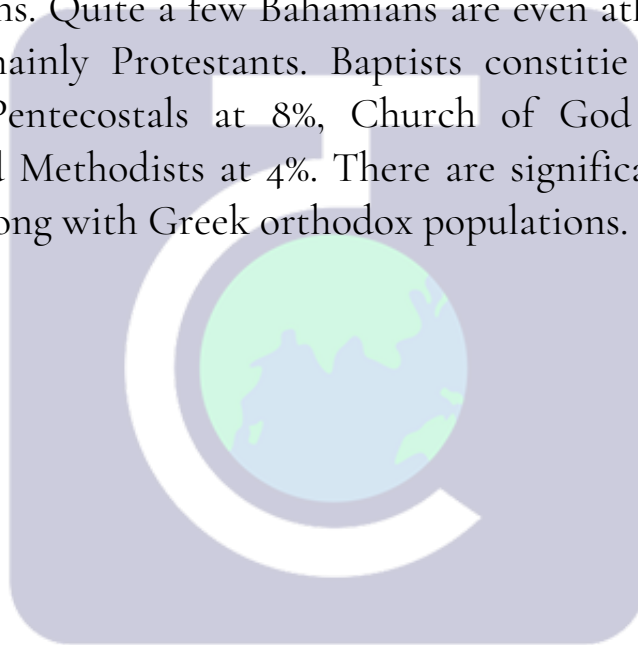
31. Economic Scenario

Nassau is a tourist and international-banking centre. Domestic exports include crawfish (spiny lobster), other seafood, fruit and vegetables, rum, and crude salt. Tourist plays a major role in the economy of the country along with various seaport activities and small-scale industries.



Index**32. Religious belief**

Christianity is the dominant religion in the Bahamas. The religious denominations in the Bahamas include Assembly of God, Anglican, Baptist, Ba'hai Faith, Christian & Missionary Alliance, Bretheren, Christian Science, Greek Orthodox, Jehovah's Witnesses, Jewish, Latter Day Saints (Mormon) Lutheran, Presbyterian, Roman Catholic, Seventh Day Adventist and other smaller denominations. Quite a few Bahamians are even atheists (non-religious). The Bahamas are mainly Protestants. Baptists constitute 35% followed by Anglicans at 15%, Pentecostals at 8%, Church of God at 5%, Seventh-day Adventists at 5% and Methodists at 4%. There are significant Roman Catholics 14% in the country along with Greek orthodox populations.



33. Visa requirements

Nationals of the European Union do not require a visa to enter The Bahamas. This includes travellers having the nationality of and holding a passport issued by the UK, Ireland, France, Spain, Portugal, Germany, Austria, Belgium, Italy, Greece, etc. To enter The Bahamas, citizens from countries other than the US and Canada are required to present a valid passport which must be current up to your travel period and some countries are also required to have a Bahamas visa. You must also have a return, or onward journey ticket, hotel confirmation (if staying at a hotel, or name and address of residence) and proof of funds to support your visit. For more information with regards to your country, follow the link below – <https://bahamas.travisa.com/VisaInstructions.aspx?CitizenshipID=IN&CountryID=BS&TravelerTypeID=TO&ResidenceID=US> If you are departing The Bahamas for a country that has the passport validity requirement of six months beyond the dates of travel, then that requirement will be enforced. You must also have a return, or onward journey ticket, and proof of funds to support your visit.

Index**34. Essential vaccination**

One needs to be any disease free before travelling in the country and during the visit in the country. Hence it is recommended that one should visit their General Doctor for a routine check-up. Also, when travelling to Bahamas, some basic vaccines are suggested – • Yellow Fever • Typhoid Fever • Malaria • Hepatitis A • Hepatitis B



35. Theft and Safety

At the moment the crime rate in Nassau is high and US Department of State has labelled New Providence "Critical" and Grand Bahama "High". Hence do keep the following things in mind –

- The "Over-the-Hill" area south of downtown is the poorest part of Nassau, and tourists might want to be wary.
- There are various criminals who target restaurants and nightclubs frequented by tourists. The most common approach is to offer victims a ride, either as a "personal favor" or by claiming to be a taxi, and then robbing and/or assaulting the passenger once in the car. Take care to ride only in licensed taxis, identifiable by their yellow license plates.
- Be wary of the natives offering goods and services. They will tell you anything to get you jet-skiing, on booze cruises, etc.
- Locals may solicit tourists with offers of marijuana, hair-braiding services, or a taxi ride. However do not accept such kind of behaviour.
- Most Cuban cigars for sale in Nassau are counterfeit. Buy only from reputable dedicated tobacconists. See warning on main Bahamas page.
- Crime previously among drug-related groups has now moved toward armed robberies of tourists.
- You always hear about the murders on the Paradise Island Bridge; it doesn't look very safe so do not even try to wander around the area at night. Be careful when crossing the roads as well, as Bahamian people drive like crazy. Watch out especially for the pick-up truck drivers.

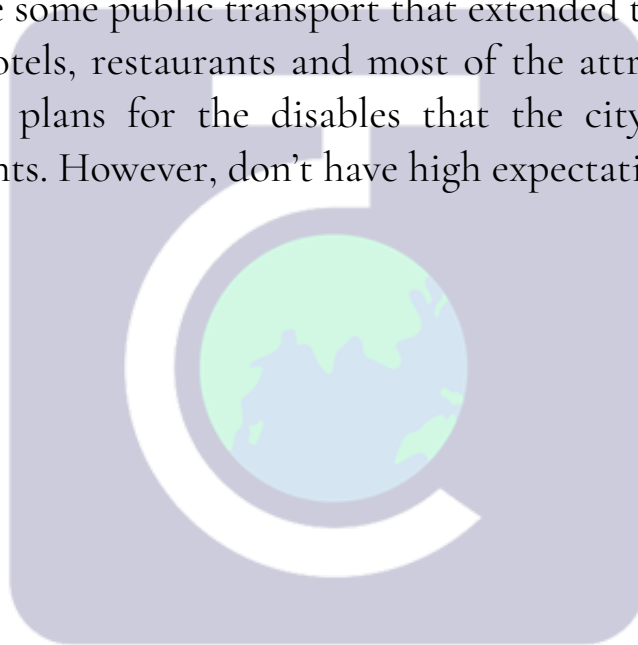
Index**36. Embassy/Consulate**

For information on various embassies and consulates, follow the link below –
<https://www.embassypages.com/bahamas>



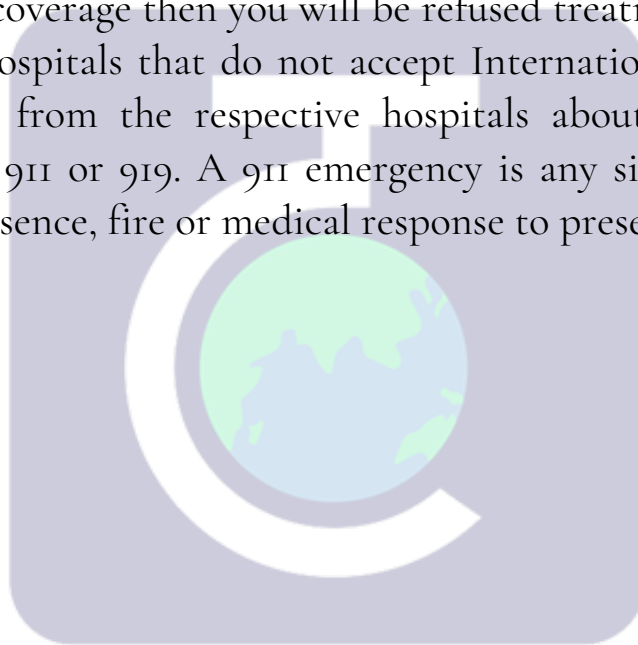
37. Accessibility

While in Bahamas, individuals with disabilities may find accessibility and accommodation very different from what they find in their home country. The law only mandates access to new or remodelled public buildings for persons with disabilities, which is being enforced for new construction. Nassau being one of the island cities and the capital city is quiet decent for people with reduced mobility for there are some public transport that extended their hands to the aid. Special services at hotels, restaurants and most of the attractions are common. There are attractive plans for the disables that the city has to offer, be it retirement or discounts. However, don't have high expectations.



38. Emergencies

Following hospitals should be on your list in case of any emergencies – Doctors Hospital Address: #1 Collins Ave, Nassau, The Bahamas Phone: +1 242-302-4600 Princess Margaret Hospital Address: Nassau, The Bahamas Phone: +1 242-322-2861 Note:. All the above hospitals accept traveller's health insurance, however if you fail to present a valid credit card, sufficient funds in cash or check and a proof of traveller's insurance coverage then you will be refused treatment. There are some public and private hospitals that do not accept International health insurance, hence double check from the respective hospitals about the same. For any emergencies contact 911 or 919. A 911 emergency is any situation that requires immediate police presence, fire or medical response to preserve life or property.



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39. Do's and Don'ts

Do's • Do enjoy the sun, sea and sand, but make sure you use sun screen. • Do sample gin & coconut water-a true, true Bahamian tradition! • Do go island hopping, by boat or plane-overnight or just for the day. • Do visit local Museums & Galleries to view local culture & history. • Do have a photocopy of your passport. Don't • Don't miss a chance to go dancing, Bahamians love to dance & party! • Don't step on black spikey looking creatures in the ocean (sea urchin). If you do, pour hot wax on your foot (Bahamian secret). • Don't go wondering alone at night. Like any other city in the world, keep your guard up. • Don't forget that you are driving to stay on the left side of the road. • Don't spend all your money, you will need \$15.- for departure tax at the airport when leaving the Bahamas. • Don't leave without sampling Bahamian cocktails-Bahama Mama, Bahama Papa & Bahamian Delight. • Don't climb the coconut trees to get your own coconuts, though. • Don't miss native fruit, such as: sour sop, sea grapes, sugar apples, mangoes & sappadillies. • Don't be afraid to try local delicacies-souses, smothers and boils. Everything fried is good! • Don't leave your drink unattended. Rufies exist in the Bahamas same as in the states. • Don't buy or smoke marijuana. American's get arrested - not the dealers. Undercover cops love to arrest tourist and give them a huge fine and a couple nights in jail. • Don't flash your money around. • Don't go topless as it is against the law.

Index**40.Tipping basics**

The tipping charge in Bahamas is around 15% and tipping is considered customary in the country. Taxis drivers need not be given any tip unless you have hired them on a full day basis, then a tip of 15% is expected to be given. In hotels it's upon you to give the tip to the maids or the bell boys which is around \$1-2per bag whereas in restaurants a tip of 15% is charged.

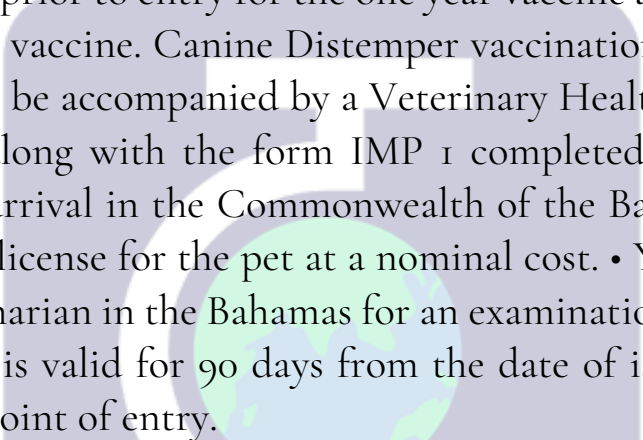


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41.Pet info

The Bahamas do not quarantine healthy dogs and cats who meet the following requirements:

- Import Permit from the Ministry of Agriculture, Trade and Industry (Nassau). The import permit is valid for one year from the date of issue but only for a single entry into the Bahamas.
- Your pet must be 6 months of age or older to enter the Bahamas.
- Rabies vaccination not less than 1 month and not more than 10 months prior to entry for the one year vaccine and not more than 34 months for the 3 year vaccine. Canine Distemper vaccination is also required for dogs.
- Your pet must be accompanied by a Veterinary Health Certificate for the Bahamas presented along with the form IMP 1 completed within 48 hours of entry at the time of arrival in the Commonwealth of the Bahamas. At that time you will obtain a pet license for the pet at a nominal cost.
- Your pet will need to visit a licensed veterinarian in the Bahamas for an examination within 48 hours of arrival.
- The permit is valid for 90 days from the date of issue. There will be a customs duty at the point of entry.



Conclusion – Why to select this destination

There's a slogan that says 'It's better in the Bahamas' and it truly justifies when you visit Nassau. What's better than lounging on beautiful white-sand beaches with turquoise tides and delightful dolphins? What's better than hogging into some fresh seafood right out of the ocean? What's better than filling your suitcases with Duty free shopping goods? Everything's better on this land that is known for its natural beauty and tropical climate. One of the most growing tourist destinations, Nassau has successfully made it to several bucket lists. Founded by the British in the mid-17th century, Nassau has been home to everyone from pirates, run-away couples to young rebel youth and International bankers today. A perfect blend of historical paradise lost in the modern world, Nassau boasts various buildings and architectural gems that are worth checking out - from the Government house that sits on the island's highest point to Queen's Staircase that leads to the ruins of Fort Fincastle and everything in between, there's a lot to see. One destination that cannot be given a miss while in Nassau is the Paradise island that is home to one of the biggest resorts in the country where one can enjoy in a walk-in-aquarium, water park, pools, casinos and so much more. Nassau is a perfect vacation spot that also excels in top-notch restaurants and bars, adventure sports like snorkelling, swimming with the dolphins and shark diving etc. Canadian astronaut, Chris Hadfield when asked about his “spaceship’s-eye” views from the International Space Station, said, “The most beautiful to me are The Bahamas, the vast glowing reefs of every shade of blue that exists.” And we totally agree with that statement. This magical place of enchantment awaits you to get lost into the world of Atlantis, spectacular powdery white beaches and crystal clear blue waters. Nassau is a perfect family-vacation spot that one can ask for!

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