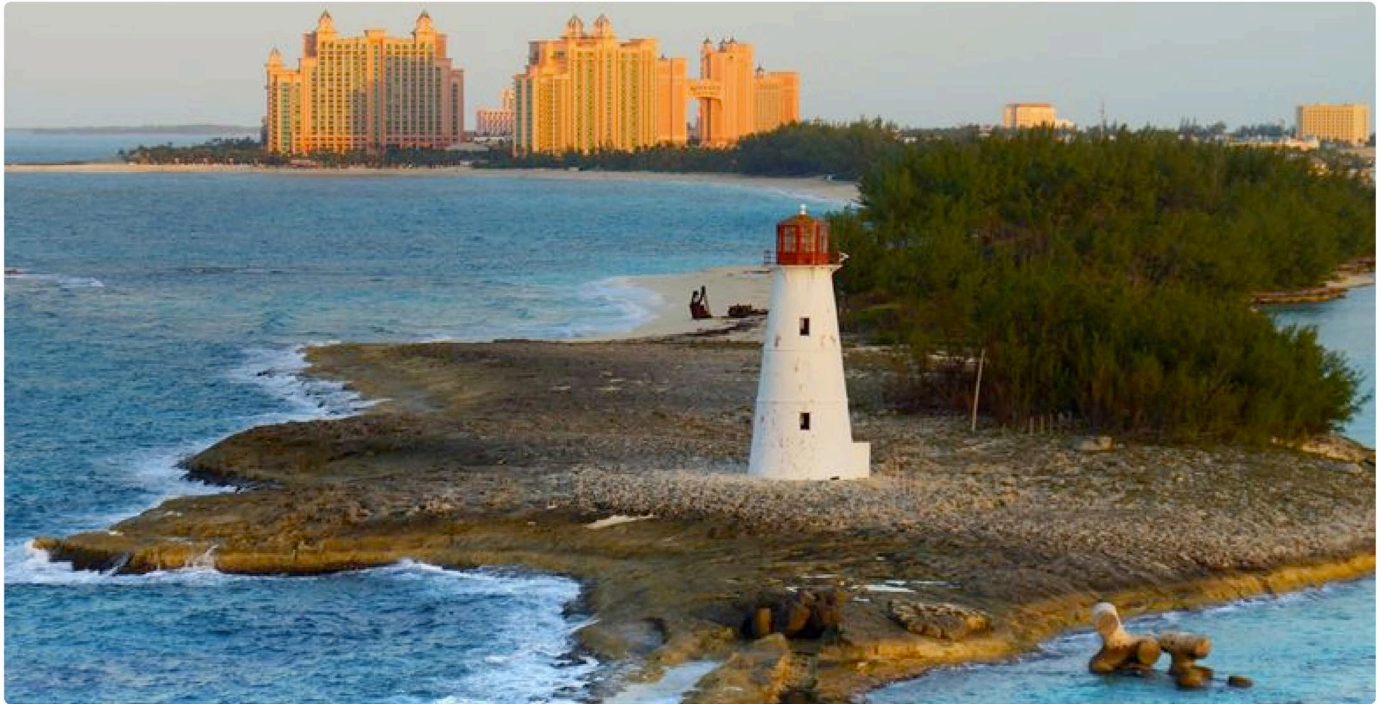




TripPlanner.co  
TripPlanner.co

hello@tripplanner.co  
<https://www.tripplanner.co>



**Nassau**

## Trip Summary

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### Day 1

Nassau - The City

Nassau - Do & See - Dolphin Encounters, Sandy Toes, Powerboat Adventures, John Watling's Distillery, Ardastra Gardens, The Heritage Museum of the Bahamas, The National Art Gallery of The Bahamas, Pirates of Nassau Museum, Seahorse Snorkel and Sailing Excursions, Tru Bahamian Food Tours, Caribbean Birding Trail, Queen's Staircase, Clifton Heritage National Land and Sea Park, Christ Church Cathedral, Beaches, Wellness Spa Bahamas, Dermalogica Skin Centre

Nassau - Dining - Café Matisse, Dune at The Ocean Club, Carmine's, Graycliff Restaurant, Goldie's Conch House, Bahamian Club, Bahama Grill, Sapodilla, Cafe Martinique, Compass Point

Nassau - Cafes - Athena Café & Bar, Gregory's Mediterranean Delights, McKenzie's Fresh Fish and Conch, Oh Andros

Nassau - Bars & Nightlife - The Daiquiri Shack, Booze & Cruise, Atlantis Casino, Twisted Lime Sports Bar and Grill, Compass Point Outdoor Ocean Bar, Señor Frog's, Aura Night Club, Club Waterloo & Shooters Bar, Sea Glass

Nassau - Shopping - Doongalik Studios, Straw Market, Coin of the Realm, Tag Heuer Boutique, Marina Village at Atlantis, Bahama Hand Prints, Crystal Court Shops, La Casita, Brass and Leather, Diamonds International, His Fashion

Nassau - Tourist Information - Lynden Pindling International Airport, Time Zone, Public Transport, Taxi, Post, Pharmacy, Telephone, Electricity

## Day 1



### Nassau - The City

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



### Nassau - Do & See

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



#### Dolphin Encounters

Blue Lagoon Island  
+1 242 363 1003

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



#### Sandy Toes

Rose Island, New Providence  
+1 242 363 8637

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





### **Powerboat Adventures**

Atlantis Bridge, Bahamas  
+1 242 363 1466

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



### **John Watling's Distillery**

17 Delancy St, Nassau  
+1 242 322 2811

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



### **Ardastra Gardens**

Chippingham Road, Nassau  
+1 242 323 5806

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



### **The Heritage Museum of the Bahamas**

West Hill St, Nassau  
+1 242 302 9150

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



### **The National Art Gallery of The Bahamas**

West & West Hill Streets, Nassau  
+1 242 328 5800

The National Art Gallery of The Bahamas is the premier arts institution in The Bahamas. This gallery is excellently curated and definitely worthy of a visit. Four decades of Bahamian Art are exhibited, from 1973, the year of Bahamian Independence, to the present.



### **Pirates of Nassau Museum**

King and George Streets, Nassau  
+1 242 356 3759

Nassau was the base for the greatest concentration of pirates during the 17th century. The museum, located in downtown Nassau, is fun, informative, cleverly put together, and gives a great portrayal of a pirate's life. Board a replica of the pirate ship "Revenge" and let the adventures begin!



### **Seahorse Snorkel and Sailing Excursions**

Paradise Island Marina, Nassau  
+1 800 821 4505

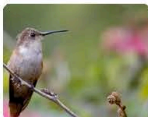
Spend a wonderful morning or afternoon sailing, sunning, and snorkeling out to one of the nearby reefs along Spruce Cay or Athol Island. Complimentary water and snacks are available throughout the tour, while rum punch and a full bar are available after snorkeling. En route back to shore, relax with a drink, listen to Bahamian music, and enjoy sailing aboard a state-of-the-art catamaran. This 3–3 1/2 hour tour departs daily from either the Ferry Terminal or Cruise Ship Dock.



### **Tru Bahamian Food Tours**

George St. off of Bay St, exact location is disclosed upon ticket purchase  
+1 242 601 1725

Tru Bahamian Food Tours offer a unique guided tasting and cultural walking tour that takes you on a 3-hour culinary adventure. Authentic Bahamian cuisine still remains largely unknown and often times inaccessible to the islands' annual visitors. Tru Bahamian Food Tours brings the authenticity of island flavor and specialties to you.



### Caribbean Birding Trail

Botanic Gardens in Nassau or Paradise Island

Despite its small stature, New Providence island boasts the second-most Bahamian, as well as Caribbean specialty birds, after Abaco. Many of the sites are accessible only by vehicle, so consider utilizing a birding guide. While the Bahama Woodstar is the only endemic species present on the island, there are still a wealth of other colorful, exotic birds to see. Look to the Cuban Grassquit and the Caribbean Dove as examples.



### Queen's Staircase

Elisabeth Ave, Nassau

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

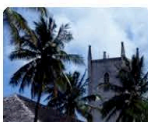


### Clifton Heritage National Land and Sea Park

South West Rd, Nassau

+1 242 362 4368

The Clifton Heritage National Park offers a series of educational programs that utilize archival documents, photographs, craft, songs, dramatizations, dance, story telling, audio and visual presentations, field trips, electronic lessons, readings, and site tours. One of the island's best kept secrets, the Park combines beautiful nature trails, historical ruins, amazing beaches, and guided tours.



### Christ Church Cathedral

George Street, Nassau

+1 242 322 4186

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



### Beaches

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

Junkanoo Beach

West Bay Street and Nassau Street

Nassau, New Providence Island

Cabbage Beach

Paradise Island (north side)

Nassau, New Providence Island

Cable Beach

Nassau, New Providence Island

Love Beach

10 miles west of downtown Nassau



### Wellness Spa Bahamas

Paradise Island Dr, Nassau

+1 242 438 3932

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





**Dermalogica Skin Centre**

Old Fort Town Centre, Nassau  
+1 242 377 7546

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



**Nassau - Dining**

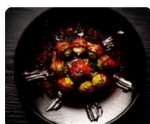
In the mood for fresh seafood, succulent meats or Bahamian traditional favorites? Perhaps you'd like to see today's fresh selection of rock lobster, snapper and conch. Nassau provides some of the finest dining with endless possibilities.



**Café Matisse**

Bank Lane and Bay Street, Nassau  
+1 242 356 7012

Dine al fresco in Café Matisse charming courtyard or on the veranda. The menu, which changes every three months, features homemade pasta, fresh seafood, real Italian pizza, and delicious desserts.



**Dune at The Ocean Club**

One Ocean Drive Nassau N.P Nassau, Bahamas  
+1 242 363 2501

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



**Carmine's**

One Casino Drive, Paradise Island  
+1 242 363 3000

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



**Graycliff Restaurant**

West Hill Street, Nassau  
+1 242 302 9150

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



### Goldie's Conch House

West Bay Street and Chippingham Road, Paradise Island  
+1 242 325 4300

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



### Bahamian Club

Atlantis, Paradise Island  
+1 242 363 3000

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



### Bahama Grill

West Bay Street, Nassau  
+1 242 356 4745

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



### Sapodilla

West Bay Street, Nassau  
+1 242 327 0611

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



### Cafe Martinique

Atlantis Paradise Island, Nassau  
+1 954 809 2100

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



### Compass Point

West Bay Street, Nassau  
+1 242 327 4500

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



## Nassau - Cafes

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



**Athena Café & Bar**

Bay Street at Charlotte Street, Nassau  
+1 242 326 1296

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



**Gregory's Mediterranean Delights**

George Street, Bay Street  
+1 242 356 7175

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



**McKenzie's Fresh Fish and Conch**

Potters Cay Dock Road & East Bay Street, Nassau

Great food without the pomp of touristy traps is what McKenzie's offers you. The conch salads are all individually made from this small shack. Seafood is balanced with fresh fruits and vegetables to create yummy extraordinaire.



**Oh Andros**

Arawak Cay, Nassau  
+1 242 326 7115

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



**Nassau - Bars & Nightlife**

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

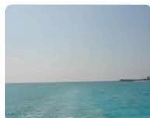






**The Daiquiri Shack**  
West Bay Street, Nassau

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



**Booze & Cruise**  
+1 242 363 8637

Enjoy a fantastic party with drinks like the famous Bahama Mama, rhythmic beats and a picturesque view of the sunset on board of a ship. You can even go snorkeling or swimming during the cruise.



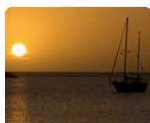
**Atlantis Casino**  
1 Casino Drive, Nassau  
+1 242 363 3000

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



**Twisted Lime Sports Bar and Grill**  
Olde Towne Marina, Sandyport Plaza  
+1 242 327 0061

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



**Compass Point Outdoor Ocean Bar**  
West Bay Street, Nassau  
+1 242 327 4500

The Outdoor Bar at Compass Point Beach Resort boasts some of the island's best views. Tropical libations and an extensive bar menu make this a viable option.



**Señor Frog's**  
Woodes Rodgers Walk, Nassau  
+1 242 323 1777

The motto "have fun, let yourself go and unleash your fiesta" already suggests what Señor Frog's is about. A great selection of cocktails and food to fill up even the hungriest of guests and lots of fun.



**Aura Night Club**  
One Casino Drive, Suite 35  
+1 242 363 3000

As one of the country's hottest nightclubs, Aura even draws celebrities. Bartenders keep the crowds energized as they dance the night away. The genre of music varies according to the crowd.



**Club Waterloo & Shooters Bar**  
East Bay Street, Nassau  
+1 242 393 7324

Club Waterloo claims to be Nassau's largest indoor/outdoor nightclub. With five bars, nonstop dancing, and live bands on the weekends, Waterloo has something fun up its sleeves.



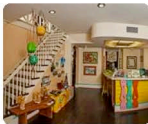
### Sea Glass

1 Casino Drive, Nassau  
+1 242 363 3000

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

## Nassau - Shopping

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



### Doongalik Studios

20 Village Road, Nassau  
+1 242 394 1886

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



### Straw Market

W Bay St, Nassau  
+1 242 302 9741

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



### Coin of the Realm

Charlotte Street, Nassau  
+1 242 322 4862

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



### Tag Heuer Boutique

Bay Street, Nassau  
+1 242 322 8389

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



**Marina Village at Atlantis**  
 1 Casino Drive, Nassau  
 +1 242 363 3000

World class shopping is offered at Atlantis Resorts through the Marina Village. Fine jewelry, watches, clothing, crystal, and everything in between is here. Peruse an assortment of luxury boutiques including Dooney & Bourke, Versace JC, John Bull, and Solomon's Sea Treasures.



**Bahama Hand Prints**  
 Ernest Street, Nassau  
 +1 242 394 4111

Bahama Hand Prints is a small factory and boutique where the tradition of hand screen-printing continues. A must do on any trip for unique take home gifts for yourself and friends.



**Crystal Court Shops**  
 1 Casino Drive, Nassau  
 +1 242 363 3000

The Crystal Court Shops are premier destinations for high-fashion. The finest in women's and men's apparel are available, spanning Amici, Cole's of Nassau, Faconnable, Island Gear with Tommy Bahama, Mademoiselle, Salvatore Ferragamo, and Versace.



**La Casita**  
 Bay Street, Nassau  
 +1 242 356 7302

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



**Brass and Leather**  
 Charlotte Street, Nassau  
 +1 242 322 3806

Find leather goods for men and women, including bags, shoes, and belts, at Brass and Leather. There're even luggage, wallets, fragrances, and more from the International collection at Fendi.



**Diamonds International**  
 324 Bay Street, Nassau  
 +1 800 515 3935

Diamonds International is the duty free leader in fine jewelry throughout the Caribbean and the Bahamas is no exception. There are three, convenient Bay Street locations in Nassau.



**His Fashion**  
 Old Fort Bay Town Centre, New Providence Island  
 +1 242 377 3900

Nassau's premier boutique for men's clothing and accessories is His Fashion. Featured brands include Ralph Lauren, Tommy Hilfiger, Nautica, Faconnable, Kenneth Cole, Reaction, Robert Graham, and Calvin Klein.



**Nassau - Tourist Information**





### Lynden Pindling International Airport

Windsor Field Road, Nassau  
+1 242 702 1010

Lynden Pindling International Airport, the major airport for the Bahamas, is located about 16 kilometers (9.9 miles) west of Nassau city center, and has daily flights to major cities in the United States, the Caribbean, Canada, and the United Kingdom.



### Time Zone

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



### Public Transport

Jitney Bus Public transportation service (referred to as jitneys) is available on several of the major islands, such as Nassau/Paradise Island and Grand Bahama Island. Fares vary, depending on the route, and exact change is required. Bus stops are marked.

Ferry Boats (water taxis) can take you between Nassau and Paradise Island while at the same time giving you a waterfront view of Nassau Harbor. Tickets can be purchased at the tour desk at Festival Place and at Woodes Rogers Wharf right next door.



### Taxi

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

Jermaine's Taxi & Tours +1 242 425 1789  
info@jermainestaxiandtours.com

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



### Post

East Hill Street, Nassau  
+1 242 322 3025

Bahama General Post Office



**Pharmacy**

Bay St, Nassau  
+1 242 323 0051

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

Lowe's Wholesale Pharmacy  
Soldier Rd, Nassau

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



**Telephone**

Country code: +1

Area codes in Nassau: 242



**Electricity**

Electrical outlets in The Islands Of The Bahamas are 60 cycles/120 volts, which is compatible with all US appliances. British and European appliances require a flat two-pin adaptor and 220-volt converter.