



## Things to do in the Bahamas!

### Historical

The Queen's Staircase- Commonly referred to by the local Bahamian People as "The 66 Steps" is a set of steps located on Nassau Island, and is a prominent part of any Nassau tour for guests. From all accounts the set of 66 steps that was carved out of the natural limestone wall by slaves (Native Nassauvians) between 1793 and 1794.

The Queens Staircase is 102 feet tall, and was so named in honor of Queen Victoria. Originally, the Queens Staircase was built to provide British troops a protected route to Fort Fincastle. Fort Fincastle was built on one of the highest points of the island as a lookout by the British Captain, Lord Dunmore in 1793. The Queens Staircase and Fort Fincastle were inspired by a desire to watch for encroaching marauders and pirates, however, neither was ever attacked.



Fort Fincastle, Nassau Bahamas, overlooking the town from Bennet's Hill was built by Lord Dunmore, about 1793 who named it after his second title, Viscount Fincastle.



In a letter to the Secretary of State of February 17, 1794, he describes it as "a battery upon a hill in this island to the Eastwards of the Government House mounting two 24 pounders, two 32 pounder Carronades, two 12 pounders, and one Howitzer, which not only covers the Battery in Hog Island (Paradise Island) but all the Town and Road to the Eastward where the enemy might probably have effected a landing."

The Pirate Museum- A museum on New Providence Island (Nassau) where you can tour a replica of a famous pirate ship. Also has a "pirate's pub" and gift shop. Admission is \$12 per adult and \$6 per child. The Golden Age of Piracy lasted for thirty years, from 1690 to 1720 and Nassau was at its heart. It was a tropical pirate paradise which attracted the greatest concentration of pirates ever seen in the New World. Nassau was well suited as a pirate base of operations, its waters were too shallow for large man-of-war ships but deep enough for the fast shallow draft vessels favored by pirates.



Fort Charlotte is a British-colonial era fort built on a hill over-looking the harbor of Nassau, The Bahamas. The fort sits a short walk east of downtown Nassau and the cruise ship terminal. The fort was constructed in the late 1700's by British colonial governor Lord Dunmore after the end of the American Revolutionary war. The fort has never been used in battle. Fort Charlotte is directly across the street from "The Fish Fry" and presents a refreshing walk through a historic fort. (There is a \$5.00 admission to tour the interior areas.)



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### **Aquarium/Theme Park** *(Note: It is extremely hard to get in without staying at either place.)*

Access to any of the following is included when you stay at the Comfort Suites or any wing of the Atlantis.

Atlantis Marine World- One of the worlds largest and most exclusive aquariums—the Atlantis has a variety of fresh and saltwater fish and breed and raise sting rays, sea turtles, hammer heads, and other varieties of shark, and have **three** saw-fish (like a sword fish but instead of a sword it looks like a chainsaw! They have a variety of viewing areas include submerged glass walkways, views from the inside of water park slides, and even a small petting aquarium with sea anemones, horseshoe crabs, conch, and more!



 Atlantis Digs- A dramatization of an archeological dig that uncovered the real underwater “Atlantis” with more fish tanks—a continuation of the Marine World Aquarium...viewing tanks with extremely large grouper, Piranhas, Man O War, Catfish, and even clown fish and seahorses.


 Atlantis Theme Park- A total of nine slides in the original development and new rides to choose from, most with inner tubes, some without, “lazy rivers”, pools, and hot tubs throughout the property. The most popular slide to is the “leap of faith”, an open faced slide positioned at about a 75 degree angle, reaching 13 stories high, shoots straight down and then bends into an enclosed glass tube that takes you through a shark tank. The neighboring slide, the serpent, is much slower paced—you go through the slide on the inside of the temple, and emerge in a glass tube inside the shark tank where you actually have time to enjoy the view.




### **Shopping/Casino**

Marina Village at Atlantis- Anyone can enter the shops. There’s a variety of upscale restaurants and shops with views of wonderful visiting yachts. Visit Dungalik, a boutique that sells original work and prints of Bahamian Artists—usually water color or mixed media.



 Stores inside Atlantis- Anyone can enter the main building of the Atlantis that have the casino and features luxury shopping. Stores inside include Versace Luxury Couture, Cole’s of Nassau., Gucci, John Bull, and The Humidor—they sell Cuban cigars and accessories, and have a little Cuban man in there making the cigars as watch.

 Casino at Atlantis- Anyone can enter the casino—they have several slots machines and several card tables. Incredible hand blown glass sculptures decorate the casino There are bars, restaurants and nightclubs.

### **The Straw Market**

The Straw Market- A great place to bargain for Bahamian crafts including jewelry, fans, instruments, hats, T-shirts, sarongs, sandals... You can also get your hair braided. The nice thing about the straw market is



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they are usually very negotiable and if the first person you talk to isn't---someone else will be. Please be fair.

### Downtown Nassau

#### RAWSON SQUARE



All the stores are situated right around the Bahamian Government building located in the heart of town known as **RAWSON SQUARE**. There is excellent shopping all over the Bahamas and the best part, there is no sales tax in the Bahamas, so everything is exactly the price as marked. We have everything from Solomon's mines (beautiful crystal, glass art, and exquisite fine jewelry), John Bull (upscale jewelry (including Tiffany's!), perfume and cosmetics), Gucci, Coach, great souvenir shops, Del Sol (t-shirts and accessories that change colors in the sun!) and many duty free liquor stores. The Beauty Spot—they have great makeup and perfume.

#### Government House is the official residence of the Governor General of the Bahamas.



The official residence of the Governor General of the Bahamas since 1801, this imposing pink and white building on Duke Street is an excellent example of the mingling of Bahamian-British and American Colonial architecture. The graceful columns and broad, circular drive recall the styles of Virginia or the Carolinas, but the pink colour, distinctive cross-laid cornerstones, and louvered wooden shutters are typically Bahamian. Government House is also undoubtedly the most secure building in The Bahamas. Currently, it is patrolled and manned by the Royal Bahamas Defense Force.

#### Nassau Public Library and Museum



The octagonal building near Parliament Square was the Nassau Gaol (the old British spelling for jail), circa 1797. You're welcome to pop in and browse. The small prison cells are now lined with books. The museum has an interesting collection of historic prints and old colonial documents. Check out the small native fruit and flower museum on the second floor, and ask to see the dungeon (usually locked) under the library where you can see wall etchings of clipper ships created by prisoners.

#### Registrar General's Department



The Registrar General's Department Areas of Responsibility are Registration of Deeds and Documents, Certification and Registration of Births, Marriages and Deaths, Companies Registration of Business Names, Registration of Commission Merchants, Intellectual Property Office (Patents, Trademarks & Copyright, Design Copyright)

And of course, if or when you plan on getting married we can take a scenic trip over to the Registrar General's Department to file all the needed paperwork.

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### Dining

**Luciano's** – One of the few waterfront restaurants – it used to be the home of a great Bahamian Family. It now services Italian fare and has wonderful ambiance and one of the best settings in town

**“The Fish Fry”** – It doesn't matter who you ask; inquire about the best seafood in Nassau and the locals all point you to “The Fish Fry”. The Fish Fry is a collection of colorful shacks on the shoreline all vying for your business with the most festive paint job and coziest outdoor patio. And for good reason—every native specialty's on order, they're fabulous, and you won't find a lot of these dishes anywhere but the Bahamas. Conch is king here—eat it fried, scorched, in chowder, or atop salad. There's also lobster fresh from the dock, grilled shrimp, and a vast selection of strong, fruity island cocktails featuring the island's famous rum (and virgin versions for little ones). Bahamian Conch is known throughout the world as the natural “Viagra” of the islands.



**Conch Fritters**- Located in downtown Nassau, this is the perfect place to have lunch after a day of shopping in the straw market -(you HAVE to try conch fritters while you're here They also have some other trademark Bahamian dishes like grouper fingers, peas 'n' rice. They do have some traditional “American fare”



**Graycliff** – (<http://www.graycliff.com/>)



Graycliff provides dining pleasures unmatched anywhere in the Bahamas, if not the world. Whether you're looking for an opulent full-service experience, or would prefer the more casual ambience of bistro dining, Graycliff provides the perfect variety of dining experiences to suit any mood or occasion. In addition Graycliff has received the prestigious Wine Spectators Grand Award for its exclusive Wine cellar - containing more than 250,000 bottles - and worth millions.

📍 **Montagu Gardens**- Also in Nassau, what used to be a family mansion with beautiful gardens and great food. The menu sort of blends Italian food with Bahamian cuisine. They also have a nice practice of providing transportation for guests who have reservations at no cost..

📍 **Columbus Tavern at the Paradise Harbour Club**. A restaurant overlooking the marina with a casual feeling—and wonderful hot breakfasts on Saturday and Sunday mornings. Located on Paradise Island.

📍 **East Villa**- A very unique blend of Asian and Bahamian cuisines! One of their most unique dishes is an Asian take on Bahamian Grouper—they do also have some just plain Chinese-inspired Dishes.

📍 **The Poop Deck**- A relatively casual feel, with an open setting, some of the best service and seafood in town. A little on the pricier side though. **Poop Deck West** - also provides Bahamian cuisine in a more elegant atmosphere and sits right on the beach

📍 **Senor Frog's**- A Mexican inspired bar and grill. Typical Mexican cuisine and a fun environment during the day. At night, it's a great club with lots of dancing and usually a live band.

📍 **Solomon's Wholesale Store**- On New Providence Island (Nassau). This is the best and most affordable grocery store and is similar to the Wal-Mart's of the United States.

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### Film

Nassau has featured as an important location in numerous James Bond novels and films. The most notable of the Bond films in Nassau is *Thunderball*, released in 1965. Most of the movie was based in Nassau, and the Junkanoo festival also figures prominently in the film, which starred Sean Connery.



Nassau was again the location for the 1983 Bond film *Never Say Never Again*, (a remake of *Thunderball*) also starring Sean Connery, and it is the setting for part of the action in the 2006 Bond film *Casino Royale* starring Daniel Craig.

In 1981, it was used as a location for the ocean scene (in the film portrayed as being in Greece) in *For Your Eyes Only*, where Kristatos (Julian Glover) attempted to eliminate Bond (Roger Moore) and Melina Havelock (Carole Bouquet) by tying them to his boat and dragging them through coral and shark infested waters.

Nassau was also featured in the famous Beatles movie *Help!*

At least one ship and one airplane from various James Bond movies have been sunk in the waters of Nassau. Stuart Cove offers dives to these.

Nassau is also heavily featured in the novel *Tobin in Paradise* by Stanley Morgan. The story is centered around the visit by the main character, Russ Tobin, to Nassau and Paradise Island, and the comedic events that ensue.

Nassau has also been the setting for several other recent movies including *After the Sunset*, *Into the Blue* and *Flipper*.

The capital hosted the games of the 2004 World's Strongest Man contest.

Atlantis Paradise Island was the venue for the 2009 Miss Universe pageant.

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### "Must-have" Bahamian

**Cigars** - Throughout the island you will find a wide variety of duty free Cuban cigars but there is also a world famous Bahamian Cigar. The Graycliff Cigar Company has achieved fame worldwide for its handcrafted cigars, produced within the lush tropical setting of Graycliff's prestigious resort. An enthusiastic cigar aficionado, Garzaroli dreamed of producing truly top-class cigars that would be perfectly compatible with the fine wine and cuisine that his restaurants were noted for.



### 🍷 Food & Beverages

Bahamas Goombay Punch- A carbonated fruit-punch drink that tastes mainly of pineapple. Similar is the Junkanoo Punch. Both are named after festivals celebrated in the Bahamas. In fact, you may be able to see a Junkanoo Festival downtown on the Bahamas Independence Day which is July 10 or Junkanoo in June celebrations. Official dates are Boxing Day (Dec 26<sup>th</sup>) and New Years.



- 🍷 Kalik- The Bahamian beer!
- 🍷 Bahama Mama- a cocktail of rum, coconut rum, grenadine, OJ and pineapple juice an island signature!
- 🍷 Conch Pearl- a pina colada with grenadine and a few other flavors to make it something a little more special!

- 🍷 Pina Colada- Bahamians are EXCELLENT at making pina coladas!
- 🍷 Daiquiris- there are several varieties, my favorite is strawberry, my brother's favorite is banana (they're also great with strawberry and banana mixed together) – Visit Twin Brother's at the Fish Fry or the STALL across from the Casino on Cable Beach.
- 🍷 Yellow Bird- made with light rum, Galliano, banana liquor, and orange & pineapple juices
- 🍷 Goombay Smash- white rum, dark rum, coconut rum, and pineapple juice
- 🍷 Peas 'n' Rice- onions, sweet peppers, thyme and tomatoes are simmered to create the popular staple – made with pigeon or black eyed peas. Crab n' rice, conch n' rice are other takes on this dish.
- 🍷 Grouper- a native fish, with several ways of eating it: stew, grouper fingers, or just a nice grilled filet.
- 🍷 Conch Fritters- the meat from the inside of a conch shell in batter and deep fried with a mildly spicy sauce for dipping. Other Great Conch dishes include Conch Chowder, or Conch Salad or Cracked Conch.
- 🍷 Guava Duff- a common guava-flavored dessert



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### Water Activities




 **Parasailing-** Get adventurous and go parasailing at least once! It's usually about \$40 per person, and you're up in the air for a minimum of 15-20 minutes while the boat speeds back and forth across the side of the island that faces Atlantis, the Paradise Island Beach Club, Ocean Club, and multi-million dollar homes. You can go up by yourself or in pairs! If someone wants to come along on the boat just to watch (or take pictures) it's usually about \$10.


 **Flying Cloud-** Go on a snorkeling/sailing cruise on a catamaran. One hour of sailing, one hour for snorkeling, and one hour sailing back—on the way back, there's dancing in the main cabin, and plenty of Rum Punch, and Yellow Bird or Goombay Smash cocktails.




 **Banana Boating-** A large inflatable raft that is shaped like a banana is strung behind a high-speed powerboat which create waves that let you and all your fellow passengers bounce around...it's fun and exhilarating. Prices are usually negotiable.





 **Hartley's Undersea Walk-** See how people explored underwater before scuba-diving was ever invented! You'll wear a helmet that supplies you with oxygen while you tour a reef with other tourists.


 **Scuba Dive Bahamas-** Excursions available for both certified and non-certified divers. Stuart's Cove and Bahamas Divers are available.

 **Powerboat Adventures-** be whisked away on a speedboat to a private island where you can snorkel and even feed stingrays, sharks, and iguanas.



 **Bahama Booze Cruise-** Drink, dance, and even snorkel on a glass-bottom party boat! Unlimited drinks are provided for with the cost of admission. Day and Night cruises available—day cruises usually include lunch. (I've never actually done this before, but it's supposed to be very fun!)

 **Fast-Ferry Cruise to Harbour Island-** Take a day-long cruise to harbor island which includes lunch and a tour of the historic buildings, and plenty of time to enjoy the PINK sand beach!

 **Bahama Boat Tours –** Private Site Seeing, Snorkeling, Tubing, Fishing, Water Skiing, Wake Boarding and more! [www.bahamaboattours.com](http://www.bahamaboattours.com)



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