



# Bahamas Northern Islands



**PALM BEACH YACHTS**  
*International*

# Nassau/Paradise Island

Nassau is boasting with Bahamian and British flavor. The capital city of the Bahamas has miles of spectacular beaches and stretches of vivid coral reefs perfect for snorkeling.

Shop, dine, and sightsee, particularly along busy Bay Street, or if you're a James Bond fan, visit the British Colonial Hotel, which was used as a filming location for two of the Sean Connery-era movies.

Visit during the famed Junkanoo Festival to experience a high-energy parade of spectacularly costumed dancers.



# The Abacos

The Abacos are a group of islands and cays that form a 120-mile-long chain stretching over 650 square miles. The coastlines are scalloped with bays, coves and protected harbors that feature full-service marinas and resorts. Great Abaco Island and Little Abaco serve as the "mainland." Marsh Harbour has a lively downtown area with all city amenities. Treasure Cay boasts miles of pristine beaches, including one of the top 10 beaches in the world. Elbow Cay and Green Turtle Cay are old English loyalist settlements, where you'll find beautifully preserved colonial architecture with a touch of Bahamian pastels, of course. And Guana Cay is famous for Sunday barbecues atop the island's tall sand dune, which overlooks a magnificent 7-mile-long beach.



# Harbour Island



Only 3 miles long and half a mile wide, Harbour Island - known as "Briland" to locals - sits just a mile off the better-known island of Eleuthera. Harbour Island's hub, Dunmore Town, gained fame as the original capital of the Bahamas, and the island still retains a Georgian architecture, marked by pastel-colored buildings, white picket fences and bougainvillea-draped doorframes.



# Bimini

Bimini consists of two main islands—North Bimini Island and South Bimini Island—and numerous cays. The history of Bimini is as fascinating as the islands themselves. Just 50 miles from the United States, they served as a convenient offshore speakeasy and liquor store during prohibition. Rumrunners used to store their stash on the nearby shores. And speaking of rum, Ernest Hemingway called Bimini his summer home. Jimmy Buffett spent time here while writing his book, and Martin Luther King, Jr. even composed parts of his Nobel Peace Prize acceptance speech while sailing with local boat builder, Ansil, who still lives on the islands today.



# Need To Know...

- **Time Zone** - The Islands Of The Bahamas is in the Eastern Standard Time Zone.
- **Currency** - The Bahamian dollar is held on par with the US dollar and both are accepted interchangeably throughout the islands. Credit cards and travelers checks are accepted at most locations on Nassau/Paradise Island and Grand Bahama Island. +PLUS and Cirrus ATMs can be found at banks on Nassau/Paradise Island, Grand Bahama Island and on most of the major Out Islands.
- **Driving Laws** - British rules apply, so please 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 before crossing streets.
- **Duty-free Shopping** - Most of the major islands have duty-free shopping on cameras, binoculars and telescopes, china and crystal, watches and clocks, jewelry, perfumes, fine linens and tablecloths, liquor and leather goods. Savings on these items are between 25–50% below US prices.
- **Best Time To Visit** - Anytime of year is great for visiting as the average temperature is about 75 - 80 degrees year round. It rarely rains in the "winter" months and doesn't get below 60 degrees.
- **Music** plays a big part in Bahamian culture. Throughout the islands, you'll hear traces of African rhythms, Caribbean calypso, English folk songs and our unique Bahamian goombay traditional music, which combines African musical traditions with European colonial influences. Goombay can be traced back to slavery and is storytelling and dancing performed to a fast-tempoed "goom-bahhh" beat on a goatskin drum.
- **Bahamian Cuisine** - Being an international destination, you can rest assured that you can find any type of food here. But while you're here, give your taste buds a chance to discover Bahamian cuisine. It's spicy and uniquely flavored. Seafood is the staple of our diet. Fresh conch scored with a knife and sprinkled with lime juice and spices is delicious. Other delicacies you'll enjoy are land crabs and the Bahamian "rock lobster." Many dishes here are served with pigeon peas and rice mixed with spices, tomatoes and onions. Wash down our cuisine with a cold beverage like a Kalik or Sands (beers of The Islands Of The Bahamas), a Bahama Mama, or Goombay Smash. There's also a Bahamian favorite that we call "Sky Juice," coconut water blended with sweet milk and gin. And don't forget to try Switcher, a refreshing drink made from native limes.

# More You Need To Know...

- **Bush medicine** is using indigenous plants for medicinal purposes. It's a tradition African slaves brought with them when they came here. There are almost 100 plants found here that can be used for medical treatment. Examples include aloe vera, crab bush, fig leaf, sailors' flowers and white sage.
- **Junkanoo** is uniquely Bahamian and exists nowhere else. It's an incredibly energetic, colorful parade made up of brightly costumed Bahamians dancing and "rushin" to the music of cowbells, drums, horns and whistles. It is widely believed that Junkanoo was created by John Canoe, an African tribal chief who demanded the right to celebrate with his people even after he was brought to the West Indies as a slave. Celebrated since the 16th or 17th century, today Junkanoo has grown into an organized event with groups of up to 1,000 persons competing for cash prizes for best music, best costume, dancer, banner and best overall group presentation. Traditionally held on New Year's Day, Boxing Day and Independence Day, parades are also held during the annual "Junkanoo Summer Festival" and the "Just Rush" competition. In addition, many hotels offer Junkanoo shows for their guests throughout the year.
- **Religion** is important in the lives of the Bahamian people. Even small communities have several churches. Our religious devotion is evidence of the Eleutheran Adventurers and their Puritan influences.
- **Straw Market** - Explore one of our straw markets and bring home a piece of Bahamian culture. You'll find handmade hats, mats, baskets, woodcarvings and guava jellies. Test your bargaining skills and get a good deal on a great piece.

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