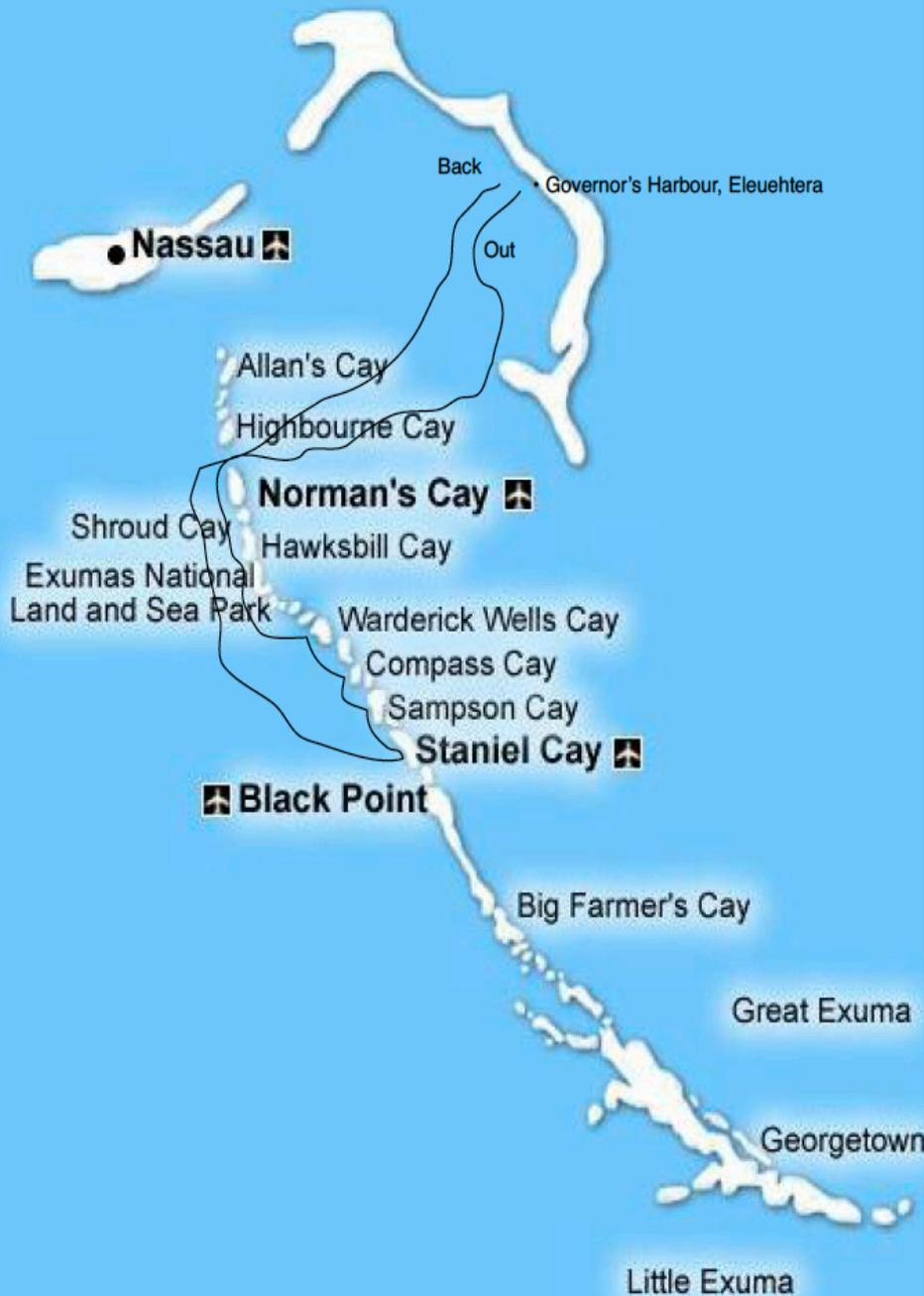




# Bahamas

## The Exumas





The name of the chain has its origins in Amerindian words “Yumey” and “Suma.” After the Revolutionary War, many of those loyal to England’s king fled to these islands and tried to establish cotton plantations. The Cotton House in William’s Town recalls this era. Salt farming was another prominent industry and in some areas, salt pans are still visible.

# Highbourne Cay

Highbourne Cay is known world-wide as the gateway to the ultimate islands – The Exuma Cays. Uniquely, the privately owned island welcomes yachtsmen and guests to its first-class marina and luxury cottages. Due to tremendous popularity, reservations for both are strongly recommended.

Highbourne's eight beaches – deserted pieces of paradise, all within walking distance of the Marina – are among the best-kept secrets in The Bahamas!



# Shroud Cay



Shroud Cay, an uninhabited cay owned by Exuma Park, is an archipelago of cays and rocks surrounding a shallow tidal mangrove salina which serves as a unique nursery for conch, crawfish (lobster), sea turtles, birds and many varieties of fish.



# Staniel Cay

Staniel Cay is located in the middle of the Exuma chain of islands, about 60 miles southeast of Nassau. The Central Exumas is the most beautiful area of The Bahamas, with pristine white sandy beaches, and multi hued turquoise blue-green crystal clear waters that defy description. Here you can enjoy boating, fishing, snorkeling, beachcombing, exploring nearby caves and uninhabited islands, or enjoy a memorable swim with the pigs at Big Major's Spot.



# Allan's Cay



World famous for its indigenous population of Rock Iguanas, Allen's Cay is a must for all ages! Allans Cay is a Bahamian National Park administered by the National Trust. The only way to visit Allan's Cay is by boat. The iguanas are so accustomed to tourists that they wait on the beach to be fed handouts. Visitors come bearing gifts for these iguanas in the form of fruit on a stick! Their eye sight must not be very good or their depth perception is off, because a finger and a grape look alike to them. Poke a grape on the end of a stick and see if you can snap that perfect photo with the iguana reaching up to snatch it and then watch it run off to eat. The entire population is estimated at 1,000 iguanas. The natural history of this iguana is perhaps the best understood of any rock iguana due to a 20-year population monitoring and research program. The Allan's Cay iguana is extremely well known to many yachters and sailors who share stories of their stop here and is a popular anchorage for liveaboard sailboats.

The seven year apple gets its name from those that try it, while it is edible; it tastes like turpentine, so you won't try it again for another 7 years. Probably best to leave it for the iguanas!

When you are done feeding the iguanas, the secluded sandy beach is a great place to swim and explore. Hike up and around to see if you can find the rock cairn constructed long, long ago....

The channel between the islands is a popular anchorage for sailboats and the waters around South Allan's are great for snorkeling.



# 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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