



## **NASSAU & PARADISE ISLAND**

### ***Fact Sheet***

<b>City/Settlement:</b>	Nassau, the nation's capital
<b>Location:</b>	179 miles east of the Florida coast
<b>Size:</b>	Nassau, also known as New Providence Island: seven by 21 miles; a bridge links Paradise Island (which measures 685 acres) to New Providence Island
<b>Population:</b>	Approximately 172,000 (New Providence Island / Paradise Island)

### **History:**

British colonists first discovered Nassau Harbour in the late 1600s. In 1670, King Charles II of England gave The Islands Of The Bahamas to six British noblemen who brought British settlers from Bermuda to New Providence. These settlers built a city and fort, originally named Charlestown but later renamed Nassau, to honor William, Prince of Orange-Nassau and successor to the throne of England. During the Revolutionary War, British Loyalists who left America settled in Nassau, adding to the town's architecture, population and prosperity. Nassau/Paradise Island also possesses a long tradition associated with pirates.

### **Shopping:**

Shopping in The Bahamas provides the opportunity to purchase unique foods, spices, ceramics, crafts, art, and music. Nassau boasts stylish boutiques on Bay Street, outdoor fruit and vegetable stalls and fresh fish market, and the famed Straw Market.

**Activities:**

Nassau provides numerous sporting opportunities, including golf, fishing, sailing, windsurfing, parasailing, water skiing, snorkeling, and of course, fabulous scuba diving.

**Airline Service:**

Nassau/Paradise Island is only two-and-a-half hours by air from New York, little more than three-and-a-half hours from the Midwest and only 30 minutes from Miami. The following airlines provide service to Nassau:

**Air Canada** (888-247-2262), **American Airlines** (800-433-7300), **Bahamasair** (800-222-4262), **Continental** (800-523-3273), **Delta** (800-241-0824), **United Airlines** (800-864-8331), **US Airways** (800-428-4322), **airTran** (800-247-8726), **JetBlue Airways** (800-538-2583), **Spirit Airlines** (800-772-7117) and a number of charter airlines.

There are a wide range of accommodations in Nassau and Paradise Island, from budget to deluxe. A number of resorts have golf courses and marinas, and all are within easy access of the casinos. Listed below are some of the more popular hotels and resorts:

**Atlantis, Paradise Island/The Cove/The Reef** (888-877-7525), **A Stone's Throw Away** (242-327-7030), **British Colonial Hilton Nassau** (242-322-3301), **Graycliff Hotel** (242-302-9150), **One&Only Ocean Club** (242-363-2501), **Paradise Island Harbour Resort** (242-363-2561) **Sandals Royal Bahamian Spa Resort & Offshore Island** (1-888-Sandals), **Sheraton Nassau Beach Resort** (242-327-6000), **The Marley Resort & Spa** (242-702-2800), **Comfort Suites Paradise Island** (242-363-3680)

**Wyndham Nassau Resort & Crystal Palace Casino** (242-327-6200) and **Breezes Resort** (877-Breezes)

**Attractions:**

Prince George Wharf: Up to a dozen cruise ships can be in port at any time, stopping on either short jaunts from Miami or during weeklong cruises to Caribbean islands.

Festival Place: Located on Prince George Wharf, Festival Place is a colorful marketplace designed in the style of a Bahamian village. Bahamian artists and artisans offer crafts and souvenirs, and island tours and excursions can be arranged here.

Fort Fincastle: Fort Fincastle is the highest point on the island, sitting 200 feet above sea level. It provides incredible views of Nassau and the harbor from its 126-foot tall water tower.

Government House: The official residence of the Governor-General of The Bahamas since 1901, this house has accommodated such notable occupants as the Duke and Duchess of Windsor during World War II. The Changing of the Guard ceremony occurs here every Saturday at 10 a.m.

Junkanoo Expo: Junkanoo parades, similar to those that take place during Mardi Gras, are held in the early morning hours on Boxing Day (the day after Christmas) and New Year's Eve. At the entrance to the wharf are exhibits of the fantastic costumes revelers wear during these annual Bahamian Junkanoo celebrations.

Queen's Staircase: During the late 18th century, slaves carved 65 steps (originally 66) into a solid limestone cliff in honor of Queen Victoria's 65-year reign. Queen's Staircase is located at the top of Elizabeth Avenue Hill, off Shirley Street.

Pirates of Nassau Museum: This museum (located in the Lofthouse building on Marlborough Street) offers a world-class, interactive and educational experience into the 18<sup>th</sup> century era when pirates dominated the Bahamian waters.

Fort Montagu: Fort Montagu is the oldest of the island's three forts. Built as a stronghold to repel Spanish invaders, it was made from local limestone in 1741. Beyond the fort stretches a public beach overlooking Montagu Bay, the location of several international yacht regattas and Bahamian workboat races.

Arawak Cay: An ideal spot for experiencing local-style Bahamian food, Arawak Cay is one of the best places on New Providence to try fresh conch, conch salad, native fish fry or a traditional drink of coconut and gin.

Ardastra Gardens and Zoo: The five acres of tropical greenery include an aviary of rare tropical birds and other exotic animals from different parts of the world. The Zoo is renowned for its marching flamingos, the national bird of The Bahamas, which perform daily at 11 a.m., 2 a.m. and 4 p.m.

Fort Charlotte: This fort, built during the late 18<sup>th</sup> century, includes a waterless moat, a drawbridge, ramparts, and even dungeons. Lord Dunmore, who built this fort, named the massive structure after George III's wife. The fort lies about one mile west of central Nassau.

Lyford Cay: The most exclusive enclave on the island is a 4,000-acre preserve where Nassau's "old money" pioneers started settling more than 30 years ago, when wealthy Canadian E.P. Taylor developed it as an exclusive colony. Today, the preserve includes a private golf course and 200 homes owned by the wealthy in search of mild, sunny climates during the winter months.

**Other Information:**

U.S. currency is accepted and is interchangeable with the Bahamian dollar. In September through May, the temperature on the Island averages 70 to 75 degrees Fahrenheit; the rest of the year is warmer, with temperatures between 80 and 85 degrees. Nighttime temperatures are generally cooler by 5-7 degrees. All U.S. citizens and foreign nationals traveling to/from the United States to/from The Bahamas are required to present a valid passport, passport card or WHTI-compliant document to re-enter the United States. All Canadian citizens traveling to/from

Canada to/from The Bahamas are required to present either a valid passport, an official birth certificate or an original naturalization/citizenship certificate. For more information please visit [Bahamas.com](http://Bahamas.com).

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