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[BAHAMAS VACATION](#)

Just a short 55 minute flight from Miami Florida, Nassau, the Bahamas, is one of the most popular tourist destinations today. The water in the Bahamas is generally warm and crystal clear which make it ideal for aquatic activities like diving, snorkeling, jet skis, or just swimming. The Bahamas are a very flat chain of around 700 small islands and cays off the eastern coast of Florida that extend over 500 miles. Nassau, the capital city of the Bahamas, is located on New Providence Island. A much smaller "Paradise Island" is connected to Nassau by bridge. Paradise Island consists of only 685 acres, while New Providence Island is around 21 miles long. Both Paradise Island and New Providence Island's Cable Beach are Nassau's resort areas that have plenty of attractions, entertainment and accommodations for all to enjoy.



On Paradise Island you'll find the fabulous landmark Atlantis Resort & Casino. The Atlantis resort has become a vacation destination on its own. The resort features a world-class gambling casino, large aquarium, pools, waterslides, rivers and rapids, 7 acre lagoon & tropical beach, pyramid, five star restaurants, multiple accommodation towers, an array of aquatic activities and much more. Five star resorts on Paradise Island include The Cove at Atlantis, and the One & Only Ocean Club, Bahamas. If you are into all-inclusive vacations, then the Riu Palace Paradise Island is a good choice. Paradise Island also features the pristine Ocean Club Golf Course which is very popular among serious golfers from around the world.

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The cable beach area of Nassau hosts great resorts like the Sheraton Nassau Beach Resort, the Wyndham, SuperClubs Breezes All-Inclusive Resort, the Radisson Resort and others featuring gambling casinos and fine dining all steps from the beach. Cable Beach is a beautiful calm beach that stretches along 4 miles of soft white sand, and there is also the championship Cable Beach Golf Club for the golf enthusiast. Cable beach is also the home of the popular Crystal Palace Casino, a popular night spot. Just a little west of Cable Beach you will find the Caves which are a popular stop to explore. These caves were used by natives prior to the arrival of Columbus.



Nassau is the Bahamas largest city and is a hot destination for cruise ships. It's common to find multiple cruise ships in port at the same time and cruise passengers out and about shopping, dining, sunbathing and playing in the sunshine. The cruise ship terminal is in the center of downtown Nassau making it very convenient for cruise passengers. Historic Bay Street is the hub of the downtown shopping area and is the shopping Mecca for millions of tourists who visit the Bahamas each year. This area is lined with retail shops, pubs, restaurants and cafés offering everything from high-end jewelry, gems and watches to T-shirts and island memorabilia. From Bay Street, Cable Beach and Paradise Island are both a short taxi ride. Water taxis are also a very popular way of getting around the area, and public buses are efficient and cheap.

Nassau has is very rich in colonial history. In the 18th century Nassau was known to be a hideout for some notorious pirates including Blackbeard. You'll also find some 18th century fortresses that are fascinating. If you have time to visit only one fort, visit Fort Charlotte, built in 1788. It covers around 100 acres located on a hill overlooking the far west end of the harbor. Fort Charlotte commands an impressive view of Paradise Island, Nassau and the harbor. Other forts include Fort Fincastle and Fort Montagu which is the oldest fort still standing on the island of New Providence (built in 1741). Aside from the forts, Nassau's colonial architecture is beautiful to see. The Flamingo pink government buildings in Parliament Square were constructed in 1815 and are excellent examples of the colonial architecture of old Nassau. High-Tea at the Government House is a popular activity if you get a chance.



Since hurricane season in the Bahamas lasts from June through November each year, the best time to visit is during the North American winter and spring. The average temperature in the Bahamas ranges between 70 – 80 degrees (Fahrenheit) in the day, while the water temperatures range between the mid 70s in the winter months to around 82 degrees in the summer. Most first-time travelers to the Bahamas will start with Paradise Island, Cable Beach or Nassau rather than going to Freeport or one of the other islands in the Bahamas that has resorts. Nassau is livelier with more attractions & activities, better tourist amenities and infrastructure. The local people in Nassau are very friendly and it is generally very safe.

There are many fun activities and things to do in and around Nassau. You can choose from various dolphin encounter & dolphin swim tours, swimming with sea lions, or stingrays. Either way these are fun tours to get the family out enjoying the water and encountering nature at its best. If touching large sea mammals makes you nervous or sounds costly, then perhaps simple snorkeling is an easy alternative that allows you to enjoy some of the underwater nature. Explore the underwater wrecks and the reefs that line the Nassau coast. If you want to stay above the water and dry while still enjoying the water there are plenty of boating tours, sunset cruises, dinner cruises, booze cruises, as well as offshore deep-sea fishing, kayaking tours, glass bottom boats, and pirate adventures. If you ever get tired of the beautiful water and want to adventure on land, there are plenty of eco-nature tours, and sightseeing tours that include Segway tours and scooter tours.



Many of these tours focus on the unique history of the port town of Nassau and include visits to such places as the Ardastra Gardens, Zoo, Conservation Center, local shopping markets and the Pirates of Nassau museum. Coral Cay near Cable Beach features a one hundred foot viewing tower and underwater observatory which is popular.



In the evenings Nassau comes alive, you'll find plenty of casinos, bars, nightclubs, discos, music venues, and live shows. The Atlantis Casino or the Crystal Palace Casino on Cable Beach are both popular with locals and tourists and always keep the evenings entertaining and fun. If you feel like dancing, visit one of the local night clubs or lounges in and around Nassau which feature a variety of music to dance to. If you are looking to enjoy some live entertainment right on Cable Beach, Breezes Resort features a diverse selection of performances ranging from karaoke to dancing to steel-drum bands.

Activities & Attractions

Below are some of the most popular activities & attractions around Nassau.

Bay Street: Start at Bay Street, this commercial district is Nassau's busiest street and is full of interesting shops and restaurants. Find street markets, restaurants, bars and duty-free shopping. Find your vendors of activities and attractions here.



Government House and Parliament Square: Beautiful Parliament Square is where most of Nassau's main government buildings can be found. The Queen's representative to the Bahamas lives in the grand pink colonial structure known as the Government House, a great example of Nassau's architecture and great photo opportunity.

Bahamas Segway & Beach Experience: One of the best ways to cruise around Nassau to see the local sights. Easy to master and fun to drive. Like a great walking tour of Nassau without actually walking.

Blue Lagoon Island: Dolphin Encounters & Sea Lion Encounters, is one of the most exciting and intriguing tours available. Located on Blue Lagoon Island, Pricely but well worth it once in your life. Leave with a lifetime bond to these intelligent Marine Mammals.

Ardastra Gardens, Zoo and Conservation Center: Minutes from the heart of downtown Nassau, the 5-½ acre park is part jungle, part gardens and a nice place to walk and visit. The gardens are beautiful, hosting local plants and animals.



Stingray Adventure: Awesome wildlife experience with visit to Blackbeard's Cay. Play with and touch friendly Stingray. If not provoked these are friendly and playful creatures that feel like big Portobello Mushrooms.

The Atlantis Aquarium: Great Aquarium with a large variety of sea life. Open-air marine habitat, with over 50,000 sea animals and 14 exhibit lagoons. Explore Aquaventure, an innovative waterscape of thrilling slides and rides, or interact with dolphins in Dolphin Cay.

Fort Fincastle: This 126-foot 18th century fort offers spectacular panoramic views of the ocean, the island and the Atlantis Resort. This is a great spot for photos and has interesting local history.

Queen Elizabeth Sports Center: If you get the opportunity, catch a sports or other event at Nassau's main sports complex, the Queen Elizabeth Sports Center.

Golf: Play eighteen oceanside holes at the Ocean Club Golf Course on Paradise Island, 7,100 yards, par 72 course designed by Tom Weiskopf, or take in sweeping views of Cable Beach from the Cable Beach Resorts Golf Club, a 6,453 yard, par 72 course .

Other local attractions include the **Junkanoo Expo** (museum showcasing the costumes and floats from the annual Junkanoo parade), **Pirates of Nassau Museum** (fun self-guided pirate history tour, located downtown corner of George and Marlborough), **Christ Church Cathedral** (historical cathedral in Nassau, great place to attend a service), **Queen's Staircase** (staircase built by slaves to honor Queen Victoria's help in the abolition of slavery), and **Fort Charlotte** (historic fortress built in 1787 that features underground passages and dungeons).



Accommodations:

There are many great choices for accommodations while in and around Nassau, and some not so good choices. VoyageMonkey.com recommends sticking with no less than a 3-Star hotel rating as a good guide while visiting the Bahamas. Make sure you're on the beach, pay a little extra money to assure your accommodations are not "low budget" so you enjoy a stress free vacation. Know what you are getting. Here are VoyageMonkey's

recommendations on where to stay:



One & Only Ocean Club: On Paradise Island lies the 5-star One & Only Ocean Club Resort, an enchanted place, graced by warm white sand beaches and turquoise waters. Enjoy spectacular sunset views over Nassau Harbor in the exquisite terraced gardens inspired by the romantic grandeur of Versailles. This resort was once the private colonial estate of Huntington Hartford II. Reflecting the refined qualities of an elegant Bahamian home, all 105 guestrooms, suites and villas exude a warm and inviting ambience. Guest rooms include satellite TV & radio with DVD and CD players, high-speed internet access, in-room stocked bar, robes & slippers, laptop computers, Champagne and strawberries each afternoon, a personal pillow menu, and more. Service is elevated to a fine art form by a gracious staff and the discreet services of a personal butler, 24 hours a day. A gourmet in-room dining menu is also available 24 hours a day. All accommodations come with spacious balconies and patios offering lush garden or ocean views. Residential-style villas perched above the beach with private infinity-edge pools offer more spacious living areas for families, as do the garden cottages. Personal service defines the heart of One & Only Ocean Club. The dining options at One & Only Ocean Club are renowned and unforgettable featuring the imaginative cuisine of Chef Jean-George Vongerichten. Enjoy world-class golf, 6 lighted tennis courts, pools, and health & beauty spa. Guest enjoy Aquaventure passes - access to pools, beaches & water rides at the neighboring Atlantis Resort. One & Only Ocean Club is one of the best resorts in the Bahamas. Located at One Casino Drive, Paradise Island, Bahamas.

The Cove Atlantis: The Bahamian paradise of Atlantis is redefined in 5-star fashion. The Cove Atlantis is the Atlantis Resort's exclusive luxury tower for guests wanting that 5-star treatment, a luxury suite



with state of the art technology, and extreme attention to details. Every room at The Cove is a suite with an ocean view, just steps away from Mandara Spa and Atlantis Casino. Suites include spacious bathroom with marble floors, twin granite vanities, enclosed shower and separate large bathtub, 2 high-definition flat screen TVs, NXTV system including HD/Digital movies, video check-out, Bose 321 system for DVD/CD, universal docking station for audio, MP3 players and lap tops, high-speed and wireless internet access, up to 4 telephones with voice mail, bar counter with stocked bar & glass wear, gourmet snacks, 4-cup Coffee maker featuring Starbucks coffee, office desk with chair in the bedroom area, and walk-in closet. Guests of The Cove enjoy the spectacular open-air lobby, serene interiors designed with Asian maple wood, sleek lines, natural textures, contemporary artwork throughout. The Cove features exclusive amenities like Cain at The Cove, offered exclusively to guests of The Cove Atlantis. Cain is a vibrant day-to-night adults only ultra-pool with an outdoor casino and private cabanas, featuring live DJ's, and free-standing day beds. Other guest amenities include the

intimate Seaglass Casino and complimentary shuttle service around the Atlantis and Ocean Club resorts. For those guests wishing to push the level of service even higher, The Cove Club is their preeminent concierge level of suites, featuring a private club lounge serving daily gourmet breakfast, evening cocktails, hors d'oeuvres, elite concierge services, and more. Excellent resort with superb service & quality, and the best beach around. One Casino Drive, Paradise Island, Bahamas.



The Atlantis Resort & Casino: For the true Atlantis experience, stay at the 4-star Royal Towers at Atlantis and enjoy the fantastic central location, just steps away from the Mandara Spa, the Dig, Atlantis Casino and Aquaventure waterscape. The Atlantis Resort boasts the largest casino in the Caribbean. This unique destination resort features the world's largest open-air marine habitat, home to over 50,000 sea animals living in 14 exhibit lagoons. Explore Aquaventure, an innovative waterscape of thrilling slides and rides, discover secrets of the lost continent in The Dig and interact with gentle dolphins in Dolphin Cay. Enjoy 20 swimming areas, renowned beaches, shopping at Marina Village & Crystal Court. Amenities include a guest sports center, nearby 18-hole championship golf course, Kids & Teens Clubs, Aura nightclub, and a wide range of dining (including the gourmet cuisines of Bobby Flay, Nobu and Jean-Georges Vongerichten). The Royal Towers feature grand architecture, artwork and design that are reflective of mythical Atlantis. The dramatic Great Hall of Waters rotunda highlights a series of original murals and large viewing windows on the lower level offering spectacular views into the Ruins Lagoon. Guest rooms include mini-bar, French balcony with terrace, coffee maker, High-Speed-Internet access, in-room safe, hair dryer, iron & ironing board, in-room controlled air conditioning, high definition flat screen color satellite television, in-room movies, direct-dial telephone and video check-out. The main Royal Tower, Reef Tower, Coral Towers, and Harborside Resort all provide 4-star accommodations within the Atlantis Resort, while the Atlantis Beach Tower provides 3-star accommodations at lower prices, discounts, and promotions; a great way to experience all of Atlantis on a budget. One of the best all around family resorts. One Casino Drive, Paradise Island, Bahamas.

Sheraton Nassau Beach Resort: The 4-star Sheraton is ideally situated on a 1,000-foot stretch of Nassau's most spectacular white-sand beach, Cable Beach. From the moment you arrive, you'll be treated special and put into relaxation mode, with all the comforts of a Sheraton and no worries. Find all the comforts of home in a choice of 694 guest rooms and suites, each boasting a large private balcony or patio with inspiring views of the ocean, waterscape pools, or lush gardens, all with modern amenities like high-speed & wireless-internet access, flat-screen LCD TVs, and Sheraton's signature Sweet Sleeper(SM) Beds, to make you want to stay in bed. Enjoy an abundance of activities from swimming and tennis to snorkeling, sailing, and exciting water sports. Enjoy seven acres of spectacular waterscape, including three freshwater



pools with flowing waterfalls, oversized whirlpools, and swim-up bar. By night, the neighboring Crystal Palace Casino is a short walk. Enjoy the Sheraton's great restaurants and lounges, ranging from casual to fine-dining. The Sheraton is a beautiful resort property right on Cable Beach with a great location and signature Sheraton service.



British Colonial Hilton Nassau Hotel: Situated on the beach in the heart of Nassau's financial district, the 4-star British Colonial Hilton has something for all travel tastes. Centrally located at One Bay Street in Nassau, the British Colonial Hilton provides beachfront convenience, and walking convenience being downtown. Dive into the Caribbean Sea from the beautiful private beach, treat yourself to an invigorating work out in the Fitness Center, or simply laze by the fabulous oceanfront pool with the other tanning bodies. Guests enjoy beachfront water sports or spending the day snorkeling at Stuart Cove. Savor fresh seafood at the on-site Portofino Restaurant with spectacular ocean views, or try a tropical cocktail from the Patio Bar and Grill at sunset. Guests enjoy concierge services, an executive lounge, and high-tech amenities & high-speed internet access in all rooms. The British Colonial Hilton is a great hotel with location, location, location, and the world-wide Hilton quality of service. A historic hangout for the Bahamian political and business power scene.

Riu Palace Paradise Island All Inclusive:

Standing on a spectacular 3-mile stretch of white sandy beach on Paradise Island, this magnificent 4-star all-inclusive tower property is a true oasis of fun and excitement. The resort features elegantly decorated rooms with stunning sea views, full amenities and wireless internet access. This property is an awesome location with a great sandy beach that is great for swimming and aquatic activities. Enjoy an expansive oceanfront pool with integrated Jacuzzi, relaxing world-class spa & fitness center with sauna & Jacuzzi, the nearby Atlantis casino, daily shows, and live music. Enjoy a succulent selection of all-inclusive dining options with great food from fine dining to casual, premium beverages (liquor), sports bar and 24-hour room service. It's all at the Riu with no worries, just hang out and relax in your swim attire. Perfect for the traveler that loves all-inclusive resorts with good service and food. The Riu is always a fun party. Located at 6307 Casino Drive Paradise Island.



Sandals Royal Bahamian Resort & Spa: The 4-star Sandals is located on Cable Beach and is considered to be the Caribbean's most elegant resort with its authentic Bahamian architecture and color scheme. Sandals Royal Bahamian Resort & Spa is winner of the prestigious Five-Star Diamond Award, voted "Top Spa

Resort” by readers of Conde Nast Traveler, and a Sandals "Signature Collection" resort. A seductive sand beach and crystalline waters embrace tropical gardens. Suites come complete with every imaginable amenity, even your own butler. More than half the resort is comprised of expansive, custom-appointed suites, each accompanied by upgraded amenities including in-suite bars and Concierge staff dedicating to pleasing you. Step up your game, op-tier suite guests make an entrance from their complimentary chauffeur-driven Rolls Royce. The resort features 10 superb restaurants, including Gordon’s exclusive on-the-pier dining. Stop by Sandals’ private offshore Island just minutes away with secluded beaches, a chic beach club, signature pool with swim-up bar, the exquisite Red Lane Spa, and the region’s best seafood house. Sandals is great for couples and great pampering.

Also recommended are: Wyndham Nassau Resort, 3-star resort located on Cable Beach, home of the Crystal Palace Casino. Wyndham Nassau Resort is an ocean front resort which features a Vegas style casino, glitz, and various dining and entertainment options. Amenities include a large oceanfront pool with spiral waterslide and swim-up bar; and, **Breezes Bahamas All-Inclusive**, 3-star resort on Cable Beach, the best quiet stretch of the powder-white beach in Nassau, with approximately 400 rooms and suites and large oceanfront pool with swim-up pool bar. A vacation value at a nice beachfront resort, Breezes is always a party with a youthful crowd.



DINING:



When it comes to dining options, there is no shortage of great food on Nassau and Paradise Island. The assortment of restaurants and cafes has something for every palate and appetite! You will find the best gourmet dining in Nassau is the resorts, featuring celebrity chefs, extensive wine lists, and high quality fresh cuisine. You’ll find a few good restaurants around town and plenty of casual fare local food establishments & pubs. Here are VoyageMonkey’s favorite restaurants in Nassau.

Dune: The One & Only Ocean Club’s chic restaurant, Dune, serves an innovative blend of French-Asian cuisine infused with local herbs and Bahamian influences. Renowned Chef Jean-Georges Vongerichten creates an interesting fine dining fusion menu in an elegant yet comfortable ambience with wonderful views over Cabbage Beach. One of the top rated restaurants in the Bahamas. Pricey but expellant.



Bahamian Club: Located at the Atlantis - Coral Towers, The Bahamian Club offers traditional fine dining where chefs add Bahamian influences to familiar fare—crafting unique dining experiences for resort guests—in the form of a dinner menu featuring the finest cuts of succulent steaks, chicken and fresh grilled seafood, all in a warm and inviting club atmosphere. A great dining experience with impeccable service.

Mesa Grill: Located at The Cove, Atlantis, celebrity chef Bobby Flay’s award winning Mesa Grill features outstanding signature South-Western cuisine with a Bahamian twist. The menu offers fresh seafood, steaks and chops combined with island spices and tropical fruits making this Mesa Grill exclusive to Nassau. Overlooking Paradise Beach, the atmosphere fits into the natural décor of The Cove Atlantis using materials from the sea and the land to make your dining experience uniquely Bahamian.

Café Matisse: Café Matisse serves fine Italian cuisine worth the money. Three Italian chefs create an unimaginably delicious menu and the owner leads an outstanding serving staff. Café Matisse serves the best Italian food in Nassau with its extensive menu and international wines. Nassau, New Providence.



Graycliff Restaurant: Dine on fine French cuisine at the landmark “first 5-star restaurant in the Caribbean” located at the historic Graycliff Hotel in downtown Nassau. The atmosphere in this 18th century mansion is warm, quaint and nostalgic. The menu features fresh seafood, Kobe beef, Italian white truffles and French cheeses, just to name a few selections. Graycliff’s wine cellar is world renowned for its inventory of 250,000 bottles from over 400 vintners. The restaurant is popular so make reservations. Pricey.

Chez Willie: Another classic landmark among Bahamian diners, Chez Willie’s features Caribbean, French, contemporary cuisine. Chez Willie has some of the best food in the Bahamas. Enjoy gentle glowing chandeliers and flickering candles and capture the romantic elegance of the old world with great service. Pricey but worth it, a great dining experience. Nassau, New Providence,

Café Martinique: Located at Atlantis’ Marina Village, Café Martinique features gourmet classic French cuisine by candlelight while overlooking the marina. The delectable menu features classic French gourmet dishes using fresh local seafood prepared in a variety of ways. Chef Jean-Georges Vongerichten has recreated the legendary ambiance of the original Café Martinique, made famous by its appearance in the 1965 James Bond film, Thunderball. The restaurant features old-world elegance and iconic style, including a wrought-iron birdcage elevator, dramatic mahogany staircase and elegantly etched glass windows. Enjoy a fabulous classic French menu and great service at Café Martinique.



Nobu: Nobu at the Atlantis Casino features celebrity Chef Nobu Matsuhisa's spin on traditional Japanese fare. Experience a new trend in Japanese cuisine at Nobu. The hidden "jewel" of Nobu is the sake cellar featuring a variety of rare sakes.



Located just off the casino floor, framed by a glowing green archway, Nobu's unique ambiance and intimate dining experience are simply not to be missed. The restaurant's devoted following are a tribute to the Chef spin on traditional Japanese fare. A large bar and entryway provide seating for those simply looking to relax with a glass of wine or cocktail. Simply awesome Japanese food.

Courtyard Terrace: Dine at the One & Only Ocean Club, beneath the stars at this once private island estate. The historic Courtyard Terrace is considered one of the most elegant settings on Paradise Island, where guests dine around a candle-lit fountain pool. The incomparable menu features unique selections such as Lobster and Lamb Carpaccio, Iberico Belotta Ham, Moroccan veal, Roasted Eggplant with Polenta and Yellow Fin Tuna "Cannelloni" with Stone Crab. Open Thursday through Monday for dinner only. Perfect dining experience.

Casa D'Angelo: Located at Atlantis - Coral Towers, Tuscany meets the Caribbean as Chef Angelo Elia brings his award-winning Italian eatery to Atlantis Paradise Island. An extensive menu of traditional Tuscan fare, laced with Southern Italian accents is offered in an intimate setting. Choose from antipasti such as beef Carpaccio or sautéed little neck clams. Enjoy one of Chef Angelo's signature dishes of veal chop Milanese or herb-crusted rack of lamb. An extensive wine list offers the perfect pairing to your meal. Finish off with an espresso-soaked tiramisu.

Seafire Steakhouse: Located at Marina Village, dine in a modern steakhouse ambiance where rich, smoked, seared and grilled flavors of succulent fare await your discovery. Tempting starters from classic shrimp cocktail to coriander crusted beef Carpaccio complement entrées such as lemon-pepper tuna, sweet Bahamian lobster tails and the finest cuts of prime beef. The menu introduces a variety of signature martinis and offers an extensive collection of fine wines.



Lucianos: Located at East Bay Street, Nassau, this historic mansion, gardens and terraces have been transformed into a modern dining destination. The menu of Italy's finest pasta, steaks, and food, steak or seafood, this place has it all.

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Montagu Gardens: Fish & Seafood, Steak & Barbecue, serving lunch and dinner. Tired of the high price restaurants on Paradise Island, then find great value at Montagu Gardens Steak & Grill. Good for eating great food on a budget. Casual dining with great food and great value. Nassau, New Providence.

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There are so many other places to eat in and around Nassau that offer time to casual dining. Here are some other local restaurants that get good word of mouth: **Capriccio**, wonderful Italian cuisine on Cable Beach with outdoor seating; **Amici A'Trattoria**, the Sheraton's signature Cable Beach restaurant, features exquisite and rustic Italian cuisine; **Beach Club Café**, Chic place with good food, scenic view with outdoor seating; **Black Angus Grille**, located at the Wyndham Resort Cable Beach, sumptuous steaks and other American fare; **Baci**, local Nassau romantic Italian restaurant with exquisite dishes prepared fresh; **Bay Street Grille**, large portions of American and Bahamian favorites at low prices in comfortable atmosphere; **Conch Fritters**, Across from the Hilton in Nassau, local American & Caribbean cuisine in a fun and friendly place; **The Poop Deck**, fresh local seafood and other Bahamian favorites with terrific views of Nassau Harbor; and, the **Hard Rock Café**, Standard American food with a fun and lively bar scene and friendly staff.

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