

# Contents

Lonely Planet books provide independent advice. Lonely Planet does not accept advertising in guidebooks, nor do we accept payment in exchange for listing or endorsing any place or business. Lonely Planet writers do not accept discounts or payments in exchange for positive coverage of any sort.

Lonely Planet réalise ses guides en toute indépendance et les ouvrages ne contiennent aucune publicité. Les établissements et prestataires mentionnés dans ce guide ne le sont que sur la foi du jugement et des recherches des auteurs, qui n'acceptent aucune rétribution ou réduction de prix en échange de leurs commentaires.

Los libros de Lonely Planet ofrecen información independiente. La editorial no acepta ningún tipo de propaganda en las guías, así como tampoco endorsera ninguna entidad comercial o destino. Los escritores de Lonely Planet no aceptan descuentos o pagos de ningún tipo a cambio de comentarios favorables.

<b>The Author</b>	<b>11</b>	<b>Grand Bahama</b>	<b>100</b>
<b>Getting Started</b>	<b>13</b>	Freeport & Lucaya	101
<b>Itineraries</b>	<b>16</b>	East of Freeport	118
<b>Snapshot</b>	<b>20</b>	West of Freeport	120
<b>History</b>	<b>21</b>	<b>Biminis, Berry Islands &amp; Andros</b>	<b>125</b>
<b>The Culture</b>	<b>29</b>	<b>BIMINIS</b>	<b>126</b>
<b>Environment</b>	<b>37</b>	North Bimini	127
<b>Diving</b>	<b>45</b>	South Bimini	132
<b>Food &amp; Drink</b>	<b>55</b>	North Cat Cay	133
<b>New Providence</b>	<b>62</b>	<b>BERRY ISLANDS</b>	<b>133</b>
<b>NASSAU</b>	<b>63</b>	Great Harbour Cay	134
History	63	Chub Cay	135
Orientation	65	<b>ANDROS</b>	<b>135</b>
Information	67	North & Central Andros	138
Dangers & Annoyances	70	South Andros	143
Sights	70	<b>Abacos</b>	<b>146</b>
Beaches	78	Marsh Harbour	148
Nassau for Children	82	Loyalist Cays	155
Tours	82	South of Marsh Harbour	164
Festivals & Events	83	Northwest of Marsh Harbour	165
Sleeping	84	Northwest Cays	173
Eating	88	<b>Eleuthera</b>	<b>174</b>
Drinking	92	<b>NORTH ELEUTHERA</b>	<b>175</b>
Entertainment	93	Harbour Island	175
Shopping	95	Spanish Wells	183
Getting There & Away	96	Preacher's Cave	184
Getting Around	96	Current	184
<b>AROUND NASSAU</b>	<b>98</b>	Gregory Town	185
West New Providence	98	Gregory Town to Governor's Harbour	186
South New Providence	98	Governor's Harbour	187
		North & South Palmetto Point	189
		<b>SOUTH ELEUTHERA</b>	<b>190</b>
		Windermere Island	190
		Rock Sound	190
		Cotton Bay to Eleuthera Point	191
		<b>The Exumas</b>	<b>192</b>
		<b>GREAT EXUMA</b>	<b>193</b>
		George Town	193
		Stocking Island & Rolle Cay	200

North of George Town	200	Rum Cay	220
South of George Town	202	Conception Island	220
<b>LITTLE EXUMA</b>	<b>202</b>		
Ferry to Williams Town	202		
<b>EXUMA CAYS</b>	<b>203</b>		
Ship Channel Cay & Allan's Cays	203		
Highborne Cay	203		
Norman's Cay	203		
Exuma Cays Land & Sea Park	204		
Compass & Sampson Cays	205		
Staniel Cay	206		
Great Guana Cay	206		
Little Farmer's Cay	207		
Lee Stocking Island	207		

## Cat & San Salvador Islands **208**

<b>CAT ISLAND</b>	<b>209</b>		
South Cat Island	210		
North Cat Island	214		
<b>SAN SALVADOR</b>	<b>215</b>		
Cockburn Town	217		
Northwest Coast	219		
Northeast Coast	219		
Southeast Coast	219		
Southwest Coast	219		

## Southern Bahamas **221**

<b>LONG ISLAND</b>	<b>222</b>		
North Long Island	222		
South Long Island	226		
<b>CROOKED ISLAND DISTRICT</b>	<b>229</b>		
Crooked Island	229		
Long Cay	232		
<b>ACKLINS ISLAND</b>	<b>232</b>		
Samana Cay	233		
Plana Cays	233		
<b>INAGUAS &amp; MAYAGUANA</b>	<b>233</b>		
Great & Little Inagua	235		
Mayaguana	237		

## Caicos Islands **240**

Providenciales	242		
West Caicos	251		
French Cay	252		
Cays East of Providenciales	252		
North Caicos	253		
Middle Caicos	255		
East Caicos	256		
South Caicos	256		

## Turks Islands **258**

<b>GRAND TURK</b>	<b>260</b>
Cockburn Town	261
Grand Turk Cays Land & Sea Park	266
<b>SALT CAY</b>	<b>266</b>

## Directory **270**

## Transportation **287**

## Health **296**

## Glossary **301**

## Behind the Scenes **303**

## World Time Zones **305**

## Index **309**

## Map Legend **316**

# Regional Map Contents

