

# Bahamas

Yes, they're a beach-lover's paradise, but the Bahamian islands have many other attractions, from national parks to fabulous food and nightlife



Clockwise from left A typical Bahamian scene; Fish Fry at Smith's Point; kayaking in Lucayan National Park; The Cove Atlantis. Bottom: Fabric by Bahama Hand Prints

## Stay

• For those seeking luxury, The Cove Atlantis on Paradise Island, Nassau, is sure to please. Soak up the sun around the adult-only Cain at The Cove pool or relax in the plush suites before heading to one of the 21 restaurants. Families will love Dolphin Cay and the Aquaventure Waterpark.

From £290; [atlantis.com](http://atlantis.com)

• The island of Exuma is home to some of the Bahamas' best beaches. Right on the idyllic white sands of George Town, the Exuma Beach Resort is a boutique hotel with sea-view rooms and an open-air bar.

From £120; [stjonesenterprises.com/exumabeachresort](http://stjonesenterprises.com/exumabeachresort)

## Eat

• Fine dining, excellent wine, live jazz – the stately Graycliff Hotel restaurant on Nassau has it all. Sit outside for a fairy-lit night under the stars. [graycliff.com](http://graycliff.com)

• The laid-back Frankie Gone Bananas on Nassau serves a delicious conch salad, the signature dish of the Bahamas. Head there on Friday and Saturday evenings for live music.

001 242 323 0259



## Drink

• A short boat trip from Exuma is the picturesque beach at KB's Chat 'N' Chill on Stocking Island. Grab a cold drink at the beach shack while taking in the panoramic views of the crystal-blue sea. Take advantage of the volleyball courts or simply bask in the sun on the powder-soft sand. [chatnchill.com](http://chatnchill.com)

• For a taste of local life head to the Wednesday-night Fish Fry at Smith's Point on Grand Bahama. Enjoy a fun evening of music, dancing and local Kalik beer accompanied by a traditional dinner of freshly caught barbecued fish and lobster.

001 242 350 8600

## Shop

• Bahama Hand Prints, Nassau, has a range of hand-screen-printed fabrics and accessories that feel full of Bahamian sunshine. You can see the fabrics being made in a factory tour too. [bahamahandprints.com](http://bahamahandprints.com)

• Meander around the Port Lucaya Marketplace on Grand Bahama and stock up on colourful sunhats, holiday trinkets and locally woven straw bags in every colour of the rainbow. Stop for a thirst-quenching coconut water prepared right in front of you.

## Do

• For those seeking adventure take a trip to the Lucayan National Park. Enjoy a guided



tour of the Lucayan caves before paddling through the winding mangroves in a two-man kayak. Look out for native birds and fish such as the stripe-headed tanager and clownfish. [grandbahamanaturetours.com](http://grandbahamanaturetours.com)

## Spa

• Treat yourself to a pampering session at the Senses Spa & Fitness Center at the Grand Lucayan hotel on Grand Bahama. Its wide-ranging menu includes stress-busting massages and reviving body-wraps. Take a dip in the ocean-facing pool and if you can't tear yourself away from the view, check into one of the hotel's suites. [grandlucayan.com](http://grandlucayan.com) ●

## FLY WITH

British Airways flies from Heathrow to Nassau from £414 one way. For internal flights go to [skybahamas.net](http://skybahamas.net) or [bahamasair.com](http://bahamasair.com)

