

**Whether you have a one-day stop or a full week in the Bahamas, there is plenty to see and enjoy. Here are some of our suggestions for trips both long and short. Enjoy!**

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**If you only have ONE day as a cruise stop**

Only have one day to explore Nassau? It's best to be prepared in advance - know what time your ship is docking, and what time your excursion departs. For early risers, grab your cup of coffee and find a great spot on the deck to enjoy docking before disembarking. If your island excursion is later, then head straight into town to explore. Walk through the straw markets, and make your way over to the Queens Staircase. When it's time for your excursion, make your way back to port to catch the ferry. We really like Blue Lagoon, Pearl Island and Cable Beach! The goal is relaxation, you're on island time now! Find a chair on the beach or a hammock under the palms and soak it all in. Grab a bite to eat, and enjoy some island music, and of course, take a dip in the ocean, before heading back to your ship. If you weren't able to catch the docking, now's a great time to find a spot on deck (the back of the ship is best!) and wave farewell to Nassau as you head to your next destination.

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**If visiting Nassau for a week**

**DAY 1**

Welcome to the Bahamas! You may have to peel yourself away from the incredible views long enough to get checked into your resort and get settled in your room. While there, get your suit on and grab your beach bag and head back out to spend the rest of the day by the pool or on the beach at your resort. Grab a Bahama Mama from the tiki bar on your way to explore and pick the perfect spot to watch the sunset over the tranquil waters while enjoying a delicious dinner.



## DAY 2

Feeling relaxed yet? No need for an alarm for day two! Today is all about taking it slow and taking in the beauty all around you. Day 2 is beach day! Pick a beach, any beach! We recommend Blue Lagoon, Pearl Island or the world-famous Cable Beach to enjoy. Take a quick shuttle (usually by water) from your resort, and spend the day marveling at the impossibly clear water and taking a ridiculous amount of selfies to make all your friends back home green with envy. We suggest fresh conch salad or fish tacos for lunch in a poolside cabana along with your choice of fruity umbrella drink or three.



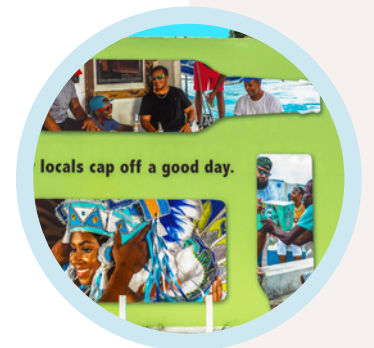
## DAY 3

Hopefully you were diligent with sun protection yesterday, but today is all about enjoying the Bahamas out of the sun. Set out after a delicious breakfast on the beach at your resort for a great historical tour. We recommend mingling with the flamingos at Ardastra Gardens, then doing a foodie tour across Nassau for lunch. This tour is led by a local who knows all the best off the beaten path, non-touristy places to eat. Make sure you mingle with the locals, as this is the best way to get to know the Bahamas! After your tour, head back to your resort for a little beach volleyball or evening swim in the ocean.



## DAY 4

Time to get out on the water! Since The Bahamas are famous for their incredible water, it's an absolute MUST to dedicate a whole day enjoying it. Water excursions tend to be "all-day" with an average of four to six hours total, and typically depart around 11 am. Board a catamaran and head out to snorkel along the reef or head over to hang out with the locals on Pig Island! After your day spent on and in the water, head back to your resort to freshen up, and head back out for a champagne sunset cruise.



## DAY 5

Let's head back inland today and explore some Bahamian culture and history. Start by heading over to Fort Fincastle for a tour. Not only does it have incredible views, but you'll learn all about its history and battles between the British and a few famous pirates. These true tales sound like they were taken straight from a Hollywood movie! Really feeling like a pirate? Head over to the Luna Rum Distillery to learn about and sample this Bahamian gem!

## DAY 6

For your last full day, blend a little of everything into an action-packed day. Make sure you start with a hearty breakfast at your resort, you are going to need the energy! Start the day by swimming with the dolphins or hanging with the stingrays! Be sure to take your camera. Next, pick your mode of transportation: jet skis, parasail, sailboat... this is the time to try something new! Once you've gotten your adrenaline fix, head back to your resort for a quick power nap and refresh. For your final night, enjoy a gourmet dinner on the beach and watch the sun sink below the horizon - if you are lucky, you may just capture the fabled green flash.

## DAY 7

It's tough to say goodbye to paradise, but before you go, we recommend one last dip in the ocean and stroll along the powder-soft beach. Take as many pictures as you can to try to capture its beauty, but they will never do justice to the real thing. Until next time, Bahamas!

