NASSAU & PARADISE ISLAND

MEDIA FACT SHEET

Updated: September 2026



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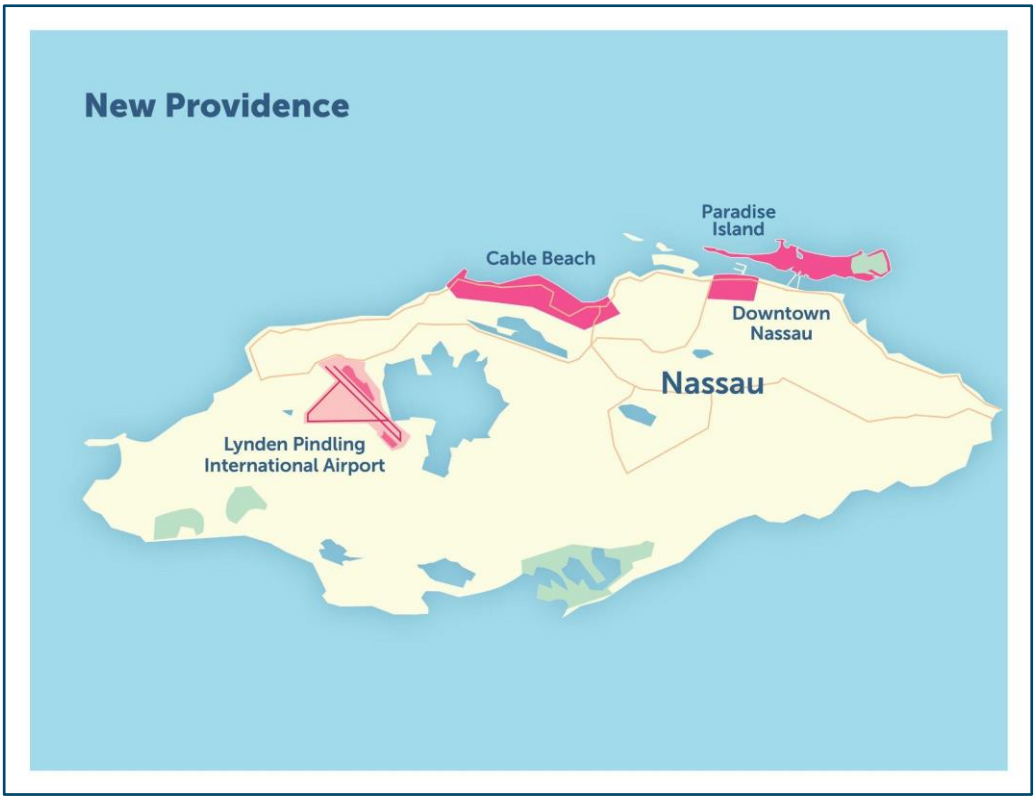
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NASSAU & PARADISE ISLAND AT A GLANCE

Where the energy of an island capital meets the beauty of paradise, Nassau & Paradise Island offer an unforgettable Bahamian escape. Nassau, the vibrant capital of The Bahamas, is located on New Providence, while neighboring Paradise Island sits less than half a mile away across Nassau Harbour, connected by two 600-foot bridges. Together, the islands offer a mix of experiences, from white-sand beaches and turquoise waters to rich history, Bahamian art and culture, acclaimed dining, world-class resorts, shopping, watersports and vibrant nightlife. With accommodations and experiences for every style and budget, Nassau & Paradise Island invite travelers to discover the very best of The Bahamas.

- Population: 297,000 residents
- Official Language: English
- Currency: Bahamian Dollar (BSD)
- Climate: Subtropical climate, with average temperatures between 70°F and 80°F (21°C to 27°C). The region boasts roughly 330 days of sunshine per year
- Entry Requirements: A valid physical passport is mandatory for all international visitors. Short-term tourists and business travelers from countries the U.S. and Canada do not require a visa.

LOCATION: Located on New Providence in the Commonwealth of The Bahamas, Nassau & Paradise Island are just 180 miles from the coast of southern Florida, with convenient air access from major cities across the United States and Canada. Paradise Island is located less than half a mile from Nassau, the capital of The Bahamas, while American and Canadian travelers alike can reach the destination in approximately four hours.



GETTING THERE

CONNECTIVITY

Getting to Nassau and Paradise Island is seamless through Lynden Pindling International Airport (NAS), the premier international gateway located just 30 minutes from Paradise Island. The airport services over 50 international destinations through more than 20 airlines and features a U.S. Customs and Border Protection Preclearance facility for seamless return travel. Travelers can fly non-stop from major U.S. gateway cities, with routes varying seasonally, including Atlanta, Boston, Charlotte, Chicago, Dallas, Fort Lauderdale, Houston, Miami, New York, Orlando, Philadelphia, and Washington, D.C., as well as Canadian hubs like Toronto, Montreal, Calgary, and Vancouver. Air connectivity from North America continues to expand with new routes, including low-cost flights from Tampa, boutique regional service from Stuart, Florida, and enhanced winter service from Canadian cities like Ottawa, Halifax, and Hamilton.

ACCESSIBILITY: The islands offer several transportation options, including rental cars, taxis, ferries and private boats. In addition, there is bus service (known locally as jitneys) between the hotels and to and from downtown Nassau/ Cable Beach several times a day. (Jitneys do not go over Paradise Island bridge).

QUICK DIVE INTO HISTORY

With a protected harbor between the Atlantic and Caribbean, Nassau & Paradise Island has long attracted a diverse array of visitors—from pirates and religious dissenters to runaway lovers. It was also the site of Christopher Columbus' first landfall in the New World, where he met the Lucayan people.

Claimed by England in 1629, The Bahamas became a British colony, later welcoming Loyalists during the American Revolution and maintaining trade ties with the South during the U.S. Civil War.

Led by Lynden Pindling, the nation voted for independence and officially became a sovereign country on July 10, 1973. Today, it operates as a constitutional parliamentary democracy.

BEACHES

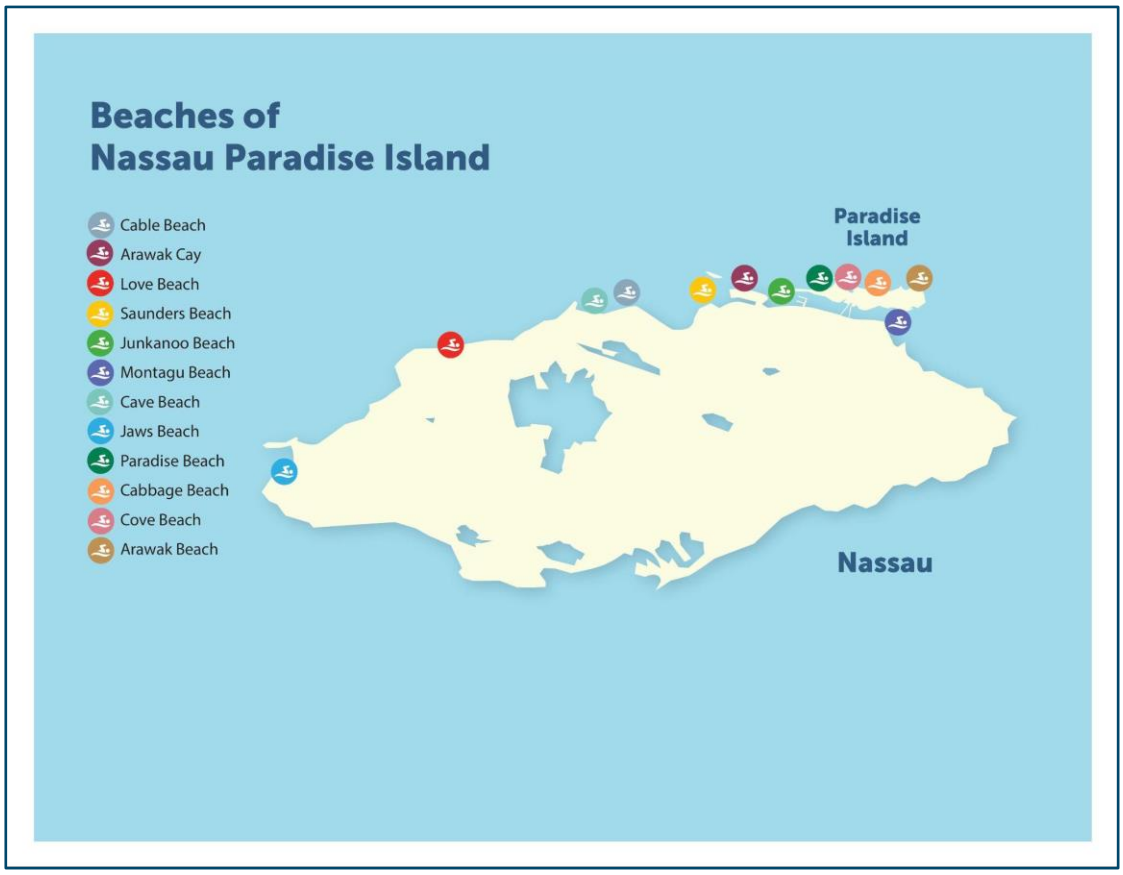
The powder-white sand beaches of Nassau & Paradise Island are said to be some of the most beautiful in the world, which comes as no surprise to locals and guests alike.

Beaches in Nassau

- Cable Beach
- Arawak Cay
- Love Beach
- Saunders Beach
- Junkanoo Beach
- Montagu Beach
- Cave Beach
- Jaws Beach

Beaches in Paradise Island

- Paradise Beach
- Cabbage Beach
- Cove Beach



THINGS TO DO

Nassau & Paradise Island offers unforgettable activities on both land and sea for visitors of all ages, including:

ON LAND

- *Wildlife & Gardens*: Visit the *Ardastra Gardens & Wildlife Conservation Centre* and *The Retreat Garden*, home to hundreds of tropical plants and exotic animals.
- *Sports & Wellness*: Golf at Baha Mar's Jack Nicklaus Signature course or Ocean Club's 18-hole course or or enjoy mini golf at Mini Blue, Baha Mar's professionally designed 18 hole course, and Good Lies Mini Golf & Sports Bar at Atlantis. Racquet sports enthusiasts can play tennis and pickleball at dedicated courts across numerous properties.
- Wellness: Rejuvenate at full-service spas at top resorts including Sense, A Rosewood Spa and ESPA at Baha Mar, The Ocean Club Spa, and Mandara Spa at Atlantis. Other wellness offerings include Rhizophora Spa at Goldwynn and St. Somewhere Spa at Margaritaville Beach Resort Nassau.

- *Culinary & Cultural Tours*: Join *Tru Bahamian Food Tours* or *Islandz Tours* for guided tastings and cultural insights. At the *Graycliff Hotel*, enjoy cooking classes, chocolate-making, cigar rolling, and wine blending. At The Kitchen at Baha Mar, guests can take part in bespoke, hands-on culinary classes and demonstrations led by the resort's world-class chefs.
- *Museums & History*: Explore the *Pirates of Nassau Museum*, or enjoy a complimentary rum tour at *John Watling's Distillery*.

ON THE WATER

- *Waterparks*: *Aquaventure* (Atlantis), *Baha Bay* (Baha Mar), or *Fins Up* (Margaritaville).
- *Marine Life Encounters*: Swim with dolphins at *Dolphin Cay*, meet nurse sharks and stingrays at *The Sanctuary at Baha Mar*.
- *Ocean Fun:* Enjoy snorkeling at Rose Island Reefs, and at BREEF's Sir Nicholas Nuttall Underwater Sculpture Garden, home to the largest underwater sculpture in the world; explore the James Bond Wrecks off the coast of Nassau, two artificial reefs created from movie props used in classic 007 films; dive among other wrecks and coral, take boating or sailing day trips, and try water sports like kayaking and paddleboarding.
- *Fishing:* Options for deep-sea, reef, and bonefishing with experienced local charters.

ARTS & CULTURE

Given the island's deep-rooted history and unique blend of English and Bahamian culture, it comes as no surprise that the destination is brimming with a variety of museums providing insight into the island nation's early roots through to its present day. Top museums include:

Historical Museums

- Bahamas Historical Society Museum – Artifacts from the Lucayans to modern day.
- Pompey Museum – Housed in Vendue House, focused on the history of slavery.
- Heritage Museum at Graycliff – Offers a deep dive into Bahamian history.

Cultural Experiences

- Educulture Junkanoo Museum & Junkanoo Museum at the Cruise Port – Celebrate the nation's iconic street festival with costumes, music, and interactive exhibits.
- The Bahamas Museum of Junkanoo – Dedicated to the art, history, and craftsmanship behind Junkanoo.
- Bahamian Heritage Centre – Local legends and traditional island customs.

Historic Landmarks

- The Queen's Staircase – Carved out of solid limestone by enslaved Bahamians in the late 1700s, this 66-step staircase honors Queen Victoria and symbolizes the end of slavery in The Bahamas. It remains one of Nassau's most visited historic sites.
- Balcony House – Nassau's oldest wooden home, restored with period antiques.
- Christ Church Cathedral – A 17th-century church with ongoing services.
- Government House – Official residence of the Governor General, with public ceremonies and tea events.

Arts & Galleries

- Doongalik Studios – Showcases works by local artists year-round.
- National Art Gallery – Home to notable Bahamian pieces including Amos Ferguson's Snowbirds.
- The Current at Baha Mar – A creative hub offering exhibits, workshops, and artist residencies.

- The D'Aguilar Art Foundation – Home to one of the most comprehensive privately held art collections in The Bahamas

FESTIVALS/SPECIAL EVENTS

Multiple times throughout the year, the destination showcases its culture and traditions through a series of music, art and food festivals that are ideal for the whole family, including:

- Junkanoo – The celebration dates back to the days of slavery when slave owners, including one named John Canoe, gave their slaves these days off. The parade consists of elaborate costumes similar to those worn in Carnivals, plus drumming on everything from goat skin drums to cowbells. The parades are celebrated on December 26 and January 1 and cover several blocks on Bay Street and Shirley Street from 2:00 a.m. until about 9:00 a.m.
- The Bahamas Culinary & Arts Festival – Launched in October 2022, this event takes place at Baha Mar featuring culinary and art expositions. Guests can enjoy cooking demos led by epicurean talent and guest chefs, new exhibitions for local artisans and a grand dine-around showcasing a taste of the destinations celebrated restaurants, bars and cafes.
- Nassau Paradise Island Wine & Food Festival – Launched in March 2023, Atlantis Paradise Island hosts this festival with celebrity chefs, local talent and music entertainment. Unique culinary experiences will range from walk-around tastings and cooking demos to family-friendly events, chef meet-and-greets, multi-course dining experiences and more.

NIGHT LIFE

Though the day may be over, the nighttime provides a whole other opportunity for world-class entertainment. With a variety of options to choose from, Nassau & Paradise Island can make anyone a night owl.

Bars & Nightclubs

- Atlantis: Dance at Aura, sip cocktails at Bar Sol, or unwind at Sea Glass Lounge.
- Baha Mar: Enjoy rooftop drinks at Skybar and Marcus Up Top, live jazz at newly opened Jon Batiste Jazz Bar, and DJ sets at Bond Nightclub.
- Other top spots include Martini Bar and Lounge at The Ocean Club, Bar Paul at Goldwynn Resort & Residences and Bon Vivants, the first true cocktail bar in The Bahamas.

Casinos: Try your luck at the Atlantis Casino, a 60,000 sq. ft. space with over 85 table games and 700+ slots, or visit the Baha Mar Casino, the largest in the Caribbean at 100,000 sq. ft., offering ocean views and dazzling night-time light shows.

FOOD & DRINK

With a culture as rich as that of The Bahamas, one can be sure that there are culinary experiences to match. Nassau & Paradise Island is quickly emerging as a culinary powerhouse, with a variety of celebrity chefs choosing to start restaurants in the destination.

Local Cuisine Highlights

- Signature dishes include boiled fish and grits, Bahamian stew fish, peas n' rice, Johnny cake, and fresh grouper, snapper, crawfish, and conch—served cracked or scorched.

- For authentic local flavor, visit Arawak Cay (aka *The Fish Fry*), a hub of Bahamian restaurants serving seafood favorites with sides like mac and cheese and cornbread, plus local beers like Kalikand cocktails such as the Bahama Mama and Sky Juice.

Fine Dining & Celebrity Chefs

- Nassau and Paradise Island are home to an impressive collection of celebrity chef restaurants, including Nobu, Paranza by Michael White, and Fish by José Andrés at Atlantis; Dune by Jean-Georges at Ocean Club; and Marcus Fish + Chop House, Café Boulud, Leola, Carna by Dario Cecchini, Katsuya, and Cleo at Baha Mar.
- Beyond its celebrity chef scene, upscale dining options also include Graycliff Hotel and OIA Restaurant at Goldwynn. Other resort favorites include Paranza, Chop Stix, and JWB Prime Steak & Seafood at Margaritaville.

Casual Dining and Sweet Treats

- **For easygoing meals and familiar favorites, Nassau & Paradise Island offers a range of casual options, including Shake Shack at Atlantis, Umami Burger, and Pizza Lab at Baha Mar, Carmine's at Atlantis, and Frank & Lola's Pizzeria at Margaritaville Beach Resort Nassau. For something sweet, Sugar Factory at Baha Mar brings its signature over-the-top desserts, candy and specialty drinks to the destination.**

WHERE TO STAY

Nassau & Paradise Island offers a wide range of options for a restful night after an adventurous day. With 19 member hotels and resorts, ranging from budget-friendly hotels to ultra-exclusive suites, there is a vacation retreat for everyone, no matter their budget or style.

Member Hotels include:

- Atlantis Paradise Island
  - Harborside Resort at Atlantis
  - The Coral at Atlantis
  - The Cove at Atlantis
  - The Reef Residences at Atlantis
  - The Royal at Atlantis
- Baha Mar
  - Grand Hyatt Baha Mar
  - Rosewood Baha Mar
  - SLS Baha Mar
- Bay View Suites, Paradise Island
- British Colonial Nassau
- Comfort Suites Paradise Island
- Goldwynn Resort & Residences
- Graycliff Hotel
- Margaritaville Beach Resort Nassau
- Paradise Island Beach Club
- Sandals Bahamas Nassau - All-Inclusive
- The Ocean Club, A Four Seasons Resort, Bahamas

WHAT'S NEW FOR 2027?

TO BE UPDATED PERIODICALLY

MEDIA CONTACTS

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