

Best of the Abacos, Bahamas

The Abacos are a group of islands and cays that form a 120-mile-long chain stretching over 650 square miles. The coastlines are lined with bays, coves and protected harbors that feature full-service marinas and resorts. Great Abaco Island and Little Abaco serve as the “mainland.” Marsh Harbour has a lively downtown area with all city amenities. Treasure Cay boasts miles of pristine beaches, including one of the top 10 beaches in the world. Elbow Cay and Green Turtle Cay are old English loyalist settlements, where you’ll find beautifully preserved colonial architecture with a touch of Bahamian pastels, of course.

1. - Estimated Mileage: 0

Old Bahama Bay



West End, Grand Bahama Island

242-350-6500 x6314

HIGHLIGHTS

The Old Bahama Bay Marina is located in West End, Grand Bahama Island, only 56 miles from Palm Beach, FL. The facility is a full-service marina destination with 72-slips with a controlling depth of 8 feet at mean low tide and 24-hour security. Old Bahama Bay offers quick and efficient on-site Bahamian Customs and Immigration.

2. - Estimated Mileage: 51

Great Sale Cay

HIGHLIGHTS

From West End, it is another 80+ miles across what is called the Little Bahama Bank, a beautiful emerald-colored stretch of water that is about eight or so feet deep. You can

break up the trip by anchoring at Great Sale Cay.†The uninhabited island offers a large anchorage with excellent protection from all but the S to SW quarters.

3. - Estimated Mileage: 42

Spanish Cay Marina



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242-365-0083

HIGHLIGHTS

Spanish Cay is only within a mile of the third largest Barrier Reef in the world. Beyond the breakers the Atlantic deepens to over 1,000 feet providing some of the finest sportfishing the Bahamas has to offer.†A vacation on Spanish Cay comes complete with a freshwater pool and heated spa, four tennis courts, an enclosed air conditioned game room with pool tables, shuffleboard, Ping-Pong/table tennis, fooseball, darts and Karaoke. The pool area is open daily from 10:00a.m. to 10:00p.m.

4. - Estimated Mileage: 17

Green Turtle Club & Marina



Green Turtle Cay, Abacos

242-365-4271

HIGHLIGHTS

Another marina option is Bluff House (www.bluffhouse.com). The Green Turtle Club Resort & Marina's is the only resort marina on the Cay that is within easy walking distance (less than 10 minutes) of the breathtaking, white sand beaches on the Atlantic Ocean. Extraordinary reef snorkeling can be found right off Ocean Beach. For those who prefer serene beauty, Coco Bay Beach is only a five minute walk from The Club. †Just north of Marsh Harbour, the cay has numerous secluded anchorages, snug harbors in Black and White sounds, eclectic shops, restaurants, and hotels, as well as intriguing historic sites. Visit the Albert Lowe Museum featuring art and photography about the history of the town of New Plymouth.

5. - Estimated Mileage: 8

Treasure Cay Beach Marina & Golf Resort



Treasure Cay, Abacos

242-365-8250

HIGHLIGHTS

The docks are just a few steps from their award winning beach, hotel, restaurants and local services. Marina offers both diesel and gas fuel, protected anchorage and moorings, laundry and shower facilities, marina and grocery stores, duty free shopping and cable TV. The docks serve as a departure point for bonefish outings, boat rentals, charters and guided excursions.

6. - Estimated Mileage: 11

Orchid Bay Yacht Club and Marina



Great Guana Cay, Abacos

242-365-5175

HIGHLIGHTS

Great Guana Cay is approximately seven miles long with a spectacular beach on the ocean side that offers wonderful swimming, snorkeling and beachcombing. Orchid Bay Yacht Club & Marina has something for everyone with a variety of activities, including fishing, snorkeling, diving, swimming, cruising, sailing, kayaking and island-hopping adventures. Stop by Nippers for dinner and drinks, enjoying live music and a guaranteed great time for all. Orchid Bay Yacht Club & Marina is also home to the third largest reef in the world, with stunning coral reefs and exotic fish just 50 feet from shore.

7. - Estimated Mileage: 8

Man-O-War Marina



Man-O-War Cay, Abacos

242-365-6008

HIGHLIGHTS

†Located on the picturesque harbour on Man-O-War Cay in Abaco, Bahama. Enjoy lunch or dinner at the Hibiscus Restaurant which overlooks the harbour. Or, rent a golf cart and pick up lunch at The Island Treats Take-Away and take a tour of the island with it's softball field, basketball court, playground and pristine ocean and bayside beaches. While you're in town, stop by one of the local craftsmen in their woodworking shops. Watch as they turn native wood species into furnitures or boat models.

8. - Estimated Mileage: 4

Abaco Beach Resort and Boat Harbour Marina



Marsh Harbour, Abacos

242-367-2158

HIGHLIGHTS

An alternative is Mangoes Marina where they offer daily, transient and monthly dockage. †Abaco Beach Resort at Boat Harbour is located just 165 miles east of West Palm Beach in beautiful Marsh Harbour, Bahamas. Things to do include gorgeous beaches, water activities, fishing, diving, island tours, national parks and eco tours.

9. - Estimated Mileage: 5

Hope Town Inn & Marina



Elbow Cay, Abacos

242-366-0003

HIGHLIGHTS

Alternative Lighthouse Marina . Elbow Cay has much to offer cruisers, including historic Hope Town (home of the distinctive red-and-white striped Elbow Reef Lighthouse that has been a landmark in the Abacos for generations), White Sound, and Tahiti Beach. Snorkeling, scuba diving, watersports, shopping, and fine dining are all popular pastimes. Yachting in Tahiti Beach waters is a highlight of cruising to Elbow Cay.

10. - Estimated Mileage: 15

Little Harbour

HIGHLIGHTS

The well-protected anchorage at Little Harbour on Great Abaco Island is an attractive spot to drop the hook or pick up a mooring. A pleasant walk east to the abandoned lighthouse provides spectacular views of the broad Atlantic, as waves roll in and break on the beach. A reef nearby offers good snorkeling, and on the west side of the harbor are caves. Visit Pete's Pub and Gallery to savor island cuisine and appreciate the artwork on display.