

# Nassau Beyond Atlantis

## 15 Amazing Things to Do in Nassau for Repeat Cruisers

You've been to Nassau before.

Maybe you've explored Atlantis, shopped at the Straw Market, climbed the Queen's Staircase, and relaxed on Junkanoo Beach.

Now what?

The good news is that Nassau has far more to offer than most visitors ever discover. Whether this is your second visit or your tenth, these experiences can help you see a different side of the Bahamas.

---

### 1. Spend the Day at Arawak Cay (Fish Fry)



Ask a local where they eat.

Many will point you toward **Arawak Cay**, commonly known as the **Fish Fry**.

Instead of tourist restaurants, you'll find authentic Bahamian cooking including:

- Cracked Conch
- Conch Fritters
- Grilled Lobster
- Fresh Grouper
- Sky Juice
- Bahamian Macaroni & Cheese

This is one of the best places to experience real island culture.

---

## 2. Explore Clifton Heritage National Park



Most cruise passengers never visit this hidden gem.

You'll discover:

- Beautiful beaches
- Historic ruins
- Walking trails
- Underwater sculpture garden
- Excellent snorkeling

### 3. 🍫 Tour Graycliff Hotel & Chocolatier



The historic Graycliff estate offers:

- Chocolate-making classes
- Wine tastings
- Rum tastings
- Beautiful gardens
- One of the Caribbean's finest restaurants

Even if you don't stay for lunch, it's worth visiting.

---

### 4. 🍸 Visit John Watling's Distillery

Set inside a historic estate overlooking Nassau Harbor.

Take a free tour and learn how Bahamian rum is produced before sampling local favorites.

The grounds themselves are beautiful.

---

### 5. 🚶 Wander Downtown Side Streets

Most visitors stay on Bay Street.

Instead, spend an hour exploring the colorful streets just a few blocks away.

You'll discover:

- Local cafés
- Historic churches
- Street art

- Architecture
- Friendly locals
- Hidden shops

Sometimes the best memories aren't on the main tourist streets.

---

## 6. 🌊 Book a Snorkeling Excursion Instead of a Beach Day



If you've already spent time on Nassau's beaches, consider seeing what lies beneath the water.

Many tours visit:

- Coral reefs
- Sea turtles
- Tropical fish
- Underwater statues

It's a completely different experience.

---

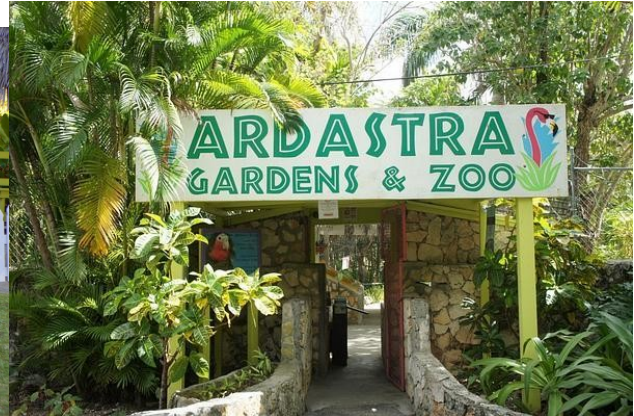
## 7. 🚤 Visit Rose Island

Many locals consider Rose Island prettier than Nassau's public beaches.

Expect:

- Crystal-clear water
  - Fewer crowds
  - Beach clubs
  - Excellent snorkeling
-

## 8. 🐢 Visit Ardastra Gardens



Home to the famous marching flamingos.

You'll also find:

- Parrots
- Peacocks
- Native wildlife
- Tropical gardens

Perfect for families.

---

## 9. 📷 Photograph the Colorful Government Buildings

Nassau has beautiful colonial architecture.

Take time to photograph:

- Parliament Square
- Government House
- Historic churches
- Bay Street

Many visitors walk right past these landmarks.

---

## 10. 🛍️ Skip the Straw Market (Sometimes)

The Straw Market is fun...

...once.

Instead, browse:

- Local art galleries
- Boutique shops
- Handmade jewelry stores
- Bahamian artists

You'll often find more unique souvenirs.

---

## 11. **Take a Local Food Tour**

One of the best ways to understand Nassau is through its food.

Food tours often include:

- Local history
- Hidden restaurants
- Family-owned businesses
- Bahamian specialties

You leave full—and with a much deeper appreciation of the island.

---

## 12. **Stay Near the Port Until Sail Away**

Many passengers rush back onboard.

Instead, find a waterfront café and watch the harbor come alive before returning to your ship.

Watching several cruise ships depart together is a memorable experience.

---

## 13. **Listen to Live Bahamian Music**

Look for local musicians instead of DJs.

You'll experience:

- Junkanoo rhythms
- Steel drums
- Reggae
- Bahamian folk music

It adds a whole new dimension to your visit.

---

## 14. Find a Small Local Coffee Shop

Skip the chain coffee shops.

Spend 30 minutes enjoying coffee while watching local life unfold.

Sometimes slowing down is the best excursion.

---

## 15. Simply Wander

Some of the best travel memories happen when you don't have a schedule.

Walk.

Explore.

Talk to locals.

Take photographs.

Enjoy the colorful streets.

You may discover your favorite Nassau experience by accident.

---



## Best Time for These Activities

These suggestions work well year-round.

For walking tours and sightseeing, mornings tend to be cooler and less crowded.

If visiting during the summer, stay hydrated and plan outdoor activities earlier in the day.

---



## Premium Travel Group Tip

One of the biggest mistakes repeat cruisers make is trying to recreate their first visit.

Instead, treat Nassau like your favorite hometown restaurant—you don't order the same thing every time.

Each visit is an opportunity to experience something new, whether that's discovering a hidden beach, trying a family-owned restaurant, or wandering a street you've never explored before.

After more than **30 cruises**, I've found that some of the best memories come from stepping away from the crowds and seeing a destination through fresh eyes.



# Continue Exploring Nassau

Pair this guide with:

- Nassau Cruise Port Guide
- Caribbean Vacation Planning Guide
- Vacation Packing Guide
- Western Caribbean Vacation Guide
- Eastern Caribbean Vacation Guide