



Atlantis Paradise Island Guide

Discover the Caribbean's Most Famous Resort Destination



Few destinations in the Caribbean are as instantly recognizable as **Atlantis Paradise Island**. Rising above the turquoise waters just across the harbor from Nassau, this world-famous resort has become one of the Bahamas' premier attractions, welcoming millions of visitors each year.

Whether you're looking for thrilling water slides, marine exhibits, luxury shopping, white-sand beaches, fine dining, or simply the chance to explore one of the Caribbean's most iconic resorts, Atlantis offers something for every traveler.

Even if you're visiting Nassau for just one day on a cruise, spending time at Atlantis can easily become the highlight of your vacation.



What Is Atlantis?



Atlantis Paradise Island is a massive ocean-themed resort located on **Paradise Island**, connected to Nassau by two bridges.

The resort features:

- Luxury hotels
- Beautiful beaches
- Marine habitats

- Restaurants and cafés
- Shopping
- Casino
- Water park
- Dolphin experiences
- Marina Village

It covers more than **140 acres**, making it one of the largest resort complexes in the Caribbean.

Aquaventure Water Park



Aquaventure is the resort's signature attraction.

Highlights include:

- More than 20 swimming areas
- High-speed water slides
- Rapids River adventure
- Wave pools
- Children's splash areas
- Private beaches
- Relaxing lagoons

The famous **Leap of Faith** slide sends riders through a transparent tunnel surrounded by sharks.

Marine Habitats



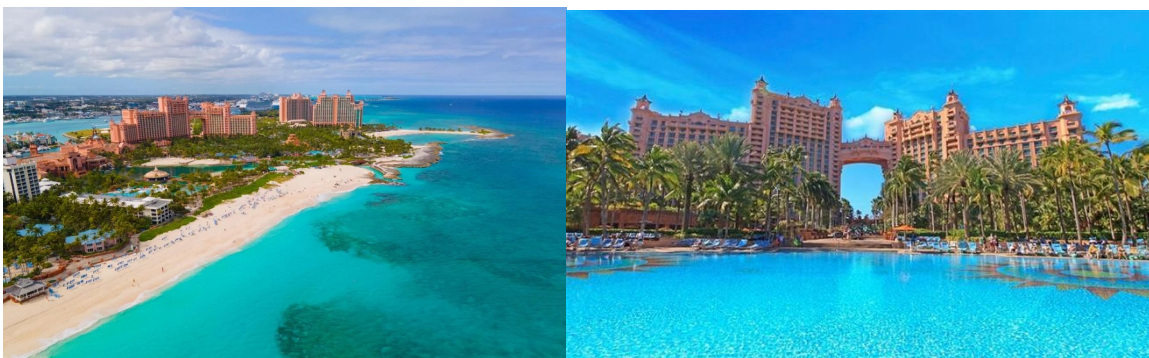
Atlantis is home to one of the world's largest open-air marine exhibits.

Visitors can observe:

- Sharks
- Stingrays
- Sea turtles
- Colorful tropical fish
- Moray eels
- Barracudas

The resort contains millions of gallons of seawater supporting thousands of marine animals.

Beaches & Pools



Guests enjoy access to:

- White-sand beaches
- Calm lagoons
- Family pools
- Adults-only pools
- Oceanfront lounging areas

- Private cabanas

Even without entering the water park, the beaches alone are spectacular.

Dining & Shopping



Atlantis offers dining options ranging from casual cafés to fine dining.

You'll also find:

- Marina Village shops
- Local souvenirs
- Luxury boutiques
- Ice cream shops
- Coffee cafés
- Waterfront restaurants

Many cruise visitors enjoy simply strolling through Marina Village.

Casino & Entertainment



The Atlantis Casino is one of the largest in the Caribbean.

Entertainment options include:

- Table games
- Slot machines
- Live music
- Bars and lounges
- Nightlife
- Seasonal events

Guests must meet the minimum age requirements to enter gaming areas.



Visiting from a Cruise Ship



Most visitors arrive from the Nassau Cruise Port.

Options include:

- Cruise line excursions
- Taxi
- Rideshare (where available)
- Independent transportation

Travel time from the cruise port is typically **15–20 minutes**, depending on traffic.



What to Bring



Pack:

- Swimsuit
- Towel
- Reef-safe sunscreen
- Sunglasses
- Hat
- Comfortable walking shoes
- Waterproof phone case
- Credit card or cash

If visiting the water park, you'll spend most of the day outdoors.



Premium Travel Group Tip

Atlantis offers several different admission options, from simply exploring Marina Village to full-day Aquaventure passes. Before your cruise, decide what kind of experience you want. If your goal is the water park, purchase the appropriate excursion or admission in advance, especially during busy cruise seasons when passes may sell out.



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 - Nassau Cruise Port Guide
 - Great Stirrup Cay Guide
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Fun Facts

- Atlantis covers **more than 140 acres**, making it one of the largest resort destinations in the Caribbean.
 - The iconic **Royal Towers** were inspired by the legend of the lost city of Atlantis.
 - The resort's marine habitats contain **over 50,000 aquatic animals** representing hundreds of species.
 - The famous **Leap of Faith** water slide features a clear acrylic tunnel that passes through a shark-filled lagoon.
 - Paradise Island was originally known as **Hog Island** before being renamed in the mid-20th century.
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Why You'll Love Atlantis

Atlantis combines everything many travelers imagine when they picture a Caribbean vacation—beautiful beaches, turquoise water, exciting attractions, luxurious surroundings, and unforgettable marine life. Whether you're racing down a water slide, relaxing beside the ocean, exploring the aquarium, or enjoying lunch overlooking the marina, Atlantis offers a full day of adventure and relaxation for visitors of all ages.

Joe's Logbook

Atlantis is one of those places that almost everyone has heard about before they ever visit the Bahamas.

The first thing that surprised me wasn't the famous Royal Towers—it was the sheer size of the resort. Pictures really don't prepare you for how expansive it is. You could easily spend an entire day here and still not see everything.

One piece of advice I'd give cruise visitors is to decide ahead of time what kind of day you want. If you're planning to enjoy Aquaventure, get there early and make the most of your time. If you're more interested in sightseeing, shopping, or enjoying the atmosphere, Marina Village and the surrounding grounds offer plenty to explore at a more relaxed pace.

No matter how you choose to experience Atlantis, it's easy to understand why it has become one of the Caribbean's most iconic destinations. Whether you're traveling with kids, as a couple, or with friends, there's something here that makes almost everyone feel like they've stepped into a tropical playground. 🏰 🌴 🌊