

Bahamas — A 5-Day Itinerary

Swimming Pigs by Boat, Blackjack Tables by Night

DURATION	BEST TIME TO GO	FROM

Check-In: British Colonial Nassau

From \$270 USD / night, for 2 people

A 1920s harbor-front landmark at the foot of Bay Street, rebuilt behind its original pink-and-white facade, with a private beach a block from downtown and views across Nassau Harbour to Paradise Island.

British Colonial Nassau · 242-605-9900 · britishcolonial.com

Day 2

Paradise Island — Atlantis & Cabbage Beach

Cross the bridge to Paradise Island for a day inside Atlantis's water park and marine habitat, then an afternoon on one of Nassau's best public beaches.

Transfer: Downtown Nassau to Paradise Island

~15 minutes · \$47 USD flat taxi fare for 2 people (includes \$2 bridge toll)

A short crossing over the Paradise Island bridge, with the Atlantis towers visible for most of the ride.

Atlantis Aquaventure & Marine Habitat Day Pass

~5 hours · roughly \$200–\$260 USD / adult (rate varies by date)

A day pass to Atlantis's 141-acre water park — slides through a Mayan-temple structure, a mile-long lazy river and open-air pools — plus The Dig, a walk-through marine habitat with sharks, rays and a re-created shipwreck holding more than 65,000 animals.

Atlantis Paradise Island · atlantisbahamas.com

Cabbage Beach Afternoon

~2 hours · free, public beach access

A mile of white sand along Paradise Island's north shore, calmer and less crowded than the resort's private beach, with a handful of casual beach bars for a drink at sunset.

Check-In: Comfort Suites Paradise Island

From \$200 USD / night, for 2 people

A mid-range all-suite hotel a short walk from Atlantis and Cabbage Beach, with a free hot breakfast and access to a private stretch of beach without resort-wide day-pass prices.

Comfort Suites Paradise Island · 242-363-3680 · comfortsuitespi.com

Day 3

Exuma — Swimming Pigs & Thunderball Grotto

A full day away from New Providence Island: an early boat run out to the Exuma Cays to swim with the wild pigs of Big Major Cay and snorkel a sea cave made famous by two James Bond films.

Full-Day Tour: Staniel Cay Adventures Swimming Pigs Excursion

8:00am–5:00pm · \$597 USD / person from Nassau (plus 10% VAT)

A full-day boat excursion from Nassau out to the Exuma Cays, built around Big Major Cay's wild swimming pigs — feed them from the boat or wade in for photos — with stops at other cays along the way; small groups, capped at 12 people on the largest boat.

Staniel Cay Adventures · 242-524-8062 · stanielcayadventures.com

Thunderball Grotto Snorkel Stop

~45 minutes · included in the day tour

A hollow limestone cay reachable only by swimming in at low tide, lit by shafts of sunlight through holes in the ceiling; it stood in for the villain's lair in Thunderball and Never Say Never Again, and is thick with sergeant majors and yellowtail snapper.

Dinner: Goldie's Conch House

~1.5 hours · dinner ~\$20–\$35 USD / person

A Bahamian conch shack on Arawak Cay's 'Fish Fry' strip, open until midnight, for cracked conch, conch salad made to order and a cold Kalik after a long day on the water.

Goldie's Conch House · 242-325-4300

Day 4

Blue Lagoon Island — Dolphins & a Beach Day

A short ferry out to a private island for a dolphin encounter and a slower beach day before the last night in Nassau.

Ferry: Paradise Island to Blue Lagoon Island

~25 minutes each way · included in the day package

A short crossing of Nassau Harbour from the Paradise Island Ferry Terminal to Blue Lagoon Island (officially Salt Cay), bundled into the beach-day and dolphin packages rather than sold separately.

Dolphin Encounter at Blue Lagoon Island

~2 hours · \$165 USD / person (plus 10% VAT)

A shallow-water program with the Atlantic bottlenose dolphins based in Blue Lagoon Island's protected coves, run by Dolphin Encounters — wading and interacting with the dolphins rather than a full open-water swim.

Dolphin Encounters · 242-363-1003 · dolphinencounters.com

Island Beach Day Package

~3 hours · from \$109 USD / person (plus 10% VAT)

The ferry, a buffet lunch, beach loungers and access to the island's Aqua Park floating obstacle course, on a private island separate from the dolphin lagoons.

Dinner on Your Own on Paradise Island

~1.5 hours · dinner ~\$30–\$50 USD / person

A last dinner back on Paradise Island, with options ranging from casual marina-side spots to the restaurants inside Atlantis's Marina Village.

Day 5

Bay Street & the Flight Home

A free morning for last-minute shopping on Bay Street before the transfer back to the airport.

Free Morning: Straw Market & Bay Street

~2 hours · free to browse

Nassau's Straw Market, rebuilt after a 2001 fire, is the place for woven baskets, hats and souvenirs; Bay Street's duty-free jewelry and liquor shops run the length of downtown alongside it.

Transfer: Nassau to the Airport

~20 minutes · \$36–\$47 USD flat taxi fare for 2 people, depending on hotel

The same flat-fare taxi system as the arrival transfer, in reverse, back to Lynden Pindling International for the flight home.