

THINGS TO DO IN ABACO

Bars

- **Coco Beach Bar & Grill** in Treasure Cay, 1-242-365-8470; open daily 11am-5pm
- **Tipsy Seagull Bar** in Treasure Cay, open daily from 12noon-1am
- **Treasure Sands Club** in Treasure Cay, open daily 12 noon – 10.30pm
- **Russell's Sports Bar**; across From Treasure Cay Airport; open daily 11am- until
- **Chico's Sports Bar** in Brent Lowe Plaza, 1-242-475-3275, opens daily 11am-until

Beaches

- **Treasure Cay Beach**
This renowned beach has some of the finest, whitest sand on Earth fronting the brilliant turquoise of the Sea of Abaco for 3.5 miles.
 - Public Beach area
 - Treasure Sands area
 - Coco Beach area
 - Bahama Beach area
 - The Point
- **Bluff House Beach – Green Turtle Cay**
The Bluff House Resort and Yacht Club, located on Green Turtle Cay, has its own secluded beach, among 12 acres of lush palms and pine trees.
- **Gilliam Bay Beach – Green Turtle Cay**
This beach is protected from the wind, and within a 15-minute walk from the main town of Green Turtle Cay.

Bicycle Rentals

- **Wendell's Bicycle Rentals in Treasure Cay Shopping Plaza (Wendell Miller - preferred vendor)**
Treasure Cay, 1-242-365-8687 Half Day: \$5 Full Day: \$7 Week: \$42
- **Rental Wheels** Marsh Harbor, 1-242-367-4643
- **Jack's Bikes** Hope Town, 1-242-366-0635

Boat Rentals & Charters

- **Treasure Cay Boat Rentals (preferred vendor)**, Treasure Cay: 1-242-365-8582
www.treasurecayboatrentals.com
- **Sunset Tours & Boat Rentals**, (preferred vendor) 1-242.365.4634
www.sunsetmarine.com
- **Captain Mark Carol** - mark@captainmarkscharters.com
www.captainmarksbungalow.com
- **Moon Doggy Boat Charters**, Treasure Cay, 1-242-375-9542, 1-242-365-9133
- **Capt. Dan Riley** Email: rileymon@live.com
- **Trevor Lightbourne** – Boat Rentals – 242-475-1803
- **CJ's Abaco Dorado Boat Rentals** Marsh Harbor, 1-242-375-9251; 1-242-367-1035
www.abacodoradoboatrentals.com (will deliver to Treasure Cay)
- **Blue Wave Boat Rentals** Marsh Harbor, 367-367-3910
- **Reef Boat Rentals**, Green Turtle Cay, 1-242-365-4145
www.go-abacos.com/rentGTC/reefrent.html
- **The Moorings**, Marsh Harbor, 1-242-367-4000
www.moorings.com Prices Vary. Contact for further information.
- **Dive Guana**, Guana Cay, 1-242-365-5178 www.diveguana.com
- **Jr's Bonefish Abaco** 242-475-1892 facebook [jrsbonefishabaco](https://www.facebook.com/jrsbonefishabaco).albury
info@jrsbonefishabaco.com
- **Gusto Charters & Guide Service** 242-477-0261 gustobahamas@gmail.com

Bonefishing

- **Treasure Cay:**
Captain Justin Sands **242-359-6890**
Captain Joe Prichard **242-559-9117**
Captain O'Donald McIntosh **242-365-0126**
Captain Carey McKenzie **242-365-8313**
Captain Kenneth Gardner **242-375-9005**
Captain Leslie "Pants" Major **242-553-7860**
- **Bone Haven Bonefishing Charters**, Marsh Harbour,
Richard Albury, 1-242-577-0313 or 367-0367
- **Pinder's Bonefishing**, Green Turtle Cay, Captain Buddy, 1-242-366-2163
- **Bonefishing Charters sponsored by Abaco Lodge**, Marsh Harbor, 1-242-577-1747 or
email: abacolodge@gmail.com
- **Jr's Bonefish Abaco** 242-475-1892 facebook [jrsbonefishabaco](https://www.facebook.com/jrsbonefishabaco).albury
info@jrsbonefishabaco.com
- **Gershwin Pinder**- Bone Fishing Guide & Captain 242.577.4134

Car Rentals

- **Cornish Car Rentals near Treasure Cay Airport (preferred vendor)**
Treasure Cay, 1-242-365-8623. Car: \$75/day \$350/wk. Van: \$85/day \$450/wk.
- **Triple J Car Rentals in Treasure Cay Shopping Plaza**
Treasure Cay, 1-242-365-8761. Car: \$70/day Van: \$80/day. Weekly prices negotiable
- **A&P Auto Rentals** Marsh Harbor, 1-242-367-2655
- **Bargain Car Rentals** Marsh Harbor, 1-242-367-0500
- **Rental Wheels** Marsh Harbor, 1-242-367-4643
- **Sea Star Car Rentals** Marsh Harbor, 1-242-367-4887

Diving See Scuba Diving

Eco-Tourism

- **The Great Abaco Express: GLENDA KNOWLES;** 1-242-646-7072
- **Abaco Island Tours & Activities :** Tanique Brutus, 1-242-365-8044 <http://abacoactivities.com>
- **Bahamas National Trust:** www.bnt.bs
- **Pelican Cays Land & Sea Park (Marsh Harbor at the Moorings)**
Contains undersea caves, extensive coral reefs and a terrestrial plant and animal life
- **Abaco National Park**
Protects mostly pine forest, duck ponds and blue holes
Also protects the northern habitat and breeding area of the endangered Bahama Parrot
- **Black Sound Cay**
Comprises of a thick sand of mangrove vegetation, also a habitat for water fowl and other avifauna
- **Tilloo Cay Reserve**
Contains wild and a pristine natural environment that provides a breeding habitat for Tropic birds and seabirds

Entertainment & Night Life

- **Snappas Bar & Grill**, Marsh Harbour; 1-242-367-2278, open daily 11am- Until
 - Happy Hour from 5pm-7:30pm & Wednesday 5pm-11pm)
 - Live Entertainment Friday & Saturday
- **Chat & Chill Restaurant & Lounge**, Marsh Harbour open 11am-Until 1-242-367-1266
- **Rum Runners** Marsh Harbour
- **Insomnia Night Club** Marsh Harbour, open for special events
- **Konky Joes** Marsh Harbour open 11am- Until



242.365.8801 WWW.TREASURECAY.COM WWW.BAHAMASADVENTURETOURS.COM

Excursions & Tours

- **The Great Abaco Express: GLENDA KNOWLES;** 1-242-646-7072
- **Sunset Tours & Boat Rentals,** (preferred vendor) 1-242.365.4634 www.sunsetmarine.com
- **Abaco Island Tours & Activities :** Tonique Brutus, 1-242-365-8044
<http://abacoactivities.com> Offers: blue hole tours, geology sight-seeing, kayaking tours
- **Abaco Adventures in Treasure Cay (preferred vendor) Ph. # 1-242-365-8749 or 1-242- 375-8123**
Offering day adventures to various cays including Hope Town, Man-O-War Cay, and Guana Cay
- **Froggies Hope Town, Ph#1-242-366-0431**
Offers: island hopping tours to cays such as Hope Town Man-o-War, Guana Cay and Little Harbour

Fishing

- **Mark Carol (preferred vendor),** Treasure Cay, 1-242-551-7642 capnmarksbungalow.com
*All trips inclusive of Fuel, Bait, and Ice & Snorkeling gear with Captain
*Please inquire about picnics
- **Moon Doggy Charters, Capt. Dan Riley,** Treasure Cay, 1-242-375-9542, 1-242-365-9133
Email: rileymon@live.com All trips include Tackle, Bait, Ice and Bottled Water
- **Trevor Lightbourne,** Treasure Cay, 1-242-475-1803
- **Shelton & Ken Gardiner,** Coopers Town, 1-242-375-9005 or 1-242-475-6658
- **Captain O'Donald McIntosh & Sons,** Coopers Town, 1-242-365-0126, 1-242-477-5037
- **Stumpy Mcintosh,** Coopers Town, 1-242-559-8456
- **Jr's Bonefish Abaco** 242-475-1892 facebook [jrsbonefishabaco.albury](https://www.facebook.com/jrsbonefishabaco)
info@jrsbonefishabaco.com fishing, bone fishing and reef fishing

Fishing Equipment

- **Treasure Cay Hardware Store in Treasure Cay Shopping Plaza,** 1-242-365-8258, 1-242-553-7041
- **Treasure Cay Boat Rentals at the Marina,** 1-242-365-8582
- ***Bait can be purchased at Treasure Cay Water Depot,** 1-242-365-8801

Fishing Guide

- **For general advice about fishing, fishing guides, and boat charters**
Info@treasurecayboatrentals.com 242-365-8582

Fitness (seasonal)

- **Yoga** – Monday, Wednesday, Friday, 8:00 am @ Coco's Bar – Instructor Carol Allen (Free)
- **Aerobics** – Tuesday, Thursday, 8:00 am @ Coco's Bar – Instructor Kate Moran (Free)
- **Fitness Studio** at Integrated Medical Spa in Treasure Cay (Fees apply)

Game Room

- **Modern Touch** in Treasure Cay Shopping Plaza, Lavan Mckenzie, 1-242-365-9429
Tokens: 50 cents each

Gift Shops/Boutiques

- **The Marina Shop (Treasure Cay)** – 1-242-365-8757
- **Triple J Gift Shop (Treasure Cay)** – 1-242-365-8761
- **Bluff House Boutique (Green Turtle Cay)** – 1-242-365-4200
- **Fantasy Boutique (Hope Town)** – 1-242-366-0537
- **Iggy Biggy (Marsh Harbour)** – 1-242-367-5121
- **Iggy Biggy (Hope Town)** – 1-242-366-0354
- **Island Gal Boutique (Marsh Harbour)** – 1-242-367-0283
- **Nippers Gift Shop (Guana Cay)** – 1-242-365-5111
- **Sun Dried T's (Hope Town)** – 1-242-366-0616

Golf Cart Rentals

- **Blue Marlin Rentals in Treasure Cay Shopping Plaza - preferred vendor** 1-242-365-8687;
Open daily from 8am-5pm \$40 full day
- **Cash's Carts in Treasure Cay – preferred vendor-** 1-242-365-8771, cashscarts@yahoo.com
Open daily from 9am – 4:30pm **Cash's Carts Rates:**

High Season

\$45 per day (24 hour day) for anything less than a week.

\$40 per day if you rent for a week or more.

\$840 for anything between 21 to 28 days.

\$30 per day if you rent for 29 days or more.

Low Season

\$40 per day (24 hour day) for anything less than a week.

\$35 per day if you rent for a week or more.

\$735 for anything between 21 to 28 days.

\$26.25 per day if you rent for 29 days or more.

December 15 - January 15 : High Season

March 1 - September 1 : High Season

January 15 - March 1 : Low Season

September 1 - December 15 : Low Season

Golf Cart Rentals

- **C&D Rentals (Green Turtle Cay)** – 1-242-365-4311
- **Elbow Cay Cart (Hope Town)** – 1-242-366-0530
- **Island Cart Rentals (Hope Town)** – 1-242-366-0361
- **Kool Kart Rentals (Green Turtle Cay)** – 1-242-365-4176
- **Ria-Mar Cart Rental (Man-O-War Cay)** – 1-242-365-6024
- **Seaside Cart Rentals (Green Turtle Cay)** - 1-242-365-4147

Golf

- **Treasure Cay Beach, Marina & Golf Resort**, Treasure Cay, 1-242-365-8045
www.treasurecay.com/golf
- **The Abaco Club on Winding Bay**, Great Abaco, 1-242-367-0077,
www.myabacoclub.com
- **Baker's Bay Golf & Ocean Club**, Great Guana Cay, 1-242-577-0635
<http://bakersbayclub.com/>

Grocery & Convenience Stores

- **Golden Harvest Grocery Store (Treasure Cay Shopping Plaza)** – 1-242-365-8350;
Open Monday-Saturday 8am-6pm, Sunday 8am-1pm
- **Treasure Cay Mini Mart Convenience Store (Treasure Cay Shopping Plaza)** – 1-242-365-9375
Open Monday-Sunday 7am-10pm
- **Abaco Groceries (Marsh Harbor)** – 1-242-367-0278
Open Monday-Saturday 7:30am-7pm; Sunday 9am-4pm
- **Maxwell's (Marsh Harbor)** – 1-242-367-2601
Open Monday-Sunday 7am-9pm
- **Price Right (Marsh Harbor)** – 1-242-367-2020
Open Monday-Sunday 8am-8pm
- **Curry's Food Store (Green Turtle Cay)** 1-242-365-4171
Open Monday-Saturday 9am-6pm

Internet Café

- Modern Touch Services Café, Treasure Cay, Lavan McKenzie, 1-242-365-9429 9am-5pm
Offers: Printing, Faxing, Scanning & Typing documents
Notary Service, Document Translation Business Plans, Financial Plans
Visa & Passport Applications

Kayak Rentals

- **Treasure Cay Water sports rental (Treasure Cay, Coco's Beach Bar & Grill)** 1-242-365-8470
- **Abaco Adventures with Oswald 'Ozzie' Hall (Treasure Cay)** – 1-242-365-8749
- **Abaco Dive Adventure (Marsh Harbor)** – 1-242-367-2213
- **Abaco Island Tours & Activities** : Tanique Brutus, 1-242-365-8044
- **Brendals Dive Center (Green Turtle Cay)** – 1-242-365-4411

Library

- **Mary Roberts Library in Treasure Cay** (across from the community center) 1-242-365-8338. The Library is open 3 - 5pm. Days are posted on the Library door (it changes as to how many volunteers we have to man it)

Liquor Stores

- **Bristol Wines & Spirits in Marsh Harbor and Treasure Cay Shopping Plaza, (*preferred vendor*)** MH 1-242-367-2180; TC 1-242-365-8611
Open Monday- Saturday 9am-5pm; Closed on Sundays and Holidays
- **Tupps Wines Beers & Spirits in Marsh Harbor**, 1-242-367-2936
- **Burns House**, 1-242-367-3712
A&K Liquor Store Marsh Harbour, 1-242-367-21-79
Spanky's/Taykir liquor Treasure Cay, 1-242-365-8385
- **Hope Town Wines & Spirit**, 1-242-366-0525
- **Plymouth Rock Liquor in Green Turtle Cay**, 1-242-365-4234
- **Fig Tree Wine & Spirits in Guana Cay**, 1-242-365-5058
- **Lighthouse Liquors in Hope Town**, 1-242-366-0567

Marinas

- **Treasure Cay Beach, Marina & Golf Resort (Treasure Cay)** – 1-242-365-8250
- **Bluff House Yacht Club & Marina (Green Turtle Cay)** – 1-242-365-4247
- **Orchid Bay Yacht Club & Marina (Guana Cay)** – 1-242-365-5175
- **Black Sound Marina (Green Turtle Cay)** – 1-242-365-4531
- **Conch Inn Marina & Hotel** – 1-242-367-4000
- **Hope Town Inn & Marina (Hope Town)** – 1-242-366-0003
- **Sea Spray Resort Villas & Marina (Elbow Cay)** – 1-242-366-0065
- **Harbor View Marina** – 1-242-367-3910
- **Mangoes Marina** – 1-242-367-4255

Massages

- **Integrated Medical Spa, Treasure Cay**
1-242-365-8186; Email: imcabaco@gmail.com

Medical and Emergency Contacts

- **Corbett Medical (Treasure Cay - preferred vendor)** – Dr. Shedd 1-242-365-8288 -
For Emergencies: 1-242-577-0606
Office Hours; Monday, Tuesday, Thursday, Friday 9am-12 Noon 2pm-4pm
Open Wednesdays for PRESCRIPTIONS ONLY
- **Integrated Medical Center, Treasure Cay** 1-242-365-8186
- **Auskell Medical Clinic (Marsh Harbour)** – 1-242-367-0020
- **Government Clinic (Marsh Harbour)** – 1-242-367-0633
- **Abaco Family Medicine (Marsh Harbour)** – 1-242-367-2295
- **Abaco Island Pharmacy in Treasure Cay & Marsh Harbour** – 1-242-367-2544
- **Chemist Shoppe (Marsh Harbour)** – 1-242-367-3106

Paddle Boarding

- **Abaco Paddle Board**, Marsh Harbor, Jesse Golon, 1-242-475-0954 or 1-242-366-3125
<http://www.abacopaddleboard.com/>
Offers paddle board rentals, surf lessons, beach picnics, and guided tours
Paddle Board \$25 1hr; \$50 ½ day; \$80 full day; \$350 full week
Surf Board \$10 1hr; \$15 half day; \$25 full day
Boogie Board \$13 half day; \$20 full day
Tub, Ski, Wakeboard \$50 full day

Photographers

- **Randy Curry (*preferred vendor*)**, Green Turtle Cay, 1-242-475-3836; U.S: 1-561-450-8200
- **Nixon Joseph in Treasure Cay Shopping Plaza (*preferred vendor*)**, 1-242-475-5339
- **Abaco Photos**, Marsh Harbor, 1-242-367-0707
- **Wally's Studio**, Marsh Harbor, 1-242-367-2722
- **Trumeice Edgecombe**, Treasure Cay, 1-242-365-8276
- **Roberts Photography**, Marsh Harbor, 1-242-367-4816
- **Snap Shop**, Marsh Harbor, 1-242-367-3020

Restaurants

Treasure Cay

- **Treasure Beach, Marina & Golf Resort; www.treasurecay.com**
- ***Spinnaker Restaurant – 1-242-365-8469***
Open Thursday, Friday, Saturday – Prime Rib Night & Sunday
- ***Coco's Beach Bar & Grill – 1-242-365-8470***
Open daily from 8am-10.30pm
Bahamian Beach Bonfire BBQ Night every Tuesday
Golden Oldies Dinner & Dance Steak Night every Wednesday
Coco's Islander Fish Fry every Friday
- ***Tipsy Seagull Bar***
Taco, Bingo, Margarita Madness Night every Monday
Pizza Night every Thursday
Tipsy Pool Party & Fish Fry every Sunday
- **Treasure Sands Club – 1-242-365-9385 <http://www.treasuresandsclub.com/>**
Fresh Pasta Lunch Specials Every Monday 12pm-4pm
Full Sushi Menu Every Tuesday Night
- **Bahama Beach Club Special Nights For reservations; 1-242-365-8500**
Taco Night EVERY MONDAY (6:30-10)
Italian Night EVERY WEDNESDAY (6:30-10)
Steak Night Dinner EVERY FRIDAY (6:30-10)
- **Touch of Class – 1-242-365-8195**
- **The Conch Man**
Native Conch Salad by the 'famous Conch man Kirk Pedican, 1-242-475-6748
Thursday, Friday, Saturday & Sunday on the corner of Spanky's Wines & Spirits from 5pm until...

Marsh Harbor

- Curly Tails 1-242-367-4444
- Mangoes Restaurant 1-242-367-2366
- Snappas Bar & Grill 1-242-367-2278
- Golden Grouper 1-242-367-2301
- Abaco Pizza 1-242-367-2022
- Bayview Restaurant 1-242-367-3738
- Native Hut 1-242-367-0977
- Wally's Restaurant 1-242-367-2074

Hope Town

- Abaco Inn 1-242-366-0133
- Boat House at Sea Spray 1-242-366-0065
- Capt'n Jacks 1-242-366-0247
- Harbor's Edge 1-242-366-0087
- Munchies 1-242-366-0423
- On Da Beach 1-242-366-0558
- FireFly Sunset Resort 1-242-366-0145

Man-O-War

- Bradley's On the Harbor 1-242-365-6380
- Dock & Dine 1-242-365-6139

Guana Cay

- Nippers Bar & Grill 1-242-365-5111
- Guana Grabbers 1-242-365-5133
- The Market Place 1-242-612-1021
- Orchid Bay 1-242-365-5175

Green Turtle Cay

- Jolly Roger Bar & Bistro 1-242-365-4247
- Harvey's Bar & Grill 1-242-365-4191
- Lizard Bar & Grill 1-242-365-4191
- McIntosh Restaurant 1-242-365-4625
- Miss Emily's Blue Bee 1-242-365-4181
- New Plymouth Inn 1-242-365-4161
- Sundowners 1-242-365-4060

Scuba Diving & Snorkeling Charters

- **Brendals Dive Center**, Green Turtle Cay, Brendal Stevens, 1-242-365-4411 www.brendal.com
Offers: scuba diving, adventure tours, family adventure, diving classes, wild dolphin encounter, wild turtle encounter, wild shark encounter, fresh seafood BBQ day (hand feed the rays), two tank dives in a.m., golf cart rentals, free p/u at Green Turtle Ferry dock at 8:15 am for trips that check in at 8:30, free drop off at Green Turtle Ferry dock at 4:00 pm.
- **Dive Guana, Guana Cay**, 1-242-365-5178 www.diveguana.com
Offers snorkel trips, private charters, dive trips, boat rentals.
- **Dive Abaco, Marsh Harbour**, Keith Rogers, 1-242-367-2787 www.diveabaco.com
Offers scuba and snorkel trips, resort lessons, underwater photo CD's, underwater tours, sunset cruises.

Spa & Fitness Center*

- **Integrated Medical Spa**, 1-242-365-8186 Email: imcabaco@gmail.com
Featuring a range of treatments and therapies: Facials, Body Treatments, Massages, Nail Services, Waxing, Full Spectrum Infrared Sauna & Hydrotherapy.
*Fitness equipment and related programs not directly affiliated with Treasure Cay Resort and subject to charges.

Taxi Fares:

Marsh Harbour airport is approximately 30 miles from the Resort. A taxi ride from Marsh Harbour airport to the hotel is \$85 (+7.5% Bahamas Vat tax) for two persons and takes about 40 minutes. Extra persons are \$3 each (+7.5% Bahamas Vat tax).

Treasure Cay airport is approximately 7 miles from the Resort. A taxi ride from Treasure Cay airport to the hotel is \$35 (+7.5% Bahamas Vat tax) for two persons and takes about 15 minutes. Extra persons are \$3 each (+7.5% Bahamas Vat tax).

Preferred Taxi Partners:

- | | |
|---------------------|--------------|
| ● Albert Bootle | 242-577-6953 |
| ● Manuletha Bootle | 242-375-8391 |
| ● Ronald Bootle | 242-475-5515 |
| ● Deniro Cooper | 242-559-8484 |
| ● Sydney Hart | 242-477-5753 |
| ● Reggie Knowles | 242-475-1671 |
| ● Karen Lightbourne | 242-475-3203 |
| ● Unca Lou | 242-475-1053 |

Preferred Taxi Partners (continued):

- Lucky 242-577-7338
- Big John McIntosh 242-475-0704
- Lousie McIntosh 242-551-4416
- Thersea Murray 242-475-7174
- Neely 242- 458-5235
- Pappa 242- 559-8707
- Frreland Rolle 242-357-6964
- Bob Russell 242-442-3058
- Marshal Russell 242-475-3114

Other Taxi Partners

- Bain's Taxi 242- 475-4911
- Deon's Taxi 242-475-5505
- Joe Knowles 242-367-3127
- Geneva Strachan 242-477-5395
- Miss v's Taxi 242-434-8924 or 365-8561
- Annie Williams 242-458-1819
- James Williams 242- 475-1777
- Willie's taxi 242- 577-2161 or 367-2997

Tennis

- **Treasure Cay Tennis Courts**, Treasure Cay, 1-242-365-8801 \$25 for 1 hour

Tours

For Tours, see **Excursions & Tours**

Water Sports

- **Treasure Cay Beach, Marina & Golf Resort, Treasure Cay**
Coco's Beach Bar: Hobie Kat (Sailboat) - \$40/hr.
Kayak – Singles 25/hr. Double 35/hr. Paddle Boats - \$25/hr.
For more information please visit <http://www.bahamasadventuretours.com/>



242.365.8801 WWW.TREASURECAY.COM WWW.BAHAMASADVENTURETOURS.COM

Weddings

- **Patrice Cooper in Cooper's Town** - 1-242-365-0102
- **Treasure Cay Beach, Marina & Golf Resort**, Treasure Cay, Mrs. Avis Miller, 1-242-365-8801
- **Bahama Beach Club**, Treasure Cay, 1-242-365-8500

Worship Services

- **Treasure Cay Community Church** (interdenominational): 9am service Sunday morning **365-8107**
- **St Simon's By The Sea**: Anglican Church: 9am Sunday morning: **365-8466**
- **St Mary & Andrew Catholic Church**: 5pm Saturday evenings: **365-8920** (Fr. Rogers)

MORE INFORMATION ON ABACO YOU CAN VISIT:

www.abacobuzz.com

