



242.365.8801 WWW.TREASURECAY.COM WWW.BAHAMASADVENTURETOURS.COM

THINGS TO DO IN ABACO

Bars

- **Coco Beach Bar & Sea Grill** in Treasure Cay, 1-242-365-8470; open daily 8am-9:30pm
- **Tipsy Seagull Bar** in Treasure Cay, open daily from 12,noon,-1am
- **Treasure Sands Club** in Treasure Cay, open daily 12,noon, – 10:30pm
- **The Back Room Bar** behind Burns House liquor store, 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, which at low tide can access private Sunrise Cay Island
- **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
- **Sun Dried T's** Hope Town, 1-242-366-0616

Boat Rentals & Charters

- **J.I.C Boat Rentals (preferred vendor)**, Treasure Cay: 1-242-365-8582 www.jicboatrentals.com
- **Sunset Tours & Boat Rentals (preferred vendor)** 1-242.365.4634 www.sunsetmarine.com
- **Abaco Adventures - Tours and Charters:** 1-242-365-8749 www.abacoadventures.com
- **Captain Mark Carol:** mark@captainmarkscharters.com <http://capnmarksbungalow.com/>
- **Moon Doggy Boat Charters**, Treasure Cay, 1-242-375-9542, 1-242-365-9133
- **Capt. Dan Riley** Email: rileymon@live.com
- **Capt'n Forty**, Treasure Cay; 1-242-475-8754
- **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)
- **Power Boat:** 22' Dusky \$155/day; 26' Dusky \$182/day
- **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

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

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 :** Tonique Brutus, 1-242-551-4436 <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 stand 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

- **Snappers 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
- **D 'N' R Sports Bar & Lounge**, Marsh Harbour 1-242-367-2385, 11am- Until
- **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

Excursions & Tours

- **The Great Abaco Express: GLENDA KNOWLES; 1-242-646-7072**
- **Abaco Island Tours & Activities :** Tonique Brutus, 1-242-551-4436 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 Harbor

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
- **MoonDoggy 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

Fishing Equipment

- **Treasure Cay Hardware Store in Treasure Cay Shopping Plaza**,
1-242-365-8258, 1-242-553-7041
- **J.I.C 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, contact Doug Evans**,
Treasure Cay rent@jicboatrentals.com, 1-242-365-8582



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Fitness

- **Yoga** – Monday , Wednesday, Friday, 8:00 am @ Coco Bar – Instructor Carol Allen (Free)
- **Aerobics** – Tuesday, Thursday, 8:00 am @ Coco 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 Harbor)** 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 January 15 - March 1 : Low Season
March 1 - September 1 : High 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 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 Gal (Treasure Cay)** – 1-242-365-8571
- **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 Harbor Lodge (Hope Town)** – 1-242-366-0095
- **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 Harbor)** 1-242-367-0020
- **Government Clinic (Marsh Harbor)** 1-242-367-0633
- **Abaco Family Medicine (Marsh Harbour)** 1-242-367-2295
- **Abaco Island Pharmacy in Treasure Cay & Marsh Harbour** 1-242-3267-2544
- **Chemist Shoppe (Marsh Harbour)** 1-242-367-3106

Movie

- **Movie;** Treasure Cay, 8pm every Monday at Junkanoo Javas, near Topsy after Bingo

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 Saturday – Prime Rib Night
- **Coco Beach Bar & Grill – 1-242-365-8470**. Open daily from 8am-9.30pm
Bahamian Beach Bonfire BBQ Night every Tuesday
Golden Oldies Dinner & Dance Steak Night every Wednesday
Coco's Islander Fish Fry every Friday
Bahamian Beach Bonfire & Luau Night every Saturday
- **Tipsy Seagull Bar**
- Taco, Bingo, Margarita Madness Night every Monday
- Pizza Night every Thursday
- Bahamian Beach Bonfire & Luau Night every Saturday
- Topsy Pool Party & Fish Fry every Sunday Nite
- **Treasure Sands Club – 1-242-365-9385 www.treasuresandsclub.com**
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** 1-242-475-6748
Native Conch Salad by the 'famous Conch man Kirk Pedican,
Thursday, Friday, Saturday & Sunday on the corner of

Marsh Harbor

- Curly Tails 1-242-367-4444
- Mangoes Restaurant 1-242-367-2366
- Snappers 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
- Sugar Shack 1-242-366-0788
- Fire Fly 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 (+12% Bahamas Vat tax) for two persons and takes about 40 minutes. Extra persons are \$3 each (+12% 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 (+12% Bahamas Vat tax) for two persons and takes about 15 minutes. Extra persons are \$3 each (+12% Bahamas Vat tax).

Preferred Taxi Partners:

- Annie Williams 1-242-458-1819
- Geneva Strachan 1-242-477-5395
- James Williams 1-242-475-1777
- Joe Knowles 1-242-367-3127
- Willie's Taxi 1--242-577-2161 Or 367-2997
- Bain's Taxi 1-242-475-4911
- Miss V's Taxi 1-242-434-8924 or 365-8561
- Deon's Taxi 1-242-475-5505

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 Beach Bar
Hobie Kat (Sailboat) - \$40/hr. Kayak – Singles 25/hr. Double 35/hr.
For more information please visit <http://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 Sun.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