

ECOTOURISM

PROTECTING WHAT'S PRICELESS



THE BAHAMAS UNEXPECTEDLY EXOTIC

Escape to nature across 16 diverse islands, each one more intriguing, exotic and mysterious than the next. Discover the world's second deepest blue hole, the world's largest colony of West Indian flamingos, and the world's longest underwater cave system. Explore 32 national parks, meet dozens of expert guides, and choose from countless unique tours through wetlands and wildlife preserves, coral reefs and tidal creeks, pine forests and pristine coastlines.





ACTIVITIES





ACTIVITIES ON LAND AND SEA

Whether you're hiking our foot trails or sailing our clear waters, an authentic side of The Bahamas awaits on an eco-adventure. Travel to the caves where the Arawak Indians lived, visit a sprawling marine reserve, and explore the wetlands and coppice forests where rare animals, wild birds, and exotic orchids thrive. The Bahamas is yours to discover.



BIRDWATCHING



Audubon-trained guides are on hand to help bird-watchers spot The Bahamas' 354 recorded bird species of endemic and migratory birds, including the once nearly extinct West Indian flamingo.



TOP SPOTS FOR BIRD— WATCHING

Abaco National Park
THE ABACOS

Inagua National Park
GREAT INAGUA

Blue Holes National Park
ANDROS

The Reef Golf Course
GRAND BAHAMA

The Rand Nature Center
GRAND BAHAMA

The Leon Levy Native
Plant Preserve
ELEUTHERA

Graham Harbor Seabird
and Iguana National Park
SAN SALVADOR

Iguana National Park
SAN SALVADOR

Lucayan National Park
GRAND BAHAMA

The Retreat Gardens
NASSAU AND PARADISE ISLAND

Exuma Cays Land and
Sea National Park
THE EXUMAS

CAVES

Carved over thousands of years, our vast underground cave systems, caverns and tunnels are sights to behold. Sign up for a guided cave diving tour in the Abacos, channel your inner James Bond at Exuma's Thunderball Grotto, or hire an authorized guide to explore Freeport's Lucayan National Park, one of the largest underwater cave systems in the world. You can even become a certified cave diver in The Bahamas.

TOP SPOTS FOR CAVE EXPLORING

Lucayan National Park
FREEPORT

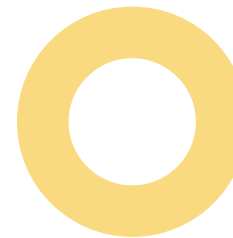
Pelican Cays Land & Sea Park
THE ABACOS

Hamilton's Cave
LONG ISLAND

Thunderball Grotto
THE EXUMAS

South Abaco Cave Systems
(Dan and Ralph's Cave)
ABACOS

Stargate Blue Hole
SOUTH ANDROS



KAYAKING

More than a mode of transport, a kayak invites you to slip into the natural rhythm of The Bahamas and explore its uninhabited cays, mangrove creeks, wetlands, and sand bars at your own pace.



TOP SPOTS FOR KAYAKING

Exuma Cays Land and Sea Park
THE EXUMAS

Bonefish Pond National Park
NASSAU

Lucayan National Park
FREEPORT

Pigeon Creek & Snow Bay National Park
SAN SALVADOR

INTO THE DEEP

There are some differing thoughts on the number of Blue Holes in Andros. Some scientists have noted that there are 175 blue holes, others are saying it is over 200 blue holes. However, they all agree that Andros has the highest concentrations of both inland blue that you can jump into and ocean blue holes that visitors can experience scuba diving. To eliminate any potential debates it is best to state that "Andros has the highest concentration of Blue Holes in the world." It is also interesting to note that all of the Blue Holes are connected through fractures and fissures in the limestone.

CAPTAIN BILL'S BLUE HOLE

Captain Bill's Blue Hole has all the makings of an epic afternoon on Andros. Think of it as a playground with a swimming hole, best enjoyed with a picnic and friend.

Bahamas.com/captain-bills-blue-hole



TOP SPOTS FOR BLUE HOLES

Blue Holes National Park
ANDROS

Dean's Blue Hole
LONG ISLAND

Hoffman's Cay Blue Hole
BERRY ISLANDS

Watling's Blue Hole
SAN SALVADOR



DEAN'S BLUE HOLE
📍 LONG ISLAND





THE BAHAMAS NATIONAL TRUST

Established in 1959, the Bahamas National Trust is a powerful force for global biodiversity conservation, charged with preserving and protecting the natural resources of The Bahamas.

32 NATIONAL PARKS

The Bahamas' national park system comprises 2.2 million acres of national parks and protected areas, making it the largest protected area network in the region.





THE EXUMAS LAND & SEA PARK

📍 EXUMAS

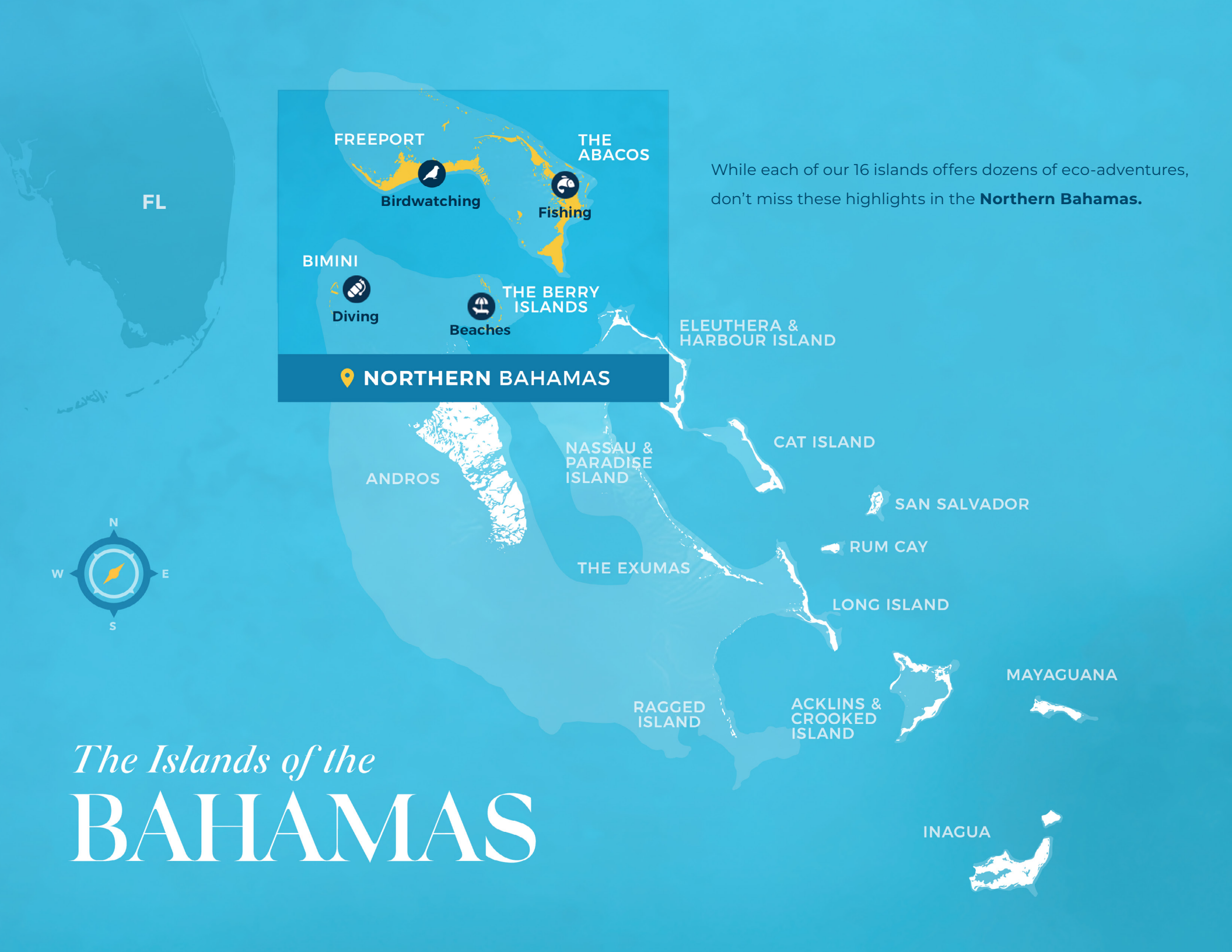
The background is a solid medium blue color. It features several large, overlapping, organic shapes in a lighter shade of blue. These shapes include a large teardrop-like form in the upper left, a circle in the lower left, and a large, rounded rectangular shape in the center-right. The text is centered over these shapes.

Nature is not
**A PLACE
TO VISIT.**
It is home.



ATTRACTIONS BY REGION





FL

FREEPORT

Birdwatching

THE
ABACOS

Fishing

BIMINI

Diving

THE BERRY
ISLANDS

Beaches

ELEUTHERA &
HARBOUR ISLAND

 NORTHERN BAHAMAS

ANDROS

NASSAU &
PARADISE
ISLAND

CAT ISLAND

SAN SALVADOR

RUM CAY

THE EXUMAS

LONG ISLAND

MAYAGUANA

RAGGED
ISLAND

ACKLINS &
CROOKED
ISLAND

INAGUA

The Islands of the
BAHAMAS

JEWELS OF THE NORTH

With nine national parks, including six in The Abacos alone, the Northern Bahamas is a nature lover's paradise. Across these island gems, discover habitats protecting the endangered coral reefs, seabird nesting sites, and mangrove forests.

BEST KNOWN FOR

Birdwatching, boating, and beaches.

THE ABACOS



PELICAN CAYS LAND & SEA PARK

Marsh Harbour

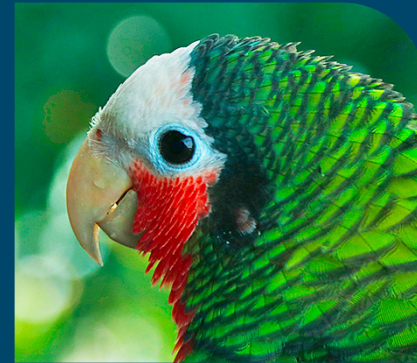
Featuring daytime/snorkel moorings, this vast no-take reserve features extensive undersea caves and coral reefs, as well as pristine beaches for swimming and sunbathing.



WALKER'S CAY NATIONAL PARK

Walker's Cay

A favourite of divers, Walker's Cay is fringed by its own barrier reef and features stunning coral and underwater cathedrals teeming with tropical fish, turtles and eagle rays.



ABACO NATIONAL PARK

South Abaco

A birdwatching hotspot, Abaco National Park was created to protect the Bahama Parrot, which nests in underground cavities beneath the park's vast Caribbean Pine forest.

BIMINI



BIMINI SHARK LAB

South Bimini

Operated by the Bimini Biological Field Station Foundation, the Bimini Shark Lab is dedicated to the study and understanding of marine animal biology.



HEALING HOLE

East Bimini

Accessible by kayak, this freshwater pond in the middle of a saltwater mangrove swamp is said to have healing properties.



BIMINI ROAD

North Bimini

Said to be the ancient underwater road leading to the lost city of Atlantis, this unique dive site features mysterious rock formations.

FREEPORT



LUCAYAN NATIONAL PARK

Grand Bahama Highway

This popular 40-acre park features boardwalks and trails winding through all six of The Bahamas' ecosystems, as well as one of the world's longest charted underwater cave systems.



PETERSON CAY NATIONAL PARK

Off Freeport's Southern Shore

A mile offshore, this aeolian limestone cay, the smallest national park in The Bahamas, is a favourite for birdwatching and snorkeling and diving alongside manta rays and barracuda.



RAND NATURE CENTRE

Freeport

A popular attraction, this 100-acre sanctuary near downtown Freeport features boardwalks and trails winding through coppice, pine forest, and nearly 130 identified plants.



THE BOILING HOLE

Eight Mile Rock

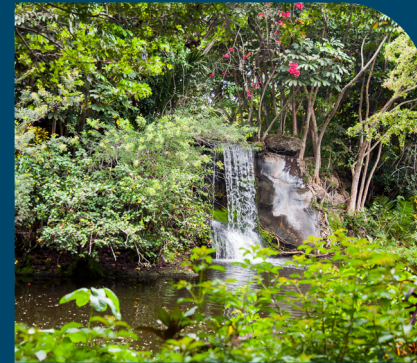
Explored by Jacques Cousteau, this bubbling whirlpool is the starting point to an underwater cave system edged by mangroves.



FERN GULLY

Freeport

Filled with a rare species of ferns known as leather-back, Fern Gully is a large fertile sinkhole near the entrance to Josey Cave, a unique cavern formed from fossilized reefs.



GARDEN OF THE GROVES

Freeport

Exotic plants and flowers, waterfalls, migratory birds and butterflies, and a spiritual labyrinth are highlights of this tranquil attraction.

LUCAYAN
NATIONAL PARK

📍 FREEPORT





FREEPORT

FL

While each of our 16 islands offers dozens of eco-adventures, don't miss these highlights in the **Central Bahamas**.

THE ABACOS

THE BERRY ISLANDS

BIMINI

NASSAU & PARADISE ISLAND

ELEUTHERA & HARBOUR ISLAND

Caves

Beaches

Blue Hole

CAT ISLAND

Diving

SAN SALVADOR

RUM CAY

THE EXUMAS

Kayaking

LONG ISLAND

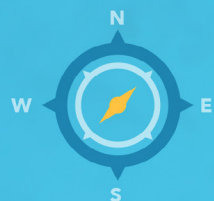
📍 CENTRAL BAHAMAS

MAYAGUANA

RAGGED ISLAND

ACKLINS & CROOKED ISLAND

INAGUA



The Islands of the **BAHAMAS**

An aerial photograph of a Bahamian island, showing a small boat on a white sand beach. The water is a vibrant turquoise, and the island is covered in lush green vegetation. The background shows more islands and the deep blue ocean.

ANDROS

CAT ISLAND

ELEUTHERA & HARBOUR ISLAND

THE EXUMAS

NASSAU & PARADISE ISLAND

EPICENTER OF THRILLS

A dozen national parks dot the islands of the Central Bahamas, including the world's first land and sea park. Surprises await, too, including lush pineapple fields and some very photogenic swimming pigs.

BEST KNOWN FOR

*Blue holes, pineapple fields,
swimming pigs, and pink sand beaches*

ANDROS



JOULTER CAYS NATIONAL PARK

North Andros

This famous geological site is a hub for researchers studying Andros' oolitic sand formations and sand flats, as well as a winter habitat for migratory shore birds including the critically endangered Piping Plovers.



THE TONGUE OF THE OCEAN

Between Andros and
New Providence

Featuring beautiful coral formations and sponges, this immensely deep submarine canyon is known as one of the top wall diving sites in the world.



BLUE HOLES NATIONAL PARK

North Andros

This 40,000-acre park protects 22 unique inland blue holes, and the surrounding rich coppice and pineland forests are home to a variety of wildlife.



UNCLE CHARLIE'S BLUE HOLE

North Andros

Also known as Little Frenchman Blue Hole, this 417-foot deep freshwater blue hole surrounded by pine forest is among the island's most notable.



RAINBOW BLUE HOLE TRAIL

Central Andros

A winding trail through coppice, coastal pine forest, bromeliads and rare orchids brings you to the Rainbow Blue Hole, a fresh water swimming hole.



WEST SIDE NATIONAL PARK

West Side of Andros

As one of the largest Marine Protected Areas in the Western Atlantic, this park is comprised 1.5 million acres of pineland, dense mangroves and a variety of flats of pristine blue water.

ELEUTHERA & HARBOUR ISLAND



GLASS WINDOW BRIDGE

Eleuthera

Just 30 feet wide, this strip of rock separates the rich blue waters of the Atlantic Ocean from the Bight of Eleuthera's calm turquoise waters.



LEON LEVY NATIVE PLANT PRESERVE

Governor's Harbour, Eleuthera

A research and education centre, this 30-acre preserve focuses on traditional bush medicine, indigenous plant propagation, and the biodiversity of The Bahamas.



OCEAN HOLE

South Eleuthera

Located on the southern edge of Rock South, this seemingly bottomless saltwater inland blue hole is believed to have healing powers.



THE QUEEN'S BATH

Queen's Highway, Eleuthera

These natural pools are filled with waves, shells and small sea life that wash over from the Atlantic, creating clear, warmed-by-the-sun tidal pools perfect for soaking.



HATCHET BAY CAVE

North Eleuthera

Filled with stalagmites and stalactites that resemble torch-lit underground cathedrals, Hatchet Bay Cave is the island's most extensive, measuring a mile long and 1,100 feet underground.



PINK SAND BEACH

Harbour Island

A composite of coral, broken shells, tiny rocks and calcium carbonate gives this famous three-mile stretch of sand on the Atlantic its naturally rosy hue.

THE EXUMAS



THE SWIMMING PIGS

Big Major Cay

Accessible by boat from Great Exuma or Nassau, Big Major Cay (aka Pig Island) is the uninhabited island home of our friendly (and world-famous) swimming pigs.



EXUMA CAYS LAND & SEA PARK

Exuma Cays

The world's first land and sea park as well as the Bahamas' oldest national park, this protected eco-sanctuary spans more than 100,000 acres of beaches, blue holes, coral reefs, islands and ocean.



THUNDERBALL GROTTO

Staniel Cay

Featuring a small, nearly hidden entrance, this incredible underwater cave system teems with exotic marine life and brilliantly coloured coral reefs.

NASSAU & PARADISE ISLAND



CLIFTON HERITAGE PARK

Nassau

Spanning 156 acres, this popular park features hiking trails, historic sites, sandy beaches and offshore coral reefs. Don't miss Ocean Atlas, the world's largest underwater sculpture just offshore.



ARDASTRA GARDENS, ZOO & CONSERVATION CENTRE

Nassau

A must-see for kids, this attraction located minutes from downtown Nassau features marching flamingos, parrots, and peacocks amid its lush tropical gardens. mile long and 1,100 feet underground.



THE RETREAT GARDEN

Nassau

The Retreat Garden is an 11-acre urban oasis in the heart of the capital city. A haven for birds, it features a world-renowned garden of palms and rare tropical plants.

📍 ELEUTHERA





While each of our 16 islands offers dozens of eco-adventures, don't miss these highlights in the **Southern Bahamas**.

 **SOUTHERN BAHAMAS**

Blue Hole

 SAN SALVADOR

Beaches

 RUM CAY

Boating

 LONG ISLAND

RAGGED ISLAND

 Fishing

ACKLINS & CROOKED ISLAND

 Snorkeling

MAYAGUANA

 Fishing

INAGUA

 Birdwatching

The Islands of the
BAHAMAS

ACKLINS & CROOKED ISLAND INAGUA LONG ISLAND MAYAGUANA RAGGED ISLAND RUM CAY

SOUTHERN SPLENDOR

From history lessons to sea turtle habitats, the Southern Bahamas offers plenty of eco-friendly adventures, including eleven national parks, blue holes, and ancient cave systems.

BEST KNOWN FOR

Birdwatching, diving, endangered turtles, history



ACKLINS & CROOKED ISLAND



HOPE GREAT HOUSE

Crooked Island

Encompassing nearly four acres, this national park protects the ancient remains of early 19th century Loyalist plantations.



MARINE FARM

Crooked Island

A one-time Loyalist compound with well-preserved remains of the artillery battery and living quarters, Marine Farm is a national park set on more than four acres.

INAGUA



INAGUA NATIONAL PARK

Great Inagua

Home to the world's largest breeding colony of West Indian flamingos, this 287-square-mile park is on the Ramsar list of Wetlands of International Importance.



LITTLE INAGUA NATIONAL PARK

Little Inagua

Spanning 62,800 acres, this protected park comprises the largest uninhabited island in the wider Caribbean and is a nesting location for critically endangered sea turtles.



UNION CREEK RESERVE

Great Inagua

A well-known sea turtle research centre, this reserve is a natural habitat for Green and Hawksbill turtles, as well as mangroves and lush seagrass beds.

LONG ISLAND



DEAN'S BLUE HOLE

Off Queen's Highway

The Bahamas' second deepest blue hole and the second largest underwater chamber in the world, this saltwater swimming hole is 663 feet deep.



HAMILTON'S CAVE

Off Queen's Highway

Open for guided tours, this ancient cave system is the largest in The Bahamas. Highlights include 50-foot passages and 10-foot ceilings.

SAN SALVADOR



GREEN'S BAY NATIONAL PARK

Rare San Salvador rock iguanas are protected within this tranquil park, which also features a healthy reef system and a stretch of rocky shoreline that supports shearwaters and tropicbirds.



WEST COAST MARINE PARK

Cockburn Town

Popular with divers, this national park protects some of the Bahamas' most dramatic coral wall formations, as well as seabird nesting habitats and the anchorage location for Christopher Columbus' first landfall in the Bahamas.



SOUTHERN GREAT LAKE NATIONAL PARK

San Salvador

Featuring an extensive mangrove ecosystem, this pristine park protects nesting areas for birds and is home to the endangered San Salvador rock iguana.

📍 LONG ISLAND



A close-up photograph of several green leaves, likely from a plant like a banana or a similar broad-leafed species. The leaves are arranged diagonally across the frame, showing prominent, parallel veins in a lighter green or yellowish-brown color. The background is a solid, deep green.

GREEN INITIATIVES



GROUNDBREAKING GREEN INITIATIVES

Our commitment to preserving and protecting the beauty and natural resources of The Bahamas dates back more than six decades, to the founding of The Bahamas National Trust. Today, multiple Bahamas-based environmental programmes, conservation initiatives, research labs, and schools share our dedication to ensuring a greener, more sustainable future.



A man and a woman are standing on a green wooden bridge that spans a small stream. The man is on the left, wearing a grey polo shirt and light blue shorts, looking towards the woman. The woman is on the right, wearing a white tank top and black shorts, looking back at the man. They are both smiling. The bridge has a green metal railing with a crisscross pattern. The surrounding environment is a dense tropical forest with many palm trees and other lush green plants. The water in the stream is clear and reflects the surrounding foliage.

PROGRAMMES

FRIENDS OF THE ENVIRONMENT

Marsh Harbour, Abaco

This Abaco-based non-profit is dedicated to the conservation and preservation of Abaco's natural resources through sustainability education, environmental research and hands-on projects.

www.friendsoftheenvironment.org

BREEF

Nassau, New Providence Island

BREEF is dedicated to educating residents and visitors about protecting the coral reefs that protect The Bahamas. The organization reaches more than 3,500 students each year through education programmes.

www.breef.org

THE BAHAMAS NATIONAL TRUST

Nassau, New Providence Island

Dedicated to conserving and protecting the natural resources of The Bahamas, the Bahamas National Trust manages 32 national parks across 10 unique islands.

www.bnt.bs/

An aerial photograph of a tropical coastline. The water transitions from a deep blue in the upper left to a vibrant turquoise near the shore. A road with a yellow dashed line runs along the edge of a green, vegetated landmass. The word "PROGRAMMES" is written vertically in large, white, serif capital letters on the left side of the image.

PROGRAMMES

BAHAMAS PLASTIC MOVEMENT

Bahamas Plastic Movement (BPM), a Bahamian non-profit organization geared towards raising awareness and finding solutions to plastic pollution. It was born out of the belief that “through research, education, citizen science & policy change, a healthy marine and terrestrial environment free of plastic pollution can be achieved”. BPM’s mission is to build a community of education and activism around plastic pollution. They played an intricate role in the 2020 Plastics Ban in The Bahamas.

www.bahamasplasticmovement.org/

ONE ELEUTHERA FOUNDATION

Nassau, Eleuthera

One Eleuthera Foundation (OEF) is a Bahamian community-based, people-centric, non-profit organization operating with the best interest of the local communities. It was born out of a need to protect Eleuthera from large scale developments that threatened to alter the pristine natural landscape, disrupt fragile marine and land ecosystems and further disempower its people. Their goal is to unite and build a sustainable and equitable community development model focused on the holistic well-being. The model used for OEF incorporates economic ownership, capacity building, wellness and holistic living, and environmental sustainability for the community.

www.oneeleuthera.org/

FORFAR FIELD STATION

Andros

A non-profit dedicated to environmental education, scientific research, and cultural awareness through experiential learning, Forfar Field Station has served more than 50,000 students and group leaders since its founding in 1970.

www.intlfieldstudies.org/forfar-field-station

THE GERACE RESEARCH CENTRE

San Salvador

In operation for more than 40 years, this educational and research institution is a field-based classroom for a variety of sciences, including geology, biology, ecology and archeology, as well as molecular biology and genetics.

www.geraceresearchcentre.com/

An aerial photograph of a tropical coastline. A narrow strip of white sand beach runs diagonally from the bottom left towards the top right. To the left of the beach is a dense line of green vegetation. To the right is the turquoise ocean, with gentle waves washing onto the shore. The sky is a clear, bright blue with a few small white clouds in the distance.

SCHOOLS

THE ISLAND SCHOOL

Eleuthera

In partnership with the Cape Eleuthera Institute, the Island School offers educational semester and summer terms for high school students who want to learn how to live sustainably in the twenty-first century.

www.islandschool.org/

PERRY INSTITUTE FOR MARINE SCIENCE (PIMS)

PIMS has partnered with a number of local conservation organizations, research labs, dive operators and other stakeholders to create the Bahamas Coral Reef Restoration network (BRRN). The goal of the BRRN is to assist with reversing the decline of coral reefs throughout The Bahamas by providing support to local communities to sustain biodiversity, improve habitat for key fishery species, enhance value for tourism and provide other ecosystem services. Through this project, PIMS is able to provide training, assist with site selection based on recent research and monitoring and provide other technical support for growing corals in nurseries and out-planting those corals to reefs.

www.perryinstitute.org



STORIES



Take only

PICTURES,

LEAVE

only footprints

CONTACT US

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Tourism Reopening

For the latest travel updates
and advisories, please visit:

[Bahamas.com/Tourism-Reopening](https://bahamas.com/Tourism-Reopening)



VISITTHEBAHAMAS



TRAVELBAHAMAS



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