

2022 GROVES CONFERENCE ON MARRIAGE AND FAMILY

Things To Do

Make the most out of your time in Paradise
Island, Bahamas

Good Eats

Nassau Rum and Food Walking Tour

Rawson Square, 3MH5+7RG, Nassau, The Bahamas

Explore the rum-infused highlights of Nassau in just a few hours on this walking tour, ideal for a shore excursion or for first-time visitors with limited time. Learn about the Bahamas' long history of rum making and visit a pirate-themed pub. Fill up on conch fritters, boozy sweets, and rum cocktails. A tour and tasting at John Watling's Distillery at the historic Buena Vista estate is also included.

Know before you go

- Duration: 3h
- Mobile tickets accepted
- Instant confirmation

Price Per Adult

\$84

Contact Information

- [Tripadvisor.com/AttractionProductReviews/g147416-d11454206](https://www.tripadvisor.com/AttractionProductReviews/AttractionProductReview-g147416-d11454206)

Taste the Real NASSAU flavours

Parliament St & Bay St, Nassau, The Bahamas

Get Bahamianized with our combination of History and Authentic Bahamian tastings over a 3 - 4 hour period. Accompanied by your personal Tour Guide in your own language, you will get a Real Bahamian Experience. Visit important sites and hear interesting stories, history and get a sample of specialty drinks, native fruits and specialty appetizers unique to the Bahamas! Enjoy your VIP tour with just your family or small group up to 15 persons, or have your corporate group come to "get Bahamianized"!

Know before you go

- Duration: 3h
- Mobile tickets accepted
- Instant confirmation

Price Per Adult

\$77

Contact Information

- [Viator.com/tours/Ne-w-Providence-Island/](https://www.viator.com/tours/Ne-w-Providence-Island/)

Nassau Food Tasting and Cultural Walking Tour

Rawson Square, 3MH5+7RG, Nassau, The Bahamas

On this Nassau food tour, explore Bahamian cuisine with visits to local-approved eateries and trendy up-and-coming restaurants. As you explore the downtown district, let your expert guide help you navigate menu items such as classic conch fritters, Bahamian mac 'n' cheese, and handmade truffles—washed down by specialty cocktails.

Know before you go

- Duration: 3h
- Mobile tickets accepted
- Instant confirmation

Price Per Adult

\$87

Contact Information

- Viator.com/tours/Nassau/Nassau-Food-Tasting-and-Cultural-Walking-Tour

Historical & Cultural Sites

Gambier Historical Village

West Bay Street, Nassau, The Bahamas

Gambier is one of the oldest villages in New Providence, dating back to the early 1800s. Today, the approximately 740 inhabitants of Gambier Village are Bahamianborn persons of African descent. Because of its largely youthful population, external cultural influences have impacted the traditional culture of Gambier and caused it to lose its distinctive African origin. However, the UNESCO youthpath Project for The Bahamas was established in 2004 to help preserve its African Heritage and evolving culture among the villages youth.

Highlights of a visit to Gambier include: St. Peters Native Baptist Church established in 1856, The Community Well, Gambier Village School, the Rock Oven and Thatched Roof Huts, the descendants of Elijah Morris, Bush Medicine and Folk Talk.

Know before you go

- Tour may be booked by appointment only

Contact Information

- Tel: (242) 302 - 2033
- Email: denice@coralwave.com



Christ Church Cathedral

George St, Nassau, The Bahamas

The Lord Proprietors built the original building on this site in 1670, making it the first church built in The Islands Of The Bahamas. The present structure, built in 1841, is the fifth church that has occupied this spot. The year 1861 marked an historic beginning for the islands; Nassau became a city and Christ Church was made a Cathedral. Along the walls of the church, tablets trace the trials Nassau citizens endured over 150 years ago. Be sure to look at the baptismal font at the back of the sanctuary. There you will see the hallmark of its British carpenter, a tiny church mouse carved into the wood.

Know before you go

- Christ Church Cathedral is an ideal spot for history and art lovers.
- The church is free to enter.
- Dress modestly when entering houses of worship.

Contact Information

- Viator.com/Nassau-attractions/Christ-Church-Cathedral]

Pompey Museum of Slavery and Emancipation at Vendue House

2 W Bay St, Nassau, The Bahamas

The Pompey Museum is named in honour of a courageous slave, Pompey, who lived on the Rolle Plantation on Steventon, Exuma, Bahamas. Historic Vendue House, or the Bourse as it was known, was built some time before 1769 and continued to function as a marketplace until the late 1800s. Enslaved Africans and other commodities were sold at Vendue House during the 18th and 19th centuries. Pompey became a museum in 1992.

Know before you go

- Open Monday-Saturday 9:30 am- 4:40 pm

Contact Information

- Tel: (242) 326 - 1007
- Email: pompey33@hotmail.com



Nassau Shore Excursion: Island Highlights Sightseeing Tour

Woodes Rodgers Walk, Nassau, The Bahamas

This Nassau shore excursion tour is the easiest way to get to know the Bahamas' capital city in just a few hours, without having to worry about planning transport. With a convenient pickup from the port or your hotel, you'll ride in the comfort of a climate-controlled van as you learn about Nassau from your guide. Along with food samples at the Bahamas Rum Cake Factory and Graycliff Chocolatier, local taxes are included in the tour price \$50 per adult.
Know before you go

Know before you go

- Duration: 2h 30m
- Mobile tickets accepted
- Instant confirmation

Price Per Adult

\$50

Contact Information

- [Tripadvisor.com/AttractionProductReview-g147416-d11462928](https://www.tripadvisor.com/AttractionProductReview-g147416-d11462928)

The National Art Gallery of The Bahamas

W Hill St, Nassau, The Bahamas

A nonprofit, world-class museum that collects, preserves, exhibits and interprets historic and contemporary Bahamian art. The museum exists to educate, uplift and inspire all Bahamian people everywhere, and its curators have a passion for knowledge and a drive to push cultural boundaries.

Know before you go

- Operation Hours:
Tuesday - Saturday 10
am - 5 pm (closed
Mondays)

Price Per Adult

\$10

Contact Information

- Tel: (242) 328-5800/1
- Email: info@nagb.org.bs
- nagb.org.bs

Straw Market

W Bay St, Nassau, The Bahamas

After you exit the dock, to your immediate left, sits Harbour Islands famous Straw Market specializing in Bahamian crafts, straw work, jewelry, tshirts, sea shells and much more. When you meet the local vendors they will entertain you with stories of the island and their lives.

Know before you go

- Bring cash, either U.S. dollars or Bahamian dollars.
- Operation Hours vary by vendor. Visit between early morning and late afternoon.

Contact Information

- [Viator.com/Nassau-attractions/Straw-Market](https://www.viator.com/Nassau-attractions/Straw-Market)

Down to Earth Adventure Farm

Cow Pen Road, Nassau, The Bahamas

Down to Earth Adventure Farm offers guest an opportunity to experience Bahamian culture, nature and the feel of being on a Family Island. The experience includes interaction with a large variety of exotic and domestic animals, local and international flora and fauna, sampling of local fruits, a craft market, and museum.

Know before you go

- Operation Hours:
Monday - Friday 8 am -
5 pm

Contact Information

- Tel: (242) 361 - 7328
- Email: ssinclair1962@hotmail.com

The Great Outdoors

Nassau Botanical Gardens

Chippingham Rd, Nassau, The Bahamas

Opened at the time of The Bahamas' Independence on July 10, 1973, the Nassau Botanical Gardens provide a tranquil retreat for nature-loving residents and visitors. It features 18 acres of tropical flora covering over 600 species, including the Bahamas national flower, the Yellow Elder. Once known as the pit, these gardens were an old rock quarry supplying stones for roadways and the building of Fort Charlotte. The idea for the gardens was conceived in 1951 by Mr. Oris Russell of the Ministry of Agriculture.

Know before you go

- Operation Hours:
Monday - Sunday 8 am
- 4 pm

Contact Information

- Tel: (242) 356 - 6477

Nassau Historical Walking Tour

Marlborough Street, Marlborough St, Nassau, The Bahamas

Explore the historic city of Nassau with this walking tour. Learn about the history of the Bahamas from its early days as a pirate haven to modern day, and then stop at a local tea house to learn about traditional bush medicine in the Bahama

Know before you go

- Duration: 1h 30 m
- Mobile voucher
- Instant confirmation
- Free cancellation

Price Per Adult

\$32

Contact Information

- [Viator.com/tours/Nassau/Nassau-Historical-Walking-Tour](https://www.viator.com/tours/Nassau/Nassau-Historical-Walking-Tour)

