

Going North to South:

Shell Island or Spoil Bank Cay – Created in the late '80's by dredging a cruise ship channel, this man made pile of sand has some shells on its 'beach' & is located next to Bakers Bay on the North end of Guana Cay. Watch out for the outgoing tide here.

Guana Cay – Small settlement with a super beach and reef that runs the entire length of Atlantic side of the Cay. You can snorkel right off the beach to the reef, close to shore. Tie up at the Public Dock in Settlement Harbour & take a pleasant 5 minute walk to the ocean side with your snorkel gear. Several choices of restaurant/bar available in & around the settlement.

Fowl Cay Preserve – Great spot to snorkel or SCUBA, there are moorings present for you to tie up to. This area requires settled weather for safe boating. Nice picnic beach on the most Northerly one of the Fowl Cays. Do not enter the area from North Man O War Channel; instead go round the Northerly Fowl Cay to reach the reef.

Man O War Cay – Known as the boatbuilding capital of the Bahamas they still make boats over there, just in fiberglass now. Industrious people & a neat little settlement with boatyard, restaurants & shops. Use the South entrance to the Harbour as it is deep water & clearly marked.

Johnnies Cay area – Great for fishing or diving during settled weather, the area East of the 5 rocks that make up “Johnnies Cay” is still “inside” the reef & reasonably well protected. Slow down & you will be able to maneuver thru the heads with ease. Please anchor on the sand, not the coral.

Hope Town – Charming community with historically preserved 1864 lighthouse that you must climb & admire the view from, Hope Town also has a museum worthy of a visit. Many choices for food, drinks both Harbourside & Oceanside. Snorkel off the town beach to nice reef. Gift shops aplenty.

Marsh Harbour - central to your cruising area as well as the rest of Abaco, is the hub. The business section has what you need from A to Z & is a one minute walk from the Public Dock (known as the Union Jack Dock) in Marsh Harbour itself. Lots of restaurants & gift shops can provide a respite while waiting for that wayward guest or piece of luggage. Tie up at our Boat Harbor location if you wish when going into town.

White Sound, Elbow Cay – Abaco Inn & Sea Spray Resort/Marina offer fine restaurants/bars with beaches nearby. Watch out for shallow rocks as you enter the area, especially at low tide.

Tahiti Beach – Nice, wide sand bar at low tide & a favourite gathering spot for a picnic, swimming, shelling & generally just good family fun.

Tilloo Cut – Adjacent to Tahiti Beach & has good fishing sometimes, depends on the weather. Stay inside.

Lubbers Quarters – Cracker Ps Bar & Grill, open during the season, great view of Tahiti Beach & Tilloo Cut. Good food & great atmosphere. Nice beach too, kids love it.

Tavern Cay – Good snorkeling around here when other places are too rough or deep or murky or scary. Several spots to get wet & see small fish.

Tilloo Bank – Extensive sand bar extending off the Southern end of Tilloo & easily seen, there is great swimming, snorkeling, sand dollars, starfish & shells. A nice picnic beach as well. Be aware of the tides here as well.

Snake Cay – A nature trail if you will thru & around Deep Sea, John Doctors & Iron Cays with easy access on the South Side of Snake Cay. Best done with a rising tide. Flora & fauna abound here. Nice, quiet way to appreciate the beauty of nature, or catch a strong incoming tide & take a fun drift/snorkel!

Sandy Cay Reef – Located within the boundaries of the Pelican Cays Land & Sea Park, Sandy Cay offers unparalleled snorkeling or SCUBA diving. No fishing or souvenir taking please, only pictures & memories. You will most likely see everything A to Z during your dive on the reef. Moorings to secure your boat to are here as well. Be aware of the surge & tide situations & your own abilities before you leave the boat.

Little Harbour – Not much further beyond Sandy Cay is Pete's Pub & Gallery in Little Harbour, actually a part of the Island of Great Abaco. Rustic & very charming, it is not to be missed. There is also a network of creeks & flats for fishing & exploring in the nearby Bight of Ole Robinsons. You need the right tide to explore the skinny water areas here.

There are other spots to explore along the way, this list just gives a general overview of what is available to you, our guest, within our outlined safe cruising area.