

# ETERNITY

From the helm of Captain Aldon  
Rose Island - Albany | 7 Day Itinerary







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## The Bahamas

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A nation of 16 main islands, hundreds of cays and islets covering more than 250,000 square kilometres; some of the world's best beaches; waters with visibility of over 60 metres; the third largest barrier reef on the planet; untouched nature, with many endemic species; 315 days of sunshine each year: the scene is set for unforgettable land and sea adventures in one of the most escapism-worthy destinations on earth.

### The Bahamas: a brief history

The Arawak Indians were the first inhabitants of the Bahamas. Columbus's first encounter with the New World was on Oct. 12, 1492, when he landed on the Bahamian island of San Salvador. The British first built settlements on the islands in the 17th century. In the early 18th century, the Bahamas were a favorite pirate haunt.

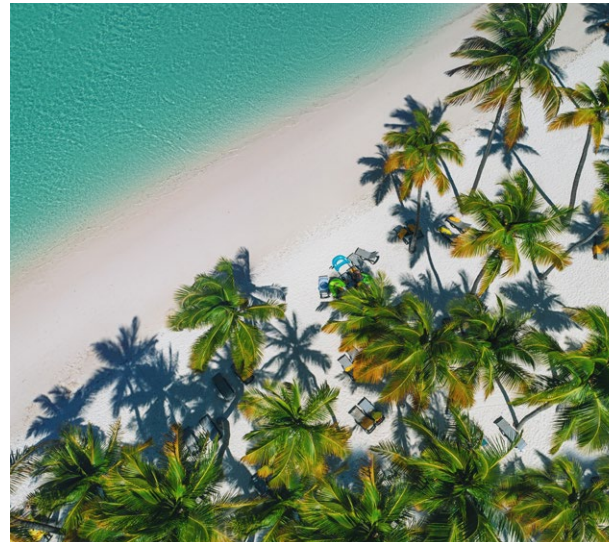
The Bahamas were a Crown colony from 1717 until they were granted internal self-government in 1964. The islands moved toward greater autonomy in 1968 after the overwhelming victory in general elections of the Progressive Liberal Party, led by Prime Minister Lynden O. Pindling, over the predominantly white United Bahamians Party.

With its new mandate from the black population {85% of Bahamians}, Pindling's government negotiated a new constitution with Britain under which the colony became the Commonwealth of the Bahama Islands in 1969. On July 10, 1973, the Bahamas became an independent nation.

Once heavily reliant on agriculture and fishing, the Bahamas has diversified its economy into tourism, financial services, and international shipping.

While the nation enjoys a per capita income that is among the top 30 in the world, there is a big gap between the urban middle class and poor farmers. In addition, the nation is vulnerable to hurricanes, which regularly inflict serious damage.

As of 2012, the Bahamas remains one of the wealthiest countries {GDP per capita} in the Americas, after Bermuda, the U.S., the Cayman Islands, Canada, and the Virgin Islands.





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## The Exumas

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Think of a fabulous film beach scene - from Pirates of the Caribbean to James Bond - and it was almost certainly shot in The Exumas.

Little wonder days here tend to revolve around the water, whether scuba diving, fishing, snorkeling, sailing, powerboating, or simply exploring the world's first marine reserve.

Thirty-metre visibility, beautiful reefs and abundant marine life, including turtles and nurse sharks, come as standard: eyeballing iguanas in Allan's Cay and swimming with the pigs of Big Major's Cay are unique to The Exumas.

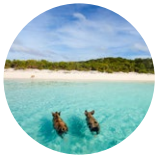
So too is the magical underwater Thunderball Grotto or the romantic Three Sisters Beach. The Exuma Cays start just south east of Nassau and stretch almost in a straight line for 90 miles to the South with only 4000 inhabitants it can be easy to find your own slice of paradise!



Route Map



Day 1  
Rose Island



Day 2  
Highborne Cay



Day 3  
Norman's Cay



Nassau



Day 4  
Shroud Cay



Day 5  
Hawksbill Cay



Days 6 & 7  
Twin Cays

Great Exuma









## Day 1

### Rose Island

Rose Island is approximately 15-20mins by tender from Atlantis Marina on Paradise Island. On reaching the boat we will have everything set up for your enjoyment. After your welcome Champagne and orientation there is something to suit every energy level from seabobs, jet skis to paddleboards and wakeboarding.

After your sumptuous lunch for those keen fishermen you take can a trawl for Mahi or Wahoo! Later this evening we will throw lines to sail to the beautiful Exuma Cays.



## Day 2

### Highbourne Cay

You will wake to the day in Highbourne Cay; known as the gateway to the Exuma Cays. Highbourne Cay is approximately 3 miles long, covering an area of +/- 500 acres. Highbourne fits its name perfectly - the island is shaped like the letter H and its highest point is over 100 feet above sea level, one of the highest elevations in the Exumas.

Eight beaches line the island's shore. Highbourne's East Beach is renowned world-wide for its beauty and is ranked as one of the best beaches in The Bahamas. With three miles of powdery-soft white sand, East Beach is one of the few places in the world where yours are often the only footprints in the sand.





## Day 3

### Norman's Cay

Although famous for its pristine beauty, Norman's Cay was once famous for serving as the headquarters for Carlos Lehder's drug smuggling operation between the years of 1978-1982. With ties to the Medellin Cartel and the notorious Pablo Escobar, Carlos built a 3,300 ft runway for his fleet of aircraft to use as a strategic refueling point before continuing onto the United States with entire plane loads of cocaine.

Today one of the remaining relics of this time is a plane wreck in the shallows of Norman's Cay cut; many a story circulates as to how the plane came to crash there. Whether an embellished story or the real truth, no one will really know. But why not snorkel or sea bob over the wreck and make up your own mind.





## Day 4

### Shroud Cay

After a filling and fabulous breakfast on board head to Shroud Cay for a full day and beach set up.

Here the Chef will prepare a sumptuous BBQ on the beach after which there will be an opportunity to snorkel Pablo Escobar's plane.





## Day 5

### Hawksbill Cay

Greetings to yet another new Exuma paradise; this morning you will wake in Hawksbill Cay. Hawksbill Cay is a pristine, uninhabited and outlying island of the Exuma Park. Aqua waters and pale sand paint a kaleidoscope of colors around the cay and on land, remnants of a historic settlement characterize the island's pirate past.

Here you can hunt for treasure at smugglers cove, kayak through pirate's cut or wander through the abandoned village in ruins bay. Why not take a moment to walk to Hawksbill's lofty peak for a sublime 360° view?



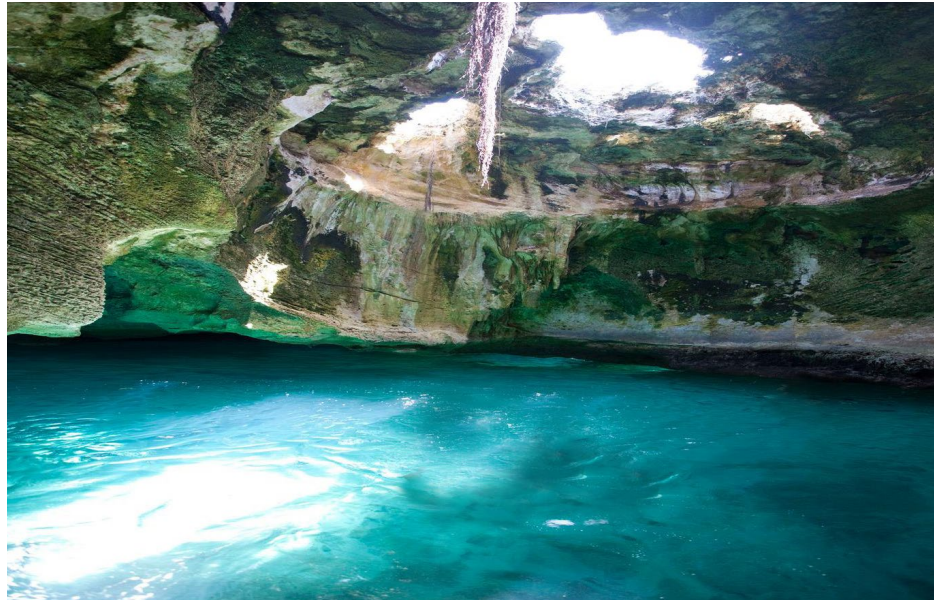


## Day 6

### Twin Cays

Yes, it's true, pigs swim! Just around the corner from Twin Cay, on the back of Big Majors, is "pig beach." Wild pigs inhabit the island, lounge on the beach and swim out to approaching boats because they have learned that boats tend to bring them food! Last time we were there, there was a litter of adorable tiny piglets.

The Thunderball Grotto is known world-wide as an outstanding snorkeling attraction. On-site filming of the James Bond movies "Thunderball" and "Never Say Never Again," as well as the movie "Splash," showed off the exquisite beauty of this snorkel spot and made it famous. The hollowed out rock, just to the north of the Yacht Club and most easily accessible at slack tide, creates a natural fish bowl where sea creatures of all kinds and colors congregate.





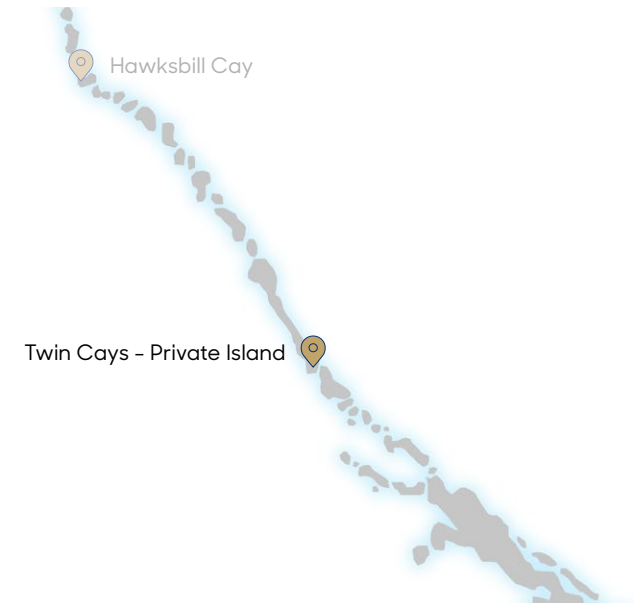
## Day 7

### Twin Cays - Private Island

Swimming with sharks is not always dangerous, in fact, it can be a lot of fun. Nurse sharks, the bottom-dwelling sharks that live in warm, shallow waters of the Bahamas are a friendly bunch. Tucker Rolle first opened Compass Cay-some 60 odd years ago- and with him he bought in several nurse sharks. Over the years these sharks had little sharks and they soon became accustomed to human interaction, Tucker now considers them "pets".

There is a continual and abundant supply of food for the sharks from the fish that are cleaned at the end of one the docks. At feedinH UJme a small hatchet is whacked on the cleaning board and in come swimming the sharks. Swim, snorkel and pet the sharks! Or watch and take photos.

Still anchored off Twin Cays but today you have the entire cay to yourself. Another beach lunch in paradise!





## Albany - Departure

An overnight sail back to Albany ensures an easy transit for your departure. But before you bid the Bahamas goodbye why not take the opportunity to snorkel on the underwater statue Ocean Atlas or have a quick 9 on the challenging Albany golf course... or simply enjoy breakfast with a stunning view.

Your last day is yours to savour.

