

WELCOME TO

Abacos



Don't just sail,
 **Sunsail**



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Share your photos on Facebook, Instagram and LinkedIn making sure to tag us.



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WELCOME TO

Abacos



On behalf of Sunsail team in Abaco, I would like to welcome you to The Bahamas. Experience warm, gentle trade winds, set against the backdrop of the mesmerising turquoise sea.

TRAVIS SPICER
Abacos Base Manager

This eGuide was made by Sunsail Co. and is meant to be used for informational purposes only as well as to give you general information and general understanding of the region. By using this eGuide you understand that some changes in information are possible and that this eGuide is no substitute for a full Chart and Area Briefing or official charts issued by the government

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Sunsail Abaco

Just 165 miles off the coast of Florida, Abaco Beach Resort and Boat Harbour Marina is a classic Bahamian getaway that captures the true essence of the Out Island spirit. See more details about the marina and our base online.

Reception Opening Hours

Monday - Sunday: 8am to 5pm

Team Contact Numbers

Customer Support..... 001 (242) 577 0804
chelsea.cooper@thlmarine.com

Base Manager 001 (242) 577 0804
travis.spicer@thlmarine.com

VHF ch 82 (no VHF license needed).
 Please take note this is short range ONLY, if you don't get a response because of the distance, call the Customer Service Number.

Base Address

Boat Harbour Marina,
 Abaco Beach Resort,
 Bay Street, Marsh Harbour,
 Abaco, The Bahamas

Time Difference

Bahamas is observing EST (Eastern Standard Time), so -5 hours UTC/GMT

BASE FACILITIES

- Showers & Toilets
- Electricity
- 24-hour security
- Laundry - you'd need to get tokens from the main reception office, situated next to the pool
- White sand beach
- Restaurant, Bar and Pool
- Hotel
- Fuel
- Ice and Water
- Free marina Wi-Fi

LOCAL FACILITIES

- **Explore the Local Town:**
 Staying at the base in Marsh Harbour, you're just a short walk or dinghy ride from local shops, boutiques, craft stores and restaurants. Great for picking up island-made souvenirs and getting a real taste of Bahamian life.
- **Hit the Beach & Water:**
 There are wonderful spots nearby for snorkelling, swimming and relaxing in the sun.
- **Go on an Island Tour:**
 Take a day trip around the Abacos chain, you'll see lush landscapes, turquoise bays, tiny cays, and scenic viewpoints. Exploring beyond the base gives you the full flavour of the area.
- **Sample the Local Cuisine:**
 Right around the base are a number of restaurants and food outlets offering fresh seafood, Bahamian flavours and relaxed dining. Good spots for a meal before or after your sailing day.

For more useful information on the local area, view our '[Useful Information](#)' section.



Upon Arrival

AIRPORT ARRIVAL

Nearest Airport is **Marsh Harbour (MHH)**, located on Great Abaco Island. The airport is approximately a **10-minute taxi ride** from the base at Marsh Harbour Marina.

- **Airport Code:** MHH
- **Taxi Time:** ~10-20 minutes to the marina

AIRPORT TRANSFERS

A taxi from the **airport to the base** takes around **~10-20 minutes** and costs **start from \$25 USD for the first 2 persons**; every additional person may be charged an additional \$3 pp, as well as additional luggage and special requests (like waiting while provisioning) may result in additional charges. Taxis are readily available outside the terminal, and fares are typically set by distance. Most drivers accept cash (USD or Bahamian dollars). Transfers cannot be pre-booked for this destination.

CAR RENTAL

When driving, British rules apply, so please drive on the left and watch those roundabouts! Visitors may use their home license for up to three months and may also apply for an international driver's licence.

We suggest reserving your vehicle in advance:

K&S Rentals	242-367-2655
Sea Star Rentals	242-367-4887
Bargain Car Rentals	242-367-0500
Rental Wheels	242-367-4643
U-Save Car Rental	242-699-3346

LOCAL TAXES AND CHARGES

Please note you will be subject to local taxes and charges within the Abacos, payable locally. At your time of booking, these costs are 20 USD per person.

CHECK IN AT OUR RECEPTION

When you arrive at the marina, please go to Sunsail reception where our team will help to check you in.

Please ensure you have the following items ready:

- Passport for every crew member
- Original skippers' qualification or license
- Mobile phone number that works in The Bahamas
- Credit card for payment of your yacht's security deposit

Please ensure all pre-departure tasks have been completed prior to your arrival to avoid any delays.

OUT OF HOURS ARRIVAL

If you arrive after office hours, a letter with boarding instructions as well as emergency contacts details, will be left on the customer service office door, and also on the yacht with the customer's name and booking number.

EMBARKATION TIME

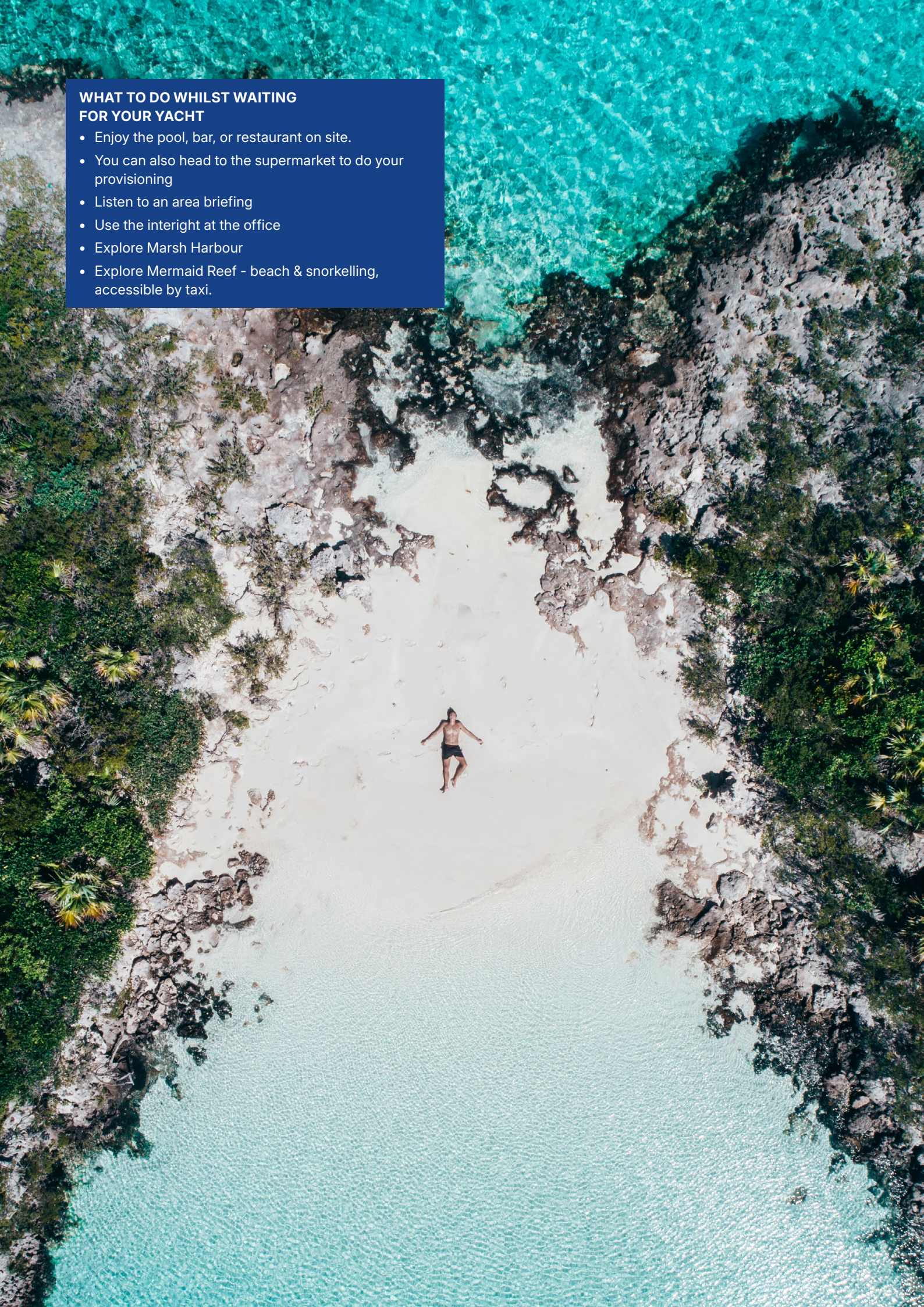
Your boarding time is at 6pm. We thank you for your patience and understanding whilst waiting to board your yacht. Please ensure you have left your mobile phone number with our reception team who will contact you as soon as your yacht is ready.

EARLY BOARDING

Early Boarding is available as a pre-paid extra and can be organised in advance of your arrival to the base with your holiday planner. **Boarding time is brought forward to 12pm on your charter start date.** Please note that availability is limited and may not be possible during peak travel dates.

LUGGAGE STORAGE

There is minimal storage at the base while on charter. We work on a first come first serve basis.

An aerial photograph of a tropical beach. The water is a vibrant turquoise color, transitioning to a lighter, sandy hue near the shore. A person is lying on their back on the white sand beach, arms outstretched. The beach is bordered by dark, rocky terrain with patches of green vegetation. The overall scene is serene and idyllic.

WHAT TO DO WHILST WAITING FOR YOUR YACHT

- Enjoy the pool, bar, or restaurant on site.
- You can also head to the supermarket to do your provisioning
- Listen to an area briefing
- Use the interright at the office
- Explore Marsh Harbour
- Explore Mermaid Reef - beach & snorkelling, accessible by taxi.



Briefings

CHART BRIEFING

Enjoy more time on the water by watching the [required chart briefing](#) prior to your arrival from the comfort of your home. Feel free to share the links with your fellow crew and start to build your perfect week. After viewing this, take note of any outstanding questions and discuss these with our teams upon arrival at our base.

Only Skipper and First Mate can participate in the face-to-face meeting at the base. The times of briefings will differ dependant on your arrival time and briefer availability.

The briefing starts 1 hour before boarding and lasts approximately 1 hour. For evening boardings, your briefing will take place the following morning at approx 8:30am

YACHT FOLDER

At the chart briefing, each captain is given a yacht folder, which contains the yacht documents, the crew list and the last customs clearance form, as well as the skipper's notice information.

HEALTH AND SAFETY BRIEFING

We take the safety of all our customers very seriously. Please ensure you and each of your crew watch our health and safety video here [HERE](#) prior to your arrival. This will ensure you are all set for a fun and safe week on the water.

YACHT BRIEFING

Once you have boarded your yacht, a representative will go through all the technical aspects of the yacht and safety equipment. Please note that the skipper and first mate should both be present for this briefing. Yacht briefings are assigned on a first come, first serve basis. For those arriving outside of reception hours, your yacht briefing will be delivered the following morning.

CHARTER WITH SKIPPER

The skipper's time is booked from 12:00 to 12:00 for early boarding starts. If your boarding is at 18.00, you will meet your skipper at 8:30am the following day, unless specifically requested.

The skipper is responsible for the safety of the yacht at all times. The skipper is not permitted to dive with you, nor leave the vessel overnight, and must have his/her own cabin. The skipper must conduct a safety brief with you before leaving the dock regardless of the duration of his/her contract with you.

If you hired a skipper for less than the full duration of your charter, he/she is still required to give you a thorough briefing on all aspects of the yacht and dinghy in addition to assisting you with planning an itinerary for the trip and advising you how to contact the base, the return to base procedures and the emergency assistance procedures. It is suggested that you view the chart briefing online that will be supplemented by the skipper during his/her time with you on the yacht. It is also suggested that you make it clear what exactly you want to cover: anchoring, docking, etc.

The skipper will be required to give you as much information as you require concerning the yacht and its systems, sailing skills, and navigation in general. For one-day check out skippers, it is the client's responsibility to get the skipper back to the base. If you prefer not to come back to the base you must pay for his/her expenses (ferry, taxi, etc.) to get him/her back to the base.

Please be mindful that the skipper's provisioning is included in your charter fee – guests are not responsible for their food or beverages.

A gratuity is expected and is typically given to the skipper at the end of the charter. The amount is entirely at your discretion.

SAILING EXPERIENCE LEVEL REQUIRED

This is a [Level 2](#) experience level destination. **At least 10 days or 200 miles as skipper on an equivalent size yacht.** Our intermediate sailing destinations, Level 2 sailing areas offer a greater challenge for sailors more comfortable on the open water. Enjoy strong winds and longer spells of open water sailing, suitable for more experienced skippers.

Complete our [Sailing Resume](#) and we will inform you which destinations are appropriate for your experience.

SAILING LICENCE

To sail in this destination, you'll [need a sailing licence](#). The requirement is (at min.) an **NauticEd Bareboat Charter Master, ASA 104, US Sailing "Bareboat Cruising Course", SLC, IPC, ICC, RYA Day Skipper** qualification, or above. Original license/certificate must be presented upon check-in at the base.

Optional Extras

PROVISIONING

You can pre-order your food and drink provisions in advance of your arrival in Abacos. Please visit our online store [here](#). Please note provisioning **orders must be submitted 6 days prior to your arrival** in Abacos.

Your confirmed order will be delivered to your boat on the day of your boarding

If you miss the cutoff date or forget to add an item to your order, there are plenty of local stores available.

Please see the [useful information section](#) of the guide for further details.

YACHT DAMAGE WAIVER

Our [Yacht Damage Waiver](#) can be added to your charter account any time prior to you leaving the marina. The pre-paid, daily amount reduces your liability in the case of damage caused to the yacht or the loss of equipment on board.

A **security deposit is required for all charters**. The amount will vary based on the size and type of yacht being chartered, please consult our terms and conditions for further information [HERE](#). A pre-authorisation will be taken against a credit card and will be released when the yacht is returned to base without damage.

FUEL

Fuel is not included on bareboat charters. Your yacht will be delivered with a full tank of fuel. At the end of your charter, simply return your yacht with a full tank or pay for the fuel used at the local marina price. Please refer to your destination-specific refuelling instructions for details.

Exceptions: Fuel is included for crewed charters/ flotilla charters.

WI-FI

Wi-Fi is an optional prepaid addition to your charter. If you have added Wi-Fi, please ensure you have the router on board your yacht prior to leaving the base location.

Be sure to share your videos and pictures whilst out on the water and don't forget to tag us! Our social media handles can be found on [page 2](#).





Optional Extras

Enjoy a carefree holiday on the water.



You can pre-order our optional extra's in advance of your arrival in the Abacos. Please ask our reception team upon your arrival if there is something you have forgotten.

STAND UP PADDLE BOARDS (SUPs)

SUPs are light and easy to manoeuvre which makes them a great option when exploring the coastlines and heading to the beach from your yacht.

KAYAKS

Our one and two person kayaks provide the freedom to explore our bays and beaches plus can be great fun. Ensure you are wearing your life vests and see our swim safe policy on [page 17](#) for further guidance.

SAFETY NETTING

For those travelling with children, we do suggest adding safety netting to your yacht. This is a chargeable extra and must be organised in advance of your arrival to the base.



On Board Your Yacht

ELECTRICITY

The standard voltage on all our yachts is 12 volts and you will find plenty of USB sockets throughout the yacht. Throughout the yacht you can also find plenty of 110V AC outlets, standard USA 3 pin outlets (can also take 2 pin USA plugs). To use them, your yacht either needs to be connected to shore power, or be equipped with an inverter, or have the generator running. Most of our catamarans have a generator and inverter, however, be mindful that it depends on the model you booked.

We recommend packing an adaptor or two if you plan to bring local appliances.

BBQ/ GRILL

All yachts are equipped with a barbecue; the type of grill may differ between electric or charcoal depending on the type of yacht you are chartering. If required, feel free to order some briquettes and fire starters at the store!

While in use, please move your dinghy to the bow and have a bucket of water handy. The base does not provide charcoal nor lighter fluid. If there are any leftovers from the previous charter, these will be offered to guests free of charge. Otherwise, guests will have to purchase the items themselves.

Please do not dispose of charcoal or any other items in the ocean, and use in the marina is strictly prohibited, so please be mindful.

COOLER BOXES

Cooler boxes are available at the base on a first come first served basis at no additional charge. Please return them clean and undamaged otherwise you will be charged for replacement. Only one per boat. Extra coolers are subject to availability.

MUSIC

All Sunsail yacht stereos can be paired to your device via Bluetooth.

ICE

Ice is available in the base; each boat gets 2 bags of complimentary ice.

WATER MAKER

If your yacht is fitted with a water maker, please note you should use this as directed in your briefing, and never in less than 10-feet of water. The water maker is not considered essential equipment and is not covered under the [Sunsail 4-hour commitment](#). If your water maker isn't working, there are locations within your cruising grounds where you can purchase water.

Before Leaving The Base

Check your safety equipment with your boat briefer:

- Check out fins from boxes on the dock. We have a range of sizes available, however these are limited, so we request that you take only what you will use. Take note that we are no longer providing snorkelling masks or snorkels.
- All yachts are equipped with adult life jackets, harnesses, snorkel vests & diver down flags. You can see all this equipment demonstrated in our online safety briefing. This safety equipment will be displayed in the saloon of your boat on boarding. If you have any questions, feel free to ask our base staff during your briefing.
- Check if you need kids' life jackets. We have plenty - please ask for one should you need it, or you can bring your own. This ensures that children have correctly fitting jackets that are comfortable.
- Please ensure you have checked the yacht inventory.
- Please ensure you have all the kitchen equipment and bedding you require. Extra bedding and some cooking utensils are available upon request.
- Make sure your fuel and water tanks are full.
- If you have included, or added Wi-Fi, please ensure you have the router on board.
- Make sure you have your boat papers; you are well provisioned and have enough cash.

Whilst Out On The Water

EMERGENCY CONTACT INFORMATION

Customer Service	(8am – 5pm) +1 (242) 577-0804
Technical Assistance	(8am-10pm) +1 (242) 577-4461/ 242-809-0819
Bahamas Air & Sea Rescue Association (BASRA)	+1 242 325 8864
Rescue Coordination Centre (RCC):	+1 (242) 362-3814
Police Answering Service ..	+1 (242) 367-2560
Marsh Harbour Community Clinic	+1 (242) 322-1596
VHF	Ch 82 - Sunsail base – must be in line of sight of the base. Ch 68 - Weather Ch 16 - International Distress & Hailing Channel (Emergency only)

ASSISTANCE

In case you experience any problems with your yacht, please contact us immediately and we will do our very best to get your yacht up and running for you. Should you need to reach technical support outside working hours in case of emergency, please contact our technical support please contact our technical support by phone.

ACCIDENTS AND COLLISIONS

While out sailing things can happen where an accident or collision with another vessel occurs. If you are unfortunate enough to be involved in one, please contact the base manager immediately.

Please follow the check list below on what needs to be completed no matter how big or small the accident or collision with another vessel is:

- Check all persons are safe and no injuries.
- Make sure the vessel is in a safe area and no further injuries or damage can occur.
- Return back to dockage/anchorage, even if it looks like no damage is visible.
- Skipper of both vessels need to exchange contact details for later reference.
- Photograph the damaged area if damage has been induced.
- Please note that not returning to the scene of a collision or accident does make the situation a little more complicated.

MAINTAIN A LOOKOUT

All our yachts are equipped with an autopilot. Make sure one person is always maintaining a lookout, especially if the auto pilot is on. This person should be close to the helm and should watch for other vessel, debris, fish pots, land, or other navigational hazards.

Make sure your lookout knows how to disengage the autopilot and brief him / her on what to watch out for. Breaking water or patches of light-coloured water and brown areas may indicate shallow water or rocks. Seeing one fish pot usually means that there will be others.

Always keep a good lookout and beware of small floating markers. Do not pass between the two close together, as they are probably connected with a line. Frequently, the second marker is half submerged or invisible. If you catch one in the propeller, try to remark it before you cut it loose, this is someone's living.

It is strictly forbidden to sail alone; we require two persons minimum on board.

ACCIDENTAL GROUNDING

If you should accidentally run aground the most important thing is to get off again as soon as possible - for those purposes, please call the base and we will provide you with immediate guidance and will arrange further assistance if necessary.

Grounding is not a pleasant experience so try to make sure it does not happen to you.

SECURITY

The entire marina is under 24/7 security.

Whilst out on charter please ensure you take the appropriate precautions as advised by the base to lock valuables when leaving the yacht.

NIGHT SAILING

Night Sailing is not permitted; you must be moored at least one hour before sunset at all our locations.

DINGHY SAFETY

We are counting on our guests to be mindful around their dinghy. Ensure you are towing and/or stowing this correctly whilst out on the water. Please ensure you take proper precautions when operating the dinghy and have the kill cord always attached to your person whilst underway.

A flashlight must be used at night while underway. Additionally, please ensure your dinghy is secure when docked. Please secure the dinghy by using a stern anchor while docked to avoid it going underneath the dock.

WATER AND GARBAGE

Water can be purchased at most of the islands you will be sailing to. We cover this topic in the [chart briefing](#), or you can find more information in the destination section of this guide.

You should always dispose of your garbage directly in garbage points along the coast, at various marinas, or simply at the base.

MOORING TIPS

The easiest way to spend the night in Abacos is to anchor off the sandy beaches. In some places, you will find mooring buoys, for an overnight fee of about \$40.

Marinas usually charge about \$5 per foot per night, not including water or electricity, which can be about \$0.5 per foot additionally, whereas any catamaran pays a 50% higher rate. When summed up, for a 45' catamaran the usual price for a night would be about \$300. Every marina has its own rates, available online (prices are approximate and subject to change).





4 Hour Commitment

We maintain our fleet to the highest standards so you can make the most of your time on the water. However, if you have a breakdown or technical problems, please contact your base team so we can support you. For essential equipment we provide a 4-Hour Commitment. This means we will attend to the yacht within four working hours of you notifying us of the breakdown of any essential equipment (judged by the opening hours of the base reception). We are able to support you with the breakdown of unessential equipment too however this may not be attended to within 4 hours of us being notified.

ESSENTIAL EQUIPMENT INCLUDES

- Engine
- Transmission
- Windlass
- Sails
- Standing and Running Rigging
- Battery and Alternator

UNESSENTIAL EQUIPMENT INCLUDES

- Cellular phones
- VHF
- Refrigeration
- Air conditioning
- Water maker
- CD player
- Marine toilets
- Water pump
- Dinghy and outboard
- Depth and speed instruments

Note: Breakdowns occurred outside the defined sailing area and hours (8am-5pm), problems due to user negligence, bad weather or force majeure are not covered. Get the full policy details by clicking [HERE](#).



Boat Papers & Procedures

PROCEDURES

Your boat papers are an identification file for your yacht; they contain all of the documents required for you to charter one of our yachts. Legally these documents **MUST** be on board your yacht at all times whilst cruising.

We suggest keeping your boat papers in the chart table and remove them only when asked.

When you arrive at a marina or town quay, the marina staff or harbour master will collect your papers from you. Before you depart you must collect your boat papers and pay the mooring fee for your berth. Please take care of these papers and make sure to never leave any harbour without them. The Royal Bahamas Defence Force police do occasionally carry out random checks – alongside or onboard.

If you have any problems with the documents and the Port Authorities do not return the boat papers to you, you must contact Sunsail reception or the base manager directly.

ROYAL BAHAMAS DEFENCE FORCE

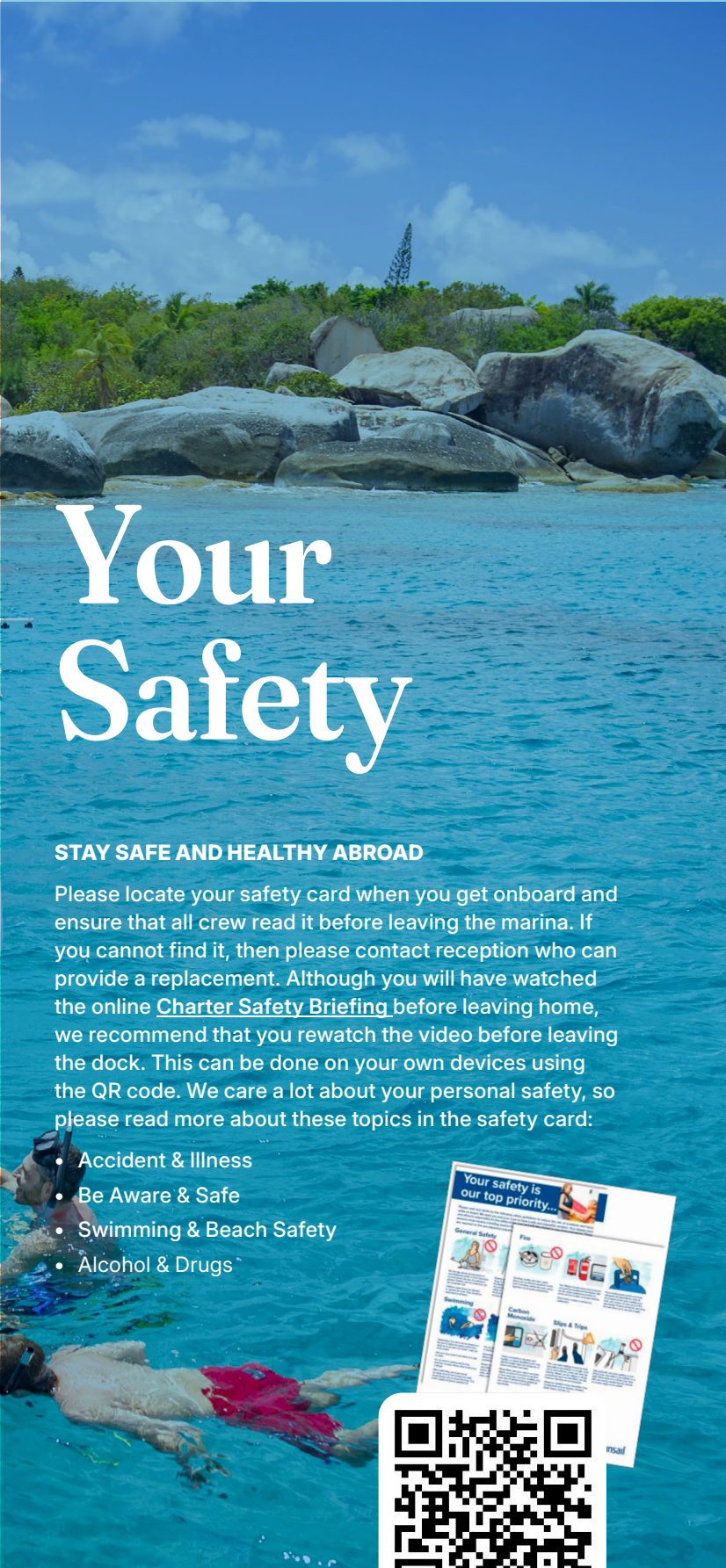
During your time on the water, you may be stopped by the Royal Bahamas Defence Force who may carry out some routine checks. Do not be alarmed this is a standard process. The coast guard will likely check your crew list to ensure this is accurate, the registration documents of the yacht, your tourist status and you may need to display your sailing qualification/licence if this is a requirement for your destination. You may be fined if there are passengers onboard the yacht that are not listed on the crew list or if you cannot provide the relevant paperwork.

BAHAMAS – SWIM SAFE

Swimming is often a fun and important part of a holiday. However local rules, flag systems, currents and where swimming may be permitted, can be different and vary from country to country. We strongly recommend that you and all your crew read through our [‘swim safe’ information](#) before you travel – Unfortunately even the strongest of swimmers can get into difficulties. The information on our website covers children, your surroundings, looking out for others, and not overestimating your own ability. Snorkel vests, Life Jackets and Diver Down flags are all available on board.

Although shark attacks in The Bahamas are very rare the Bahamian authorities issued advice urging the public to exercise extreme caution in and around the waters of New Providence, adjacent islands, and cays.





Your Safety

STAY SAFE AND HEALTHY ABROAD

Please locate your safety card when you get onboard and ensure that all crew read it before leaving the marina. If you cannot find it, then please contact reception who can provide a replacement. Although you will have watched the online [Charter Safety Briefing](#) before leaving home, we recommend that you rewatch the video before leaving the dock. This can be done on your own devices using the QR code. We care a lot about your personal safety, so please read more about these topics in the safety card:

- Accident & Illness
- Be Aware & Safe
- Swimming & Beach Safety
- Alcohol & Drugs



SWIM SAFE

Swimming is often a fun and important part of a vacation. However local rules, flag systems, currents and where swimming may be permitted, can be different and vary from country to country. We strongly recommend that you and all your crew read through our 'swim safe' information online before you travel. Unfortunately even the strongest of swimmers can get into difficulties. The information on our website covers children, your surroundings, looking out for others, and not overestimating your own ability. Snorkel vests, life jackets (please see [page 11](#) for advise on what is available) and diver down flags are all available on board.



Our Yachts



Community and Environment



Engagement and Education



Action on Waste



Net Zero: Our Carbon Reduction Commitment



Sustainability

As passionate sailors, we want to look after the beautiful destinations that our customers visit. Being conscious of the impact we can have on local communities; the ocean and wildlife is key to ensuring we protect them for future generations to enjoy. Here are a few of our top tips on how to minimise your footprint when out on the water that collectively makes a big difference:

- Sails up, sail green! Minimise the motor.
- Anchor with care.
- Give sea life space and do not attempt to touch marine life.
- Take only pictures.
- Leave only footprints.
- Throw nothing overboard.
- Turn electricity off.
- Use air-conditioning only when needed.
- Recycle and reuse where possible.
- Bring refillable water bottles.
- Say NO to plastic bags and bring a reusable bag.
- Minimise your plastic.
- Collect litter when possible.
- Buy local.
- Use eco-friendly and fair trade products.
- Use facilities on land.
- Shower quickly and ashore where possible.



Find out more

OUR
 OCEAN
PROMISE

Return to Base

RETURN PROCEDURE

Please ensure:

- Please empty all holding tanks and bilges at least 3-5 NM from shore before returning to the base. Make sure your holding tanks are closed while you are in the marina.
- Prepare your line and fenders.
- Please contact the office or the base supervisor when you leave your last anchorage with an estimated time of arrival back to base. Upon approach to marina, after passing the first channel marker, contact the base at 1-242-577-0804 and proceed to the fuel dock for further assistance.
- Follow the refuelling guidance provided below.
- One of our staff will pilot you to your designated berth from the fuel dock.

Disembarkation Time

Please ensure you fully vacate your yacht by **11:00am** at the latest.



Before You Leave Your Yacht

Before disembarkation, you will be met with a debriefer. It is done to let us know if you have encountered any problems with the boat or broken anything during the trip, so we can rectify any problems for the next charter.

Please ensure:

- Allow 15-20 minutes for an on-board debrief with a member of the customer service team to record any maintenance issues experienced during your charter.
- Navigational instruments have been covered and sailing bag has been closed.
- Charts, keys and guidebook have been left on the chart table.
- All rubbish has been removed and disposed of in marina bins or left on the dock for collecting.
- All sheets and towels should be left on the bed inside pillowcases.
- Snorkelling fins to be rinsed and placed back into the dinghy.
- All personal possessions have been removed; please check thoroughly as items are often left onboard.
- All hatches are closed.
- Your transfer has been arranged with our Customer Service Team.

Please complete your online survey once the email from SunSail arrives.

RE-FUELLING

Fuel is not included on bareboat charters. (Exceptions: Fuel is included for crewed charters/ flotilla charters.)

Your yacht will be delivered with a full tank of fuel and should be returned with a full tank at the end of your charter. If the yacht is not returned full, fuel used will be charged at the local marina price.

Refuelling arrangements vary by destination. In some locations, you will refuel before returning to base, while in others our team will assist with refuelling and returning the yacht to her berth.

Full details will be provided during your yacht briefing.

**One full tank suffices for any holiday, however, to fuel up, please ask at the base for advice, as we like to keep contaminated fuel away from our tanks.*

In the Abacos:

- Contact the base before arrival.
- A team member will meet you at the fuel dock located at the marina entrance.
- Refuelling is completed before returning to the marina.

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Weather

PREVAILING WINDS

- The Northern trade winds (E-ENE) that blow around 10-15 knots almost continually throughout The Bahamas give the islands a warm agreeable climate, which varies little year-round. The most refreshing time is from December through February when the temperature averages 70-75°F (21-24°C). The rest of the year is a bit warmer with temperatures between 80-85°F (27-29°C).
- Mid spring starts the rainy season in the form of local thunderstorms and squalls, usually in the afternoon. They produce a lot of rain and some produce waterspouts so be on the lookout. Generally, they are slow moving and can easily be out run.
- The weather at this base is comparable to Miami, Florida, mostly sunny with some clouds. Clients should dress for sun and sand and bring a light jacket for the evenings when it's cooler.
- Forming the eastern border of the Caribbean Sea, the Windward Islands' N-S orientation means the winds will be on the beam more often than not when traveling south. This is ideal for fast cruising on the longer passages between some of the islands.
- A prime time for an Abaco yacht charter is during the winter months when a cool NE wind blows across the shores. Heading North, cruising close-hauled or on a close reach is typical while those that opt for a one-way charter can cover more ground and avoid moving windward.
- Wind velocities run the gamut from a gentle 10 knots to a more spirited 25 knots, often strengthening off the northern ends of the islands due to land effect.
- Temperatures range from 65°F to 85°F (18°C to 29°C) from December till May, and from 75°F to 95°F (24°C to 35°C) from June till November. Navigation is straightforward, though plotting courses and keeping an eye on the GPS is important.
- The hurricane season is from June to November, so be prepared for some tropical storms, and check with the base on any approaching weather.

WEATHER FORECASTS

The base provides a weather forecast for the next 7 days. You will get a copy in the yacht folder. Reports can also be obtained through getting in contact with Sunsail base.

Additionally, you can also check the forecast by:

Internet windguru.cz or windy.com
 VHF Radio The Hailing Channel
 VHF - ch 68 at 8:15am





Marine Life

JELLYFISH

There are many species of jellyfish in the cruising area and there have been several instances where clients who have been stung by jellyfish have required hospital treatment. If you have allergies, it is advised to wear stinger suits or refrain from swimming.



If you are stung:

- Immediately exit the water and apply copious amounts of vinegar to the affected area.
- Pour vinegar over the tentacle before attempting to remove it with tweezers.
- Do not try to rinse it off with fresh water
- You can then immerse the affected limb in hot salt water or apply a hot compress.
- Generally, the affected area will usually only be a minor irritation, similar to a bee sting and the sting area is normally itchy. Should you start to experience any additional signs or symptoms you should contact the base immediately for help and advice on where to seek medical assistance.

CORAL STINGS AND CUTS

Several species of poisonous coral will have a painful sting if touched or stepped on while snorkelling. If you are stung immediately exit the water and apply copious amounts of vinegar to the affected area and then immerse the effected limb in hot water or apply a hot compress.

Cuts and abrasions caused from coral have a high risk of infection, so thoroughly clean the wound as soon as possible. Avoid swimming afterwards.

FISH

There are also several species of poisonous fish with spines which can sting if they are stepped on or touched while snorkelling. Stingrays are also poisonous and can inflict a nasty wound with their barbed stings.

If you are stung by a fish immediately exit the water and treat with hot water. You may require a tetanus injection.

SEA URCHINS

Sea urchins are not poisonous, but their spines are very painful if touched or stepped on and will normally break off if attempting to pull them out with tweezers. Hot water is again the best treatment, and you may also require a tetanus injection.

SHARKS

There are several species of sharks in these waters but there have been no recorded instances of shark attacks. We still suggest following the local's advice and don't try getting near any sort of sharks and get out of the water as soon as you spot one in the area.

SWIMMING PIGS

Contrary to some beliefs - pigs can actually swim in The Bahamas. The famous swimming pigs in Abacos are living on a little island called No Name Cay near Green Turtle Cay, and you can approach them with a dinghy ride to Piggyville. As friendly as they seem - these are wild animals, so please treat them with respect and caution.

Other Useful Information

MEDICAL

- If you are ill and visit the doctor or hospital during your trip, contact a member of Sunsail staff as soon as possible at our base.
- If you need to make a claim for curtailment due to illness, ask the base manager for assistance and contact your insurer's emergency medical service immediately. Your insurance company will assist with travel arrangements, advice and payment of bills.
- There are also medical personnel on call 24/7 in the area: Staniel Cay Clinic, 001 242 524 8421

CURRENCY AND CREDIT CARDS

- Local currency is the Bahamian Dollar (BD), but U.S. currency is also accepted by all vendors. ATM's will cash out BD as well. Banks are generally open between 9:30am to 3pm.
- Visa and Mastercard are accepted, while American Express is not accepted at most places.
- We would recommend having approx. 250 dollars for a week out on the water to cover basic costs like ice, water and mooring fees. There aren't many ATM's around, so stopping en route from the airport is a good way to get cash.

LANGUAGE

English

GROCERIES

We strongly suggest using our provisioning service as getting to and from the store can result in additional charges for a taxi ride back to base.

However, stocking up on-site is possible:

- **Maxwell's:** Large supermarket
 - 15 - 20-minute walk from the base
 - Open Mon-Thurs: 8am-7pm; Fri-Sat: 8am-8pm; Sun: 8am-4pm
- **Abaco Groceries:** Wholesale/Retail store
 - 10-minute taxi ride from the base
 - Open Mon-Sat: 8am-7pm; Sun: closed
- **Jimmy's Liquor Store:** Smaller provisioning store
 - Open 9am - 6pm

DRONES

The use of flying drones may be restricted in some areas. A Certificate of Registration must first be secured from the Civil Aviation Department to import a drone. To register your drone online visit the Bahamas Civil Aviation page. Further details on the Special Regulations may be obtained from the Civil Aviation Department, at 242-397-4700 or email hadderley.fsi@gmail.com





Activities

RESTAURANTS

Eating out is one of the charms being on the holiday. A meal for 2 at a mid-range restaurant is approximately \$50 (without wine). A bottle of beer is approximately \$7, a bottle of wine costs around \$30, while a snack is about \$15.

Marina and surrounds:

- The Bistro at Abaco Beach Resort (Reservations Required, Phone: 242-367-2158)
- The Pool Bar and Terrace at Marinaville (right at the docks, no reservation required)
- Wally's Restaurant - Bahamian and seafood (Reservations suggested)
- Anglers Restaurant - Bahamian and American
- Colors Bahamian Restaurant - 5-10 min walk from the base (Phone: +1 242-699-3294)
- Elbow Cay
- Abaco Inn
- Great Guana Island
- Nippers and Grabbers
- Little Harbour
- Pete's Pub
- Hopetown
- Firefly Bar and Grill
- Cap'n Jack's

Many restaurants closed during September – Low Season.

If you are looking to travel in low season there may be a limited choice of restaurants to eat ashore and therefore, please provision accordingly. This would be a perfect time of year to enjoy a BBQ off the back of your boat.

RESTAURANTS AND TIPPING

Tipping is standard and expected in all restaurants / bars and for other services undertaken during your holiday. The rule of thumb is generally 10-15% of the amount charged. Some establishments automatically add this onto the bill. Tip according to quality of service.

GOLF

One 18-hole course is available at Treasure Cay, 20 miles (32km) away.

DIVING AND SNORKELLING

Diving is possible whilst visiting The Bahamas however this should be organised with a local dive centre. [Dive Guana](#) offer diving charters and diving gear rental. Note that Mermaid reef, Johnny's Cay, Manjack Cay, No Name Cay, and Walkers Cay reef are all protected underwater preserves.

Diving is not permitted directly from our yachts under any circumstances. Diving must only take place through reputable, certified dive operators using their own boats and equipment.

We have a range of fins available in various different sizes. You will find them in cockpit lockers in each yacht. We do have limited children's sizes therefore we recommend bringing your own to avoid disappointment. Please note that we do not provide snorkelling masks or snorkels onboard.

When snorkelling, the diving flag and buoy should be deployed and visible to all passing nearby

Swim vests should be worn at all times whilst snorkelling.

One person should remain out of the water, keeping watch of the others in the water

FISHING

Fishing is allowed in The Bahamas. Our yachts are registered therefore our clients do not need a fishing permit. To protect the marine environment, spear fishing using scuba gear and possession of spear guns are illegal in The Bahamas. Two areas are protected, and fishing is not permitted: Pelican Cays Land & Sea Park Fowl Cay Preserve.

Sailing Area Restrictions

The sailing grounds for The Abacos is normally restricted to the Sea of Abaco only. Restricted zones will be covered in your chart briefing.

RED AND AMBER ZONES

These are a part of the region where guests need to pay special attention, and/or may need to avoid the areas altogether.

You will have signed the Yacht Acceptance form inside the check-in check-out booklet after your yacht briefing stating you understand these zones and their dangers.

Red Zones

Guests are **not permitted** to sail within these areas.

Any damages incurred in these areas will be **considered negligence**.

Red zones to lookout for:

- 1 Lubbers Quarters Passage
- 2 Sea of Abaco passage between Whale Cay and Treasure Cay
- 3 Tilloo Cut, Tilloo Cay

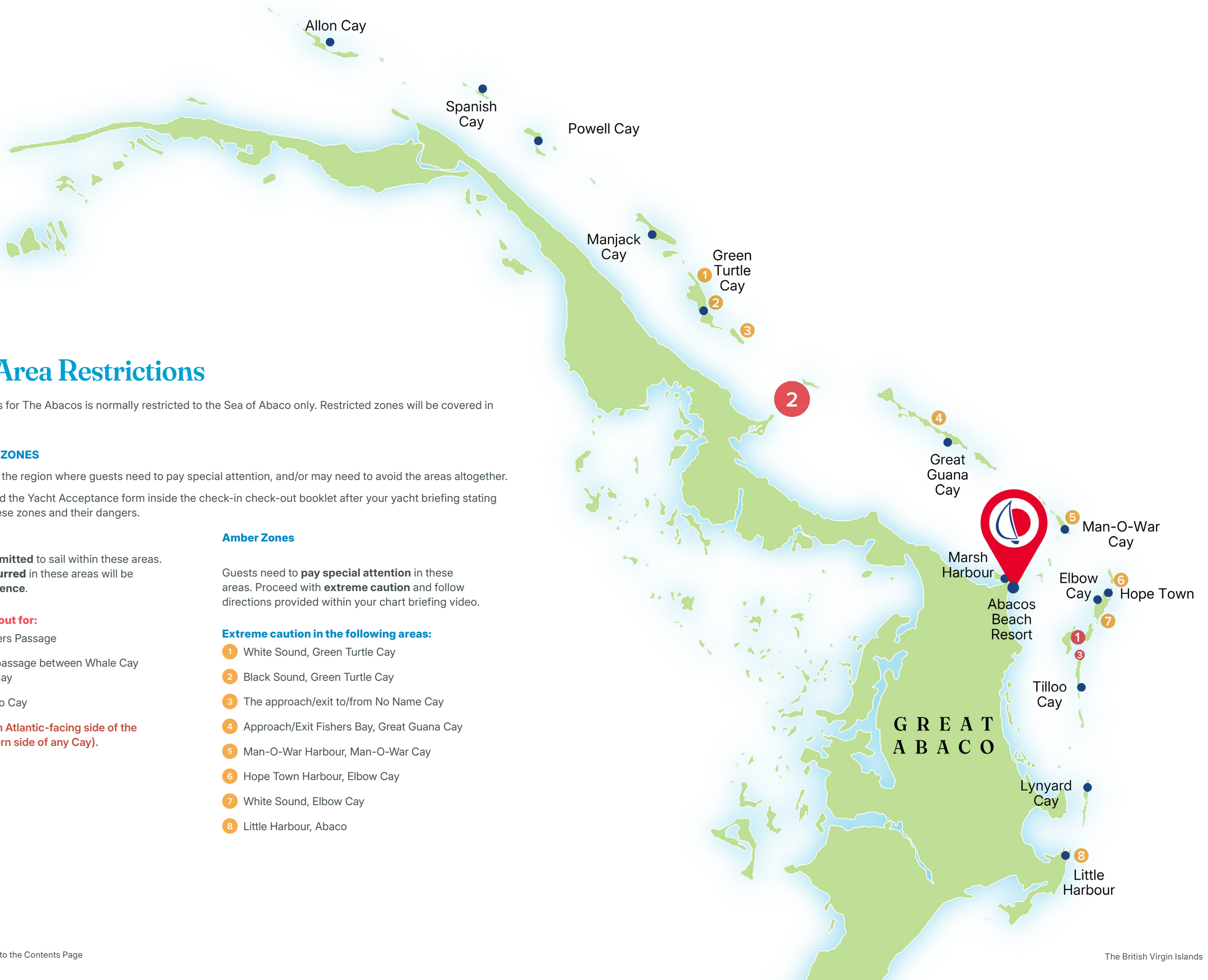
Any anchorages on Atlantic-facing side of the Abaco Cays (Eastern side of any Cay).

Amber Zones

Guests need to **pay special attention** in these areas. Proceed with **extreme caution** and follow directions provided within your chart briefing video.

Extreme caution in the following areas:

- 1 White Sound, Green Turtle Cay
- 2 Black Sound, Green Turtle Cay
- 3 The approach/exit to/from No Name Cay
- 4 Approach/Exit Fishers Bay, Great Guana Cay
- 5 Man-O-War Harbour, Man-O-War Cay
- 6 Hope Town Harbour, Elbow Cay
- 7 White Sound, Elbow Cay
- 8 Little Harbour, Abaco



Itineraries & Destinations

5-DAY ROUTE (FLEXIBLE SHORT STAY)

Day 1.....Guana Cay
 Day 2Green Turtle Cay
 Day 3Hope Town
 Day 4Little Harbour
 Day 5Marsh Harbour – Base

Highlights:

- Perfect “taste of the Abacos” loop with minimal sailing hours
- Guana Cay’s beaches + Nipper’s iconic cliffside bar
- Green Turtle Cay’s calm anchorages and colonial charm
- Hope Town’s lighthouse, pastel cottages, and sheltered moorings
- Little Harbour’s artsy vibe and Pete’s Pub
- Ideal for quick escapes with maximum beach time





7-DAY ROUTE

Day 1.....Hope Town, Elbow Cay
 Day 2Little Harbour
 Day 3Great Guana Cay
 Day 4Green Turtle Cay
 Day 5Manjack Cay
 Day 6Man-O-War Cay
 Day 7Marsh Harbour – Base

Highlights:

- Signature Abacos blend of reefs, beaches, and historic settlements
- Protected sailing with short, easy hops between cays
- Hope Town's candy-stripe lighthouse + postcard harbour
- Green Turtle Cay's charming New Plymouth village
- Manjack Cay's turtles, rays, and serene nature trails
- Great mix of snorkeling, beach bars, and laid-back cruising



14-DAY ROUTE

Day 1.....	Guana Cay
Day 2.....	Manjack Cay
Day 3.....	Spanish Cay*
Day 4.....	Allan's Cay*
Day 5.....	Powell Cay*
Day 6.....	Green Turtle Cay
Day 7 & 8.....	Hope Town
Day 9.....	Little Harbour
Day 10.....	Lynyard Cay
Day 11.....	Tiloo Cay
Day 12.....	Man-O-War Cay
Day 13.....	Guana Cay
Day 14.....	Abaco Beach Resort

**These destinations require permission from the base to get to as they are out of the official sailing region.*

Highlights:

- Extended exploration of the entire Sea of Abaco + remote northern cays
- Off-the-beaten-path stops: Spanish, Allan's, and Powell Cays
- Pristine reefs, secluded beaches, and abundant wildlife encounters
- Balanced mix of wilderness anchorages and vibrant island towns
- Multiple nights in Hope Town for culture, dining, and watersports
- A complete Abacos immersion for adventurous cruisers

Destination Highlights

Scattered like jewels over the ocean just southeast of Florida in the Caribbean, The Bahamas offer endless possibilities for sailors. With 700 islands and thousands of cays to explore in The Bahamas, you'd be hard-pressed to find a place closer to paradise on Earth. Warm, gentle trade winds consistently caress the sheltered waters around The Bahamas, making it a perfect choice for families and novice sailors.

Just below the surface of the warm waters lies almost a quarter of the Earth's coral, home to a spectacular array of tropical marine life swimming in the jewel-hued sea. Divers will find one of the most complete diving destinations in the world, with choices ranging from sunken Spanish galleons to massive blue holes, forest-like coral reefs to underwater caves. Head for famous dive sites including the Abacos Train Wreck, the USS Adirondack or the Tongue of the Ocean for an unforgettable diving experience.

There are a few beautiful areas along the Abacos where we do not suggest spending the night, or it is simply not allowed. However, they are not to be missed, so make sure you plan your itinerary around them:

TILOO BANK

Tiloo Bank is just south of Elbow Cay, and a protected area, so make sure your holding tanks are closed while staying here. What makes this sand bank beautiful is its shallow waters and marine life. At low tide one can have a picnic at the beach while surrounded with turtles or walk across an endless span of sand.

PELICAN CAYS

Pelican Cays are a protected area, a national park, so anchoring overnight isn't an option, and all clients are instructed where exactly to anchor the vessel. This is probably some of the best snorkelling spots in The Bahamas, with impressive reef systems and tropical fish species. Find out more about Pelican Cays online here:

bnt.bs

There are no fees for the park yet, but there are high fines for opened holding tanks, or fishing in the park. We suggest anchoring west of Sandy Cay and then dinghying to the Coral Garden for snorkelling.

FOWL CAY

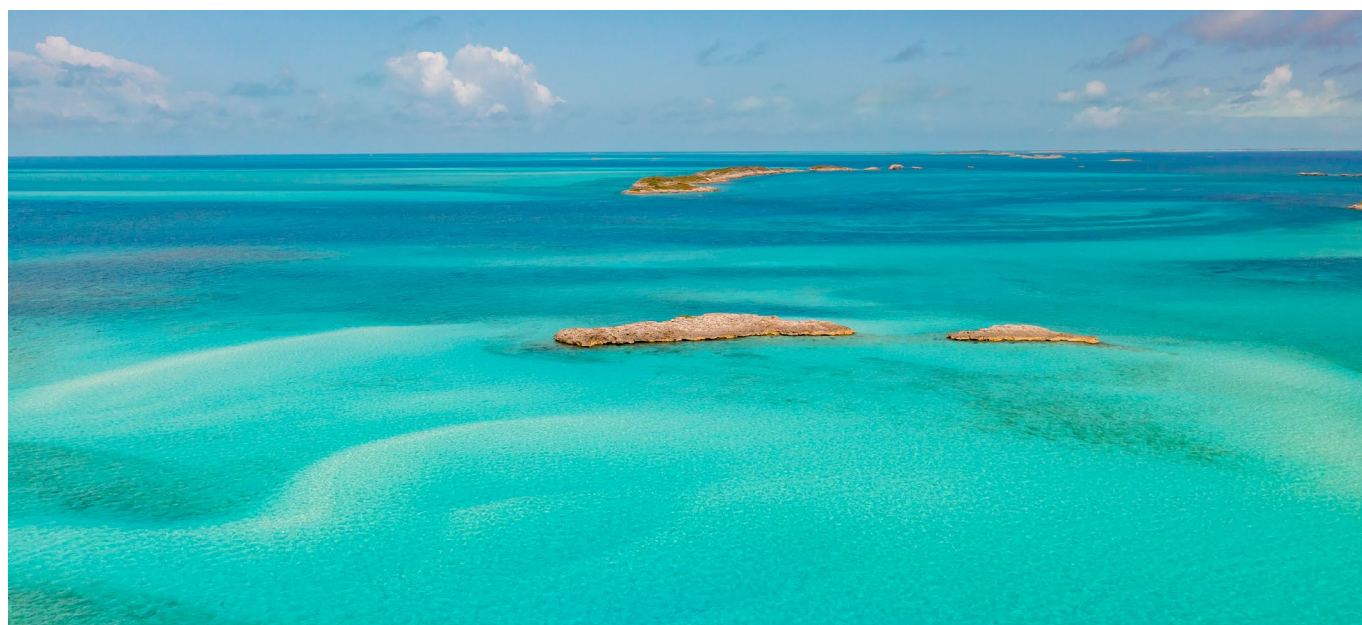
Best reefs for snorkelling are usually on the ocean side that one can reach with a dinghy, and Fowl Cay, right next to Man-o-War, is one of them. Make sure you pack water and snorkelling gear in your dinghy, anchor in the Sea of Abaco, and ride over to the eastern side of this protected island. Staying overnight is not allowed here.

BAKERS BAY

Great Guana Cay's North side offers a great anchorage, even though going ashore isn't permitted as it is private. The best part about this place is the "shell island", or Spoil Bank just a short dinghy ride away - a perfect place for searching for seashells and playing in the sand.

NO NAME CAY

There are pigs in the Abacos as well, and these nice guys live in Piggyville on No Name Cay. They rely solely on humans to survive, so make sure to bring some fruits over, and be careful of the possible bites. Anchoring is simple in the bay, and there is also a restaurant - Big O's on the beach, as well as some great snorkelling around the corner.



MARSH HARBOUR - GREAT ABACO ISLAND

Marsh Harbour, where the Sunsail base is situated, is the capital of the island of Abaco, a commercial hub, centre of commerce for airlift and port on the island, ideal for the start of a sailing adventure into the Abacos. It is also the only place to prepare for a charter - the only place that offers supermarkets for provisioning, or ATMs in the whole region.

Facilities & Services	Comments	Facilities & Services	Comments
Customs & Clearance	✓	Refuel	✓
Mooring Type	✓ Anchoring, docking, mooring	WiFi	✓
Mooring Fee	✗	Activities	✓ Snorkelling
Dinghy Dock	✓	ATM	✓
Water Refill & Ice	✓	Provisioning	✓
Restaurants & Bars	✓		



HOPE TOWN - ELBOW CAY

Main settlement on the northern end of Elbow Cay, and home to the world-famous, candy-striped Hope Town lighthouse, built in 1963. The admittance to the top of the lighthouse is free, and there are 101 steps to reach the top. Hope Town is one of the more popular destinations in the Abacos, and the safest. The inner marina has full facilities, a pool, and a great bar, restaurant, and kids playing area. The smaller marina - Lighthouse Marina, is also full-service. In Hope Town are also payable mooring balls that get filled up quickly in case of bad weather, and anchoring isn't allowed.

Facilities & Services	Comments	Facilities & Services	Comments
Customs & Clearance	✗	Refuel	✓
Mooring Type	✓ Docking, mooring ball	WiFi	✓
Mooring Fee	✓ \$30 USD/day	Activities	✓ Shopping, sight seeing
Dinghy Dock	✓	ATM	✗
Water Refill & Ice	✓	Provisioning	✓
Restaurants & Bars	✓		



WHITE SOUND - ELBOW CAY

Elbow Cay has more than one place to visit. Like a renowned beach, which partially disappears in high tide, and is amazing for picnics or shallow swimming and turtle watching. To access this huge sandbar, one needs to approach from the south side of White Sound and anchor there. Anchoring to the north side of White Sound will put you close to Firefly Restaurant - an amazing resort, with great food, a high-end restaurant, and a bar that sometimes hosts great music festivals.

Facilities & Services	Comments		Facilities & Services	Comments	
Customs & Clearance	✗		Refuel	✓	
Mooring Type	✓	Docking	WiFi	✓	
Mooring Fee	✗		Activities	✓	Snorkelling
Dinghy Dock	✓		ATM	✗	
Water Refill & Ice	✓		Provisioning	✗	
Restaurants & Bars	✓				



MAN-O-WAR CAY

Man-O-War Cay is a quiet community of roughly 200 residents, many of whom earn a living in the boat-building trade. The original settlers farmed the land, but they eventually gave it up in favour of crafting vessels from wood, such as the famous Abaco dinghy. In keeping with tradition, no alcohol is sold anywhere, but cruisers are welcome to enjoy sundowners aboard their yachts. Exploring the village on foot is a delight, visit the Aubrey boat-building factory, and sailing canvas shop. The white-sand beaches on the Atlantic side are stunning, making Man-O-War Cay yachting an unforgettable experience.

Facilities & Services	Comments	Facilities & Services	Comments
Customs & Clearance	✗	Refuel	✗
Mooring Type	✓ Mooring ball	WiFi	✗
Mooring Fee	✓ \$30 USD/day	Activities	✓ Beaches and snorkelling
Dinghy Dock	✓	ATM	✗
Water Refill & Ice	✗	Provisioning	✓
Restaurants & Bars	✗		



SETTLEMENT HARBOUR - GREAT GUANA CAY

Known for the world-famous Nippers Bar and Grill, as well as Settlement Harbour and Fishers Bay. In Settlement Harbour one can find good shelter from strong winds, either in the Orchid Bay Marina or on the mooring buoys. A walk to Nippers is strongly recommended to anyone who enjoys a nice walk on the beach, as the view from the bar stretches a good couple of miles. For families with kids anchoring in Fishers Bay is a great idea, as it is lovely and shallow, with some water toys, and Grabbers Bar only a couple of meters away from the beach itself. It is also possible to rent a golf cart and do a small tour of the island.

Facilities & Services	Comments	Facilities & Services	Comments
Customs & Clearance	✗	Refuel	✗
Mooring Type	✓ Docking and mooring	WiFi	✓
Mooring Fee	✓ \$30 USD/day	Activities	✓ Beaches and snorkelling
Dinghy Dock	✓	ATM	✗
Water Refill & Ice	✓	Provisioning	✓
Restaurants & Bars	✓		



GREEN TURTLE CAY

Home to New Plymouth, one of the oldest settlements in The Bahamas, known for its big turtle population and good cuisine, Green Turtle Cay is a must when sailing in the area. Spending two days on this Cay is time well spent - visit museums and historic buildings, rent a golf cart to go to the ocean side and snorkel, or just enjoy island time together with the locals. Anchoring in White or Black Sound is not recommended.

Facilities & Services	Comments	Facilities & Services	Comments
Customs & Clearance	✓	Refuel	✓
Mooring Type	✓ Dockage, mooring ball and anchoring	WiFi	✓
Mooring Fee	✓ \$30 USD/day	Activities	✓ Beaches and snorkelling
Dinghy Dock	✓	ATM	✗
Water Refill & Ice	✓	Provisioning	✓
Restaurants & Bars	✓		



MANJACK (NUNJACK) CAY

Desolate and mostly uninhabited, the south part of Manjack is a marine reserve. Its remote, calm, tranquil, natural mangroves are perfect for water toys, snorkelling, and turtle watching, with plenty of anchoring possibilities. The north end of the cay is famous for feeding sharks and stingrays by hand. This is the northernmost stop within the prescribed Abacos cruising ground, so anybody going further north must sign a waiver at the base.

Facilities & Services	Comments	Facilities & Services	Comments
Customs & Clearance	✗	Refuel	✗
Mooring Type	✓ Anchoring	WiFi	✗
Mooring Fee	✗	Activities	✓ Shark and stingray feeding, kayaking
Dinghy Dock	✗	ATM	✗
Water Refill & Ice	✗	Provisioning	✗
Restaurants & Bars	✗		



SPANISH CAY*

Spanish Cay is a very beautiful and unspoiled Island, offering a 3-mile-long paradise of tropical beaches and palm groves, surrounded by boundless horizons of aquamarine waters and pristine coral reefs.

**This destination requires permission from the base to get to as it is out of the official sailing region.*

Facilities & Services	Comments	Facilities & Services	Comments
Customs & Clearance	✓	Refuel	✓
Mooring Type	✓ Anchoring, docking	WiFi	✓
Mooring Fee	✗	Activities	✓ Beaches and snorkelling
Dinghy Dock	✓	ATM	✗
Water Refill & Ice	✓	Provisioning	✗
Restaurants & Bars	✓		



ALLANS-PENSACOLA CAY*

One of the main representatives of Abaco's remote and desolate islands, Allans-Pensacola Cay has it all - great anchorage, shells, snorkelling and exploring opportunities, and almost no people or other boaters whatsoever.

**This destination requires permission from the base to get to as it is out of the official sailing region.*

Facilities & Services	Comments	Facilities & Services	Comments
Customs & Clearance	✗	Refuel	✗
Mooring Type	✓ Anchoring	WiFi	✗
Mooring Fee	✗	Activities	✓ Beaches and snorkelling
Dinghy Dock	✗	ATM	✗
Water Refill & Ice	✗	Provisioning	✗
Restaurants & Bars	✗		



POWELL CAY*

One of the most beautiful cays in Abacos, Powell Cay boasts a huge sand bar, as well as amazing snorkelling. One would want to anchor in the west of the cay, which offers great access to sand beaches and reefs.

**This destination requires permission from the base to get to as it is out of the official sailing region.*

Facilities & Services	Comments	Facilities & Services	Comments
Customs & Clearance	✗	Refuel	✗
Mooring Type	✓ Anchoring	WiFi	✗
Mooring Fee	✗	Activities	✓ Beaches and snorkeling
Dinghy Dock	✗	ATM	✗
Water Refill & Ice	✗	Provisioning	✗
Restaurants & Bars	✗		



LYNYARD CAY

Lynyard Cay is an anchorage-only, relatively uninhabited cay, and it offers one of the more protected anchorages in the southern range. This long skinny island is a perfect place to drop anchor safe from the ocean waves of the Atlantic and east winds. Dingy ashore for a quick walk across the cay to the Atlantic side for pristine beaches and views, as this is one of the rare places that is empty in the southern range of cays.

Facilities & Services	Comments	Facilities & Services	Comments
Customs & Clearance	✗	Refuel	✗
Mooring Type	✓ Anchoring	WiFi	✗
Mooring Fee	✗	Activities	✓ Seclusion
Dinghy Dock	✗	ATM	✗
Water Refill & Ice	✗	Provisioning	✗
Restaurants & Bars	✗		



LITTLE HARBOUR – GREAT ABACOS ISLAND

Enjoy the picturesque and secluded anchorage at Little Harbour on Great Abaco. This is the southernmost destination within the area and is also home to Pete's Pub, a bar, restaurant and art gallery. Little Harbour is best known for the internationally acclaimed artist, Pete's father Randolph Johnston, who established an art colony with his wife, Margot, in the 1950s. The nearby reef is good for snorkelling, and there are plenty of caves for exploring on land. While approaching the harbour, pay special attention to the channel as it is tide sensitive. If possible, choose a high tide time period to arrive and depart the bay.

Facilities & Services	Comments	Facilities & Services	Comments
Customs & Clearance	✗	Refuel	✗
Mooring Type	✓ Anchoring, mooring ball	WiFi	✗
Mooring Fee	✓ \$30 USD/day	Activities	✓ Beach, shopping, art gallery
Dinghy Dock	✓	ATM	✗
Water Refill & Ice	✗	Provisioning	✗
Restaurants & Bars	✓		





See you soon!

WE LOOK FORWARD TO YOUR VISIT.

We want you to have the best experience when you charter with us. That is why we include more as standard than any other charter company.

For help planning your charter, email us at sales@thlmarine.com

Don't just sail,
 **Sunsail**