

Hope Town Abaco Guidebook

Restaurants:

~ **Oasis Juice Bar** – Offering fresh pressed juices and juice shots made from all fresh local ingredients. Coffees, teas and lemonade too! Located just around the bend entrance to On Da Beach, between LVA and In and out Grocery stores.
Monday - Saturday 8am-12pm
Phone: 242-577-0277

~ **Water Depot** – Get clean and filtered drinking water here. Available in large containers, next to Oasis Juice bar (see above).

~ **On Da Beach Restaurant** – A casual outside beach bar and restaurant on the ocean, dine in or take out, offers Trivia Night, located at Turtle Hill Beach Resort.
Monday – Saturday 12pm to 9pm
Phone: 242-366-0557

~ **Cap'n Jack's** - Located across from the lighthouse, on harbour. Offering bingo some nights.
Monday - Saturday 11-9pm
Phone: 242-366-0247

~ **Cap'n Jack's Liquors** - Located behind Captain Jack's restaurant. 242-577-0319
Monday-Saturday 9am - 6pm

~ **Lubber's Landing** – Bar and restaurant, specializing in oven baked pizza Friday & Saturday. Located in Lubber's Quarters, with dockage.
Wednesday – Sunday 11:30-dark
Phone: 242-824-5556

~ **Skoops and Tings Ice Cream** – Ice cream and drink shop located in the settlement, across from the library.
Monday-Saturday 9am-6pm
Sunday 3pm – 6pm
Phone: 242-804-1517

~ **Sea Biscuit Bakery & Co.** – baked goods, cakes, bagels, quiches and coffee shop
Located across from On Da Beach restaurant, Turtle Hill Resort
Monday – Friday 7am -1pm, Saturday 7am -11am
Phone: 242-804-1512

~ **Abaco Inn** - located in White Sound serving breakfast, lunch and dinner.
Open Monday – Sunday
Phone: 242-669-1368
Email for dinner reservations: info@abacoinn.com or/ reservations@abacoinn.com

~ **Hope Town Inn & Marina / Bridget's Rum Bar**

Open seven days/week
Phone: 242-366-0003 or/ 1-850-588-4855

*You can call for a free shuttle to pick you up in Hope Town settlement, from any dock in the harbour.

~ **Sea Spray Resort and Marina** – located in White Sound, southern end of the island
Under Construction
Phone: 242-577-4696

~ Mackey's Takeout & Sweet Shop

Take-out food and ice cream

Monday – Saturday, 7 am-3pm, 5:30pm-8:30pm, closed Sunday

Phone: 242-366-0396

~ Firefly Bar and Grill at Firefly Sunset Resort

Sunset views, sit indoors or out, reservations strongly recommended info@fireflysunsetresort.com

Boat dockage is available however can be limited during busy seasons.

Open Tuesday – Sunday 11:30am-9pm, on Sundays a Bahamian breakfast is served 9-10am, with a regular menu continuing from 10am-9pm

Phone: 242-366-0145

~ Willie's Kitchen and Bar

Casual restaurant serving lunch and dinner

Phone: 242-468-4091

~ Tiffany's Treats – trosa1997@gmail.com, made to order!

Phone: 242-554-9830

Grocery Stores:

J~ Vernon's - 242-824-7739, Located in Hope Town settlement, near ball field

Vernon's specialty is homemade bread and pie! Sells ice.

Hours: Monday- Saturday 8-6 pm, closed between 1-2 pm, closed Sundays

~ LVA grocery store - located just past Oasis Juice Bar and Turtle Hill Resort. 242-475-2632

Hours:

Monday 7:30-12

Tuesday 12pm-8 pm

Wednesday 7:30-8pm

Thursday 7:30-8 pm

Friday 7:30-8 pm

Saturday 7:30-8 pm

Sunday 10-2pm

~ In and Out Convenient Store, located near Oasis Juice Bar in Hope Town

Hours: Monday-Saturday 7am-11pm, Sunday 7am-9pm

Phone:242-458-1352

~ Harbour View Grocery - located near Capn Jacks, accessible by boat! Sells ice.

Hours: Monday, Tuesday, Wednesday, Friday and Saturday 9-3pm, closed Thursdays and Sundays.

Phone: 561-797-6473

~ Maxwell's - large grocery store, some organic items, located in **Marsh Harbour**.

Hours: Monday- Thursday 8am-7pm, Friday and Saturday 8am-8pm.

Phone: 242-367-7283

~ Abaco Grocery – located in **Marsh Harbour**

Hours: Monday- Saturday 7:30am-7pm

Phone: 2442-577-2014

~ AA Seafood Depot Limited Store – located in **Marsh Harbour**. Offering large variety of frozen seafood

Hours: Monday-Friday 9am-5:30pm, Saturday 10-5pm

Phone: 242-699-3158

Church Services:

~ Methodist Church – Sundays, 9:30 & 11 am

Chef Services: Chef Stephen- 242.823.3999
offering private in-home services and weekly sushi on Fridays by pre-order.

Island Exercise/Therapy:

~ **Block therapy with Rachael Aberle**
group or private classes offered:
www.rachaelaberle.com

Shopping:

~ **Hope Town Canvas** – wonderfully crafted one-of-a kind locally made sail cloth bags
located near Skoops and Bike rental shop in town. Monday-Saturday 9-5pm, Sunday 10-3.

~ **Da Crazy Crab** – located in town, next to the lower dock, selling gift items & souvenirs.
Monday-Friday 9-5pm.

~ **Boutique at Firefly Sunset Resort** – located above the restaurant, clothing, hats, take home souvenirs
9-5pm Tuesday- Saturday

~ **Elbow Reef Lighthouse Gift Shop** – Monday- Saturday, 10-1pm, located in HT settlement, blue building
down the road from Capn Jacks.

~ **Sun Dried T's** – located near Health care clinic in town, selling locally designed tees.
10:30-4:30pm Monday - Saturday

~ **Ebb Tide Gift Shop** – located near the Museum in town, selling Bahamian Androsia fabric
9:30-5pm Monday – Saturday

~ **Bahamas Handprints** – nice selection, located at the Abaco Inn

Bike Rentals:

~ **The Bike Shop** → thebikeshopht@gmail.com or/ HopeTownCanvas@gmail.com
Located in town, near Skoops Ice cream offering bike rentals for adults and kids.

Golf Cart rentals:

~ **Lighthouse Cart Rentals:** 242-827-9156 or/ 242-475-0218

~ **Getaway Carts:** 242-477-5201 or/ 242-357-6672, getawaycarts@yahoo.com

~ **Island Cart Rentals:** 242-577-0317 or/561-208-8160, info@islandcartrentals.com

~ **Elbow Cay Carts:** 242-475-3882, info@elbowcayrentals.com

~ **Low Cay Cart Rentals:** 242-805-6400

~ **Hope Town Cart Rentals:** 242-458-0442

Boat Rental:

- ~ **Island Marine:** 242-808-4615
islandmarineabaco@gmail.com
- ~ **Blue Wave Boat Rentals:** 242-367-3910
tc@bluewaverentals.com
- ~ **Cat's Paw:** 242-816-5220 or/242.577-0517
catspawboats@icloud.com
- ~ **Conch Pearl Boat Rental:** 242-577-5277 or/242-365-6450
dave@conchpearlboatrentals.com
- ~ **Barefoot Boat Rental:**
barefootboatrentals@gmail.com

Lighthouse Marina: 242-366-0154

Fuel for boats, ice and a small shop, located in Harbor, at the base of the lighthouse.

Fishing & Snorkeling:

- ~ Dive Guana: 242-577-0661 or/242.577-1660 for scuba & snorkeling day trips
diveguana@yahoo.com
- ~ Captain Plug Adventures: 242-801-5085, captplug@gmail.com
- ~ Clint Adderley: 242-808-5353
- ~ Justin Sands: Deep Sea fishing & bone fishing: 242-359-6890
- ~ Michael Schreiner -Deep Sea fishing: 242-366-3143
- ~ Island Boy Excursions: 242-808-1789, islandboyexcursions@gmail.com
- ~ Local Boy Fishing: 242-458-1685, hopetownfishing@gmail.com
- ~ Seagull Fishing Charter: 242-475-3143, karen@seagullcottages.com

Paddleboards and Surf Boards:

- ~ **A & S Rentals/Jack Joseph: 242-475-5800**

Sailing:

- ~ **Cruise Abaco: 321-473-4223, reservations@cruiseabaco.com**

Taxis: readily available at the ferry docks and at the airport.

Banks/ATMs:

Located in Marsh Harbour only. The exchange rate is roughly 1 to 1. If you pay in American dollars, you will get Bahamian in return.

Health Clinic: 242-366-0108

The Hope Town Clinic offers regular hours and there are pharmacies in Marsh Harbour where your regular doctor can call in a prescription if necessary; the Chemist Shoppe 242-367-3105, and Island Pharmacy. The nurse handles initial emergency care however, you may need to be transported to Marsh Harbour for more extensive medical help so try to call as soon as you think necessary.

Hope Town Fire and Rescue: 242-366-0500

Ferries:

G & L Ferry: www.gandlferry.com
Grant - 242-359-6208 for private charter
Lyle – 242-577-0611

The Ferry at the Crossing: info@theferrylimited.com

242-577-1784
info@theferrylimited.com
Private charter: 242-822-0290

*Round trip is approx. \$20, and private charters are available as well.

Air Travel:

These are the commercial airline carriers which travel from Florida & Nassau:

- ~ **American Airlines**
- ~ **Delta Airlines**
- ~ **Silver Airways**
- ~ **Western Air**
- ~ **Bahamas Air**

Private or semi-private charters:

- ~ **Island Wings** – Ft. Lauderdale to Marsh Harbour (954) 274-6214
www.flyislandwings.com, info@flyislandwings.com
- ~ **Aztec Airways** – (954) 601.3742 - Ft. Lauderdale/FXE to MHH
info@flyaztec.com, www.flyaztec.com
- ~ **Air Unlimited** – service from Orlando Sanford Intl to MHH
407-585-4300 , www.flyairunlimited.com
- ~ **Tropic Ocean Airways** (seaplane) : reservations@flytropic.com
1-800-767-0897 or 954-210-5569

Elbow Cay Lighthouse:

An icon! Hope Town's red and white striped lighthouse was built in 1863 and is one of only three kerosene-powered lighthouses in the world, and all three are in the Bahamas. The large Fresnel lens floating in a bath of mercury generates a light visible more than 17 miles away. pirate cannon balls as the powering weights. It stands guard over Elbow Cay's picturesque harbor.

Hike up for some of the best views! Hours: 9-5pm, closed Sundays

Hope Town History

Prior to the discovery of the new world, Lucayan Indians inhabited Elbow cay and the surrounding cays. The Lucayans Indians were peaceful and lived off the land by fishing and primitive agriculture. In 1492, it is believed that Christopher Columbus hit landfall in either San Salvador or Samana cay. With introductions of the Spaniards, the Lucayan Indians were forced into slavery, and eventually died off from the diseases that were introduced to their once isolated and primitive culture. The Bahamas remained primarily uninhabited for a long period; though many attempts were made but were unsuccessful due to isolation, storms, and agriculture difficulties.

During the time of the revolutionary war (1775-1783) and the struggle for independence of the thirteen colonies in America, those loyal to England, under King George III rule, sought refuge in the Bahamas, a British commonwealth. Many "Loyalists" as they were called, left America bringing every possession, down to the bricks from their lavish estates in America. The loyalists endured very harsh living environments and had to assimilate to the agriculture differences in America. Many were unsuccessful in their attempts and lost their fortunes along the way. During the 1790s, one of the more prominent settlers, Wyannie Malone, a loyalist descendant and widow, successfully settled here in hope town. Many descendants of Wyannie Malone still live on the island or on surrounding cays. Some of her descendants have more common last names like Malone, Russell, Albury, and Cash. a complete genealogy of Wyannie Malone can be traced while visiting the Wyannie Malone historical museum.

The islands of the Bahamas were a haven to pirates preying on merchant ships on their way to the New World and South America. The islands were home to the likes of Blackbeard and Anne Bonny, and Calico Jack. In more recent years, local Bahamians often supplemented their meager incomes by "wrecking", or salvaging goods and supplies off the wrecked ships on their way to the Americas. It is believed locally that land was acquired from desperate families by trading food and supplies for land.

To protect the shipping interests abroad, the British Imperial lighthouse service was commissioned to build eleven major lighthouses in the Bahamas. With wrecks on the increase in the Hope Town area, the Imperial Lighthouse service built the Elbow Reef lighthouse in 1864, but not without some sabotage from the locals whose major source of income was from wrecking and salvaging. When first built, the lighthouse showed a standing light, that is, it did not flash.