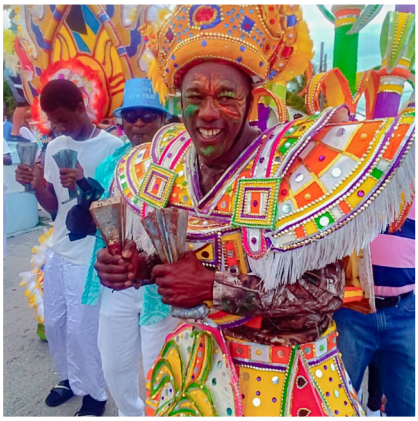
Welcome to the Abacos

The Moorings®
Est. 1969

This eGuide was made by The Moorings 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 nunderstand 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.



Welcome to The Moorings Abacos

"On behalf of The Moorings 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

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Share Your Moorings Experience

We love to see what you've been up to on your holiday. Share your photos on Facebook, Instagram and Twitter making sure to tag us.

@themooringsvacations

@mymoorings

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THE MOORINGS
ABACO BEACH RESORT MARINA

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.

TEAM CONTACT NUMBERS

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

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

VHF. . . . . ch. 16 & 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.

ARRIVAL PROCEDURE

Guests are taken directly to their yacht and depending on their arrival time, they will be given a quick briefing on operation of toilets and cabin lights.

- Area & Boat briefings are done with only Skipper and First Mate present.

MARINA 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 WiFi

AIRPORT TRANSFER

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. There are always vehicles available at the airport. 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 license. We suggest reserving your vehicle in advance:

K&S Rentals 242-367-2655
Cornish Car Rental 242-365-8623
Sea Star Rentals 242-367-4887
Bargain Car Rentals 242-367-0500
Rental Wheels 242-367-4643
U-Save Car Rental 242-699-3346

RECEPTION OFFICE HOURS

Monday to Sunday from 7:30am - 7:00pm

The Moorings Abaco Beach Resort
Bay St,
Marsh Harbour, Abaco,
The Bahamas

TIME DIFFERENCE

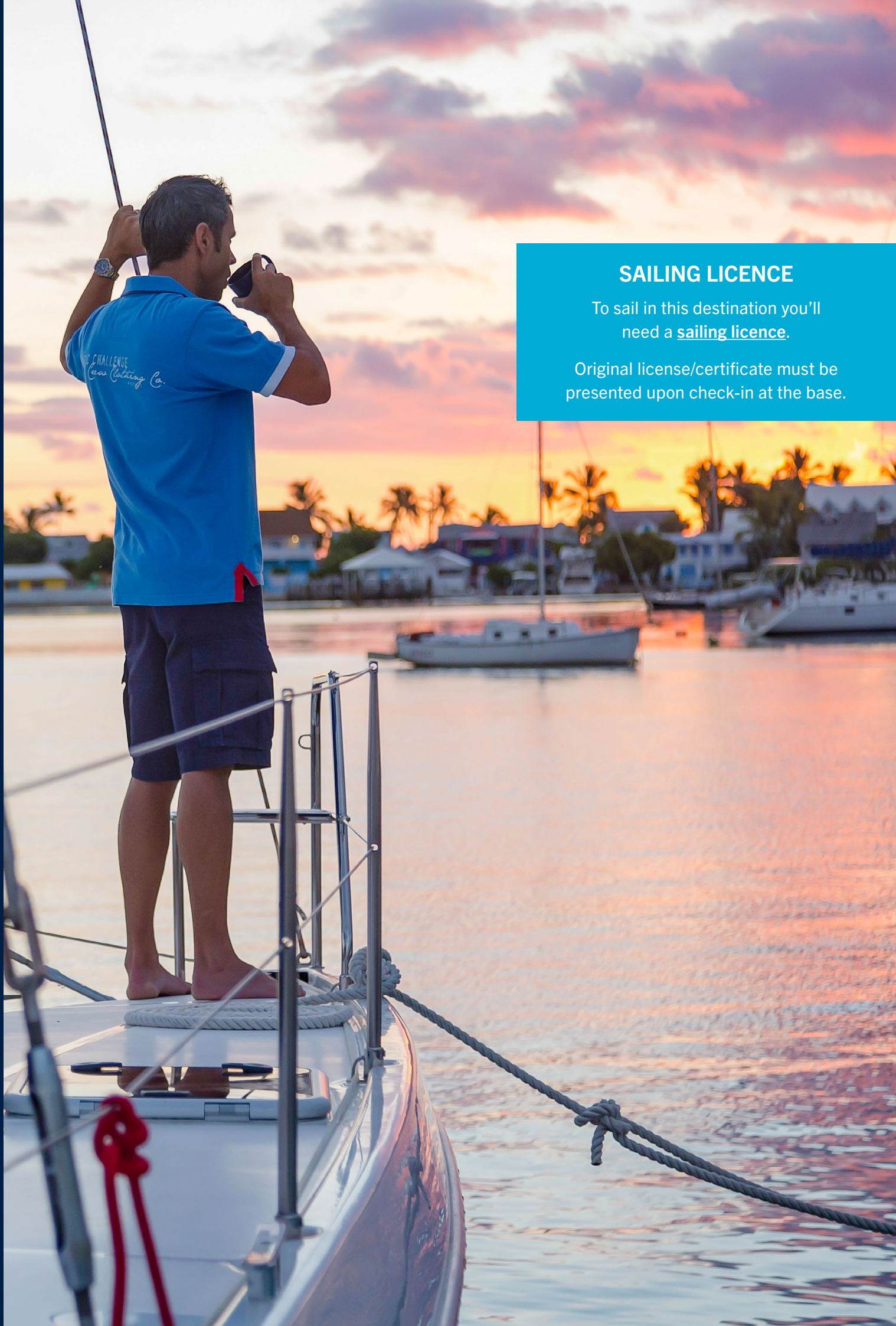
Bahamas is observing EST
(Eastern Standard Time),
so -5 hours UTC/GMT

Charters start daily at 10am,
and end at 10am.

Sleep aboard options are possible.
Please contact the sales team to book!

LATE ARRIVALS

If you arrive after office hours, a sign will be left at the gate with security, on the office door and also on the yacht with the client's name and booking number.



SAILING LICENCE

To sail in this destination you'll need a **sailing licence**.

Original license/certificate must be presented upon check-in at the base.

UPON ARRIVAL

CHECK IN PROCEDURE

When you arrive at the marina, please go to The Moorings reception where our team will help to check you in. Please ensure you have the following items ready:

- Passport or identity card for every crew member
- Original skippers qualification or licence (if you hold one)
- Mobile phone number
- Credit card for payment of your yachts security deposit

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

EMBARKATION TIME

Your boarding time is at 10am. 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.

An evening sleep aboard is available and can be organized in advance of your arrival to the base with your vacation planner. Boarding time is brought forward to 4pm the evening before your charter start date. This means you can settle into your yacht and set sail the following day. Please note that availability is limited and evening starts may not be possible during peak travel dates.

OUT OF HOURS ARRIVAL

If you will be arriving to our base outside of the normal reception times, you will need to follow our Out of Hours Arrival Process (detailed on page 6). Please also note briefings will be provided the following morning.

AREA & YACHT BRIEFINGS

Both area and boat briefings are mandatory for all skippers. Enjoy more time on the water by watching the required Safety video for the Abaco region online and in the comfort of your home or office before your arrival. After viewing, you are welcome to send any questions to our local chart briefer or sales agent via email. Onboard each vessel there is also a hard copy of sailors guide.

The yacht briefing introduces you to your yacht, its systems and rigging. It is carried out individually for each yacht once you board and are ready. It is important that all systems and equipment are fully understood.

Only Skipper and First Mate can participate in the consultations. The times of briefings are negotiable with clients upon arrival.

Boat Bag: At the chart briefing, each captain is given a yacht bag, which contains a cruising permit, proof of insurance, Destination write-ups, emergency contact info, and contact numbers for the base. The vessel will have charts onboard and a weather report is given at briefing time and on request.

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 if required.
- Listen to an area briefing
- Use the internet right at the office

PROVISIONING

If you have pre-ordered provisioning for your boat, please check your order is complete. You can order online HERE, just please note that it should be done at least six days prior to your embarkation and make sure you selected the right Moorings base.

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

COOL BOXES

The catamarans have a portable cool box.

LUGGAGE STORAGE

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

SECURITY

The entire marina is under 24/7 security, provided by the National Parks Authority.

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 in order 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**.

CHARCOAL BBQ

All yachts are equipped with a barbecue, 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.

WI-FI

Wi-Fi is available within the hotel reception. Please ask our teams for details. Our social media handles can be found on **page 4**.

MUSIC

All Moorings yacht stereos can be paired to your device via bluetooth, so you can connect and enjoy your own music.

ELECTRICITY

The standard voltage on all yachts is 12 volts. Electricity in Abaco is 110 volts AC, 50Hz and uses the standard US 2-pin plug, so if you're using different ones, make sure to bring an adapter. Please feel free to bring a 12 v cord if you wish.

YACHT DAMAGE WAIVER AND SECURITY DEPOSIT

Our yacht damage waiver can be added any time prior to you leaving the marina in Abaco. 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 click **HERE**.

A pre-authorisation will be taken against a credit card and will be released when the yacht is returned to base without damage.

CURRENCY EXCHANGE, CREDIT CARDS AND BANKS

Local currency is the Bahamian Dollar, 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.

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.

Never give your garbage to local sailors, you should dispose of it directly in garbage points along the coast or simply at the base.

FUEL

Fuel is not included on bareboat/ power 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/ skippered charter packages.

RE-FUELING

Fuel is not included on bareboat & power charters. (Exceptions: Fuel is included for crewed charters/ skippered charter packages.)

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 vacation, 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.

BEFORE YOU LEAVE THE BASE

- Please ensure you have all the kitchen equipment and bedding you require. Extra bedding and some cooking utensils are available upon request.
- 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 snorkeling masks or snorkels**.
- Check your safety equipment. We have a limited supply of children's life jackets (ages 4+ only). If you have your own children's life jacket we encourage you to bring it along.
- Make sure the fuel/water tanks are full.
- Make sure you have your yacht papers bag with the last customs clearance.
- Make sure you are provisioned.
- Make sure you have enough cash.

WHILE SAILING

ACCIDENTS / COLLISIONS

While out sailing things can happen where an accident or collision with another vessel will occur. 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 a scene of a collision or accident does make the situation a little more complicated.

MAINTAIN A LOOKOUT

All The Moorings 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 colored water and brown areas may indicate shallow water or rocks. Seeing one fish pot usually means that there will be others.

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 on telephone.

In extremely urgent situations only and if you have no coverage for your mobile phone, relay a message to us via VHF channel 16.

SECURITY

Although crime is relatively rare on yachts, no Island is exempt from the occasional break in, So, while we certainly recommend that you lock your yacht when you leave it, we would also caution you not to leave any easy portable valuables on board, but rather carry them with you when you go out.

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**

Your safety is our top priority...

TheMoorings

General Safety

Swimming

SCAN ME

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 17** for advise on what is available) and diver down flags are all available on board.

HAPPY
NEW YEAR

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.

WHEN YOU RETURN TO THE BASE

RETURN TO BASE PROCEDURE

Please ensure: Please empty all holding tanks and bilges at least 3-5 NM from shore before returning to the base.

- 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 on page 11.
- Prepare your fenders.
- One of our staff will guide you to your designated berth. The team will also help you dock.

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

BEFORE YOU LEAVE YOUR YACHT

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
- The yacht bag with all documents with the last customs clearance form needs to be left on the chart table where possible
- Charts, keys and guide book have been left in the chart table
- All rubbish removed and disposed of in the marina bins or left on the dock for collecting
- All cupboards and refrigerator have been emptied of food
- All sheets and towels should be left on the bed inside pillowcases
- Snorkelling fins to be rinsed and placed back into the cockpit locker
- All personal possessions have been removed; please check thoroughly as items are often left onboard
- All hatches are closed.

USEFUL INFORMATION

NON-SAILING ACTIVITIES

Restaurants and Tipping

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.

Tipping is standard and expected in all restaurants / bars and for other services undertaken during your vacation. 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.

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.

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.

Snorkelling

When snorkelling from your yacht, please ensure that you utilise the snorkelling vests onboard, as well as the diving flag and buoy to ensure you are visible in the water.

One person should always remain onboard or out of the water to keep watch on the snorkellers.

Diving

Diving is possible whilst visiting the Bahamas however this should be organised with a local dive centre. Dive Abaco is located at the base. Rendezvous dives are strongly recommended.

Golf

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

CRUISING AREA

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 a 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 bag. Reports can also be obtained through getting in contact with The Moorings base. Additionally you can also check it here:

Internet	windguru.cz or windy.com
VHF Radio	The Hailing Channel VHF channel 16 Emergency Coast Guard and ABSAR VHF channel 16

MEDICAL FACILITIES

If you are ill and visit the doctor or hospital during your trip contact a member of The Moorings staff as soon as possible at The Moorings 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 is also medical personnel on call 24/7 in the area: Staniel Cay Clinic 001 242 524 8421

TIDAL STREAMS

The tidal range in The Bahamas is up from 2,5 to 3 feet. A copy of the tidal charts is provided to the client at the base, but more details can also be viewed on windfinder.com. Due to the shallow nature of these waters it is extremely important that close attention is paid to the tide while underway as well as entering and departing harbours.

CRUISING TIPS

Sailors need to be aware of the shallow water & coral hazards associated with this area and use thier instruments as well as visual ques when navigating this region. Water colour tells you just about everything you need to know about how deep and what type of bottom conditions exist in any particular area, so polorized eyewear is recommended to help in this endevour. Always plan your legs in advance, cross referencing The Explorers Chart with Navionics & C Map plotter charts. Guests are encouraged to adopt the more conservative approach and appreciate that the running gear is not designed for grounding. Details about region's hazards are explained in the Chart briefing.

SAILING AREA LIMITS

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

MOORING FEES AND TAXES

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 price 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. We suggest checking out the destinations section of this guide for correct

4 HOUR COMMITTMENT

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
- CD player
- Marine toilets
- Water maker
- Water pump
- Dinghy and outboard
- Depth and speed instruments

Note: Breakdowns occured 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.**

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NIGHT SAILING

You are not permitted to sail at night. Be aware that sunset is very short in the Caribbean and you need to be anchored 1 hour before.

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 attached to your person at all times whilst underway.

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 coast guard immediately followed by the base supervisor and we will provide you with immediate assistance.

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

The Moorings Crewed Experience

Relax in the comfort of one of our spacious catamarans, complete with your very own professional skipper and gourmet chef. With a crew to attend to your every need, you'll be free to enjoy what really matters - unforgettable moments with the ones you love.

Gourmet Cuisine…

Your personal chef will make it a point to learn what you love, then craft a bounty of gourmet meals, snacks and drinks sure to amaze your palate over and over again.

Local Knowledge and Freedom…

Whether you're seeking adventure, relaxation or a taste of both, your skipper will navigate to new and exciting locales to suit any mood.

For more information and bookings, visit:
www.moorings.com/crewed

The Moorings®
Est. 1969

GOOD VIBRATIONS

MARINE ANIMALS

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 snorkeling. 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 snorkeling. Stingrays are also poisonous and can inflict a nasty wound with their barbed stings.

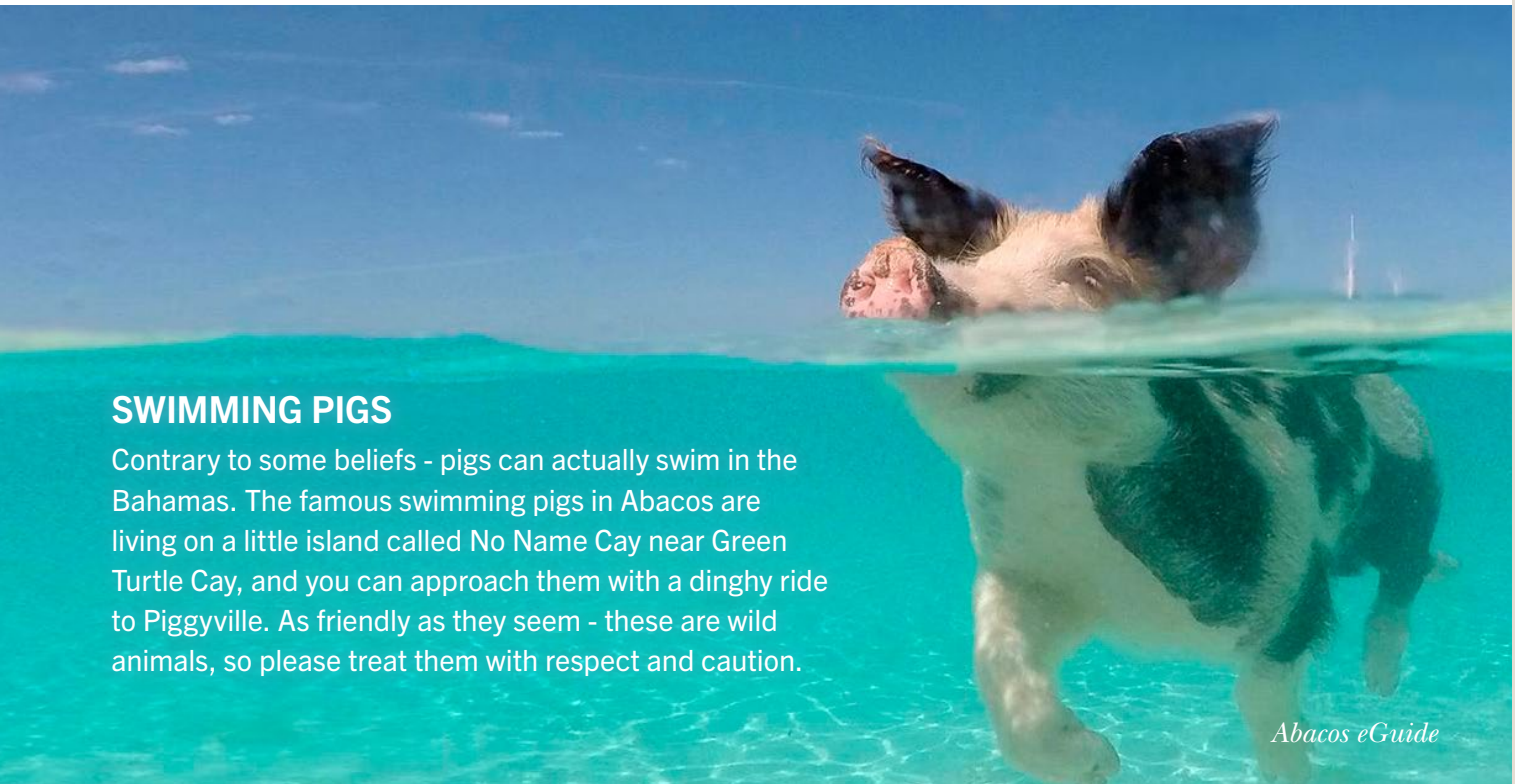
If you are stung by a fish immediately exit the water and treat with hot water. You may require a tetanus injection.

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 to follow the locals 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.

SUGGESTED ITINERARIES

5-DAY ROUTE (POWER)

DAY 1
Hope Town

DAY 2
Guana Cay

DAY 3
Green Turtle Cay

DAY 4
Little Harbour

DAY 5
Man-O-War Cay

DAY 6
Marsh Harbour

7-DAY ROUTE

DAY 1
Hope Town, Elbow Cay

DAY 2
Little Harbour

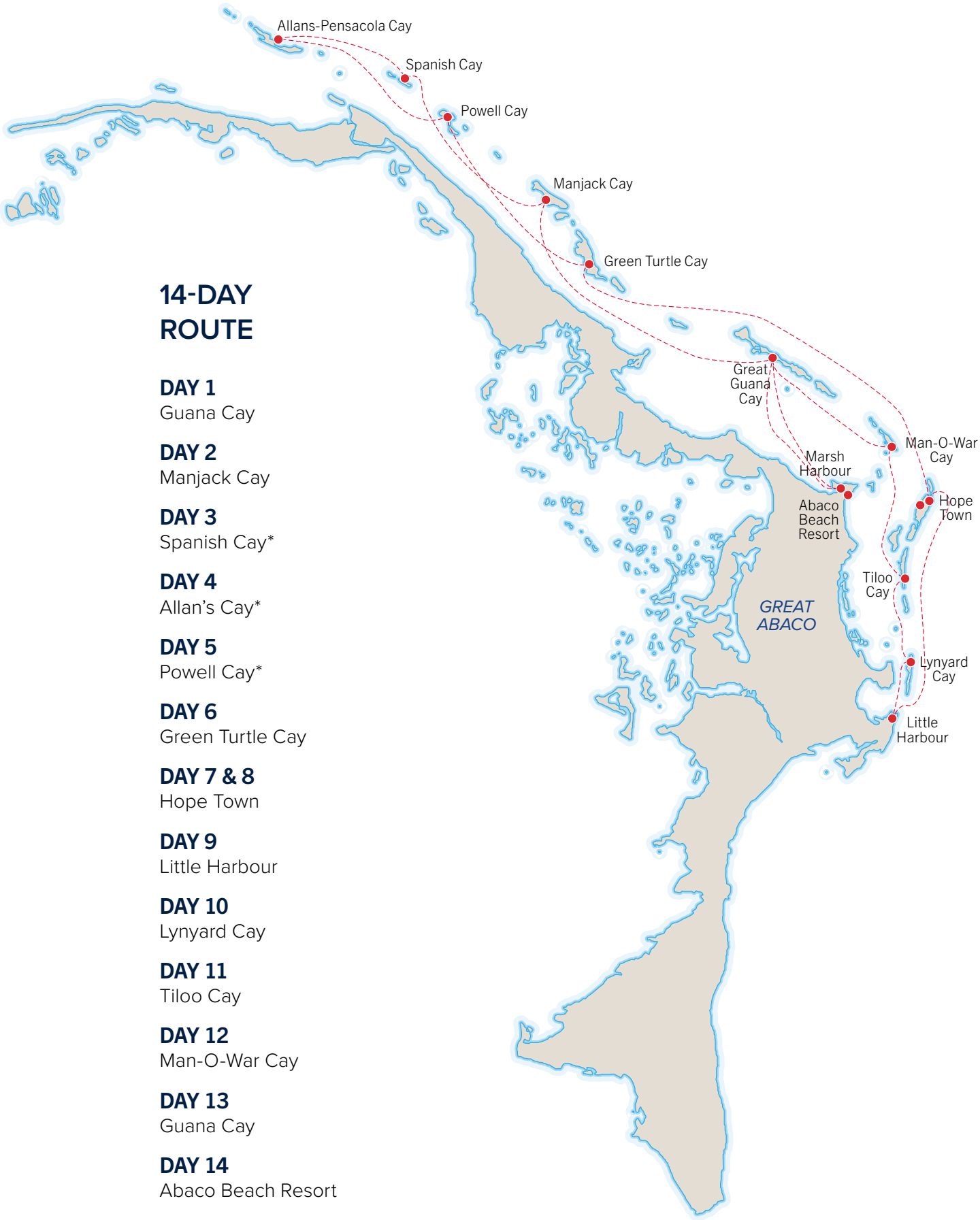
DAY 3
Great Guana Cay

DAY 4
Green Turtle Cay

DAY 5
Manjack Cay

DAY 6
Man-O-War Cay

DAY 7
Base



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

DESTINATION SPOTLIGHTS

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 snorkeling 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 snorkeling.

FOWL CAY

Best reefs for snorkeling 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 snorkeling 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 snorkeling around the corner.

MARSH HARBOUR

Marsh Harbour, where The Moorings 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 ATM's in the whole region.

FACILITIES & SERVICES		COMMENTS	FACILITIES & SERVICES		COMMENTS
Customs & Clearance	✔		Refuel	✔	
Mooring Type	✔	Anchoring, docking, mooring	WiFi	✔	
Mooring Fee	✘		Activities	✔	Snorkeling
Dinghy Dock	✔		ATM	✔	
Water Refill & Ice	✔		Provisioning	✔	
Restaurants & Bars	✔				

HOPE TOWN

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 also 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	✔		Activities	✔	Snorkeling, sight seeing
Dinghy Dock	✔		ATM	✘	
Water Refill & Ice	✔		Provisioning	✔	
Restaurants & Bars	✔				

ELBOW CAY WHITE SOUND

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 Soun 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	✗	$30 US/day	Activities	✓	Snorkeling
Dinghy Dock	✓		ATM	✗	
Water Refill & Ice	✓		Provisioning	✗	
Restaurants & Bars	✓				

MAN-O-WAR

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 favor 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 snorkeling
Dinghy Dock	✓		ATM	✗	
Water Refill & Ice	✗		Provisioning	✓	
Restaurants & Bars	✗				

GREAT GUANA CAY - SETTLEMENT HARBOUR

Known for the world-famous Nippers Bar and Grill, as well as Settlement Harbour and Fishers Bay. In Settlement Harbor one can find good shelter from strong winds, either in the Orchid Bay marina or on the mooring balls. 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, mooring	WiFi	✓	
Mooring Fee	✓	$30 US/day	Activities	✓	Beaches and snorkeling
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	✓	Docking. mooring ball, anchoring	WiFi	✓	
Mooring Fee	✓	$30 US/day	Activities	✓	Beaches and snorkeling
Dinghy Dock	✓		ATM	✗	
Water Refill & Ice	✓		Provisioning	✓	
Restaurants & Bars	✓				

MANJACK 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, snorkeling, 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 require permission from the base to get to as they are out of the official sailing region.

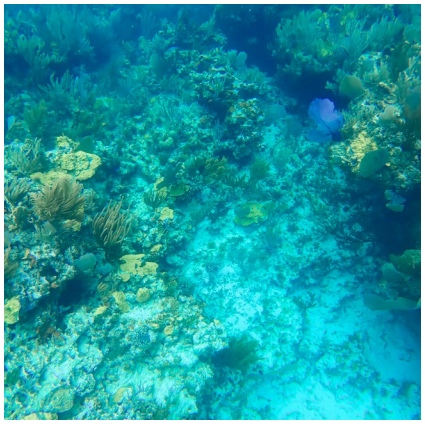
FACILITIES & SERVICES		COMMENTS	FACILITIES & SERVICES		COMMENTS
Customs & Clearance	✓		Refuel	✓	
Mooring Type	✓	Dockage, anchoring	WiFi	✓	
Mooring Fee	✗		Activities	✓	Beaches and snorkeling
Dinghy Dock	✓		ATM	✗	
Water Refill & Ice	✓		Provisioning	✗	
Restaurants & Bars	✓				

ALLANS-PENSACOLA CAY

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

*This destination require permission from the base to get to as they are 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	✗				



POWELL CAY

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

*This destination require permission from the base to get to as they are 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

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, so 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	WiFi	✗	
Mooring Fee	✓	$20 US/Day	Activities	✓	Beach, shopping, art gallery
Dinghy Dock	✓		ATM	✗	
Water Refill & Ice	✗		Provisioning	✗	
Restaurants & Bars	✓				

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