

Take a spell-binding excursion through the rich history, beautiful culture, and extraordinary beauty of Long Island.



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### COLUMBUS MONUMENT

The monument was originally constructed by the Long Islanders Association as a tribute to the arrival of Christopher Columbus on October 17th, 1492. This spectacular 'view-site' perched atop the white cliffs of the Long Island coastline offers commanding views of the Atlantic and Caribbean Seas, lush greenery, and the other-worldly blues and whites of fishing flats below. Accessibility to this historic site was greatly improved with a road constructed in 2019 making it also a favorite cycling destination from the resort (11.5 km, 7.5 miles round-trip). The site offers picnic areas, amazing snorkeling, private beaches, a natural 'lazy river', and amazing shelling opportunities.

Set aside four or five hours to immerse yourself in the 'true' Bahamas. Guided or self-guided excursions along historic Queen's Highway takes you to breathtaking vistas, local artisans, island hang-outs, and truly unparalleled natural attractions. Our front office team can arrange an experienced local guide to provide an historical Bahamian perspective on what drives the pulse of Long Island. Alternatively, rental cars are also available over our front desk for those interested in creating their own adventure.



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### ADDERLEY'S PLANTATION

One of the original Loyalist settlements on Long Island. This cotton plantation was granted to Mr. Abraham Adderley in 1790. The original grant of 700 acres expanded to 2500 acres in 1820 and comprised of nine buildings, assorted crops, cotton, and livestock. Absorb the history and embrace the culture you step through the ruins of the original plantation. The trail up to the plantation is lined with shrubs and trees labeled with their common and Latin names and their various uses in the practise of Bahamian 'Bush Medicine'. A visit to Adderley Plantation offers a true education in the origins of a nation.



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### STARFISH TRADERS

Witness some of Long Island's extraordinary craftsmanship and entrepreneurial spirit at Starfish Traders where local artisans create everything from purses to beach bags, and iPad cases to oven-mitts. Their distinctive products incorporate local straw work with bright fabrics and a style all their own. Their shop is open at 10am MTF and features a boutique to purchase their crafts, plus a sewing and cutting room where you can witness some local talent at work!



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### THE SHRIMP HOLE / ST. MARY'S CHURCH

Behind the spectacular ruin of what may be the oldest church in all of the Bahamas (St. Mary the Blessed Virgin est. 1799), is a well-marked trail to one of Long Island's less-known natural attractions. At the end relatively simple 10min hike through the inland indigenous scrub brush is a freshwater limestone cave inhabited by what are thought to be small red Sterrar's Cave Shrimp – a critically endangered cave dwelling arthropod. It is a unique sight to behold and a great way to break up the drive between the North and South of the Island.



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### SEASIDE VILLAGE ECO TOURS

Meet your local tour guide at the Seaside Village dock before you embark on your marine excursion exploring our breathtaking mid-island coastline. The excursion starts from Seaside Village in Deadman's Cay, just over an hour drive from Cape Santa Maria. From here you embark on a spectacular 30min boat ride through the flats with stops along the way to some of the island's most spectacular beaches and sandbars and a visit with local swimming pigs. When you return from your tour, Kenny's Conch Shack is located right on the Seaside Village dock where Kenny serves up one of the very best Conch Salads in the Bahamas. Pre-Booking required with the Cape Front Office team.

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### HAMILTON'S CAVES

Hamilton's Cave is the largest cave system in the Bahamas. The Lucayan Indians were thought to have lived here around 500 A.D., and many Lucayan artifacts were discovered in 1936. The cave is named after the small settlement of Hamilton's, located south of Salt Pond. It is owned and operated by Mr. Leonard Cartwright, a Long Island native who offers tours through the cave system, with some passages over 15 meters wide and 3 meters high, where he played hide-and-seek with his family as a child. Tours are \$20/adult and can be booked through our front office.



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### MAX'S CONCH BAR

This roadside conch shack is perhaps the most famous of all Long Island institutions. The quality of the local cuisine, the strength of their rum punch, and the character of the local patrons make this a must visit on any (and every) Long Island road-trip. Gary, Liz and Karnetha and the team will keep you entertained and ensure you leave full of food, a few great Long Island stories, and a priceless memories of 'real' community culture. Look for the international array of flags along the roadside, Max's is directly across the highway.



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### DEAN'S BLUE HOLE

Dean's Blue Hole is the world's second deepest blue hole. Plunging 663 feet (202 meters) to the bottom of the Atlantic Ocean, the blue hole is oval at its surface, with a diameter ranging from 80 to 120 feet (25 to 37 meters). A popular destination for divers and visitors from all over the world, the hole was the location of the recent free diving world record of 274 ft. (83 meters) and home of the Free Diving World Championships.

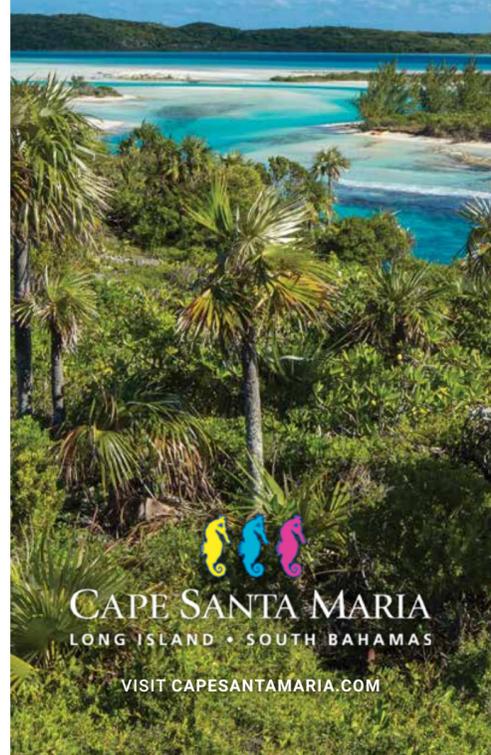


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### CLARENCE TOWN

Long Island's capital has one of the prettiest and safest harbors in the Family Islands. There are two churches in Clarence Town, both designed by architect and priest John Hawes and display similarly striking recognizable twin towers. Monsignor Hawes built the first Anglican/Episcopal, named St. Paul's Anglican Church. The other is Roman Catholic, named St. Peter and Paul. Flying Fish Marina and Lighthouse Point restaurant are modern additions to the neighborhood and provide moorage to some spectacular yachts and offer an extraordinary array of expertly prepared fresh seafood. Witness the local fisherman clean their catch feed the local shark population from the government dock and in the center of town – a favorite Clarence Town highlight for the whole family.

# THE CAPE LONG ISLAND GUIDE



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Cape Santa Maria Beach Resort and Villas is located on one of the most beloved beaches in the Bahamas (and some say one of the best in the world). The resort offers a range of accommodation from two-bedroom villas to one and two-bedroom bungalows, and all the amenities you'd expect. All accommodations are waterfront and steps away from our beach.

**RESORT GUESTS**

Not only are there a full range of activities to keep guests entertained at the Cape, Long Island itself offers a great variety of natural wonders and opportunities to glimpse back into its rich history. A guided tour arranged with our front office will take you to stops at Adderley's Plantation, crafts at Starfish Traders, the Shrimp Hole, local bites at Max's Conch Bar, the Flying Fish Marina, spectacular Dean's Blue Hole, Hamilton's Caves and the Island's capital, Clarence Town. Car Rentals are also available at the Cape if you crave the freedom to make your own discoveries. However you choose to go, this map will help you explore the vibrant culture of Long Island. Questions? Reach out to any of the Cape Crew or any friendly local! Long Islanders love opportunities to share their island and can offer even deeper insight into their extraordinary paradise home.

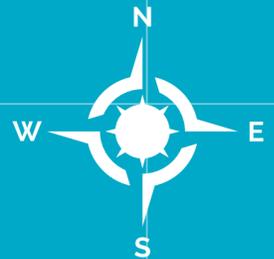
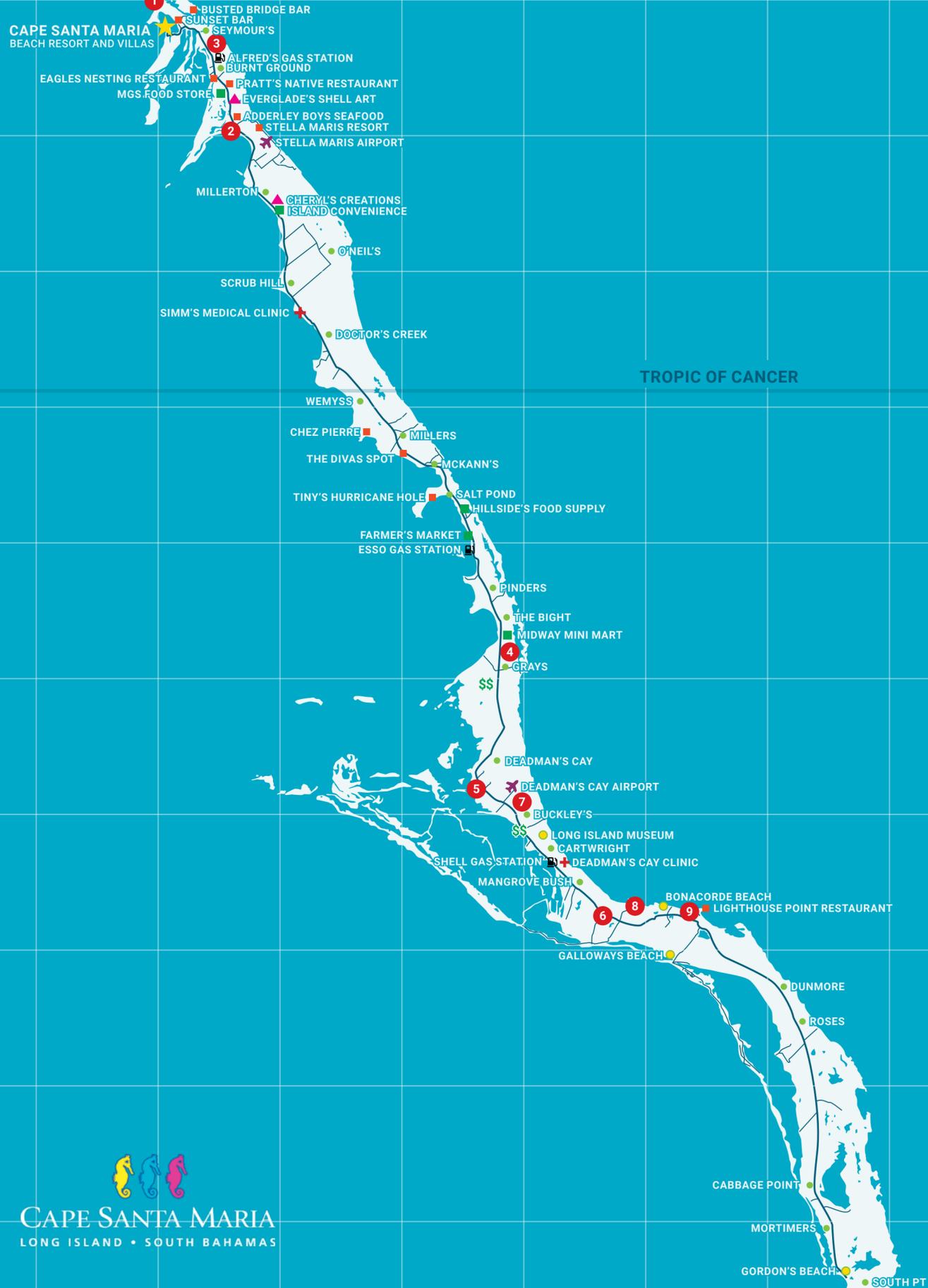


**VISITORS TO THE RESORT**

Visitors are always welcome at Cape Santa Maria - even if you are not staying with us! Although our beach chairs and gazebos are reserved for resort guests, visitors are welcome to stretch out along the white sandy beach and soak in some Cape sunshine. Enjoy the local and international cuisine and cocktails at the destination Beach House Restaurant to get access to one of the most beautiful beaches in the Bahamas. Check in at our front desk to determine availability to join in on any array of fishing options, snorkeling, scuba and other excursions. During peak times, our recreation equipment (kayaks, bicycles etc.) is for resort guests, but check at the desk to check if rentals are available. We look forward to welcoming you!

**We do recommend however, that non-residents make a reservation or check on availability ahead of time to avoid disappointment.**

# LONG ISLAND MAP



**LEGEND**

-  **CAPE SANTA MARIA BEACH RESORT AND VILLAS**
-  **COLUMBUS MONUMENT**
-  **ADDERLEY'S PLANTATION**
-  **STARFISH TRADERS**
-  **THE SHRIMP HOLE / ST. MARY'S CHURCH**
-  **SEASIDE VILLAGE ECO TOURS**
-  **HAMILTON'S CAVES**
-  **MAX'S CONCH BAR**
-  **DEAN'S BLUE HOLE**
-  **CLARENCE TOWN**
-  **LOCAL CRAFTS**
-  **POINT OF INTEREST**
-  **SETTLEMENTS**
-  **RESTAURANTS**
-  **GROCERY LOCATIONS**
-  **AIRPORTS**
-  **BANK MACHINE**
-  **GAS STATION**
-  **MEDICAL CLINIC**

\*This map should not be used for navigation or legal purposes. It is intended for general reference use only.

