



NEW MORNING

HOPE TOWN · ABACO

A GUEST GUIDE TO HOPE TOWN & ELBOW CAY

*Where to eat, how to get around, and the small island things that make a
stay easy, gathered for you.*

WELCOME

WELCOME TO NEW MORNING

We are so glad you are here. New Morning sits at the quiet North End of Elbow Cay, a short walk and a slow breath from the water. This guide gathers our favorite places to eat, the ways to get around the island, and the practical numbers worth keeping close, so you can settle in and let the days open up.

Elbow Cay is small and golf-cart paced. Hope Town settlement, with its candy-striped lighthouse, holds most of the shops and restaurants; White Sound and the southern beaches are a short drive down the island; and Marsh Harbour, a ferry ride across the Sea of Abaco, is where you will find banks, the larger groceries and the airport. Almost everything here keeps island hours, so a quick call ahead is always a good idea.

IN CASE YOU NEED IT

Hope Town Clinic

242-366-0108

Fire & Rescue

242-366-0500

The clinic nurse handles initial emergency care; more serious help is in Marsh Harbour, so call as early as you think you may need to.

New Morning hosts the Peace + Vitality Retreat on the North End each January. Dates, pricing and booking are at newmorningretreat.com/wellness.

DINING ON ELBOW CAY

From conch shacks to sunset tables. Reservations are wise in season.

Oasis Juice Bar

Fresh-pressed juices and juice shots from all-local ingredients, plus coffee, tea and lemonade. At the bend by the entrance to On Da Beach, between LVA and In & Out.

Mon–Sat 8am–12pm · 242-577-0277

On Da Beach

Casual oceanfront bar and restaurant at Turtle Hill Beach Resort. Dine in or take out, with trivia nights.

Mon–Sat 12pm–9pm · 242-366-0557

Cap'n Jack's

Harborfront favorite across from the lighthouse, with bingo some nights.

Mon–Sat 11am–9pm · 242-366-0247

Lubber's Landing

Bar and restaurant on Lubber's Quarters with dockage, known for oven-baked pizza Friday and Saturday.

Wed–Sun 11:30am–dark · 242-824-5556

Abaco Inn

Breakfast, lunch and dinner in White Sound. Open daily; email ahead for dinner reservations.

Daily · 242-669-1368 · info@abacoinn.com

Hope Town Inn & Marina

Bridget's Rum Bar and waterfront dining, open seven days. Call for a free shuttle from any dock in the harbor.

Daily · 242-366-0003 · 1-850-588-4855

Firefly Bar & Grill

Sunset views at Firefly Sunset Resort, indoors or out. Reservations recommended; Bahamian breakfast Sundays 9–10am.

Tue–Sun 11:30am–9pm · 242-366-0145

Sea Spray Resort & Marina

White Sound, at the south end. Under construction, with a food truck and very good guacamole.

242-577-4696

Mackey's Takeout & Sweet Shop

Takeout food, baked goods and ice cream.

Mon–Sat 7am–3pm, 5:30–8:30pm · 242-366-0396

The Curly Tail Conch Shack

Conch salad made fresh to order, with happy-hour cocktails.

Thu–Sat from 3pm

Thirsty Cuda

Swim-up bar at Tahiti Beach with frozen drinks, fish bites and conch wraps.

Willie's Kitchen & Bar

Casual spot serving lunch and dinner.

242-468-4091

Skoops & Tings

Ice cream and drinks in the settlement, across from the library.

Mon–Sat 9am–6pm, Sun 3–6pm · 242-804-1517

Sea Biscuit Bakery & Co.

Cakes, bagels, quiches, warm cinnamon buns and coffee, across from On Da Beach at Turtle Hill.

Mon–Fri 7am–1pm, Sat 7–11am · 242-804-1512

Tiffany's Treats

Sweets made to order.

242-554-9830 · trosa1997@gmail.com

Gypsy Seafood

Tuna steaks, stone crab claws, grouper, mahi and fish dip.

WhatsApp 242-359-6991

PROVISIONS

GROCERIES & THE KITCHEN

Stock the house, order water, or have someone shop and ferry it over.

GROCERY & PROVISIONS

Vernon's Grocery

Hope Town settlement near the ball field. Famous for homemade bread and pie, and sells ice.

Mon–Sat 8am–6pm (closed 1–2pm) · 242-824-7739

LVA Grocery

Just past Oasis Juice Bar and Turtle Hill Resort.

Mon 7:30–12, Tue 12–8, Wed–Sat 7:30–8, Sun 10–2 · 242-475-2632

In & Out Convenience

Near Oasis Juice Bar in Hope Town.

Mon–Sat 7am–11pm, Sun 7am–9pm · 242-458-1352

Cap'n Jack's Liquors

Wholesale liquor, drinks and snacks beside Cap'n Jack's Restaurant.

Mon–Sat 9am–6pm · 242-577-0319

Maxwell's

Large grocery in Marsh Harbour with some organic items.

Mon–Thu 8am–7pm, Fri–Sat 8am–8pm · 242-367-7283

Abaco Grocery

Marsh Harbour.

Mon–Sat 7:30am–7pm · 242-577-2014

AA Seafood Depot

A large variety of frozen seafood, in Marsh Harbour.

Mon–Fri 9am–5:30pm, Sat 10–5pm · 242-699-3158

Celestial Water Depot

Clean filtered drinking water in 2.5- and 7-gallon containers, next to Oasis Juice Bar.

242-577-0277 · celestialwaterbahamas@gmail.com

PERSONAL SHOPPERS & CHEF

Allison Albury

Shops in Marsh Harbour and sends groceries over on the ferry.

242-577-0124

Marsh Harbour Concierge

Provisioning and errands across the water.

242-577-0124

Joanne Feinstein

Personal shopping.

242-577-7677

Chef Stephen

Private in-home meals, with weekly sushi on Fridays by pre-order.

242-823-3999

GETTING AROUND

CARTS, BIKES & BOATS

The island moves by golf cart, bicycle and boat. Ferries link you to Marsh Harbour.

GOLF CART RENTALS

Elbow Cay Cart Rentals

242-475-3882 · 242-814-8120

Lighthouse Cart Rentals

242-475-0218 · lighthousegolfcarts@gmail.com

Big Hill Cart Rentals

242-823-9420 · info@bighillcarts.com

Ocean Waves Cart Rentals

Ask for Nolan Sprouse.

242-821-0023

Low Cay Cart Rentals

242-805-6400 · lowcaycartrentals@outlook.com

North End Rentals

Jason Blanc. For a second cart key, contact the Hope Town Council (htcouncil@gmail.com).

242-805-6400

BIKES & PADDLEBOARDS

Hope Town Canvas / The Bike Shop

Adult and kids' bikes, near Scoops in town.

hopetowncanvas@gmail.com

A & S Bikes & Paddleboards

242-823-9420 · asbicyclerentals@yahoo.com

A & S Rentals / Jack Joseph

Paddleboards and surf boards.

242-475-5800

BOAT RENTALS

Island Marine

242-808-4615 · islandmarineabaco@gmail.com

Blue Wave Boat Rentals

242-367-3910 · tc@bluewaverentals.com

Cat's Paw

242-816-5220 · 242-577-0517

Conch Pearl Boat Rental

242-577-5277 · dave@conchpearlboatrentals.com

Barefoot Boat Rental

barefootboatrentals@gmail.com

Lighthouse Marina

Fuel, ice and a small shop at the base of the lighthouse.

242-366-0154

GETTING AROUND

FERRIES, TAXIS & LUGGAGE

Crossing to Marsh Harbour, and getting your bags to the door.

G & L Ferry

Across the Sea of Abaco; round trip about \$20, private charters available.

Office 242-816-2628 · gandlferry.com

Tanis's Luggage Transfer

Carries luggage from the ferry dock to the house.

242-375-3977

Winkie's Taxi

Marsh Harbour.

242-577-8962

Brenda First Lady Cab

242-431-0328

Abigail

242-477-5861 · abacodiva77@gmail.com

Fabian & Marianne Archer

242-477-5699 · 242-577-5200

ON THE WATER

SEA & REEF

Bonefish flats, reef snorkels, deep-sea charters and a day under sail.

FISHING & SNORKELING

Dive Guana

Scuba and snorkel day trips.

242-577-0661 · diveguana@yahoo.com

Captain Plug Adventures

242-801-5085 · captplug@gmail.com

Justin Sands

Deep-sea and bonefishing.

242-359-6890

Michael Schreiner

Deep-sea fishing.

242-366-3143

Clint Adderley

242-808-5353

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

SAILING

Cruise Abaco

Day sails and charters across the Sea of Abaco.

321-473-4223 · reservations@cruiseabaco.com

SHOPS & SERVICES

Locally made goods, a Sunday service, movement, and where to find a bank.

SHOPPING

Hope Town Canvas

One-of-a-kind locally made sailcloth bags, near Skoops and the bike shop.

Mon–Sat 9–5, Sun 10–3

Da Crazy Crab

Gifts and souvenirs in town, next to the lower dock.

Mon–Fri 9–5

Boutique at Firefly

Clothing, hats and souvenirs above the restaurant.

Tue–Sat 9–5

Elbow Reef Lighthouse Gift Shop

Blue building down the road from Cap'n Jack's.

Mon–Sat 10–1

Sun Dried T's

Locally designed tees near the health clinic.

Mon–Sat 10:30–4:30

Ebb Tide Gift Shop

Bahamian Androsia fabric, near the museum.

Mon–Sat 9:30–5

Bahamas Handprints

A nice selection, at the Abaco Inn.

WELLNESS, WORSHIP & MONEY

Block Therapy

Group or private fascial-release classes with Rachael Aberle.

rachaelaberle.com

Methodist Church

Sunday services.

Sundays 9:30 & 11am

Banks & ATMs

In Marsh Harbour only. The exchange rate is roughly one to one; pay in US dollars and you will get Bahamian in return.

COMING & GOING

GETTING TO THE ISLAND

Fly into Marsh Harbour (MHH), then ferry across to Hope Town.

COMMERCIAL CARRIERS (FROM FLORIDA & NASSAU)

American Airlines

Delta Air Lines

Western Air

Bahamasair

PRIVATE & SEMI-PRIVATE CHARTERS

Island Wings

Ft. Lauderdale to Marsh Harbour.

954-274-6214 · flyislandwings.com

Aztec Airways

Ft. Lauderdale (FXE) to MHH.

954-601-3742 · flyaztec.com

Air Unlimited

Orlando Sanford International to MHH.

407-585-4300 · flyairunlimited.com

Tropic Ocean Airways

Seaplane service.

1-800-767-0897 · reservations@flytropic.com

AN ICON

THE ELBOW REEF LIGHTHOUSE

Hope Town's red-and-white striped lighthouse has stood watch over the harbor since 1863.

It is one of only three kerosene-powered lighthouses left in the world, and all three are in the Bahamas. A great Fresnel lens floats in a bath of mercury and turns by a system of weights, throwing a light that can be seen more than seventeen miles out to sea. The keepers still wind it by hand each night.

Climb the spiral stairs for some of the best views on Elbow Cay: the harbor and its boats on one side, the Atlantic on the other, and the whole candy-colored settlement below.

Open 9am to 5pm, closed Sundays.

NEW MORNING

HOPE TOWN · ABACO

Rest well, wander far, and enjoy every morning.

NEW MORNING · A PEACE + VITALITY RETREAT · NORTH END, HOPE TOWN, ABACO