PORT DAY REAL TALK · NASSAU

Flat the whole way. *Just longer than it looks.*

Nassau has a genuinely free, genuinely walkable beach, and the route is flat from end to end. The catch isn't the terrain — it's the total distance once you add the pier walk, and the fact that there's no shade on any of it.

The short answer

ASHORE	Docked
FREE BEACH	10–15 min flat, plus the pier walk
HARDEST PART	Distance twice, with no shade

Getting to *Junkanoo Beach*

- **About half a mile, 10 to 15 minutes**, flat along Bay Street. Exit the port, turn right, keep the water on your right, and follow Marlborough Street past the McDonald's and the Hilton.
- **Entry is free.** You pay only for chairs, food and drinks — chairs and an umbrella usually run about $20 to $25, and reviewers report drinks sometimes bundled in.
- **Toilets and showers are on site**, which matters more than most people plan for.
- **It's well policed**, and visitors consistently report feeling safe.

ADD THE PIER WALK BEFORE YOU JUDGE THE DISTANCE

The walk out of the terminal is long before the 10 to 15 minutes even begins, and there is no shade on the route. On a good day it's an easy stroll. On a bad day, in afternoon heat, it's a real ask — and you have to do it again in reverse.

What the day *asks of you*

- **Distance on flat ground**, twice, with nowhere much to sit along the way.
- **Heat, unshaded.** The route is fully exposed.
- **Crowds.** Junkanoo is the closest free beach and everyone knows it. With several ships in, it gets genuinely packed, and narrow sidewalks fill up.
- **Persistent vendors and tour touts** from the moment you step out of the terminal.

Work through the Port Fit Check questions on distance and crowds with a mobility aid before you commit to the walk.

WEAR SOMETHING ON YOUR FEET

Multiple visitors report glass in the sand at Junkanoo. Water shoes are a genuine recommendation here, not fussiness — and that goes double if your balance isn't what it was.

If the walk is *out*

- **Graycliff Heritage Village** — a coloured street under hanging umbrellas, with a museum, chocolatier and winery. Close, flat, and mostly seated.
- **John Watling's Distillery** — free guided tours through the day. Tip your guide.
- **The Straw Market**, if shopping is the point.
- **Skip Atlantis** unless you specifically want it. The day pass logistics eat the whole port day.

THE LOW-EFFORT VERSION OF THIS PORT

A taxi to Junkanoo rather than the walk, a chair in the shade, lunch where you're sitting, and a taxi back. You get the same beach day without spending your legs on the approach.

Check with your cruise line

- **Ask which berth you're using** and how long the walk to the terminal gate is on your ship.
- **Ask whether wheelchair assistance is available at the pier** in Nassau, and how to request it in advance.
- **Ask how many ships are in port** that day — it changes the crowds more than anything else here.
- **Ask the shore excursion desk about accessible transport** if you'd rather not negotiate a taxi at the gate.

Questions people *actually ask*

How far is Junkanoo Beach from the cruise port?

Is Junkanoo Beach free?

Is Nassau wheelchair accessible?

Where this comes from

- Firsthand observation on recent sailings, with the date noted above.
- How we check things — our method, and what "last checked" means.

Last checked 22 September 2026.

Ports change. This reflects publicly available information and recent sailings, and it is not a guarantee for yours — always confirm with your cruise line. Found something different on your visit? Tell us and we'll correct the page.

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