**Nothing to write home about”**

20 March 2011

My husband and I stayed in the British Colonial Hilton in Nassau in March 2011, twice for 1 night – on the way to and from our holiday in Long Island.   
  
Outside, it’s a beautiful imposing building with a nice garden facing the seafront and an outside swimming pool. Inside, the rooms are small and very cold: for some reason, they set the air-conditioning at about 15 degrees Celsius, which is not a comfortable temperature for me. Even after switching off the air con it remained rather chilly.   
  
The 1st room we stayed in was rather dark and had various things going wrong – fittings falling off, burnt out lights, a shower door that shuts only half-way. The second room (on the way back) was much better but we had to change it for a 3rd one, because it had a strange connecting door leading to the neighbouring room, and there was a rowdy crowd in that room, playing very loud rap music, which made our room uninhabitable. I should say that the lady at reception was very nice about it and gave us another room straight away.  
  
The food in the hotel is not great, and very expensive, but compared to the truly appalling food that we found in town, it’s at least adequate. I should say that Nassau is a total desert if you’re in the slightest bit interested in what you put in your mouth; it’s a tourist hell catering grimly and remorselessly to the hordes of low-rent Americans stepping off the cruise liners every morning, and they certainly know their audience. Every ‘restaurant’ is a hellhole of high-fat, high-salt, high-sugar, high-MSG horror. Every calorie served is an empty one – at vast expense. Unless you’re the kind of visitor who likes this kind of scene, for God’s sake don’t stay in Nassau a second longer than you have to.   
  
You have to pay an extra $10 for the “high speed” internet connection, which is very slow. Moreover, there is no wi-fi in the rooms, so you have to sit at the desk with a plugged in connection cable. Not what you would expect from a rather posh hotel in 2011.  
  
But the staff are doing a good job, and, contrary to some opinions that I have read here, I think they were helpful and welcoming.

**“A bad lunch experience”**

Having spent 2 days in Nassau trying to find a decent place to eat (I’ll tell you at once, we failed this task miserably), we decided to try Conch Fritters for lunch. Easy to get to, just across the road from our hotel, good reviews on the net. Also, the place was very full, which is normally a good sign.   
  
The first thing that strikes you is that everything is dirty: tables, menus, waiter’s clothes. But fair enough, we thought, the food may still be good. Well, it wasn’t. My chicken was almost cremated and covered with some kind of batter, so dry and tough that I feared for my teeth. The coleslaw had a lot of sugar in it. The baked potato must have been baking for hours, it was so dry and overcooked. My husband’s barbequed ribs were swimming in a very sweet artificial sauce which he hated. Basically, it was junk food at a very high price.   
  
On the positive note, the service was good and quick, the waiters are friendly. One great thing is that they have free wi-fi! That’s the best thing about this place. Actually, make that the only good thing.