

## Sandals Royal Bahamian Review (2026): Cable Beach's Adults-Only Verdict

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Honest 2026 review of Sandals Royal Bahamian in Nassau — what's worth booking, what's overhyped, and how the renovation actually changed the property.

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A quick-reference printable from **The Resort Edit** — the data and verdicts from the full article, distilled into a one-page cheat sheet you can take to your travel agent or save offline.

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### Comparison 1

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Compared to	Royal Bahamian advantages	Royal Bahamian drawbacks
Sandals Royal Plantation #4	Larger restaurant roster 10 vs. fewer; more pool options; lower entry price point	Less boutique feel; more wedding traffic; older room finishes in some wings
Sandals Dunn's River #5	Easier airport access; private cay; smaller and more intimate footprint	Newer room product at Dunn's River; stronger food execution; better main beach

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### Quick Answers

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#### Q: Where is Sandals Royal Bahamian located?

A: Sandals Royal Bahamian sits on Cable Beach near Nassau, on New Providence Island in the Bahamas. The airport transfer from Lynden Pindling International (NAS) runs about 15 minutes — one of the shortest in the portfolio. That short transfer plus Nassau's proximity to the U.S. East Coast makes Royal Bahamian the easiest higher-tier Sandals to reach for most U.S. couples.

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#### Q: What is Sandals Royal Bahamian's offshore private island?

A: Royal Bahamian's offshore cay is included with every stay — a legit highlight rather than a marketing gimmick. Sandals shuttles guests out by boat for beach days with private cabanas, complimentary food and drink service, and quieter water than the main resort beach. It's a meaningful part of why the property earns its higher tier in the brand's lineup.

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#### Q: Is the food at Sandals Royal Bahamian actually good?

A: Yes — the food consistently impresses, and the brand routinely benchmarks Royal Bahamian as its dining flagship. The kitchens execute reliably across multiple concepts, and there are no obvious weak spots. If your partner is a foodie and you want the Sandals brand without the question 'is the food going to disappoint,' Royal Bahamian and Royal Barbados are the two strongest picks.

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[Read the full guide on theresortedit.com](#)

The honest, un-hyped article with current pricing and affiliate links.