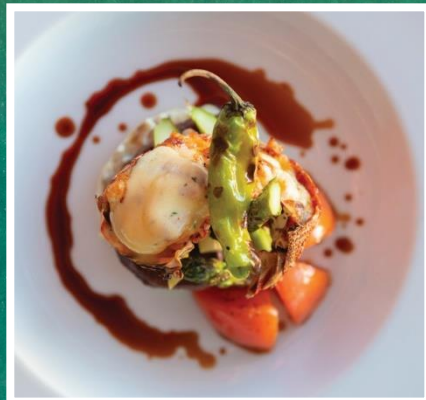


CARLISLE BAY TIME

YOUR GUIDE TO THE PERFECT HOLIDAY - ENTERTAINMENT, ACTIVITIES & EXCURSIONS



MONDAY 14th JUNE

Sunrise Pilates

On the Jetty 7:30 – 8:30am
Complimentary
Sign up at Spa by 6pm the day prior

Nature Walk

A guided tour of our exquisite tropical gardens with one of our knowledgeable landscapers 10 – 11am
Sign up at Front Desk

Cooking Experience

Learn to cook with a member of our culinary team at Coconut Grove 11am- 12pm
Complimentary
Sign up at Front Desk



TUESDAY 15th JUNE

Outdoor Gym

Pursue your fitness goals safely in the open-air yoga pavilion (behind the Spa) 9.30 – 10.30am
Complimentary
Sign up at Spa

Private Reef Snorkelling

Head out on our Fjord36 boat to snorkel at Cades Reef Maximum 6 people 3 - 4pm | *US\$300 (+T&S)*
Sign up at Water Sports

Immune Boosting Experience at Spa

Enjoy a 120-minute scrub and massage, boosting energy levels and overall wellbeing *US\$200 (+T&S)*
Sign up at Spa



WEDNESDAY 16th JUNE

Fitness Approach to Yoga

On the Jetty 7:30 – 8:30am
Complimentary
Sign up at Spa by 6pm, the day prior

Tennis Clinic

9 – 9:40am
Min 2 persons (all skill levels)
Complimentary
Sign up at Spa

Sunset Cruise

Book a Private Romantic Sunset Cruise along Antigua's south-western coastline with wine & canapés. Maximum 4 People | 4:00pm until Sunset | *US\$560.*

DAILY ACTIVITIES

Afternoon Tea

Ask our food service team for our delicious complimentary Afternoon Tea. Served from 3:30pm until 5:00pm on the Beach & in the Pavilion.

Gift Shop

Open daily | 8am – 4:30pm

Bay Boutique

Open daily | 10am – 6:30pm

Tennis & Tuition

Private Coaching - *US\$84* for 1 hour*
Tennis Taster Package - *US\$220**
Tennis Week Package - *US\$368*

Cara Organic Beauty Spa

Private Yoga Session
US\$100 (+ T&S)
(1-4 person, US\$25 per additional person)

RESTAURANTS

Indigo on the Beach

Breakfast: Mon – Sun 7 – 10.00am
Lunch: Mon – Sun 12 – 2.30pm
Dinner: Mon – Sun 6 – 10pm
Thurs – BBQ Night
Fri- Indian Night
Dinner Reservations Required

East

Dinner: Mon - Wed, Sat & Sun 6 – 10pm
Dinner Reservations Required

OTTIMO!

Lunch: Mon - Sun 12 - 4pm

Jetty Grill

Dinner: Wed - Sun 6 - 10pm
Dinner Reservations Required

Father's Day

Sunday: Lunch at Indigo on the Beach &
BBQ at Coconut Grove with
West Side Symphony 12.30-2pm



ENTERTAINMENT

Monday: Duke Goodwin ~ Pavilion
Thursday: T-Pot Band ~ Indigo
Friday: Arlen Seaton ~ Jetty Grill
Sunday: West Side Symphony~
Father's Day Lunch



For further information on any of our activities, please call Guest Assistance on extension 0

THURSDAY 17th JUNE

Garden Massage

10am – 4pm
Monday - Sunday
At the Yoga Pavilion (behind the Spa) | *US\$130 (+T&S)*
[Sign up at Spa by 6pm, the day prior](#)

Nature Walk

A guided tour of our exquisite tropical gardens with one of our landscapers
10 – 11am

Hobie Sailing Adventure

Come sail with us 2 – 3pm
Complimentary
[Sign up at Water Sports](#)

FRIDAY 18th JUNE

Sunrise Pilates

On the Jetty 7.30– 8.30am
Complimentary
[Sign up at Spa by 6pm, the day prior](#)

Tennis Tournament

4 – 5pm
Complimentary
[Sign up at Spa by 6pm, the day prior](#)

SATURDAY 19th JUNE

Private Reef Snorkelling

Head out on our Fjord36 boat to snorkel at Cades Reef | Maximum 6 people
3 - 4pm | *US\$300 (+T&S)*
[Sign up at Water Sports](#)

Nelson's Dockyard Tour

Explore Antigua's most famous national park with a trip full of history and adventure. These tours run on Mondays and Fridays (minimum 6 guests required) 3 - 5pm
US\$135 p.p.
[Sign up at Water Sports](#)

Fire Pit Fridays

Celebrating the best of local singers / songwriters
7 - 9pm at The Jetty Grill

Sunset Yoga on the Jetty

Maximum 6 people
4.45– 5.45pm
Complimentary
[Sign up at Spa by 6pm, the day prior](#)

SUNDAY 20th JUNE

Mount Obama National Park Hike

Mount Obama is highest point of the island of Antigua. It lies in the southwest of the island at 17°23'N 61°51'W and rises to a height of 402 metres. Come hike with us. 9 – 11.30am
Complimentary
[Sign up at Front Desk](#)

Sunset Cruise

Book a Private Romantic Sunset Cruise along Antigua's south-western coastline with wine & canapés | Maximum 4 People
4:00pm until Sunset | *US\$560 (+T&S)*
[Sign up at Water Sports](#)

WATER SPORTS & EXCURSIONS



Boat Excursions

- **PRIVATE CHARTER (FULL DAY)**
All day private charter cruise to Great Bird Island for snorkelling, a sumptuous picnic with a fully stocked bar 10am – 4pm
US\$1500 (+T&S) for 6 persons
- **PRIVATE CHARTER (½ DAY PICNIC)**
Cruise to some of our favourite beaches for snorkelling, a sumptuous picnic with a fully stocked bar 10am – 2pm
US\$800 (+T&S) up to 6 persons
- **PRIVATE SUNSET CRUISE**
For the ultimate in romance, experience a private sunset cruise, available daily, with the exception of Sundays and Wednesdays, for a maximum of 4. 4pm - Sunset
US\$560 (+T&S) includes drinks, a glass of Champagne and canapés
- **PRIVATE REEF SNORKELLING**
Head out on a boat to see Cades Reef
Maximum of 6 people | 3 - 4pm
- **WATER SKIING & WAKE BOARDING**
- **SAILING LESSONS**

Meet the team!

Drop by water sports & learn about the natural reef life in our bay & on the shores of Antigua.

*(*T&S): subject to tax and service*



