



CARLISLE BAY TIME

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



DAILY ACTIVITIES

Afternoon Tea

Ask our food service team for our delicious complimentary Afternoon Tea. Served from 4:00pm until 5:00pm.

Bay Boutique

Open daily | 8.30am – 6.30pm

Private Wine Tasting

Experience delicious, flavourful, blends at a Private Wine Tasting hosted by Michael our Wine Steward. *Cost based upon selected wines chosen by guest for tasting.*

Sign up with F&B 24hrs in advance by contacting Extension: 4106

MONDAY 22nd June

Sunrise Pilates

At the Yoga Pavilion behind the spa
Min. 2 guests | Max. 12 guests
7.00 – 8.00am | Complimentary

Sign up at Spa by 5pm the day prior

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\$120 (+ T&S)
(1-4 person, US\$25 per additional person)

Sundowners

Join us for Sundowners at the Jetty Bar from 5:30pm

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) 3.00 – 5.00pm US\$135 p.p.

Sign up at Water Sports the day prior

TUESDAY 23rd JUNE

Sunrise Yoga

At the Yoga Pavilion behind the spa.
Min. 2 guests | Max. 12 guests
8.00 – 9.00am | Complimentary

Sign up at Spa by 5pm the day prior

Soca Zumba

Where high energy fitness meets Caribbean focused routines. Held at the Jetty Yoga Pavilion. 8.30-9.30am
Min. 2 guests | Max. 12 guests
Ages: 13+ | Complimentary
Sign up at Spa by 5pm the day prior

Cooking Experience

Learn to cook with a member of our culinary team at Indigo at 12.00pm.
Complimentary

Sign up at Front Desk by 6pm the day prior

Group Reef Snorkelling

Head out on our Fjord36 boat to snorkel at Cades Reef. Maximum 12 people | 2.30 – 3.30pm
US\$50 per person (+T&S); US\$50 each additional guest.

Sign up at Water Sports the day prior

Immune Boosting Experience at Spa

Enjoy a 120-minute scrub and massage, boosting energy levels and overall wellbeing
US\$250 (+T&S)

Sign up at Spa by 5pm the day prior

WEDNESDAY 24th JUNE

Sunrise Yoga

At the Yoga Pavilion behind the spa.
Min. 2 guests | Max. 12 guests
8.00 – 9.00am | Complimentary

Sign up at Spa by 5pm the day prior

Tennis Clinic

9.00 – 9.40am
Min 2 persons
(all skill levels)
Complimentary

Sign up at Spa by 5pm the day prior

Nature Walk

A guided tour of our exquisite tropical gardens with one of our knowledgeable landscapers
10.00 – 11.00am | Complimentary

Sign up at Front Desk by 6pm the day prior

Sunset Cruise

Book a Sunset Cruise along Antigua's south-western coastline with wine & canapés. Minimum 6 guests, maximum 10 guests.
4:30pm until Sunset | US\$150 per person (+T&S)

Sign up at Water Sports the day prior

Sip & Paint

Come and explore your creativity at the Garden Yoga Pavilion by creating your very own work of art. (Minimum 4 guests required) | 5.00 – 6.30pm
US\$75 (+ T&S) p.p. for ages 18 and older.
US\$55 (+ T&S) p.p. for ages 13-17 years.

Sign up at Front Desk 24hrs prior

RESTAURANTS

Indigo on the Beach

Breakfast: Mon – Sun 7 – 10.30am

Lunch: Mon – Sun 12.30 – 2.30pm

Dinner: Mon – Sun 6 – 10pm

Sundown BBQ: Thu 6 – 10pm

Dinner Reservations Required

OTTIMO!

Lunch: Tue – Sun 12 – 4pm

Dinner: Mon, Wed, Thu & Sat 6.30 – 9pm

Dinner Reservations Required

East

Dinner: Tue, Wed, Fri – Sun 6 – 10pm

Dinner Reservations Required

Jetty Grill – ADULTS ONLY

Beach BBQ: Mon 12.30 – 2.30pm

Lunch: Tue, Thu & Sun 11.30am – 2.30pm

Dinner: Mon, Tue, Thu & Fri 6.30 – 10pm

Dinner Reservations Required

Closed for lunch & dinner on Saturday 27th June 2026 due to a Private Event



ENTERTAINMENT

Monday: West Side Symphony ~ Jetty
(Beach BBQ 12.30pm)

Thursday: Gavin Francis ~ Coconut Grove
(Managers' Cocktails 5.30pm)
Double Take Duo ~ Indigo (7.00pm)

Friday: Arlen Seaton & Carlos Bridges ~
Jetty Grill (7.30pm)

Saturday: John Ansah ~ Pavilion (7.00pm)

Sunday: Hot Sauce Duo ~ Indigo (7.30pm)

THURSDAY 25th JUNE

Meditation Yoga

At the Yoga Pavilion behind the spa
Min. 2 guests | Max. 12 guests | 8.00- 9.00am
Complimentary
[Sign up at Spa by 5pm the day prior](#)

Hobie Sailing Adventure

Come sail with us
2.15 - 3.15pm | *Complimentary*
[Sign up at Water Sports the day prior](#)

Managers' Cocktails

All guests are invited for Rum Punch and canapés at Coconut Grove from 5.30 - 6.30pm

Nature Walk

A guided tour of our exquisite tropical gardens with one of our knowledgeable landscapers.
10.00 - 11.00am | *Complimentary*
[Sign up at Front Desk by 6pm the day prior](#)

Aqua Aerobics

Come and experience the ultimate aquatic workout program at the main pool.
Min. 2 guests | Max. 12 guests 3.00 -4.00pm
(all skill levels) *Complimentary*
[Sign up at Spa by 5pm the day prior](#)

Tennis Tournament

4.00 - 5.00pm | *Complimentary*
[Sign up at Spa by 5pm the day prior](#)

Sound Therapy

Experience deep healing with indigenous sound therapy. Open, clear and balance chakras and release stuck energy at the Yoga Pavilion behind the spa. Min. 2 guests | Max. 12 guests 4.45 - 5.45pm | *Complimentary*
[Sign up at Spa by 5pm the day prior](#)

Asian Cooking Demo

Learn to cook with a member of our culinary team in the Lobby at 4.00pm. *Complimentary*
[Sign up at Front Desk by 6pm the day prior](#)

FRIDAY 26th JUNE

Sunrise Pilates

At the Yoga Pavilion behind the spa
Min. 2 guests | Max. 12 guests | 7.00 - 8.00am
Complimentary
[Sign up at Spa by 5pm the day prior](#)

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) 3.00 - 5.00pm
US\$135 p.p.
[Sign up at Water Sports the day prior](#)

Firepit Fridays

Celebrating the best of local singers/songwriters 7.30 - 9pm at The Jetty Grill

SATURDAY 27th JUNE

Fitness Approach to Yoga

At the Yoga Pavilion behind the spa.
Min. 2 guests | Max. 12 guests
8.00 - 9.00am | *Complimentary*
[Sign up at Spa by 5pm the day prior](#)

Sunset Yoga

At the Yoga Pavilion behind the spa.
Min. 2 guests | Max. 12 guests | 4.45- 5.45pm
Complimentary
[Sign up at Spa by 5pm the day prior](#)

SUNDAY 28th JUNE

Signal Hill Hike

One of the most spectacular hikes on island and an easy/moderate walk. The trail to Signal Hill gently climbs through lush rainforest, with stunning panoramic views at the summit looking back to Carlisle Bay, down over English Harbour and out across the entire island. Come hike with us. 9.00 - 11.30am | *Complimentary*
[Sign up at Front Desk by 6pm the day prior](#)

Sunset Cruise

Book a Sunset Cruise along Antigua's south-western coastline with wine & canapés. Minimum 6 guests, maximum 10 guests. 4.30pm until Sunset | *US\$150 per person (+T&S)*
[Sign up at Water Sports the day prior](#)

WATER SPORTS & EXCURSIONS



Boat Excursions

- **PRIVATE CHARTER (FULL DAY)**
Go on an all day cruise to nearby Great Bird Island for snorkelling in turquoise waters and a nature hike. A delicious picnic basket will keep you going for the day. 10am - 4pm
US\$1800 (+T&S) for 8 persons
- **PRIVATE CHARTER (½ DAY PICNIC)**
Charter the boat for half a day to visit some of our favourite beaches and see the stunning coastline of Antigua. Stop off for snorkelling and a picnic lunch. 10am - 2pm | *US\$1200 (+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. 4.30pm - Sunset
US\$725 (+T&S) includes drinks, a glass of Champagne and canapés
- **PRIVATE REEF SNORKELLING**
Head out to Cades Reef to experience the Caribbean marine life - prime opportunity for turtle spotting. Maximum of 6 persons | *US\$300 (+T&S)*
- **WATER SKIING & WAKE BOARDING**
Thrill seekers will love our water skiing and wake boarding. Both take place in the neighbouring bay. *US\$45 per session*
- **SAILING LESSONS**

Meet the team!

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





CARLISLE BAY HOTEL MAP

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|--|-----------------------|
| 1. ENTRANCE | 15. SCREENING ROOM |
| 2. CAR PARK | 16. POOL |
| 3. PAVILION / PAVILION BAR | 17. CARLISLE SUITES |
| 4. LIBRARY | 18. GARDEN SUITES |
| 5. BOUTIQUE | 19. OCEAN SUITES |
| 6. SPA | 20. BAY SUITES |
| 7. GYM | 21. BEACH |
| 8. TENNIS COURTS | 22. JETTY |
| 9. PICKLEBALL COURTS | 23. JETTY BAR & GRILL |
| 10. KIDS CLUB | 24. WATERSPORTS |
| 11. BEACH SUITES | 25. YOGA PAVILION |
| 12. INDIGO ON THE BEACH RESTAURANT & BAR | 26. COCONUT GROVE |
| 13. EAST RESTAURANT | |
| 14. OTTIMO RESTAURANT | |

ANTIGUA

