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 exclusively at the Pavilion Bar & Lounge from 4:00pm until 5:00pm.

Bay Boutique
Open daily | 8:30am – 6:30pm

Carlisle Crafts
The only luxury hotel store showcasing 100% Antiguan-made products, each piece tells a story of our island's creativity and culture.
Open daily | 1:00pm – 4:00pm

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

Cara Spa
Private Yoga Session - *US$120 (+ T&S)*
(1-4 persons, US$25 per additional guest)

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

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 16th NOVEMBER

Sunrise Pilates
At the Yoga Pavilion behind the Spa.
Minimum 2 guests | Maximum 12 guests
7:00am – 8:00am | *Complimentary*
Sign up at the Cara Spa by 5:00pm 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) 3:00pm – 5:00pm | *US$135 per person.*
Sign up at Water Sports the day prior

TUESDAY 17th NOVEMBER

Sunrise Yoga
At the Jetty Yoga Pavilion.
Minimum 2 guests | Maximum 12 guests
8:00am – 9:00am| *Complimentary*
Sign up at the Cara Spa by 5:00pm the day prior

Island Rhythm
Embrace the gentle rhythm of island life with this deeply restorative face and body ritual. Combining a personalised 90-minute therapeutic massage with a bespoke 60-minute Biome Facial, this indulgent experience encourages relaxation, rejuvenation and a renewed sense of balance and wellbeing. 150 minutes |*US$390 (+T&S)*
Sign up at the Cara Spa by 5:00pm 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 6:00pm the day prior

Group Reef Snorkelling
Head out on our Fjord36 boat to snorkel at Cades Reef. Maximum 12 people| 2:30pm – 3:30pm | *US$50 per person (+T&S); US$50 per additional guest.*
Sign up at Water Sports the day prior

WEDNESDAY 18th NOVEMBER

Sunrise Yoga
At the Jetty Yoga Pavilion.
Minimum 2 guests | Maximum 12 guests
8:00am – 9:00am| *Complimentary*
Sign up at the Cara Spa by 5:00pm the day prior

Tennis Clinic
9:00am – 9:40am | Minimum 2 persons
(all skill levels) | *Complimentary*
Sign up at the Cara Spa by 5pm 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) 5:00pm – 6:30pm | *US$120 (+ T&S) per person for ages 18 and older. US$55 (+ T&S) per person for ages 13-17 years.*
Sign up at Front Desk 24hrs prior

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

RESTAURANTS

Indigo on the Beach
Breakfast: Mon - Sun 7:00am – 10:30am
Lunch: Mon – Sun 12:30pm – 2:30pm
Dinner: Mon – Sun 6:00pm – 10:00pm
Sundown BBQ: Thu 6:00pm – 10:00pm
Dinner Reservations Required

OTTIMO!
Lunch: Tue - Sun 12:00pm – 4:00pm
Dinner: Mon, Wed, Fri & Sat 6:30pm – 9:00pm
Dinner Reservations Required

East
Dinner: Tue, Thu, Sat & Sun 6:00pm – 10:00pm
Dinner Reservations Required
Closed for dinner on Wednesday 16th November 2026 due to a Private Event

Jetty Grill – ADULTS ONLY
Beach BBQ: Mon 12:30pm – 2:30pm
Lunch: Tue, Thu & Sat 11:30am – 2:30pm
Dinner: Mon – Wed & Fri - Sun 6:30 – 10:00pm
Dinner Reservations Required
Closed for dinner on Thursday 19th November 2026 due to a Private Event

ENTERTAINMENT

Monday: Da Vibez Steel Orchestra ~ Jetty *(Beach BBQ 12:30pm)*

Thursday: Gavin Francis ~ Coconut Grove *(Managers' Cocktails 5:30pm)*
365 Band Duo ~ Indigo *(7:00pm)*

Friday: Arlen Seaton & Carlos Bridges ~ Jetty Grill *(7:30pm)*

Saturday: 365 Band ~ Indigo *(7:30pm)*

Sunday: The Experience ~ Indigo *(7:30pm)*

AT THE MOVIES

	2:30pm (KIDS)
Monday	The Bad Guys 2 (Family/Comedy)
Thursday	The Mitchells vs. The Machines (Family/Comedy)
Friday	GOAT (Sport/Comedy)

	8:00pm (ADULTS)
Monday	Apex (Action/Thriller)
Tuesday	Glass Onion (Mystery/Crime)
Wednesday	The Irishman (Crime/Thriller)
Thursday	Extraction (Action/Thriller)
Friday	Hamnet (Drama)
Saturday	A Quiet Place: Day One (Horror/Sci-fi)
Sunday	The Whisper Man (Crime Thriller)

THURSDAY 19th NOVEMBER

Meditation Yoga
At the Jetty Yoga Pavilion.
Minimum 2 guests | Maximum 12 guests
8:00am – 9:00am | *Complimentary*
Sign up at the Cara Spa by 5:00pm the day prior

Hobie Sailing Adventure
Come sail with us
2:15pm – 3:15pm | *Complimentary*
Sign up at Water Sports the day prior

Nature Walk
A guided tour of our exquisite tropical gardens with one of our knowledgeable landscapers.
10:00am – 11:00am | *Complimentary*
Sign up at Front Desk by 6:00pm the day prior

Managers' Cocktails
All guests are invited for Rum Punch and canapés at Coconut Grove from 5:30pm – 6:30pm

FRIDAY 20th NOVEMBER

Sunrise Pilates
At the Yoga Pavilion behind the Spa.
Minimum 2 guests | Maximum 12 guests
7:00am – 8:00am | *Complimentary*
Sign up at the Cara Spa by 5:00pm 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) 3:00pm – 5:00pm | *US$135 per person.*
Sign up at Water Sports the day prior

Tennis Tournament
4:00pm – 5:00pm | *Complimentary*
Sign up at the Cara Spa by 5:00pm the day prior

Sound Therapy
Experience deep healing with indigenous sound therapy. Open, clear and balance chakras and release stuck energy at the Jetty Yoga Pavilion. Minimum 2 guests | Maximum 12 guests | 4:45pm – 5:45pm| *Complimentary*
Sign up at the Cara Spa by 5:00pm the day prior

Firepit Fridays
Celebrating the best of local singers/songwriters 7:30pm – 9:00pm at The Jetty Grill

SATURDAY 21st NOVEMBER

Jolly Harbour 5K
Whether you're aiming for a sub-25-minute personal best or enjoying a leisurely pre-breakfast stroll, join the Jolly Harbour 5K crew.
Saturdays and Sundays | 7:30am
Meeting point: **The Palms, Jolly Harbour**
All fitness levels are welcomed, runners and walkers alike!

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 6:00pm the day prior

Sunset Yoga
At the Jetty Yoga Pavilion.
Minimum 2 guests | Maximum 12 guests
4:45pm – 5:45pm Complimentary
Sign up at the Cara Spa by 5:00pm the day prior

SUNDAY 22nd NOVEMBER

Jolly Harbour 5K
Whether you're aiming for a sub-25-minute personal best or enjoying a leisurely pre-breakfast stroll, join the Jolly Harbour 5K crew.
Saturdays and Sundays | 7:30am
Meeting point: **The Palms, Jolly Harbour**
All fitness levels are welcomed, runners and walkers alike!

Signal Hill Hike
One of the most spectacular hikes on island and an easy/moderate walk depending on your fitness levels. 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.
9:00am – 11:30am | *Complimentary*
Sign up at Front Desk by 6:00pm 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)**
  Set out 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 throughout the day.
  10:00am – 4:00pm | *US$1800 (+T&S) for 8 persons*
- **PRIVATE CHARTER (½ DAY)**
  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.
  10:00am – 2:00pm| *US$1200 (+T&S) up to 6 persons*
- **PRIVATE SUNSET CRUISE**
  For the ultimate romantic experience, book a private sunset cruise. Available daily, with the exception of Sundays and Wednesdays, for a maximum of 4 persons.
  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 – a 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**

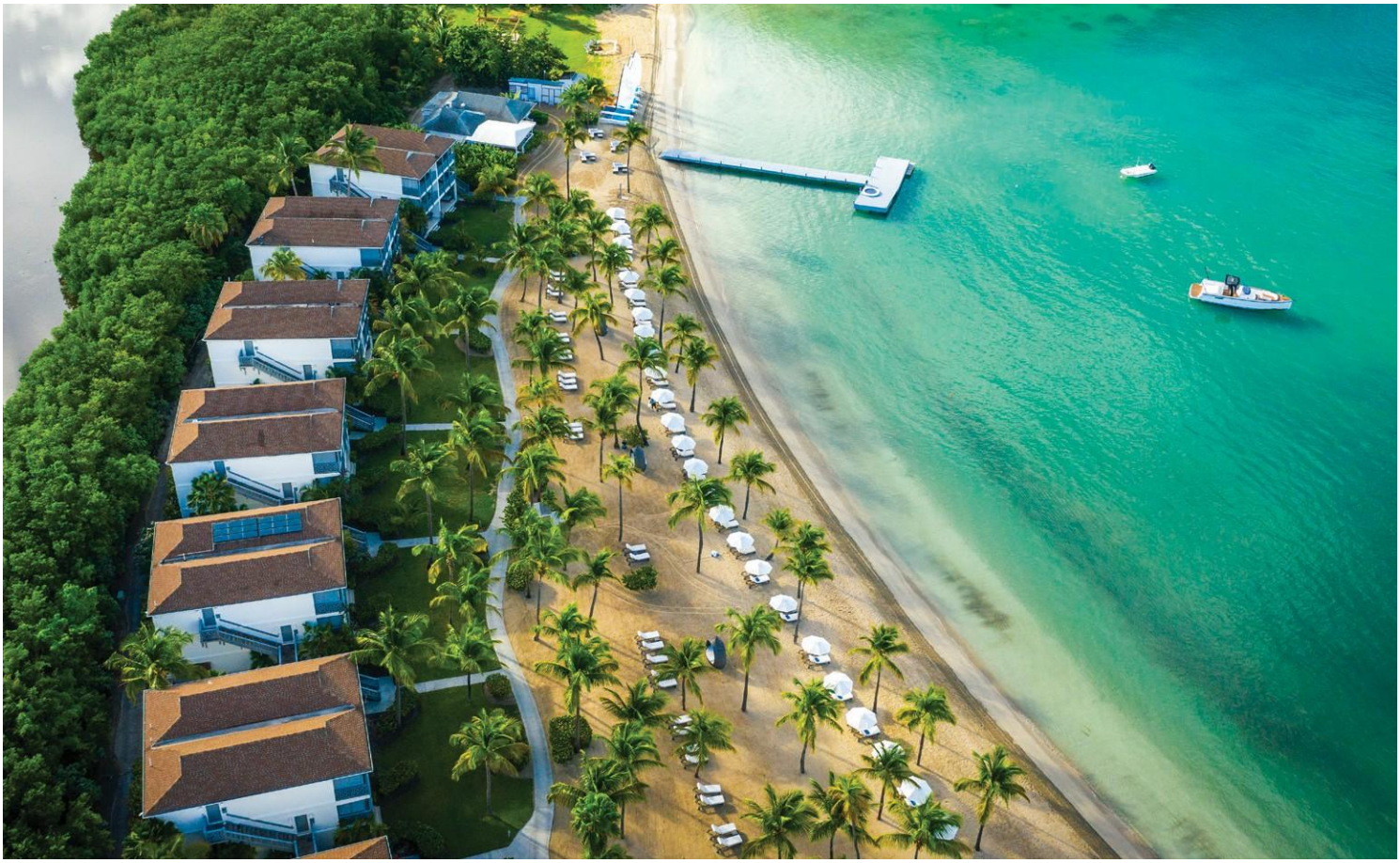
Meet the team!

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

THE LEADING HOTELS OF THE WORLD





CARLISLE BAY HOTEL MAP

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



