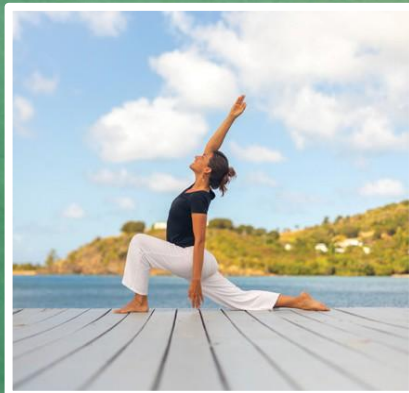




CARLISLE BAY TIME

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 3rd AUGUST

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

TUESDAY 4th AUGUST

Sunrise Yoga

At the Jetty Yoga Pavilion. Min. 2 guests | Max. 12 guests 8.00 – 9.00am | Complimentary Sign up at Spa by 5pm 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

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

WEDNESDAY 5th AUGUST

Sunrise Yoga

At the Jetty Yoga Pavilion. 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 – Thu, Sat & Sun 12 – 4pm Dinner: Mon, Wed, Thu, Sat & Sun 6.30 – 9pm *Dinner Reservations Required*

East

Dinner: Mon - Wed, Fri & Sun 6 - 10pm *Dinner Reservations Required*

Jetty Grill – ADULTS ONLY

Beach BBQ: Mon 12.30 – 2.30pm Lunch: Tue, Thu & Fri 11.30am – 2.30pm Dinner: Mon, Tue, Thu & Fri 6.30 – 10pm *Dinner Reservations Required*



ENTERTAINMENT

Monday: Da Vibe Steel Orchestra ~ Jetty (Beach BBQ 12.30pm)

Wednesday: Double Take Duo ~ Indigo (7.00pm)

Thursday: Gavin Francis ~ Coconut Grove (Managers' Cocktails 5.30pm) 365 Duo ~ Indigo (7.00pm)

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



AT THE MOVIES

	2:30pm (KIDS)	8:00pm (ADULTS)
Monday	The Mitchells vs The Machines	Our Little Secret (Comedy/Romance)
Tuesday	Nimona	Irish Wish (Comedy/Romance)
Wednesday	Orion and the Dark	Romantic Problematic (Romance/Drama)
Thursday	Paddington in Peru	Mother of the Bride (Comedy/Romance)
Friday	Roald Dahl's Matilda the Musical	Through My Window (Romance/Comedy)
Saturday	The Sea Beast	Last Call for Istanbul (Romance/Drama)
Sunday	13: The Musical	Private Lessons (Comedy/Romance)

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

THIS WEEK AT CARLISLE BAY

THURSDAY 6th AUGUST

Meditation Yoga

At the Jetty Yoga Pavilion.

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

FRIDAY 7th AUGUST

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

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 at the Jetty Yoga Pavilion. Min. 2 guests | Max. 12

guests 4.45 – 5.45pm | *Complimentary*

Sign up at Spa by 5pm the day prior

SATURDAY 8th AUGUST

Fitness Approach to Yoga

At the Jetty Yoga Pavilion.

Min. 2 guests | Max. 12 guests

8.00 – 9.00am | *Complimentary*

Sign up at Spa by 5pm the day prior

Sunset Yoga

At the Jetty Yoga Pavilion.

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

SUNDAY 9th AUGUST

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 4.30pm – 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

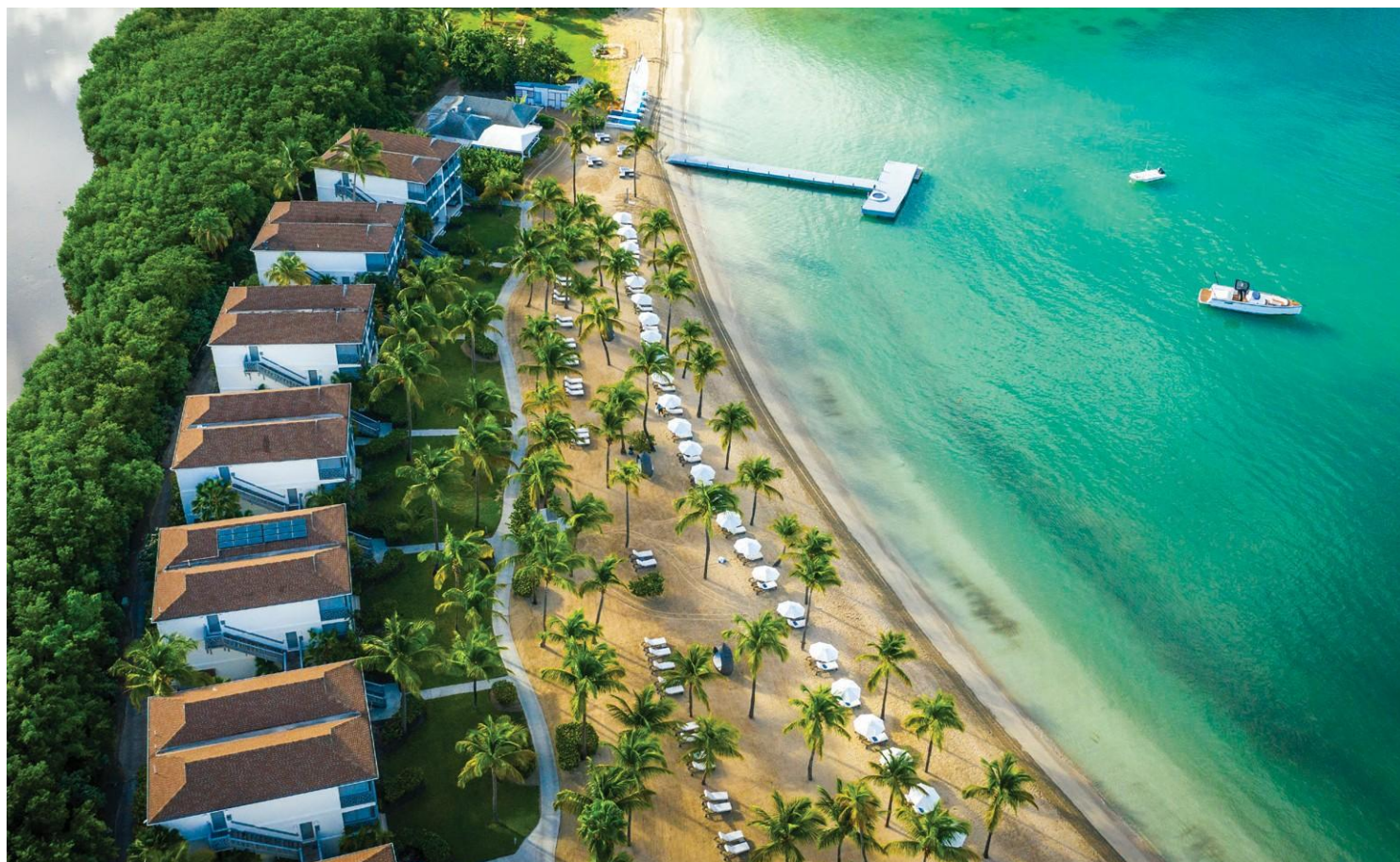
Thrill seekers will love our water skiing and wake boarding. Both take place in the neighbouring bay. US\$45 per session

• 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

- | | |
|--|-----------------------|
| 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

