



CARLISLE BAY TIME

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



MONDAY 23rd MARCH

Sunrise Pilates

On the Jetty
7:00am – 8:00am
Complimentary
Sign up at Cara Organic Beauty Spa by 6:00pm, the day prior

Nature Walk

A guided tour of our exquisite tropical gardens with one of our landscapers
10:00am – 11:00am
Sign up at Front Desk



RESTAURANTS

Indigo on the Beach

Breakfast: 7:00am – 10:00am
Lunch: 12 noon – 3:00pm
Dinner: 6:00pm – 11:00pm
Dinner - Reservations Only

TUESDAY 24th MARCH

Rejuvenate at Cara Organic Beauty Spa

Enjoy a 10% off ESPA Inner Calm Massage and 10% off ESPA Soothing Body Oil in the month of March. Renew the body and revive the soul today.

Sign up at Cara Organic Beauty Spa

Reef Snorkelling

Head out on the boat to see Cades Reef
Min 2 people / Max 12 people
3:00pm - 4:00pm
(Min age 12yrs) *Complimentary*

Sign up at Water Sports



WEDNESDAY 25th MARCH

Fitness Approach to Yoga

On the Jetty 7:00am – 8:00am
Complimentary
Sign up at Cara Organic Beauty Spa by 6:00pm, the day prior

Tennis Clinic

Complimentary
9:00am – 9:40am
Minimum 2 people
(All Skill Levels)

Sign up at Cara Organic Beauty Spa

Managers' Cocktails

All guests are invited for Rum Punch and canapés at Coconut Grove.
5:15pm – 6:00pm

Sunset Cruise

Book a Private Romantic Sunset Cruise along Antigua's south-western coastline with wine & canapés Maximum 2 People | 4:30pm until Sunset | US\$575 inclusive of taxes.

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 | 8:00am - 4:30pm

Bay Boutique

Open daily | 10:00am - 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 (Incl. tax & service)
(1-4 person, US\$25 per additional person)



MOVIE MATINEE

Monday: *Happy Feet Two*
Tuesday: *Open Season 2*
Wednesday: *Finding Nemo*
Thursday: *Ramona and Beezus*
Friday: *Bolt*
Saturday: *Monster House*
Sunday: *Enchanted*



THURSDAY 26th MARCH

Sunrise Massage

7:00am – 9:00am

Monday - Saturday

On the Beach | US\$130+ 25% tax and service p/p

[Sign up at Cara Organic Beauty Spa](#)

by 6:00pm, the day prior

Nature Walk

A guided tour of our exquisite tropical gardens with one of our landscapers

10:00am – 11:00am

Hobie Sailing Adventure

Come sail with us

2:00pm – 3:00pm

Complimentary

[Sign up at Water Sports](#)

FRIDAY 27th MARCH

Sunrise Pilates

On the Jetty 7:00am – 8:00am

Complimentary

[Sign up at Cara Organic Beauty Spa](#)

by 6:00pm, the day prior

Tennis Tournament

Complimentary 4:00pm – 5:00pm

[Sign up at Cara Organic Beauty Spa](#)

by 6:00pm, 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 for a minimum of 6 guests, a maximum of 10. 3:00pm – 5:00pm

US\$135 per person including refreshments

[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

10:00am – 4:00pm

US\$1500 for 8 persons

US\$50 each additional person

• PRIVATE CHARTER (½ DAY PICNIC)

Cruise to some of our favourite beaches for snorkelling, a sumptuous picnic with a fully stocked bar

10:00am – 2:00pm

US\$800 up to 6 persons | US\$50 each additional person

SATURDAY 28th MARCH

Reef Snorkelling

Head out on the boat to see Cades Reef

Minimum 2 people / Maximum 12 people

(Min age 12yrs)

3:00pm - 4:00pm

Complimentary

[Sign up at Water Sports](#)

Sunset Yoga on the Jetty

5:00pm – 6:00pm Maximum 12

people Complimentary

[Sign up at Cara Organic Beauty Spa](#)

by 6:00pm, the day prior

• 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 2.

4:30pm - Sunset

US\$575 including drinks, a glass of Champagne and canapés.

• SNORKELING AT CADES REEF

These trips run on Tuesdays Saturdays and are available for a minimum of 2 guests, a maximum of 12.

3:00pm - 4:00pm.

Complimentary to our guests

• 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.

SUNDAY 29th MARCH

Mount Obama ('Boggy Peak') National Park Hike

Mount Obama is highest point of the Shekerley Mountains and 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. 9:00am – 11:30am

Complimentary

[Please register at Front Desk](#)

Rainforest Hike

Get a bird's eye view of Antigua's southern coastline on a tropical hilltop hike

9:00am – 11:30am | US\$10 p/p

[Please register at Front Desk](#)

Sunset Cruise

Book a Private Romantic Sunset Cruise along Antigua's south-western coastline with wine & canapés Maximum 2 People | 4:30pm until Sunset | US\$575 inclusive of taxes.

Shirley Heights

Steel Pan & Reggae music at Shirley Heights Sunset Party. Minimum 4 people

4:00pm – 7:00pm

Hotel Shuttle available @ US\$25.00 p/p

Entrance Fee US\$10 p/p



