



# CARLISLE BAY TIME

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



# MONDAY 6th DECEMBER

## 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



# TUESDAY 7th DECEMBER

## Rejuvenate at Cara Organic Beauty Spa

This week at the Cara Organic Beauty Spa, enjoy a 10% off ESPA Deep Muscle Massage. 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 8th JANUARY

## 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)

## RESTAURANTS

### East

Dinner: Tuesday, Thursday & Saturday  
6:00pm – 9:00pm

\*Dinner - Reservations Only\*

### Indigo on the Beach

Breakfast: 7:00am – 10:00am

Lunch: 12 noon – 3:00pm

Dinner: 6:00pm – 11:00pm

\*Dinner - Reservations Only\*

### Jetty Grill - ADULTS ONLY

Lunch: Tuesday, Thursday & Saturday  
12:00pm – 5:00pm

Dinner: Monday, Wednesday, Friday & Sunday  
6:00pm – 9:00pm

\*Dinner - Reservations Only\*

### OTTIMO!

Lunch: Monday, Wednesday – Friday & Sunday  
12:00pm – 6:00pm



## ENTERTAINMENT

**Monday:** *The Experience* feat. Daina Barnes ~ Indigo

**Tuesday:** Duke Goodwin ~ Pavilion

**Wednesday:** Gavin Francis on Solo Pan ~ Coconut Grove

**Friday:** Cultural Dancers & Band ~ Indigo

**Sunday:** West Side Symphony ~ Jetty



## MOVIE MATINEE

**Monday:** *Finding Nemo*

**Tuesday:** *Judy Moody and the Not Bummer Summer*

**Wednesday:** *Alice in Wonderland*

**Thursday:** *Bolt*

**Friday:** *The Adventures of Tin Tin*

**Saturday:** *Ice Age: The Meltdown*

**Sunday:** *Cloudy with a Chance of Meatballs 2*



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

# THURSDAY 9th JANUARY

## 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

# 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

### • 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 and 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.

# FRIDAY 10th JANUARY

## 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](#)

# SATURDAY 11th JANUARY

## 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 and Saturdays and are available for a minimum of 2 guests, a maximum of 12.  
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## Meet the team!

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# SUNDAY 12th JANUARY

## 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



