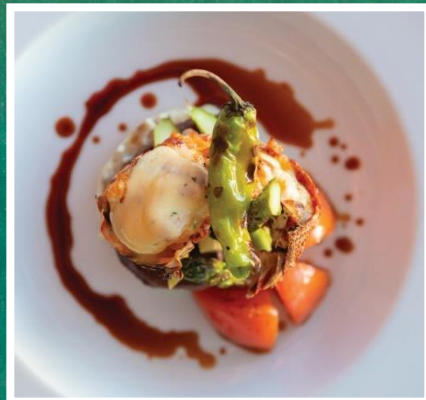


# CARLISLE BAY TIME

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**

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

## Sundowners

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

# RESTAURANTS

## Indigo on the Beach

**Breakfast:** Mon – Sun 7 – 10.30am  
**Lunch:** Mon – Wed & Fri – Sun 12.30 – 2.30pm  
**Dinner:** Mon – Wed & Fri – Sun 6 – 10pm  
**Sundown BBQ:** Sat 6 – 10pm  
**\*Dinner Reservations Required\***  
*\*\*Closed for lunch and dinner on Thursday 13<sup>th</sup> March 2025 due to a Private Event\*\**

## East

**Dinner:** Tue – Thu, Sat & Sun 6 – 10pm  
**\*Dinner Reservations Required\***

## OTTIMO!

**Lunch:** Tue – Sun 12 – 4pm  
**Kids Tea:** Fri – Sun 5 – 6pm  
**Dinner:** Mon, Fri & Sun 6.30 – 9pm  
**\*Dinner Reservations Required\***

## Jetty Grill – ADULTS ONLY

**Beach BBQ:** Mon 12.30 – 2.30pm  
**Lunch:** Tue – Thu, Sat & Sun 11.30am – 2.30pm  
**Dinner:** Mon & Wed – Fri 6.30 – 10pm  
**\*Dinner Reservations Required\***  
*\*\*Closed for dinner on Tuesday 11<sup>th</sup> March 2025 due to a Private Event\*\**

# MONDAY 10th MARCH

## Sunrise Pilates

At the Yoga Pavilion behind the spa  
7.00 – 8.00am | *Complimentary*

**Sign up at Spa by 6pm the day prior**

# TUESDAY 11th MARCH

## Cooking Experience

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

**Sign up at Front Desk**

## Soca Zumba

Where high energy fitness meets caribbean focused routines. Held at the Yoga Pavilion behind the spa. 8.30-9.30am  
*Ages: 13+ | Complimentary*

**Sign up at Spa**

## Immune Boosting Experience at Spa

Enjoy a 120-minute scrub and massage, boosting energy levels and overall wellbeing  
*US\$200 (+T&S)*

**Sign up at Spa**

## 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**

## Sunset Yoga & Meditation Journey

At the Yoga Pavilion behind the spa Maximum 12 people | 4– 5pm | *Complimentary*



# WEDNESDAY 12th MARCH

## Fitness Approach to Yoga

At the Yoga Pavilion behind the spa  
7.00 – 8.00am | *Complimentary*

**Sign up at Spa by 6pm, the day prior**

## Tennis Clinic

9 – 9.40am  
Min 2 persons  
(all skill levels)  
*Complimentary*

**Sign up at Spa**

## Nature Walk

A guided tour of our exquisite tropical gardens with one of our knowledgeable landscapers  
10 – 11am | *Complimentary*

**Sign up at Front Desk**

## 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)*

## 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**

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



# ENTERTAINMENT

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

**Tuesday:** Hot Sauce Duo ~ Pavilion (7.00pm)

**Thursday:** Gavin Francis ~ Jetty Grill  
(*Managers' Cocktails 6.00pm*)  
Deuce Duo ~ Pavilion (7.00pm)

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

**Saturday:** Blade & Friends ~ Indigo (7.00pm)

**Sunday:** 365 Band ~ Indigo (7.00pm)



# AT THE MOVIES

	2:30pm (KIDS)	8:00pm (ADULTS)
Monday	Nimona	Forrest Gump (Comedy/Romance)
Tuesday	Elemental	Family Switch (Comedy/Fantasy)
Wednesday	Spiderman	The Imitation Game (Thriller)
Thursday	Teenage Mutant Ninja Turtle	Notting Hill (Rom Com)
Friday	The Super Mario Bros	Dolittle (Family)
Saturday	Paddington	Bombshell (Drama)
Sunday	The Lorax	P.S. I Love You (Romance)

# THURSDAY 13th MARCH

## Nature Walk

A guided tour of our exquisite tropical gardens with one of our knowledgeable landscapers. 10 – 11am | Complimentary  
[Sign up at Front Desk](#)

## Sunset Yoga & Meditation Journey

At the Yoga Pavilion behind the spa  
Maximum 12 people | 4– 5pm  
*Complimentary*

## Aqua Aerobics

Come and experience the ultimate aquatic workout program at the main pool. 3-4pm (all skill levels) *Complimentary*  
[Sign up at Spa by 6pm, the day prior](#)

## Managers' Cocktails

All guests are invited for Rum Punch and canapés at the Jetty from 5.30 – 6.30pm

# FRIDAY 14th MARCH

## Sunrise Pilates

At the Yoga Pavilion behind the spa  
7.00– 8.00am | *Complimentary*  
[Sign up at Spa by 6pm, 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 - 5pm | *US\$135 p.p.*  
[Sign up at Water Sports](#)

## Fire Pit Fridays

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

# SATURDAY 15th MARCH

## Asian Cooking Demo

Learn to cook with a member of our culinary team in the Lobby at 4pm.  
*Complimentary*  
[Sign up at Front Desk](#)

## Sunset Yoga

At the Yoga Pavilion behind the spa  
Maximum 12 people | 5.00– 6.00pm | *Complimentary*  
[Sign up at Spa by 6pm, the day prior](#)

# SUNDAY 16th MARCH

## Mount Obama National Park Hike

Mount Obama is highest point of the island of Antigua. It lies in the southwest of the island at 17°23'1N 61°51'4W and rises to a height of 402 metres. Come hike with us. 9 – 11.30am | *Complimentary*  
[Sign up at Front Desk](#)

## Sunset Cruise

Book a Sunset Cruise along Antigua's southwestern 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](#)

# 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

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

## ANTIGUA

