



# 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 – Sun 12.30 – 2.30pm  
**Dinner:** Mon – Sun 6 – 10pm  
**Sundown BBQ:** Thu 6 – 10pm  
**\*Dinner Reservations Required\***

## East

**Dinner:** Tue, Wed & Fri - Sun 6 – 10pm  
**\*Dinner Reservations Required\***

## OTTIMO!

**Lunch:** Mon – Sun 12 – 4pm  
**Dinner:** Mon, Wed, Thu, Sat & Sun 6 – 9pm  
**\*Dinner Reservations Required\***

## Jetty Grill – ADULTS ONLY

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



# ENTERTAINMENT

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

**Tuesday:** John Anseh ~ Pavilion (7.00pm)

**Thursday:** Gavin Francis ~ Coconut Grove  
(Managers' Cocktails 5.00pm)  
ClimaxX Band ~ Indigo  
(7.00pm)

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

**Sunday:** The Experience Band ~ Indigo  
(7.00pm)



# AT THE MOVIES

	2:30pm (KIDS)	8:00pm (ADULTS)
Monday	Spy Kids: Armageddon	The Thursday Murder Club (Comedy/Mystery)
Tuesday	The Wild Robot	Happy Gilmore 2 (Sports Comedy)
Wednesday	Wallace & Gromit: Vengeance Most Fowl	KPop Demon Hunters (Musical/Action)
Thursday	Paddington	Don't Say a Word (Thriller/Action)
Friday	Leo	The Forgiven (Thriller/Drama)
Saturday	Shrek	Caramelo (Heartwarming Drama)
Sunday	The Sea Beast	Private Lessons (Comedy/Romance)

# MONDAY 10th NOVEMBER

## Sunrise Pilates

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

Sign up at Spa by 6pm the day prior

## Mount Obama National Park Hike

Originally known as Boggy Peak, this is Antigua's highest point at 402 meters and is a moderate/hard climb with views of Jolly Harbour in one direction and St. Johns in the other. Come hike with us.  
9.00 – 11.30am | Complimentary

Sign up at Front Desk by 6pm the day prior

# TUESDAY 11th NOVEMBER

## 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

## 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 by 6pm the day prior

## 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 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

## Sunset Yoga & Meditation Journey

At the Yoga Pavilion behind the spa Maximum 12 people | 4.00 – 5.00pm | Complimentary

Sign up at Spa by 6pm the day prior

# WEDNESDAY 12th NOVEMBER

## 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

9.00 – 9.40am  
Min 2 persons  
(all skill levels)  
Complimentary

Sign up at Spa by 6pm 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)

## 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.

# THURSDAY 13th NOVEMBER

## 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. 3.00 -4.00pm (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 Coconut Grove from 5.00 – 6.00pm

## Hobie Sailing Adventure

Come sail with us  
2.15 – 3.15pm | Complimentary  
**Sign up at Water Sports by 6pm the day prior**

## Sunset Yoga & Meditation Journey

At the Yoga Pavilion behind the spa  
Maximum 12 people | 4.00– 5.00pm  
Complimentary  
**Sign up at Spa by 6pm the day prior**

# FRIDAY 14th NOVEMBER

## 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) 3.00 – 5.00pm | US\$135 p.p.  
**Sign up at Water Sports by 6pm 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 6pm the day prior**

## Sunset Yoga & Meditation Journey with Sound Therapy

Experience deep healing with indigenous sound therapy. Open, clear and balance chakras and release stuck energy at the Yoga Pavilion behind the spa. Maximum 12 people 4.00– 5.00pm | Complimentary  
**Sign up at Spa by 6pm the day prior**

# SATURDAY 15th NOVEMBER

## 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**

## 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 NOVEMBER

## 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 by 6pm 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. 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.



THIS WEEK AT CARLISLE BAY



## 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

