



# 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 3:30pm until 5:00pm.

## Gift Shop

Open daily | 8am – 4:30pm

## Bay Boutique

Open daily | 9am – 5:30pm

## Sundowners

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

## 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)

## Cara Organic Spa Teasers & Tasters

Visit the Spa team and get 10% off any spa treatment while enjoying a sampling of ESPA products, massage teasers, freshly made juice shots, and snacks at the Spa. 11.15am – 12.15pm

# RESTAURANTS

## Indigo on the Beach

**Breakfast:** Mon – Sun 7 – 10.30am  
**Lunch:** Mon – Sun 12 – 2.30pm  
**Dinner:** Mon – Sun 6 – 10pm  
**Caribbean BBQ:** Thu 6 – 10pm  
**\*Dinner Reservations Required\***

## East

**Dinner:** Mon – Sun 6 – 10pm  
**\*Dinner Reservations Required\***

## OTTIMO!

**Lunch:** Mon – Sun 12-4pm  
**Kids Tea:** Mon – Sun 5 – 6pm  
**Dinner:** Wed, Thu & Sun 6.30 – 10pm  
**\*Dinner Reservations Required\***

## Jetty Grill – ADULTS ONLY

**Breakfast:** Mon – Sun 7.30 – 10.30am  
**Beach BBQ:** Mon 12.30 – 2.30pm  
**Lunch:** Tue – Sun 12 – 2.30pm  
**Dinner:** Mon & Tue, Fri & Sat 6-10pm  
**\*Dinner Reservations Required\***  
*\*\*The restaurant will be closed for Dinner on Thursday 16<sup>th</sup> March 2023 due to a Private Event\*\**



# ENTERTAINMENT

**Monday:** West Side Symphony (Beach BBQ)  
**Tuesday:** Gavin Francis ~ Coconut Grove (Managers' Cocktails)  
John Ansa ~ Pavilion  
**Wednesday:** Deuce Duo ~ Pavilion  
**Thursday:** Climaxx Band ~ Indigo  
**Friday:** Arlen & Carlos ~ Jetty Grill  
**Saturday:** Jermaine George ~ Pavilion  
**Sunday:** 365 Band ~ Indigo



# AT THE MOVIES

	2:30pm (KIDS)	8:00pm (ADULTS)
Monday	The Karate Kid	Forest Gump (Romance)
Tuesday	Trolls	The Mummy (Action)
Wednesday	Sing	The Imitation Game (Thriller)
Thursday	Shark Tale	Notting Hill (Rom com)
Friday	Bee Movie	Dolittle (Family)
Saturday	6 Nations Rugby Finals	Bombshell (Drama)
Sunday	The Lorax	PS I Love You (Action Romance)

# MONDAY 13th MARCH

## Sunrise Pilates

At the Yoga Pavilion behind the Spa 7.00 – 8.00am Complimentary

Sign up at Spa by 6pm the day prior

## Cooking Experience

Learn to cook with a member of our culinary team at Coconut Grove at 12.00pm Complimentary

Sign up at Front Desk

# TUESDAY 14th MARCH

## Soca Zumba

Where high energy fitness meets caribbean focused routines. Held at the Yoga Pavilion behind the spa. 10.00 – 10.45am  
Ages: 13+ | Complimentary

Sign up at Spa

## Private Reef Snorkelling

Head out on our Fjord36 boat to snorkel at Cades Reef  
Maximum 6 people  
3 - 4pm | US\$300 (+T&S)  
US\$50 each additional guest

Sign up at Water Sports

## 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

## Sunset Yoga & Meditation Journey

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

## Managers' Cocktails

All guests are invited for Rum Punch and canapés at Coconut Grove from 5.30 – 6.30pm



# WEDNESDAY 15th 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

## Sip & Paint

Come and explore your creativity at the Garden Yoga Pavilion by creating your very own work of art. (Minimum 7 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

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

# THURSDAY 16th MARCH

## Aqua Aerobics

Come and experience the ultimate aquatic workout program at the main pool.  
3.00pm – 4.00pm (all skill levels)  
*Complimentary*  
**Sign up at Spa by 6pm, the day prior**

## Garden Massage

At the Yoga Pavilion behind the spa  
10am – 4pm | Monday - Sunday  
*US\$130 (+T&S)*  
**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 – 11am | *Complimentary*  
**Sign up at Front Desk**

## Hobie Sailing Adventure

Come sail with us  
2 – 3pm | *Complimentary*  
**Sign up at Water Sports**

## Sunset Yoga & Meditation Journey

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

# FRIDAY 17th MARCH *St. Patrick's Day*

## Sunrise Pilates

At the Yoga Pavilion behind the spa  
7.00– 8.00am | *Complimentary*  
**Sign up at Spa by 6pm, the day prior**

## Tennis Tournament

4 – 5pm | *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**

## 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*

## Fire Pit Fridays

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

# SATURDAY 18th MARCH

## Private Reef Snorkelling

Head out on our Fjord36 boat to snorkel at Cades Reef | Maximum 6 people  
3 - 4pm | *US\$300 (+T&S)*  
**Sign up at Water Sports**

## Sunset Yoga

At the Yoga Pavilion behind the spa  
Maximum 12 people  
4.30– 5.30pm | *Complimentary*  
**Sign up at Spa by 6pm, the day prior**

## Asian Cooking Demo

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

# SUNDAY 19th 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'N 61°51'W 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 south-western coastline with wine & canapés.  
Minimum 6 guests, maximum 10 guests | 4:30pm until Sunset | *US\$150 per person*  
**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 | 3 - 4pm | *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                              | 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

