

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

**Italian Buffet:** Thu 6 – 10pm

**Good Friday 3-Course Dinner:** Fri 6 – 10pm

**Easter Sunday Buffet:** Sun 6 – 10pm

**\*Dinner Reservations Required\***

## East

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

**\*Dinner Reservations Required\***

## OTTIMO!

**Lunch:** Tue – Sun 12 – 4pm

**Kids Tea:** Mon – 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 & Sat 6.30 – 10pm

**\*Dinner Reservations Required\***



# ENTERTAINMENT

**Monday:** Da Vibe Steelband ~ Jetty (Beach BBQ ~ 12.30pm)

**Tuesday:** Jermaine George ~ Pavilion (7.00pm)

**Thursday:** Gavin Francis ~ Jetty Grill (Managers' Cocktails 6.00pm)  
The Climax Band ~ Indigo (7.00pm)

**Friday:** 365 Band ~ Indigo (7.00pm)  
Arlen Seaton & Carlos Bridges ~ Jetty Grill (7.30pm)

**Saturday:** John Anshar ~ Pavilion (7.00pm)

**Sunday:** T Pot Band ~ Indigo (7.00pm)



# AT THE MOVIES

2:30pm (KIDS)

8:00pm (ADULTS)

**Monday** The Star Our Little Secret (Comedy/Romance)

**Tuesday** Secret Magic Control Agency Irish wish (Comedy/Romance)

**Wednesday** Riverdance Romantic Problematic (Romance/Drama)

**Thursday** The Magician's Elephant Mother of the Bride (Comedy/Romance)

**Friday** Over the Moon Through My Window (Romance/Comedy)

**Saturday** Vivo Last Call for Istanbul (Drama/Romance)

**Sunday** Back to the Outback Private Lessons (Comedy/Romance)

# MONDAY 14th APRIL

## Sunrise Pilates

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

Sign up at Spa by 6pm the day prior

# TUESDAY 15th APRIL

## 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)

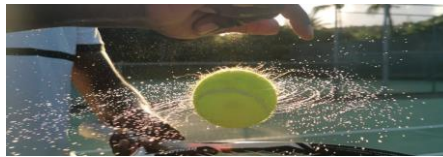
Sign up at Spa

## 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 16th APRIL

## 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.

## THURSDAY 17th APRIL

### 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 18th APRIL

### 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

### Tennis Tournament

4 – 5pm | *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*

## SATURDAY 19th APRIL

### 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 20th APRIL

### 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°51'14W 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 (+T&S)*  
[Sign up at Water Sports](#)

### Adoptacoastline Community Clean Up

Adoptacoastline in partnership with Carlisle Bay Resort invite you to join us and our youth stewards from Old Road Primary School for a Beach Clean Up from 3-5pm.  
[Sign up at Front Desk](#)

## 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 to 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

