



# 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.

## Bay Boutique

Open daily | 8:30am – 4:30pm

## Sundowners

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

## 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

## 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)

## 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**

# RESTAURANTS

## Indigo on the Beach

**Breakfast:** Mon – Sun 7 – 10:30am

**Lunch:** Mon – Sun 12:30 – 2:30pm

**Dinner:** Mon – Sun 6 – 10pm

**Thanksgiving Buffet:** Thu 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 & Sat 6:30 – 9pm

**\*Dinner Reservations Required\***

## Jetty Grill – ADULTS ONLY

**Beach BBQ:** Mon 11:30am – 2:30pm

**Lunch:** Tue – Fri & Sun 1:30am – 2:30pm

**Dinner:** Mon – Wed, Fri & Sun 6-10pm

**\*Dinner Reservations Required\***

**\*\*Closed for Lunch & Dinner on Saturday 25<sup>th</sup> November 2023 due to a Private Event\*\***

# MONDAY 20th NOVEMBER

## Sunrise Pilates

At the Yoga Pavilion behind the spa  
7:00 – 8:00am | *Complimentary*

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

# TUESDAY 21st NOVEMBER

## 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. 10 – 10:45am  
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**

## 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**

## Sunset Yoga & Meditation Journey

At the Yoga Pavilion behind the spa | Maximum 12 people | 4:00– 5:00pm | *Complimentary*



# WEDNESDAY 22nd 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 – 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 24hrs prior**



# ENTERTAINMENT

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

**Tuesday:** John Anseh ~ Pavilion

**Thursday:** Gavin Francis ~ Jetty  
(*Managers' Cocktails*)

Climaxx Band ~ Indigo

**Friday:** Arlen & Carlos ~ Jetty Grill

**Saturday:** DJ Shastri ~ Pavilion

**Sunday:** The Experience Band ~ Indigo



# AT THE MOVIES

	2:30pm (KIDS)	8:00pm (ADULTS)
<b>Monday</b>	Goosebumps	The Invisible Man (Fantasy/Horror)
<b>Tuesday</b>	The Croods	Men In Black International (Action)
<b>Wednesday</b>	Emoji Movie	Casino (Drama)
<b>Thursday</b>	Nanny McPhee	The Gray Man (Action)
<b>Friday</b>	Madagascar	Luckiest Girl Alive (Drama)
<b>Saturday</b>	Shrek 2	Glass Onion (Mystery)
<b>Sunday</b>	The Little Rascals	Top Gun (Action Romance)

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

# THURSDAY 23rd NOVEMBER

## 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– 5pm  
*Complimentary*

## 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](#)

## 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 – 6pm

# FRIDAY 24th 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 – 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 25th NOVEMBER

## 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](#)

## 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 26th NOVEMBER

## 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 southwestern 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.





## 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

