



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

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

MONDAY 21st NOVEMBER

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 22nd NOVEMBER

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](#)

Managers' Cocktails

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



WEDNESDAY 23rd 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](#)

Wine Tasting

Experience delicious, flavourful, blends at our Wine Tasting event. Hosted by Michael our Wine Steward | 4:30pm The Jetty Bar | *US\$50 (+T&S) per person, not included in AI package*

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

RESTAURANTS

Indigo on the Beach

Breakfast: Mon – Sun 7 – 10.30am
Lunch: Mon – Sun 12 – 2.30pm
Dinner: Mon – Sun 6 – 10pm
Thanksgiving Buffet: 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 & Sun 6.30 – 10pm
Dinner Reservations Required

Jetty Grill – ADULTS ONLY

Beach BBQ: Mon 12.30 – 2.30pm
Lunch: Tue - Sun 11 – 2.30pm
Dinner: Mon & Tue, Thu - Sat 6-10pm
Dinner Reservations Required



ENTERTAINMENT

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

Tuesday: Gavin Francis ~ Coconut Grove (*Managers' Cocktails*)
John Ansa ~ Pavilion

Wednesday: 365 Band ~ Indigo

Thursday: Climaxx Band ~ Indigo

Friday: Arlen & Carlos ~ Jetty Grill

Saturday: Jermaine George ~ Pavilion

Sunday: The Experience Band ~ Indigo



AT THE MOVIES

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

THIS WEEK AT CARLISLE BAY

THURSDAY 24th NOVEMBER

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

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 - 9pm at The Jetty Grill

Tennis Tournament

4 - 5pm | *Complimentary*
Sign up at Spa by 6pm, the day prior

SATURDAY 26th 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 6 people
4.30- 5.30pm | *Complimentary*

SUNDAY 27th 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 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 to enjoy 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

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|--|-----------------------|
| 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

