



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

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

Sundown BBQ: 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 & 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

MONDAY 8th JULY

Sunrise Pilates

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

Sign up at Spa by 6pm the day prior

TUESDAY 9th JULY

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

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 10th JULY

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.



ENTERTAINMENT

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

Thursday: Gavin Francis ~ Jetty (*Managers' Cocktails 6.00pm*)
The Experience Band ~ Indigo
(7pm)

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

Saturday: John Ansah ~ Pavilion (7pm)

Sunday: 365 Band ~ Indigo (7pm)



AT THE MOVIES

	2:30pm (KIDS)	8:00pm (ADULTS)
Monday	Despicable Me 3	Marry Me (Romance/Comedy)
Tuesday	Over the Hedge	Imagine That (Comedy)
Wednesday	The Croods	A Beautiful Life (Romance/Musical)
Thursday	Yes Day	Trigger Warning (Action/Thriller)
Friday	Puss in Boots (The Last Wish)	Irish Wish (Comedy/Romance)
Saturday	Family Switch	Mother's Day (Comedy/Romance)
Sunday	The Lion King	Love at First Sight (Romance/Comedy)

THURSDAY 11th JULY

Nature Walk

A guided tour of our exquisite tropical gardens with one of our knowledgeable landscapers. 10 – 11am | *Complimentary*
[Sign up at Front Desk](#)

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 6.00 – 7.00pm

FRIDAY 12th JULY

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

SATURDAY 13th JULY

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)*
[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](#)

SUNDAY 14th JULY

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](#)

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*

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*

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](#)

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](#)

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.





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

