



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

Cooking Experience

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

[Sign up at Front Desk](#)

MONDAY 23rd JANUARY

Sunrise Pilates

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

[Sign up at Spa by 6pm the day prior](#)

TUESDAY 24th JANUARY

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 25th JANUARY

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

Caribbean BBQ: Thu 6 – 10pm

Dinner Reservations Required

East

Dinner: Thu – Sun 6 – 10pm

Dinner Reservations Required

OTTIMO!

Lunch: Mon – Sun 12–4pm

Dinner: Mon - Wed & 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 - Sat 6-10pm

Dinner Reservations Required



ENTERTAINMENT

Monday: DJ Shastri ~ West Side Symphony (Beach BBQ)

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

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	Glass Onion (Mystery)
Sunday	The Little Rascals	Top Gun (Action Romance)

THURSDAY 26th JANUARY

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 27th JANUARY

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](#)

Tennis Tournament

4 – 5pm | *Complimentary*
[Sign up at Spa by 6pm, the day prior](#)

Sunset Yoga & Meditation Journey

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 28th JANUARY

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 4.30– 5.30pm | *Complimentary*
[Sign up at Spa by 6pm, the day prior](#)

SUNDAY 29th JANUARY

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

