



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

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: 1106](#)

MONDAY

Sunrise Pilates

At the Yoga Pavilion behind the spa
7.00 – 8.00am | Complimentary
[Sign up at Spa by 6pm the day prior](#)

TUESDAY

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](#)



WEDNESDAY

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](#)

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

Managers' Cocktails

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

THURSDAY

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. 3.00pm – 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](#)

Sunset Yoga & Meditation Journey

At the Yoga Pavilion behind the spa
Maximum 12 people | 4.00 – 5.00pm
Complimentary
[Sign up at Spa](#)

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](#)

Sunset Yoga & Meditation Journey

At the Yoga Pavilion behind the spa. Maximum 12 people. 4.00 – 5.00pm Complimentary
[Sign up at Spa](#)



RESTAURANTS

Indigo on the Beach

Breakfast: Mon – Sun 7 – 10.30am
Lunch: Mon – Sun 12 – 2.30pm
Dinner: Mon – Sun 6 – 10pm
Sundown BBQ: Thu 6 – 10pm
Dinner Reservations Required

East

Dinner: Mon – Wed 6 – 10pm
Dinner Reservations Required

OTTIMO!

Lunch: Mon – Sun 12-4pm
Kids Tea: Mon – Fri 5 – 6pm
Dinner: Wed & Thu 6.30 – 10pm
Dinner Reservations Required

Jetty Grill – ADULTS ONLY

Beach BBQ: Mon 12.30 – 2.30pm
Lunch: Tue – Sat 12 – 2.30pm
Dinner: Mon, Tue, Thu – Sat 6-10pm
Dinner Reservations Required

Indigo on the Beach

Breakfast: 7 – 10.30am
Lunch: 12 – 2.30pm



ENTERTAINMENT

Monday: West Side Symphony ~ (Jetty Beach BBQ)

Wednesday: Gavin Francis ~ Coconut Grove (Managers' Cocktails)

Thursday: Climaxx Band ~ Indigo

Friday: Deuce Duo ~ Jetty Grill

Sunday: John Ansah ~ Indigo



AT THE MOVIES

	2:30pm (KIDS)	8:00pm (ADULTS)
Monday	The Karate Kid	Murder Mystery (Comedy)
Tuesday	Trolls World Tour	Shutter Island (Film Noir)
Wednesday	Sing	A Tourist's Guide to Love (Romance)
Thursday	Shark Tale	True Spirit (Feel Good)
Friday	Matilda	Paddington (Family)
Saturday	The Magician's Elephant	Catch Me If You Can (Drama)

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

FRIDAY

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
Sign up at Spa

SATURDAY

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

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

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

MONDAY

Resort closes

As we say goodbye to another season, the Management and team would like to thank you for choosing Carlisle Bay. It has been a pleasure having you here, and we trust that you have had a very relaxing and most memorable stay. We look forward to serving you in the new season.



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

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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

