



C A N O U A N  
E S T A T E R E S O R T & V I L L A S

## SAMPLE FIVE DAY ITINERARY

### DAY 1 – Relax & Indulge

Start your vacation with a day of relaxation and rejuvenation with a leisurely breakfast at Bellini's restaurant, our al fresco restaurant overlooking the golf course and estate.

Take your golf cart for a drive around Canouan Estates' 1200 acres, including five beaches and hidden coves for you to explore. Your suite or villa host can pack you a cooler of refreshments and snacks.

Enjoy the afternoon at the Spa. Take a journey with a pure island experience with the Royal Journey package. A ylang-ylang and sweet orange infused foot cleanse which provides a sense of stillness as you take in the ocean air. Follow with a natural full-body scrub using seasonal island mango and passionfruit oils which will soothe and prepare the skin for a signature Oriental Qi massage. This relaxing hands-on body massage using essential oils, works on the energy meridians. Complete your journey with a radiance facial accompanied by a choice of a signature rejuvenating spa juices.

## DAY 2 – Fit & Active

Start your fit and active day with a guided hike to the highest point on Canouan Island, “Mount Royal”. Learn about the flora and fauna of the island on your hike and enjoy uninterrupted views of the southern Grenadine Islands. Explore secluded coves and hard to reach beaches such as Mahault Bay. South of the property, a hike from the jetport northwards along the windward coastal road offers great views and access to white sand beaches and picturesque bays. On the hillside to the north of Charlestown, lookout for a small area of parkland that has a trail to the ruins of a small gun battery located at the top of a conical hill, offering magnificent views of the windward coastline.

After breakfast enjoy a game of tennis on one of three Astro-Turf tennis courts, also lit for night play. There is also a pro-shop, rental equipment and resident tennis professionals.

For lunch visit Shell Beach for an authentic Caribbean meal of jerk chicken or roti with a local cocktail or mocktail or an ice-cold beer.

Enjoy your afternoon at the beach, try your hand at kayaking, paddle boarding, hobie-cat sailing and snorkeling. Our staff will be readily on hand to show you the ropes.

Release those endorphins by working out at the fitness center on the estate . The center includes treadmills, elliptical machines and free-weights.

Afterwards, enjoy a one-hour yoga class, (Hatha, Vinyasa & Pranayama), followed by a 30-minute meditation class to free the mind.

## Day 3 – Hit the Greens

The golf course at Canouan Estate is a spectacular Jim Fazio designed 18 hole 72-par championship Golf Course. It is one of the Caribbean's most exciting and challenging course and has been named in the Top 10 of "Best Golf Courses" in the world. A hundred and fifty undulating acres of dramatic hills and seashore, with breathtaking sea views from every angle. The golf course has three distinct settings. The front nine holes and #18 are in an amphitheater setting with one side open ocean views. Holes 12, 13, 14 and 15 are undoubtedly the most scenic holes on the course and the most challenging. They sit on the top of the ridge and have a spectacular view of the neighboring islands. Hole 16 features the longest par 3 in the world at 305 yards. The breeze at the top of the ridge adds to the challenge, but makes these holes the most sensational to play.

For beginners or new players to the game who have an interest in learning, book a lesson or a package of lessons to better your game.

## Day 4 – A day on the water

Venture out to sea with a half-day or full-day trip on the water. Choose from a sailing catamaran, power boat or a high-speed RIB and experience our neighboring southern and northern Grenadine Islands. Be sure to visit the famous “Tobago Cays”, a must do day trip to this intimate cluster of five un-inhabited cays, heavenly lagoons full of green turtles, coral reefs, colorful fish and crystal-clear waters. Tobago Cays is a haven for SCUBA divers and snorkelers and a paradise for beachcombers. The Cays have been declared a wildlife reserve and offer the opportunity to swim and snorkel in complete seclusion. The northern Grenadines Islands (Bequia & Mustique) also offer spectacular beaches, great snorkeling and diving spots to explore.

Full day or half day deep-sea fishing trips and fly-fishing trips are also available.

## Day 5 – Culinary Experiences

With a choice of eight restaurants and bars to choose from on the whole estate, there are plenty of culinary options for you to try from casual to more formal, featuring Caribbean, Italian and Asian cuisine.

For the budding chef, Canouan Estate can arrange a cooking class in your villa with one of our Chef's. Learn how to make a traditional Caribbean-style appetizer or entrée or delicious local dessert for the family to enjoy.

Book our 13<sup>th</sup> hole on the golf course and experience sunset cocktails and hors d'oeuvres for just the two of you or for the whole family. A perfect way to wind down the day before dinner.

After cocktails return to your villa where our culinary team can customize a menu, from a romantic dinner for just the two or you to a large Caribbean bash with barbeque grilled local seafood, lobster and steaks complete with live local entertainment.

### For the Children & Teens

Our complimentary kids and teens club is open year-round for children aged 3 and up. The club features a full-sized swimming pool with a waterslide park and lounge chairs with umbrellas. There is also a library, a culinary counter equipped for baking and cooking classes, gaming room with a pool table, table-football and table-tennis, TV / Media / Computer area with large screen interactive televisions and movie projector screen. Mac computers and an electronic games room.

Children also can enjoy a game of soccer or learn the game of cricket on our large grass pitch.

The toddlers play area feature ride-on toys, sunken trampoline,

baby swings and an adventure pirate ship with slides and climbing frames and toddlers pool.

We welcome families year-round.

Cribs are available on request.

The Kids and Teenagers Club is available and is complimentary for children age 3 and above.

Opening hours 9 am to 6 pm daily.

Babysitting services are available upon request (US\$20 per hour, minimum of 3 hours and up to three children, additional children, US\$10 per hour).

For more details please contact [reservations@canouan.com](mailto:reservations@canouan.com) or your suite/villa host.

Pre-booking for excursions/dining and spa is highly recommended.