
MANDARIN ORIENTAL
CANOUAN
RECREATIONAL ACTIVITIES
Carenage Bay, Canouan Island, Saint Vincent & The Grenadines, VC0450
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With pristine beaches, azure waters and lush green hills, Canouan Island provides the ultimate setting for an unforgettable tropical vacation. Elevate your stay at Mandarin Oriental, Canouan with experiences ranging from fitness and wellness to water sports and mountain hikes, as well as an array of complimentary activities. Choices abound for all ages, making every day in Canouan fun, fulfilling and memorable.

SUNRISE OR SUNSET MOUNT ROYAL HIKE

Whether it's your first getaway together or a special anniversary, Mount Royal beckons with romantic hikes and unforgettable scenery. Picture a multi-hued sunrise or sunset shared side by side on a ledge, or enchanting vistas that stretch to neighbouring islands on a cloudless day. Unexpected encounters, like stumbling upon a tortoise or hermit crab on the trail, add to the allure of this experience. After ascending 877ft, savour a romantic moment with a glass of wine and magical views – a perfect way to celebrate love and create lasting memories.

SUNRISE

Guided Hike: USD 50++ per person

Guided Hike & Breakfast: USD 120++ per person

SUNSET

Guided Hike: USD 50++ per person

Guided Hike & Champagne Experience: USD 200++ per couple

HOBIE CAT SEAFARING EXPERIENCE

Take to the stunning blue waters around the island to master the art of sailing a Hobie Cat with our expert instructors. From learning the basics on a Hobie Cat Wave to advanced techniques like trapeze sailing, an exhilarating experience awaits. Explore the beauty of Twin Bay and Shell Beach, where you can unwind at the Conch Shell Restaurant and Bar. Seize the chance to sail independently and embrace the freedom of the open sea.

1 Hour: USD 50++ per person

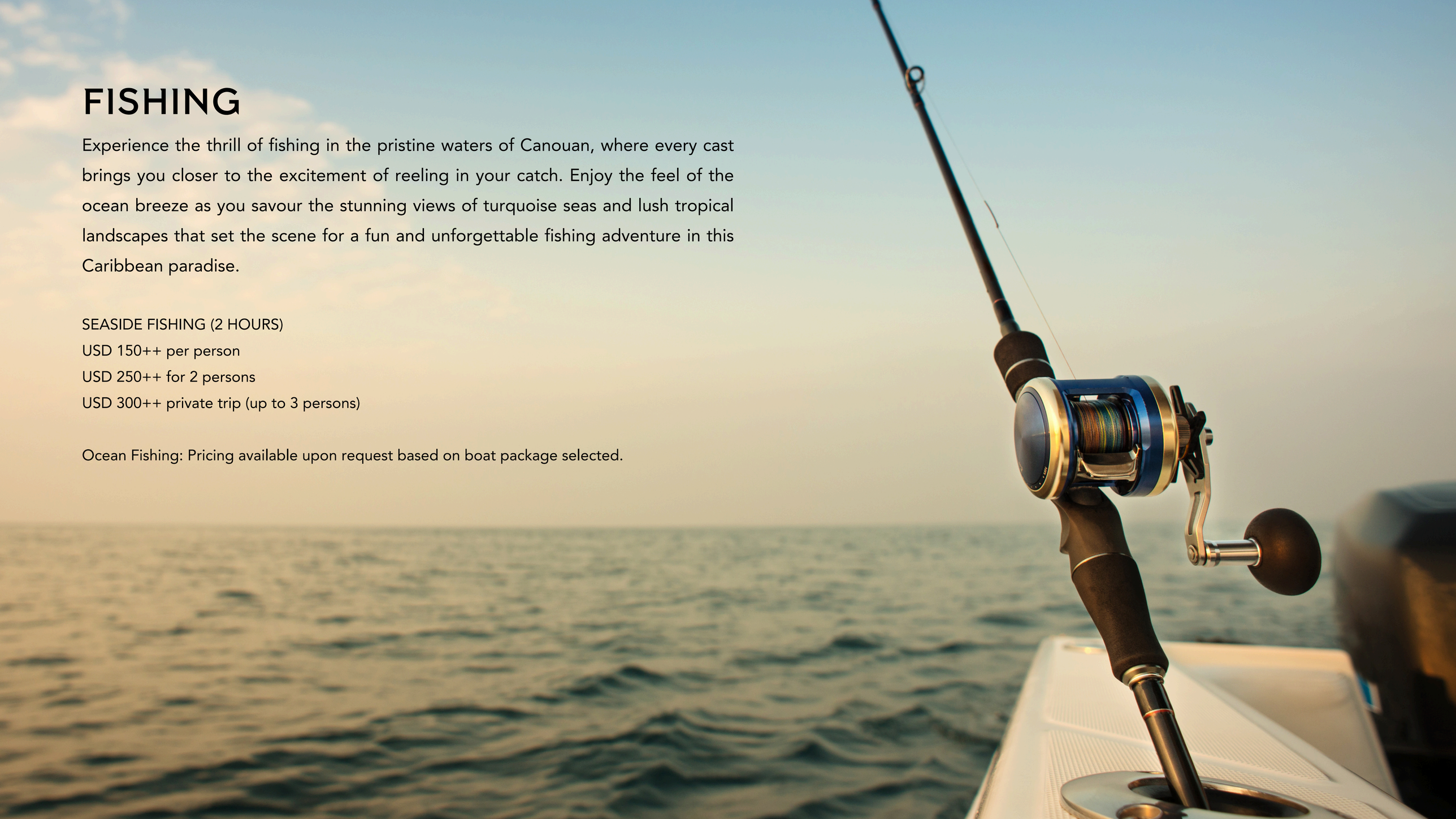


FISHING

Experience the thrill of fishing in the pristine waters of Canouan, where every cast brings you closer to the excitement of reeling in your catch. Enjoy the feel of the ocean breeze as you savour the stunning views of turquoise seas and lush tropical landscapes that set the scene for a fun and unforgettable fishing adventure in this Caribbean paradise.

SEASIDE FISHING (2 HOURS)
USD 150++ per person
USD 250++ for 2 persons
USD 300++ private trip (up to 3 persons)

Ocean Fishing: Pricing available upon request based on boat package selected.



UNDERWATER DISCOVERY (SNORKELING)

Immerse yourself in tranquility with snorkeling at Canouan's Shell Beach, Twin Bay and L'Ance Guyac Beach. Float among vibrant marine life effortlessly, sans scuba gear, and discover the allure of the tropics beneath the crystal-clear waters with a guided exploration of one of the Caribbean's largest living coral reefs that surrounds Canouan.

45 minutes program
USD 50++ per person



BOAT EXCURSION

With thirty-two magical islands and cays to explore, the Grenadines is a paradise for adventures by boat. Hop aboard your luxury vessel of choice, from an intimate speedboat for four to a spacious catamaran for up to eight guests. Your butler can arrange a half- or full- day excursion, ensuring a seamless aquatic experience and an unforgettable journey of discovery.

DESTINATION AVAILABLE:

- Mustique
- Bequia
- Tobago Cays
- Union Island
- Mayreau

Price based on boat packages.

WATER TUBING

Dive into the excitement of water tubing. No need for experience or advanced skills - all you need is the thrill-seeking spirit to hang tight and have a blast! Experience the joy of gliding over water effortlessly as you let yourself go with the flow.

20-minute program

USD 100++ per session (up to 4 guests)



ARCHERY

Unleash your inner archer at Mandarin Oriental, Canouan, where you can experience this ancient sport against the backdrop of Canouan's scenic beauty. Test your precision and focus as you take aim in this fun-filled activity, whether you are a first-timer or a pro with a bow and arrow.

One hour program
USD 60++ per person



YOGA & MEDITATION

Elevate your well-being amidst the serene beauty of Canouan with a private session of yoga with our expert yogi, personalized to your needs. Choose from a variety of yoga styles, including Hatha, Yin Restorative, Vinyasa Flow and Yoga for Golfers, and enrich your journey with pranayama and meditation to take your relaxation to a deeper level.

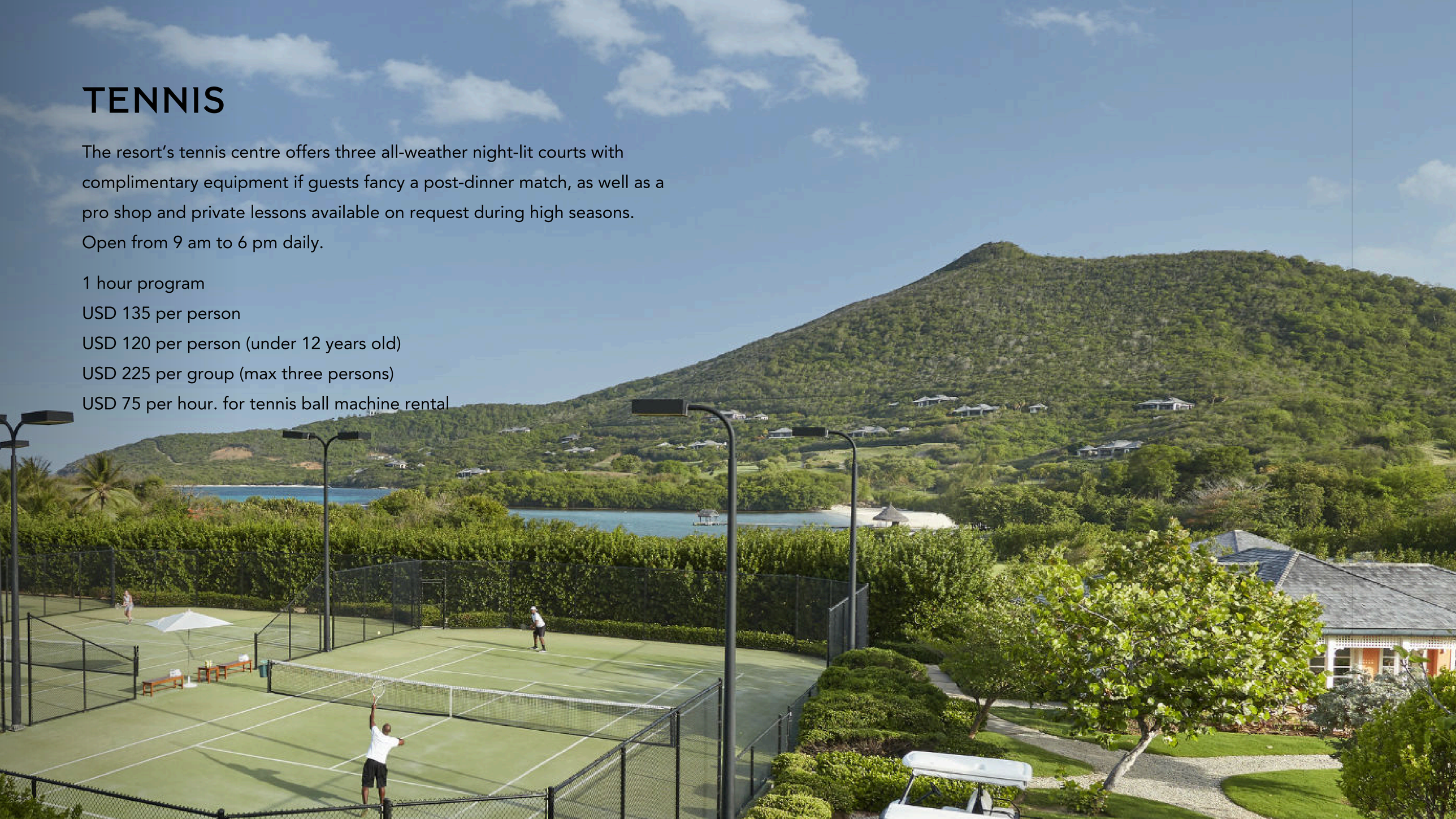
1 hour program
USD 190++ per person
Bookings upon request



TENNIS

The resort’s tennis centre offers three all-weather night-lit courts with complimentary equipment if guests fancy a post-dinner match, as well as a pro shop and private lessons available on request during high seasons. Open from 9 am to 6 pm daily.

1 hour program
USD 135 per person
USD 120 per person (under 12 years old)
USD 225 per group (max three persons)
USD 75 per hour. for tennis ball machine rental



BESPOKE FITNESS JOURNEY

Transform your fitness journey with our ex-military personal trainers. Gain insights into new techniques, overcome gym barriers, and achieve your goals with workouts tailored to raise your fitness game. From women's fitness to strength and event training, our knowledgeable trainers inspire confidence and guide you at every step. Whether you're a beginner or a seasoned enthusiast, unleash your potential – start your personalized fitness experience today.

PERSONAL TRAINING:

1 Session: USD 150++ per person

3 Sessions: USD 300++ per person

5 Sessions: USD 400++ per person

1 Week Package: USD 500++ per person



CANOUAN ISLAND ECO-BIKE ADVENTURE:

A Journey to the Turtle Sanctuary

Embark on an eco-friendly e-bike tour to the Turtle Sanctuary and explore the breathtaking beauty of Canouan Island. Pedal through lush landscapes, winding coastal trails, and vibrant flora, all while feeling the refreshing ocean breeze. As you journey through the island's stunning scenery, enjoy panoramic views of pristine waters and rolling hills.

At the Turtle Sanctuary, learn about the important conservation efforts in place to protect the island's remarkable wildlife. This tour offers a sustainable and unforgettable way to connect with nature, creating lasting memories amid Canouan's natural wonders.

USD 80++ per person



COUPLES SIP & PAINT

Unwind together with an inspiring painting experience accompanied by a curated selection of wines. Set in a relaxed island setting, this creative activity invites couples to connect, create, and take home a unique keepsake of their time in Canouan.

USD 300++ per couple



E-BIKE RENTAL

Discover Canouan at your own pace with an electric bike adventure. Cruise scenic coastal roads, explore hidden viewpoints, and enjoy effortless rides across the island while taking in the natural beauty that surrounds you.

USD 50++ (3 hours)
USD 80++ (Full Day)

CANOUAN ISLAND TOUR

Immerse yourself in an island tour with our knowledgeable guides. Explore various Canouan landmarks, such as local shops, fisheries, Sandy Yacht Club & Residences, Captain Phil's Coffee, and the island market where you can interact with local residents.

1 hour program
USD 100++ per hour







COMPLIMENTARY ACTIVITIES AT YOUR LEISURE



WIND SURFING

Blending the exhilaration of surfing with the skill of sailing, windsurfing is taking the water world by storm, gaining popularity in both recreational and competitive realms. Join the windsurfing revolution, as you harness the power of the wind in your sail while keeping your balance on the board.



RESORT RUN

Explore the resort through a guided running experience designed for all fitness levels. Follow picturesque pathways while enjoying ocean views, tropical landscapes, and a refreshing way to start the day.



KAYAKING

Kayaking is the ideal watersport for all ages and abilities. Explore serene, protected areas with ease, offering a variety of picturesque locations for a leisurely paddle.



ISLAND RUN

Experience Canouan beyond the resort on a guided island run. Discover local roads, coastal scenery, and elevated viewpoints while enjoying an active journey through the island's unique landscape.



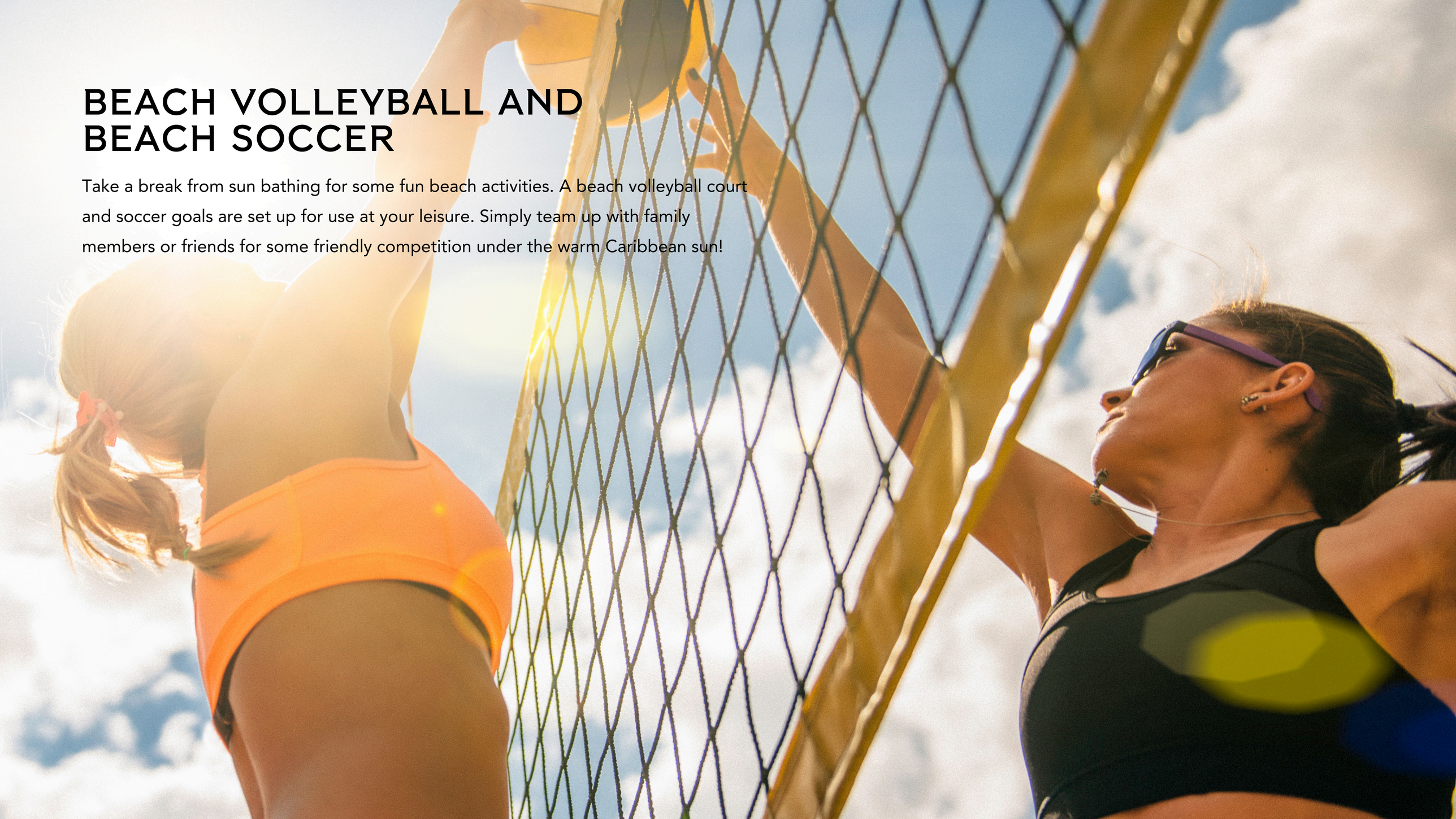
STAND-UP PADDLEBOARDING

Revel in the thrill of ‘standing on water’. Cruise the waterfront in style, effortlessly gliding around on one of our user-friendly, commercial-grade stand-up paddleboards, providing stability on the water for an unmatched adventure



BEACH VOLLEYBALL AND BEACH SOCCER

Take a break from sun bathing for some fun beach activities. A beach volleyball court and soccer goals are set up for use at your leisure. Simply team up with family members or friends for some friendly competition under the warm Caribbean sun!



BEACH WORKOUT

Stay active in paradise with an invigorating beach workout session. Combining functional movements with the natural resistance of sand, this energizing experience is perfect for guests seeking wellness and adventure.



TORTOISE FEEDING

Meet some of Canouan's most beloved residents during a memorable tortoise feeding experience. Learn about these fascinating creatures while enjoying a unique wildlife encounter suitable for guests of all ages.

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