

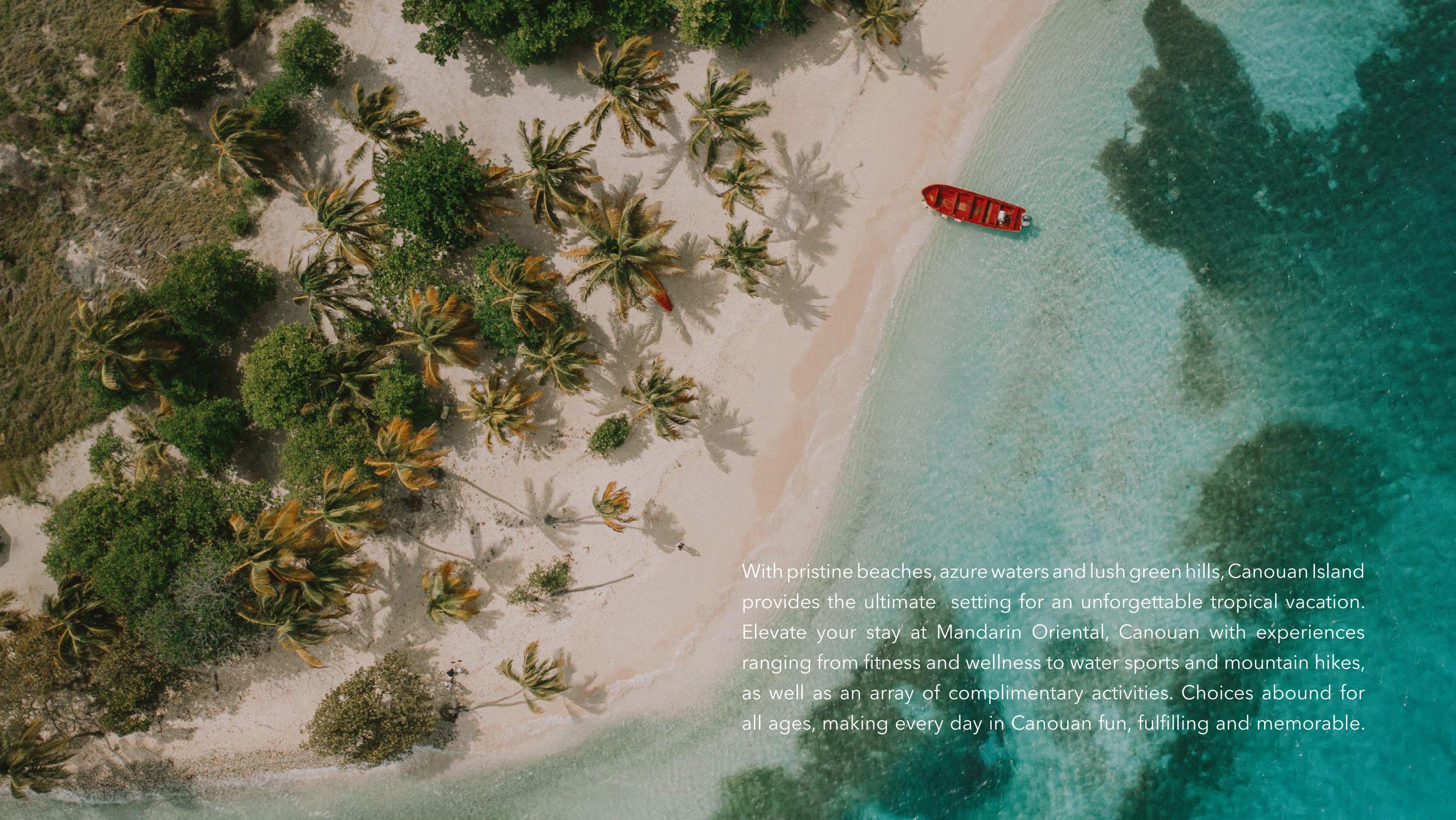
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MANDARIN ORIENTAL
CANOUAN

RECREATIONAL ACTIVITIES





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

USD 50++/ person for a guided hike only

USD 100++/ person with breakfast

SUNSET

USD 50++/person for a guided hike only

USD 250++/couple (includes champagne/sparkling)



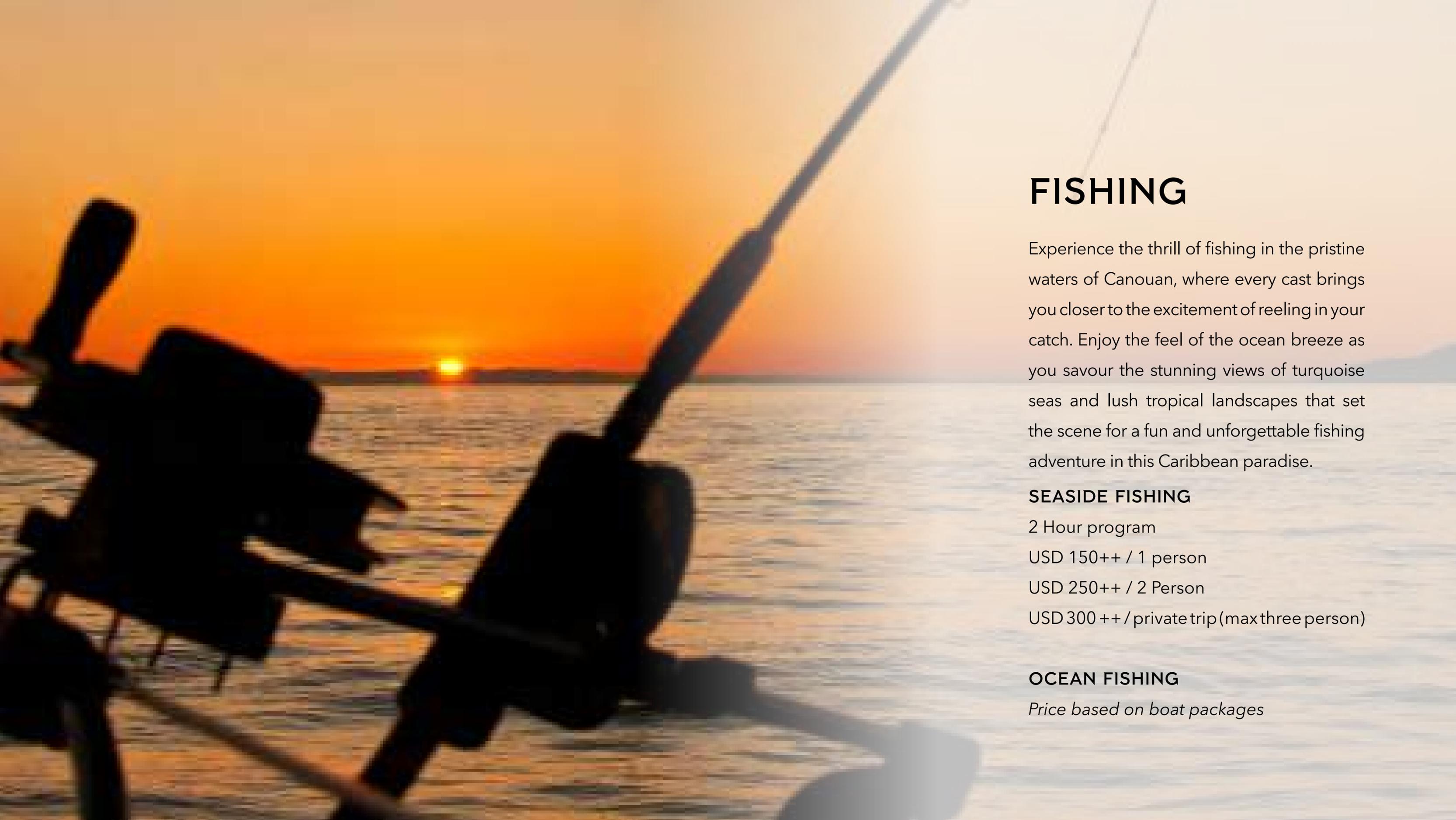
HOBIE CAT SEAFARING EXPERIENCE

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.

With valid sailing license
USD 120++/ person (1 hour)
USD 300++/ person (3 hours)

An Instructor is required without a sailing license
USD 30++/ hour



A photograph of a fishing boat at sunset. The sun is low on the horizon, casting a warm orange glow over the water. The boat's structure, including the mast and rigging, is silhouetted against the bright sky. The water is calm with gentle ripples.

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 Hour program

USD 150++ / 1 person

USD 250++ / 2 Person

USD 300 ++ / private trip (max three person)

OCEAN FISHING

Price based on boat packages

UNDERWATER DISCOVERY (SNORKELING)

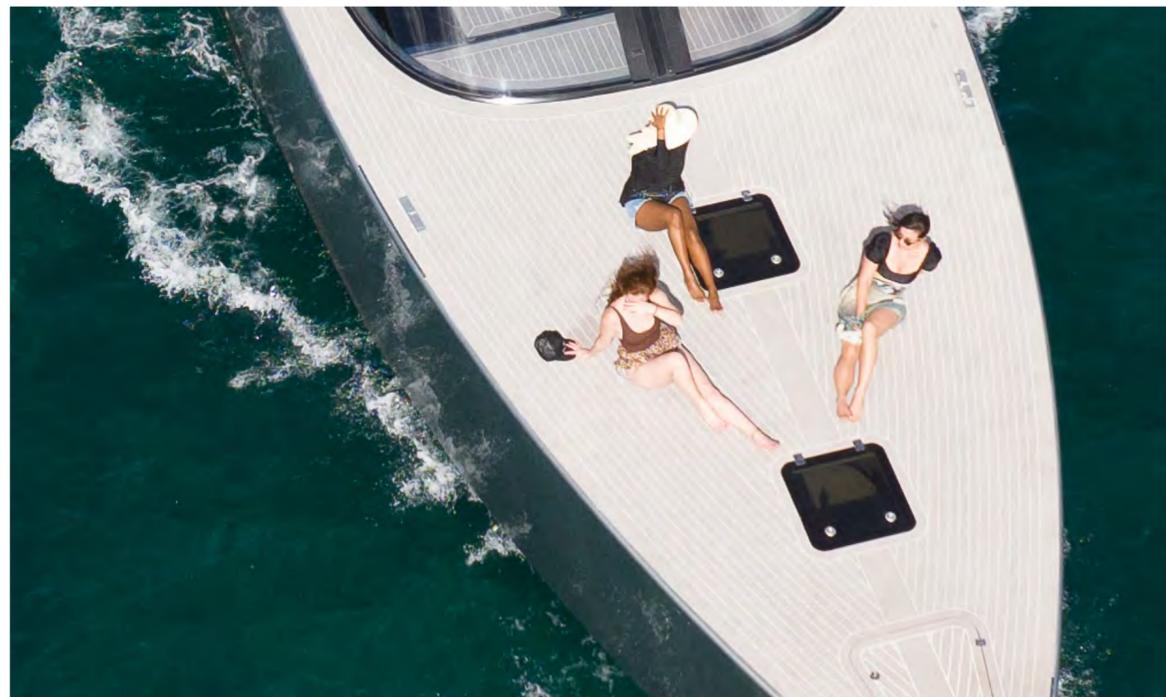
Immerse yourself in tranquillity with snorkeling at Canouan's Shell Beach, Twin Bay and L'Ance Guyac Beach. Float among vibrant marine life effortlessly, sans scuba gear, and discover the allure of the tropics beneath the crystal-clear waters with a guided exploration of one of the Caribbean's largest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

45 minutes program

USD 60++/ person

USD 300++/ group (max three persons)





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
- 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 minutes program

USD 180++/ couple (20 minutes)

USD 250++/ four people (20 minutes)





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 120++/ couple

ONE-ON-ONE 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++/ person

Bookings upon request





TENNIS

Programmed by Janko Tipsarevic, former professional tennis and winner of four ATP World Tour titles, 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/ person

USD 120/person (under 12 years old)

USD 225/ group (max three persons)

USD 75/ hour for tennis ball machine rental

SOCA SPIN CLASS

Combining high-intensity cardio, muscle-sculpting strength training and rhythm-based choreography, this indoor cycling class is more than a heart-pumping workout – it's an invigorating mind-body experience. Push your pedal to the max in rhythm with energetic Soca playlists, with a passionate instructor motivating you to reach your personal best.

45 minutes program

USD 50++/ person

USD 80++ / couple





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.

1 hour program

USD 150++/ person

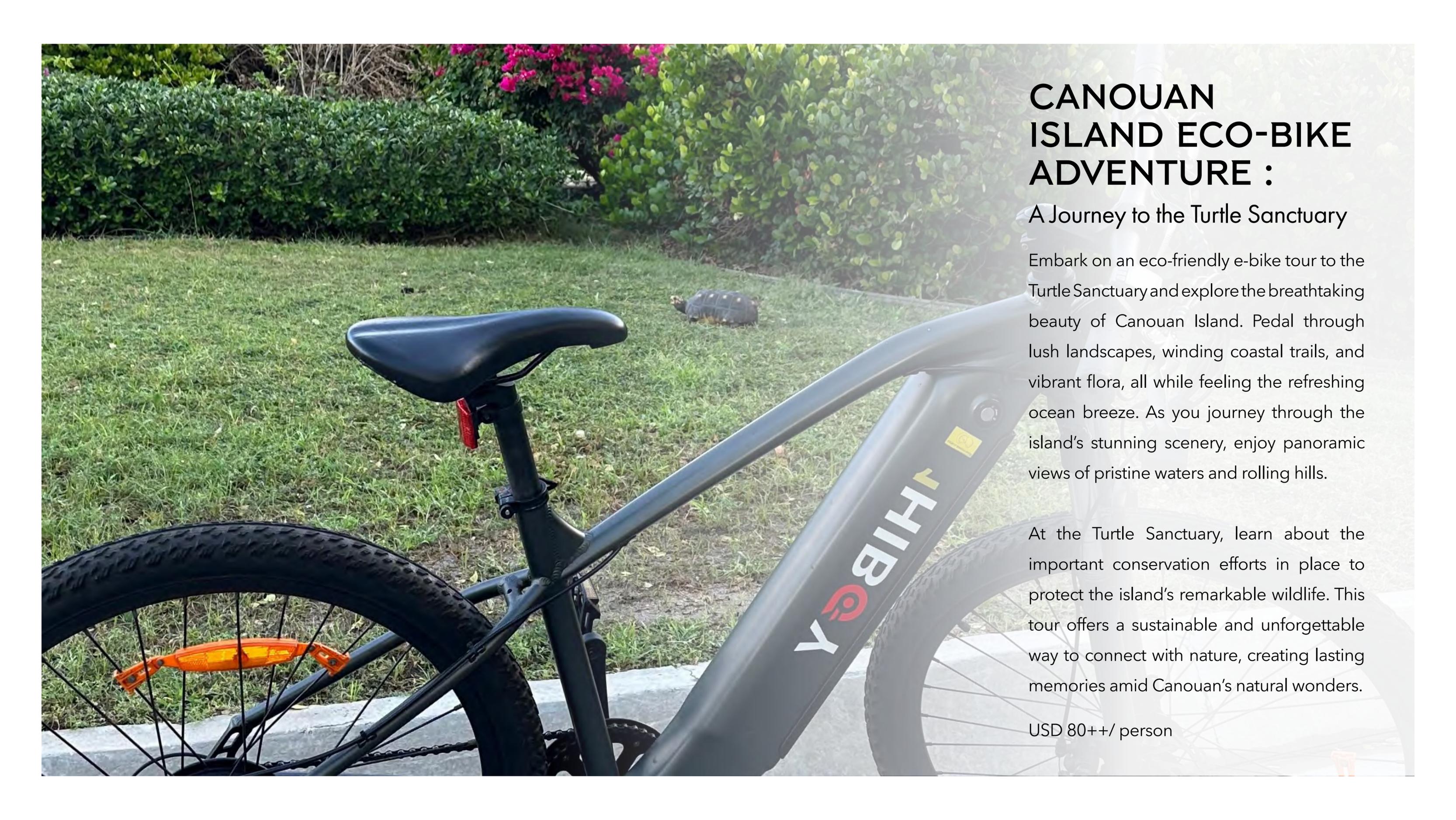


CANOUAN ISLAND TOUR

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



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++/ person

An aerial photograph of a tropical island with a white sandy beach and lush green vegetation. The water is a vibrant turquoise color, transitioning to a deeper blue further out. Several sailboats are visible in the water, including a large blue and white sailboat in the foreground. The sky is bright blue with scattered white clouds. In the background, other islands and mountains are visible on the horizon.

COMPLIMENTARY
ACTIVITIES
AT YOUR LEISURE

An aerial photograph of three people stand-up paddleboarding on a vast, calm blue sea. The person in the foreground is on the right, wearing a red shirt and dark shorts, paddling towards the left. In the middle ground, two people are on a single board, one in a red shirt and one in a blue shirt, both paddling. In the background, a single person in a dark wetsuit is on a board, also paddling. The water is a deep, clear blue with gentle ripples. The overall scene is peaceful and recreational.

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

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.





KAYAKING

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



FUSION FIT GROUP CLASS

Experience a fusion of fun and fitness that transforms your exercise routine. From energizing Beach Fitness and heart-pumping Bootcamps to dynamic Circuit Training and invigorating Power Walks, we offer a variety of group activities and workouts tailored to your preferences. Join our vibrant community for uplifting running sessions and engaging exercises. Embrace the power of group fitness with us - a great way to elevate your workouts while connecting with like-minded individuals.



BEACH VOLLEYBALL AND BEACH SOCCER

Take a break from sunbathing 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!

TUG OF WAR

Dig your feet into the sand as you compete in a thrilling battle of strength and teamwork. Join us for a sun-soaked, high-energy experience by the waves. It's more than a game - it's a beachside showdown!





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