

WELCOME

to our Perfect Paradise

EXPERIENCE AN ENDLESS ARRAY OF
ACTIVITIES FROM SERENITY TO ADVENTURE
AND EVERYTHING IN BETWEEN.



BEACH & POOL

The place to see and be seen is the Limin' Pool, offering unobstructed views straight out to the Caribbean Sea horizon. Along with nearly three miles of pristine beachfront and an endless array of watersports activities, including complimentary non-motorized water toys, guests can easily make the most of their beach day.

Hours: 9:00 am - 5:00 pm

ROBERT TRENT JONES II GOLF COURSE

The 18-hole signature golf course is woven into the landscape of the Island, winding over 6,766 yards from the slopes of Nevis Peak down to the edge of the Caribbean Sea - not to mention the friendly faces of the Island's Green Vervet monkeys that call the course home.

Pro Shop : Available Upon Request
Golf: 7:00 am - 5:00 pm
Tennis: 7:00 am - 9:00 pm

KIDS FOR ALL SEASONS

The Kids For All Seasons program includes supervised recreational, creative and educational activities for guests' children ages 6-12. Ages 5 and below must be accompanied by a parent at all times.

Hours: 4:00 pm - 6:00 pm



ADDITIONAL OUTLET HOURS

The Boutique: 10:00 am - 6:00 pm
Watersports: 9:00 am - 12:00 pm; 1:30 pm - 4:00 pm
Gym: 6:00 am - 5:00 pm*
(By Appointment Only)

SUNSET HAPPY HOUR 5PM-7PM DAILY AT ON THE DUNE BAR

Come to On the Dune Bar for Happy Hour that's sure to be the highlight of the week. Enjoy 2 for 1 local beers, rum punch and daily wine selection.



FISH FEEDING 6PM - 6:30 PM ALL AGES WELCOME

With over hundreds of tropical fish swimming freely off of our beach, it is certainly fun and colorful site to see as they swim around.



GOLF CLINICS | 11:15 AM - 12 PM PRO SHOP | ADULT CLINIC

Sunday: Intro to golf
Monday: Chipping & Pitching
Tuesday: Long Irons
Wednesday: Putting
Thursday: Driver & Woods
Friday: Combination Shots
Saturday: Improving Scores



DINING



7:00 AM - 11:00 AM
BREAKFAST | ON THE DUNE

11:00 AM - 4:00 PM
LUNCH | ON THE DUNE BAR

6:00 PM - 9:00 PM
DINNER | ON THE DUNE

11:00 AM - 11:00 PM
DRINKS | ON THE DUNE BAR

4:00 PM - 11:00 PM
LIGHT BITES | ON THE DUNE BAR



SATURDAY

10:00 AM - 11:00 AM

BAKING CLASS | ON THE DUNE - \$50 (KFAS)

Learn from the master and craft your own tasty creations. Kids can grow their skills in the kitchen during our interactive cooking and baking classes.

11:15 AM - 12:00 PM

GOLF CLINIC IMPROVING SCORES | PRO SHOP - \$55

Boost your confidence on the golf course. During each 45-minute session, you'll learn to master specific moves, strokes and reinforce the skills that you've learned by focusing on one specific aspect of the shot. Each session will be tailored to each person to ensure improvement.

3:00 PM - 4:00 PM

CHIP AND SIP | PRO SHOP - \$35

Get ready to swing for the shore with a drink or two during our Chip and Sip mid-day pick-me-up. Chip and Sip is perfect for golf aficionados or novices who want to enjoy a quick few holes while enjoying a local beer or signature rum punch.

SUNDAY

9:00 AM - 10:00 AM

ECO-BIO GOLF | PRO SHOP - \$45

We recommend hitting a golf ball or two into the sea. In fact, our eco-bio golf balls are perfect for doing just that. These balls turn into fish food within 72 hours after hitting the ocean floor. Guests can have beach-side golf competition while feeding the ecosystem. Whether beginners or advanced enthusiasts, the entire family will get to enjoy practicing their swing on a mini beach driving range.

11:15 AM - 12:00 PM

GOLF CLINIC INTRO TO GOLF | PRO SHOP - \$55

Boost your confidence on the golf course. During each 45-minute session, you'll learn to master specific moves, strokes and reinforce the skills that you've learned by focusing on one specific aspect of the shot. Each session will be tailored to each person to ensure improvement.

4:00 PM - 5:00 PM

SOCA DANCE LESSONS | OUTDOOR LAWN (KFAS)

Feel the island beat running through your body as the soca beats take over. Learn the moves that will have you keeping up with the locals on the dance floor while having some fun and working out.

6:00 PM - 9:00 PM

A TASTE OF THE CARIBBEAN DINNER | ON THE DUNE

For this special evening, the On the Dune menu will transform to highlight the best of flavours of the Caribbean, adding just the spice you need.

7:00 PM - 8:30 PM

MOVIE NIGHT | OUTDOOR LAWN - \$35

For an evening under the stars, while watching your favourite stars on the big screen, movie nights is just what the family needs after a long day of playing in the sun. With full concession stands and popcorn, your movie night poolside or on the lawn offers the perfect family-friendly entertainment.

MONDAY

11:15 AM - 12:00 PM

GOLF CLINIC CHIPPING PITCHING | PRO SHOP - \$55

Boost your confidence on the golf course. During each 45-minute session, you'll learn to master specific moves, strokes and reinforce the skills that you've learned by focusing on one specific aspect of the shot. Each session will be tailored to each person to ensure improvement.

12:00 PM - 4:00 PM

LUNCH IN THE WATER | ON THE DUNE BEACH

A casual toes-in-the-sand beachside lunch with breathtaking views, capturing the joyful spirit yet serene essence of Nevis.

1:00 PM - 2:00 PM

HOT SAUCE MAKING CLASS | TERRACE - \$100

Experience a culinary delight for all senses. Join famed hot sauce maker Chef Llewellyn Clarke for a hot and spicy cooking class where you'll create Paw Paw Pepper Sauce using the freshest ingredients that are abundant on the Island. You'll even get to take your very own bottle home to show off your tasty creation.

4:00 PM - 6:00 PM

WATER AEROBICS | SPLASH PAD (KFAS)

The kids can cool off while staying active with a fun water aerobics class in one of our pools.

4:30 PM - 5:30 PM

GOLF COURSE AND MONKEY TOUR | PRO SHOP

The 18-hole on-site golf course features breathtaking views of the Resort, the Caribbean and the neighbouring island of St. Kitts. The team will show you everything from the Resort botanicals to the famous green vervet monkeys. There's even time to take a swing with your club as you tour!

6:00 PM - 9:00 PM

A TASTE OF MANGO | ON THE DUNE

Experience a vibrant display of Caribbean cuisine with select dishes and cocktails crafted by our award-winning Kendie Williams from the Mango restaurant menu.





TUESDAY

9:00 AM - 10:00 AM
COCONUT STORY | OUTDOOR LAWN

Join "Uncle Mac Kee," our Director of Guest Experiences, for a lesson on how the coconut plays a vital role in Nevisian culture, history and cuisine. Sitting on the lawn, you'll nibble on local coconut snacks and watch him and local narrator talk about all the benefits and uses of the coconut and tree.

11:15 AM - 12:00 PM
GOLF CLINIC LONG IRONS | PRO SHOP - \$55

Boost your confidence on the golf course. During each 45-minute session, you'll learn to master specific moves, strokes and reinforce the skills that you've learned by focusing on one specific aspect of the shot. Each session will be tailored to each person to ensure improvement.

3:00 PM - 4:00 PM
SCAVENGER HUNT | KIDS FOR ALL SEASONS

It's time to think like a pirate and race to find the hidden treasures. Kids will enjoy a fun and interactive scavenger hunt around the property by putting their minds to the test to get the prize.

4:00 PM - 6:00 PM
FOOT GOLF | PRO SHOP - ADULTS \$90 OR \$60 WITHOUT CART & KIDS \$45

Get a whole new view of our championship golf course with a game of foot golf. Played similarly to golf, players kick a soccer ball instead of striking a golf ball, working toward a 21-inch "cup" in place of the usual golf hole. The player who finishes the course with the fewest shots wins!

6:00 PM - 9:00 PM
TACO NIGHT | ON THE DUNE

Savour delectable tacos with fresh catch Mahi Mahi or any other protein of your choice and a refreshing margarita by our very own Kendie!

6:00 PM - 9:00 PM
ENTERTAINMENT (STEEL PAN SOLO) | ON THE DUNE

Enjoy the night away with some of the islands favourite local bands and entertainers.

WEDNESDAY

11:15 AM - 12:00 PM
GOLF CLINIC PUTTING | PRO SHOP - \$55

Boost your confidence on the golf course. During each 45-minute session, you'll learn to master specific moves, strokes and reinforce the skills that you've learned by focusing on one specific aspect of the shot. Each session will be tailored to each person to ensure improvement.

12:00 PM - 3:00 PM
LIME & LUNCH | LIMIN' POOL

Enjoy live entertainment and a poolside lunch as you dine at the Limin' Pool.

2:00 PM - 3:00 PM
SAND CASTLE BUILDING | PINNEY'S BEACH

Craft picture-perfect creations and let your imagination run wild during the "Art on the Sands," class where kids are able to create a personal masterpiece inspired by Mother Nature.

4:00 PM - 5:00 PM
BOTANICAL GOLF COURSE TOUR | PRO SHOP

Take a ride along the golf course and learn about the amazing, beneficial and tasty plants that are native to the Caribbean. This fun, educational botanical tour will leave you with a few facts and lots of laughs.



5:00 PM - 6:00 PM

WINE TASTING | ON THE DUNE BAR - \$30

Join us for a wine tasting experience that will be sure to turn you from a novice to an aficionado of wines. Highlighting alluring wines from around the world including Four Seasons' own Iconoclast. This class was designed to be an approachable and entertaining tasting.

6:00 PM - 9:00 PM

A TASTE OF MANGO | ON THE DUNE

Experience a vibrant display of Caribbean cuisine with select dishes and cocktails crafted by our award-winning Kendie Williams from the Mango restaurant menu.

THURSDAY

11:15 AM - 12:00 PM

GOLF CLINIC WOODS AND DRIVERS | PRO SHOP - \$55

Boost your confidence on the golf course. During each 45-minute session, you'll learn to master specific moves, strokes and reinforce the skills that you've learned by focusing on one specific aspect of the shot. Each session will be tailored to each person to ensure improvement.

1:00 PM - 2:00 PM

NEVIS INSIDE SCOOP | OUTDOOR LAWN

Get the inside scoop on island life, and you might just pick-up on the dialect. Guests can sit down with one of our local Nevisians and learn a few sayings and traditions to bring a little bit of the Caribbean back home.

4:00 PM - 5:00 PM

TENNIS CARDIO | TENNIS COURTS - \$30

A stimulating and fun cardio workout that is perfect for an afternoon break to help build on your skills or teach you new ways to correct your form on the court.

4:00 PM - 6:00 PM

COOKING CLASS | ON THE DUNE - \$50 (KFAS)

Learn from the master and craft your own tasty creations. Kids can grow their skills in the kitchen during our interactive cooking and baking classes.

6:00 PM - 9:00 PM

A TASTE OF NEVIS | KASTAWEY

Join us for a special evening at our toes in the sand beach bar, Kastaway. Highlight the best of flavours of Caribbean BBQ, adding just the spice you need.

6:00 PM - 9:00 PM

ENTERTAINMENT (STEEL PAN SOLO) | KASTAWEY

Enjoy the night away with some of the islands favourite local bands and entertainers.

FRIDAY

11:15 AM - 12:00 PM

GOLF CLINIC COMBO SHOTS WITH FOCUS ON THE FINISH | PRO SHOP - \$55

Boost your confidence on the golf course. During each 45-minute session, you'll learn to master specific moves, strokes and reinforce the skills that you've learned by focusing on one specific aspect of the shot. Each session will be tailored to each person to ensure improvement.

12:00 PM - 4:00 PM

LIMIN' BY THE POOL | LIMIN' POOL

It's time to party and enjoy that great Caribbean sunshine, and what better way than spending the day at our Limin' hideaway. The music will be pumping, and the drinks will be flowing. Our afternoon pool party is sure to have you limin' the day away with a live DJ and aqua bartender.

4:00 PM - 6:00 PM

MARINE BIOLOGY CLASS | WATERSPORTS DESK - \$65 (KFAS)

Discover what lurks beneath the sea during our Marine Biology class with one of our knowledgeable experts. Kids will get to learn about the amazing sea creatures and native marine animals including the sea turtle that call the Caribbean home.

4:00 PM - 5:00 PM

MINI MARATHON | PRO SHOP

Let the breathtaking views of the Caribbean Sea and the Nevis Peak backdrop be your motivation as you take on the challenge of our 2000 yard mini-marathon obstacle course. Get ready to have fun, stay active and enjoy the course.

5:00 PM - 6:00 PM

RUM TASTING WITH KENDIE WILLIAMS | ON THE DUNE BAR- \$85

Take a seat at On the Dune Bar to take trip around world to enjoy some of the finest spirits as you sip your way through the history of rum in Nevis and the Caribbean.

6:00 PM - 7:00 PM

A GRAND EXPERIENCE DINNER | ON THE DUNE

If this is the beginning or end of your stay with us, enjoy a delectable meal at On the Dune. The menu will feature freshly caught local whole fish, lobster along with the regular signature items all paired with a bottle of our finest wine.

7:00 PM - 9:00 PM

LIMIN' AT NIGHT AFTER PARTY WITH LIVE BAND | ON THE DUNE

Enjoy the night with one of the islands favourite local band and drink specials from the bar.



The Activity Guide is subject to change at any time based on government protocols and regulations. Prior reservations are required as activities will have limited capacities. Additional fees may apply.