

MANDARIN ORIENTAL, CANOUAN GOES LOCAL, *For a Purpose*



20 December 2023 – 2 January 2024



DISCOVER OUR CARIBBEAN PARADISE

Explore the serenity of our unspoiled beaches, cool ocean breezes and Vincentian culture. Our team is creating a programme of special events and experiences such as live music and entertainment from Vincentian artists, mouth-watering menus, activities for all ages, Santa's arrival, New Year's Eve celebration, fireworks show to ring in the New Year and much more.

[FIND OUT MORE](#)

[RESERVATION](#)



ART OF GIFTING, FOR A PURPOSE

CANOUAN CARES

Mandarin Oriental, Canouan neither takes what we have, nor what we create, for granted. Canouan is a veritable playground for beach lovers and water sports enthusiasts. The region is well known for excellent sailing, diving and deep-sea fishing, all of which can be enjoyed off Canouan's shores and around the many neighboring islands. Canouan's large natural coral reef creates excellent conditions for swimming, snorkeling and sea kayaking off the Godahl Beach Carenage Bay and Shell Beach. Mandarin Oriental, Canouan supports efforts that promote the health of our natural resources and our community.



CARGO 4 KIDS

Educational tools make a world of difference within The Grenadines. Cargo 4 Kids is our way of lending a hand. This program is optional for each resort guest. Here is how it works ... If you have a little extra room in your suitcase, and you care to fill that space with a few school supplies, Mandarin Oriental, Canouan colleagues will ensure they are delivered to schools in need. We take care of ensuring the right supplies find the right classrooms in St. Vincent & The Grenadines. For a list of the requested supplies, kindly contact our Executive Office.

[SUBMIT ENQUIRY](#)

**We invite you to donate an amount of your choice for our Canouan Cares initiative and to partake on our engaging Community initiatives.*



CANOUAN CARES FOR HAWKSBILL TURTLES

Mandarin Oriental, Canouan is making the holiday season special for fans of all ages. Canouan Cares for Hawksbills — a one-of-a-kind event benefitting the island's namesakes — takes place on the powder soft sands of Godahl Beach.

Join us with your family and friends as we release Hawksbill sea turtles, in partnership with Old Hegg Turtle Sanctuary, into the wild. You can become active participants in the celebration. Don't miss this once in a lifetime opportunity to support one of the Caribbean's greatest natural resources.



An aerial photograph showing two people snorkeling in clear, turquoise water. The person on the left is wearing a red swimsuit and yellow fins, while the person on the right is wearing dark swim trunks and yellow fins. They are both facing away from the camera, swimming towards the bottom left of the frame. The water is very clear, showing some underwater details.

EXCURSIONS & EXPERIENCES

Our exclusive Caribbean hideaway on the small island of Canouan is part of the Grenadines archipelago, which is made up of 32 islands and cays. There's so much more to explore within our 1,200-acres and the surrounding areas. You can spot sea turtles or see where scenes of Pirates of the Caribbean were filmed, sail off on a boat excursion or go snorkelling in Tobago Cays, visit Mustique, or walk the beaches of Mayreau.

All guests can enjoy complimentary non-motorised watersports:

- Snorkelling
- Hobie sailing
- Kayaks
- Paddle Boards

Continue your usual fitness routine in a Caribbean setting, try something new, or recharge at the beach.

- Power Walks
- Cycling
- Infinity Pool

Mount Royal hike (Fees apply for private guided hike)

Tennis (Lessons available)

Golf (Fees apply and lessons available)

Half and Full Day Boat Excursions (Fees apply)

Private Fitness Classes (Fees apply)

[EXPLORE MORE](#)



LEISURE SPORTS

Take in panoramic views overlooking the Atlantic Ocean, Canouan Golf Club offers an exhilarating and challenging Jim Fazio designed 18-hole championship course.

18-Hole Golf Course

Design: Jim Fazio

Style: Heathland/Clifftop

Terrain: Hilly with water hazards

Technical difficulty: Hard

Grass Species by Part

Part: Tee, Fairway, Rough and Hazards

Grass: Paspalam, Sealsle1000, Bermuda

Part: Green

Grass: Paspalam Salam

Practice Facilities

Driving Range, Putting Green, Chipping Green

[LEARN MORE](#)



TENNIS

Play tennis in the morning or for a post-dinner match on our all-weather night-lit courts. Complimentary equipment available for games among friends or private lessons.

[FIND OUT MORE](#)

**Golf and tennis pro available on request, 24-hour notice is required for bookings.*





PIRATES OF CANOUAN KIDS' CLUB

Located on the beach front, there are numerous activities to participate in daily, indoor and outdoor games, arts and crafts, culinary activities and a playground.

A spacious toddlers play area features toys, a sunken trampoline, baby swings and an adventure pirate ship with slides and climbing frames. There is also a library, a culinary counter equipped for baking classes, gaming terrace with pool table, table football and table tennis.

The Kids' Club has a large media centre with interactive TV for teens, cinema projector for movie nights, Apple computers and a game room with Wii, Xbox and PlayStation.

Opening Times

Open daily from 8am – 5pm during low season

Open daily from 8am – 6pm or 8pm in April and December

Age Requirements & Fees

Children ages 6 months and older staying in the Kids' Club will incur babysitting fees.

Children ages 3 and older are free.

Babysitting Services

Babysitting is available on request and can be arranged with a minimum of 24-hour notice.

Prices

USD 25 per hour for a maximum of two kids.

USD 10 per hour per additional child.

**Price is subject to change*

SPA & WELLNESS

Nestled on the lush hillside, relax and rejuvenate while listening to the sounds of the ocean.

Enjoy one of our signature treatments and choose a wellness experience during your stay.

Facilities

Hillside Treatment Suites

Hotel Boutique

24-hour Fitness Center

TREATMENTS & THERAPIES



PROGRAMMES

Inner Strength Outer Strength was developed to create positive changes and build strength both physically and mentally. Choose from one- to five-day holistic programmes designed to invite you to rediscover your inner and outer strength with a guided personalised exercise in the serenity of Canouan.

LEARN MORE



INTERNATIONAL CUISINE

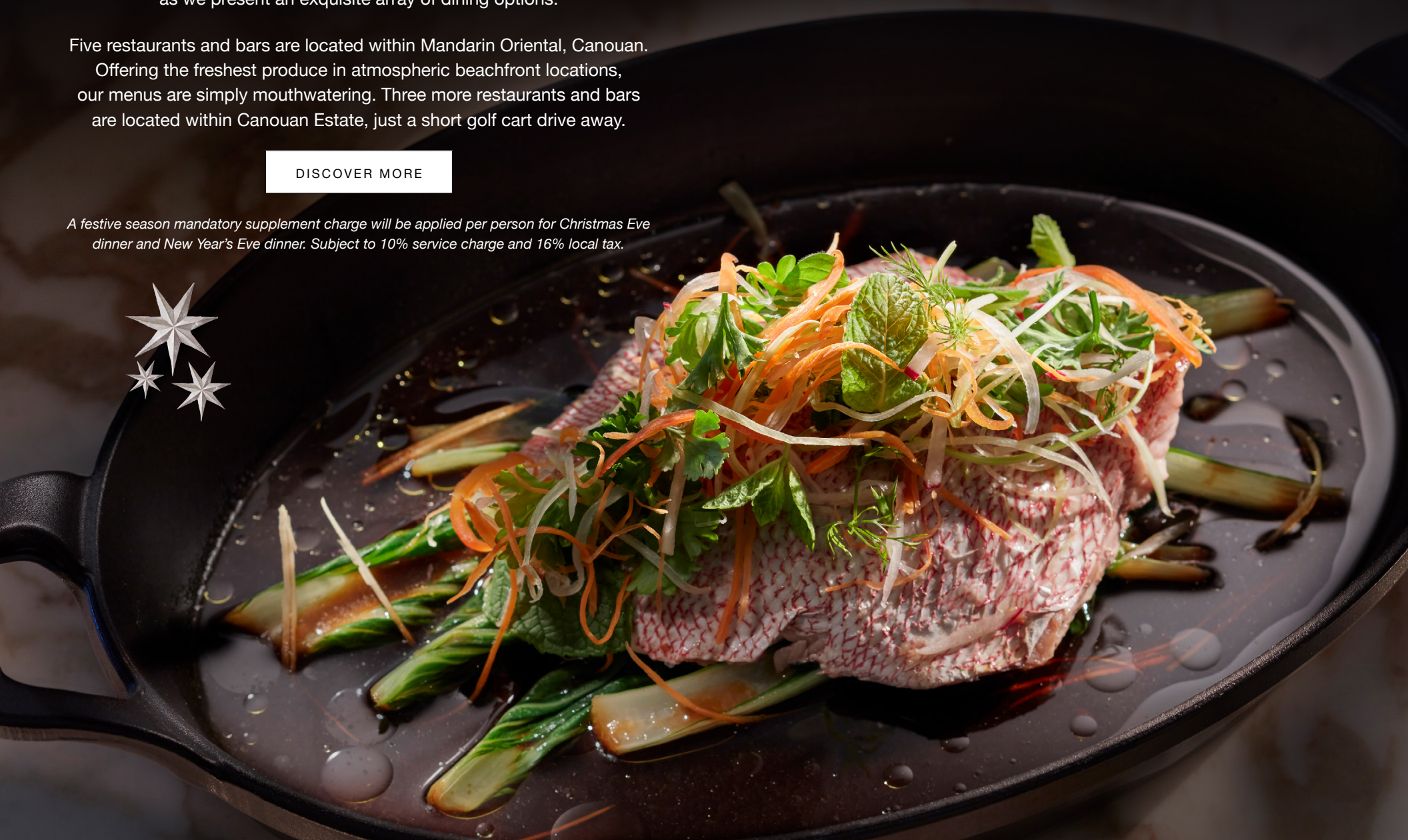
Indulge in a gastronomic journey of international flavours
as we present an exquisite array of dining options.

Five restaurants and bars are located within Mandarin Oriental, Canouan.

Offering the freshest produce in atmospheric beachfront locations,
our menus are simply mouthwatering. Three more restaurants and bars
are located within Canouan Estate, just a short golf cart drive away.

DISCOVER MORE

*A festive season mandatory supplement charge will be applied per person for Christmas Eve
dinner and New Year's Eve dinner. Subject to 10% service charge and 16% local tax.*



SEASONAL EVENTS



WEDNESDAY

20 DECEMBER 2023

7:30am

Mount Royal Hike Adventure

Wind your way up to the top of Mount Royal, the highest peak (877 ft. above sea level) on the Island. Explore the thick forest, variety of plants, and inhabitants, from turtles and hummingbirds to tree-climbing hermit crabs. You will be able to see the Southern Grenadines—Mayreau, Union Island, Palm Island, Petit St. Vincent. On a very clear day, you can spot Grenada. This tour is not recommended for pregnant women or persons with pre-existing health conditions.

Location Lobby

11:00am

Beach Volleyball Bonanza

Team up for a game of volleyball on our powder white sand beach while enjoying the cool ocean breeze.

Location Godahl Beach

2:00pm

Snorkeling Expedition

Known for the largest natural coral reef in the Caribbean, the Barrier Reef is a wonderful snorkeling destination for its calm and protected water. Dive into the refreshing Atlantic Ocean for an incredible aquatic adventure and experience a spectacular underwater encounter surrounded by rich tropical vegetation, colorful fish, and coral reef formations.

Location Godahl Beach

5:30pm – 7:30pm

Sips & Savories: Cocktails & Canapés Caribbean Affair*

Stimulate your appetite with an exquisite choice of pairing while enjoying the tranquil escape in paradise.

Location Turtles Bar

6:30pm – 10:30pm

Creole Soirée: A Night of Flavourful Elegance*

Live Entertainment

Join us for an evening of culinary splendor where the vibrant flavours and rich traditions of Creole cuisine come to life in every exquisite dish.

Cost USD 150 per person

Location Tides Bar + Grill

Dress code Island Chic

THURSDAY

21 DECEMBER 2023

7:30am – 8:30am

Tranquil Serenity: Yin Restorative Retreat

Start your morning with a body and mind relaxation session and feel the cool Atlantic Ocean breeze.

Location Yoga Pavilion

11:00am

Shoreline Showdown: Beach Soccer Extravaganza

Kick off your shoes and feel the sand between your toes. Gather your friends, family, and fellow soccer enthusiasts for an action-packed day of sun, surf, and soccer along the shores of Godahl Beach.

Location Godahl Beach

4:00pm

Paddle & Explore: Guided Kayak Adventure

After spending the day relaxing in the serenity of the resort, why not head out on a mini adventure? Explore our Caribbean turquoise waters on a guided kayak trip, take a break on Shell beach for swimming or simply just relax.

Location Godahl Beach

5:30pm – 7:30pm

Sips & Savories: Cocktails & Canapés American Affair*

Stimulate your appetite with an exquisite choice of pairing and small bites all while enjoy the tranquil escape in paradise.

Location Turtles Bar

6:30pm – 10:30pm

Caribbean Carnival Grillfest*

Live Entertainment

As the sun sets, the air fills with the aroma of smoky goodness as our expert chefs work their culinary magic on the grills.

Location Godahl Beach

Dress code Smart Casual



**Charge will be applied. Reservations required for all themed dinners and special activities. Schedule is subject to change.*

FRIDAY

22 DECEMBER 2023

7:30am – 8:30am

Flex & Unwind: Guided Stretching

Embark on a journey and rejuvenation with our invigorating stretching session. This event is a sanctuary for your body and mind, offering a dedicated time to unwind, release tension, and rediscover a sense of balance.

Location Yoga Pavilion

10:00am

Stand-Up Paddle Board Adventure Tour

There is no better way to experience the beauty of Godahl Beach. Paddling allows a full-body workout while providing the opportunity to witness incredible views of marine life and wildlife.

Location Godahl Beach

5:00pm – 6:00pm

Cheese & Wine Delights*

Experience an enchanting afternoon of sensory indulgence. Join us for a delightful journey through the world of fine wines and artisanal cheeses.

Cost USD 120 per person

Location Church Courtyard

3:00pm – 4:00pm

Ocean Expedition: Cast, Reel, and Explore*

Embark on a thrilling maritime adventure with saltwater fishing. Take in the sights of serenity and unspoiled natural resources while hooking your island catch of the day.

Location Godahl Beach



SATURDAY

23 DECEMBER 2023

2:00pm

Hawksbill Sea Turtle Release

Become an active participant and support one of the Caribbean's greatest natural resources as we release Hawksbill sea turtles into the wild in partnership with Old Hegg Turtle Sanctuary. This is a one-of-a-kind event benefitting the island's namesakes.

Location Godahl Beach

5:30pm – 6:30pm

Afternoon Meditation Retreat

Guided meditation techniques will lead you through a journey of self-discovery, where you'll explore different aspects of mindfulness.

Location Godahl Beach

6:30pm – 10:30pm

Surf & Turf Delights: A Gastronomic Fusion Evening*

Live Entertainment

Elevate your dining experience, where land and sea come together in a symphony of flavours that promises to tantalize your taste buds and satisfy your culinary desires.

Cost USD 150 per person

Location Tides Bar + Grill

Dress code Island Chic

8:30pm – 10:00pm

Trivia Quest*

Test your knowledge in a battle of wits and enter for a chance to win a prize.

Location Turtles Bar

SUNDAY

24 DECEMBER 2023

7:30am – 8:30am

Hatta Yoga Harmony

Set against a backdrop of serene ambiance, you will find yourself immersed in a tranquil space where you can disconnect from the chaos of everyday life and reconnect with your inner self.

Location Yoga Pavilion

9:00am

Hobie Cat Sailaway: Navigating the Seas with Expert Lessons

Under the guidance of our experienced instructors, you will uncover the secrets of the wind's power as you control the sails and steer your Hobie Cat across the water.

Location Godahl Beach

4:00pm

Paddle & Explore: Guided Kayak Adventure

After spending the day relaxing in the serenity of the resort, why not head out on a mini adventure? Explore our Caribbean turquoise waters on a guided kayak trip, take a break on Twin Bay for swimming or simply just relax.

Location Godahl Beach

6:30pm – 10:30pm

Christmas Eve Feast Extravaganza*

Live Entertainment

Indulge in succulent and festive flavours, our 4-course mouth-watering menus serve amuse bouche and palate cleanser specially prepared by our team of chefs.

Location Asianne

Dress code Island Chic

MONDAY

25 DECEMBER 2023

7:00am – 10:30am

Festive Morning Feast: Christmas Breakfast Buffet*

Embrace the enchantment of Christmas morning and join us for a delightful culinary celebration that marks the beginning of this special day.

Location Asianne

10:00am – 10:30am

Canouan Children's Christmas Choir

Join us for Christmas classics as our local Canouan children bring you holiday cheer.

Location Asianne

10:30am

Santa's Warm Welcome: Meet & Greet

Join us for an unforgettable morning filled with anticipation, laughter, and the pure delight of seeing Santa Clause himself.

Location Pirates of Canouan Kids' Club

12:00pm – 4:00pm

Tropical Festive Luncheon*

Live Entertainment

Indulge in alfresco dining paired with Atlantic Ocean views and cool breeze while enjoying live entertainment.

Location Pool Bar

4:00pm – 5:00pm

Ocean Expedition: Cast, Reel, and Explore*

Embark on a thrilling maritime adventure with saltwater fishing. Take in the sights of serenity and unspoiled natural resources while hooking your island catch of the day.

Location Godahl Beach

5:30pm – 7:30pm

Sips & Savories: Cocktails & Canapés Christmas Affair

Stimulate your appetite with an exquisite choice of pairing and small bites all while enjoy the tranquil escape in paradise.

Location Turtles Bar



**Charge will be applied. Reservations required for all themed dinners and special activities. Schedule is subject to change.*

TUESDAY

26 DECEMBER 2023

7:30am – 8:30pm

Thai Stretching

Start your morning with a session of relaxation and focus on stretching to strengthen the spine and body.

Location Yoga Pavilion

10:00am

Stand-Up Paddle Board Adventure Tour

There is no better way to experience the beauty of Godahl Beach. Paddling allows a full-body workout while providing the opportunity to witness incredible views of marine life and wildlife.

Location Godahl Beach

4:00pm

Paddle & Explore: Guided Kayak Adventure

After spending the day relaxing in the serenity of the resort, why not head out on a mini adventure? Explore our Caribbean turquoise waters on a guided kayak trip, take a break on Shell beach for swimming or simply just relax.

Location Godahl Beach

5:30pm – 7:30pm

Sips & Savories: Cocktails & Canapés Italian Affair

Stimulate your appetite with an exquisite choice of pairing and small bites all while enjoy the tranquil escape in paradise.

Location Turtles Bar

6:30pm – 10:30pm

Savour the Sea: Seafood Barbecue Extravaganza*

Picture a seaside setting where the aroma of smoky grills mingles with the salty breeze. Our skilled chefs have curated a menu that showcases a bounty of seafood delights.

Cost USD 150 per person

Location Pool Bar

Dress code Smart Casual



WEDNESDAY

27 DECEMBER 2023

2:00pm

Snorkeling Expedition

Known for the largest natural coral reef in the Caribbean, the Barrier Reef is a wonderful snorkeling destination for its calm and protected water. Dive into the refreshing Atlantic Ocean for an incredible aquatic adventure and experience a spectacular underwater encounter surrounded by rich tropical vegetation, colorful fish, and coral reef formations.

Location Godahl Beach

2:00pm – 4:00pm

Coconut Carving Workshop

Unleash your creativity and immerse yourself in the art of tropical craftsmanship. Join us for a hands-on experience that allows you to transform nature's canvas – the coconut – into a work of art that captures the essence of the tropics.

Location Crescent Court

5:30pm – 7:30pm

Sips & Savories: Cocktails & Canapés Asian Affair

Stimulate your appetite with an exquisite choice of pairing and small bites all while enjoy the tranquil escape in paradise.

Location Turtles Bar

6:30pm – 10:30pm

Surf & Turf Delights: A Gastronomic Fusion Evening*

Live Entertainment

Elevate your dining experience, where land and sea come together in a symphony of flavours that promises to tantalize your taste buds and satisfy your culinary desires.

Cost USD 150 per person

Location Tides Bar + Grill

Dress code Smart Casual

**Charge will be applied. Reservations required for all themed dinners and special activities. Schedule is subject to change.*

THURSDAY

28 DECEMBER 2023

10:00am

Hobie Cat Sailaway: Navigating the Seas with Expert Lessons

Under the guidance of our experienced instructors, you will uncover the secrets of the wind's power as you control the sails and steer your Hobie Cat across the water.

Location Godahl Beach

4:00pm – 5:00pm

Ocean Expedition: Cast, Reel, and Explore*

Embark on a thrilling maritime adventure with saltwater fishing. Take in the sights of serenity and unspoiled natural resources while hooking your island catch of the day.

Location Godahl Beach

5:30pm – 6:30pm

Pranayama & Mindful Breathing Workshop

Discover the art of breath awareness through a rejuvenating journey that explores the art of conscious breathing and its profound impact on your overall well-being.

Location Godahl Beach

6:30pm – 7:30pm

Trivia Quest*

Test your knowledge in a battle of wits and enter for a chance to win a prize. Picture a seaside setting where the aroma of smoky grills mingles with the salty breeze. Our skilled chefs have curated a menu that showcases a bounty of seafood delights.

Location Turtles Bar

Dress code Smart Casual



FRIDAY

29 DECEMBER 2023

7:30am

Mount Royal Hike Adventure

Wind your way up to the top of Mount Royal, the highest peak (877ft. above sea level) on the Island. Explore the thick forest, variety of plants, and inhabitants, from turtles and hummingbirds to tree-climbing hermit crabs. You will be able to see the Southern Grenadines—Mayreau, Union Island, Palm Island, Petit St. Vincent. On a very clear day, you can spot Grenada. *This tour is not recommended for pregnant women or persons with pre-existing health conditions.*

Location Lobby

11:00am – 12:00pm

Self-Healing Acupressure Workshop

Guided by knowledgeable instructors, this workshop will introduce you to the world of acupressure and empower you with techniques to activate specific acupoints on your body.

Location The Spa

12:00pm – 4:00pm

Tapas & Rosé Delights: A Soirée at the Bar* Entertainment

As the afternoon unfolds, treat your taste buds to a tantalizing array of tapas. Our talented chefs have meticulously crafted each dish to embody the essence of indulgence, offering a delectable journey through Spanish-inspired bites that captivate the senses.

Location Pool Bar

2:00pm – 4:00pm

T-Shirt Art Workshop

Unleash your creativity and transform a blank canvas into wearable art. Join us for a hands-on experience that allows you to express yourself through vibrant colors, imaginative designs, and thrill of customizing your very own t-shirt masterpiece.

Location Crescent Court

4:00pm

Shoreline Showdown: Beach Soccer Extravaganza

Kick off your shoes and feel the sand between your toes. Gather your friends, family, and fellow soccer enthusiasts for an action-packed day of sun, surf, and soccer along the shores of Godahl Beach.

Location Godahl Beach

6:30pm - 10:30pm

Flavours Unite: East Meets West Street Food Festival*

From the tantalizing aromas of Asian street food favourites to the hearty comfort of Western classics, each dish is a testament to the art of culinary fusion.

Cost USD 120 per person

Location Crescent Court & Asienne

**Charge will be applied. Reservations required for all themed dinners and special activities. Schedule is subject to change.*

SATURDAY

30 DECEMBER 2023

7:30am – 8:30am

Dynamic Power Yoga Experience

Ignite your inner strength and invigorate your spirit. Join us for a dynamic and energizing yoga experience that is designed to challenge your body, elevate your mind, and awaken a renewed sense of vitality.

Location Yoga Pavilion

10:30am

Stand-Up Paddle Board Adventure Tour

There is no better way to experience the beauty of Godahl Beach. Paddling allows a full-body workout while providing the opportunity to witness incredible views of marine life and wildlife.

Location Godahl Beach

12:00pm – 4:00pm

Caribbean Lunch Delight*

Live Entertainment

Explore the culture in a celebration of flavours and take the opportunity to immerse yourself in the beauty of the Caribbean through the art of cuisine.

Location Pool Bar

4:00pm

Paddle & Explore: Guided Kayak Adventure

After spending the day relaxing in the serenity of the resort, why not head out on a mini adventure? Explore our Caribbean turquoise waters on a guided kayak trip, take a break on Twin Bay for swimming or simply just relax.

Location Godahl Beach

5:30pm – 7:30pm

Sips & Savories: Cocktails & Canapés French Affair

Stimulate your appetite with an exquisite choice of pairing and small bites all while enjoy the tranquil escape in paradise.

Location Turtles Bar

SUNDAY

31 DECEMBER 2023

11:00am – 12:00pm

Intelligent Movement Workshop

This workshop is suitable for individuals of all fitness levels, from those seeking to enhance their movement practices to those looking to explore a more mindful approach to physical activity.

Location The Spa

2:00pm

Snorkeling Expedition

Known for the largest natural coral reef in the Caribbean, the Barrier Reef is a wonderful snorkeling destination for its calm and protected water. Dive into the refreshing Atlantic Ocean for an incredible aquatic adventure and experience a spectacular underwater encounter surrounded by rich tropical vegetation, colorful fish, and coral reef formations.

Location Godahl Beach

6:30pm – 11:30pm

New Year's Eve Gala Dinner Celebration*

Live Entertainment

Magician, dancers, DJ, acrobats, and more. As the evening unfolds, enjoy a tribute to the year that was, and a grand welcome to the year ahead. Our chefs have created a sumptuous 5-course menu that showcases the finest ingredients and culinary artistry, ensuring every bite is a delightful symphony of flavours.

Locations Tides Bar + Grill & Asienne

Dress code Island Chic



**Charge will be applied. Reservations required for all themed dinners and special activities. Schedule is subject to change.*

MONDAY

1 JANUARY 2024

7:00am – 11:00am

New Year's Day Breakfast Buffet*

Start the new year on a delicious note. Enjoy a morning of celebration and renewal as we welcome the first day of the year with an array of culinary treasures that promise to delight your senses and set the tone for a year of positivity and joy.

Location Asianne

4:00pm

Paddle & Explore: Guided Kayak Adventure

After spending the day relaxing in the serenity of the resort, why not head out on a mini adventure? Explore our Caribbean turquoise waters on a guided kayak trip, take a break on Shell beach for swimming or simply just relax.

Location Godahl Beach

5:30pm – 6:30pm

Afternoon Meditation Retreat

Guided meditation techniques will lead you through a journey of self-discovery, where you'll explore different aspects of mindfulness.

Location Godahl Beach

6:30pm – 7:30pm

Trivia Night*

Join us for a game of trivia after dinner and enter for a chance to win a prize.

Location Turtles Bar

Dress code Smart Casual



TUESDAY

2 JANUARY 2024

11:00am

Shoreline Showdown: Beach Soccer Extravaganza

Kick off your shoes and feel the sand between your toes. Gather your friends, family, and fellow soccer enthusiasts for an action-packed day of sun, surf, and soccer along the shores of Godahl Beach.

Location Godahl Beach

4:00pm

Sailing Expedition Adventure

Embark on a nautical journey of a lifetime in the Caribbean. Set sail on the crystal-clear waters of this tropical paradise, where the gentle sea breeze carries you to the secrets of the open ocean.

Location Godahl Beach

5:30pm – 7:30pm

Sips & Savories: Cocktails & Canapés Caribbean Affair

Stimulate your appetite with an exquisite choice of pairing and small bites all while enjoy the tranquil escape in paradise.

Location Turtles Bar

6:30pm – 10:30pm

Savour the Sea: Seafood Barbecue Extravaganza*

Live Entertainment

Picture a seaside setting where the aroma of smoky grills mingles with the salty breeze.

Our skilled chefs have curated a menu that showcases a bounty of seafood delights.

Cost USD 150 per person

Location Godahl Beach



As we say a final goodbye to the most amazing 2023

bringing upon us the dawn of an even better 2024 and beyond, the team and I at Mandarin Oriental, Canouan are looking forward to celebrating the local culture by bringing the communities even closer together and share its fascinating stories to the world. Embracing Regenerative travel and practicing Sustainability will be at the center of everything we do at this Caribbean gem.

Best wishes,

Hemal Jain
General Manager

