



MANDARIN ORIENTAL
CANOUAN

RECREATIONAL ACTIVITIES

Carenage Bay, Canouan Island, Saint Vincent & The Grenadines, VC0450
Telephone: +1 212 461 8068 | Email: mocan-reservations@mohg.com

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.

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.

USD 180++/ couple (20 minutes)
USD 250++/ four people (20 minutes)





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
USD 150+ +/- person

OCEAN FISHING
Price based on boat packages



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.

USD 120+ / couple (one hour)

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.





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.

USD 60+ / person (for forty-five minutes)

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.

USD 150+ / person (one hour)





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.

One-hour program

Hatha Yoga	USD 190+ +/ person
Yin Restorative	USD 190+ +/ person
Vinyasa Flow	USD 190+ +/ person

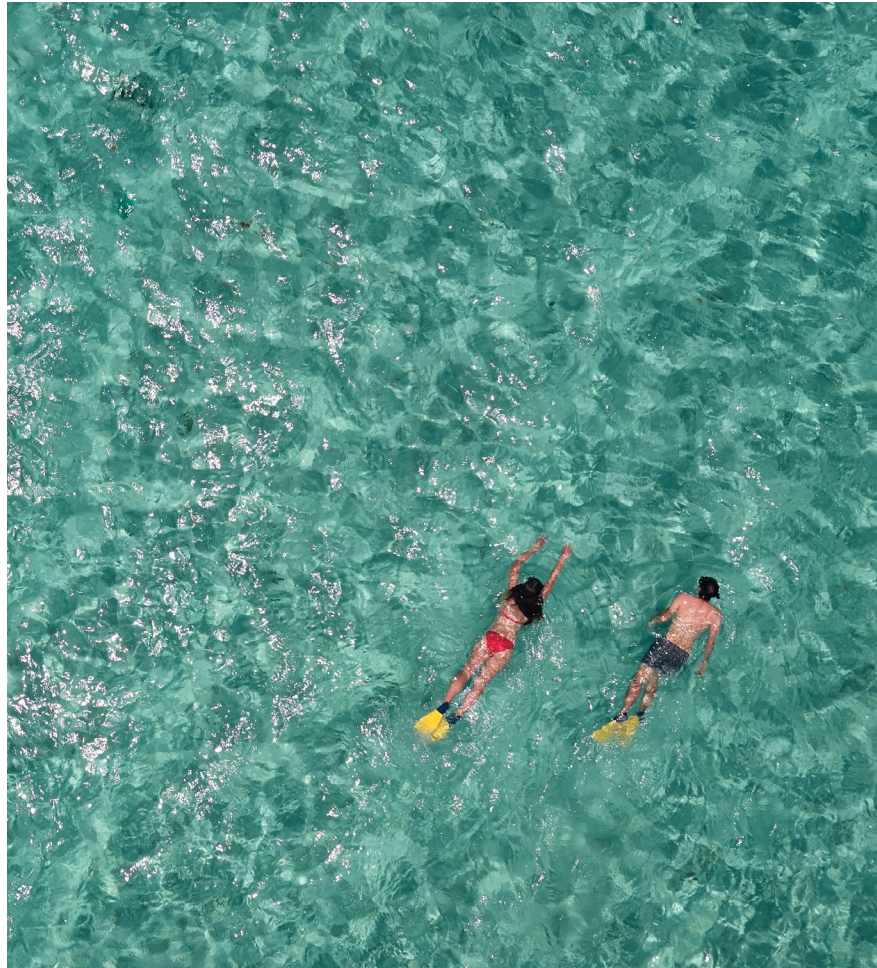
Thirty-minute program

Pranayama	USD 100+ +/ person
Meditation	USD 100+ +/ person

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.

USD 150+ / person (two hours)





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.

Price based on tennis packages.



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.

USD 100++/ person

COMPLIMENTARY ACTIVITIES
AT YOUR LEISURE

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.

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!

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.

GROUP YOGA SESSION



Unwind, stretch and find your zen amidst the tranquil surroundings of our resort oasis. Our expert instructors will guide you through harmonious movements, breathing exercises and meditation, creating a balance of relaxation and revitalization. Whether you're a beginner or an experienced yogi, join our group yoga sessions where we foster a sense of community focused on enhancing well-being. The complimentary group yoga class is available only on designated days and subject to availability. Contact our Guest Relations team for further information.

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!