

information

Mandarin Oriental, Canouan
Carenage Bay, Canouan Island, St Vincent and the Grenadines
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mandarinoriental.com/canouan/



FUN IN THE SUN, SAND AND SEA – ACTIVITIES & EXCURSIONS

Despite being just 5 square miles in size, Canouan has a surprisingly wide variety of activities and excursions to enjoy. For lazy days, claim one of the resort's inviting sunloungers on Godahl Beach or a private poolside cabana. When the inspiration strikes for a fun-filled activity or adventurous excursion, there are plenty of options and Mandarin Oriental, Canouan's savvy Front Desk team is ready to assist with recommendations and arrangements.

WEEKLY ACTIVITY GUIDE

Resort guests will find a weekly activity guide in their rooms featuring a variety of scheduled offerings including a morning power walk, reef snorkelling tour, guided Mount Royal hike, body sculpting class in the fitness centre, beginner Cross-Fit classes, Hobie Cat sailing, windsurfing or paddle boarding lessons and sea kayaking.

AT SEA

Long known for its excellent sailing and boating conditions, a stay in St. Vincent and the Grenadines isn't complete without exploring some of the region's 32 islands and cays by sea. Whether the vessel of choice is a sailboat, catamaran, luxury motor yacht or cutting-edge speedboat, the resort's Front Desk team is at the ready to assist with half-day and full-day charters that can be customized to include snorkelling at popular turtle sites, deep sea fishing, scuba diving and exploring the regions many islands and cays. A gourmet beach picnic, sunset champagne or a catch-of-the-day lunch at Sparrow's restaurant on Union Island are just some of the offerings that can be added to an island-hopping adventure.

CHAMPIONSHIP GOLF

Canouan Island's Jim Fazio-designed golf course provides a round of golf that is as challenging as it is beautiful. The only 18-hole championship course in St. Vincent and The Grenadines, this course's 13th hole known for distractingly stunning views and incredible sunsets while the 16th hole ranks as one of golf's longest par 3 holes. Top-of-the-line clubs

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and golf shoes are available for rent in the pro-shop along with a variety of golf accessories and clothing for purchase.

TENNIS ANYONE?

Mandarin Oriental, Canouan guests are welcome to enjoy complimentary use of Grenadines Estate's three synthetic grass, flood-lit tennis courts next door to the resort. The pro-shop provides ball machine rentals and complimentary rackets, balls, tennis shoes, towels, bottled water and fresh fruit. Lessons with a tennis pro are available for purchase during the Easter and Festive seasons.

HIKING

A hike up Mount Royal, Canouan's highest peak at 877 feet (267 metres) above sea level is a moderately challenging workout that rewards at the top with dramatic 360 degree views of the surrounding Grenadine islands. For those looking for more of a leisurely stroll, Canouan Island has a number of coastal hikes to secluded, castaway beaches. Complimentary guided Mount Royal nature hikes are offered on resort's weekly activity calendar and private guided tours can also be arranged for purchase.

WATER SPORTS CENTRE

The resort offers an impressive variety of water sports equipment including Hobie Cats, kayaks, paddleboards, windsurfers, snorkelling equipment and aqua pedal bikes. Water sports equipment and introductory instruction are complimentary.

BEACH HOPPING

Canouan is blessed with a variety of idyllic beaches to enjoy and several are conveniently located near Mandarin Oriental, Canouan. The resort's Godahl Beach offers a long stretch of white sand and excellent snorkelling along the Caribbean's largest natural coral reef. Nearby

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Shell Beach is an idyllic castaway beach with a small restaurant and bar, thatched-roof sun huts, and tranquil waters that are perfect for a leisurely swim or paddle boarding. L’Ance Guyac is Canouan’s Nikki Beach-like spot with a romantic open-air restaurant, chic boutique, sunloungers and thatched-roof huts.

DEEP DIVE - SCUBA DIVING

Canouan is home the largest living coral barrier reef in the Caribbean, and St. Vincent and The Grenadines is a diver’s paradise for spotting a variety of marine life. With the Tobago Cays and other islands in close proximity there are a number of great dive spots to keep divers happy for days. Scuba Diving can be booked through the resort’s Front Desk.

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