
MANDARIN ORIENTAL
CANOUAN
UNFOLDING
MOMENTS
HOLIDAY ACTIVITY GUIDE
DECEMBER 19 | JANUARY 4

A WARM WELCOME

TO MANDARIN ORIENTAL, CANOUAN



We are delighted to welcome you to our island paradise and to share this special time of year with you.

Known as the 'Island of Turtle,' Canouan is a sanctuary of unspoiled beaches, tranquil seas, and gentle breezes. A place to slow down, reconnect, and restore balance.

It offers the perfect setting to recharge body and spirit– leaving you with the feeling that you have discovered your own private paradise.

To celebrate the festive season, the team has thoughtfully curated a programme of exceptional experiences and seasonal moments for you to enjoy throughout your stay.

Should you wish to arrange a private celebration or bespoke island adventure, our team will be delighted to assist.

Every detail will be seamlessly considered to create meaningful and lasting memories this holiday season.

From our Mandarin Oriental, Canouan family to yours, we wish you a joyful, peaceful, and truly memorable festive season.

Festively yours,

Melvyn Mcintyre
Resort Manager







STAY A LITTLE LONGER

ENJOY THE GIFT OF MORE TIME IN PARADISE



VALID UNTIL 22ND DECEMBER 2026

STAY NOW

Escape to Canouan this festive season, where crystal-clear waters, endless Caribbean sunshine, and effortless luxury set the stage for unforgettable moments together.

Enjoy a complimentary night, seamless travel between Barbados and Canouan, and a collection of exclusive inclusions designed to elevate your stay.

- Complimentary inter-island flights
- VIP airport assistance and complimentary transfers
- Dedicated butler service
- Welcome amenity
- Non-motorized water sports and resort activities
- Kids' Club access
- Twice-daily housekeeping

Minimum four-night stay required. Subject to availability. Blackout dates and terms and conditions apply.





ONE MORE NIGHT, ON US

MORE TIME FOR FESTIVE MOMENTS THAT MATTER

Extend your festive retreat with an additional night to savour Canouan's tranquil beauty.

Spend unhurried days by the sea, indulge in thoughtful service, and create lasting holiday memories in an island sanctuary where every detail is thoughtfully considered.

- Airport assistance.
- Dedicated butler service.
- Non-motorized water sports and resort activities.
- Twice-daily housekeeping.

Minimum three-night stay required. Subject to availability. Blackout dates and terms and conditions apply.

BECAUSE PARADISE IS BEST ENJOYED WITHOUT HURRY

VALID UNTIL 22ND DECEMBER 2026

STAY NOW

ISLAND DINING

EACH MOMENT CELEBRATES EXCEPTIONAL CUISINE

Discover eight distinctive restaurants and bars across Mandarin Oriental, Canouan and Canouan Estate Resort & Villas.

From beachfront breakfasts to elegant dinners and relaxed island lunches.

Spectacular settings and warm Caribbean hospitality.

All dining can be conveniently charged to your suite or villa.

ASIANNE

7:00 AM – 12:00 PM

Breakfast with breathtaking Atlantic Ocean views.

DRESS CODE: RESORT CASUAL

LAGOON CAFÉ

LUNCH: 12:00 PM – 4:00 PM
DINNER: 6:30 PM – 10:00 PM

Mediterranean flavours served against the backdrop of the sea.

DRESS CODE: SMART CASUAL

TIDES BAR + GRILL

DINNER: 6:30 PM – 10:00 PM

Elevated Caribbean flavours, thoughtfully crafted and beautifully presented. A contemporary fine dining experience celebrating premium meats, fresh local seafood, and island-inspired cuisine, served with sweeping ocean views.

DRESS CODE: SMART CASUAL

TURTLES BAR

4:00 PM - 12:00 AM

An elegant beachfront lounge inspired by the Hamptons, perfect for handcrafted cocktails, fine wines and sunset conversations.

DRESS CODE: SMART CASUAL

POOL BAR

LUNCH: 12:00 PM – 4:00 PM
BAR: 11:00 AM – 6:00 PM

Relax poolside with vibrant Nikkei cuisine, refreshing cocktails and uninterrupted views across Godahl Beach.

DRESS CODE: ISLAND CHIC

CASTAWAY BY LAND OR SEA

YOUR PRIVATE ISLAND DINING JOURNEY.

Dine on secluded beaches or beneath the stars with bespoke barbecue lunches and private dinners in unforgettable island locations.

DRESS CODE: YOUR CHOICE

AT CANOUAN ESTATE

L'ANCE GUYAC

LUNCH: 12:00 PM – 4:00 PM
DINNER: 6:30 PM – 10:00 PM

A secluded beachfront restaurant serving the freshest seafood and Caribbean flavours in a relaxed barefoot setting.

DRESS CODE: SMART CASUAL

SHELL BEACH BAR & GRILL

BREAKFAST: 7:00 AM - 10:30 AM
LUNCH: 12:00 PM – 4:00 PM
DINNER: 6:30 PM - 10:00 PM

A laid-back beachfront grill serving island favourites, freshly grilled seafood and Caribbean classics just steps from the sand.

DRESS CODE: ISLAND CHIC



SEASON AT A GLANCE

FESTIVE PROGRAMME

ADVANCE RESERVATIONS ARE REQUIRED FOR ALL PAID ACTIVITIES, AS SPACES ARE LIMITED AND SUBJECT TO AVAILABILITY.

19

saturday
DECEMBER

ARCHERY SESSION

Refine your aim and embrace the challenge of this timeless sporting pursuit. Surrounded by Canouan's natural beauty, guests of all skill levels are invited to test their precision in a relaxed and engaging setting.

4:00 PM | LOBBY |
Complimentary

THE MIGHTY 5K CANOUAN RUN

Set out on an invigorating journey through Canouan's spectacular landscapes as the island awakens beneath the morning sun. Traverse scenic fairways, rolling hills and breathtaking coastal vistas while enjoying the refreshing sea breeze and panoramic views across the Grenadines.

6:00 AM | LOBBY |
Complimentary

GRENADINES STREET FOOD

A vibrant celebration of island culture and culinary heritage. Discover beloved regional flavours inspired by the traditions of the Grenadines, thoughtfully elevated through contemporary presentation and exceptional ingredients.

7:00 - 10:00 PM | POOL BAR
set menu | USD 150++ p. person

THE MENU

20

sunday
DECEMBER

SUNRISE YOGA

Welcome the day with a restorative yoga practice overlooking the sparkling Caribbean Sea. As golden morning light dances across the water, reconnect with body and mind through mindful movement, breath and moments of complete tranquillity.

7:00 AM | YOGA PAVILION |
Complimentary

E-BIKE TOUR

Explore the island's hidden treasures and breathtaking scenery on a guided electric bike adventure. Journey through tropical landscapes, coastal pathways and panoramic viewpoints while uncovering the authentic charm and beauty of Canouan.

10:00 AM | LOBBY |
Complimentary

ASIAN FLAIR

Embark on an elegant exploration of Asia's rich culinary traditions. Delicate sushi, premium seafood, aromatic curries and refined regional classics come together in a sophisticated journey of flavour, texture and discovery.

7:00 - 10:00 PM | LAGOON CAFÉ
set menu | USD 150++ p. person

THE MENU



TREE LIGHTING CEREMONY

Gather beneath a canopy of twinkling lights for one of the festive season's most cherished traditions. Savour seasonal canapés, enjoy uplifting live choral performances and watch as our magnificent Christmas tree is illuminated in a dazzling celebration of joy, wonder and togetherness.

6:30 PM | LOBBY |
Complimentary

21

monday
DECEMBER

BEACHFRONT FITNESS

Awaken your senses with an energising workout on the shoreline. Accompanied by the rhythm of the waves and the refreshing ocean breeze, this uplifting session offers the perfect start to an island day.

7:00 AM | GODAHL BEACH |
Complimentary

SNORKELLING AT SHELL BEACH

Immerse yourself in crystal-clear waters and discover a vibrant underwater world alive with tropical marine life. Glide effortlessly above colourful coral gardens and experience one of the Caribbean's most extraordinary natural wonders.

11:00 AM | LOBBY |
Complimentary

HOBIE CAT SEAFARING

Harness the Caribbean winds and experience the exhilaration of sailing across turquoise waters. Whether learning the fundamentals or perfecting advanced techniques, this unforgettable adventure combines freedom, excitement and extraordinary island scenery.

4:00 PM | LOBBY |
Complimentary

SEAFOOD AFFAIR

Celebrate the ocean's finest treasures through a thoughtfully curated dining experience. Showcasing exceptional local and international catches, each dish highlights pristine ingredients, refined techniques and coastal inspiration.

7:00 - 10:00 PM | LAGOON CAFÉ
set menu | USD 150++ p. person

THE MENU



22

tuesday
DECEMBER

GROUP SCUBA DIVING

Explore beneath the surface on an unforgettable underwater adventure. Encounter spectacular coral formations, discover thriving marine ecosystems and experience the incomparable beauty of Canouan's surrounding waters.

2:00 PM | LOBBY
USD 500++ per person



VINYĀSA YOGA

Flow seamlessly through a dynamic sequence designed to cultivate strength, flexibility and balance. Guided by breath and movement, this invigorating practice leaves you feeling centred, renewed and ready to embrace the day.

7:00 AM | YOGA PAVILION |
Complimentary

TASTE OF THE CARIBBEAN

Experience the vibrant soul of the Caribbean through a menu inspired by the region's rich culinary heritage. Featuring fresh local ingredients, bold island flavours and contemporary artistry, each dish tells a story of place and tradition.

7:00 - 10:00 PM | LAGOON CAFÉ
set menu | USD 150++ p. person

THE MENU

23

wednesday
DECEMBER

THE MIGHTY 5K CANOUAN RUN

Set out on an invigorating journey through Canouan's spectacular landscapes as the island awakens beneath the morning sun.

6:00 AM | LOBBY |
Complimentary

ARCHERY SESSION

Surrounded by Canouan's natural beauty, guests of all skill levels are invited to test their precision in a relaxed and engaging setting.

10:00 AM | LOBBY |
Complimentary

E-BIKE TOUR

Explore the island's hidden treasures and breathtaking scenery on a guided electric bike adventure.

10:00 AM | LOBBY |
Complimentary

MIXOLOGY CLASS

Master the art of cocktail crafting with our expert mixologists.
Discover signature recipes, premium spirits, and the techniques behind perfectly balanced cocktails in an engaging and interactive experience.

4:30 - 5:00 PM | TURTLES BAR
USD 60++ per person
Advance reservations are required

SUNSET CRUISE

Step aboard for one of Canouan's most captivating experiences. As golden light dances across the Caribbean Sea, sail into the horizon with a glass of champagne in hand. Surrounded by panoramic ocean vistas and the gentle rhythm of the waves, savour a moment of pure island serenity as the sun sets in a spectacular display of colour.

4:30 - 6:00 PM |
CARENAGE BAY JETTY
USD 300++ per person
Advance reservations are required

SILK ROUTE

Travel through the legendary flavours of Asia, the Middle East and the Indian subcontinent. Inspired by centuries of cultural exchange, this immersive dining experience combines aromatic spices, vibrant ingredients and contemporary culinary craftsmanship.

7:00 - 10:00 PM | LAGOON CAFÉ
set menu | USD 150++ p. person

THE MENU

CHRISTMAS EVE

24

thursday
DECEMBER

MINDFUL NATURE & WELLNESS WALK

Reconnect with nature on a guided journey through Canouan's lush tropical landscapes. Breathe the fragrant island air, listen to the gentle sounds of the natural surroundings and discover moments of quiet reflection along the way.

7:00 AM | LOBBY |
Complimentary

ARCHERY SESSION

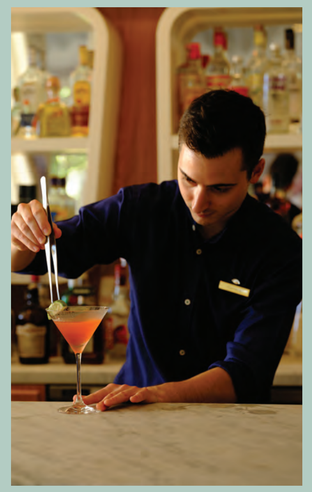
Refine your aim and embrace the challenge of this timeless sporting pursuit. Surrounded by Canouan's natural beauty, guests of all skill levels are invited to test their precision in a relaxed and engaging setting.

4:00 PM | LOBBY |
Complimentary

FESTIVE COCKTAIL RECEPTION

Begin the evening with handcrafted cocktails, festive canapés and seasonal cheer.

5:30 - 6:30 PM |
TIDES BAR TERRACE |
Complimentary



CHRISTMAS EVE FEAST

Gather with family and friends for an enchanting Christmas Eve celebration. Indulge in an abundant festive feast featuring premium seafood, exceptional meats and decadent seasonal desserts, all served in an atmosphere of warmth, elegance and holiday magic.

6:30 - 10:00 PM |
TIDES BAR & GRILL |

THE MENU

CHRISTMAS DAY

25

friday

DECEMBER

HATHA YOGA

Discover a sense of calm through a timeless practice combining mindful postures, gentle breathwork and meditation.

7:00 AM | YOGA PAVILION |
Complimentary

CHRISTMAS MORNING SERVICE & CHOIR

Begin Christmas Day in a spirit of reflection and celebration. Enhanced by the uplifting harmonies of a live choir, this meaningful gathering offers a beautiful moment to embrace the joy and warmth of the festive season.

8:30 AM | LOBBY |
Complimentary

HOBIE CAT SEAFARING

Harness the Caribbean winds and experience the exhilaration of sailing across turquoise waters.

4:00 PM | LOBBY |
Complimentary

THE BUTCHER'S FEAST BBQ

Join us on the beach for a festive feast featuring live grilling stations, chef-led carving displays, premium meats, fresh seafood, seasonal sides, and an indulgent plated dessert, all served in a stunning Caribbean setting.

7:00 - 10:00 PM |
CRESCENT COURT
set menu | USD 225++ p. person

THE MENU



26

saturday

DECEMBER

BEACHFRONT FITNESS

Awaken your senses with an energising workout on the shoreline. Accompanied by the rhythm of the waves and the refreshing ocean breeze, this uplifting session offers the perfect start to an island day.

7:00 AM | GODAHL BEACH |
Complimentary

SUNSET CRUISE

Step aboard for one of Canouan's most captivating experiences. As golden light dances across the Caribbean Sea, sail into the horizon with a glass of champagne in hand. Surrounded by panoramic ocean vistas and the gentle rhythm of the waves, savour a moment of pure island serenity as the sun sets in a spectacular display of colour.

4:30 - 6:00 PM |
CARENAGE BAY JETTY
USD 300++ per person
Advance reservations are required

ASIAN FLAIR

Embark on an elegant exploration of Asia's rich culinary traditions. Delicate sushi, premium seafood, aromatic curries and refined regional classics come together in a sophisticated journey of flavour, texture and discovery.

7:00 - 10:00 PM | LAGOON CAFÉ
set menu | USD 150++ p. person

THE MENU



TURTLES LOUNGE

Join us at Turtles Lounge for an elevated evening of cocktails, music and island energy.

7:00 - 11:00 PM

27

sunday

DECEMBER

VINYĀSA YOGA

Flow seamlessly through a dynamic sequence designed to cultivate strength, flexibility and balance. Guided by breath and movement, this invigorating practice leaves you feeling centred, renewed and ready to embrace the day.

7:00 AM | YOGA PAVILION |
Complimentary

SNORKELLING AT SHELL BEACH

Immerse yourself in crystal-clear waters and discover a vibrant underwater world alive with tropical marine life. Glide effortlessly above colourful coral gardens and experience one of the Caribbean's most extraordinary natural wonders.

11:00 AM | LOBBY |
Complimentary

PADDLE & EXPLORE

Discover the tranquil beauty of Carenage Bay from the water. Paddle along calm turquoise shores, admire spectacular coastal views and encounter native wildlife in a peaceful island setting.

4:00 PM | GODAHL BEACH |
Complimentary

MIXOLOGY CLASS

Master the art of cocktail crafting with our expert mixologists. Discover signature recipes, premium spirits, and the techniques behind perfectly balanced cocktails in an engaging and interactive experience.

4:30 - 5:00 PM | TURTLES BAR
USD 60++ per person
Advance reservations are required

SEAFOOD AFFAIR

Celebrate the ocean's finest treasures through a thoughtfully curated dining experience. Showcasing exceptional local and international catches, each dish highlights pristine ingredients, refined techniques and coastal inspiration.

7:00 - 10:00 PM | LAGOON CAFÉ
set menu | USD 150++ p. person

THE MENU

TURTLES LOUNGE

Join us at Turtles Lounge for an elevated evening of cocktails, music and island energy.

7:00 - 11:00 PM

28

monday
DECEMBER

THE MIGHTY 5K CANOUAN RUN

Set out on an invigorating journey through Canouan's spectacular landscapes as the island awakens beneath the morning sun. Traverse scenic fairways, rolling hills and breathtaking coastal vistas while enjoying the refreshing sea breeze and panoramic views across the Grenadines.

6:00 AM | LOBBY |
Complimentary

E-BIKE TOUR

Explore the island's hidden treasures and breathtaking scenery on a guided electric bike adventure. Journey through tropical landscapes, coastal pathways and panoramic viewpoints while uncovering the authentic charm and beauty of Canouan.

10:00 AM | LOBBY |
Complimentary

SIP & PAINT

Inspired by the vibrant colours of the Caribbean, enjoy an elegant afternoon where creativity meets indulgence. Sip a handcrafted cocktail, unwind to island rhythms, and create a unique masterpiece inspired by the beauty surrounding you.

5:00 - 6:30 PM | TURTLES BAR
USD 150++ per person
Advance reservations are required

TASTE OF THE CARIBBEAN

Experience the vibrant soul of the Caribbean through a menu inspired by the region's rich culinary heritage. Featuring fresh local ingredients, bold island flavours and contemporary artistry, each dish tells a story of place and tradition.

7:00 - 10:00 PM | LAGOON CAFÉ
set menu | USD 150++ p. person

THE MENU

TURTLES LOUNGE

Join us at Turtles Lounge for an elevated evening of cocktails, music and island energy.

7:00 - 11:00 PM



29

tuesday
DECEMBER

BEACHFRONT FITNESS

Awaken your senses with an energising workout on the shoreline. Accompanied by the rhythm of the waves and the refreshing ocean breeze, this uplifting session offers the perfect start to an island day.

7:00 AM | GODAHL BEACH |
Complimentary

GROUP SCUBA DIVING

Explore beneath the surface on an unforgettable underwater adventure. Encounter spectacular coral formations, discover thriving marine ecosystems and experience the incomparable beauty of Canouan's surrounding waters.

2:00 PM | LOBBY
USD 500++ per person
Advance reservations are required

HOBIE CAT SEAFARING

Harness the Caribbean winds and experience the exhilaration of sailing across turquoise waters. Whether learning the fundamentals or perfecting advanced techniques, this unforgettable adventure combines freedom, excitement and extraordinary island scenery.

4:00 PM | LOBBY |
Complimentary

SILK ROUTE

Travel through the legendary flavours of Asia, the Middle East and the Indian subcontinent. Inspired by centuries of cultural exchange, this immersive dining experience combines aromatic spices, vibrant ingredients and contemporary culinary craftsmanship.

7:00 - 10:00 PM | LAGOON CAFÉ
set menu | USD 150++ p. person

THE MENU

TURTLES LOUNGE

Join us at Turtles Lounge for an elevated evening of cocktails, music and island energy.

7:00 - 11:00 PM



30

wednesday
DECEMBER

HATHA YOGA

Discover a sense of calm through a timeless practice combining mindful postures, gentle breathwork and meditation.

7:00 AM | YOGA PAVILION |
Complimentary

WINGFOIL EXPERIENCE

Glide effortlessly above crystal-clear waters as wind and sea come together in perfect harmony.
Blending adventure, balance and exhilaration, wingfoiling offers a thrilling new perspective of Canouan's stunning coastline.

8:30 AM - 4:30 PM |
GODAHL BEACH
USD 450++ per person
Advance reservations are required

SNORKELLING AT SHELL BEACH

Immerse yourself in crystal-clear waters and discover a vibrant underwater world alive with tropical marine life. Glide effortlessly above colourful coral gardens and experience one of the Caribbean's most extraordinary natural wonders.

11:00 AM | LOBBY |
Complimentary

MIXOLOGY CLASS

Master the art of cocktail crafting with our expert mixologists.
Discover signature recipes, premium spirits, and the techniques behind perfectly balanced cocktails in an engaging and interactive experience.

4:30 - 5:00 PM | TURTLES BAR
USD 60++ per person
Advance reservations are required

AROUND THE WORLD

Embark on a remarkable culinary voyage featuring signature dishes inspired by celebrated destinations across the globe. Thoughtfully curated and expertly crafted, each course invites a new discovery.

7:00 - 10:00 PM | LAGOON CAFÉ
set menu | USD 150++ p. person

THE MENU

TURTLES LOUNGE

Join us at Turtles Lounge for an elevated evening of cocktails, music and island energy.

7:00 - 11:00 PM

NEW YEAR'S EVE

31

thursday
DECEMBER

SUNRISE MOUNT ROYAL HIKE

Ascend to Canouan's highest peak and witness a breathtaking Caribbean sunrise unfold before you. Surrounded by sweeping ocean vistas and untouched natural beauty, this remarkable experience offers one of the island's most rewarding perspectives.

5:30 AM | LOBBY |
Complimentary

ARCHERY SESSION

Refine your aim and embrace the challenge of this timeless sporting pursuit. Surrounded by Canouan's natural beauty, guests of all skill levels are invited to test their precision in a relaxed and engaging setting.

4:00 PM | LOBBY |
Complimentary

FESTIVE COCKTAIL RECEPTION

Begin the evening with handcrafted cocktails, festive canapés and seasonal cheer.

5:30 - 6:30 PM |
TIDES BAR TERRACE |
Complimentary

2026 THE LAST SUNSET, FIRST DAWN

Bid farewell to the year beneath a starlit Caribbean sky. Enjoy an extraordinary evening of exceptional dining, live entertainment and celebration as we welcome the New Year with elegance, joy and unforgettable moments.

7:00 PM - 12:00 AM |
TIDES BAR & GRILL
set menu | USD 350++ p. person

THE MENU



01

friday
JANUARY

SUNSET YOGA

As the sun paints the horizon in shades of gold and coral, unwind with a calming yoga practice designed to restore balance and serenity.

5:00 PM | YOGA PAVILION |
Complimentary

THE FIRST FEAST

Welcome the New Year with a memorable dining experience celebrating fresh seasonal ingredients, refined flavours and exceptional culinary craftsmanship.

7:00 - 10:00 PM | LAGOON CAFÉ
set menu | USD 150++ p. person

THE MENU

02

saturday
JANUARY



BEACHFRONT FITNESS

Awaken your senses with an energising workout on the shoreline.
Accompanied by the rhythm of the waves and the refreshing ocean breeze, this uplifting session offers the perfect start to an island day.

7:00 AM | GODAHL BEACH |
Complimentary

SIP & PAINT

Inspired by the vibrant colours of the Caribbean, enjoy an elegant afternoon where creativity meets indulgence. Sip a handcrafted cocktail, unwind to island rhythms, and create a unique masterpiece inspired by the beauty surrounding you.

5:00 - 6:30 PM | TURTLES BAR
USD 150++ per person
Advance reservations are required

E-BIKE TOUR

Explore the island's hidden treasures and breathtaking scenery on a guided electric bike adventure.
Journey through tropical landscapes, coastal pathways and panoramic viewpoints while uncovering the authentic charm and beauty of Canouan.

10:00 AM | LOBBY |
Complimentary

ASIAN FLAIR

Embark on an elegant exploration of Asia's rich culinary traditions. Delicate sushi, premium seafood, aromatic curries and refined regional classics come together in a sophisticated journey of flavour, texture and discovery.

7:00 - 10:00 PM | LAGOON CAFÉ
set menu | USD 150++ p. person

THE MENU

03

sunday
JANUARY

VINYĀSA YOGA

Flow seamlessly through a dynamic sequence designed to cultivate strength, flexibility and balance. Guided by breath and movement, this invigorating practice leaves you feeling centred, renewed and ready to embrace the day.

7:00 AM | YOGA PAVILION |
Complimentary

SNORKELLING AT SHELL BEACH

Immerse yourself in crystal-clear waters and discover a vibrant underwater world alive with tropical marine life. Glide effortlessly above colourful coral gardens and experience one of the Caribbean's most extraordinary natural wonders.

11:00 AM | LOBBY |
Complimentary

SUNSET CRUISE

Step aboard for one of Canouan's most captivating experiences. As golden light dances across the Caribbean Sea, sail into the horizon with a glass of champagne in hand.

4:30 - 6:00 PM |
CARENAGE BAY JETTY
USD 300++ per person
Advance reservations are required

SEAFOOD AFFAIR

Celebrate the ocean's finest treasures through a thoughtfully curated dining experience. Showcasing exceptional local and international catches, each dish highlights pristine ingredients, refined techniques and coastal inspiration.

7:00 - 10:00 PM | LAGOON CAFÉ
set menu | USD 150++ p. person

THE MENU



04

monday
JANUARY

GROUP SCUBA DIVING

Explore beneath the surface on an unforgettable underwater adventure. Encounter spectacular coral formations, discover thriving marine ecosystems and experience the incomparable beauty of Canouan's surrounding waters.

2:00 PM | LOBBY
USD 500++ per person
Advance reservations are required



SUNRISE MOUNT ROYAL HIKE

Ascend to Canouan's highest peak and witness a breathtaking Caribbean sunrise unfold before you. Surrounded by sweeping ocean vistas and untouched natural beauty, this remarkable experience offers one of the island's most rewarding perspectives.

5:30 AM | LOBBY |
Complimentary

TASTE OF THE CARIBBEAN

Experience the vibrant soul of the Caribbean through a menu inspired by the region's rich culinary heritage. Featuring fresh local ingredients, bold island flavours and contemporary artistry, each dish tells a story of place and tradition.

7:00 - 10:00 PM | LAGOON CAFÉ
set menu | USD 150++ p. person

THE MENU





OPEN DAILY UNTIL 10:00 PM



BEACH HUT & RUM THERAPY

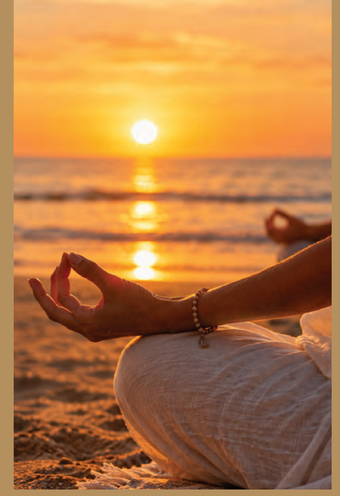
Our Beach Hut invites guests to unwind by the shore with a refreshing selection of tropical cocktails, smoothies, blended beverages, and island-inspired refreshments.

Discover Rum Therapy, a curated celebration of the Caribbean's rich rum heritage, featuring classics such as Piña Coladas, Rum Punches, and Rum Runners, alongside signature creations crafted with premium rums from across the islands.

Fresh local ingredients including coconut, pineapple, ginger, tamarind, sorrel, and soursop bring an authentic taste of the Caribbean to every sip.

While relaxing along our pristine shores, guests can also enjoy artisanal ice creams and handcrafted popsicles, thoughtfully served beach-side for a refreshing taste of island indulgence.

SPA TREATMENT



SPA MENU

MOONLIT STILLNESS:

AN EVENING MEDITATION AT GODAHL BEACH

Unwind beneath the Caribbean moon with a guided meditation experience on the secluded shores of Godahl Beach.

Through gentle breathwork and mindful reflection, embrace the serenity of the ocean and the magic of the festive season.

DATE: 22 - 26 DECEMBER

TIME: 7:00 PM - 8:00 PM

PRICE: USD 150++ PER PERSON
(*group class*)

24-hour advance reservation required. Subject to weather conditions.



KIDS CLUB GUIDE

HOURS: 8:00 AM
TO 5:00 PM
AGES: 3–12 YEARS

LEARN MORE





Set along the pristine beachfront, Pirates of Canouan is a vibrant world of discovery designed for our youngest guests.

From creative arts and crafts to culinary adventures, outdoor exploration, and interactive games, each day is filled with opportunities for fun, learning, and imagination.

Young adventurers can climb aboard the pirate ship playground, bounce on the sunken trampoline, enjoy the dedicated toddler area, or join themed activities inspired by the island's spirit.

Older children will love the gaming terrace, movie nights, and media centre, while budding chefs can explore hands-on baking experiences.

Children under 3 years of age require parental supervision or babysitting services.

Please contact Guest Relations for further information.

CARGO 4 KIDS

CARGO 4 KIDS IS OUR WAY OF LENDING A HAND



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.

This programme is optional for resort guest.

LEARN MORE



EDUCATIONAL TOOLS MAKE A WORLD OF DIFFERENCE WITHIN THE GRENADINES.



CANOUAN CARES

CANOUAN IS A VERITABLE PLAYGROUND FOR BEACH LOVERS AND WATER SPORTS ENTHUSIASTS

At Mandarin Oriental, Canouan, we neither take what we have nor what we create for granted.

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 neighbouring 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.







BOOKING

ADVANCE RESERVATIONS ARE REQUIRED FOR ALL CHARGEABLE EXPERIENCES

PLEASE CONTACT
mocan-guestrelations@mohg.com

CANCELLATION POLICY
Cancellations must be made at least 24 hours in advance to avoid full charges.

PRICING
All prices are quoted in USD and are subject to applicable taxes and service charges (++).

Carenage Bay, VC, Canouan Island VC0450
Saint Vincent & The Grenadines.

mocan-reservations@mohg.com
or call +1 (784) 431 4500
mandarinoriental.com/canouan

a minimum of 24 hours' advance booking is required

FOLLOW
@mo_canouan
for destination inspiration and stories from Canouan

MANDARIN ORIENTAL

CANOUAN

