



Festive Celebrations
2025/2026

This magical season, uncover the Caribbean's off-the-beaten-path haven and create memories to treasure.





THE MOST AWAITED SEASON

For many, the festive season is a cherished time of joy and togetherness. On Canouan Island, a truly multi-generational destination, this spirit comes alive with unique experiences designed for families and friends to reconnect and create lasting memories.

Our dedicated team has thoughtfully curated a range of activities for our Fans, ensuring that every moment of the celebrations is filled with meaning and delight. From rejuvenating wellness programs and exciting recreational pursuits to exceptional dining experiences or vibrant local traditions, there is so much to discover on this distinct Caribbean island, inviting you to relax, celebrate, and savour every precious moment.

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Kevin Carty General Manager THURSDAY

18 December 2025

BEACH WORKOUT

Embrace the ocean breeze for a fun, invigorating fitness experience.

7.30 AM | Godahl Beach Complimentary



FRIDAY

19 December 2025

THE MIGHTY RUN

Run to the Canouan Village, with scenic fairways, challenging slopes, and breathtaking views.

6.00 AM | Lobby Complimentary



SOCA DANCE

Feel the rhythm with Socca Dance, a vibrant blend of fitness and Caribbean-inspired moves.

2.00 PM | Turtles
Complimentary

WINDSURFING LESSON

Learn to balance, glide, and master the ocean waves =with expert guidance.

4.00 PM | Godahl Beach Complimentary

SATURDAY

20 December 2025

GUIDED REEF SWIM

Uncover Canouan's vibrant marine life and the Caribbean's largest coral reef with our recreational team.

10.00 AM | Godahl Beach Complimentary



KITE MAKING AND FLY

Learn to craft traditional Caribbean kites and let them dance high with the wind.

2.00 PM | Turtles
Complimentary

MEDITATION

5.30 PM | Yoga Pavilion Complimentary



SUNDAY

21 December 2025

BEACH WORKOUT

Embrace the ocean breeze for a fun, invigorating fitness experience.

7.30 AM | Godahl Beach Complimentary

BEACH TENNIS

2.00 PM | Godahl Beach Complimentary

SOCA DANCE

4.00 PM | Turtles Complimentary





MONDAY

December 2025

GUIDED REEF SWIM

7.30 AM | Godahl Beach Complimentary





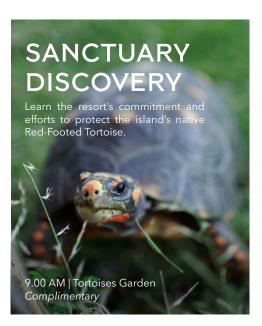
TUESDAY

December
2025

VINYĀSA YOGA

A practice that cultivates strength, flexibility, and cardiovascular vitality, guiding the body toward clarity and easing away stress.

7.30 AM | Yoga Pavilion Complimentary



KITE MAKING AND FLY

2.00 PM | Turtles Complimentary

PADDLE & EXPLORE

4.00 PM | Godahl Beach Complimentary

WEDNESDAY 24 December 2025

BEACH WORKOUT

7.30 AM | Godahl Beach Complimentary

TORTOISES CARE

9.00 AM | Tortoises Garden Complimentary

SOCA DANCE

4.00 PM | Turtles Complimentary

THURSDAY 25 December 2025

BEACH TENNIS

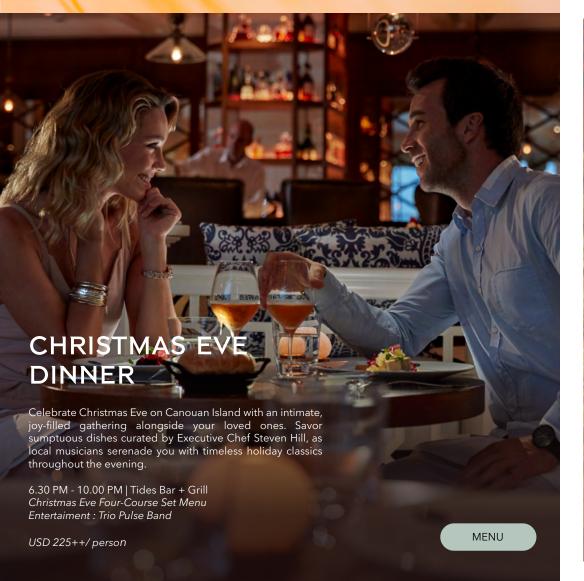
10.00 AM | Godahl Beach Complimentary

RELEASE

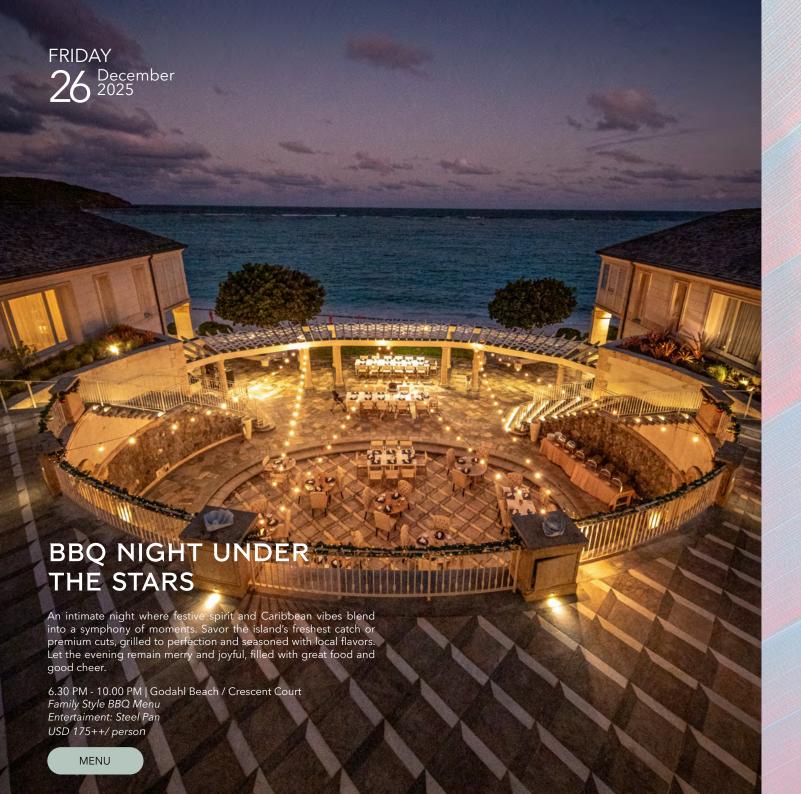
4.00 PM | Tortoises Garden Complimentary

TORTOISES WINDSURFING **LESSON**

4.00 PM | Godahl Beach Complimentary







THE MIGHTY RUN

6.00 AM | Lobby Complimentary



GUIDED REEF SWIM

10.00 AM | Godahl Beach Complimentary

BEACH SOCCER

Rally your crew, kick up the sand, and get ready to score. Beach soccer brings sports and joy together under the sun.

4.00 PM| Godahl Beach Complimentary



SATURDAY

27 December 2025

BEACH VOLLEYBALL

10.00 AM | Godahl Beach Complimentary

BEACH TENNIS

2.00 PM | Godahl Beach Complimentary



HATHA YOGA HARMONY

Hatha yoga focuses on poses, alignment, and breath, creating a meditative practice that restores balance to body and mind.

5.30 PM | Yoga Pavilion Complimentary





SUNDAY
28 December 2025

BEACH WORKOUT

7.30 AM | Godahl Beach Complimentary



PADDLE & EXPLORE

10.00 AM | Godahl Beach Complimentary

WINDSURFING LESSON

4.00 PM | Godahl Beach Complimentary



EARTH AND OCEAN

6.30 PM - 10.00 PM | Lagoon Café Surf and Turf Menu available USD 155++/ person



MONDAY

Pecember 2025

THE MIGHTY RUN

6.00 AM | Lobby Complimentary

PADDLE & EXPLORE

Unfold the stunning beauty of Carenage Bay, observe the wild laughing gulls, and admire the landscape of Canouan from various viewpoints.

4.00 PM | Godahl Beach Complimentary



STARLIT

SOIRÉE

As the lights fade, a sky full of stars sets the

stage for captivating moments. The evening

unfolds with joy, accompanied by a sumptuous

TUESDAY December 2025

POWER YOGA

Fuel your morning with Power Yoga, a modern, dynamic practice to sculpt strength, increase mobility, and release body tension.

Complimentary



7.30 AM | Yoga Pavilion

WINDSURFING LESSON

10.00 AM | Godahl Beach Complimentary



KITE MAKING AND FLY

2.00 PM | Turtles Complimentary



SEA AND LAND ELEGANCE

6.30 PM - 10.00 PM Tides Bar + Grill À la Carte Menu USD 215++/ person

MENU

6.30 PM - 10.00 PM Lagoon Café USD 155++/ person

MENU





WEDNESDAY 31 December

GUIDED REEF SWIM

10.00 AM | Godahl Beach Complimentary

BEACH VOLLEYBALL EXPLORE

2.00 PM | Godahl Beach Complimentary

PADDLE &

4.00 PM | Godahl Beach Complimentary











THURSDAY January 2026

BEACH TENNIS

2.00 PM | Godahl Beach Complimentary

FROM SHORE TO LAND

Celebrate another edition of the Caribbean's surf and turf, crafted with the freshest ingredients and vibrant flavors. Join our culinary team in savoring these exquisite creations as we welcome 2026.

6.30 PM - 10.00 PM | Lagoon Café Surf and Turf Menu Entertainment: Saxophonist USD 155++/ person



FRIDAY

2 January 2026

THE MIGHTY RUN

6.00 AM | Lobby Complimentary

BEACH TENNIS

2.00 PM | Godahl Beach Complimentary

BEACH SOCCER

4.00 PM | Godahl Beach Complimentary



SATURDAY January 2026

WINDSURFING LESSONS

10.00 AM | Godahl Beach Complimentary

SIP & PAINT

With a drink in one hand and a paintbrush in the other, enjoy the perfect blend of art, music, and great company. Choose from a variety of colors, styles, and inspiration as you bring your canvas to life.

5.00 PM | Crescent Court USD 200++/ person

VINYĀSA YOGA

5.30 PM | Yoga Pavilion Complimentary

MOONLIT MEDITATION & FIRE RITUAL

30 DEC 25 - 7 JAN 26

Guided meditation will ease you into a state of deep presence, while the fire ritual offers a symbolic and powerful way to let go of heavy emotions, limiting beliefs, or stagnant energy.

8.30 PM | Godahl Beach USD 190++/ person

SUNDAY January 2026

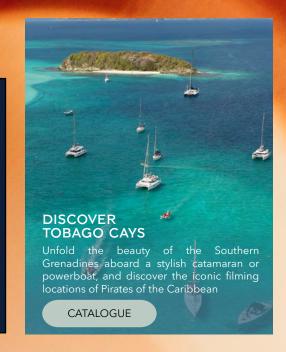
GUIDED REEF SWIM

10.00 AM | Godahl Beach Complimentary

INNER HEALING

A journey into inner peace, blending mindfulness with profound physical relaxation through breathwork and the vibrations of healing bowls. Embrace the path to your inner core, unlocking serenity through self-reflection, tranquillity, and transformative practices, guided by **Buathon Thienarrom**, the founder of the Sukkasart Institute of Healing Arts in Thailand.

5.30 PM | Yoga Pavilion Complimentary



FOR YOUR DISCOVERY

AFTERNOON TEA

Inspired by the colors of the Grenadines, this festive afternoon tea is served daily at Turtles. Indulge in savory bites and sweet delights, paired with a selection of teas or coffee, while savoring mesmerizing views of the Atlantic

3.00 PM - 5.00 PM | Turtles Complimentary

RECREATIONAL ACTIVITIES

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.

BROCHURE

EXCEPTIONAL SPA

Perched above Canouan's turquoise waters, our spa is a peaceful retreat where relaxation comes naturally. Inspired by the island's beauty, our treatments blend time-honored techniques with modern wellness, creating a rejuvenating escape in an unforgettable setting.

MENU





PIRATE 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.

EXPLORE



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