



View of beautiful sister islands as seen from Mt. Royal

**HIKE MOUNT ROYAL**     \$30.00 PER PERSON

**Duration:** 45 minutes - 1 hour

**Difficulty:** Intermediate

**Items Provided:** Bottled Water , First aid Kit

Perfect activity for achievers - those who are always longing for mountains & can't stay lazy even when vacationing on private beach island.

You will meet the designated Hike Master 15 minutes before tour starts at the Hotel Lobby. Our driver will take you to the start point of Mt Royal tour from where you will continue by foot. It is highly recommended not to attempt hike on rainy days as path can be quite treacherous.

Once on top of the hill you will have a magnificent view of Grenadines unfurling before you - Canouan's sister Mayreau, Union, Petite St Vincent reach towards the horizon each more stunning than another.

**TOWN WALK**     \$20.00 PER PERSON  
FUNDING GOES TO CANOUAN ANIMAL WELFARE

**Duration:** 45 minutes - 1 hour

**Difficulty:** Easy

Distance: 2.5km / 1.5mille

**Items Provided:** Bottled Water, Net bags, Healthy shot at the end

Highly recommended for those who love to explore and learn about local culture.

Please be at the SBH Lobby 5 minutes before the tour starts to meet your private guide.

Get to see the Village lifestyle while walking and contributing to our "Green Initiative". Be prepared to run into many tortoises, goats, dogs and wonderful butterflies.



Fun encounters with some four-legged friends

# JOIN US FOR SOHO BEACH HOUSE ACTIVITIES

## Land Edition

Being situated in the middle of beautiful Grenadine islands we take a great pride in our pristine waters, reefs and all of the water sports we offer at the House, however we also love a good activity on-land. Whether you are up to hike Canouan's highest peak - Mount Royal, husk some coconuts on Sunday's sunny afternoon or simply have a competitive game night at our Terrace Bar we've got you covered with all of our favorites.

**COCONUT HUSKING WORKSHOP**     COMPLIMENTARY

**Duration:** 30 minutes

**Items Provided:** Coconuts, husking stick

Great fit for all generations & highly recommended family activity.

We have over 40 matured coconut trees on the property! Let us show you how to husk a coconut only with a stick and get to enjoy this miraculous fruit water either on it's own or with a splash of rum at the beach bar!



Experienced Shemar showing us how it's done while himself having fun



Fresh locally grown coconuts waiting to be tasted

**GAMES NIGHTS:**     COMPLIMENTARY

**Duration:** 45 minutes - 1 hour

**Difficulty:** Intermediate

**Items Provided:** All board games

Highly recommended for group of friends or simply those who are willing to make new friendships that sometimes last a lifetime.

Have a friendly (or maybe not so friendly) competition with one another and let the best person win! Play familiar board games while munching on Chef's choice of snacks.



Karaoke night with evergreen hits on repertoire



Fun and competitive nights!

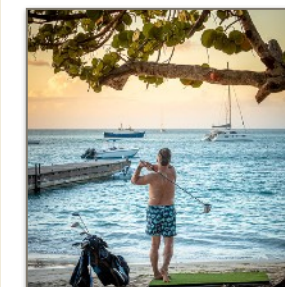
**ECO GOLF:**     50.00 PER PERSON

**Location:** SBH Jetty or Activity Hut

**Items Provided:** 20 Eco-golf balls, golf equipment + a house tonic of your choice

Excellent choice for experienced golfers as well as for those who are new to golfing and want to try themselves and discover the beauty of this all-time favorite game.

Ever wanted to feed the fish? Well why not doing so while you enjoy a shooting range with out eco-golf balls. Hit the target if you can, who knows there might be a secret price.



Fun Eco golfing right from our main beach area

All prices are subject to 16% VAT and  
10% Service charge



From morning until setting the Sun down our guests are enjoying SBH sports equipment at the beach

## BEACH GAMES

**Available equipment:** Soccer ball & net, pickle ball & net, bocce ball

**Price:** Complimentary

**Venue:** Activity hut at the beach

Great fit for all generations & highly recommended family activity.

Join us for fun game of pickle ball, soccer or bocce ball while taking a break from beach tanning & swimming. Our team is available to give you lessons, help you with technique or just assist you with equipment for those experienced once.

## SEA SCOOTERS AND GO PRO RENTAL

**Duration:** 45 minutes

**Difficulty:** Intermediate

**Price:** \$60.00 per person

**Meeting point:** Activity Hut

For adventure seekers who are always going one step further or one foot deeper to explore the unknown while having great fun.

Dive, twist and speed along the waters of Grand Bay. Ever wanted to know what does it feel like to be as free and playful as dolphin in the water... With our motorized sea scooters you will have a chance to enjoy a wonderful ride like no other.

This activity is not recommended for those who are pregnant, have neck and back injuries or are under the age of ten.

Rental of go pro camera also available on request with this activity.

# JOIN US FOR SOHO BEACH HOUSE ACTIVITIES

## Beach & Water Edition

For some people, vacation on the beach is the prime time for lazy days - sun tanning, reading a book, collecting sea shells, sipping Pina coladas... For others, being on the ocean is a perfect opportunity to engage in all of the activities and water sports. If you find yourself in this group of adventure seekers and want to do some adrenaline pumping activities here is our list of recommended activities to be done in the house for you. Water holds something for everyone... just find what suits you the best!

### GUIDED SUP, KAYAK & SNORKELING IN GRAND BAY

**Duration:** 1 hour

**Price:** \$50.00 per person

**Difficulty:** Intermediate

**Meeting point:** Activity Hut

If you are ready to tackle the waters of Grand Bay on your own or with loved ones, all the non-motorized water sports equipment are offered complimentary.

#### Snorkeling:

Our waters are well known for amazing reefs and vibrant sea life so get ready to go on adventure and experience coral reefs and tropical fishes that call this slice of paradise their home.

You will meet the designated guide 10 minutes before tour starts and you will be briefed on safety tips and provided with necessary equipment prior to starting the tour. Please always openly discuss with your guide about your level of readiness, swimming skills and comfort in the water.

#### Kayaking:

We do offer both singled and tandem kayaks to be used on tours. You will be briefed on safety standards and provided with an equipment prior to starting the tour.

#### Stand-up paddle:

Perfect for calm waters of Grand Bay SUP experience offers amazing views of bay as well as the picturesque backdrops of the Soho House in the back.

Beginner lessons are also available - do not hesitate to ask and you will soon be ready for exploring there beautiful waters. It is never too late to try something fun for the first time.

During all of the activities we kindly ask you to be thoughtful of marine life. Please do not touch or take out of the water any living being.



Perfect morning for taking kayaks out for exploring the Grand Bay



Vibrant reef life.



Sunset calls for Stand up paddle in the beautiful, calm waters.



Reefs around Grenadine's waters

**SCUBA DIVING:**

**Duration:** Half day

**Difficulty:** Intermediate

**Dive certification:** Open Water required

**Days\*:** Tuesday & Thursday 9:30-12:30PM

**Price:** \$1100 up to 2pax, \$1200 up to 4pax

Explore the best spots surrounding Canouan or the best dive site in the Caribbean, where the Purini Wreck is home to all sorts of tropical marine life. Dive to about 40 feet and discover a World War British ship that sank in 1918.

Diving instructor - Glenroy Addams with over 15 years diving experience will take you for unforgettable journey.

**\*Reservations required 24 hours in advance**

**PADDLE TENNIS:**

**Venue:** Sandy Lane Yacht Club and Marina

**Transfers from SBHC:** \$20 per way

**Price:** \$50 per hour up to 4 players

Padel Tennis, one of the fastest growing sports in the world, is played in an enclosed court approximately half the size of a normal tennis court using a solid padel racket and a slightly depressurized tennis ball. The ball can be played off walls similar to squash.



Padel tennis court at Sandy Lane

## JOIN US FOR SOHO BEACH HOUSE ACTIVITIES Off Property Edition

Willing to explore other sites of Canouan apart from our Beach House? Canouan island might not be big in size but it is certainly very diverse in activities and experiences. It is the home to a golf course with scenic views, a luxury mega yacht marina, and numerous sports's facilities... just to name a few. Here are some ideas that will keep you busy for days.

Our team at the Front Desk will assist you with checking availability, booking your preferred slots and arranging transportation to and from House to activity sites.

**GOLF**

**Venue:** Golf Club at Canouan Estate, 10 minutes car ride

**Holes:** 18, Signature holes 13th & 16th

**Transfers from SBHC:** \$20 per way

**Price:** \$125 per person for 9 holes, \$250 per person for 18 holes  
prices subject to change

Tee time where the Atlantic Ocean meets the Caribbean Sea. Exhilarating and challenging 72-Par Jim Fazio designed 18-hole golf course is located on dramatic sloping hills skirting the oceans edge. A hundred and fifty undulating acres with breath taking views from every angle, it is truly every world class golfer's dream. Holes 12, 13, 14 and 15 are undoubtedly the most scenic holes on the course and the most challenging. They sit on the top of a ridge and have a spectacular view of the neighbouring Grenadine islands. The breeze at the top of the ridge adds to the challenge, but makes these holes the most sensational on the course.



Golfing overlooking pristine waters

**TENNIS**

**Venue:** Canouan Estate and Villas

**Transfers from SBHC:** \$20 per way

Please check availability and rates with FO team.

The tennis center offers three Astro- Turf tennis courts also lit for night play with a pro-shop on site, rental equipment and resident tennis professional available for lessons or hitting during select months of the year. Phenomenal views of mountains on one side and sea on the other will leave you breathless even if the hitting doesn't.



Tennis Courts at just to minutes distance by car or bike

All prices above are subject to 16% VAT & 10 % service charge and honoured only if booked through SBH Concierge team



Spacious, bright and air-conditioned gym

**GYM:**

**Hours:** 6am - 10pm

**Venue:** SBHC Health Club

**Price:** Free of charge

We offer modern & Canouan chic. The Gym is well equipped to fit the needs of a beginner or even the most avid gym goer on vacation. Stocked with life-fitness equipped there is numerous cardio equipment and weightlifting equipment for any exercise regimen.

Water, fresh fruit and fresh towels available.

**WELLNESS MENU & JUICE BAR:**

**Venue:** Palapa Restaurants

**Price:** A-la Carte

Ever-changing wellness offerings available aside from all-day dining options. Please check with your server about healthy options for the day.

Fresh daily juices also available - From watermelon, passion fruit or pineapple we enjoy our mixologist's surprises daily.



Mango & passion fruit mix

## JOIN US FOR SOHO BEACH HOUSE ACTIVITIES Wellness Edition

Get fit or find your balance at Canouan Beach House which offers weekly schedule of complimentary wellness classes, Cowshed Spa and Health Club complimented by curated Wellness dishes & Raw smoothie & juice bar. Our visiting specialists and masseuses will take you on an exploration of finding harmony and learning how to listen and understand better all the signs your body is sending. Health club offerings enhance the beach & water activities so embark on your journey and enjoy the range of activities that vacations are made of.

**COWSHED SPA**

**Venue:** SBHC Spa

**Hours:** 9am to 7pm

**Price:** Treatments starting at \$80 for 30 minutes

If you feel like you have done it all, think again! From CBD oil massage to signature massages, and with a combination of holistic and reflexology that will leave you feeling like a new person, our Canouan Cowshed is unique to its location. Keep an eye out for our Spa Therapists, who will pop up and treat you to a teaser whether you are lounging at the beach or liming at the Terrace, as we say in Canouan.



Choose between cozy treatment room and breezy outdoor cabana

**PRIVATE YOGA CLASS**

**Duration:** 1 hour

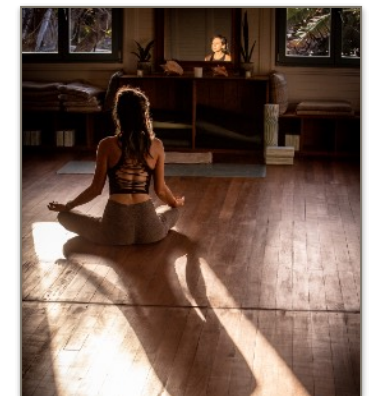
**Difficulty:** Catering to all levels of practice & styles

**Venue:** Studio 1 @ Health Club

**Price:** \$120 for 1pax, \$160 for 2pax

Recharge, connect and re-energize yourself before heading back to the busy life. Sounds like a wish list? We got you, book your session at reception and get to experience different style of yoga with our ever-changing instructors. Finish your class with a healthy cold press juice to set the energy right for the rest of the day.

**\*Please advise in advance if you wish your private practice to be held outdoors instead of a studio**



Private session with teacher fully customized to your preferences and needs

All prices above are subject to 16% VAT & 10 % service charge and honoured only if booked through SBH Concierge team

## NIKKEI OMAKASE

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**COST PER PERSON:** US\$180.00

**DAY & TIME\*:** Every Thursday at The Terrace Bar at 7pm

**LENGTH:** 1hr 30 minutes

Meet Chef Jonathan, who prepares numerous courses for the evening based on the highest quality local ingredients with Peruvian/Japanese inspiration.

**Bonus tip:** Ask our mixologist for best cocktails to mix with food flavors and enjoy explosion of deliciousness.

\*Reservation required 24 hours in advance

## SUSHI & RAW BAR

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**COST PER PERSON:** A la carte

**DAY & TIME\*:** See the weekly calendar or call to arrange for special dining experience.

Canouan Island is famous for its skilled fisherman & local fishing has been much more than just a way to get a delicious sea catches - it is a lifestyle here. Use this amazing opportunity of having access to freshly caught fish and sea food and join us for Sushi & Raw bar with a Vincy twist in sauces. Simply reach to front desk to arrange a private experience.

**Bonus tip:** Ask about locally caught fish and learn more about typical species that our inheriting these warm waters.

\*Reservation required 24 hours in advance

## HOUSE TONICS: - MIXOLOGY CLASS

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**COST PER PERSON:** US\$50.00

**VENUE:** Terrace Bar

**LENGTH:** 1hr

**INCLUSION :** 3 House tonics + bar snacks (chef's choice)

Are you a cocktail fanatic? Get to know your way around the bar and how to make house tonics by yourself. The best part is - You will get to enjoy the fruits of your work with chef's choice of snacks and your own cocktails.

**Bonus tip:** Once you are back home not only that you will be able to make cocktails yourself but you will be an ultimate host always ready to impress your guests with an amazing cocktail making skills. Who doesn't love good home made old-fashioned!?

## SOHO SATURDAY

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**TIME & VENUE:** The Terrace Bar at 6pm

Join us for vibrant and lively Saturday evening at the Terrace bar with evergreen hits, special prices on all flavors of pizzas, local beers and house drinks.

**Bonus tip:** Caribbean style working week requires a Saturday night well spent so put your best mood + comfy shoes and be ready to mix & mingle at The Terrace Bar!

All prices are subject to 16% VAT and 10% Service charge

## DINNER UNDER THE STARS

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**COST PER PERSON:** \$250.00

**VENUE:** Jetty or Beach

**INCLUSION\*:** Family style menu of your choice, special set up under the stars, a glass of Welcome champagne, designated server, bonfire & s'mores on the beach after dinner.

Enjoy your special open air dinner either at the peacefulness of the beach or at the beautiful vibrant venue of our Jetty. Whilst a personal wait staff is taking care of your needs, this spectacular setting speaks for itself. Overlooking the Grand Bay by night, trillion stars watching over you, tropical breeze playing your favorite tunes along with the mystical light of the moon across the water and sand...

**Bonus tip:** Ideal setting for your special nights such as anniversaries, proposals, birthdays, etc. Please let us know if you are having any special celebration or if you are planning this as a surprise so we can assist further.

\*Reservation required 48 hours in advance