

Mustique

ACTIVITIES



Watersports

Watersports caters for complete beginners to experienced divers, and offers an extensive range of PADI Scuba Diving courses. The centre also offers a wide selection of water sports, with equipment for hire or private tuition, and additional seasonal activities such as sailing camps, paddleboard safaris, and night snorkelling, are available during high season.

Scuba Diving	US\$
House Reef	70
Single Dive	110
5 Dive Package	450
10 Dive Package	850
Refresher Course	120
Night Dive	130
Scuba Experiences	US\$
Discover Scuba Diving	90
Bubblemaker	75
PADI Certification Courses	US\$
Scuba Diver	520
Open Water Diver	750
Referral Dives	420

PADI Continuing Education	US\$
Advanced	600
Rescue	600
Emergency First Response	230
Divemaster	1,200
Assistant Instructor	1,500

PADI Speciality Courses	US\$
Deep Diver	450
Drift Diver	280
Night Diver	450
Underwater Naturalist	400
Peak Performance Buoyancy	280
Boat Diver	230
Underwater Photography	POA
Underwater Videography	POA

Equipment Hire (per hour)	US\$
Snorkelling equipment	10
Boogie Boards	7
Hobie Wave	40
Stand Up Paddle Board	40
Windsurfer	30
Kayaks	30
Glass Kayak	30

For enquiries please call 8486 or email watersports@mustique.vc

Power Boat & Sailing Excursions

Half day and full day excursions are available by power boat or sail boat, with options to snorkel, fish and lunch on another island. Boats range from a 36ft mono hull to a 60ft power catamaran, and are equipped with heads and fresh water showers to ensure maximum comfort

Destinations include the stunning marine conservation park at Tobago Cays, the friendly 'whale island' Bequia, Canouan and the private resort islands of Palm and Petit St Vincent.

For further enquiries and pricing please contact the Social Director on extension 8378 or email activities@mustique.vc



Tennis



The Tennis Club has six complimentary tennis courts available to all guests. The Club, run by highly experienced and professional coaches, offers a wide range of coaching programmes for all ages and levels

Coaching rates (per hour)	US\$
Private lesson	130
Private lesson with the Tennis Director & International Pro	150
Social Round Robin	30
Tenniscercise	30
(doubles drills with a Pro)	
Junior, Tots & Teens Camps	30

Tennis Club Shop

There is a fully equipped tennis shop on site selling a wide range of racquets, balls and clothing, for purchase or hire.

Seasonal Events & Tournaments

Coaching courses, events and tournaments are held during high season months. Please contact the Tennis Director or the Tennis Shop for further information

To book a court please call the operator on 8000, and for all other enquiries contact the Tennis Club on 8315, 8818 or mustiquetennis@mustique.vc

Equestrian Centre

The Equestrian Centre has horses and ponies to suit all ages and levels of experience, with qualified riding instructors offering a range of trail rides, pony camps, vaulting camps and lessons (maximum weight limit is 220lb).

Adults and children are welcome, with a minimum age of 8 years for trail rides, 6 years for lessons, and 2 years for pony rides.

An initial assessment will be made upon arrival to gauge the guest's level of experience, and to assign the most suitable horse or pony to each rider.

Helmets and boots are provided, and for safety reasons must be worn at all times. For your own comfort we advise that you wear long trousers and socks.

Ride Times

Island trail rides are at 9:30am & 4pm

Lessons are between 8 - 10:30am
& 3:30 - 5.30pm

Please arrive 10 minutes beforehand to fit boots, helmet and sign in



Rides & Lessons	Duration	US\$
Beach / Trail Ride	1 hour	130
Pony Camp	2 hours	150
Private Lesson	1 hour	140
Shared Lesson	1 hour	130
Private Lesson	30 mins	90
Shared Lesson	30 mins	75
Pony Ride	15 mins	40
Pony Ride	30 mins	80
Trail (experience riders only)	1.5 hours	170
Island Trek	2 hours	220
One to One Lesson to overcome anxiety	1 hour	130
Yoga on Horseback	1 hour	140
Sunset Drinks Ride		150

Vaulting camps and lessons are charged the same as regular lessons.

Please note 5% administration fee for cash and credit card payments.

To Make a Booking

For further information or to make a reservation please contact the Equestrian Centre Manager on extension **8316** or email equestrian@mustique.vc

Terms and Conditions

Guests are asked to confirm their riding levels when booking, and lessons are recommended for all beginners and infrequent riders.

Please note that riders must sign a waiver release before riding out and that a 100% cancellation charge will apply with less than 24 hours notice.

Seasonal camps and events are held during high season only.



Volleyball

Volleyball is a popular activity and do ask fellow guests and Islanders who will be happy to make up a team.

Beach Volleyball courts are situated on Lagoon & Macaroni Beaches and a selection of balls can be borrowed from the Mustique office.



Golf on Canouan Island

The neighbouring island of Canouan has an award winning championship golf course in a dramatic coastal location.

For enquiries about boat and plane transfers to Canouan and course bookings please contact the Social Director on 8378



Coral Conservation



People Planet Prosperity

Join our Conservation Team!

In 2015 the island's marine conservation team, with the help of The Coral Restoration Foundation International (CRFI), pioneered a coral restoration project to protect and rehabilitate the coral reefs surrounding Mustique. A coral nursery was established off shore in Endeavour Bay, where samples are nurtured for up to 9 months on coral "trees" before being out-planted back on to the surrounding reefs to regenerate and stabilize the fragile marine ecosystems of the island's surrounding waters.

Every few weeks the dive team swim out to the nursery to clean the coral and measure its progress. Certified divers are very welcome to join the team, and it's an easy swim out with mask and snorkel to visit the nursery.

Please contact the Dive Shop on extension **8486** for further information.



Basil's Bar

Basil's Bar, Britannia Bay
Cocktails, Bar Menu, lunch & dinner
Open daily from 10am onwards

Join us for live music:

Wednesday Night Jump Up
Sunday Night Sunset Jazz

For reservations call ext 8350 or email
reservations@basilsbar.com



Open Air Movies

Open air movies for children and adults are shown weekly on the Cotton House lawn. Complimentary popcorn is served, and other refreshments are available from the Beach Café.

Please check the weekly event schedule or call extension 8378 for further information.



The Spa & Wellness Centre

The Spa and Wellness Centre offers four spa treatment rooms, a Techno gym, and a choice of yoga, meditation and personal fitness classes taught by our resident wellness expert.

Our teacher is professionally trained in the ancient disciplines of yoga and meditation, ensuring the highest level of teaching for a range of group fitness classes and yoga based on Hatha and Ashtanga traditions. Private classes will be tailor-made to suit the individual according to their yoga experience and practise.

In the Spa our therapists offer a bespoke range of restorative and holistic treatments that have been created exclusively for Mustique by leading organic wellness brand, ila.

The Centre is open everyday, from 8am – 7pm except Tuesday, Friday & Saturday when it is open until 6pm.

To make a booking call the Spa:-
On island ext 8754
Off island +1 784 456 4777
reservations@ cottonhouse.net
yogafitness@cottonhouse.net



Face Treatments	US\$
Ananda, 60 mins	150
Rainforest, 60 mins	150
Crystal Electro Therapy, 75 mins	190
Revitalising Men's Facial, 55 mins	150
Cellular Consciousness, 90 mins	375
Body Treatments	US\$
Prana Vitality Massage, 60 mins	150
Adreno Restore, 120 mins	290
Kundalini Back Massage, 60/75 mins	150/190
Ku Nye Massage, 90 mins	205
Deep Tissue Massage, 90 mins	205
Energising Body Renewal, 60 mins	150
Blissful Body Renewal, 60 mins	150
Bio Energy Mud Wrap, 90 mins	205
Stem Cell Slimming, 90 mins	205
Marine Flora Immersion, 120 mins	290
Aloe & Rose sun soother wrap, 30 mins	75

Soul Connections	US\$
Mustique Immersion, 120 mins	290
Couple Connect (for 2), 120 mins	580
Chakra Well-being, 120 mins	290

Ila Express Treatments	US\$
Back & Neck Shoulders Recovery, 30 mins	75
Instantly Detoxifying Scrub, 30 mins	75
Scalp and Head Reviver, 30 mins	75
Bliss Facial, 35 mins	75
Renewed Recover Facial, 35 mins	75
Eye Indulgence, 30 mins	75
Impeccably Perfect Hands, 30 mins	75
Flawless Fee Treat, 30 mins	75

Tinting	US\$
Eyelash Tint	40
Eyebrow Tint	30
Eyelash / Brow Tint	55

Hands & Feet Treats	US\$
Manicure	60
Pedicure	70
Gents Manicure	45
French Manicure	65
File & Polish	35
Nourishing Hand or Foot Treatment, 30 min	80

Waxing	US\$
Full Leg	75
Half Leg	55
Bikini	35
Brazilian Bikini	35
Underarm	25
Eyebrowshape/Wax	25
Lip or Chin	20
Half Arm	30
Back Wax	55



Yoga & Fitness Training

GROUP CLASSES

Beach Yoga

Classes suitable for all levels of experience.

8am every day, Lagoon 5 – 60mins / US\$30

Circuit Training

A high-intensity interval circuit style of workout, for beginners and fitness fanatics alike.

4pm Mon – Sat, The Cotton House Gym

60mins / US\$30

PERSONAL TRAINING

On Mustique, we provide a variety of private sessions for individuals, groups and families with our expert resident trainers.

Stott Pilates Mat Class

Incorporating modern exercise science and rehabilitation principles, enjoy a safe and effective low-impact class to stretch, strengthen and streamline the body.



Bums & Tums

An energetic session set to music that will leave you feeling strong and confident on the beach.

Gym

Open daily from 8am – 7pm (until 6pm Fridays)

Entry US\$10

Complimentary for Cotton House Guests & homeowners.

Swimming Lessons

Learn to swim or improve your skills. In the safety of your villa pool, our certified swim instructors will teach the basic skills and life-saving practices to children (5yrs +) and adults alike.

Surf Skills

Make the most of Mustique's beaches. Learn surf-safety and surfing skills from Australian Surf-Lifesavers including understanding rips, waves and other potential hazards. Fun and educational for the whole family.

Beach Boot Camp

Using interval training techniques, body-weight and cardio exercises, suspension trainers and maybe even swimming exercises, allow our trainers to turn the beach into a natural gym.

Learn to Meditate

Settle your mental chatter and de-stress the body with a soul-calming gentle stretching and guided meditation session. 1 hour

If you want to go deeper, treat yourself to the Deepak Chopra certified course and learn the art of meditation. 4 hours of tuition over two days, \$400 pp.

Reservations

Reservations at yogafitness@cottonhouse.net or call 8754 / 8215.

Rates in US\$:

30 mins - \$80 | 60 mins - \$140 | 90 mins - \$200

Our Wellness trainers are highly qualified with many years' experience, specialising in a range of disciplines from personal fitness to yoga and meditation, pilates, dance, ocean safety and private swim qualifications, to ensure the highest level of teaching at the Wellness Centre.

Please note our timetables will vary according to the season and availability of trainers. Please check with the Spa Reservations team or online for the most current timetable.



Mustique Mules & Taxis



Mustique Mechanical Services (MMS) has a wide selection of vehicles for rent.

Vehicle Rental Rates US\$

Vehicle Type	Seating Capacity	Daily	Weekly	Local Driver's Permit
Jeep	4	125	750	US\$ 38
Large Mule	6	95	570	US\$ 38
Small Mule	2	75	450	US\$ 38
Bicycle	1	30	150	N/A

Half-day rental on small or large mules US\$60

Terms and Conditions

All drivers must have an international driver's license and a valid St. Vincent driver's permit, which can be purchased at Airport Immigration. Rates include comprehensive insurance and a small deposit is required. In the event of an accident responsibility is limited to the first EC\$2500 under 21yrs & EC\$1500 over 21yrs. Please note villa staff are not covered to drive MMS vehicles.

For enquiries please call 8555 or email mms@mustique.vc

Island Taxi Service

Taxis can be booked through any of the island's restaurants or bars, or alternatively ask your villa/hotel staff to make a reservation on your behalf :-

Ingar Taxi (Eddie Boom): 1 784 5321834

Pecky Taxi: 1 784 4338074 or 8448

Terry Taxi (Johnny P): 1 784 5306285 or 8526

Hiking & Walking Trails

The walking trails on Mustique are wonderfully varied. We recommend suitable footwear and plenty of water and sunscreen when hiking. Please be aware of the heat of the day and tell someone where you have gone. Take only pictures, leave only footprints.



Moonscape & South Point

5.5 km – 1-2 hours (Advanced Hike)

Park and Start at Pasture Bay, Picnic Hut 2

A diverse and fascinating hike through Moonscape, an extraordinary and environmentally sensitive landscape; and a climb up to South Point for a moment of reflection and a chance to enjoy the far-reaching sea views.

Follow the shoreline from Picnic Hut 2 taking the path up through the trees. The trail runs parallel to the coastline through the windswept Secret and Black Sand Bays, with views across to the uninhabited rocky outcrops, Rabbit and Wilks islands. Continue through the extraordinary lunar Moonscape, looking out for rare examples of Stove Pipe and Turks Cap cacti, before climbing up to South Point to enjoy the spectacular sea views. Continue around the point down on to Obsidian Bay where the trail takes you inland to meet the road. Turn right and continue along the road until you meet a dirt track on the right-hand side, heralded by a dirt parking area (before the road meets a T-junction). Take the downhill path towards the sea and you will arrive back on to the beach at to your starting point on Pasture Bay.

Windward Beaches

3 km – 1 hours (Moderate Hike)

Park and Start at Macaroni Beach

An exhilarating shoreline walk along the island's windward beaches. Take care of slippery wet rocks during high tide.

Starting on Macaroni Beach take the rocky pathway from the southern end of the beach across Simplicity Beach and over the rocks to the windswept beaches of Pasture Bay. Head inland behind the second picnic hut and pick up the shaded trail running through the bushes. Take the next sharp right hand trail and follow the steps inland climbing up through the trees to Pasture Lookout. Continue up the path between the two picnic huts to meet the main road and turn right following the road until you see a small trail sign on your right. This trail will lead you back down to Macaroni Beach.

Rutland and North Point

5 km – 1 - 1.5 hours (Moderate to Advanced Hike)

Park and Start at the entrance to Rutland Bay
(please do not park at the beach)

A rocky hike for walkers and nature enthusiasts
with a head for heights !

Head towards the bay, passing the Permaculture Nursery, the Horse Sanctuary, and ponds, where tortoises can often be seen coming to drink. Reaching the seashore, take the steep left hand trail, where you will pass numerous trees and plants 'dwarfed' by years of sea blast and wind. The trail winds along the cliff, with fabulous views of the Pillories, Battowia, Baliceaux, and All Awash. Look out for "Quartz" in the dust of the path and Sea Island cotton bushes, a legacy from the colonial area. The trail continues through an unusual lunar landscape abundant with Turks Cap Cacti. There is the option of a side-hike over the rocks at North Point, but the main path continues to the left, skirting Ramier Bay, with spectacular views of L'Ansecoy Bay. Taking the left hand path at L'Ansecoy to meet the main road, turn right and continue to the entrance of Seascape. Opposite you will see a path in between the trees. This trail will lead you back to the grassy area at the entrance to Rutland Bay.

Those wishing to explore further can do so by taking the track back down onto Rutland Bay, this time turning right out of the bay. The path goes close to the edge so please exercise caution. Just before you see Taliesin on your right, there is a short detour trail to the left taking you down over the rocks to the shoreline.

Return to the main trail and keeping the sea on your left, continue until you meet a fork in the track. Please observe the private sign, and take the left hand fork until this meets another track, where again you turn left. Continue inland until you meet a concrete road and turn left to meet the main road by Sleeping Dragon. Turn right down the road, passing behind the Horse Sanctuary and the Permaculture Nursery, and finally right again leading back to your starting point at Rutland Bay.

A short additional walk to compliment the figure of eight starts at the end of the airport road, at the parking area by the track that leads down to the Permaculture Garden and Rutland Bay.

Turning left, walk through the grasses towards the trees that run parallel to the end of the runway, and take the footpath on the right. This will lead you onto higher ground with views across Rutland valley, before dropping down to Rutland Bay.



Hiking & Walking Trails

Bird Sanctuary

3.5 km – 40 mins (Family Walk)

Park and Start at the Bamboo Church

A gentle stroll through the Bird Sanctuary.

Starting outside the Bamboo Church by the landmark Baobab tree, walk around the head of the airstrip towards The Cotton House, taking the first right before the hotel passing the Sweetie Pie Bakery. Keeping the Bird Sanctuary on your right, turn right at the next roundabout and continue over the little bridge. (At this point it is possible to side-hike to the beach at L'Ansecoy.) Home to the island's prolific indigenous and migratory bird-life, look out for the Pied-billed Grebe, Yellow Warblers and various species of heron during your walk.

Follow the road to the next roundabout and continue circumnavigating the airstrip back to your starting point.



Old Plantation

2 km – 20-30 mins (Family Walk)

Park and Start at Old Plantation Beach

A gentle shoreside walk around the Lagoon.

Start south of Britannia Bay on Plantation Beach and head along the shore to Lagoon Bay. When you reach the track and the Nature Trail sign turn inland and follow the trail around the lagoon, looping back to your starting point. Informative Nature Trail signs illustrate native flora and fauna, and early evening guests can spot the Night Heron feeding, and the elusive land crabs emerging from their burrows.

Horse Sanctuary Trail

1650m – 20 mins (Family Walk)

Park and Start at the top of Rutland Bay

Head down towards the bay turning right towards the steep steps and right again just before the steps, walking around the pond and on to the sanctuary trail. The trail is clearly marked and will take you around the back of the horse sanctuary, eventually reaching the road. Turn right and right again at the next junction taking you up and over the hill, finishing with the entrance to Rutland on your right.

Island Tour

15.8 km – 4.5 hours (Advanced Walk)

Park and Start where you wish.

For those seeking a challenge, experience the fascinating and varied aspects of Mustique and circumnavigate the island.

This grand tour can be started at any point of the island following the trail illustrated on the map. Where marked the trail may not yet be established and a small inland deviation may be necessary.