



ANTIGUA

Carlisle Bay

LUSSO

03	Carlisle Bay in One Sentence
05	The Quick Fit Check
07	The Stay Guide
14	A Day That Works Well Here
16	What's New and Worth Knowing
22	Voices From the Stay
25	Beyond the Booking
29	FAQs
31	Content Angles You Can Use
33	Who to Call

SECTION 1

Carlisle Bay in One Sentence

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Carlisle Bay in One Sentence

Set on Antigua's peaceful south coast, Carlisle Bay offers contemporary Caribbean style, spacious suites, diverse dining and a relaxed beachfront setting that blends understated luxury with laid-back island charm.



SECTION 2

The Quick Fit Check

SECTION 2

The Quick Fit Check

Usually works
well for travellers
who want:

- ✓ A laid-back luxury resort
- ✓ An all-inclusive option
- ✓ Larger suites for families
- ✓ A range of ocean-view and beachfront suites
- ✓ Extensive tennis facilities
- ✓ A wide range of activities

Less suited
if they want:

- ✗ An adults-only environment
- ✗ A traditional all-inclusive resort experience
- ✗ Lively nightlife or entertainment scene
- ✗ Colourful, classic Caribbean-style décor



SECTION 3

The Stay Guide

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The Stay Guide

THE FLAGSHIP OPTION

Carlisle Suite

With just four Carlisle Suites at the resort, these three-bedroom beachfront residences offer an exceptional sense of space and privacy. Each suite features two king bedrooms and one twin bedroom, all with their own en-suite bathroom. Suite A includes a fully equipped kitchen, while Suite B features a wraparound terrace with panoramic views across the bay. Well suited to larger families or groups travelling together, the Carlisle Suites combine generous living spaces with a prime beachfront setting.

When Carlisle Bay reopens on 16 October 2026, all four Carlisle Suites will unveil a complete refurbishment with a fresh new look and design. While the spacious layout of each suite will remain unchanged, every residence will feature beautifully redesigned interiors and entire new décor, enhancing their contemporary beachfront appeal.



SECTION 3

The Stay Guide

THE BEACH OPTION

Signature Beach Balcony Suites / Signature Beach Terrace Suites

Positioned closest to the beach, the newly renovated Signature Beach Balcony and Signature Beach Terrace Suites overlook Carlisle Bay. The two-bedroom suites combine a light, contemporary feel with a palette inspired by Antigua's sand, sea and sky. With two bathrooms and generous space, they are particularly well suited to families, extended stays and multigenerational holidays.



SECTION 3

The Stay Guide

THE SECLUDED OPTION

Bay Suites

Set along one of the quieter stretches of Carlisle Bay beach, the adults-only Bay Suites offer a peaceful retreat. Elegant interiors, spacious bathrooms and direct beach access create an inviting setting, making these suites particularly well suited to honeymoons, anniversaries and other special occasions.



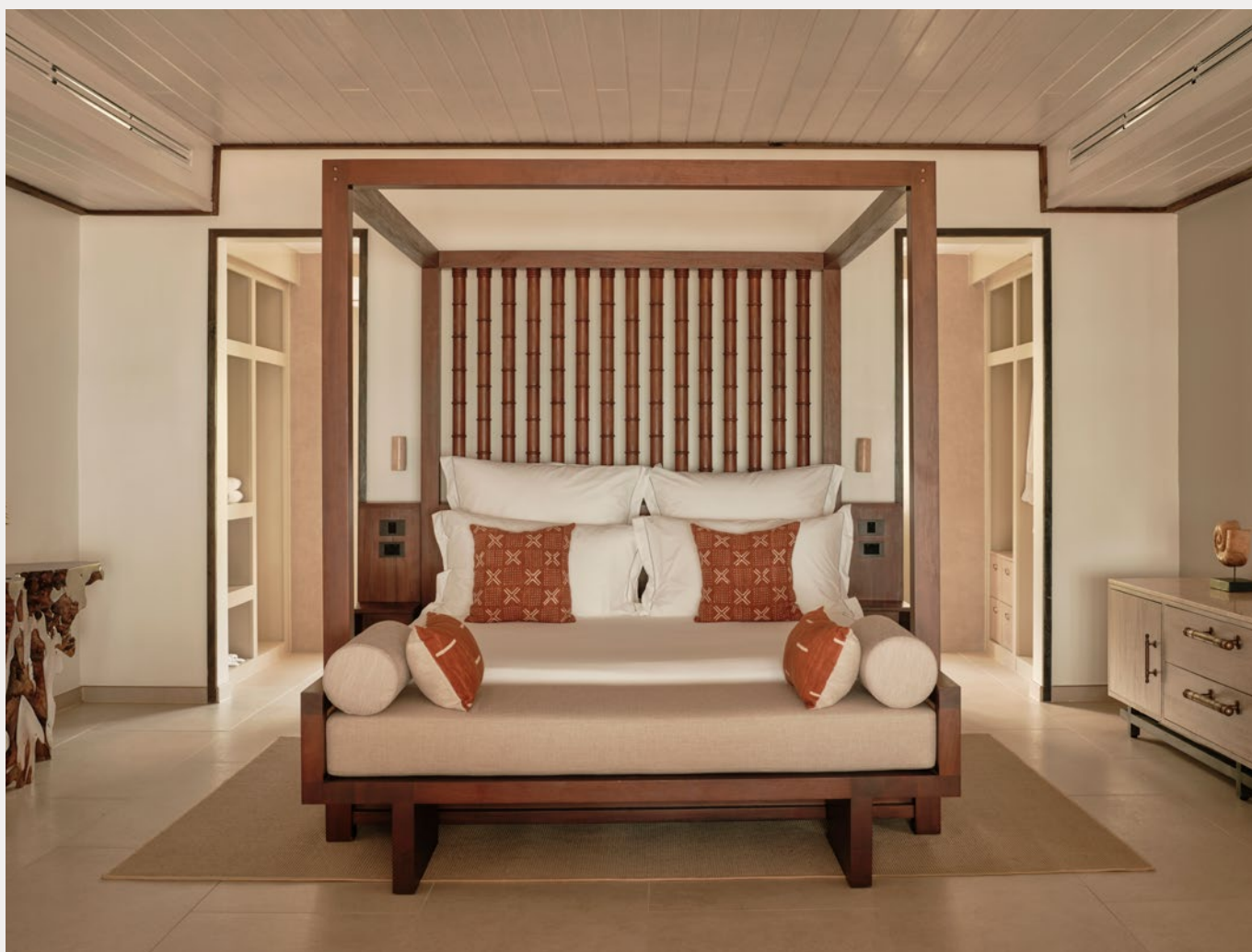
SECTION 3

The Stay Guide

THE OCEANVIEW OPTION

Ocean Suites

Just steps from the beach, the Ocean Suites enjoy views across the Caribbean Sea. Bright, spacious interiors combine contemporary island design with natural textures and refined furnishings, while bathrooms feature freestanding bathtubs and rainfall showers. Suitable for both couples and families, they offer a stylish base for an Antiguan escape.



SECTION 3

The Stay Guide

THE LEAD-IN OPTION

Garden Suites

Surrounded by tropical gardens, the Garden Suites offer a welcoming introduction to the Carlisle Bay experience, combining generous living space with contemporary Caribbean design. Natural textures, elegant furnishings and well-appointed bathrooms create a relaxed atmosphere, while their location offers easy access to both the beach and the resort's facilities. Ideal for couples and small families alike, they provide a comfortable base from which to enjoy the resort.



SECTION 3

The Stay Guide

Matching rooms to Traveller Types

Couples or first-time Antigua travellers → *Ocean Suites*

Honeymooners → *Bay Suites*

Parents with older children → *Signature Beach Suites*

Parents with young children → *Garden Suites*

Milestone celebrations → *Bay Suites*

Returning Antigua/Caribbean travellers → *Signature Beach Suites*

Larger Families or Groups → *Carlisle Suite*



SECTION 4

A Day That Works Well Here

SECTION 4

A Day That Works Well Here

Morning

Begin the day with a complimentary sunrise yoga or Pilates session. Head to Indigo on the Beach for breakfast, where the open-sided design makes the most of the Caribbean setting. Guests can also take part in a complimentary tennis clinic to work on their game.

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Midday

Join a hands-on cookery session with a member of the culinary team at Indigo, before enjoying a Beach BBQ lunch at Jetty Grill. Later, head out onto the Caribbean Sea for a guided group snorkelling trip to Cades Reef.

.....

Late Afternoon

Return to the resort for a complimentary afternoon tea, served daily for all guests.

.....

Evening

Enjoy a sundowner at the Jetty Bar as the sun sets over the bay, before dining at East, where Japanese, Thai and Indonesian-inspired dishes are served in an atmospheric, open-air setting.

SECTION 5

What's New and Worth Knowing

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What's New and Worth Knowing



Private Wine Tasting

Discover a selection of wines during a private tasting hosted by one of the resort's wine stewards, with guidance on the character and origins of each bottle.

SECTION 5

What's New and Worth Knowing



Cool Kids & Crew Blue Club

Families are well catered for at Carlisle Bay, with professionally supervised clubs for children and teenagers, alongside a wide range of activities including watersports, tennis, beach games and film screenings.

SECTION 5

What's New and Worth Knowing



Firepit Fridays

On Friday evenings, Jetty Grill hosts an adults-only gathering with live performances from local singer-songwriters, accompanied by rum punch around the firepit.

SECTION 5

What's New and Worth Knowing



Personalised Health Retreat

Carlisle Bay's wellbeing retreats combine personalised yoga, meditation and holistic therapies, led by an experienced local practitioner and tailored to individual preferences.

SECTION 5

What's New and Worth Knowing



The Spa

The CARA Organic Spa offers a menu of massages, facials, yoga and holistic therapies, alongside treatments from ESPA and GROUND Wellbeing, providing a peaceful space to unwind during your stay.

SECTION 6

Voices From the Stay

SECTION 6

Voices From the Stay

"Outstanding property in excellent location, first class customer service"

R.B.

JUNE 2026

"Amazing setting and facilities. Well laid out and staff very nice and helpful"

J.M.

JUNE 2026

"Location right on the beach, modern suites, amazing food across all restaurants, and very attentive and friendly staff"

C.S.

MAY 2026

"Great location, impeccable service & staff, delicious food"

S.A.

MAY 2025

"Very peaceful location with beautiful beach and surrounds. Very comfortable room, stylishly done up with excellent facilities"

P.H.

APRIL 2025

"We spent five wonderful nights at Carlisle Bay Antigua, and the experience was exceptional from start to finish... a laid-back, sun-drenched sanctuary"

D.C.

JANUARY 2026

SECTION 6

Voices From the Stay



Notes From Our Team

“Arriving at Carlisle Bay is a little different from most resorts. After a picturesque journey through the rainforest along the meandering Fig Tree Drive you emerge at the oasis of calm which is Carlisle Bay. The resort is contemporary in style and cleverly arranged to naturally give both families and adults their own spaces to enjoy. With a great array of dining options and activities, guests can fill their days or simply relax and unwind.”

Mike Taylor

SENIOR PRODUCT MANAGER

SECTION 7

Beyond the Booking

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Beyond the Booking



Nelson's Dockyard Tour

Explore Antigua's rich maritime heritage with a visit to Nelson's Dockyard, a beautifully restored Georgian naval base and UNESCO World Heritage Site. Today, its historic buildings, small museums and working marina create a vivid window into the island's past, while the surrounding English Harbour offers one of the Caribbean's most atmospheric settings for a relaxed cultural excursion.

Sunset Cruise

Take to the water for a late-afternoon cruise along Antigua's south-west coastline, where calm seas and golden light set the tone for a relaxed evening. Enjoy wine and canapés on board as the sun sinks into the horizon, with the coastline unfolding in soft silhouette and the Caribbean sky shifting through colour.

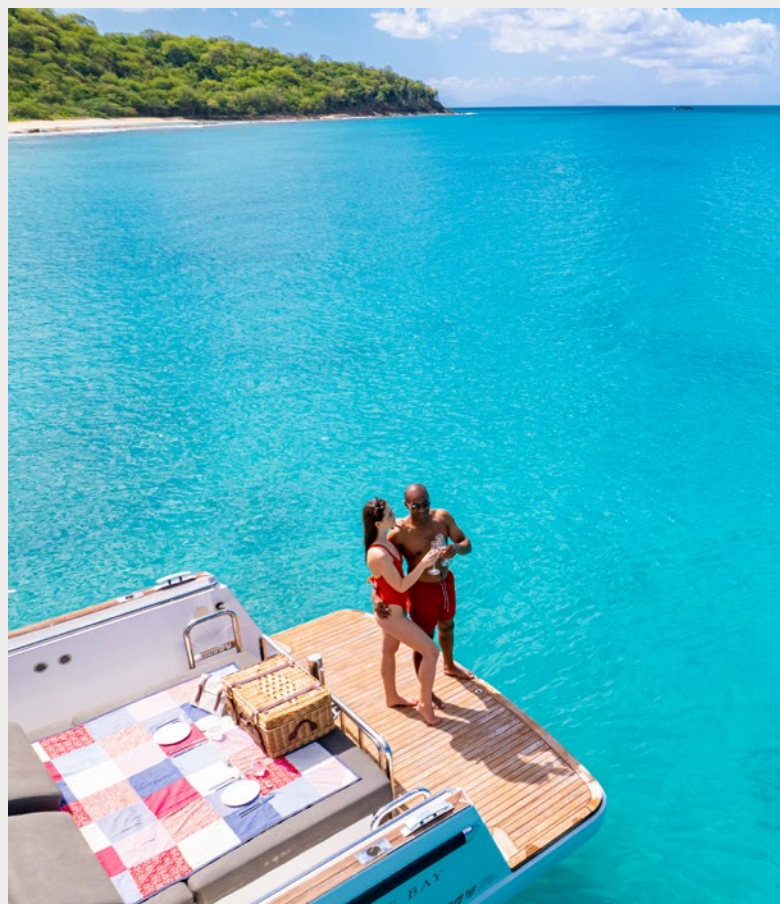


SECTION 7

Beyond the Booking

Boat Excursions

Charter an FJORD36 yacht for a private day on the water, tailored entirely to your pace. Cruise around the sheltered bays of Antigua, anchor for swimming and snorkelling in clear turquoise waters, or enjoy a sunset voyage along the coast. Half-day charters can also include a beach picnic on a secluded stretch of sand, offering a more personalised way to experience the island from the sea.



Barbuda By Sea

Set out across the Caribbean to Antigua's quieter sister island, Barbuda, for a full-day escape into one of the region's most untouched landscapes. Visit the famous Frigate Bird Sanctuary, explore remnants of the island's history and spend time on its extraordinary 14-mile stretch of pale pink and white sand beaches, where the sense of space and stillness feels almost otherworldly.

SECTION 7

Beyond the Booking

Rainforest Canopy Tour

Discover Antigua's rainforest from a different perspective on a guided canopy tour through the treetops. The experience features a series of zip lines and aerial crossings set deep within the island's lush interior, offering a dynamic way to connect with its natural landscape. Full safety equipment and instruction are provided throughout, ensuring a secure and memorable adventure above the forest floor.



SECTION 9

FAQs

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FAQs

What are the meal options at Carlisle Bay?

Carlisle Bay can be booked on a bed and breakfast basis, which includes the resort's complimentary afternoon tea. Guests looking for greater convenience may also choose the all-inclusive option, which covers dining across all of the resort's dining outlets.

What kind of traveller does Carlisle Bay suit best?

Carlisle Bay is particularly well suited to couples and families looking for a relaxed Caribbean escape, with spacious suite accommodation, a choice of restaurants, wellness facilities and dedicated children's clubs.

How does it compare to other resorts in Antigua?

Carlisle Bay is known for its contemporary design and relaxed atmosphere. More low-key than many of Antigua's larger resorts, it appeals to travellers seeking spacious suites, a beachfront location and a balance of family-friendly and couples' experiences.

Is Antigua a good alternative to other Caribbean islands such as Barbados or Saint Lucia?

Antigua offers a different experience from islands such as Barbados and Saint Lucia. Visitors can expect a slower pace of life, a renowned sailing scene, historic harbours and a wide choice of beaches, making it a popular option for travellers looking to explore a different side of the Caribbean.

How long should guests stay?

Seven nights or more allows enough time to enjoy the resort's restaurants and facilities while exploring Antigua's beaches, sailing waters and historic harbours at a relaxed pace.

Is the resort suitable for families?

Yes. Carlisle Bay offers spacious suite accommodation, dedicated children's clubs and activities for different age groups, alongside opportunities to enjoy the beach, watersports and tennis together.

When is the best time to book?

Booking early is recommended to secure the widest choice of accommodation, particularly during peak travel periods. Summer is generally considered the quieter season and may offer good value, while December to April is typically the most popular time to visit, with warm temperatures and generally drier weather.

What usually surprises guests?

Many guests comment on the resort's sense of space and the combination of dining, wellness and family facilities, all within a relaxed beachfront setting.

Is it suitable for honeymoons?

Carlisle Bay is well suited to couples looking for a relaxed honeymoon, particularly those who prefer a laid-back atmosphere. The adults-only Bay Suites, a choice of dining experiences and private beach experiences make it a popular option for celebrating special occasions.

SECTION 10

Content Angles You Can Use

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Content Angles You Can Use

Below are positioning routes that work well at Carlisle Bay, Antigua. Each can be adapted to email, Instagram, LinkedIn or a traveller proposal.

Relaxed Luxury for Couples

Position Carlisle Bay as a refined yet unpretentious choice for couples seeking privacy, excellent dining and a slower-paced Caribbean escape.

This works well for:

- Honeymoons, anniversaries and milestone celebrations
- Couples looking for a relaxed yet stylish Caribbean escape
- Guests who value excellent dining and a peaceful beach setting

You might frame it around:

- Secluded Bay Suites and private beach dinners
- A relaxed atmosphere without the feel of a traditional adults-only resort
- Slow mornings by the sea followed by evenings at East or Jetty Grill

A Caribbean Holiday for Every Generation

Highlight the balance of spacious accommodation, children's clubs and shared experiences that allow families to spend time together while giving everyone their own space.

This works well for:

- Families travelling with children of different ages
- Multi-generational holidays and celebrations
- Parents looking to balance family time with opportunities to unwind

You might frame it around:

- Spacious suites, interconnecting options and flexible accommodation
- Children's clubs and activities from tots to teens
- Tennis, watersports, beach days and dining that suit all ages

Wellbeing by the Sea

Position Carlisle Bay as a base for exploring Antigua's sailing heritage, historic harbours, scenic coastline and quieter corners before returning to the resort each evening.

This works well for:

- Guests looking to rest, reset and recharge
- Solo travellers, couples and friends' escapes
- A wellness-focused addition to a wider Antigua itinerary

You might frame it around:

- CARA Organic Spa, yoga and holistic therapies
- Personalised health retreats and one-to-one wellness experiences
- The slower rhythm of Carlisle Bay and its tranquil beachfront setting

Antigua Beyond the Beach

Position Carlisle Bay as a base for exploring Antigua's sailing heritage, historic harbours, scenic coastline and quieter corners before returning to the resort each evening.

This works well for:

- First-time visitors wanting a balanced Caribbean holiday
- Guests with an interest in sailing, culture and island exploration
- Repeat Caribbean travellers seeking a less predictable escape

You might frame it around:

- Antigua's celebrated sailing waters and historic English Harbour
- Exploring secluded beaches, local rum bars and colourful island villages
- Returning to Carlisle Bay for relaxed evenings and excellent dining

USING THE ASSETS

We have included a bank of current imagery and short-form video supplied directly by the hotel. These can be used alongside your content.

SECTION 11

Who to Call

SECTION 11

Who to Call

We spend a lot of time working with Carlisle Bay, so if you'd like to talk through how a stay can be tailored, from room choice to the experiences that make the most of it, just get in touch with one of the team below.



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