

**FOUR SEASONS RESORT  
NEVIS**

**ACTIVITIES GUIDE**

# **BANANA BOAT TOURS**

Enjoy a fun filled morning or afternoon with Captain Kevin and his crew. They will speed you over to St. Kitts for snorkeling, swimming and relaxing in the sun. The captain will take you to two different snorkeling sites. Snorkeling gear is provided, and light refreshments.

The Banana Boat has an open fore deck for guests who wish to take full advantage of the sun. To the rear there is a covered area for those guests who wish to limit their exposure to the sun.

Each Sunday Banana Boat Tours offer a trip to Turtle Beach on the south east peninsula of St. Kitts. The US \$65 charge includes the transfer to Turtle Beach, lounge chair rentals and "Catch of the Day" lunch, including one beverage. Guests should take along some cash for extra beverages. Other lunch selections are available for guests who do not eat fish. The trip leaves the resort pier at 11:00 a.m. and returns at 3:00 p.m.

Please check at the Concierge Desk for availability.

# CAONA

The "Caona" is a 47 foot custom built catamaran. Her captain is Lennox Wallace, who is justifiably proud of the catamaran he helped to build. His crew are Ian and Damian.

The "Caona" has a large fore deck, with lots of space for guests who wish to take full advantage of the sun on the sail over to St. Kitts. To the rear there is a covered area for those guests who wish to limit their exposure to the sun. The boat has a full washroom.

Captain Lennox offers half-day and full-day sails. The half-day trips leave at 10:00 a.m. or 2:00 p.m., returning three hours later. Full-day trips leave at 10:00 a.m., returning at 4:00 p.m.

Half-day sails include towels, snorkeling equipment, an open bar and light snacks. Full day sails also include a full barbeque lunch on Paradise Beach in Nevis.

Half-day sail (minimum 6)	Adults	\$ 55.00
	Children 5 – 11	\$ 27.50
	Children under 5	Complimentary
Private half-day sail	1 – 6 persons	\$550.00
	Additional person	\$ 55.00
Full-day sail	Adults	\$ 85.00
	Children 5 – 11	\$ 42.50
	Children under 5	Complimentary
Private full-day sail (minimum 6)	1 – 6 persons	\$850.00
	Additional person	\$ 85.00



## **KAYAK TOURS**

Kayak tours begin at Oualie Beach and go along the coast to Pelican Point, where our national bird, the brown booby, congregates to rest in between diving for fish.

The snorkel stop at the base of a steep cliff, inaccessible by land, consists of virgin reefs, home to a wide variety of marine life.

After snorkeling the tour progresses along Pinney's Beach, with a stop along the way for a picnic of tropical drinks, local pastries and fresh fruit. There is time for sunbathing and swimming before the last leg of the tour, which ends just north of the Four Seasons, and guests can walk back on to the resort property.

Tours are suitable for adults and children over six years of age. Children under six may ride between their parents.

Suitable attire includes: swimsuit and T shirt or cover-up, cap or hat and sunglasses. Guests should take along sun screen lotion. We suggest that guests do not bring along extra items, as they could get wet.

# Scuba Safaris

## Oualie Beach

### Nevis

Our dive boat departs from the Four Seasons pier at 9:30 a.m. for certified divers for a two tank dive. All dives are guided boat dives.

Our first dive is generally to a maximum depth of 80 feet. The reefs range from 50 to 80 feet. After a surface interval, our second dive is shallower, ranging from 30 to 50 feet.

For beginners we offer an introduction to Scuba diving, the Resort Course. This commences at 1:30 p.m. on Wednesdays in the Garden Pool. Persons wishing to do a shallow water dive after this introduction may do so.

The Resort Course entails:

1. a short lecture describing the gear and procedures of Scuba.
2. shallow water practice in the Garden Pool.
3. a Scuba dive to a maximum depth of 40 feet.

Our prices are as follows:

Single tank dive	US \$ 75.00
Double tank dive	US \$105.00
(Rental of BCG and regulator	US \$ 15.00)
Resort course	US \$125.00
Pool introduction only	US \$ 50.00
Night dive	US \$ 90.00

## SCUBA COURSES

### Resort Course – Beginners

This is offered on Wednesdays in the Garden Pool. It consists of a short lecture describing the gear and dive procedures, a shallow water practice in the pool, and a dive to a maximum depth of 40 feet.

Minimum requirement: students should be able to swim and feel comfortable in the water. Snorkeling experience is also helpful.

Time: 2\_ to 3 hours.

Cost: US \$ 50.00 for the pool section only. US \$125.00 for the full resort course. There is a minimum of 2 participants.

# SEA BRAT

A classic Bertram 31 sports fishing boat, with two brand new Yanmar diesel engines. "Sea Brat" is fully equipped with all safety equipment such as life vests, flares and VHF radio. Additionally we have a life raft and cellular phone. The boat is fully insured by Lloyds of London for charter use.

"Sea Brat" has a spacious saloon, a well stocked bar on the galley area, a private head and a shaded fishing deck. Fishing equipment by Penn International includes two TW80s and TW30s. She is fitted with first class Lees fighting chair and outriggers. "Sea Brat" is a registered tag and release fishing boat. "Sea Brat" in May 1997 in the Antigua Fishing Tournament caught a Blue Marlin weighing 424 pounds (photo on board).

Most bill-fish are released in Nevis waters, but wahoo, mahi-mahi and tuna are the property of the boat. Generous portions of fish may be given to the guests for their personal consumption. Local fisheries Departments have heavy restrictions on the export of fish, and a special license is required. We strongly suggest that you take a photographic memento of your catch.

Captain Ian Gonzaley is a native of Nevis, and has worked with Nevis Watersports as mate since 1993. He has been captain since 1996, and has won trophies in tournaments in Nevis, St. Kitts, St. Maarten, Montserrat and Antigua. A competent and experienced captain, Ian is following in his grandfather's footsteps as a pioneer fisherman on the island. His knowledge of local waters is exceptional. Guests may choose from trolling or bottom fishing. Please inform the Concierge staff of your preference at the time of booking.

The charter includes tackle, bait, bottled water, soft drinks and beers.

# UNDER THE SEA TOUCH AND GO PROGRAMME

Most people miss up to 80% of what's under the sea when they snorkel or dive. The "Touch and Go" programme is designed to make the most of your snorkeling experience. Group size is small, so you get personalized attention. We will do our utmost to make you feel comfortable in the water. If you cannot snorkel come early for a lesson.

Before snorkeling you will spend time in the aquarium with marine biologist and educator Barbara Whitman, who will prepare you to get the most out of your foray in to the sea. You will learn how to spot the telltale signs of all kinds of sea creatures, what fish colours and patterns mean, how to recognize behaviours and relationships between species, and all about the weird and funny things sea animals do.

Next you will get a close up look at the animals in the aquarium. You will see tiny shrimp and coral polyps, shy crabs and moray eels. You get to handle sea stars, urchins, conch and more. You will have the chance to feed and hold the bay sea turtle.

Then it's off to the reef to use your newly acquired detection skills. You will follow shallow underwater trails and explore the cliffs and rocky points at the best snorkeling spot on the island.

After snorkeling you are invited to partake in refreshments and a snack.

The programme is offered from 1:00 p.m. to 4:00 p.m., Monday to Friday.

Adults	\$55.00 (\$60.00 with snorkel gear, \$75 with pre-snorkel lesson)
Children	\$30.00 (\$35.00 with snorkel gear, \$50 with pre-snorkel lesson)

**\*\*Please note that the pre-snorkel class begins at noon\*\***

# VENTURE II

The fantastic fishing grounds around Nevis may be the best kept secret in big game fishing. "Venture II" will help you experience some of these truly magical fishing grounds. A day aboard this beautifully maintained 2000 28 foot Sea Sport will put you in to some of the best fishing action for wahoo, yellow fin tuna, black fin tuna, mahi-mahi and kingfish.

"Venture II" boasts all that is necessary to ensure an awesome day at sea. With a beam of 9\_ feet and an overall length of 28 feet, modern GPS and depth sounder, the boat is perfect for big game fishing.

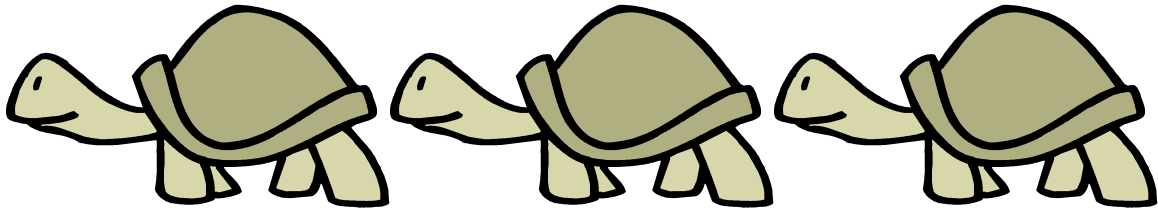
"Venture II" is captained by Claude Nisbett, who was born and raised in Nevis. Claude is a young and talented captain. He has over five years experience, and was trained by Nevis' most experienced fisherman, Captain Arthur "Brother" Anslyn, who has over forty years experience, and is the mainstay of the local Fisheries Department.

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Claude picks his fishing location according to the weather on the given day. The boat has light and heavy tackle, and guests may choose to either troll or bottom fish.

The charter includes tackle, bait, bottled water, soft drinks and beers.





## **TURTLE TOURS**

"Turtle Tours" is pleased to offer kayak tours along the west coast of Nevis.  
Absolutely no previous experience of kayaking or snorkeling is required.

This unique activity is suitable for the whole family; children under six years of age can ride between their parents, and older children will have their own seat.

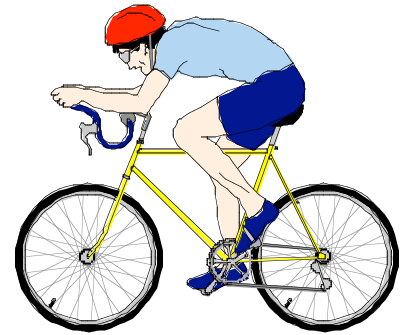
The tour begins with an orientation which includes safety instruction, and instruction in kayaking & snorkeling.

Along the way stops are made for snorkeling and a picnic. The tour ends on Pinney's Beach, just to the north of the Four Seasons property.

The cost is US \$55 per person. Children under six ride between their parents free of charge.

For a reservation contact the Concierge Desk at extension 3.

# ***MOUNTAIN BIKING***



*The sport of mountain biking is probably the fastest growing new sport in the Caribbean. Nevis is no exception. Though only a small island, Nevis offers an abundance of trails and tracks to suit all levels of fitness and ability. For the more casual rider, there are endless cultural and historic sites to visit.*

Historically the slopes of Nevis were littered with plantation houses and fields of cane, all interconnected by three "ring" roads and their tributary cane trails. The legacy of this bygone era is a multitude of tracks and trails that criss-cross the entire island.

The lower "ring" road has mostly fallen in to the sea, but enough remains to give visitors a taste of how things were. With a trail that sweeps out through Bath village, following the coast as far as Saddle hill, the middle "ring" road is now the island's main thoroughfare. The upper "ring" road is still being developed, and remains as newly charted territory.

Guest may choose to go on a guided tour, or to rent mountain bikes and helmets and venture out on their own.

# ***MOUNTAIN BIKE TOURS***

A ride through Nevis history! This entry level ride takes in the old plantation trails that traversed the villages of Newcastle and Camps, with emphasis on the sugar industry and the remaining buildings and artifacts. The tour climbs to an elevation of about 550 feet through Mt. Lily and in to Fountain Village for a refreshment break. The ride then descends through Garner's Estate on one of the island's oldest stone roads, where the views provide wonderful photo opportunities. Last riders go past Cottle church, stopping to look at the ruins of wind and steam sugar mills.

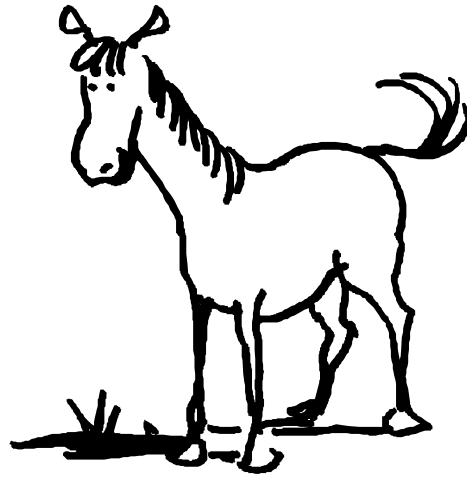
The ride lasts 2 to 2\_ hours. The cost is \$75 per person plus taxi fare. There is a minimum of 4 persons. Please sign up at the Concierge Desk, extension 3.

# ***MOUNTAIN BIKE RENTALS***

*Mountain bikes are available for rent as follows:*

❖ <b>Front shock</b>	<b>daily \$35</b>	<b>weekly \$230</b>
❖ <b>Dual shock</b>	<b>daily \$45</b>	<b>weekly \$290</b>

**The fee includes delivery to the resort.**



## ***HORSEBACK RIDING***

*On Nevis we have three horseback riding stables which offer predominantly English Saddle style riding, with just a few Western style saddles available.*

*As English Saddle style involves greater use of the thigh muscles than Western Saddle style, we do recommend that our guests wear long pants when horseback riding.*

*The number of horses at each stable is limited, so we recommend making your horseback riding reservation early in your stay to avoid disappointment.*

*When booking horseback riding, you will be asked for your level of horseback riding experience; novice, intermediate or experienced. It is important that we have this information, in order that the stable master can organize groups of riders by experience, so that everyone has the best and most enjoyable ride possible.*

*The stable masters are unable to accommodate riders who weigh in excess of two hundred and fifty pounds.*

# SUNSET TOURS

## **MONKEY EXCURSION**

Join Paulette for this easy walk through the side roads of Golden Rock Estate in search of the wild "green" monkeys of Nevis. She will tell you of the history of the "vervet" monkey population on Nevis, and introduce you to their habitat and life style. This is an excellent family activity. Don't forget your camera!

The hike lasts for approximately 1\_ hours. The cost is \$25.00 US per person, plus taxi fare. (Children under 12 years of age are \_ price.) There is a minimum of two participants.

## **DEVIL'S COPPER HIKE**

See the springs that helped the last sugar factory to operate. Devil's Copper is carved into the bed of the New River stream. The majestic walls of New River Gorge tower over you and supply lush green vegetation. View the ancient flood gate system that was built way back. The old pipeline supplied the historic New River Estate with water. Along the way you may catch a glimpse of tropical birds and the local Vervet monkeys.

The hike lasts two hours. The cost is \$25.00 US plus taxi fare, and there is a minimum of two participants.

## **SOURCE TRAIL RAINFOREST HIKE**

Join us for this moderately challenging hike through lush cloud forest to an ideal spot for panoramic island views. On your way you will hike by two tropical ravines and into a cave. You will be introduced to the fauna and flora of the island, including bamboo and fruit trees such as bananas, citrus, avocados, mangoes and guavas.

The hike lasts for approximately 2 hours. The cost is \$35.00 US, plus taxi fare, and there is a minimum of two participants.

### **GOLDEN ROCK NATURE TRAIL**

*Take a moderate hike with Lynnell along the scenic Golden Rock nature trail, which highlights the flora of Nevis, with special emphasis on its medicinal and local uses.*

The hike offers spectacular views of Montserrat's active volcano, Nevis Peak and surrounding islands. You may view our shy green monkeys and multi-coloured tropical birds. You will see old ruins as you walk through the grounds of this 18<sup>th</sup>. century sugar plantation, converted into an hotel.

The hike lasts two hours. The cost is \$20 US plus taxi fare, and there is a minimum of two participants.

### **HAMILTON ESTATE WALK**

Take a leisurely hike with Lynnell along the trails surrounding Hamilton Estate. See the old ruins of this 18<sup>th</sup> century sugar plantation that ceased operation in 1951.

Stroll along the part of the Upper Round Trail that traverses this grand estate and learn about the indigenous plants with healing powers native to the area. Also enjoy panoramic views of St. Kitts, Charlestown and Nevis Peak.

The walk lasts for approximately two hours. The cost is \$25.00 US, plus taxi fare, and there is a minimum of two participants.

### **CHERRY TREE BAR & ECO SPOT**

As you walk along the Source and Rainforest trail situated in Stoney Hill, Rawlins Village, there is a unique bar. You can get a variety of snacks and drinks, including bottled water, sodas, beers, and candy and granola bars.

That's not all; see monkeys and mongoose on display at the Eco Spot. Sit in a swing or at a table, enjoy a cold drink and listen to the birds singing in the trees, as the wind rustles between the leaves. Enjoy peace and serenity and let nature consume you.

# **ARTS & CRAFTS AROUND NEVIS**

*Everyone who has been fortunate to visit Nevis agrees that it is the epitome of a lush Caribbean island. Unfortunately many visitors to these beautiful shores have never experienced the many hidden secrets that are waiting to be discovered. Let us take you on an island tour with a difference, visiting the many artists, potters and craftspeople in their galleries and work shops.*

## Café des Arts

Start the morning over a cappuccino with Robert Humphreys. Robert is a renowned bronze sculptor. Also view the work of many different artists from all over the Caribbean. (Take advantage of a special 10% discount on selected purchases when on this tour.)

## Eva Wilkin Gallery

Housed in an old sugar mill, this gallery features work by several well known artists, including, of course, Eva Wilkin.

## Mr. Kennedy's Wood Carving Studio

Despite being speech and hearing impaired, this local craftsman makes his living producing charming carvings of small mammals and sea life.

## Newcastle Pottery

A chance to meet local potters in their studio, and buy some of their hand crafted, coconut husk fired pots.

## The Nevis Craft House

Watch local artisans at work making intricate baskets, mats etc., using indigenous natural materials.

**After visiting the above galleries and shops, you will return to the Café des Arts, where you will be served lunch in our colourful garden overlooking Charlestown Harbour. After lunch take a stroll through Charlestown before returning to the resort.**