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## **THE ISLAND OF MUSTIQUE** **The Grenadines, West Indies**

### **FACT SHEET: Island Activities and Services**

*Though only three miles long and encompassing just 1,400 acres, the Caribbean island of Mustique offers many ways to have the holiday of a lifetime, including some activities that are quite unique to Mustique:*

**BEACHES:** Macaroni Beach is perhaps the most famous of Mustique's nine beaches and is situated on the east coast of the island. Other popular beaches on the Atlantic or Caribbean are Endeavour, Lagoon, L'Ansecoy, Pasture Bay and Simplicity, several of which have picnic hut facilities.

**BIRD WATCHING:** Mustique's lagoon is the perfect setting for bird watching. Over 50 species are indigenous to Mustique including the Mangrove Cuckoo and Tropical Kingbird.

**DAY TRIPS:** The Mustique Company's Activities Coordinator is available to organize sightseeing tours and activities. Contact: [activities@mustique.vc](mailto:activities@mustique.vc) Guests can tour St. Vincent's capital, Kingstown, and La Soufriere, an active volcano or take a 10-minute charter flight (45-minute boat ride) to nearby Canouan Island and play golf on the Trump International Golf Course (18 holes; 72 par). Fishing and sailing trips to the nearby Grenadine Islands of Bequia, Canouan, Tobago Cays, Palm and Petit St. Vincent are also popular with guests and can be arranged by power boat, sailing yacht, or for a sunset cruise.

**EQUESTRIAN CENTRE:** The Equestrian Centre offers trail rides throughout most parts of the island, including the beaches. The Centre provides horses and lessons for every riding level for both adults and children. During the main seasons, children can partake in instructional Pony Camps. For further details please contact Liz Saint by telephone: extension 8316 or by email: [equestrian@mustique.vc](mailto:equestrian@mustique.vc).

- FISHING:** Sport and leisure fishing are available, but spear fishing is not allowed.
- FITNESS CENTRE:** The Cotton House Spa offers both hotel and villa guests access to the island's Fitness Centre however prior reservations are recommended as space is limited. The centre has treadmills, weights and cardiovascular equipment.
- GOLF:** The Activities Coordinator can arrange day trips to The Trump International Golf Club on Canouan Island by a 10-minute charter flight or 45-minute boat ride. The 18-hole, par 72 course provides panoramic views of The Grenadines and the Caribbean Sea.
- HIKING:** Several trails are marked for visitors to explore Mustique. Guests can take nature hikes to see the beautiful flora and fauna of Mustique or learn the history of the island going back to the days of old sugar mills and plantation houses. Day trips to St. Vincent can be arranged for hiking and biking tours (with guides) through the rainforest.
- Mustique is easy to explore on foot. Some beaches are connected along the coastline by rustic stone paths. For a more invigorating hike, the island has a 2.2-mile Fitness Trail with 14 different exercise stations/posts.
- PHOTO OPPORTUNITIES:** Mustique's natural beauty, rolling landscape and deserted beaches lends itself to plenty of photo opportunities.
- PLAYING FIELDS:** A basketball court, volleyball court, tennis courts (see Tennis Club), soccer field, cricket pitch and children's playground are all located on the island for complimentary guests use.
- PICNICS:** Picnic huts are located on Lagoon, Pasture and Macaroni Beaches. Guests must make reservations with the Activities Coordinator who will then arrange for villa staff to prepare and serve the meal.
- SHOPPING:** Britannia Bay is the shopping focal point of the island with a handful of shops (clothing and general) scattered along the harbor front. The shops include:
- The Purple House: This eclectic boutique carries a variety of stylish swimwear, sarongs, linen clothing,

slippers, handbags, sunglasses, jewelry, panama hats, printed t-shirts and much more.

- The Pink House: This boutique carries an array of designer brands including: swimwear by Elizabeth Hurley and Letarte, Havaianas sandals, resort wear by LottyB and Papillon Bleu, Indian kaftans and select clothing items by Tommy Hilfiger and Jigsaw.
- Basil's Boutique: This casual shop sells beachwear, hand-printed and imported clothing.
- Cotton House Boutique: This hotel boutique carries designer swimwear and beachwear and Mustique logo items, jewelry, handbags and gift items.
- Sweetie Pie Bakery: This island bakery features freshly baked breads, croissants, cakes, brioche and international newspapers; open six days a week.
- Fish Market: For the freshest daily catches head to this fish market, open six days a week.
- Corea's Food Store: This store is the island's main supermarket, housing groceries, meats, produce, wine, beer and champagne. A master account is established for all villa guests prior to arrival.
- Basil's Gourmet Shop: This general store stocks all the best things in life from champagnes, caviar and French cheeses to other delicacies. Groceries, fresh produce, liquors and toiletries are also available.

**SPA SERVICES:**

With a fitness centre, four dedicated treatment rooms, a relaxation room with stunning sea views and a specialist beauty salon, the Cotton House Spa encompasses a wide selection of treatments using top end spa products from Sundari. The Spa can also personalize spa programs. Massage services can also be scheduled in the privacy of your villa. Appointments are required and can be made by calling the hotel on +1784-456-4777 or by contacting the [spamanager@cottonhouse.net](mailto:spamanager@cottonhouse.net) prior to arrival on the island.

**STARS UNDER THE STARS:**

A weekly open-air movie night, "Stars Under the Stars," is held on Fridays for children and on Saturdays for adults.

**TENNIS CLUB:**

The Mustique Company offers six floodlit courts (two Laycold and four Omni), complimentary by advance

reservation between sunrise and 8:30 pm. The Tennis Club offers guests a range of opportunities including:

- Private Lessons: Private lessons are available by appointment, with the Resident Tennis Pro, Richard Schaffer.
- Instructional camps: A variety of instructional camps are available including: the Tots Camp for ages 3-5, the Pee Wee Camp for ages 4-5 and the Junior Camp for ages 6-13.
- Tennis Exercise: A Tennis Exercise class is held three days a week designed to mix exercise with tennis movements.
- Social Play: A “Social Play” mixed-double round robin held every Sunday during tennis season designed as an opportunity for island guests to meet each other.
- Junior Tournaments: Children’s junior tournaments are held for children every Friday morning during Christmas, Easter and summer holidays.
- Tennis Shop: Richard Schaffer manages the island tennis shop. The shop carries tennis grips, balls, shoes, and attire and also offers racquet stringing and rentals.

To contact the Tennis Club, please call: 784-488-8315 or email: [mustiquetennis@mustique.vc](mailto:mustiquetennis@mustique.vc).

## **WATERSPORTS/ DIVING:**

The island has a variety of watersports opportunities for guests including boat tours, diving, sailing, kayaking, wind surfing and snorkeling.

- Diving: There are nearly 20 dive sites near Mustique. PADI-sanctioned courses are offered from beginner to divermaster level. Also, a “bubble maker” introductory diving course is available for children ages 8-11.
- Sailing: The Grenadines are known as a sailor’s paradise. The Mustique Company can arrange for sunset cruises and day trips on powerboats or sailing yachts to the neighboring exotic Grenadine Islands to visit Petit St. Vincent, Canouan, Tobago Cays, Palm, Mayreau and Bequia. Private chartered cruises are also available.

To contact make watersports inquiries, please contact Brian Richards by telephone: extension 8486 or by email: [watersports@mustique.vc](mailto:watersports@mustique.vc).