



ACTIVITIES

For further information, contact Lou

Horse riding	Spring Hill Riding Club 4607787/7733139
Boat Rentals	Paradise Boat rentals (Jolly Harbour) 4607125
Windsurfing	Windsurfing Antigua 4629463
Kite Surfing	Kitesurf Antigua 7205483 (antonadam@gmail.com) Forty Knots – Green Island 7226624
Stingray City	Stingray Adventure 562 7297
Diving	Soul Immersions 7285377 Aquanaut Divers 4605000/4602813 Dockyard Divers 4601178/4648591
Golf	Cedar Valley Golf Club 462-0161 Jolly Harbour Club 462-7771 ext. 608
Cricket	Call West Indies Cricket Board 4605462 for schedule
Tennis/Squash	There are courts for hire in Falmouth Harbour at Temo Sports. Tel: 463 6376
Body Shop	Akparo 460-5705 Sharon will come to your home – 7287437 or call Lou Massage Matters – Barbara 7209645
Sailing	On Deck – Match racing – Pete Anthony 7206313 Sentio – Captain James – 7724803 Mirimar – Catamaran or yacht - 721 3456 or 722 8468
Hiking	Adventure Antigua 7273261
Tours	Wadadli Cats (4624792/5621803) for around island tour Black Swan (562-7946) for the rum punches. Tropikelly Trails will do overland tours 4610383. Eli Fuller offers his Xtreme around island tours and can educate you on the environment while buzzing you around it – 7273261
Off Road	Antigua Buggy's 7899686
Shooting	Paintball Antigua Clays - Shooting Range offering a wide variety of sports including mountain biking – 4602529
Gym	Located at the Antigua Yacht Club Marina Resort 5623030