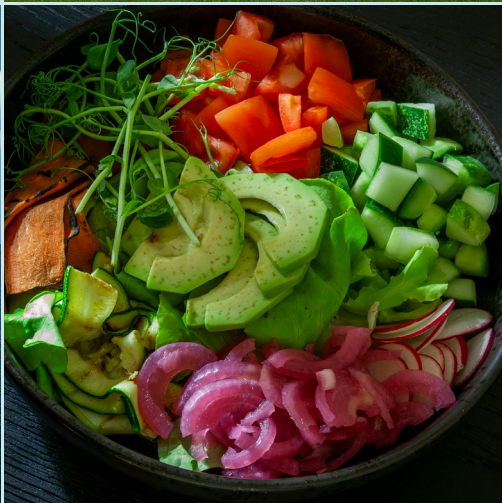


Your Wellbeing the Apes Hill Way.





Welcome to our oasis of tranquility, rejuvenation and relaxation where the beauty and revitalizing elements of nature co-exist in every experience. Located atop the Central Highlands of Barbados with panoramic scenic views embraced by the pure Atlantic Tradewinds, The Apes Hill Barbados Golf Resort and Community is a natural haven for health and wellbeing.

Against this backdrop, we have crafted a holistic itinerary which is designed to immerse you in the healthy, nature infused lifestyle that we cherish at Apes Hill. Our aim is to touch every aspect of your wellness journey, leaving you refreshed and rejuvenated at this unique place of wonder.

*We've created the perfect wellness package in 6 days...*

## Day 1

**Meet and Greet within Grantley Adams International Airport** - Escape the airport lines with our exclusive meet and greet service to set the tone for your stay.

**Transfer to Apes Hill Golf Resort and Community** - Our dedicated taxi driver will be awaiting you to transfer you to Apes Hill Golf Resort and Community.

**Welcome, Villa Check In + Orientation** - Home, sweet home! Get acquainted with your residence as our Guest Experience team takes you through a detailed orientation of your villa and its amenities. Settle in and enjoy an edible welcome amenity prepared by our culinary team.

**Luxe Indulgence Massage** - Enjoy a shared 30-minute experience of relaxation as we melt the tension within your muscles away.

**Tour of Apes Hill Resort and Meet the Team** - Our team is eager to meet and cater to your every need during your stay with us. A bespoke tour provides you with an opportunity to see all the wonders of the resort.

**Sunset Ritual** - Celebrate the ending of the day with a champagne toast overlooking the 19<sup>th</sup> Hole as the team makes the lake glow with our sunset ritual.

**Arrival Dinner at 20<sup>th</sup> Hole Restaurant** - Our sustainably crafted menus allow you to explore our island's culture through the senses of sight, taste, and aroma to end your first day with us on the right note. Menu options will be served family-style.



## Day 2



**Sunrise Hatha Yoga** - Embrace the Tradewinds of the Atlantic Ocean with Sunrise Hatha Yoga on the 15<sup>th</sup> Hole, followed by our freshly made juice and health snack.

**Golf 101** - Master your golf technique with Jody, our PGA-rated Golf Pro.

**Smoothie-Making Class and Breakfast** - A hands-on approach to creating a healthy smoothie with our bartender followed by breakfast at 20<sup>th</sup> Hole.

**Golf** - Tee off on our 18-hole championship course.

**Grab and Go Lunch** - After completion of the Front 9, have quick lunch at 20<sup>th</sup> Hole before completing the remaining 9 holes of our 18-hole championship course.

**Honey Health Workshop** - Suit up and learn about the art of beekeeping and the benefits of honey from the team at Walkers Reserve.

**Dinner on the West** - Enjoy a toes-in-the-sand experience under the stars.

## Day 3

**Sunrise Hike** - Discover a tale of Barbados' past as you embark on an Eastern hike from Martin's Bay to Tent Bay along the old train tracks by the seaside.

**Thalassotherapy at Bathsheba** - Relax in the serene pools of the East Coast as the sun rises. Enjoy breakfast on the beach with a packed picnic basket of goodies from the culinary team.

**East Coast Tour** - Our guided tour offers an informative outlook on the untouched side of Barbados before your return to Apes Hill Golf Resort and Community.

**Chef Technique** - Within the comfort of your villa and under the guidance of our chef, learn to make a creative plant-based meal that is sure to wow your family and friends.

**Sunset on the Sea** - Toast to yet another fun-filled day with a private dinner cruise offering a breathtaking view of the sunset and the West Coast. Round-trip transfers provided.\*

\* Weather permitting.



## Day 4



**Yoga and Meditation at Dawn** - Awaken your senses on Hole 15th as we engage in yoga and meditation with views of the East Coast, followed by our freshly made juice and health snack.

**Lime Kiln Gully Hike and Farm Tour** - Explore Apes Hill with Ed as we take you on the unbeaten path at Apes Hill. Discover the remains of the lime kiln once situated on property followed by a tour of our farm to get a greater understand of our 360 farm to fork initiative.

**Farm to Table Breakfast** - Enjoy breakfast in the lime kiln with produce supplied from our very own farm!

**Speightstown Tour and Lunch** - Take in the views of the rustic Speightstown with a walking tour coupled with lunch..

**Par-3 Course** - Our Par-3 course offers a friendly golf activity for all ages. Enjoy a dedicated session with our Golf Pro Jody.

**Padel Tennis Clinic** - Learn the trendy sport of Padel Tennis with instructor Hayden.

**Private Dining** - End the day with a 3-course meal prepared right in the kitchen of your villa from our Chef.



## Day 5



**Boot Camp** - Challenge your fitness with our Boot Camp class in the gym, accompanied with a power-packing smoothie.

**Stretching and Mobility** - End your fitness workout with a self-paced stretching and mobility routine.

**Family-Style Breakfast** - Enjoy a family-style breakfast over at 20th Hole.

**Golf** - Tee off on our 18-hole championship course.

**Grab and Go Lunch** - After completion of the Front 9, have quick lunch at 20th Hole before completing the remaining 9 holes of our 18-hole championship course.

**Sunset Yoga** - Complete the last evening of your stay with a restorative yoga session on the lawns overlooking the 19th Hole.



## Day 6

**Breakfast** - Enjoy a family-style breakfast over at 20th Hole.

**Departure from Apes Hill Golf Resort and Community.**



## What's Included



MEALS INCLUDED



PRIVATE CRUISE INCLUDED



ALL TAXI TRANSFERS AND TOURS  
INCLUDED WITHIN STAY