

LE CARL GUSTAF

Experiences

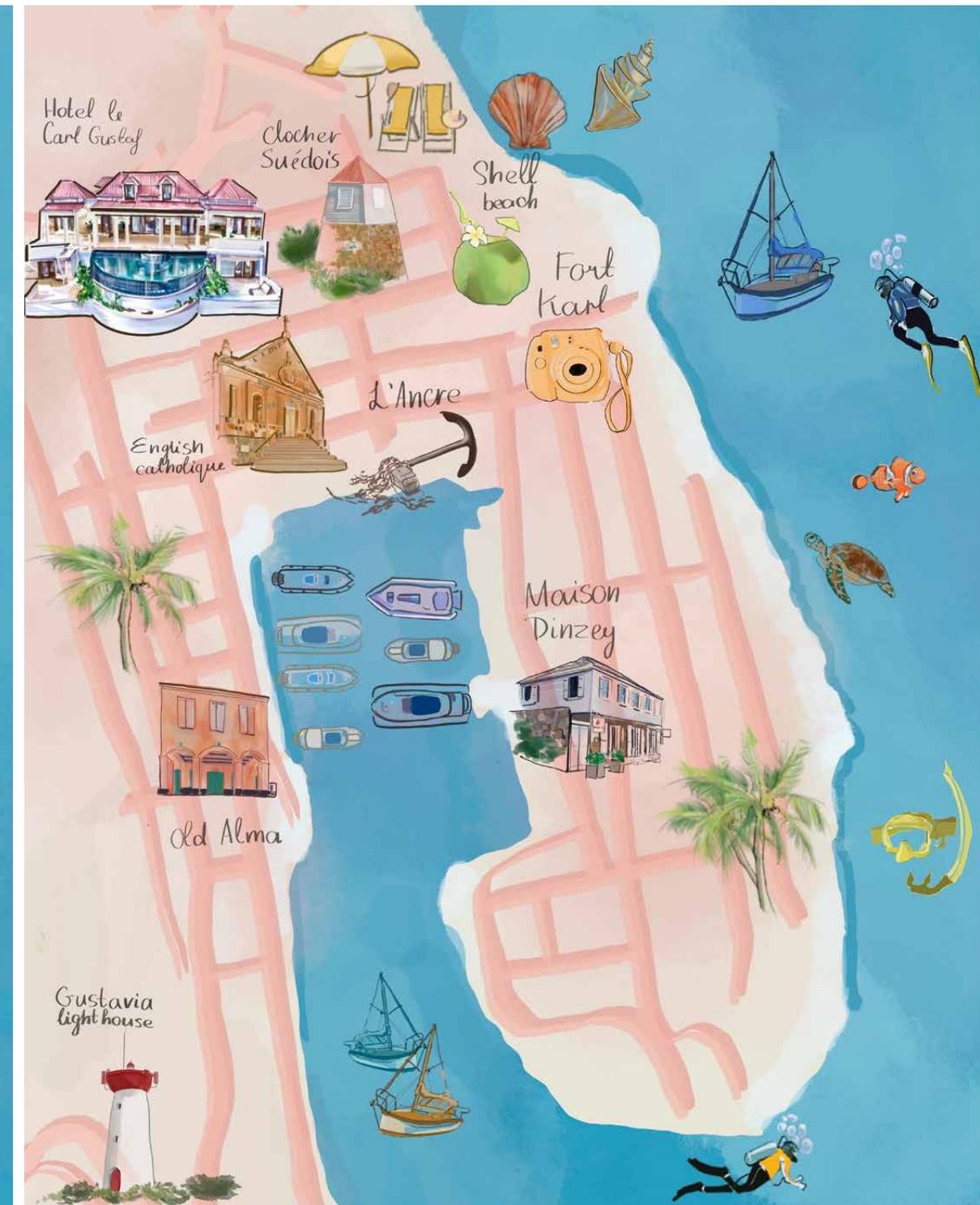


HÔTEL BARRIÈRE
LE CARL GUSTAF
ST BARTH



WELCOME
TO ST BARTH







HIKING TO COLOMBIER

The Western tip of Saint-Barthélemy hides the cove of Colombier, the most protected beach of the island and natural reserve. This little haven of peace still wild deserves some efforts; no road leads the cove, so it's necessary to go there by a winding path in the hills.

The walk of about twenty minutes allows to enjoy a magnificent view of the bay. Less sporty can go there by boat... The transparent water is ideal for snorkeling. Equipped with the snorkeling gear, you can see many species of fish, and some sea turtles. On the sand, the scenery calls of idleness...

History point . At the top of the hill, only one villa overlooks the cove of Colombier. This is the former property of Rockefeller, the American billionaire who created the infatuation for Saint-Barth in the 1960s.



HIKING TO NATURAL POOL

Hidden from the sights, the natural pool of 'Petit Cul de Sac' is a very preserved curiosity. Accompanied by a guide, you go for a nice walk along the coast and the white sand beaches and climb to reach the perfect spot to enjoy the best panorama.

Coming down few meters appear fifty shades of blue, you can now enjoy a swim in the translucent water of natural pool. Guide tour, prices available on request.

Not recommended for a children under 10 Years old.

HIGHLY RECOMMENDED:

Don't go there by your own, ask for a guide tour. Don't go with flip-flops. You must have sneakers. Not recommended for a children under 10 Years old.



YOGA

There are several types of Yoga, here are some possibilities: yoga Vinyasa, yoga of Alignment, Yin yoga, yoga Nidra, or Prenatal yoga... Yoga of Alignment - This style of yoga explores a wide variety of postures with an emphasis on detail and correct alignment. It focuses on flexibility, coordination, balance and strength with poses and positions held for longer periods of time and an ample use of props so that all individuals can perform the poses safely.

Yin Yoga - In this Yoga the postures are held for a long time so that the body can feel in depth the effects. The student always breathes deeply while adjusting the poses, at his/her own rhythm, remaining receptive to the sensations. This style of yoga can be very meditative. Don't hesitate to ask our team for more details, and explanation.



PILATE

Pilates is similar to yoga but emphasizes your body's core — the abdomen, obliques, lower back, inner and outer thigh, butt, and so on.

For this reason, Pilates develops much of what exercisers need — strength, flexibility, muscular endurance, coordination, balance, and good posture — with a much lower chance of injury than with other forms of exercise.

The discipline emphasizes correct form instead of going for the burn. There are many exercise variations and progressions in pilates so there are many levels of advancement.



MEDITATION

Meditation is a means of transforming the mind. Buddhist meditation practices are techniques that encourage and develop concentration, clarity, emotional positivity, and a calming way of seeing the true nature of things.

By engaging with a particular meditation practice you learn the patterns and habits of your mind, and with steady practice offer a means to cultivate new, more positive ways of being which can then deepen into a profoundly peaceful and energised state of mind. Often these experiences have a transformative effect and may help lead to a new understanding of life.

REIKI

Reiki is a Japanese healing technique based on the principle that the therapist can channel energy into the patient by means of touch, to activate the natural healing processes of the patient's body and restore physical and emotional well-being. Please note, prices are adjusted according to the number of people during the session.

PERSONAL TRAINER AND BOXES LESSONS

Cross training, strength training, fitness, cardio-boxing, whether you are athletic or not, discover the benefits of physical activity. Private lessons can easily be organized, whether on your terrace facing the sea, or at the stadium. Cross training consists of combining exercises that work different parts of the body. The goal is to make the cross training practitioner a complete athlete, improving all of his athletic and physical qualities: strength, speed, endurance, power, flexibility, agility, coordination, aesthetics.

Prices are adjusted according to the number of people during the session. Don't hesitate to ask our team for more details, and explanation.

MUSCLE TONING AND AQUABIKING

In addition to being an activity that works the heart and burning calories, practicing in the water would bring many virtues. Indeed it allows to work smoothly, in respect of the joints and without muscle aches.

"An effort that will allow you to enjoy the view early morning"



PRIVATE SPEED BOAT EXCURSION

Set out with your family or a group of friends, and head to the island of your choice to enjoy the open sea and explore the crystal clear waters aboard a fast boat with unique design. Full day trip from Gustavia harbor to Anguilla From 10:00am to 5:00pm

Including: Fuel, crew, open Bar, beach towel, snorkeling gear and one seabob prices available on request. That you would like a 'Gourmet' picnic on board, a champagne in particular? A specific request? Let us know your wishes.



CATAMARAN EXCURSION AROUND THE ISLAND

Is there a better way to start a vacation in St Barth than sailing around the island and discovering all the iconic beaches of the island from ashore?

Set sail for the day on a beautiful catamaran and enjoy a Fouquet's Picnic prepared by the Chef and taken on board, with a chilled glass of Champagne for the afternoon.

- Half day trip during the morning.
From 9:00am to 12:30pm
- Half day trip during the afternoon.
From 1:00pm to 4:30pm
- Full day trip. **From 9:00am to 4:30pm**
- Sunset Cruise. **From 5:00pm to 7:00pm**



Seabob is perfect to set off on an adventure with family and friends and enjoy a unique aquatic experience!

This high-end, hydrodynamic, silent, electric underwater to weather conditions scooter is sure to please you!

For more adventure enjoy an atypical lunch at Sandy Island, like in the West Indies. All water activities are subject to weather conditions.

Don't hesitate to ask our team for more details and more information about a day trip around St. Barts, or any other place.

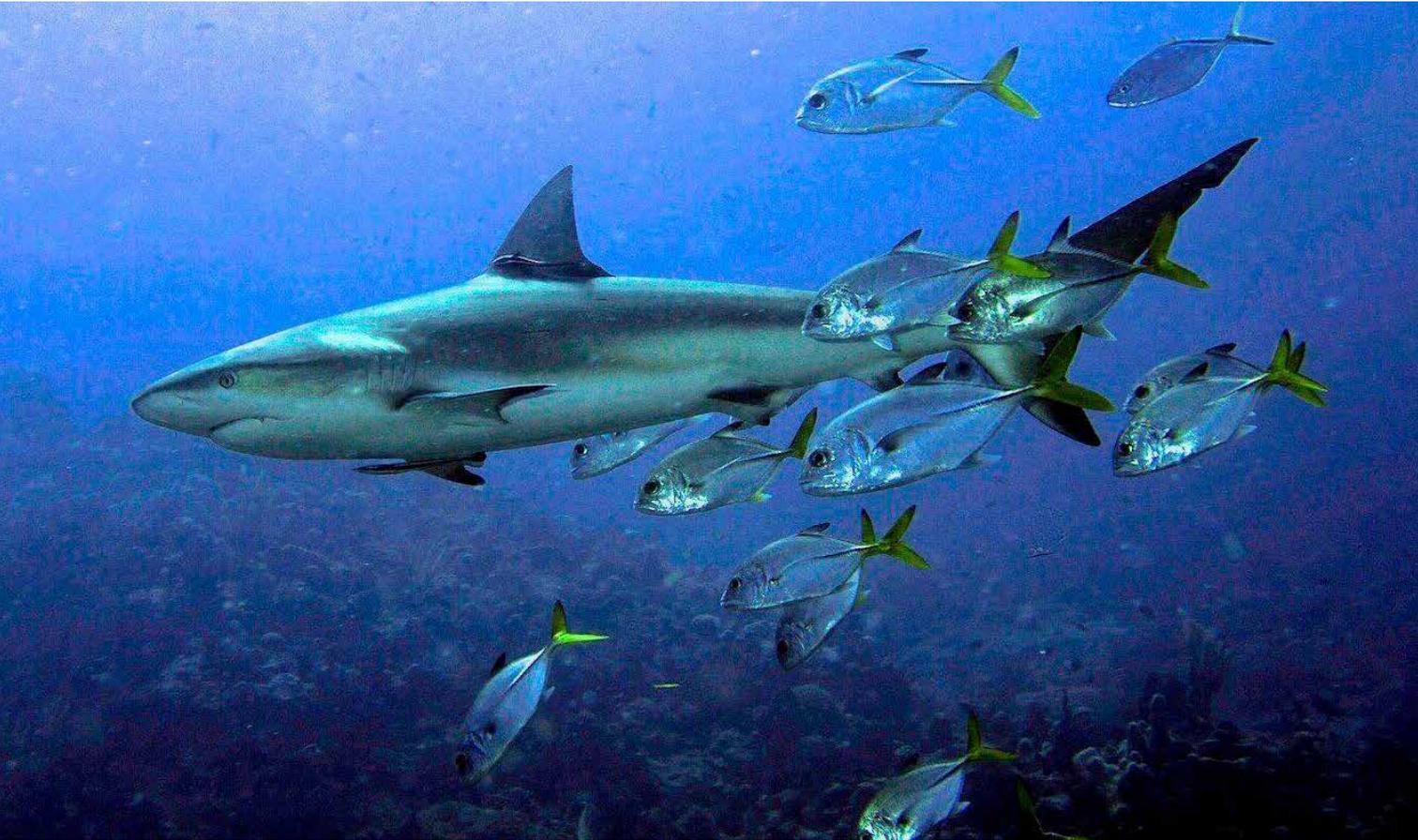
DIVING EXPERIENCE

Come and discover the richness of fish-rich waters of St. Barts with a professional instructors who will ensure your comfort and safety. St. Barts offers plenty of diverse accessible diving spots for all levels.

All islands surrounding St. Barts are the quintessential diving sites.

The sites in the marine reserve are full of life and the choice of sites are decided by the customer in order to offer the most of pleasure.

Private excursion are also available!



SEABOB EXCURSION

The Seabob initiation sessions are for children that want to discover in total security, the joy of the Sea bob, on the surface as well as underwater (maximum depth 2,5m or 9ft).

The initiation consist of an adapter briefing and a ludic learning process (taught by a certified instructor). This activity can be done at the beach of your choice : Shell beach, Nikki beach, Anse de Flamands, Gouverneur beach...

All the prices available on request.

Don't hesitate to ask our team for more details.



JET SKI TOUR

Supervised by an instructor, your jet ski ride will allow you to discover the most beautiful sites of Saint Barthélemy, its creeks, beaches, fauna, and flora. You'll enjoy the pleasures of speed on splendid routes and feel amazing thrills!

You'll ride the jet ski alone or with another person if you wish. The tour lasts 1.5 hours and takes place from Gustavia harbor, or from Grand Cul de Sac. You'll ride all around the island!

Private excursion are also available!

All the prices available on request.



FLY BOARD

Try out flyboarding, the new nautical activity, on the island of St. Barts! You will learn how to tame the machine and enjoy beautiful panoramas! Flyboarding will allow you to experience unique sensations! The activity requires only a few minutes of handling before being able to perform acrobatic tricks. A professional team ensuring all the security will accompany you in this extreme experience!

All the prices available on request.

All water activities are subject to weather conditions



FISHING TRIP OR "COOK MY FISH"

Early in the morning, come aboard on a fishing boat, and sail away for an authentic fishing experience. You might get lucky with a great catch who knows. When coming back on land, the Chef will expect you to teach you all the secrets of cooking a great meal with the daily catch.

Immerse yourself in local tradition with exclusive Caribbean recipes and enjoy a "self made" meal with your family for lunch time.

Prices are adjusted according to the number of people during the session.

All the prices available on request.



SNORKELLING EXCURSION

Snorkeling is an activity that can be practiced with your family and friends. You will visit St Barths' Nature Reserve to explore the species that call it home. You will come across a variety of species that live in the coral reefs and discover other incredible sea life.

You will move around at the surface at your own pace, guaranteeing you enjoyment, freedom and an unforgettable trip, that will be enhanced by sounds of the birds and the sea.

Snorkelling gear available at the reception



Model days will be offered throughout the year depending on the events and activities offered in the Caribbean. Helicopter tour, Parachute initiation, Cooking Classes, Photo shoot, Golf trip somewhere else in Caribbean... and more.

Don't hesitate to ask our team to get several informations, and discover the privileges of Saint Barthelemy, and the Caribbean.

INCREASINGLY

After several years of experience on the island of Saint Barthelemy, our team is delighted to offer various activities adapted to all. Other activities are available on the island:

- Stand up paddle
- Kayak
- Hobie cat
- Windsurf
- Kite surf
- Surf



SAILING

The Saint Barth Yacht Club is located at the entrance of Gustavia; only 5 minutes from the city center, in a beautiful protected body of water, close to nature reserves and open on the sea.

The Saint Barth Yacht Club benefits from a superb playground with the outline of the port of Gustavia, the surrounding ilets of 'Petits Saints', 'Gros Ilets' and 'Pain de Sucre', the beaches of Public and Corossol.



The Saint Barth Yacht Club benefits from a superb playground with the outline of the port of Gustavia, the surrounding ilets of 'Petits Saints', 'Gros Ilets' and 'Pain de Sucre', the beaches of Public and Corossol.

- Rs Feva sailing from 11 years old
- Regate Optimist from 7 years old
- 'Gardens of the Sea' from 5 years old

Quarterly package of 1 or 2 course from 130 Euros to 195 Euros.



WATER PLAY BETWEEN 'TWO FLIGHTS'

Enjoy the 'Water Play' with Carib water play in St. Jean, next to St. Barts airport 'Rémi-De-Haenen'. You will be able to enjoy all the watersports activities. The aircraft are taking off in this bay, you will be just under the take off, during your windsurf session, or paddle board session...

Fulfilling all your needs for water sports since 1983, learn, or just improve. Windsurf, surf, kayak excursion, stand up paddle, catamaran 'Hobie Cat'. For an hour, a day, or more.

Prices are available on request

More info about the 'CNSB' - The 'Nautical center of St. Barts' organizes key events in St. Barts such as Championships in Catamaran and in Windsurf: The St. Barth Cata Cup, January's Long Distance.

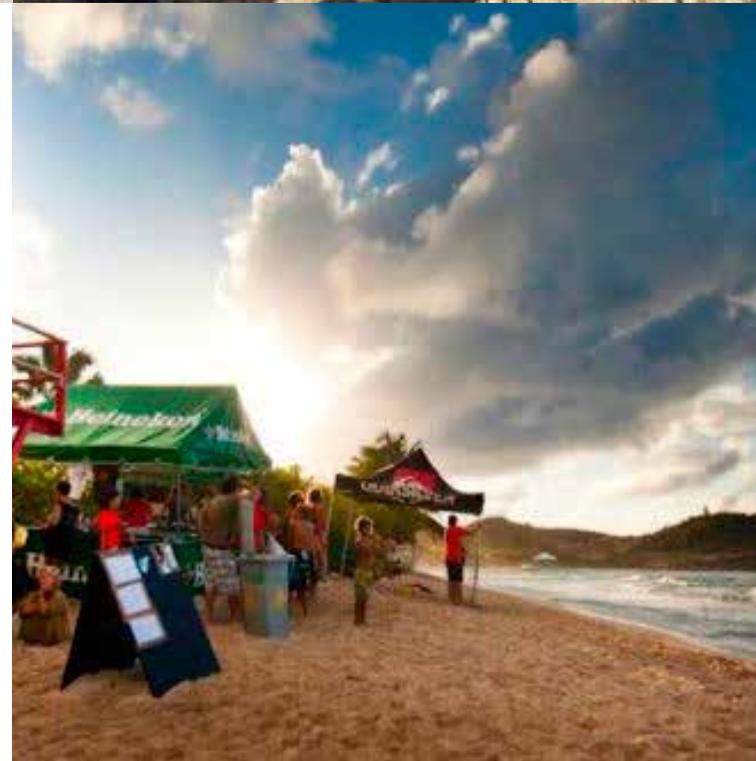


AJOE REEFER

Discover the surf in Lorient bay with the Reefer Surf Club, a perfect spot to an initiation and learning this well-known sport in St. Barts.

Young people from St. Barth have learnt on the same beach, and are now taking part in European and World competitions. From 6 years old - Private session or group - 8 people maximum
Included : Surfboard, lycra.

Prices are available on request



SEABOB 'INITIATION'

The Seabob initiation sessions are for children that want to discover, in total security, the joy of the Sea bob, on the surface as well as underwater (maximum depth 2,5m or 9ft).

The initiation consist of an adapter briefing and a ludic learning process (taught by a certified instructor).

This activity can be done at the beach of your choice : Shell beach, Nikki beach, Anse de Flamands, Gouverneur beach... From 8 years old.

Included: kids mask

Prices are available on request



PLAY TENNIS

Saint Barth Tennis Club will be really happy to welcome you in his plexicushion courts - Surface Children can learn the basics of tennis, or improve their game throughout the holidays..

All along the year they are doing different activities like: private lesson, collective lesson for children, ranking tournament and animations. There is a 'Pro Shop' in order to complete everything to play tennis, a bar and a changing room with shower.

Prices are available on request



CERAMIC AND CREATIVITY

The concept of Blue Gecko is seductive: you relax by decorating an object that you can take home. They choose a ceramic object already cooked and they customize it on site with all the advice provided by Anne, the mistress of the place.

Once the work is finished, Anne is in charge of glazing and cooking at more than 1000 degrees. It takes 2 or 3 days of patience to recover the object because cooking takes time. There is a wide variety of objects such as cups, plates, bowl, zippers, boxes, etc... The activity needs to be done 3 days prior to the departure. **Prices are available on request**



YELLOW SUBMARINE

The incredible world found under the sea appears right before your eyes through the glass bottom of the Yellow Submarine.

Aboard, you will see things you never even imagined: the colorful underwater fauna and flora of St Barth.

Multi-colored fish put on a great show for you, whether they are hiding around the rocks or zipping around shipwrecks, their spectacle fills you with childlike glee.

You will feel like the king of the waves, and with a little luck, sea turtles will serve as your bodyguards as you head back to the port. The excursion will take an hour.

Prices are available on request



