

Sugar Ridge
ANTIGUA WEST INDIES
WELCOME PACKAGE



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Welcome to Sugar Ridge

Antigua's Luxury Boutique Resort

Thank you for contacting us at Sugar Ridge in Antigua. We are delighted to share more information about our beautiful property with you.

This welcome package is full of useful information about the resort. We know that planning a holiday can be daunting and so we have outlined important details about Sugar Ridge to assist you in planning your trip.

Sugar Ridge is a chic boutique resort located on 43 acres of lush tropical hillside. All 60 rooms boast panoramic vistas of the surrounding landscape and Caribbean Sea, and have large verandas to take full advantage of the view.

At Sugar Ridge, you will experience first class service. Prepare to be pampered with luxurious amenities with a focus on holistic health and wellness.

The resort includes two restaurants and lounges, three pools, a 2500 square-foot Aveda Concept Spa, a 2000 square-foot Cybex fitness center, and shuttle service to world-class Turner's and Valley Church beaches, both located just minutes away from the resort.

There's always something happening in or around Sugar Ridge. From yoga to jazz, bonfires to brunch, farmer's markets to DJs, you won't experience a dull moment during your stay. The resort embodies a hip, energetic vibe and provides a wide range of activities to choose from.

Whether you want to slow down and relax with poolside cocktails and meditative yoga, or let loose on the dance floor, or all of the above, Sugar Ridge has something to suit everyone's style.

Luxury, privacy, and wellness define every moment at Sugar Ridge.

Getting Here

Travel Information for Your Island Getaway

Sugar Ridge is located on the Caribbean island of Antigua in the West Indies. No matter where you are coming from, getting to the island is easy.

Antigua is home to V.C. Bird International Airport and major airlines fly in

and out regularly. Fly directly to Antigua from major gateway cities such as Toronto, Miami, New York, and London. With the addition of a short layover, Antigua is accessible from anywhere that is most convenient for you.

Antigua



The following airlines offer flights into Antigua

www.aircanada.com

www.liatairline.com

www.airtransat.com

www.stbarthcommuter.com

www.aa.com

www.svgair.com

www.britishairways.com

www.thomascookairlines.com

www.canjet.com

www.tradewindaviation.com

www.caribbean-airlines.com

www.united.com

www.condor.com

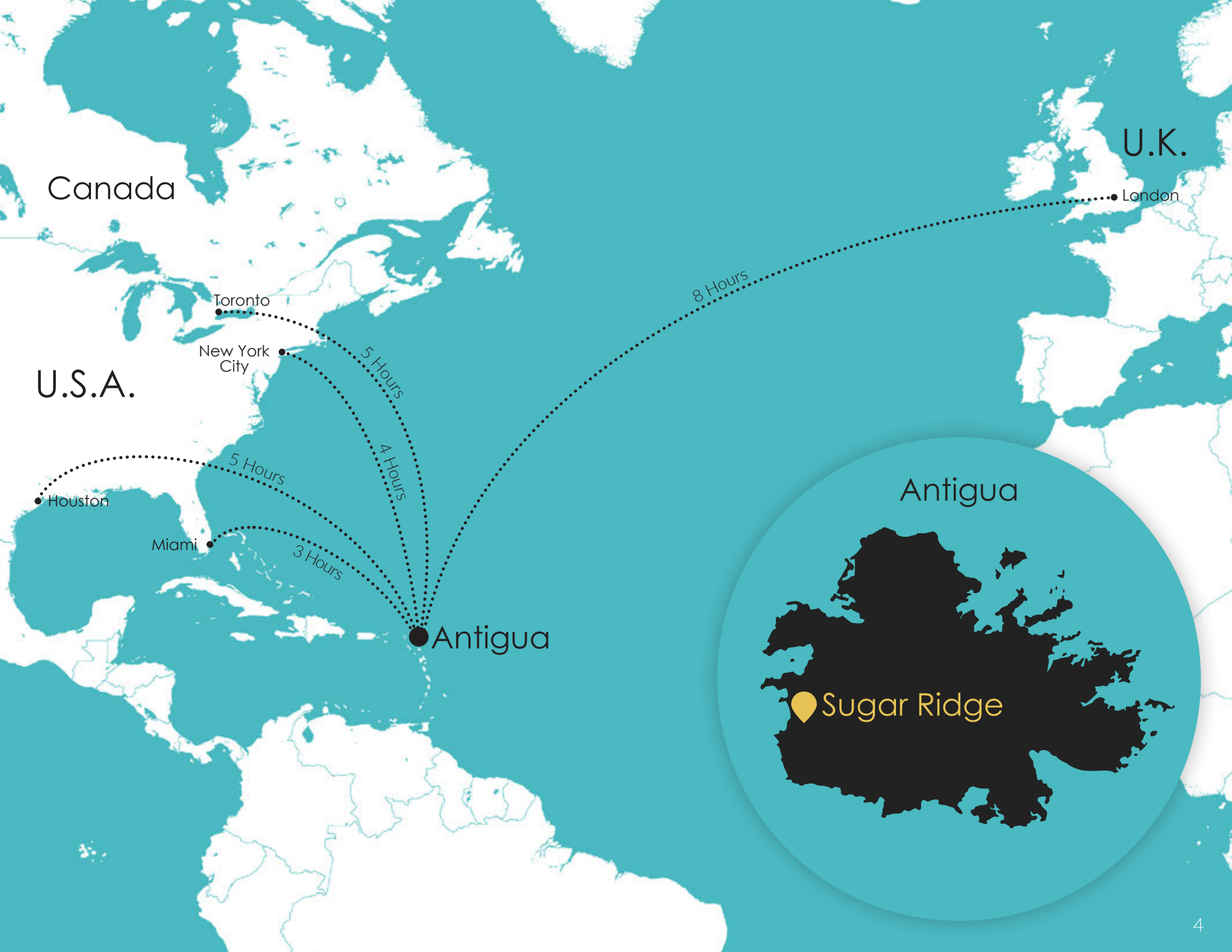
www.usairways.com

www.delta.com

www.virgin-atlantic.com

www.flymontserrat.com

www.westjet.com



Canada

U.K.

London

8 Hours

U.S.A.

Toronto

5 Hours

New York City

4 Hours

5 Hours

Houston

Miami

3 Hours

Antigua

Antigua

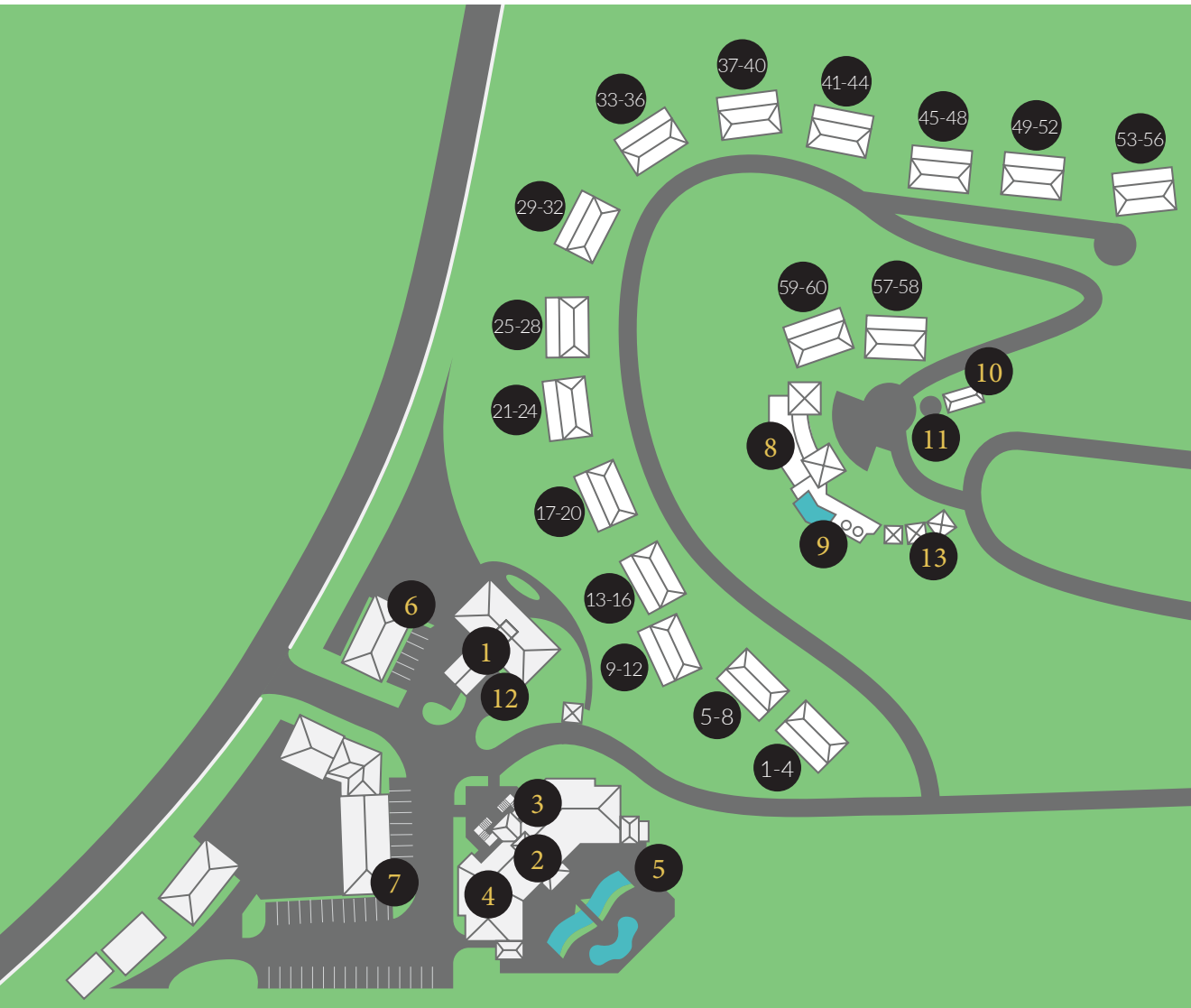
Sugar Ridge

Property Map

Antigua's Chic Boutique Resort

Sugar Ridge is nestled in 43 acres of lush flora. Located on the southwest coast of Antigua, the resort overlooks Jolly Harbour and has stunning 360°

views of the Caribbean Sea and the headlands to Five Islands Bay.



Sugar Ridge Resort

1. Front Desk
2. Sugar Club Restaurant & Bar
3. Fitness Center
4. Aveda Concept Spa
5. Sugar Club Pools & Bar
6. Conference Rooms
7. Shops
8. Carmichael's Restaurant & Bar
9. Carmichael's Pool
10. Yoga Shed
11. Fireball
12. Beach Shuttle Pickup
13. Wedding Pavilions

Resort Amenities

Luxury Services and Facilities

Your stay at Sugar Ridge includes exclusive access to a wide range of resort amenities.



- Airport shuttle
- Aveda Concept Spa
- Beach shuttle
- Access to Turner's & Valley Church Beaches
 - Lounge chairs
 - Umbrellas
 - Wi-Fi
- Beach towels
- Bicycle rental
- Car hire
- Concierge services
- Continental breakfast
- Daily maid service
- Carmichael's Restaurant
- Sugar Club
- Room service
- Evening entertainment
- Fitness center
 - Personal trainer
 - Yoga classes
- Gift shop
- 24-hour front desk
- Laundry services
- Lounge and beach chairs
- Meeting/ banquet facilities
- Non-smoking rooms
- On-site parking
- Outdoor pool
- Sun terrace
- Sun umbrellas
- Currency exchange services
- Wi-Fi



AVEDA Concept Spa

Treat Yourself at Sugar Ridge

Sugar Ridge's world-class amenities include the only Aveda Concept Spa in the Caribbean.

Aveda Spas and Salons were founded in the healing tradition of Ayurveda from ancient India. With an approach that has soothed mind, body, and spirit for years, Aveda continues the tradition of holistic health and balance.

The spa features four treatment rooms, shower facilities, and a manicure and pedicure room.





Pools

Spend the Day Poolside

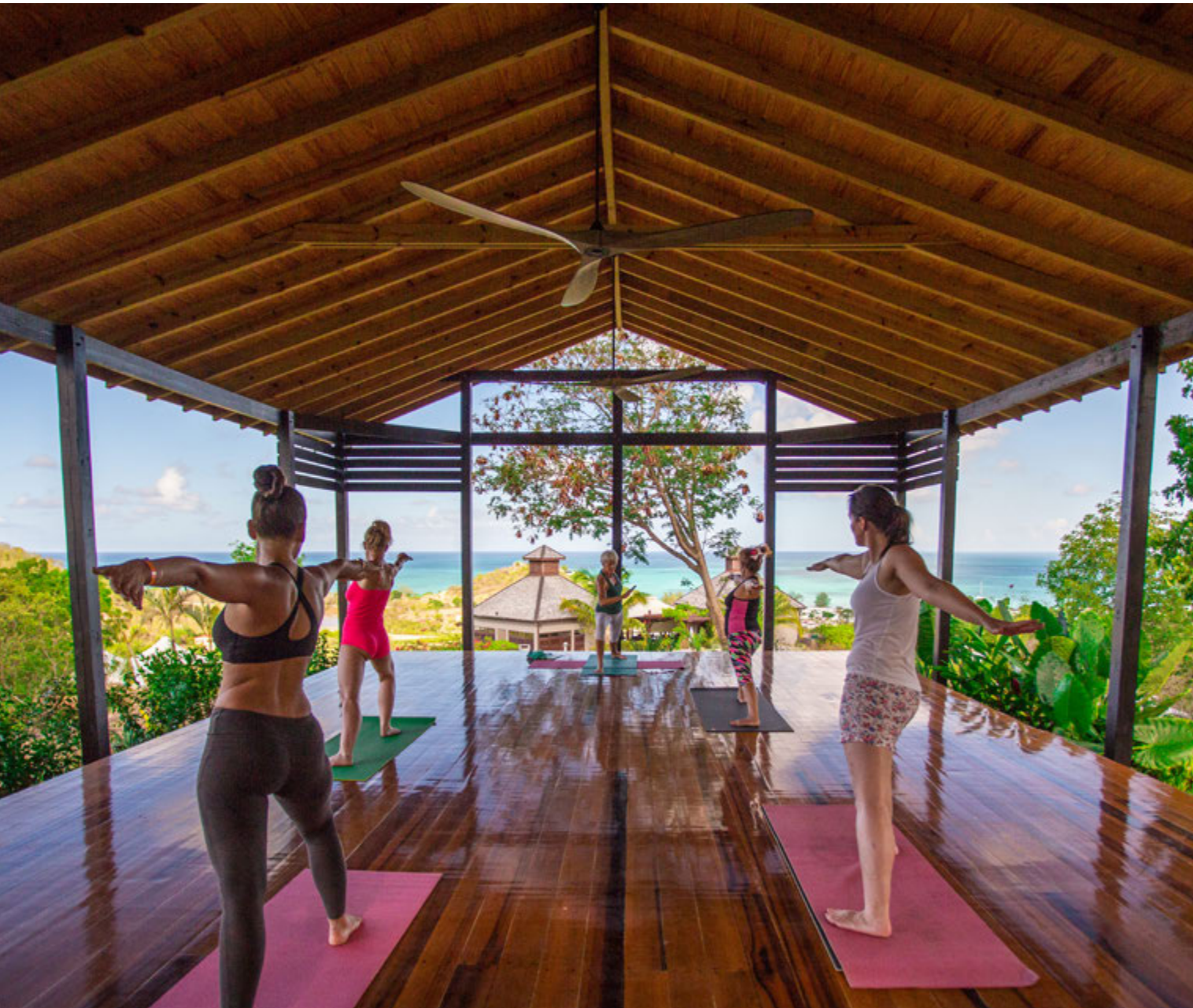
Sugar Ridge has two fresh water pools at the center of the resort, surrounded by an expansive pool deck with chaise lounges and umbrellas. The 44 ft. pool is perfect for cooling off after time spent lying in the sun. The 82 ft. lap pool has waterfalls stretching along the length of one side.

Splash around, get an aquatic workout, or be served food and beverages on the deck by a poolside attendant for a day of relaxation.

The infinity pool sits at the highest point of the resort, offering added seclusion and tranquility. Looking over the horizon it is the perfect place to soak and watch the sunset over the Caribbean. Or take in the view from one of the many chaise lounges around the pool deck.

The Yoga Shed

The Best Yoga in the Caribbean



Guests enjoy free yoga in The Yoga Shed. Yoga is offered 6 days a week, with additional classes offered at monthly events.

The facility was opened in early 2018 and is constructed from Greenheart, a hardwood from a licensed renewable source in Guyana. It has been sanded, sealed and had 5 coats of varnish by a traditional Antiguan boat builder.

An oversize 30' by 60' wooden roof protects guests from both rain and sun and is finished with Wallaba wood shingles with copper flashings.

Current Yoga Hours

Monday 8:00 AM

Wednesday 9:30 AM

Thursday 5:30 PM

Friday 8:00 AM

Saturday 10:00 AM

**Subject to change*

Sugar Ridge Resort is associated with Yoga Antigua.



Beach Facilities

Enjoy White Sand Beaches

Sugar Ridge offers shuttle service to Turner's Beach and Valley Church Beach, alternating daily.

Sugar Ridge attendants will set you up with a lounge chair and umbrella and serve you from Turner's Beach Bar and Restaurant. Complimentary Wi-Fi is also available.

At Valley Church Beach, enjoy being served lunch and drinks at The Nest

before wading out in the Caribbean Sea.

Shuttle drivers are available to drive you to the beach 7 days a week. A schedule ensures you arrive at the beach and get picked at a time that suits you. Our drivers are flexible and happy to accommodate your needs.

Should you choose to venture out on your own, other nearby beaches include Darkwood Beach, Ffryes Beach, and Crab Hill Beach.

Cybex Fitness Center

Maintain Your Training

Professionally designed by Cybex, the Sugar Ridge fitness center invites you to invest in your health and wellness. This first-class facility will make it easy and enjoyable to maintain your training during your stay.

The facility features the following equipment:

- 5 treadmills
- 1 recumbent bike & 1 stationary upright bike
- 1 stepper
- 2 elliptical machines
- Wide array of weight machines
- 4 adjustable benches
- Free weights ranging from 5lbs to 75 lbs, and weight plates ranging from 5lbs to 45 lbs
- Water station

Use of the fitness center is complimentary for all guests.

Hours of Operation

Monday-Sunday 6:00 AM-8:00 PM



Resort Activities

Sugar Ridge has a wide variety of on-site activities. If you're looking to stay active during your holiday, the resort has plenty of ways to keep you on the move.

Yoga

Each 50-minute class will be led by a qualified instructor. Class size is dependent on interest with a maximum of ten people per class.

Nature Walks

Sugar Ridge offers a guided walk, with a different destination each walk. Experience Antigua off the beaten track as you learn about local flora and fauna.

Village Cultural Walk: this 90-minute walk is easy and suitable for all guests with good mobility.

The Orange Valley Nature Walk: this 2-hour hike is moderately difficult. Suitable for guests with a good level of fitness.

**Be sure to ask the receptionist for our current schedule.*

Bicycles

Explore on two-wheels! All-inclusive guests enjoy access to our bikes and can use them to ride to nearby deserted beaches. If you're planning a day-trip, picnics are available (order by 5 PM the day prior to your excursion).

The bikes will be maintained and helmets and locks provided. All participants must sign a disclaimer before riding. Only Cruiser bikes are available for road and beach use. No off-trail riding is permitted due to thorny undergrowth.

Hiking

Climb Antigua's highest peak and enjoy unparalleled views of the Caribbean Sea.

Mount Obama Hike: This 4-hour hike is difficult. Suitable for active guests with a higher level of fitness as the hike is predominately uphill.

Personal Training

Personal training and private yoga instruction are available on-site for an additional charge.



Events

Always Something Happening at Sugar Ridge

There's plenty to keep you entertained at Sugar Ridge.

Sugar Nights at Sugar Club Lounge & Pool Bar

The fun doesn't end when the sun goes down. The bar serves drinks until 11:00 PM, making Sugar Club the ideal spot for after-dinner drinks and entertainment. Snap your fingers to the musical stylings of jazz musicians or move to the beat of local DJs.

Enjoy weekly two-for-one steak nights Happy Hour Tuesday through Saturday from 5:00 PM – 6:00 PM.

Sugar Club is also host to a monthly Artisan Market.

Carmichael's Gourmet Restaurant

Carmichael's sits at the highest point of Sugar Ridge and provides a spectacular view as you dine. The restaurant is host to brunches, holiday events, and Full Moon Fire Ball parties. Regardless of where your interests lie, you'll find entertainment at Carmichael's.

The Yoga Shed

Connect with your mind, body, and soul. On top of offering guests free yoga six days a week, The Yoga Shed is also host to monthly events, occasional retreats, and additional classes hosted by visiting instructors.

The Yoga Shed is associated with Yoga Antigua. More information about the schedule and upcoming events can be found on the Yoga Antigua website.

This is just a taste of the kind of fun you can have at Sugar Ridge. More detailed information on events can be found on our website.



Dining

On-Site & Off-Site Dining Options

Sugar Ridge has two restaurants and lounges. On-site dining options include Carmichael's Restaurant and Bar and Sugar Club Restaurant and Lounge.

On-Site Dining

Carmichael's gourmet restaurant invites you to experience Caribbean fine dining. Book a gazebo along the pool for a romantic dinner for two under the stars, or watch the sunset from inside the restaurant through floor to ceiling windows. With a focus on fresh, local ingredients, Carmichael's guarantees a first class culinary experience.

Hours of Operation

Tuesday – Saturday 6:00 PM-9:00 PM

Carmichael's Bar offers a wonderful selection of cocktails and overlooks an infinity edge freshwater swimming pool and sun deck – an ideal location to enjoy a refreshing drink while taking in panoramic views and amazing sunsets.

Hours of Operation

Tuesday – Saturday 10:00 AM – 11:00 PM

Sunday & Monday 10:00 AM – 7:00 PM

Sugar Club restaurant is open daily for breakfast, lunch, and dinner. Located poolside, this restaurant is modern and casual. You can enjoy your meal inside or out on the patio.

**Dinner reservations are required.*

The Sugar Club Lounge is located adjacent to the restaurant and hosts live entertainment.

Hours of Operation

Breakfast is available 7:00 AM – 10:30 AM

Lunch is available 12:00 PM – 2:30 PM

Light Bites Menu 3:00 PM – 5:00 PM

Sushi Menu (Tuesday, Thursday, & Sunday) 3:00 PM – 6:00 PM

Dinner is available 6:00 PM – 9:30 PM

Off-Site Options

Dine around and experience local cuisine! Enjoy local seafood fresh from the grill at The Nest on Valley Church Beach, or indulge in lunch and snacks at Turner's Beach Bar.

Sugar Ridge staff are on hand at both beaches to serve you.

Our Packed To-Go! service provides delicious meals for your day out. Choose a picnic from our chef's gourmet a la carte menu.

Nearby Jolly Harbor has a variety of restaurants with international cuisine and is just a short taxi ride away from Sugar Ridge. Want a real authentic experience? Try the local roadside vendors that boast unique spins on famous Antiguan recipes.

If you're looking for something specific, our front desk staff are happy to provide further recommendations.

Travel Tips & Info

Things to Know Before You Go

Our staff at Sugar Ridge are always happy to answer your questions and help you with any information you might need. But here are some tips to keep in mind as you plan your trip.

Climate

Antigua is known for a tropical climate that remains mostly dry and warm throughout the year. Temperatures range from lows of 72°F (22°C) to highs of 104°F (40°C). The rainy season runs between June and November.

Clothing

Lightweight clothing is recommended for your stay on Antigua—you'll most likely be living in tank tops and shorts! Women should pack a few dresses and men a few collared shirts for any dressy occasions such as visiting a nice restaurant or event. With the range of activities available we recommend bringing comfortable shoes.

Country Code

+1 (268) is the country code for Antigua.

Currency

Antigua and Barbuda both use East Caribbean dollars, but US dollars are widely accepted. Keep in mind that if you use an ATM around town, you will receive East Caribbean dollars. At Antigua's international airport there is a bank and exchange bureau for you to change your money upon arrival.

Customs

Customs requires that visitors have their proper identification as well as an outline of travel, including departure date. It is a good idea to travel with a hard copy of your hotel reservation.

Department of Tourism

Antigua's department of tourism can be reached at +1 (268) 462-0480 or by e-mail at deptourism@antigua.gov.ag.

Electricity

All of Sugar Ridge's outlets are 110v with an electrical frequency of 60 hertz, which is compatible with American plugs and devices. If you are traveling from Europe or other countries with different electrical outlets, you will require an adapter.

Embassies & Consulates

Antigua has 18 foreign embassies and consulates. Please visit embassy.goabroad.com to find the contact information that is right for you.

Hospitals

Mount St. John's Medical Centre is Antigua's main hospital and is a 15-minute drive from Sugar Ridge. Mount St. John's can be reached at +1 (268) 484-2700.

Legal Drinking Age

The legal drinking age at Sugar Ridge is 18.

Language

English is the official language of Antigua, but many locals speak Antiguan Creole.

Pharmacies

A pharmacy is located just down from Sugar Ridge near Jolly Harbour should you need to visit. We always recommend that all prescriptions be filled before you travel to ensure you have what you need.

Taxes

Antigua has a 15% sales tax that is charged to all purchases.

Taxis

Our reception is happy to call you a taxi. Many taxi fares are fixed rates depending on your destination. Hiring a taxi driver is also an excellent way to explore the island as most drivers are also trained tour guides.

Tipping

Most hotels and restaurants will automatically add a 10% service charge, so make sure to check your bill before adding gratuity.

Water

All water at Sugar Ridge is filtered and safe for consumption, with bottled water available for purchase. While exploring around Antigua it is recommended that you only drink water that is bottled and avoid tap water and unfiltered ice.



Policies

RATES

- All rates are quoted in US Dollars.
- Rates are subject to a 10% Service Charge and 13% Antigua and Barbuda Sales Tax.

DEPOSIT POLICY

- A deposit equal to the first 3 nights of your stay is required to confirm a reservation.
- For a stay of 3 nights or less, full payment is required to confirm a reservation.

CANCELLATION POLICY

- Cancellations made more than 14 days before arrival: deposit will be fully refunded.

- Cancellations between 7 and 14 days before arrival: 3 nights deposit is forfeit.
- Cancellations between 1 and 6 days before arrival: 50% of the total reservation will be charged.
- Cancellations within 24 hours of arrival: 100% of the total reservation will be charged.

PRIVACY POLICY

Sugar Ridge Resort respects your privacy, and will never share your personal information with a 3rd party.





Luxury, Privacy, Wellness

Vibrant Night Life and Activities



Surrounded by Amazing Vistas



Contact Information

Reservations +1 268 562 7700 | reservations@sugarridgeantigua.com

Toll Free USA +1 866 591 4881 | hotel@sugarridgeantigua.com

www.sugarridgeantigua.com