



PURSUIITS

EXPERIENCES | MEMORIES | EXCURSIONS



RESORT *happenings*

Our friendly, adventurous team aspires to enhance our homeowner and guests time here at Oil Nut Bay. Whether it is an afternoon pickleball tournament, a full moon hike to Nova, or a morning HIIT class on the viewing platform, our team strives to curate unique and inspiring in and out of water activities that appeal to all ages. Check out our Weekly Activities Calendar to see what complimentary adventures are taking place during your vacation!

ACTIVITIES

- Pick Up Pickleball
- Tennis Matchplay
- Sunrise or Full Moon Hike
- Beach Volleyball
- Hobie Sailing 101
- Snorkel with the Turtles
- Cardio Dance
- Rum Tasting
- Discovery Tours
- Strenuous Swim to Nova
- Manager's Cocktail Party
- Yoga Sessions
- HIIT Workouts
- Kayak & SUP Tours





ONB

Bring out your inner Zen while you take in the peaceful sounds and scents of your luxurious tropical setting. Our onsite Yoga Instructor, Lyndsay, has personally curated an array of yoga exercises that cater to all ages and body types. Complimentary group yoga is scheduled on the Weekly Activities Calendar.

ASHTANGA

A modern take and style of yoga created in the 20th century. Ashtanga is a dynamic and challenging practice with a focus on strength building and sweat purification. While it is a very physical practice, it also promotes mental clarity and inner peace.

RESTORATIVE

Restorative yoga enables deep relaxation as you hold poses for longer periods of time with the help of props to completely support you. Restorative practices are very relaxing and easy-paced with a focus on softening down into poses and ultimately achieving physical, mental and emotional relaxation.

GENTLE FLOW

A style of yoga that flows seamlessly from one posture to the next, and connecting breath to movement. The flow is suitable for both beginners and experts, as well as everyone in between.

SUP

Come and get your feet wet in a restorative Stand-Up Paddleboard Yoga Class in our perfectly protected Bay. With a focus on breathing and alignment, SUP Yoga is the ideal way to reset the mind and refresh the spirit.

VINYASA

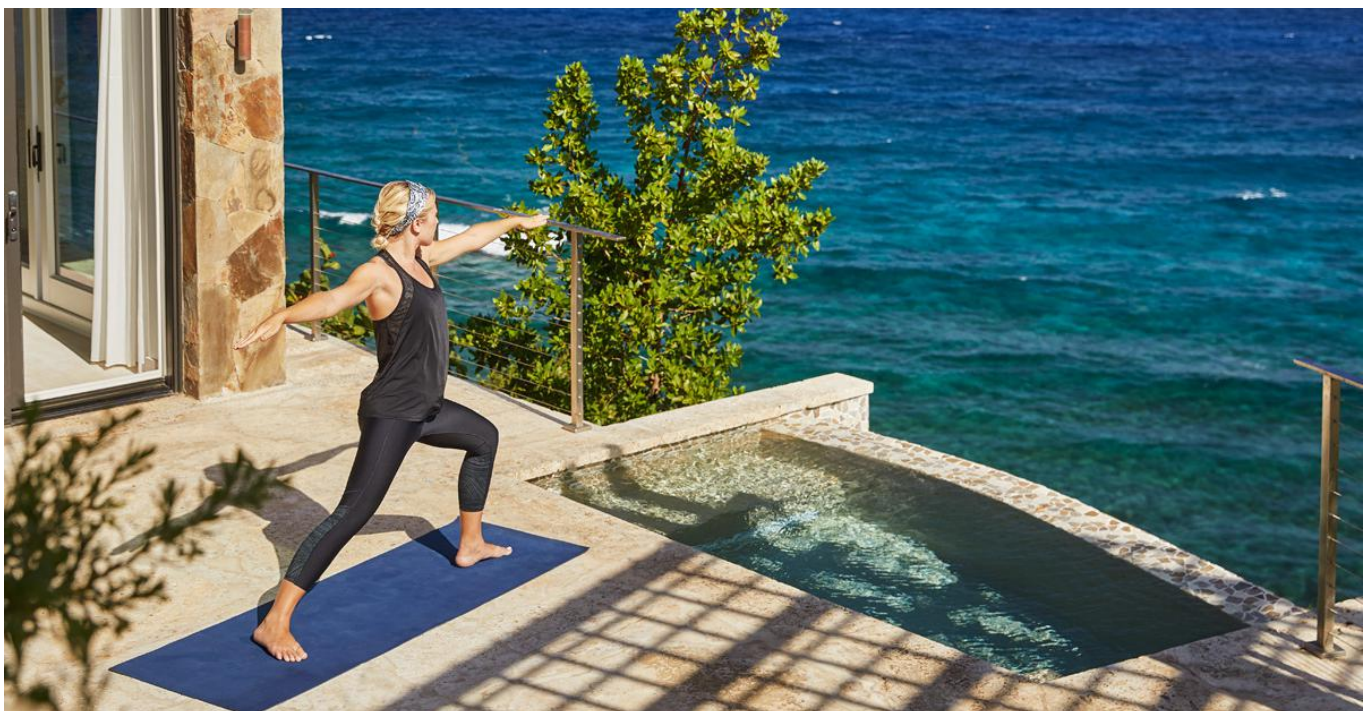
This style is perfect for anyone looking for a light non-strenuous practice. Begin with a longer warm up preparing for gentle peak poses and end in a long cool down.

HATHA

Hatha is a traditional style of yoga that is typically slow-paced. Focus centers around holding postures and correct alignment while building strength and flexibility, and preparing our bodies for a deeper meditative state of relaxation after the practice.

PRIVATE CLASSES

\$75/HR FOR 1; \$25 PER ADDITIONAL GUEST





We invite guests on a journey of relaxation and rejuvenation with our luxurious spa services. Our treatments feature the rich luxury of The Organic Pharmacy beauty products. Created by a pharmacist and handmade in small batches in London, the products use only the highest level of organic extracts and herbs to ensure superior quality and exquisite textures.

THERAPEUTIC DEEP TISSUE

55 MIN/\$170 - 85MIN/\$220

Whether suffering from travel fatigue, work-induced stress, specific aches and pains, or seeking new ways to unwind, our massage therapists will draw upon their extensive bodywork repertoire to provide relaxation and relief with their artful work in massage therapy.

DESTRESSING RELAXATION

55 MIN/\$160 - 85 MIN/\$210

This massage is designed to relax the mind, stimulate blood flow and decongest the muscles. The ultimate blend of massage techniques to leave your body renewed.

ROSE CRYSTAL LYMPHATIC FACIAL

55 MIN/\$150 - 85 MIN/\$215

A luxurious treatment to re-energize and renew your skin while awakening the lymphatic system. Acupressure, aromatherapy, deep cleansing, exfoliation and sumptuous masks along with intensive hands, arms, feet, face, décolleté and scalp massage leave the skin hydrated, refreshed and glowing.

PEDICURE

45 MIN/\$75 - 60 MIN/\$90

An intensely nourishing treat for the feet! Included are a pampering foot scrub and massage as well as nail shaping and polish.

GREEN COFFEE BODY SCULPT

55 MIN/\$145

Shape and define your silhouette with a duo massage treatment designed to reduce bloating and stimulate the flow of lymph and micro-circulation. Fat burning coffee and thermogenic chili stimulates blood flow and improves oxygenation of the skin. The result is a flatter tummy, smoother skin, and reduced puffiness.

MANICURE

30 MIN/\$60 - 50 MIN/\$75

Intensely nourishing hand treatment and manicure. This classic manicure includes nail shaping, soak, hand and arm massage, cuticle work and polish application.





TENNIS & *pickleball*

Oil Nut Bay offers two synthetic grass tennis courts, both of which are lit for evening play. Challenge family and friends to a match, or allow our Guest Services team to arrange private or group lessons with an island Pro. The fastest growing sport in North America, Pickleball is played with a wooden paddle, a whiffle ball, and the dimensions of a doubles Badminton court. ONB has two courts located in the heart of the resort. Oil Nut Bay provides Tennis and Pickleball equipment, located in the adjacent Wellness Center.



HIKING *the landscape*

Experience Virgin Gorda's unique native flora and fauna while taking in astonishing views of the dramatic surrounding landscape. Blaze a trail out to one or all of our breathtaking view points. Take a picnic or a bottle of bubbly for a sensational sundown. Take a look in your villa compendium for the hiking map which will show you directions to each trailhead. Have any questions? Any member on our Guest Services Team will be happy to lead you in the right direction!



WELLNESS *center*

Oil Nut Bay's sunny climate, natural setting, and exhilarating outdoor adventures can inspire a renewed dedication to a healthy lifestyle. The Wellness Studio is furnished with a full range of cardiovascular equipment, treadmills, elliptical cross-trainers and free weights.

CARDIO DANCE

This exhilarating cardio class begins with full body warm-up, arm and leg conditioning, and then utilizes simple choreography in a series of fast-paced aerobic dances to get your body going. Keep an eye on the activities calendar to see when this class is scheduled next!

HIIT CLASSES

HIIT is a full-body workout. The class is a rigorous interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance. People are challenged to push beyond their limits and walk out feeling strong.

PERSONAL TRAINING

\$100/HR

Oil Nut Bay provides one-on-one personal training sessions with a variety of training programs from which you can choose. Our expert on-site Personal Trainer will consult on any specific needs and focus areas.

WATER SPORTS

HOBIE *sailing*



The BVI's gentle trade winds and safe waters offer the perfect sailing environment for all ages and stages. Oil Nut Bay has top-of-the-line equipment and a team of experienced staff with whom you may arrange private or small group lessons.

1 HOUR LESSON	1 GUEST \$100	2 GUESTS \$150
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KITE *boarding*



A water sport that has taken the aquatic world by storm. Pushed by the wind, your kite-shaped sail lets you take to the air or skim the waves. Whether you're a beginner or advanced kite surfer, you'll find the course that matches your skills.

	1 TO 1 LESSON		1 TO 2 LESSON	
	GUEST	HOMEOWNER	GUEST	HOMEOWNER
1 HR	\$ 110	\$ 100	\$ 150	\$ 135
2 HRS	\$ 220	\$ 190	\$ 260	\$ 240
3 x 2 HRS	\$ 650	\$ 575	\$ 760	\$ 720



NAUTICAL *mile*

Starting at The Beach Club join the Nautical Mile Club on its Strenuous Mile Snorkel to Nova. This activity is suitable for strong & confident swimmers. On average it takes around 45 minutes to get to Nova. On the way you will have the opportunity to see a variety of tropical fish, tarpon, stingrays, baby nurse sharks, and both adult and junior turtles.

SNORKELING

Explore the pristine reefs and brilliant blue, warm waters that surround Oil Nut Bay. Adventure to the sunken Oil Nut Bay tree and snorkel with sea turtles and rays, or venture beyond on an arranged North Sound excursion. Stop by the Water Sports Hut at the Beach Club to learn more!



PADDLE *boarding*

The calm waters that surround Oil Nut Bay are ideal for Stand-Up Paddle Boarding. Grab a board and paddle from the beach and head out and explore.

1 HOUR LESSON	1 GUEST \$30	2 GUESTS \$45
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KAYAKING

Take in the tropical breezes and fall into a soothing rhythm as you paddle atop the clear blue waters. Whether you'd like to cruise in solitude or take the family along, our water sports hut has two glass bottom kayaks so you can admire the beautiful marine life our Bay has to offer.



THE NUT HOUSE



Each day brings a new island adventure for all members of the family. Allow your kids to discover new skills and stay active, all while making new friends. Whether on the Beach, at the Sport Courts, or at our state-of-the-art Kids Club, we ensure that the younger members of our community learn valuable skills, discover different aspects of island living, meet new friends and have a ball doing it! Check out our Weekly Activities Calendar to see what your young ones may want to participate in.

If you would like to set up a private activity please reach out to our Guest Services Team for scheduling, availability & pricing.

ACTIVITIES

- Kids Camp
- Rainbow Sand Creations
- Tie Dye
- Baking Activities
- Meet the Animals
- Sports Challenges
- Water Activities
- Scavenger Hunts
- Lizard Hunt
- Movie and Pizza Nights

RANGER *program*

We invite guests young and old to experience the abundant family-friendly activities available at Oil Nut Bay. Each activity fosters a love of The British Virgin Islands and time spent together. For every activity conquered, guests have the opportunity to earn a Ranger pin. Collect all 18 pins to become a seasoned and super knowledgeable Virgin Islander! Reach out to our Guest Services Team to collect your Ranger Backpack and begin the quest.





BEACH club

Offering stunning views and exceptional service in a relaxed beachside setting, The Beach Club is the social center of Oil Nut Bay. The Beach Club restaurant features an Al Forno pizza oven, swim-up pool bar and casual outdoor dining. A collection of open air cabanas and patios surround three swimming pools just steps away from the white sands of Oil Nut Bay's pristine beach, where water sports and snorkeling equipment await those who are up for an adventure.

BREAKFAST: 7:30 - 10:30AM

LUNCH: 11:30AM - 3:30PM

HAPPY HOUR: 3PM - 5PM

DINNER: 5:30PM - 8:30PM



NOVA

Built out over the water, Nova gathers friends and family around the table to share delectable dishes in a gorgeous al fresco location that is as luxurious as it is laidback. Accented by a chic bar that boasts some of the best handcrafted cocktails in the BVI, Nova also offers chic lounge spaces, overwater hammocks and daybeds in which to while away the hours.

SATURDAY, MONDAY & TUESDAY:
11:30AM - 8:30PM

SUNDAY: 10:30AM - 8:30PM

ONB *eats*

An 'island-style Uber eats' where delivery is made via electric golf cart. This is a no fuss way of dining in after a long day of travel or fun in the sun. Orders can be emailed to onbeats@oilnutbay.com between 8AM-8PM. You will receive immediate confirmation that your order has been received and your meal delivered within the hour.

DAILY: 8AM - 8PM

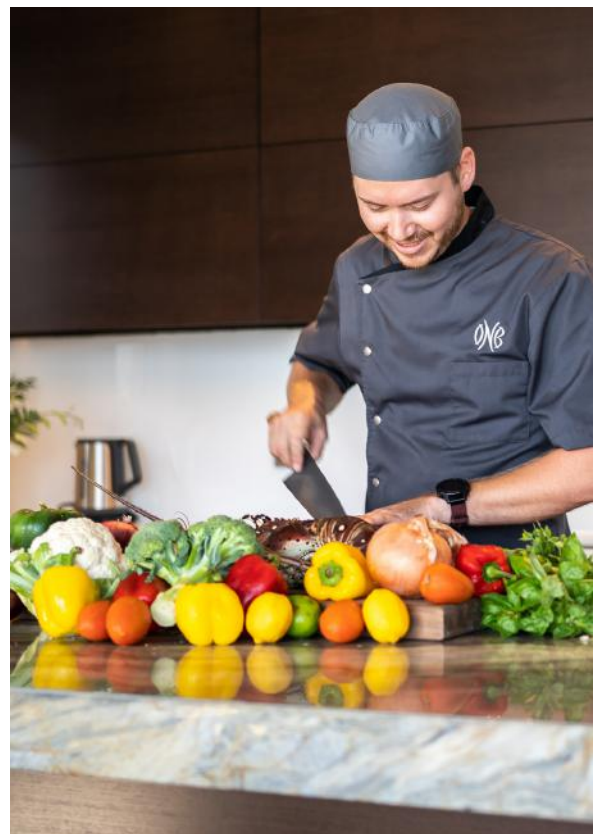
PRIVATE *chef*

At Oil Nut Bay, we take pride in being able to provide bespoke dining experiences in the location of your choice. This is, in large part, due to our in-villa dining services. From casual cocktails and canapés to lavish multi-coursed plated meals, allow our culinary team to cater to your every desire. Booking is based on availability, so we ask for a minimum of 48 hours notice. Customized menu selections require a minimum of 72 hours advanced notice.

ONB *market*

The Marina's Coffee Shop & Provisioning Center has delicious offerings for a wide range of cravings. Sip on exotic teas and made-to-order espresso drinks featuring artisanal coffee by Virgin Island Coffee Roasters. Looking for Villa Provisioning? The Market also stocks a variety of fresh and frozen produce, non-perishables, and an impressive array of wines.

DAILY: 8AM - 5PM



DISCOVER *what's unique*

We invite you to dine out of the restaurant and amongst nature on one of our beautiful picnic spots! Collect your carefully curated picnic backpack before your hike or have your spot fully set-up and ready for your arrival. Don't forget to check out our wine menu and add a bottle of something special to make the occasion extra special. Stay for the sunset and spectacular scattering of stars after dark. Truly a magical experience!

PARADISE BAY

This relaxing picnic destination is situated in a private area under the sea grape trees on our main beach. This location is perfect for listening to the waves crashing and watching pelicans dive for fish.

SUNSET PEAK

Watch the sun sink into the Caribbean Sea while sipping on bubbles and sampling select picnic treats from your bespoke basket. This is the perfect location for an intimate, romantic evening for two.

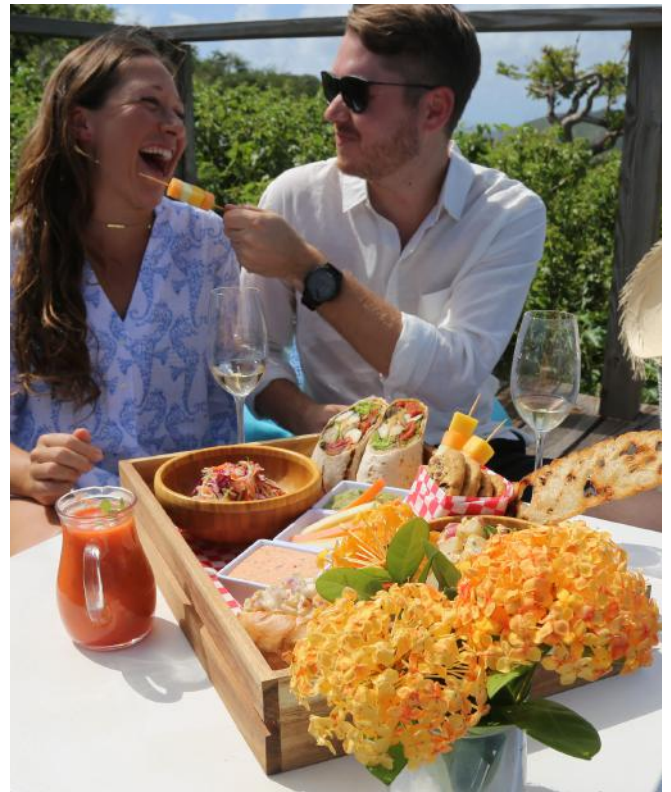
OVER THE RAINBOW

Boasting sweeping views across the Eustatia Sound and neighboring North Sound islands this stunning spot's elevated location provides beautiful breezes and a bird's eye view of the bay and beach below.

WILD SIDE LOOKOUT

Take in the views of Oil Nut Bay's wild side with dramatic cliffs & crashing waves. This is also the place to view humpback whales passing in season!





DOCK, DINE & *discover*

The Oil Nut Bay Marina in the coveted North Sound offers oceanfront dining and lounging as well as boutique shopping in a chic, contemporary setting. The Marina Village is a refreshing social destination where you can go to unwind with friends and family. Anchored by Nova, our signature overwater restaurant, visitors can dine on exceptional cuisine, enjoy a handcrafted cocktail at the bar, relax in an overwater hammock, or take a dip in the suspended pool.



COFFEE SHOP

Sip on exotic teas and made-to-order espresso drinks featuring artisanal coffee by Virgin Island Coffee Roasters. Pair your brew with a freshly baked croissant, slice of cake or decadent brownie.



MARKET

Whether you're in need of gourmet goodies or basic provisions, our Marina Market offers a range of fresh, frozen and non-perishable items to guests and visitors alike. Offerings also include a great selection of wines, spirits and non-alcoholic beverages.



LUNA BOUTIQUE

Discover a curated collection of chic and trendy resort wear, gift items, and local arts and crafts. Featuring exclusive fashion from international and Caribbean designers, you will find swimwear, his and hers resort wear, gorgeous jewelry, pretty gifts, and a range of both skin and sun care.



DEEP BAY WATER SPORTS

Try something new or refine your skills with our friendly and professional instructors. Lessons and equipment are available for kiteboarding, wing surfing, foiling, kayaking, and SUP Boarding. Deep Bay Water Sports also stocks a range of beach wear, ocean gear, shoes and kiddies clothing.



ISLAND DINING

Virgin Gorda offers a variety of dining options for those wanting to venture off property. From fine dining to casual, beachside barbeque, there is something to for everyone. Here are a few of our favorites. To book transportation, please contact Guest Services on 284 346 0001.



HOG HEAVEN

Boasting outstanding panoramic views of Eustatia Sound, the Atlantic Ocean and BVI archipelago all the way to Anegada, Hog Heaven serves up lip-smacking barbeque on an expansive outdoor deck overlooking the entire North Sound.



TOP OF THE BATHS

This super casual lunch spot is, as the name suggests, situated just above The Baths National Park, and therefore ideal for a laidback lunch after a morning of exploring Virgin Gorda's most celebrated natural wonder.



JUMBIES AT LEVERICK BAY

Jumbies at lively Leverick Bay is a well-loved local hangout, particularly on a Friday evening for the after-work happy hour crowd. Fare is traditional American bar food - burgers, pizzas, wraps and salads. Shoes optional!



UPSTAIRS LEVERICK BAY

Leverick's more upscale offering, Upstairs opens for dinner and possesses a more refined, intimate atmosphere. An expansive wooden bar serves a great dry martini which can be enjoyed to the soundtrack of live music. We love their mussels as well as the fillet steak!

ISLAND DINING

CUISINE *at its finest*



SABA ROCK

Experience the newly launched open-air restaurant for lunch or dinner. Whether you prefer freshly caught seafood or a hearty steak with all the sides, Saba Rock's menu caters to all taste buds. A free pirate and dive story is included at no extra cost.



LITTLE DIX BAY

From Caribbean fine dining to beachside farm-to-table cuisine, Rosewood Little Dix Bay is home to an eclectic and inspired mix of Virgin Gorda restaurants. With three outlets to choose from, The Pavilion, Reef House, and Sugar Mill, enjoy relaxed al fresco dining with breathtaking views of the bay



COCO MAYA

Beloved CocoMaya is the very essence of laidback Caribbean chic. Situated on the beach, this trendy spot serves Asian Fusion-style cuisine including sushi, a variety of tasty tapas, and more substantial dishes such as Pad Thai. We love their gorgeous polished bar complete with swing seats and some of the best martinis in town.



SUGARCANE

A favorite for BVI residents, Sugar Cane is the epitome of Caribbean cool. Open for lunch and dinner, the contemporary space features poolside lounging, a gorgeous swimming pool, and kids playground. A varied international menu includes delicious woodfired pizza and is complimented by a great cocktail selection.



A NATURAL *sanctuary*

Specifically selected for its unrivaled physical beauty, diversity and safety, the BVI is a retreat centered around outdoor pursuits that celebrate nature, wellbeing and peace of mind. A place to soak up the sun, fill your lungs with fresh air, and clear your mind, body and soul.

SCUBA DIVING

The British Virgin Islands offers some of the world's most spectacular scuba diving. From wrecks and reefs to canyons and swim throughs, each unique site teems with marine life. Ask our Guest Services team about our recommended Dive Operators and allow us to arrange a day of underwater adventure. All ages and stages catered for.

FISHING

Every good fisherman knows you have to go where the fish are – and the British Virgin Islands do not disappoint. Whether you're adventuring offshore in the hunt for a trophy marlin or trolling the shallows fly-fishing for world-class bone fish, local guides always know where the fish are biting. Oil Nut Bay works with a number of excellent fishing charter companies and captains, and will happily make all fishing trip and permit arrangements for you.

ANEGADA'S CONCH ISLAND

Absorb the natural beauty of Anegada up close and personal with Kelly's Land and Sea Tours. Visit the unique Conch Island, spot the hot pink native flamingos and snorkel in a pristine marine paradise. Their half-day tour includes sightseeing, snorkeling with rays and turtles, lobster hunting and a visit to Conch Island.

VIRGIN GORDA BEACHES

Peppered with gorgeous granite boulders, Spring Bay Beach's stretch of white sand is one of Virgin Gorda's loveliest, and features some of The BVI's clearest waters. North of the BVI's Virgin Gorda Yacht Harbour, Savannah Bay is a beautiful long curving stretch of sand, perfect for relaxing on the beach, swimming and taking in spectacular sunsets.

JET SKI TOURS

Explore the gorgeous North Sound on a guided jet ski tour with the seasoned water sports pros at Blue Rush. Conveniently located just round the corner at Leverick Bay, Blue Rush offers hours of fun on fly boards, jet skis and other various water sport equipment.

ISLAND HOPPING

Oil Nut Bay's prime location is the ideal launching pad from which to explore the surrounding neighborhood and islands. From Cooper to Peter, Norman to Scrub, each of our islands possesses their own mood and distinct charm. Allow our Guest Services team to help arrange the day trip of dreams for you and your family.



ONB

ADVENTURES

Oil Nut Bay's prime location is the ideal launch pad from which to explore the surrounding neighborhood and islands. Here we can help arrange all your activities prior to your visit or once you arrive. Talk to our Guest Services Team about options for chartering a Half Day or Full Day Charter to Island Hop to these places.

THE BATHS

A geological wonder comprised of awe-inspiring granite boulders which form sheltered sea pools on the beach's edge. Located on the southern end of Virgin Gorda, this protected area also includes Devil's Bay, which can be reached from The Baths by a series of ladders and trails scaling the boulders. Just north of The Baths, Spring Bay is reached by a separate road and includes a lovely white sand beach alongside the majestic boulders. You can access The Baths by land taxi on Virgin Gorda.

JOST VAN DYKE

Made famous by country superstar Kenny Chesney who filmed his music video "No Shoes, No Shirt, No Problems" at various locations around the island, Jost is the smallest of the four main BVIs, spanning just three square miles. Although home to only around 300 residents, Jost is certainly not short on places to eat, drink and be merry.

THE INFAMOUS WILLY T

Although not exactly a neighboring island, the iconic William Thornton floating restaurant and bar located off the coast of Norman Island is a must-visit. Grab a drink and appetizer at the bar or jump from the roof into the blue waters—what happens on board stays on board and anything goes!

ANEGADA

Known for delicious lobster and miles of white sandy beaches, Anegada is also the only inhabited British Virgin Island formed from coral and limestone, rather than being of volcanic origin. Rent a scooter or Mini Moke and spend a day exploring. There are several beach bars along the coast for you to enjoy, including Big Bamboo in Loblolly Bay, known for their delicious lobster meals. Anegada is one of the best places in the BVI for kiting, with world class conditions that work in any wind

COOPER ISLAND

Kickstart your visit to Cooper Island at the Beach Club's Coffee Box with an organic espresso and freshly baked pastry. Then spend a day on the beach, or diving on one of the island's many sites. Collectively known as "Wreck Alley", the area surrounding Cooper Island is a playground for the avid diver, boasting seven sites ranging from novice to advanced.

Enjoy a delicious lunch at their Beach Club and round the afternoon off with a browse through the boutique and a rum sample board at the beach-chic rum bar where you can learn the history and origin of over 280 different types of the Caribbean's most essential beverage.

EXPLORE *on the water*



CHILL OUT CHARTERS

36FT Blackwater up to 11 Guests
Full Day - \$1700
Half Day - \$1200



CHILL OUT CHARTERS

39FT Midnight Express up to
11 Guests
Full Day - \$2000
Half Day - \$1300



PELICAN CHARTERS

46FT Sun Seeker up to 9 Guests
Full Day - \$3000
Half Day - \$2400



BOHEMIAN BREEZE

41FT Searay up to 12 Guests
Full Day - \$2600
Half Day - \$2000



ISLAND TIME

37FT Axopar Up to 9 Guests
Full day- \$2000



NORTH SOUND
WATERSPORTS

30FT Bertram up to 8 Guests
Full Day - \$1600
Half Day - \$1100



PLAN B CHARTERS

30FT Hydra Sport
up to 8 Guests
Full Day - \$1300
Half Day - \$1100



REBEL YELL

57FT Catamaran Up to 44 Guests
Full Day - \$3600
Half Day - \$2600



VIRGIN YACHT
CHARTERS

48FT San Remo up to 12 Guests
Full Day \$3,950



OIL NUT BAY