



ACTIVITIES

74 acres of tropical lush landscape surrounded by warm crystal-clear waters with steady trade winds, Necker Island is the perfect playground to explore both on land and on the water.

ON NECKER

Gym

Break a sweat in our outdoor Jungle Gym decked out with wooden workout stations. If you prefer a cooler environment get active in our fully equipped indoor gym only a stone's throw away from the Great House. Make use of the Peloton bike, treadmill, rowing machine and more as you look out to sea.

Spa Treatments*

As if being on Necker Island wasn't relaxing enough, the island also boasts the beautiful Samudra Spa treatment rooms, combining carefully curated treatments using Sodashi, a premium skincare range, with a peaceful beachside setting.

Yoga

Find your inner zen with a yoga class or strengthen your core with a fitness coach, at various locations on the island. It's a great way to appreciate the island's spectacular sunsets.

**Additional charges apply*

Infinity Pools, Hot Tubs & Cold Plunges

Take your pick from four infinity pools dotted around the island. A couple even feature a swim-up bar and hot tub. For those brave enough to try it, there's also a cold plunge by the main beach pool.

Seacuzzi

Join us for a complimentary tour that kicks off your day in paradise at 7:30am from The Great House. Wander through our picturesque landscape, from the Windy Point to the flamingo pond, Turtle Beach, the Beach House, and the watersports centre. But wait, there's a splashing surprise waiting for you. Dive into pure relaxation at our 'seacuzzi'; a natural ocean rockpool where you and up to five guests can soak up the good vibes while gentle waves playfully bubble around you.

Island Walk

There are a number of trails on the north end of the island which will take you around the coast or over the main ridge. Enjoy a guided tour and discover some interesting facts about Necker Island, or we'll point you in the right direction to brave it alone.

Beaches

The warm Caribbean Sea and fine white sand await. Main Beach is where most of our water activities are based whilst Turtle Beach is a more peaceful palm-fringed beach, think hammocks swinging in the breeze.



Tennis, Padel & Pickleball

Our owner has always been a big tennis fan so it's no surprise we have two beautiful astroturf tennis courts. Surrounded by lush greenery and situated just meters from the ocean, guests can enjoy a Caribbean breeze while showing off their serves, volleys and groundstrokes. The island has also benefitted from the recent addition of two new courts for the latest craze in paddle sports: padel and pickleball.

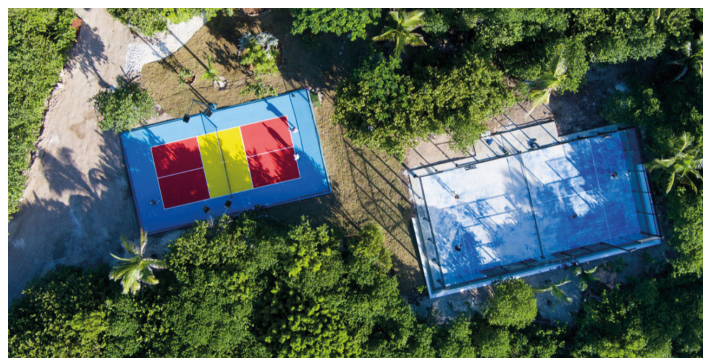
Racquets and balls are supplied for all three sports, and all courts are floodlit, enabling guests to play at their leisure. Competitions can be arranged on request for all levels, either in the morning or afternoon.

Tennis Coaching

With two highly qualified resident on-site pros, guests of all levels and abilities can master their tennis, padel and pickleball skills in private lessons at any time, or group-oriented tennis clinics for beginners, intermediate or advanced players available from 8am to 11am.

Cardio Tennis

Guests looking for a tennis-themed workout can opt for these sessions of fitness-focused tennis drills, with an emphasis on cardio over teaching. It's available for all levels and abilities, from 8am to 11am, lasting from 45 minutes to one and a half hours.



Tipsy Tennis

Necker Island's signature tennis-themed event is a mix of games, including volleyball, gladiator, and jungle tennis. Guests traditionally sip on cocktails such as Mango Margarita and Lemon Drops (which has, on occasion, been known to improve their performance on the court!). It's silly, light-hearted competition that's great fun for anyone who wants to join in. It's open to all levels and abilities, from 4pm onwards, for anything from four participants to 40.

Matchplay & Mimosas

A chic and fun morning of tennis and pickleball served with mimosas, Bloody Mary's and snack stations on the side. The game format is quick tie-breaks, with guests alternating between partners and courts.





WELLNESS & FITNESS SPA OFFERINGS

Dive into island bliss at the Samudra Spa where you can enjoy a free daily wellness or fitness class on us. If you're interested in any extra classes, they are just an additional fee away. Our friendly therapists are here from 8am to 6pm, but if you fancy a class outside those hours, let our Spa Manager know.

Wellness

Chakra Balancing Meditation

Discover serenity as you embrace the power of now through breathwork and meditation; both with proven benefits like improved sleep, heightened creativity, and stress relief. You can choose to elevate your experience by using essential oils by Sodashi.

Jet Lag Recovery

Our soothing restorative class is the perfect start to your holiday. With gentle poses, hands-on assists, and a massage - revitalise and unwind in style.

Rise & Shine

Start your day with a rejuvenating ocean view hike and meditation experience that will leave you feeling refreshed, focused, and ready to savour every moment of the day ahead.

Slow Flow Yoga

Connect to your body in this easy flowing yoga class, open to all levels and abilities.

Strong Flow Yoga

Ignite your strength and experience clarity through dynamic yoga poses. Unleash your potential on the mat.

SUP Yoga

Dive into challenging your balance on stand-up paddleboards in this invigorating yoga class. Beginners, come join the adventure!

Yogilates

Join us for a pilates infused yoga class that focuses on strength and stability to fire up your core.

Fitness

Aqua-Fitness

High-energy vibes, water workouts, and pumped up music – it's a splash of excitement. Grab your swimsuit and join the pool party.

Beach Bootcamp

Sweat and conquer challenges in this high intensity workout. Capture the moment with our unique wooden gym equipment - fitness meets photo-worthy fun!

Dance Aerobics

We'll turn the music up for this fun-filled cardio workout. Get ready to show off your moves.

Functional Fitness

Expect low intensity movements to support a healthy lifestyle and posture.

Inversion Workshop

Defy gravity by mastering headstands, handstands, and arm balances. Learn a new skill and experience the thrill of going upside down.

Pilates | Core Activation

The ultimate workout as we target your deep core muscles. Your killer abs are just one class away.

Pilates | Feel The Burn

Experience a firm and lifted sensation as we target and tone your glutes.

Workout Crawl

Lace up and join our run around Necker Island, circling scenic spots like Red Dock and the Flamingo Pond followed by a quick HIIT session. It's fitness, fun, and breathtaking views all in one.



ON WATER

Deep Sea Fishing*

Partnering with Salt Shaker BVI, you'll set sail into the sparkling Caribbean waters on a quest for big game fish then relax with a drink as you await and anticipate that next thrilling scream of the reel.

eFoiling

Glide above our crystal-clear waters on a hydrofoil surfboard and soak up the stunning views while feeling the rush of the wind in your hair. This ultimate adventure is an experience you'll never forget.

Inflatable Paddleboarding

Our inflatable six to eight person SUP boards are a fun way to spend time with your party. We have a couple of these on island so for the competitive types, a race can be arranged.

Kite Surfing

If you fancy giving it a try, we have the ideal set up for beginners - the first stage is simply mastering to fly a kite, after which we'll move to the water to put your skills into practice. We also offer advanced tuition for anyone already riding.

Kayaking

A serene and exciting way to explore the scenic island and its surroundings. Paddle through calm waters and take in stunning views of the Caribbean sea. It's a great way to get some exercise while having fun!

Sailing

Set sail on a Hobie Cat adventure, we can organise a sailing regatta around the islands or to our neighboring islands with multiple boats, helmed by either guests or the team if you just want to lie back and enjoy the exhilaration of being on the water. The team can offer beginner and advanced sailing tuition.

Scuba Diving*

The waters of the BVI have a superb range of dives. Wreck, reef and night dives can all be arranged to suit your level of adventure. If you are already PADI qualified we can arrange a number of excursions. We even offer in-house training, with Sunchaser Scuba, if you're not, although an extra charge will apply.

Seabobbing

Explore our vibrant marine life by diving into our turquoise waters and feeling the rush of the waves riding on a high-powered underwater scooter.

Snorkelling

The simplest way to discover the underwater world, both Turtle and Main Beach offer excellent snorkelling. For those wanting to venture further afield, we can take you out on our boat and show you our favourite spots.

SNUBA Diving*

The perfect blend of snorkeling and scuba diving where you can dive up to 15 feet deep, exploring underwater wonders for an extended time, all without the need for a scuba certification. The innovative setup involves a floating raft with your SNUBA tank, ensuring an unforgettable aquatic adventure.

Stand-Up-Paddle Boarding

Start on your knees to master the paddling technique and within five minutes you will be able to stand up like a pro. Necker Island has a range of paddleboards (10ft -14ft long), and riders of all ages are welcome to give it a go.

Wakesurfing

Wakesurfing allows you to experience the ocean in a whole new way. Riders are slowly towed behind a boat, holding onto the wing which they can turn and dive for a true underwater adventure!

Waterskiing and Wakeboarding

The best ski area is by Prickly Pear island, just a five-minute boat ride from Necker Island. We have beginner and advanced waterskis and wakeboards, and offer high quality instruction.

**Additional charges apply*



BEACH OLYMPICS

No trip to Necker Island is complete without a game of Beach Olympics! All you need to do is get your whole party signed up, we'll sort the rest...

Sup Dig

Players are split into two teams, each discovering two paddle boards on the beach. The goal is for each team to dig a tunnel beneath the paddleboard, spanning from one side to the other. The first team to successfully have all members crawl beneath their board wins.

Tug of War

A beloved classic game! Teams line up on opposite sides of the rope, engaging in a fierce battle to pull the rope across their respective finish lines.

Duck Bucket

Two teams wear helmets featuring bottles on top. In turns, a member from each team runs to the ocean, fills their bottle, and races back to the beach to fill a bucket housing a duck. The first team to fill their bucket and free the duck wins.

Dump Bucket

Team members occupy 10 chairs arranged back to back. The game kicks off with a full bucket of water, which is then passed over and behind each team member's head into the bucket of the player sitting behind them. The team that retains the most water in the final bucket wins.





OFF ISLAND

Explore beyond Necker Island and join us for an unforgettable half day excursion in the British Virgin Islands. Please note that one off-island excursion, excluding the trip to Anegada Island, is included in every stay. The prices quoted are therefore for any additional adventures.

Willy T's (\$2,700)

Spend the afternoon at this iconic floating pirate ship-turned-bar. Typically relaxed and informal, where the dress code is shorts and flip flops, it's notorious for its shooters and the tradition of jumping of the back. There's an optional stop for snorkelling at The Indians, a small island/rock formations surrounded by reef. A 45-minute catamaran ride from Necker Island, trips run from 2.30pm to 6pm by arrangement, departing after lunch and returning for dinner.

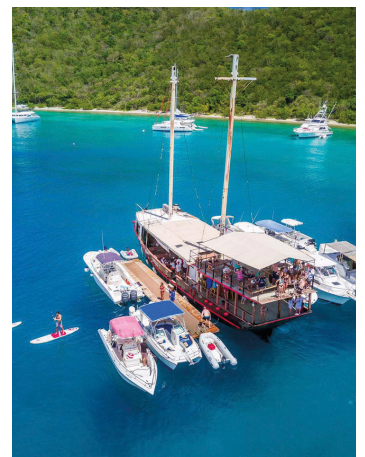
Virgin Gorda Baths (\$450)

This eye-catching landscape of oversized boulders and hidden rock pools is an idyllic spot to spend a morning swimming, snorkelling and sunbathing. A 20-minute catamaran ride from Necker Island, trips run 9am-12pm by arrangement, departing after breakfast and returning for lunch.

Cooper Island Resort (\$2,000)

If laid back beach bar vibes are what you're seeking, the bar and restaurant at Coopers is the ideal destination for lunch and drinks. Highlights include Caribbean rum tastings, a lovely curio

shop for souvenirs, and snorkelling off the dock. A 40-minute catamaran ride from Necker Island.





The Soggy Dollar, Jost Van Dyke (\$2,700)

The tiny BVI island of Jost Van Dyke is renowned for its beach bars - none more so than the legendary Soggy Dollar. It's so-called because you have to anchor up and wade in, soaking any dollars in your pockets. Head here for lunch overlooking crystal-clear turquoise waters, and to sample 'The Painkiller', its specialty rum cocktail. It's a 60-minute ride by catamaran from Necker Island.

Anegada Island (\$5,000)

This full day trip takes you to this beautiful island for snorkelling on Conch Island and lunch at the Cow Wreck Bar. The family-run Cow Wreck is BVI-famous for its conch fritters, and sizzling grills of lobster, fresh fish, steaks and ribs. It's 45-60 minutes from Necker Island by catamaran; you can kitesurf or Hobie cat sail there too.

Terms and Conditions

- An additional 10% service charge is payable
- Prices quoted are per group, with a maximum group size of 48 guests
- Drinks on board are included in the price, while food and drinks at the restaurants and bars visited are not included unless otherwise stated
- There's a maximum one tour per day, and some tours only run on certain days of the week. Please check with our helpful Necker Island or Reservations team in advance to avoid any disappointment.



