



## Food & Beverage

### BREAKFAST

THE PARLOUR | Coffee & Tea 7:00am-10:00am

SHORELINE | Breakfast 8:00am-10:30am \*

SHORELINE | Coffee & Pastries 10:30am-12:00pm

### LUNCH

BREEZES | 12:00pm-3:00pm

PASTEL | 12:00pm-4:00pm \*

### AFTERNOON TEA

THE PARLOUR | Tea & Cookies 4:00pm-5:00pm

High Tea available to order 3:00pm-5:00pm.

### DINNER

Sunken Harbor Club 6:00pm-9:00pm \*

Pastel 6:00pm-9:00pm \*

Monday

SUNKEN HARBOR CLUB

Tuesday

SUNKEN HARBOR CLUB

Wednesday

PASTEL | SUNKEN HARBOR CLUB

Thursday

PASTEL | SUNKEN HARBOR CLUB

Friday

SUNKEN HARBOR CLUB

Saturday

PASTEL | SUNKEN HARBOR CLUB

Sunday

PASTEL | SUNKEN HARBOR CLUB

Reservations are required.

Please dial ext. 289.



### COTTAGE SERVICE

Breakfast 8:00am-10:30am \*

Cottage Menu 12:00pm-9:00pm \*

Dial ext. 279; delivery fee \$5 per order.

\* Last seating

### COCKTAILS

PASTEL

11:00am-6:00pm Monday - Tuesday

11:00am-8:30pm Wednesday - Sunday

BREEZES

12:00pm-5:00pm

SUNKEN HARBOR CLUB

4:00pm-11:00pm Monday - Thursday

4:00pm-12:00am Friday - Sunday

## General Information

FRONT DESK 7:00am-11:00pm

Ext. 0 or email [frontdesk@cambridgebeaches.com](mailto:frontdesk@cambridgebeaches.com)

GUEST AMBASSADOR ext. 415

IN CASE OF AN EMERGENCY outside the switchboard hours dial ext. 246.

CAMBRIDGE BEACHES PHONE NUMBER:

- (441) 234 0331: Switchboard
- VOICE MAIL IN ROOM | Dial 111 when light is blinking.

GIFT SHOP | 8:00am-10:00pm (Main House)

INFINITY & INDOOR POOL & FITNESS CENTER/GYM:

7:00am-10:00pm | Aquarian Bath

- From 7:00am-6:00pm the Indoor Pool is adults-only, welcoming guests 13 years and older.
- From 6:00pm-10:00pm the Indoor Pool becomes family friendly, welcoming guests of all ages.

Please swim at your own risk; no lifeguard on duty.

WI-FI ACCESS:

Network | Cambridge Beaches

Password | Bermuda441

TAXIS:

Advance bookings are required. Please contact our Front Desk Team with at least 30-min. notice. Alternatively, download the Hitch app on your mobile device (Bermuda's version of Uber).



## Green Initiative

REFILLABLE ALUMINIUM WATER BOTTLE:

Enjoy a refillable water bottle in your room upon arrival as we take a stand for sustainability. Refill Water Stations are located at Front Desk Foyer, Indoor Pool Area and Sport Courts. Join us in reducing plastic waste and preserving our planet one refill at a time. Additional bottles can be purchased in the Gift Shop.

## Health Classes

Health classes: Signup with the spa team during spa opening hours.

Exercise mat provided in your cottage.

Meet at Guest Reception in the main house.

Tuesdays, 7pm: Meditation (30 min.) | \$10/person | Instructor Jasmine

Saturdays, 8am: Pilates (60 min.) | \$10/person | Instructor Jasmine



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#CambridgeBeaches

## Ocean Spa

Aquarian Baths | Open Wednesdays-Mondays 10:00am-5:00pm ext. 241. Closed on Tuesdays.

The spa reception is located next to the spa pool on the upper level.



## Oleander Cycles

Adjacent to Main House. Open every day | 9:00am-5:00pm | Book online with QR code. | Tel. ext. 352

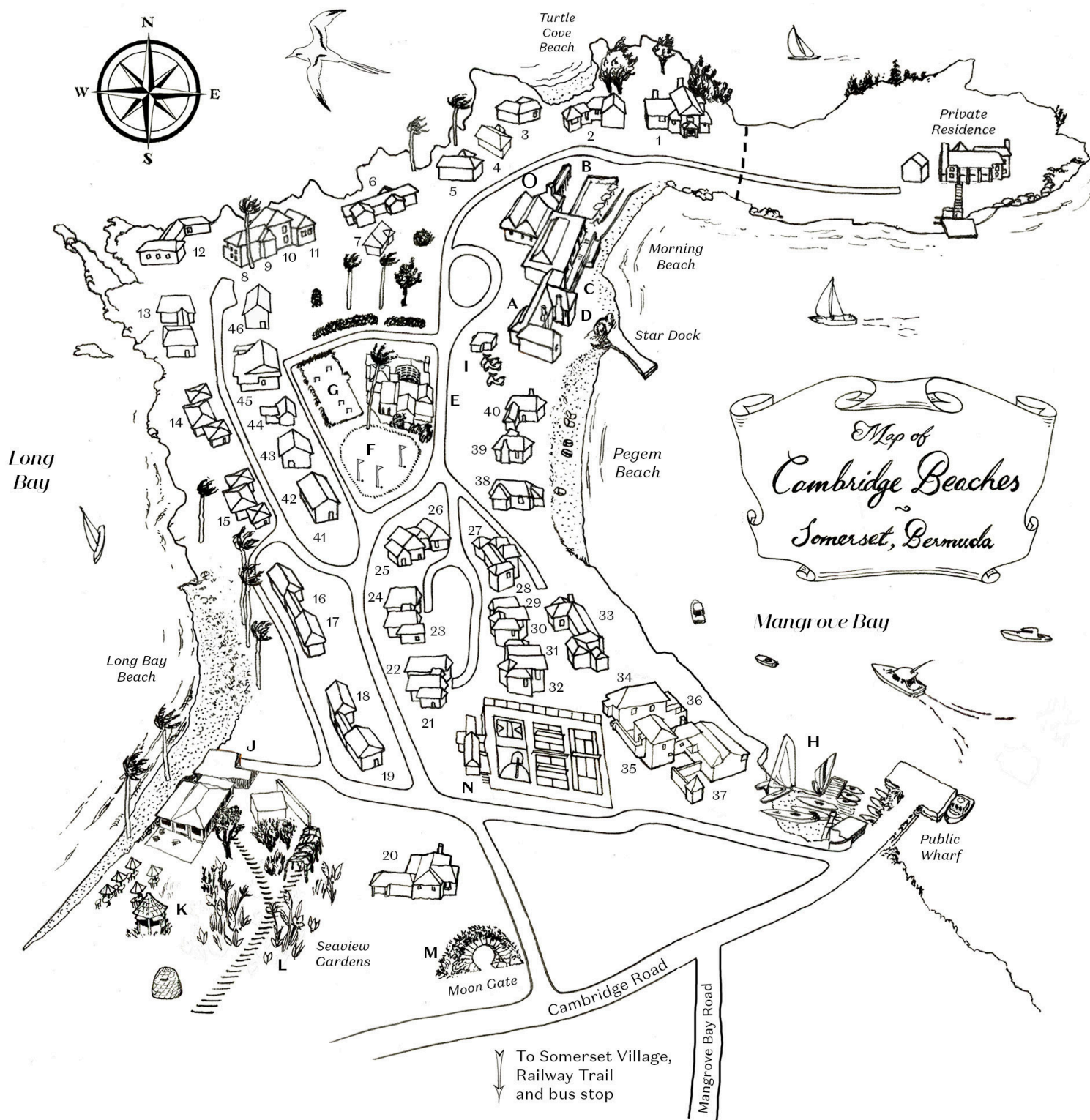


## H2O Sports

Marina on Mangrove Bay for Watersports Rentals & Private Charter Cruises. | T. (441) 234-3082

Open by reservations (weather permitting) | Book online with QR code.





## Public Buildings

- A. The Main House  
Guest Reception, Mangrove Bay Parlor,  
Repeat Guest Wall
- B. Pastel Bar & Café & Pool
- C. Shoreline Restaurant
- D. Sunken Harbor Club
- E. Ocean Spa & Aquarian Baths  
Indoor Pool, Hot Tub, Gym
- F. Putting Green
- G. Croquet Lawn
- H. H2O Sports Marina
- I. Oleander Cycles Rental Shop
- J. Breezes Al Fresco Restaurant & Bar
- K. Sundowner Lounge & Swizzle Hut
- L. Chef's Garden
- M. Moon Gate
- N. Tennis, Pickleball & Basketball Courts
- O. Executive Boardroom

## Accommodations

- |                   |                   |
|-------------------|-------------------|
| 1. Windswept      | 24. Palmetto      |
| 2. Turtle Cove    | 25. Cedar         |
| 3. North Rock     | 26. Morning Glory |
| 4. Bay Grapes     | 27. Bluebird      |
| 5. Sunset         | 28. Kiskadee      |
| 6. Longtail       | 29. Cardinal      |
| 7. Tamarisk       | 30. Heron         |
| 8. Skeeters       | 31. Swallow       |
| 9. Vanderpool     | 32. Flamingo      |
| 10. Emmet         | 33. Pegem         |
| 11. Maybury       | 34. Docks         |
| 12. Westerly      | 35. Coburn        |
| 13. Cove          | 36. Mangrove Bay  |
| 14. Daniel's Head | 37. Les Rev       |
| 15. Long Bay      | 38. Easterly      |
| 16. Juniper       | 39. Oleanders     |
| 17. Croton        | 40. Sunrise       |
| 18. Hibiscus      | 41. Symons        |
| 19. Jacaranda     | 42. Galloway      |
| 20. Bay           | 43. Tatem         |
| 21. Frangipani    | 44. Vissenga      |
| 22. Poinciana     | 45. Gray          |
| 23. Lily          | 46. Hunt          |

