

GENERAL INFORMATION

FRONT DESK | 6:30am - 12:00am
Dial ext. 0 or email
frontdesk@cambridgebeaches.com

IN CASE OF AN EMERGENCY outside Front Desk
hours dial ext. 246

HOUSEKEEPING | 8:00am-10:00pm - Dial ext. 0

CAMBRIDGE BEACHES PHONE NUMBERS:

Main Number | (441) 234 0331

Guest Rooms | (441) 234-1516 + Room Number

In-room Voice Mail | Dial 111 when light is blinking.

GIFT SHOP | 8:00am - 11:00pm (Main House)

INFINITY & INDOOR POOL & FITNESS CENTER/GYM:

7:00am - 12:00am | Aquarian Baths

7:00am - 5:00pm: The Indoor Pool is adults-only
(13 years and up)

5:00pm - 12:00am: Family-friendly, welcoming
guests of all ages

=> Please do not reserve lounge chairs.
Seating is first-come, first-served

=> Swim at your own risk; no lifeguard on duty.

WI-FI ACCESS:

Network: Cambridge Beaches

Password: Bermuda441

TAXIS & PUBLIC TRANSPORTATION:

Advance taxi bookings are required! Please
contact our Front Desk Team with at least 30-
min. notice or download the "Hitch" or "BTOA!"
apps on your mobile device to book your own!
For Bermuda's bus & ferry schedule,
download ShoreLink.



REFRESH & REFILL WATER STATIONS:

The bottles in your room are refillable Rain bottles.
Stay refreshed throughout your stay! Water
stations are conveniently located at Guest
Reception, the Spa and Sports Courts.



The Courier

FOOD & BEVERAGE

BREAKFAST

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

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

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

LUNCH

BREEZES | 12:00pm - 3:00pm*

BREEZES SNACK MENU | 12:00pm - 5:00pm*

PASTEL | 12:00pm-5:00pm*

MONDAY NIGHT BBQ BUFFET

SHORELINE | 6:00pm - 9:00pm*

AFTERNOON TEA

THE PARLOUR | 4:00pm - 5:00pm

Tea & Cookies (complimentary)

High Tea (recommended to pre-order)

DINNER

SUNKEN HARBOR CLUB | 6:00pm - 9:00pm*

(Closed on Monday)

PASTEL | 6:00pm - 9:00pm* (Closed on Monday)

BREEZES | 6:30pm-9:30pm* (Closed on Tuesday)

Reservations are required. Dial ext. 0



IN-COTTAGE DINING

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

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

Dial ext. 279 | Delivery Fee of \$5 per order

COCKTAILS

BREEZES | 12:00pm - 5:00pm*

PASTEL | 11:00am - 9:00pm*

SUNKEN HARBOR CLUB |

4:00pm - 11:00pm (Sunday, Tuesday - Thursday;

Closed on Monday)

4:00pm - 12:00am (Friday - Saturday)

* Last order

THINGS TO DO

Beach Cleanup – Collect a bag and gloves from the
Front Desk. As a thank-you gift, you'll receive a
complimentary Rum Swizzle or Dark & Stormy.



FOLLOW US and tag us in your posts!

#CambridgeBeaches @CambridgeBeaches I

@SunkenHarborClubBermuda I @Pastel.Bermuda



OCEAN SPA

9:00am - 5:00pm Daily | Dial ext. 241

Aquarian Baths | Open Daily 7:00am - 12:00am |

Adult Only from 7:00am - 5:00pm

Yoga Class | Sundays 8:30- 9:30 | \$20 p.p. | 60 - Minute
Yoga Class with Instructor Jen.

Sign up with the Front Desk. Mats provided in Cottage
Meet at the Front Desk by 08:20am

OLEANDER CYCLES

Scooter & electric car rentals | Adjacent to Main

House | Open Daily 9:00am - 5:00pm

Book online with QR code | Dial ext. 352 |

www.oleandercycles.bm



H2O SPORTS RENTALS

Motorboats, kayaks, SUPs, Sail Boats | Private
charters | Guided snorkel tours on WED. & FRI.

8:00am-10:00am | Open Daily 9:00am-6:00pm

(weather perm.) | Book online with QR code |

Call (441) 234-3082 for same-day bookings.

www.h2osportsbermuda.com



ENTERTAINMENT

MONDAY | 6:00pm-9:00pm:

DJ Uncle at Shoreline

WEDNESDAY | 6:00pm-9:00pm:

Andrew Chamberlain on the Keyboard at SHC

THURSDAY | 6:30pm-9:30pm:

Mike Hind on the Ukulele at Breezes

SUNDAY | 6:30pm-9:30pm:

Tony B on the Guitar at Breezes

Week: July 22-28, 2026