

NO. 1144  
May 16th -  
May 22nd

# BEQUIA 2025

## THIS WEEK

WHAT \* WHERE \* WHEN?

*Fri 16th*

Octopus Yacht Charter - Tobago Cays (Fri/Tues), Mustique (Wed), elegant 62ft yacht, max 10 pax, see ad 432 5201  
Gusto A Bequia Sailing Adventure - Trips to Mustique & Tobago Cays, see ad for more info WhatsApp/Tel 433 1371  
Bequia Fast Ferries Ltd - New fast, stable & luxurious daily Ferry Service between Bequia and Kingstown, see ad 493 3278  
Bequia Heritage Museum - Open Fridays, Mondays & Wednesdays from 10am - 1pm, Adm. EC\$25. See ad 532 9554  
The Sandbar, Friendship Bay - Sips & Bites from 11am-5pm Weds to Mons! Day Pass US\$45, see ad 534 8020  
The Liming, Adams Bay - Daily for B'fast Lunch & Dinner, reservations please! Day Passes also available - see ad 533 0398  
Provision, Lower Bay - Fri Lunch & Dinner; Sat & Sun 4pm-9pm (both menus available) Mondays Dinner only, see ad 431 0457  
Cher's Rooftop Terrace - Now open for Lunch Mon-Fri, Dinner Thurs-Sat, plus weekend Specials! See ad 433 9054  
De Reef, Lower Bay - Open daily 10.30am until... Happy Hour every day 4-7pm, see ad! WhatsApp/Tel 528 4958  
Frangipani Hotel - B'fast, Lunch & Dinner daily, dinner res. essential! (Closed evenings on Fri & Mon), see ad 458 3255  
Jack's Bar - Daily from 10am for Lunch & Dinner, Sunset Happy Hour 5-6pm.. (Closed Mon 19th May), see ad 529 4692  
Mac's Pizza - Friday Happy Hour Bar Specials 5-7pm. Daily 11.30am-9pm, Fri & Sat 'til 10pm, (closed Weds). See ad 458 3474  
The Cocktail Lab @ Bequia Marina - Fabulous Cocktails in a lounge-style setting! Wed-Sun 4pm until! See ad 433 8218

*Sat 17th*

Sugar & Spice Café @ Frangi - Open daily from early till late for coffees, pastries, paninis and more! See ad 533 2233  
Dawn's Café, Lower Bay - Open Tues - Sun for B'fast & Lunch, Dinner by reservation please! See ad 492 6508  
Bequia Threadworks - Handmade Fashion & Accessories for men, women & kids. Mon - Fri 8am-4pm, Sat 8am-12pm 526 6945  
Mac's Pizza - Saturday Evening Chill & Lime on our patio - 'Bashi' live from 7-9pm, sunset view! See ad 458 3474  
Bequia Plantation Hotel - Seafood Night! Grilled Seafood Platter + 2 Glasses Prosecco US\$60 pp. See ad 534 8677  
The Liming, Adams Bay - Caribbean Dinner Menu Special tonight! Reservations please, see ad 533 0398

*Sun 18th*

The Cocktail Lab @ Bequia Marina - Closed Sun May 18 thru Wed May 21, Re-opening Thurs May 22, see ad 433 8218  
Greenhouse Café Bequia - All the cannabis products you need! Find us at Bequia Plantation Hotel, see ad 534 8677  
Grenadine Island Villas - The most comprehensive listing of Villas & Apts to rent and buy in Bequia, see ad 457 3739/3888  
Jack's Bar, PM Beach - Open from 10am, Sunday Lime with DJ Music 1pm-7pm. Happy Hour 5pm-6pm! See ad 529 4692  
De Reef, Lower Bay - Sunday Lunch & Lime, Jan & Louis live 4pm. Happy Hour 4-7pm WhatsApp/Tel 528 4958

*Mon 19th*

Doris Fresh Food - Meats, cheeses, fruit & veg, fine wines and more... Mon-Fri 8am-2pm, Sat til 12 noon. See ad! 458 3625  
Maranne's Ice Cream @ Gingerbread - Daily 10.30am-5.30pm, closed Sundays. Ice cream, yoghurt, etc. See ad 593 7264  
Sunny Spa@Jack's, PM Beach - Wide range of beauty & body treatments, M-F 9am-5pm, w/e appts only, see ad 529 1607  
Serenity Day Spa, Belmont - Offering a wide range of Spa Treatments, Mon to Sat 9am-5pm, closed Sundays, see ad 533 4005  
Fernando's Hideaway - Monday 4-course Special! Dinner served Mon-Sat, res. pl. WhatsApp/Tel 430 0478/458 3758

*Tues 20th*

Sail Relax Explore - Contact us for open cruises/private charters to neighbouring islands. See ad 457 3888/495 0886  
Serenity House Port View Guest House, Pt. Elizabeth - 2-bed, 3 bath rental, A/C, ocean view! See ad 570 9518  
Bequia Threadworks - Contact our Production Team for alterations, custom upholstery projects & more... See ad 526 6945  
The Liming, Adams Bay - Enjoy our Asian Dinner Menu Special tonight! Reservations please, see ad 533 0398

*Spiritual Baptist  
Liberation Day  
Wed 21st  
Public Holiday*

Bequia Heritage Museum - Closed today, Public Holiday. Open as usual Friday 23rd May. See ad 532 9554  
Sunkissed Beach Rentals - Loungers, Coolers, non-motorised Watersports, Picnics & much more! See ad 432 4986  
The Spa @ Bequia Plantation Hotel - Open for your pampering! Check our Spa & Day Pass Combo! see ad 534 8677  
Blue Grenadines - Escape to Paradise with Blue Grenadines Villa Rentals and Villa Sales, see ad 458 3440

*Thurs 22nd*

Encore Thrift Store, Ocar - All proceeds in aid of The Bequia Sunshine School, open Thurs, Fri & Sat, 9am-1pm, see ad  
Vintages Bequia @ Frangi - Shop wines, liquors, teas and more. Open Mon to Sat 9am to 4pm 528 6101  
The Cocktail Lab @ Bequia Marina - Get Down Thursday: Local rum Specials 5-9pm, DJ Adiktid 7-10pm. See ad 433 8218  
The Liming, Adams Bay - Enjoy our Italian Dinner Menu Special tonight! Reservations please. See ad 533 0398

## EATING OUT & BARS



### JACK'S BEACH BAR PRINCESS MARGARET BEACH

Open daily from 10am for Drinks, Lunch & Dinner • Daily Sunset Happy Hour 5pm to 6pm

**Friday 16th May: Sunset Vibes with 'Bashi' from 5.30pm**

**Sunday 18th May: House DJ Music from 1pm until...**

**Mon 19th May: CLOSED • Wed 21st: Public Holiday! DJ music until...**

Reservations strongly urged! Call/WhatsApp: 529 4692 <https://jacksbeachbar.com>



**Provision**  
Global Flavor~West Indian Style  
Fri: Lunch 11.30am-3.30pm, Dinner 6pm-9pm  
Sat & Sun: 4pm-9pm (Both menus available!)  
Mondays: Dinner only from 6pm-9pm  
Phone/WhatsApp +1-784-431-0457  
[www.provisionbequia.com](http://www.provisionbequia.com)  
(Closed Tuesdays, Wednesdays & Thursdays)



**OPEN DAILY**  
7:30AM - 7:30PM  
Coffee, Tea, Smoothies,  
Desserts, Paninis & More  
Contact us for custom  
dessert orders!

+1 (784) 533-2233  
@sugarandspicebequia



**SANDBAR**  
WE ARE NOW OPEN 11AM-5PM DAILY- EXCEPT CLOSED ON TUESDAYS  
SERVING FOOD AND DRINKS ALL DAY  
NOW OFFERING SUMMER DAY PASS!

OUR DAY PASS INCLUDES:  
1 SUN LOUNGER  
2 DRINKS (BEER/RUM PUNCH)  
1 MAIN COURSE + 1 DESSERT  
\$17EC | \$45USD PER PERSON

CALL OR WHATSAPP US TO RESERVE YOUR SPOT!  
+1784 5348020  
LIMITED AVAILABILITY- PLEASE BOOK IN ADVANCE TO AVOID DISAPPOINTMENT  
WE ARE LOCATED IN FRIENDSHIP BAY

## The Cocktail Lab

Handcrafted Cocktails in a Lounge Style & Cozy Setting

**GET DOWN THURSDAY**  
EC\$5 LOCAL RUM MIX 5PM-9PM  
MUSIC BY DJ ADIKTID 7PM-10PM

**CLOSURE NOTICE**  
MAY 18, SUN - MAY 21, WED  
REOPENING MAY 22, THURS

OPEN: Wed - Sun 4pm - until Closed on Mon & Tue Call or WhatsApp  
LOCATED: at the Bequia Marina, on the waterfront +1 784 433 8218

## MAC'S PIZZA & KITCHEN

**Fri 16th May: Happy Hour 5-7pm**  
**Sat 17th May: Chill & Lime 'Bashi' live 7-9pm**

Open Sun to Thurs from 11.30am-9pm Closed Weds!  
Fridays & Saturdays until 10pm Tel: 784 458 3474



**Adams Bay Bequia**

Open Daily for Breakfast, Lunch & Dinner  
Saturdays: Dinner Special - Caribbean Menu  
Tuesdays: Dinner Special - Asian Menu  
Thursdays: Dinner Special - Italian Menu

DAY PASSES also available - call for details!

Reservations: +1 (784) 533-0398  
or email [frontdesk@thelimingbequia.com](mailto:frontdesk@thelimingbequia.com)



**De Reef Restaurant & Beach Bar**  
Beach Bar & Restaurant  
Lower Bay - Bequia

OPEN DAILY  
FROM 10.30am UNTIL...  
Sundays Lunch & Lime -  
Jan & Louis live 4-6.30pm  
Daily Happy Hour 4-7pm Spacious Seating!  
WhatsApp/Phone 528-4958

## Dawn's Café - Lower Bay

Delicious Home Cooking in idyllic Garden Setting  
Breakfast & Lunch. Dinner by Res. Takeaways!  
Closed Mondays No Credit Cards  
Located at the end of Lower Bay Tel: 492 6508

## EATING OUT & BARS ...cont'd



*Waterfront Dining*  
 Belmont Walkway

**Breakfast | Lunch | Dinner DAILY**  
 Closed Monday Evenings & Friday Evenings

*Try our new Lunch Menu!*  
 +1 (784) 458 3255  
 reservations@frangipanibequia.com  
 @frangipanibequia



**Cheri's Rooftop Terrace** Phone: 433 9054  
 Opposite Cemetery

Mon to Fri: LUNCH 12pm - 4pm • Thurs to Sat: DINNER 6pm - 9pm

- **SATURDAYS:** Burger, Mojito, Taco Special 12pm - 5pm
- **SUNDAYS:** Brunch (2nd & 4th Suns) 10.30am - 1.30pm ...  
 ... Sunday evening Tapas 5pm - 10pm

Private Dinners / Intimate Event options also available

[www.facebook.com/cherisrooftopterrace](http://www.facebook.com/cherisrooftopterrace)

## BEQUIA PLANTATION HOTEL



### WEEKLY DINNER SPECIAL!

**Sat 17th May: SEAFOOD NIGHT 6PM - 9PM**

Grilled Seafood Platter incl. Tiger Prawns, Fish, Scallops,  
 Garlic Mussels + sides, 2 glasses Prosecco - US\$60 pp

**CHECK OUR DAY PASS - only US\$65 PP!**

Includes: Lunch and Dessert, two local drinks per person,  
 Use of Pool, Loungers and Watersports

For reservations please call: (784) 534 8677  
 email: [info@bequiaplantationhotel.com](mailto:info@bequiaplantationhotel.com)

See Facebook for details of all events:  
[www.facebook.com/BequiaPlantationHotel](http://www.facebook.com/BequiaPlantationHotel)

## SHOPPING / ACTIVITIES / SERVICES



**Boutique:**  
 Shop Ethically Handmade  
 Apparel & Accessories  
 Men | Women | Children

Monday to Friday 8AM - 4PM  
 Saturday 8AM - 12PM

+1 (784) 526 6945  
[info@bequiathreadworks.com](mailto:info@bequiathreadworks.com)



**BEQUIA**  
 Threadworks

**Production Centre:**  
 Fully Equipped for Alterations,  
 Bespoke Embroidery Projects,  
 Custom Upholstery & More

Monday to Friday  
 8AM - 4PM

+1 (784) 526 6189  
[production@bequiathreadworks.com](mailto:production@bequiathreadworks.com)

**FOLLOW**

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## DORIS' FRESH FOOD & YACHT PROVISIONING



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Imported meats, cheeses, fresh fruit and vegetables.  
 Fine wines and spirits!

Monday to Friday: 8am-2pm, Sat 8am-12 noon Sunday: Closed

WhatsApp/Signal: +1 784 528 8568 Tel: 458 3625

[doris\\_freshfood@yahoo.com](mailto:doris_freshfood@yahoo.com) See also: [www.dorishfreshfood.com](http://www.dorishfreshfood.com)



## BEQUIA'S BOUTIQUE-STYLE THRIFT STORE

You can find us in our  
**NEW** bigger, brighter  
 and better premises

**ENCORE**

In aid of the  
 Sunshine School

above the former Gym at Ocar!

Open Thurs, Friday & Saturday 9am to 1pm - dinghy dock nearby



## UNLOCKING POTENTIAL

Through innovative programs, partnerships, and scholarships, we help students gain the knowledge and resources they need to thrive in school and in life.



The Grenadines Initiative

[grenadinesinitiative.org](http://grenadinesinitiative.org)

## MARANNE'S DELICIOUS HOMEMADE GOURMET ICE CREAM

Sorbets, Frozen Yogurt, Fresh Natural Yogurt & Sundaes and Splits, Qts and half gal. Tubs to take away

All Natural Ingredients!

Open daily 10.30am-5.30pm Closed on Sundays!

Tel: 593 7264

[marannehazell@gmail.com](mailto:marannehazell@gmail.com)



## VINTAGES RETAIL STORE

Monday to Saturday  
 9AM - 4PM

Next to Sugar & Spice Café  
 Shop wines, spirits, teas and more!

+1 (784) 528 6101

[vintagesbequiasales@gmail.com](mailto:vintagesbequiasales@gmail.com)

@vintagesbequia



Sole Distributor: Mount Gay Rum, Cointreau, Rémy Martin, St-Rémy, The Botanist Gin, Ponche Kuba, Harney & Sons

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CRUISES



Fridays & Tuesdays - Tobago Cays US\$130 • Wednesdays - Mustique US\$125

Private charters to other Grenadine islands available on request

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CARIBBEAN SCHOONER

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friendshiprose@mac.com

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**Beach Equipment Rentals**  
*Beach & pool days just got a whole lot better!*  
We offer Private Loungers, Coolers,  
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Picnics and much more...!  
*Free delivery & pickup throughout the island*  
Want more details? Just get in touch:  
Tel: 1 (784) 432 4986  
Email: sunkissedbequia@gmail.com

**BEQUIA HERITAGE MUSEUM**

located at St. Hillary, Friendship

Exploring 1700 years of Bequia's unique history  
from Amerindian times to the present day



**CLOSED Wednesday 21st May - Public Holiday**

**CURRENT OPENING HOURS:**

Mondays, Wednesdays & Fridays from 10am to 1pm  
Private out-of-hours Guided Tours also available by prior arrangement

Adm: EC\$25 (US\$10) - kids free! Allow plenty of time for your visit  
Email: bequiaheritage@gmail.com Tel: 532 9554 / 457 3649 / 458 3086

**WESTSIDE RENTAL & CAR DETAILING**

Call 529-5005 or 530-7813 for more Information!

**COLLECTED**  
**BEQUIA POEMS 1971-2021**  
by Richard Dey  
*"I felt as if I had been there!"*  
- Bruce Bennett, author  
**\* Newly Published! \***  
Signed copies available only at the  
Bequia Heritage Museum - EC\$65 / US\$26

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We offer a wide range of Spa Treatments  
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For price list see: [www.tinyurl.com/56t6s7m7](http://www.tinyurl.com/56t6s7m7)

Belmont Inn & Suites, Bequia Open Mon to Sat 9am - 5pm. Closed Suns  
Tel: 1(784) 533-4005 Email: serenity\_dayspa@yahoo.com



**Sunny Spa**

JACK'S BEACH BAR

A lazy day at **Sunny Spa** is all you need  
to relax on your holiday! Enjoy one  
of our many Beauty & Body Treatments

**MAKE YOUR HOLIDAY  
WARM AND BLISSFUL!**

**\* GIFT VOUCHERS ARE ALSO AVAILABLE \***

• Upstairs Jack's Beach Bar •

Open Mon to Fri 9am - 5pm - Sats & Suns by appointment only  
daniellesunnyspa@gmail.com 1(784) 529 1607 or 1(784) 526 8342



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GET YOUR 25 XCD PRESCRIPTION  
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Purchase flowers, lotions, pre-rolls, tincture and more  
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(Coconut Grove at Canash Beach or Plantation Hotel in Bequia)



# The Spa

at Bequia Plantation Hotel

KEEP YOURSELF BEAUTIFUL

Try a body scrub, after sun  
treatments, massage

**Check our selection of  
Spa & Day Pass Combos - valid till 30th July 2025!**  
See full selection: [www.tinyurl.com/59sba8pn](http://www.tinyurl.com/59sba8pn)

MASSAGES

Aromatherapy, hot stone, swedish deep tissue or  
CBD infused massages are available.

Ask  
about  
our CBD  
infused  
massage

MAKE YOUR RESERVATIONS BY  
CALLING 784-534-8677

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VILLAS  
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Land & Villa Sales  
flights & travel services  
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+1 (784) 457 3739



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HOUSE**  
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"WE OFFER YOU A COMFORTABLE BED IN A WELL-APPOINTED  
2 BED, 3 BATH SPACE WITH A/C & SCENIC OCEAN VIEW"  
BOOK NOW: 784 570-9518 / 784 496-5619

**Bequia**

Tel: +1(784) 458 3286  
WhatsApp: +1(784) 496 4417  
**BEQUIA TOURISM ASSOCIATION**  
[www.bequiatourism.com](http://www.bequiatourism.com)  
[tourismbequia@gmail.com](mailto:tourismbequia@gmail.com)

**Visit the Tourism Office!**

Advice on accommodation, tours, daytrips, plus stamps,  
postcards, newspapers, flags, maps, caps, bags & beach towels

Located opposite Customs/Revenue building

**LOOKING TO RENT OR SELL  
YOUR PROPERTY IN BEQUIA?**

**Why not advertise in 'Bequia this Week'?**

Published weekly - both in print and online -  
to a truly international readership!

Contact: [outhousesvg@gmail.com](mailto:outhousesvg@gmail.com) • 1 (784) 532-9553/4  
Outhouse Graphics - serving Bequia businesses & visitors for 25 years!

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Villas**



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Luxury Villa Rentals  
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& Exclusive Villa Sales  
with Real Grenadines.



[www.bluegrenadines.com](http://www.bluegrenadines.com)  
[www.realgrenadines.com](http://www.realgrenadines.com)  
WhatsApp: +44 7960 480403

# BEQUIA INFORMATION



<https://bequiafastferries.com>  
**BEQUIA FAST FERRIES LTD**  
 (784) 493-3278 | office@bequiafastferries.com | www.bequiafastferries.com

## Schedule

Monday to Saturday		Sundays & Public Holidays	
FROM BEQUIA	FROM KINGSTOWN	FROM BEQUIA	FROM KINGSTOWN
6:30 AM	7:45 AM	7:00 AM	8:15 AM
8:45 AM	10:00 AM	4:15 PM	5:15 PM
12:00 PM	3:00 PM		
4:15 PM	5:15 PM		

\*Schedule may be amended on special occasions

### Fares

Passengers - Locals			Passengers - Standard		
Age Group	One Way	Return	Age Group	One Way	Return
Adults	\$25	\$50	Adults	\$30	\$60
Teenagers (13-17)	\$20	\$40	Teenagers (13-17)	\$25	\$50
Children (5-12)	\$15	\$30	Children (5-12)	\$20	\$40

Vehicles		
Standard Size	One Way	Return
Vehicle Only	\$65	\$120
Vehicle and Driver	\$85	\$155

## BEQUIA FERRIES SCHEDULES

For current and holiday schedules see relevant Ferry Company info/contact below:

**Bequia Express:** [www.bequiaexpress.com](http://www.bequiaexpress.com) / (784) 457-3539

**Admiral Ferries:** AdmiralferriesBequia WhatsApp (784) 534-7707

**Bequia Fast Ferries:** <https://bequiafastferries.com> (784) 493-3278

**Jaden Sun:** [www.jadensunferry.com](http://www.jadensunferry.com) (inter-Grenadines)



**ST. VINCENT ELECTRICITY SERVICES LIMITED**  
**CUSTOMER ADVISORY**  
**SCHEDULED OUTAGES IN BEQUIA**

**NO VINLEC SCHEDULED OUTAGES THIS WEEK!**

## GENERAL INFORMATION

Bequia Hospital (24 hrs) 458 3294  
 Bequia Clinic 457 3328  
 Dr. Lugo (private appts/visits) 528 1955  
 Dr. Greg Thomas (Chiropractor) 457 3785  
 Paget Farm Clinic 458 3302  
 Imperial Pharmacy 458 3373, after hours 458 3025

Bequia Police Station 458 3350  
 VHF 16 "ZedQ5 Bequia"  
 Coastguard 457 4578  
 VHF 16 "Juliet8Bravo"  
 Post Office Mon - Fri: 9am-12 noon, 1pm-3pm  
 Cruisers' Net: VHF 68 Mon/Wed/Fri 8am Weather & Local Info

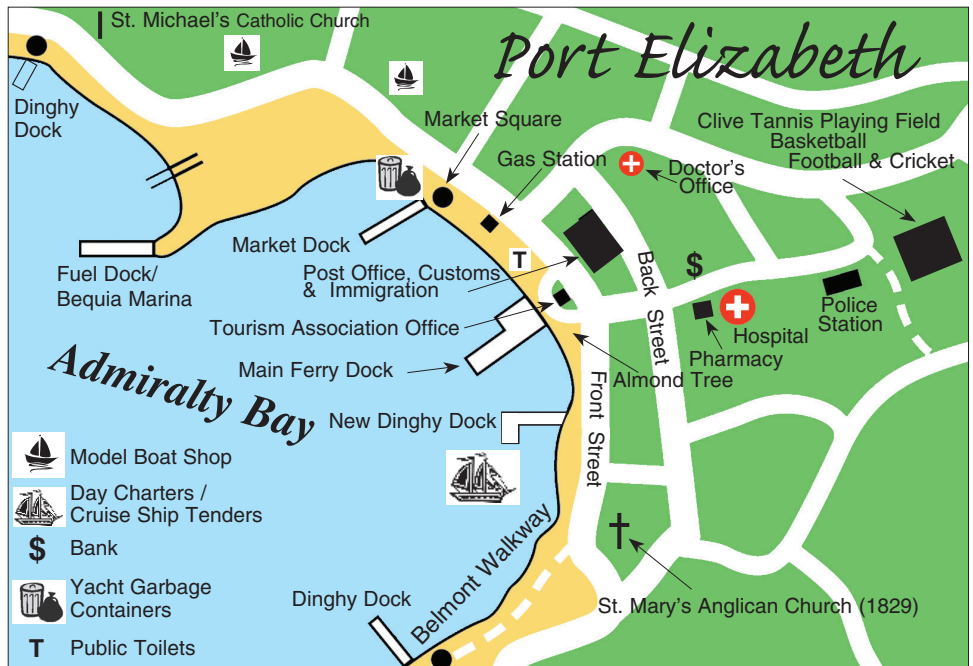
**Customs & Immigration:** Mon - Fri: 8.30am - 6pm (closed 12-1pm), Sat: 8.30am - 12 noon, 3pm - 6pm, Sun: 9am - 12 noon; 3pm - 6pm  
 Overtime fees may be charged - Clearing in and out outside office hours and on Public Holidays is normally possible by arrangement.

# BEQUIA HARBOUR

The *WHERE'S* & *WHATS*

## Bequia Tourism Association

Phone: (784) 458 3286  
 WhatsApp (784) 496 4417  
[tourismbequia@gmail.com](mailto:tourismbequia@gmail.com)  
[www.bequiatourism.com](http://www.bequiatourism.com)



**CHECK BEQUIA THIS WEEK ONLINE - IN COLOUR! Visit: [www.begos.com](http://www.begos.com)**

For advertising space and rate details contact [outhouse@vincysurf.com](mailto:outhouse@vincysurf.com) or call: 532 9553/4

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# BEQUIA



## CHANGES TO YACHT GARBAGE DISPOSAL IN BEQUIA

**PLEASE NOTE:** The bins for recycling plastic, drink cans & glass at the Dinghy Dock by the main jetty have been REMOVED, as have ALL the bins at Princess Margaret Beach!

Now, the **ONLY** location for pre-sorted, non-recyclable **Yacht Garbage** and for **Recyclable** items is at the **Vegetable Market** - in the Green Concrete Hut, accessible directly from the dinghy dock at the market, or by foot behind the market

**Please do NOT dispose of Yacht Garbage or recycling bags ANYWHERE ELSE on the island**

• **Dumping in unauthorized places is a prosecutable offence. Be smart - don't dump!** •



Bequia Tourism Association

# POSTCARD FROM BEQUIA



Get your card to share here: [www.begos.com/lovebequia/](http://www.begos.com/lovebequia/)  
Share your love for Bequia by sending a card to your friends and loved ones. Say hello and tell them how you are doing - it will mean a lot to them to be reminded of our beautiful island.

Love  
Bequia



See all cards here: [www.begos.com/lovebequia](http://www.begos.com/lovebequia)