

NO. 1098
Apr 26th -
May 2nd

BEQUIA 2024

THIS WEEK

WHAT * WHERE * WHEN?

Fri 26th

Octopus Yacht Charter - Tobago Cays (Fri/Tues), Mustique (Wed), elegant 62ft yacht, max 10 pax, see ad 432 5201
 Sail Relax Explore - Contact us for open cruises/private charters to neighbouring islands. See ad 4573888/495 0886
 Bequia Heritage Museum - Open today 10am - 1pm, Adm. EC\$25. Allow plenty of time for your visit! See ad 532 9554
 Jack's Bar - Fri- Sun B'fast from 9am, Mon-Thurs open 10am. Happy Hour daily 5-7pm! Dinner res. advised! See ad 458 3809
 Frangipani Hotel & Bar - Open for B'fast, Lunch & Dinner daily, (Closed for dinner Fridays only - res. essential!) 458 3255
 Bequia Beach Hotel - Bar & Restaurants open daily! Day Pass Packages from US\$85. See ad for details 458 1600
 The Liming, Adams Bay - Open for Lunch, with Dinners welcome by res. See ad for Day Pass and Lunch Specials! 533 0398
 Firefly Estate - Open for Golf, Estate Tours, Cocktails & Drinks: Tue - Sunday 10am - sunset WhatsApp only 532 5134
 Serenity Day Spa, Belmont - Offering a wide range of Spa Treatments, Mon to Sat 9am-5pm, see ad 533 4005
 The Spa @ Bequia Plantation Hotel - Open for your pampering! Call to make an appointment, see ad 534 8677
 De Reef, Lower Bay - Open daily 10.30am until... Happy Hour every day 4-7pm, see ad WhatsApp/Tel 528 4958
 Provision, Lower Bay - Open Wed thru Sat for Lunch 11.30am-3pm, Bar 'til 5pm. Dinner Fri & Sat only 6.30-8.30pm 431 0457
 Dance & Prance Rest't, Paget Farm - Fri & Sat Lunch & Dinner BBQ Special! Lobster, meats, sides from 10am, see ad 492 2614
 Mac's Pizza - Open daily from 11.30am: Check our Friday Happy Hour Specials! Waterfront location, see ad 458 3474
 Cheri's Rooftop Terrace - Delicious A la Carte Dinner Menu Tues - Sat, must res. See ad for daytime options 433 9054

Sat 27th

Dawn's Café, Lower Bay - Breakfast & lunch. Dinner by res. Takeaways! (Closed Mondays), see ad 492 6508
 Jack's Bar - Closed today for private event! Apologies for any inconvenience. Back open tomorrow as usual! 458 3809
 Grenadine Wild Sea Salt Boutique - Boutique & Tours are available by appointments only WhatsApp +1 917 855 5930
 The Sand Bar, Friendship Bay - Daily drinks 10.30am 'til sunset; light lunch bites 11am-5pm on Tues-Sun only! See ad
 Sugar Hill Bar & Restaurant - Open Monday to Saturday 3pm until... Great food - great location! 458 3773
 The Cocktail Lab @ Bequia Marina - Cocktails in a lounge-style setting! Open Wed-Sun 3pm-11pm. See ad 433 8218
 Mac's Pizza - Saturday Evening Chill & Lime on our patio - 'Shake!' live from 6.30pm! Bar & Food Specials, see ad 458 3474
 Kid's Oscar Night @ De Reef - Original videos on the Environment, created by Bequia's students, 6.30-8pm, adm. free!
 Bequia Plantation Hotel - Seafood Night! Including Grilled Lobster + Sides, Dessert US\$55, 'Bash!' live, see ad 534 8677
 Bagatelle @ Bequia Beach - Creole/Asian Buffet Night (alternates weekly). Reservations essential! See ad 458 1600

Sun 28th

Greenhouse Café Bequia - All the cannabis products you need! Find us at Bequia Plantation Hotel, see ad 534 8677
 Sugar & Spice Café @ Frangi - Open daily from early till late for coffees, pastries, paninis and more! See ad 533 2233
 Cheri's Rooftop Terrace - Sunday Brunch 10.30am-1.30pm. West Indian Tapas 3-9pm. Closed Mons! See ad 433 9054
 De Reef, Lower Bay - Open 10.30am, Sunday Lunch - Jan & Louis + 'Shake!' live 4pm. Happy Hour 4-7pm. WhatsApp/Tel 528 4958
 Jack's Bar - Today: Open for Breakfast from 9am, DJ BJ from 1pm! See ad 458 3809
 Bequia Plantation Hotel - 'All You Can Eat Meat', incl. T-bone steak, 6.30-9.30pm, US\$65. Colin Peters live, see ad 534 8677

Mon 29th

Bequia Heritage Museum - Open today 10am - 1pm, Adm. EC\$25. Allow plenty of time for your visit! See ad 532 9554
 United Fitness Gym, Ocar - Fully equipped, great rates, open weekdays from 5am, weekends from 8am, see ad 495 8938
 Fernando's Hideaway - Monday 4-course Special! Dinner Mon-Sat, res. please WhatsApp/Tel 430 0478/458 3758

Tues 30th

Doris Fresh Food - Mon-Sat 8-4pm, closed Suns. Meats, cheeses, fresh fruit & veg, fine wines. See ad 458 3625
 Bequia Plantation Hotel - Sundowner Happy Hour 5-7pm, 'Shake!' Bequia Rock & Soul live from 5.30pm 534 8677
 Jack's Bar - Jammin' Tuesday BBQ with 'Xta-C' The Band live from 7.30pm, res. please! See ad 458 3809

National Workers' Day
Wed 1st
 Public Holiday

Bequia Heritage Museum - Closed today for May Day Public Holiday! 532 9554
 Jack's Bar - May Day Holiday: Open for Breakfast from 9am, DJ Adiktid from 1pm! See ad 458 3809
 Mac's Pizza - Today: Check our May Day - Happy Hour Specials from 5-7pm! Waterfront location, see ad 458 3474
 The Cocktail Lab @ Bequia Marina - Cocktails in a lounge-style setting! Open Wed-Sun 3pm-11pm. See ad 433 8218
 Bequia Plantation Hotel - Flavours of India Buffet! Authentic Indian dishes, US\$48pp 6.30-9pm, see ad 534 8677
 Bagatelle @ Bequia Beach - BBQ Night with live entertainment. Reservations essential! See ad 458 1600

Thurs 2nd

Maranne's Ice Cream @ Gingerbread - Open 7 days, 10.30am - 5.30pm, ice cream, yoghurt, etc. See ad 593 7264
 Vintages Bequia @ Frangi - Shop wines, liquors, teas and more. Open Mon to Sat 9am to 4pm 533 2233
 Encore Thrift Store, Ocar - All proceeds in aid of The Bequia Sunshine School, open Thurs to Sat 9am-1pm, see ad
 Bequia Maritime Museum, Ocar - History of Boatbuilding, by appointment only, open Mon-Fri 2-4pm, see ad 454 9274
 Bequia Threadworks - Shop 2024 Collection 'The Way Home' at our Boutique on Back Street. See ad 526 6945

EATING OUT & BARS



Adams Bay Bequia

Open Daily for Lunch -
Dinner by Reservation only!

The Liming

Lunch Time at THE LIMING!

20% discount on table bills for Caricom residents
only 1 bill per table - reservations preferred
- Caricom ID needed!
(cannot be used with any other promotion)

* DAY PASS WITH VILLA *

From 9am to 5pm - US\$350

Day Use of One-Bedroom Villa

2 Person only, includes Day Pass Lunch
(subject to availability)

Tel: +1 (784) 533-0398

Enquiries email: gm@thelimingbequia.com

BEQUIA PLANTATION HOTEL

Reservations please call: (784) 534 8677
email: info@bequiaplantationhotel.com



Fri 26th April: BEER O'CLOCK 5 - 7PM

Hairoun, Carib, Heineken Buckets of Beer
* DJ Mickey 5.30 - 7.30pm

Sat 27th April: SEAFOOD NIGHT SPECIAL MENU

US\$55 pp * Dining 6.30 - 9pm * 'Bashi' live from 6.30pm

Sun 28th April: ALL YOU CAN EAT MEAT

US\$65 pp * Dining 6.30 - 9pm * Colin Peters live from 6.30pm

Monday 29th April: TEX MEX NIGHT (Buffet)

US\$50 pp * Dining 6.30 - 9pm

Tues 30th April: SUNDOWNER HAPPY HOUR 5 - 7PM

with 'SHAKE!' Rock, Blues & Soul Band live from 5.30 - 8pm

Wed 1st May: FLAVOURS OF INDIA (Buffet)

US\$48 pp * Dining 6.30 - 9pm

For menu details see Bequia Plantation Hotel Facebook Page:
www.facebook.com/BequiaPlantationHotel

THE SECRET'S OUT!
Discover
THE SAND BAR
in Friendship Bay



Everyone welcome!
Open daily 10.30am 'til sunset -
serving delicious cocktails
Light lunch bites Tuesdays to Sundays
from 11am to 5pm
Located where Mosquito Bar once was -
- limited parking inside the gates!

Cheri's Rooftop Terrace

Phone: 433 9054
Opposite Cemetery

Tuesdays to Fridays from 3pm:

Bar Bites 3-5pm • Happy Hour from 3-6pm • Dinner 6-10pm (Res. only)

Saturdays from 2pm...

Burgers, Mojitos, Tacos 2-5pm • Dinner 6-10pm (Res. only)

Closed
Mondays!

Sundays from 10.30am:

Brunch 10.30am-1.30pm • West Indian Tapas 2-10pm



Restaurant & Beach Bar

OPEN DAILY

From 10.30am until...

Sunday Lunch & Lime Jan & Louis + 'Shake!' live 4pm

Daily Happy Hour 4-7pm Spacious Seating!

WhatsApp/Phone 528-4958

MAC'S PIZZA & KITCHEN

FRIDAY 26th April from 5-7pm:

HAPPY HOUR

Check for our Bar & Food Specials!

SATURDAY 27th April:

CHILL & LIME

'SHAKE!' live from 6.30pm

- Bequia Rock & Soul!

Check for our Bar & Food Specials!

WEDNESDAY 1st May from 5-7pm:

MAY DAY - HAPPY HOUR

Check for our Bar & Food Specials!

Open Fridays & Saturdays 11.30am - 10pm
Sundays & Weekdays 11.30am - 9pm

Tel: (784) 458 3474

BEQUIA'S ONLY COCKTAIL BAR

Handcrafted & Creative Cocktails
Exquisite & Friendly Service
Lounge Style & Cozy Setting
Breathtaking Waterfront Location



784
BQ

The Cocktail Lab

NEW OPENING HOURS!!!



Open Wed - Sun 3pm - 11pm
Closed Mondays and Tuesdays

Located at the Bequia Marina, on the waterfront

+1 784 433 8218 @thecocktaillabbequia



JACK'S BEACH BAR PRINCESS MARGARET BEACH

Mon to Thurs from 10am-10pm • Weekends & Public Holidays from 9am for Breakfast

- **SUNDAY 28th APRIL:** DJ BJ from 1pm
- **TUES 30th APRIL:** JAMMIN' BBQ 7pm - LIVE MUSIC by 'Xta-C' The Band
- **WED 1st MAY (MAY DAY HOLIDAY):** DJ ADIKTID from 1pm until...

Happy Hour Daily 5-7pm • Last Dinner orders 9pm

Reservations advised for lunch & dinner! Call/WhatsApp: 529 4692 / 458 3809 <https://jacksbeachbar.com>

CLOSED SAT 27th
for Private Event

Sugar
& Spice
Cafe

+1 (784) 533-2233
info@sugarandspicebequia.com
@sugarandspicebequia

OPEN DAILY

Mon - Fri: 7:30AM - 7:30PM
Sat & Sun: 8:00AM - 7:00PM

Coffee, Tea, Frappes, Pastries,
Smoothies, Paninis & More



BEQUIA BEACH THE GRENADINES

BAGATELLE RESTAURANT & BAR

B'fast: 7.30-10am • Lunch: 12.30-2.30pm • Dinner: 6.30-9.30pm
Revolving a la Carte Menu - with Mondays live entertainment except:
Wednesdays - BBQ Night with Live entertainment
Saturdays - Creole/Asian Buffet nights alternating weekly

BLUE TROPIC RESTAURANT

Daily from 6.30pm (closed Sundays) • Live entertainment Saturdays
New a la Carte Mediterranean Menu!

***DAILY DAY PASSES - 10AM TO 5PM**

Standard: 2-course Lunch + 2 Drinks - US\$85pp
De Luxe: 2-course Lunch + 2 Drinks + 30 min massage - US\$125pp
Premium: 2-course Lunch + 2 Drinks, day room use - US\$150pp (min 2 pax)
* All day passes include use of pools, loungers, towels & basic watersports

Reservations 458-1600 frontdesk@bequiabeach.com
www.bequiabeachhotel.com



DANCE & PRANCE

Monday - Thursday 10am- 9pm
(Lunch & Dinner)

Friday - Saturday 10am-10pm
(Lunch & BBQ Dinner Special)

CLOSED ON SUNDAYS

Tel / WhatsApp +1 (784) 492-2614
Email: danceandprance01@gmail.com

Weekend Special: Fresh Grilled Lobster (seasonal),
Variety of Meats & Sides (sides change daily)

Daily Menu: Lunch Specials, Burgers, Shark, Fish,
Patties, Pork Chops, Spring Rolls, Chicken & more

Dinner by Reservation ONLY

We also cater for birthday parties, weddings etc.,
and have space to hire for special events!

Page Farm - Upstairs Ice Cream Shop - 2 mins from Airport

Dawn's Café - Lower Bay

Delicious Home Cooking in idyllic Garden Setting

Breakfast & Lunch. Dinner by Res. Takeaways!

Closed on Mondays No Credit Cards

Located at the end of Lower Bay Tel: 492 6508

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 7 days a week 10.30am - 5.30pm!

Tel: 593 7264

marannehazell@gmail.com



ACTIVITIES

BEQUIA MAY FEST 2024

Sun 5th May, 1pm - DE REEF, Lower Bay

INFINITY

CHERRY & EMMA

SHAKE!

GOOD VIBES

ELFIC

DE REAL TING String Band

ROCKSTONE

ELLIS

Live Music All Day from Local Bands
Admission Free!

BEQUIA MARITIME MUSEUM

Ocar Bequia Call 458 3896 or 454 9274

Now Open by Appointment ONLY

Pre-booked visits available Mon to Fri 2pm to 4pm

- please call to arrange!

We apologise for any inconvenience



BOATBUILDING • HISTORY • MODEL BOATS & MORE...

BEQUIA HERITAGE MUSEUM

located at St. Hillary, Friendship

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



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

Bequia Tech

Full Service Business, Internet Café & Technology Center

- Air Conditioned for your Comfort •
- Print/Fax/Scan/Laminate/Photo Copy - Color/BW
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- Point of Sale Systems: Restaurant / Retail programming
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Open Monday to Friday 9am - 5pm Saturday 9am - 2pm

Located on the Front Street - Digicel Building Entrance

Tel: 433-3555 • Fax: 516-504-3008 • Info@bequiatech.com • www.bequiatech.com

WESTSIDE RENTAL & CAR DETAILING



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

SAIL WITH US

OCTOPUS

**YACHT
CRUISES**



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

Private charters to other Grenadine islands available on request

AN ELEGANT 62FT SAILING YACHT - MAXIMUM 10 GUESTS ON BOARD

Breakfast, Morning & Afternoon Snacks, Rum Punch,
Local Beer, Soft Drinks & Snorkelling Gear included

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hello@octopus-caribbean.com

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ST VINCENT BEQUIA TOBAGO CAYS MUSTIQUE
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www.friendshiprose.com



friendshiprose@mac.com

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

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doris_freshfood@yahoo.com See also: www.dorisfreshfood.com

ADVENTURES IN THE TRADE WIND

by RICHARD DEY

The Story of Morris Nicholson -
Pioneer Charterboat Skipper

"... a well-told, interesting tale that weaves Dey's
conversations with Nicholson into the history of the
early days of the charter industry in the Caribbean."

- YACHTING Available from Bequia Heritage Museum, Amazon



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Kingstown, (St. Vincent) Ltd, Bay Street,

Phone: (784) 456-2217

e-mail: info@quikprintsvg.com

ATTENTION ALL ADVERTISERS NEXT EDITION DEADLINE!

**The next printed edition
of Bequia this Week (Fri 3rd - Thurs 9th May)
will be out on Friday 3rd May**

**Please note: Advertisers DEADLINE is
NOON on Tuesday 30th April!**

outhouse@vincysurf.com or call 532 9553





BEQUIA
Threadworks

Ethically Handmade
Fashion & Accessories

MON TO SAT: 8AM - 4PM
SUN: 8AM - 12PM

Bequia Threadworks Boutique
Back Street, Port Elizabeth

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boutique@bequithreadworks.com
@bequithreadworks



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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)





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THRIFT STORE**

*You can find us in our
NEW bigger, brighter
and better premises
above the Gym at Ocar!*

ENCORE
*In aid of the
Sunshine School*

Open every Thurs, Fri & Sat 9am to 1pm - dinghy dock nearby



Bequia **TOURISM ASSOCIATION**
www.bequiatourism.com

Visit our Tourism Office!

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

Located opposite Customs/Revenue building

Tel: 458 3286 Fax: 458 3964



**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

BEAUTY, HEALTH & FITNESS

The Spa

at Bequia Plantation Hotel

KEEP YOURSELF BEAUTIFUL

Try a body scrub, after sun care, waxing, facials, hydration
treatments, manicures and pedicures.

BODY MASSAGES

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

Ask
about
our CBD
infused
massage

MAKE YOUR RESERVATIONS BY
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A NEW GYM IN BEQUIA!

- Top-of-the-line equipment in a spacious facility
- Daily / Weekly / Monthly membership
- Daily drop-in US\$10 / EC\$25
- Personal training + healthy meal plans available

*In O'Car Reform - only 5 mins walk from the harbour
Large parking area & nearby dinghy dock*

Mon to Fri: 5am-8:30pm • Sat: 8am-5pm • Sun: 8am-1pm
Tel: 784 495-8938 Come Join Us and Reach Your Goals!

SERENITY DAY SPA

SOOTHE YOUR BODY & MIND

**We offer a wide range of Spa Treatments
including Massages, Full Body Care, Facials
Waxing, Manicures, Pedicures & more...**

For price list see: www.tinyurl.com/56t6s7m7
Belmont Inn & Suites, Bequia **Open Mon to Sat 9am - 5pm**
Tel: 1(784) 533-4005 **Email: serenity_dayspa@yahoo.com**



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 • I (784) 532-9553/4
Outhouse Graphics - serving Bequia businesses & visitors for 24 years!

4-BED HOUSE 'ALIZE' FOR SALE

in La Pompe, Bequia

- Fantastic Sea Views over Friendship Bay
- Currently arranged as two self-contained 2-bed Units
- Garden on 3 Levels

ONLY US\$180,000 • Details here: www.begos.com/alize.jpg

Contact: halovana@gmail.com Tel: +1 (784) 430 0142



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BEQUIA INFORMATION

GENERAL INFORMATION

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

Bequia Police Station 458 3350
VHF 16 "ZedQ5 Bequia" 457 4578
Coastguard 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.

YACHT GARBAGE DISPOSAL IN BEQUIA

The **MAIN** location for Yacht Garbage disposal is in the concrete skip off the Fish Market Jetty - behind the Vegetable Market.

Bins for Recycling glass, plastics & metal drink cans are located to the left of the main town Dinghy Dock.

(Only small amounts of Yacht Garbage should be left in the designated bins at this same location).

**Please do NOT dispose of yacht garbage in the 'Action Bequia' bins at Princess Margaret Beach
OR leave any bags of garbage beside full bins ANYWHERE on the island**

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



BEQUIA FERRIES SCHEDULES

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

- **Bequia Express:** (784) 457-3539 / www.bequiaexpress.com
- **Admiral Ferries:** (784) 534-7707 / www.admiralferries.net
- www.jadensunferry.com (inter-Grenadines)



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

**NO VINLEC SCHEDULED
OUTAGES THIS WEEK!**

BEQUIA

LEGEND

- Road
- Foot Path
- ⊕ Medical Clinic
- 🏖 Beach
- ✝ Church
- 🏰 Old Fort
- 🤿 Dive Shop

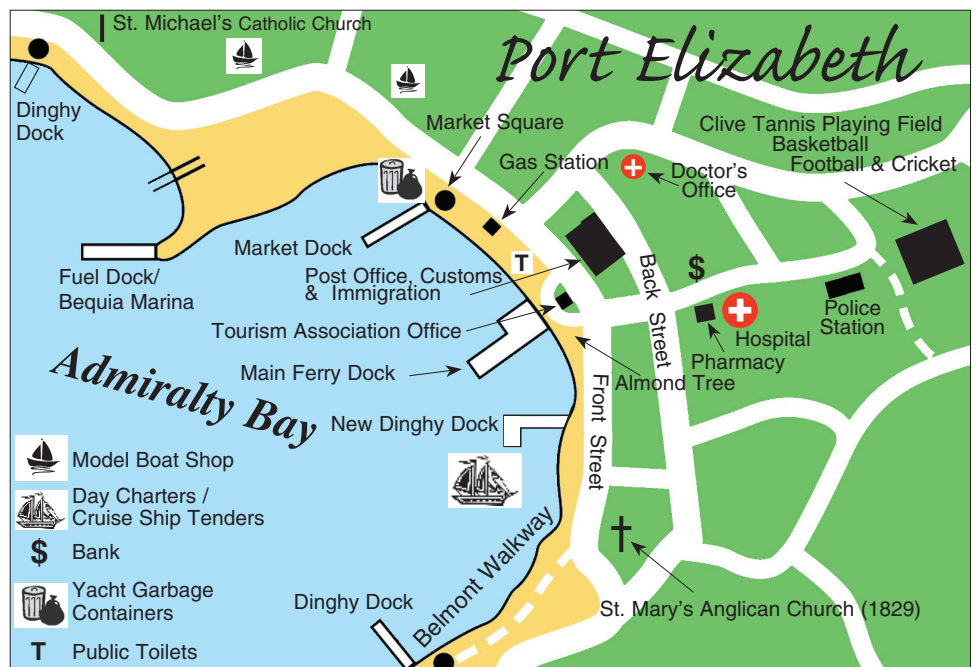


BEQUIA HARBOUR

The *WHERE'S & WHAT'S*

Bequia Tourism Association

www.bequiatourism.com
 Phone: (784) 458 3286
 bequiatourism@vincysurf.com



POSTCARD FROM BEQUIA



Get your card to share here: 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