

NO. 1092
Mar 15th -
Mar 21st

BEQUIA 2024

THIS WEEK

WHAT * WHERE * WHEN?

Fri 15th

Gusto A Bequia Sailing Adventure - Trips to Mustique & Tobago Cays, see ad page 4 WhatsApp/Tel 433 1371
Octopus Yacht Charter - Tobago Cays (Fri/Tues), Mustique (Wed), elegant 62ft yacht, max 10 pax, see ad 432 5201
Bequia Heritage Museum - Open every Fri, Mon & Wed, 10am - 1pm. Adm. EC\$25 (kids under 12 free!) See ad 532 9554
Grenadine Wild Sea Salt Boutique - Open Daily 9am-4.30pm. For Guided Tour details see ad WhatsApp +1 917 855 5930
United Fitness Gym, Ocar - Fully equipped, great rates, open weekdays from 5am, weekends from 8am, see ad 495 8938
Sati Yoga Studio, Lower Bay - Offering All Level Classes! For days, times and levels, see ad 455 4565
The Spa @ Bequia Plantation Hotel - Open for your pampering! Call to make an appointment, see ad 534 8677
Maranne's Ice Cream @ Gingerbread - Open 7 days, 10.30am - 5.30pm, ice cream, yoghurt, etc. See ad 593 7264
De Reef, Lower Bay - Open daily 10.30am until... Happy Hour every day 4-7pm, see ad WhatsApp/Tel 528 4958
The Liming, Adams Bay - Fish Friday! Exquisite Fish Dishes noon through Dinner, call to reserve! See ad 533 0398
Provision, Lower Bay - Pizza Friday! Neapolitan style pies. Serving lunch 11.30am - 3.30pm, see ad 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 12 noon! Friday Happy Hour Specials, DJ Turu. 'Joshu' live performance 7pm! See ad 458 3474
Jack's Bar - Open Fri- Sun for B'fast from 9am. Friday Sunset Vibes at Happy Hour with 'Bashi'. See ad 458 3809
Bequia Plantation Hotel - Enjoy our daily Sunset Happy Hour on our waterfront terrace from 5-7pm 534 8677
Cheri's Rooftop Terrace - Delicious A la Carte Dinner Menu Tues - Sat, must res. See ad for daytime options 433 9054

Sat 16th

Sylvester Simmons Memorial Foundation Boat Races - @ De Reef from 10am: Double Enders, Lasers, Optis & more... See ad
Dawn's Café, Lower Bay - Breakfast & lunch. Dinner by res. Takeaways! (Closed Mondays), see ad 492 6508
Sugar & Spice Café @ Frangi - Open daily from early till late for coffees, pastries, paninis and more! See ad 533 2233
Encore Thrift Store, Ocar - All proceeds in aid of Bequia Sunshine School, open Thurs - Sat 9am-1pm, see ad
Common Ground @ Gingerbread - Locally-made fashion, crafts, gifts and much more, open Mon -Sat from 11am, see ad
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 Tue-Sun 3pm-11pm. See ad 433 8218
Mac's Pizza - Saturday Evening Chill & Lime on our patio. Band 'Latitude' live from 6pm - Bar & Food Specials, see ad 458 3474

Sun 17th

Sylvester Simmons Memorial Foundation Boat Races - @ De Reef from 10am: Double Enders, Lasers, Optis & more... See ad
Jack's Bar - Open Fri-Sun from 9am for B'fast. Happy Hour daily 5-7pm, DJ Music! Res. strongly advised! See ad 458 3809
Cheri's Rooftop Terrace - Sunday Brunch 10.30am-1.30pm... West Indian Tapas 3-9pm. Closed Mons! See ad 433 9054
Firefly Estate, Spring - Famous Sunday Curry Lunch, EC\$75 pp incl. dessert & 1 drink, res pl. Open daily, see ad 532 5134
De Reef - Open 10.30am, Sunday Lunch. & Lime - Jan & Louis + Special Guests live from 4pm. Happy Hour 4-7pm 528 4958
Frangipani - St. Patrick's Day Party 5.30pm, Irish Food & Drinks! 'Energy' live & DJ Bebe. Wear Green! See ad 458 3255

Mon 18th

Vinlec Scheduled Outage - Belmont, from 8am - 12 noon
Mustique, Friendship Rose - Classic 100ft Schooner B'fast, Lunch, Drinks, Snacks, Snorkel 150US Kids Free 457 3888/495 0886
Bequia Heritage Museum - Open today 10am - 1pm. Adm. EC\$25, 20% off 6 or more (kids free!) See ad 532 9554
Serenity Day Spa, Belmont - Check our 'Easter Treats'! Valid Mon 18th- Fri 29th March, see ad for details 533 4005
Provision, Lower Bay - Now serving Dinner 5 nights Thurs - Monday! Open daily for lunch (closed Weds), see ad 431 0457
Fernando's Hideaway - Monday 4-course Special! Open Mon thru Sat for dinner only. Please res by noon! 458 3758

Daily Calendar of Events continued on page 2...

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 Tourism
Association

Tues 19th

Vinlec Scheduled Outage - Friendship, from 8am - 12 noon
 Tobago Cays, Friendship Rose - Classic Schooner B'fast, Lunch, Drinks, Snacks, Snorkel 175US Kids Free 457 3888/495 0886
 Bequia Maritime Museum, Ocar - History of Boatbuilding, by appointment only, open Mon-Fri 2-4pm, see ad 454 9274
 Jack's Bar - Open Mon - Thurs from 10am. Happy Hour daily 5-7pm! Dinner res. strongly advised! See ad 458 3809
 Frangipani Hotel & Bar - Tequila Tuesday, live music 'Latitude!' Mexican food & Tequila Cocktail Specials, 6pm til... 458 3255

Wed 20th

Bequia Heritage Museum - Open today 10am - 1pm, Adm. EC\$25. Allow plenty of time for your visit! See ad 532 9554
 Vintages Bequia @ Frangi - Shop wines, liquors, teas and more. Open Mon to Sat 9am to 4pm 533 2233
 Doris Fresh Food - Meats, cheeses, fruit & vegetables, fine wines. See ad for details! 458 3625
 Greenhouse Café Bequia - All the cannabis products you need! Find us at Bequia Plantation Hotel, see ad 534 8677
 The Cocktail Lab @ Bequia Marina - Chill with acoustic guitar music by Cloud Gooding, 5.30-7.30pm. See ad 433 8218

Thurs 21st

Vinlec Scheduled Outage - Industry, from 8am - 12 noon
 Tobago Cays, Friendship Rose - Classic Schooner B'fast, Lunch, Drinks, Snacks, Snorkel 175US Kids Free 457 3888/495 0886
 The Liming, Adams Bay - Open daily for Lunch; Dinners welcome by res only! Day Pass US\$75pp. See ad 533 0398
 Bequia Threadworks - Shop 2024 Collection 'The Way Home' at our Boutique on Back Street. See ad 526 6945
 Frangipani Hotel & Bar - World-famous BBQ & Buffet, 7.30pm, music by Elite Steel Orchestra. Must reserve! 458 3255

EATING OUT & BARS



the frangipani
 Bequia
 hotel, restaurant, bar

St. Patrick's Day
Party Sunday 17th March
 From 5:30PM

Energy Band | DJ Bebe
 Irish Food & Cocktails
 Green Beer
 Guinness 2 for \$15

MAC'S PIZZA & KITCHEN

FRIDAY 15th March from 4-7pm:

HAPPY HOUR with DJ TURU

Specials: Honey Garlic Wings • El Dorado 5yr old

'JOSHU' live from 7pm!

Appetizer Board & Bar Specials available!

SATURDAY 16th March from 6pm:

CHILL & LIME

Band 'LATITUDE' live!

Wings Combo Special

El Dorado Mix EC\$5 • Cocktail of the Day EC\$10

Open Daily from 12 noon Tel: (784) 458 3474

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!



JACK'S BEACH BAR

PRINCESS MARGARET BEACH

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

FRIDAY March 15th: SUNSET VIBES with 'BASHI' on Acoustic Guitar

Happy Hour Daily 5-7pm • Last Dinner orders 9pm! • DJ music every Sunday

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

BEQUIA'S ONLY COCKTAIL BAR

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

📍 Located at the Bequia Marina 💰 **CASH ONLY!!!**

CL 784 BQ
The Cocktail Lab



MARCH 20
WEDNESDAY
5:30 - 7:30

CLOUD GOODING

CHILL ACOUSTIC GUITAR MUSIC

Tue - Sun 3pm - 11pm

Closed on Mondays

+1 784 433 8218

@thecocktailabbequia

Famous Sunday Caribbean Curry Lunch
at

Firefly

Bequia Estate

Choice of beef, chicken or vegan Curry + sides, chutneys

Locally made Caribbean Ice cream

ec\$75 per person + service

Includes one wine/beer/juice/cocktail with meal, per person

Reservations requested: phone/whatsapp 1 (784) 532-5134

E mail: fireflyestatebequia@gmail.com

Open daily for breakfast, lunch, drinks, and dinner by reservation



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!**

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

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

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



The Liming

Adams Bay Bequia

Open Daily for Lunch -

Dinner by Reservation only!

FISH FRIDAYS at THE LIMING!

Enjoy a selection of specially created Fish Dishes
available every Friday from noon through Dinner

*** LIMING DAY PASS SPECIAL ***

- only US\$75 per person

incl. Welcome Rum Punch, 2-course Lunch, 2 Drinks each
+ large bottle of Water per couple

Use of Loungers when available!

Tel: +1 (784) 533-0398

Enquiries email: gm@thelimingbequia.com

Sugar & Spice
and everything nice
Café

+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**



Provision



First and Last
Bequia

Provision in Lower Bay

Global Flavor~West Indian Style
Open daily for Lunch (closed Weds)

Dinner Thursday to Monday only

Outdoor Garden Seating with view of the sea!

Phone/WhatsApp +1-784-431-0457

www.provisionbequia.com

ACTIVITIES / SHOPPING / SERVICES



Restaurant & Beach Bar
OPEN DAILY

From 10.30am until...

WATCH THE BOAT RACES THIS WEEKEND!

Sun 17th: Jan & Louis live + Special Guests from 4pm

Daily Happy Hour 4-7pm WhatsApp/Phone 528-4958



SYLVESTER AMBROSE SIMMONS
MEMORIAL FOUNDATION BOAT RACES

16TH & 17TH MARCH 2024

DE REEF
BEQUIA



SAIL FISH • LAZER PICO • OPTIMIST • DOUBLE ENDERS • ON-SHORE ACTIVITIES
Food & Drinks on Sale • Starts @ 10AM Daily



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 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

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

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friendshiprose@mac.com

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f GUSTO A BEQUIA SAILING ADVENTURE

Improves Overall Boat Performance
Mildew, Algae & Sludge Removal

Prevents Potential Hull Damage
Improves Fuel Economy

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Embark on a 1 hour journey through our extraordinary haven, where history, innovation, and flavor unite. Explore adaptive reuse in architecture, the history of an old sugar mill, salt production secrets, and patented processes. Immerse yourself in our cutting-edge facility, savor six unique salt flavors in our courtyard, and visit our boutique to take home a piece of the experience. Join us on the "Sprinkle The Love" Tour for a captivating sensory adventure.

WhatsApp us for information: +1 917 855 5930



GRENADINE
Wild Sea Salt®

Shop Our Boutique:
Address: Grenadine Wild Sea Salt
Belmont Road
Spring Estate, Bequia

Hours: 9am-4:30pm everyday

Several types of Tours are available
sales@grenadineseasalt.com
WhatsApp: +1 917 855 5930



DORIS' FRESH FOOD & YACHT PROVISIONING

• Located in Back Street •



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

Monday to Saturday: 8am-4pm Sunday: Closed

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

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

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



Open Mon-Sat
from 11AM



Easter Market at Common Ground Bequia Gingerbread Hotel Compound

Easter Saturday, March 30th from 11AM
#shopLocal this Easter Weekend







BEQUIA
Threadworks

Ethically Handmade
Fashion & Accessories

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

Bequia Threadworks Boutique
Back Street, Port Elizabeth

+1 (784) 526 6945
boutique@bequiathreadworks.com
@bequiathreadworks



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Purchase flowers, lotions, pre-rolls, tincture and more
at one of the Greenhouse Café locations

(Coconut Grove at Canash Beach or Plantation Hotel in Bequia)



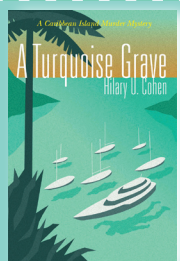
A Turquoise Grave

a Bequia Sailing Mystery
by Hilary U. Cohen

"...hard not to fall in love with this island paradise
and the novel's wonderfully drawn characters"
"A captivating and transporting novel"

Available in print or e-format from Amazon:

www.tinyurl.com/3c3cvkpd



The Bequia Perspectives Novels

Available in print
and eBook formats

www.tinyurl.com/jl6gu7o

Bequia Tech

Full Service Business, Internet Café & Technology Center

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Open Monday to Friday 9am - 5pm Saturday 9am - 2pm

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SOOTHE YOUR BODY & MIND

Easter Beauty Specials!

Mon 18th - Fri 29th March

See **EASTER TREATS:** www.tinyurl.com/378kkxss

Belmont Inn & Suites, Bequia

Open Mon to Sat 9am - 5pm

Tel: 1(784) 533-4005

Email: serenity_dayspa@yahoo.com



SATI YOGA STUDIO Lower Bay

All Level Classes with Patricia, Master Level Teacher

Intermediate: Monday/Thursday 9.15am

Mild: Tuesday/Friday 9.15am

Restorative/Yin: Wednesday 9.15am

ॐ email or call to register: phealey247@gmail.com ॐ

www.satiyogaworldwide.com Tel: 784-455-4565

The Spa

at Bequia Plantation Hotel

KEEP YOURSELF BEAUTIFUL

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

BODY MESSAGES

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!

FRIENDS OF BEQUIA HOSPITAL

A Registered Charity

We rely on donations to maintain adequate medical supplies for the Bequia Hospital & Clinic providing healthcare for everyone on Bequia.

PLEASE GIVE GENEROUSLY!

Donations in a sealed, addressed envelope can be left at the Bequia Tourism Office. **For more info call: 529 8491**

Email: FOBH13degreesN@outlook.com

BEQUIA

LEGEND

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

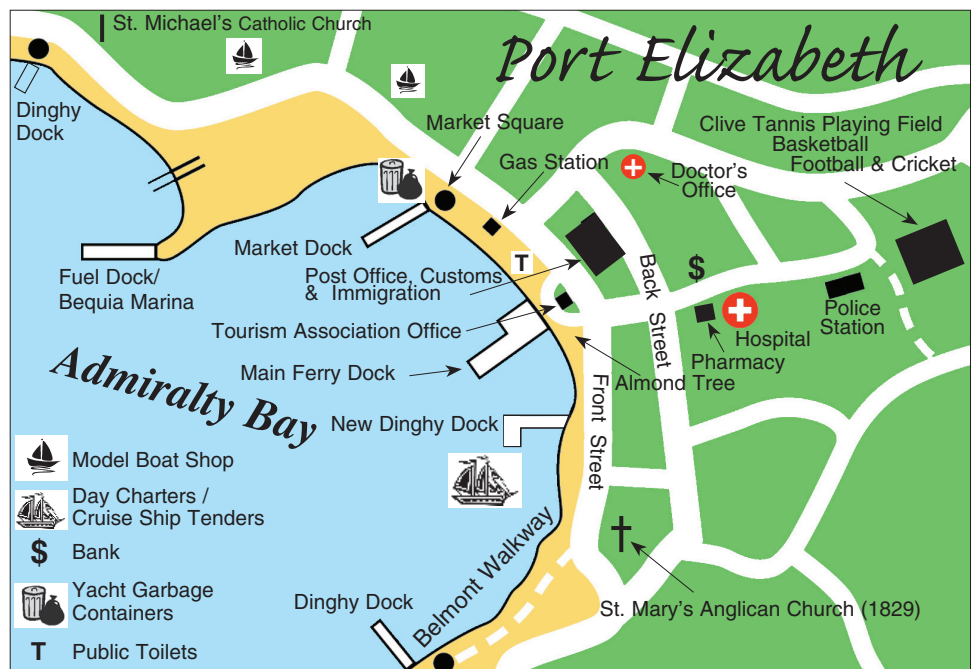


BEQUIA HARBOUR

The *WHERES* & *WHATS*

Bequia Tourism Association

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



— LAND FOR SALE —

Mount Pleasant area

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- Large lots with easy access.

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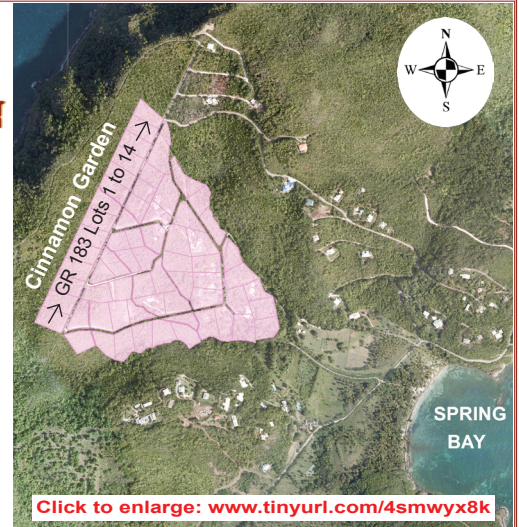
Outhouse Graphics - serving Bequia businesses & visitors for 24 years!



FOR SALE in BEQUIA:

Gr 183 Lots 1-14

Cinnamon Garden Estate bounds to Spring Estate - includes existing paved Road and Electricity



Click to enlarge: www.tinyurl.com/4smwyx8k

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+1 (784) 457 3739

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"
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 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

Mon	18th March: Belmont	8am - 12 noon
Tues	19th March: Friendship	8am - 12 noon
Thurs	21st March: Industry	8am - 12 noon

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