

NO. 732

July 1st -
July 7th

BEQUIA 2016

THIS WEEK

Fri 1st

Papa's, Ocar - Open daily Mon to Fri 4pm until, Saturday from 11am, Sunday 5pm until... VHF 68/457 3443
 The Yacht Club Bar & Grill - Fat Friday's BBQ Buffet EC\$100, Bob & Friends live 6.30-9.30pm, see ad VHF 68/529 6074
 Keegan's Beachside, Lower Bay - Happy Hour every Fri & Tues 5.30-7pm, EC\$5 vodka, rum & Hairoun 458 3530
 Bequia Plantation Hotel - Daily Happy Hour Specials 5pm-7pm & delicious Wood Oven Pizzas 534 9444
 Coco's Place, Ocar - Daily lunch & dinner, live music by Andy Cruickshank tonight! Res. pls. VHF 68/458 3463
 The Fig Tree, Belmont Walkway - Famous Fish Friday 6.30pm, live music, open from 11am daily, closed Tues VHF 68/457 3008

Sat 2nd

Dawn's Cafe, Lower Bay - Daily from 8am for breakfast & lunch. Dinner by reservation - please call 492 6508
 Papa's, Ocar - Saturday Night Dinner Special, live music by Syl & Company, from 7.30pm 457 3443
 Keegan's Beachside, Lower Bay - Barbecue: The Cook Out with the In Crowd, from 6pm VHF 68/458 3530
 Bequia Plantation Hotel - Ladies Night 6pm-10pm + Entertainment. A La Carte B'fast, Lunch & Dinners daily 534 9444
 The Yacht Club Bar & Grill - Live music 2pm-5pm with Amanda Gooding. Kyron & Friends 7pm-10pm VHF 68/529 6074
 Sugar Reef Cafe, Crescent Beach - Saturday Date Night, romantic 3-course Dinner for EC\$79! 458 3400

Sun 3rd

Gingerbread Café - Espresso, cakes, full b'fast, lunch, daily till 7pm serving selection of wines, beer & rum punch 458 3800
 Bequia Plantation Hotel - Beer Specials at Happy Hour 5pm - 7pm and Live Entertainment 12pm-4pm 534 9444

Mon 4th

Sailing & Speedboat Charters - Private Grenadines charters from speedboats to luxury crewed yachts 457 3888/495 0886/9
 Bequia Plantation Hotel, Belmont Walkway - Stelton's Bakery, A La Carte B'fast, Lunch & Dinners served daily 534 9444

Tues 5th

Sugar Reef Cafe - Daily lunch & dinner with fresh, healthy & locally inspired food & drinks on Crescent beach 458 3400
 Tantie Pearl's Restaurant - Delicious home cooking, harbour view! Mon-Sat lunch & dinner res. pls. VHF 68/457 3160
 Papa's, Ocar - Music Party with "Escape" from 8pm, drinks specials, dine on our open-air terrace 457 3443

Wed 6th

Keegan's Beachside, Lower Bay - All Day Breakfast by the beach. Every day of the week. VHF 68/458 3530
 Coco's Place, Ocar - Daily lunch & dinner, live music by Bob & Friends tonight! Res. pls. VHF 68/458 3463
 Maranne's Ice Cream, Gingerbread Café - Open 10am - 5.30pm - closed on Sundays! 593 7264

Thurs 7th

Papa's, Ocar - Thursday Special: Dinner for 2 persons - second person main course 1/2 price VHF 68/457 3443
 The Yacht Club Bar & Grill - Steak Night! New Grilled Steak Specials on our Summer Menu 6-9.30pm VHF 68/529 6074

grenadine
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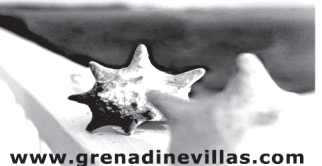
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EATING OUT

Scenic lunch with fresh Atlantic breeze
Romantic and savory candlelight dinner
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Sugar Reef

info@sugarreefbequia.com

 **Gingerbread Hotel**

OPEN every day, 12 months a year
waterfront suites - check our rates
breakfast & lunch at the café

784 458 3800

ginger@vincysurf.com



Fabulous open-air terrace overlooking Admiralty Bay
Follow the **BLUE STREAK OF LIGHTS** on our roof to find us!

Live Music Tues & Sat Night
Kitchen always open till 10pm!

Mon - Fri from 4pm, Sat from 11am ...
Sunday from 5pm until...

Res: 457-3443 / 455 5463

VHF CH 68

Free WiFi

MARAINNE'S

HOMEMADE ICE CREAM
Delicious Gourmet Ice Cream

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



DOWNSTAIRS AT GINGERBREAD CAFE

TEL: 593 7264

The Yacht Club Bar & Grill
at Bequia Marina

THURSDAY: Steak Night 6-9.30pm

FRIDAY: Fat Friday's BBQ Buffet
Live music with Bob & Friends 6:30 - 9:30pm

SATURDAY: MUSIC DAY AT THE MARINA!
Amanda Gooding LIVE - 2-5pm... then
Kyron & Friends LIVE 7-10pm

Casual Waterfront Dining Open Tues to Sat noon - 10pm

Free Dingy Docking for Guests

Phone: 529 6074 VHF CH 68 Free WiFi

info@bequiamarina.com

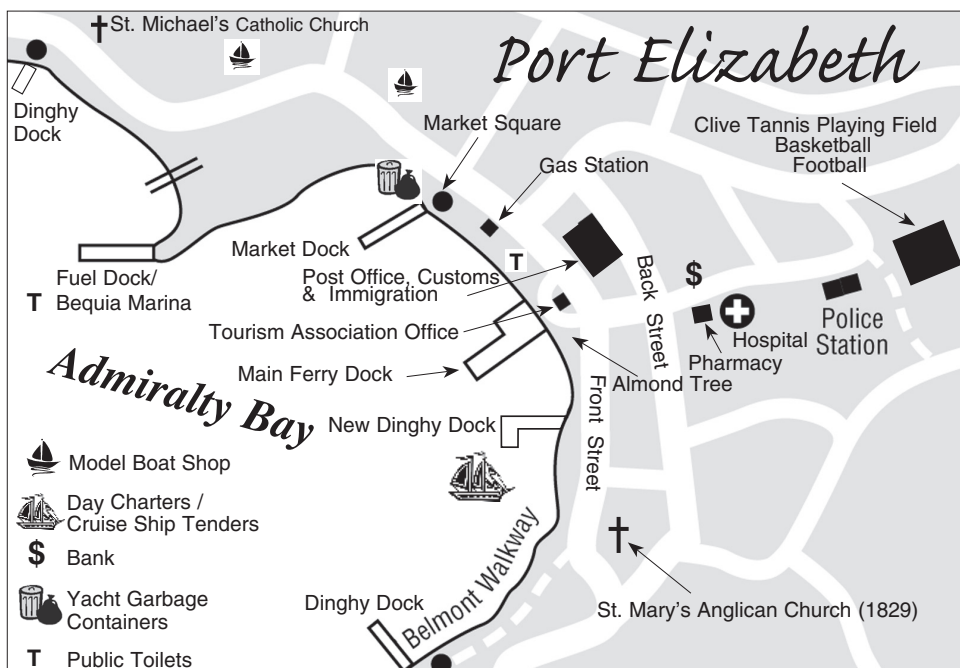
BEQUIA THIS WEEK
IS ON-LINE AT:
www.begos.com

BEQUIA
HARBOUR

The *WHERE'S*
& *WHATS*

Bequia Tourism
Association

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



ACTIVITIES

ST VINCENT BEQUIA TOBAGO CAYS MUSTIQUE
CARIBBEAN SCHOONER

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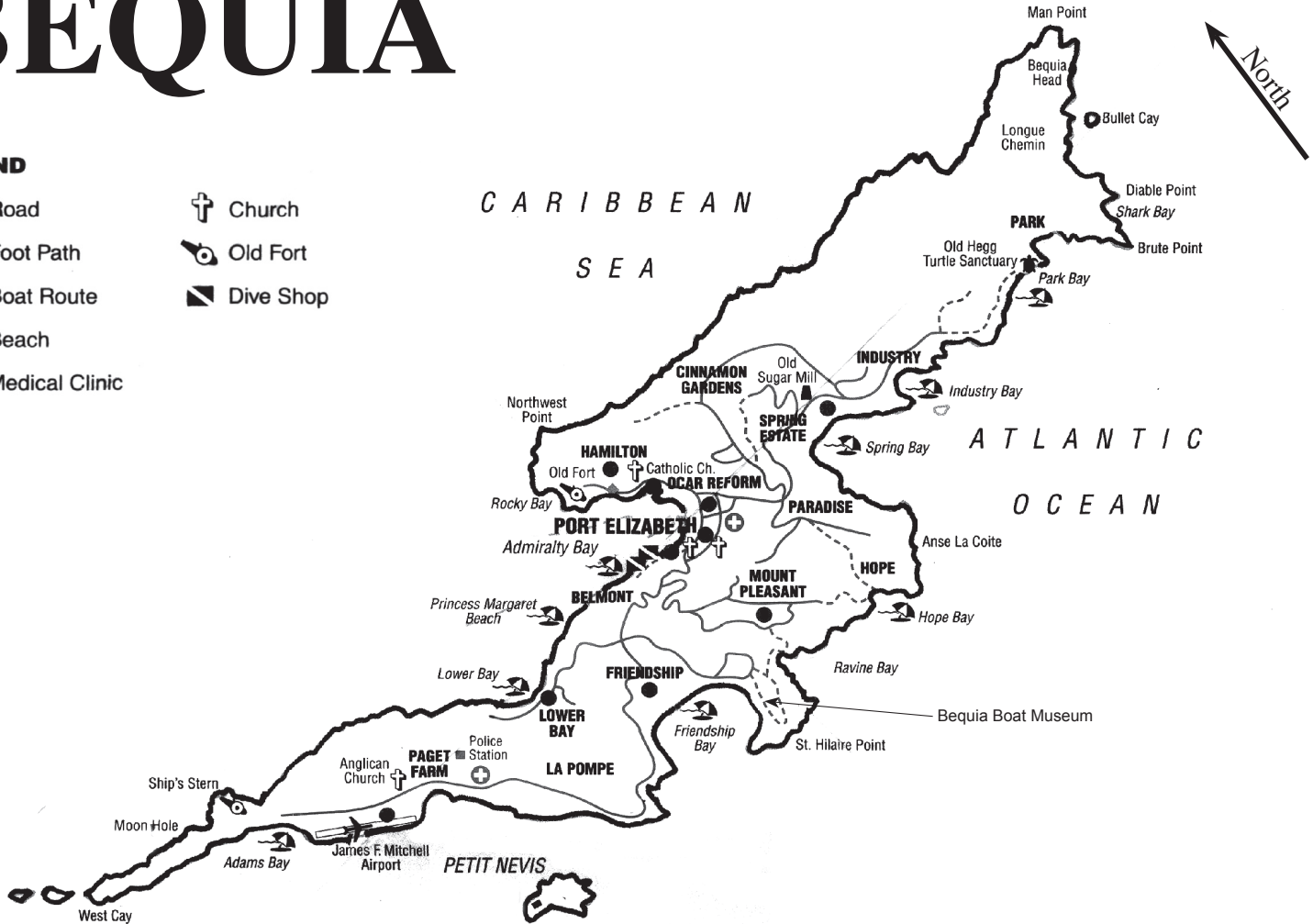
Sail for the day in classic island style

100FT CLASSIC SCHOONER, SNORKELING MEALS & DRINKS INCLUDED CALL (784) 495 0886 OR (784) 495 0889

BEQUIA

LEGEND

- Road
- Foot Path
- - - Boat Route
- Beach
- Medical Clinic
- Church
- Old Fort
- Dive Shop



FITNESS / HEALTH

AA Worried about your drinking habits?
 Want to stop but don't know how?
 For info call Doug 495 2055

CHIROPRACTOR
 Dr. Gregory Thomas
Bequia: Mondays & Thursdays, 3pm – 6pm
 Office upstairs Bequia Venture, phone 458-3937
Kingstown, St. Vincent: Tuesdays & Fridays 8am - 2pm
 Kenmars Mall, Halifax Street, ground floor
 For appointments phone 485-6449

DORIS FRESH FOOD

Located in Back Street! (formerly Le Petit Jardin)



Imported meats, cheeses, fresh fruit and vegetables.

Fine wines and spirits!

Open Mon - Sat 8am - 4pm

Closed on Sundays

Tel: 458 3625

doris_freshfood@yahoo.com

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TOURISM ASSOCIATION
www.bequiatourism.com

Visit our Tourism Office!

Stamps & postcards, newspapers, flags
advice on tours, daytrips, accommodation

Open daily - located opposite Customs/Revenue building



www.actionbequia.org

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 vthadley@vincysurf.com • vthadley@shaw.ca

GENERAL INFORMATION

Taxis/Water Taxis
Dollar Vans

call VHF on Channel 68
depart regularly from Port Elizabeth

Bequia Police Station

458 3350

VHF 16 "ZedQ5 Bequia"

457 4578

Bequia Hospital
Bequia Doctor

457 3328
454 3514

Coastguard

VHF ch. 16 "Juliet8Bravo"

Post Office

Mon - Fri: 9.00am-12noon, 1pm-3.00pm

Saturday closed

Cruisers' Net: VHF on Channel 68 - Daily at 0800 - Current weather & local information

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.

OUTHOUSE graphics INC

Bequia this Week on-line magazine flip version: www.begos.com

To advertise in this publication, contact us:

Tel: (784) 457 3649

outhouse@vincysurf.com

YACHT GARBAGE DISPOSAL

Ashore, there is only one place to dispose of yacht garbage – the skips located off the Fish Market Jetty next to the Vegetable Market. These are reserved exclusively for yachties' use.

Alternatively, yacht garbage may be delivered "at sea" to Daffodil Marine or other reliable water taxis; charge usually \$3.00 to \$5.00 per bag. Dumping in unauthorized places is a prosecutable offence.

Help keep Bequia Clean and Green!