

NO. 733

July 8th -
July 14th

BEQUIA 2016

THIS WEEK

Fri 8th

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 9th

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 10th

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 11th

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 12th

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 13th

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 14th

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

The Yacht Club Bar & Grill at Bequia Marina Casual Waterfront Dining

THURSDAY: Steak Night 6-9.30pm

FRIDAY: Fat Friday's BBQ Buffet

Live music with Bob & Friends 6:30 - 9:30pm

Open Tues to Sat from noon - 10pm

Phone: 529 6074

VHF CH 68

SATURDAY: MUSIC DAY AT THE MARINA!

Amanda Gooding LIVE - 2-5pm... then

Kyron & Friends LIVE 7-10pm

Free Dingy Docking for Guests

Free WiFi

info@bequiamarina.com

EATING OUT

**Scenic lunch with fresh Atlantic breeze
Romantic and savory candlelight dinner**

Open daily lunch & dinner Crescent Beach 784 458-3400

Sugar Reef

info@sugarreefbequia.com

MARRAINE'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



**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 Wi-Fi



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

BEQUIA THIS WEEK IS ON-LINE AT:

www.begos.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.

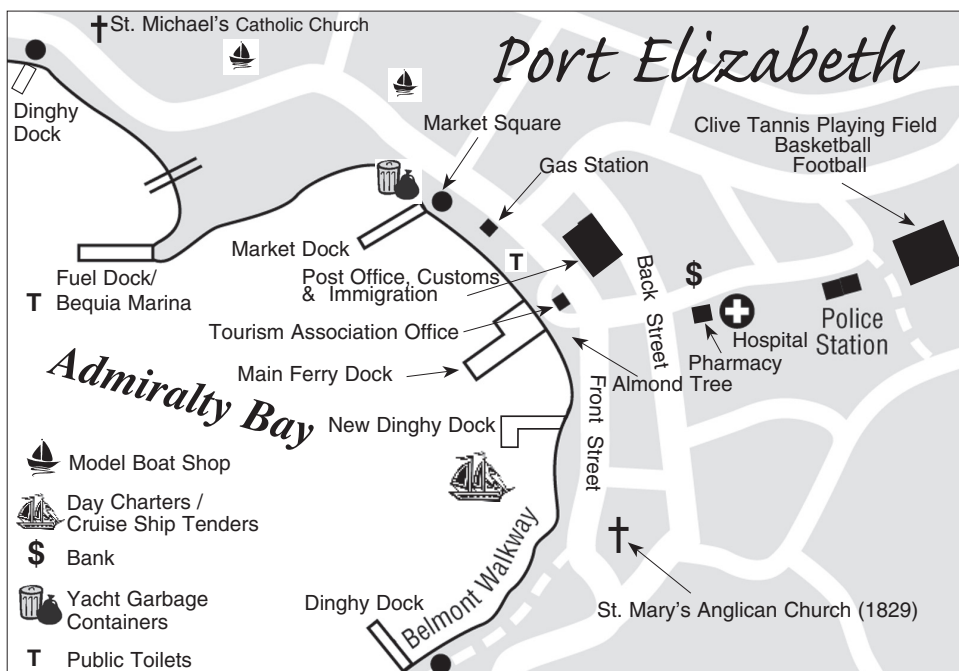
Help keep Bequia Clean and Green!

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

www.friendshiprose.com



friendshiprose@mac.com
 Tel: (784) 457 3888

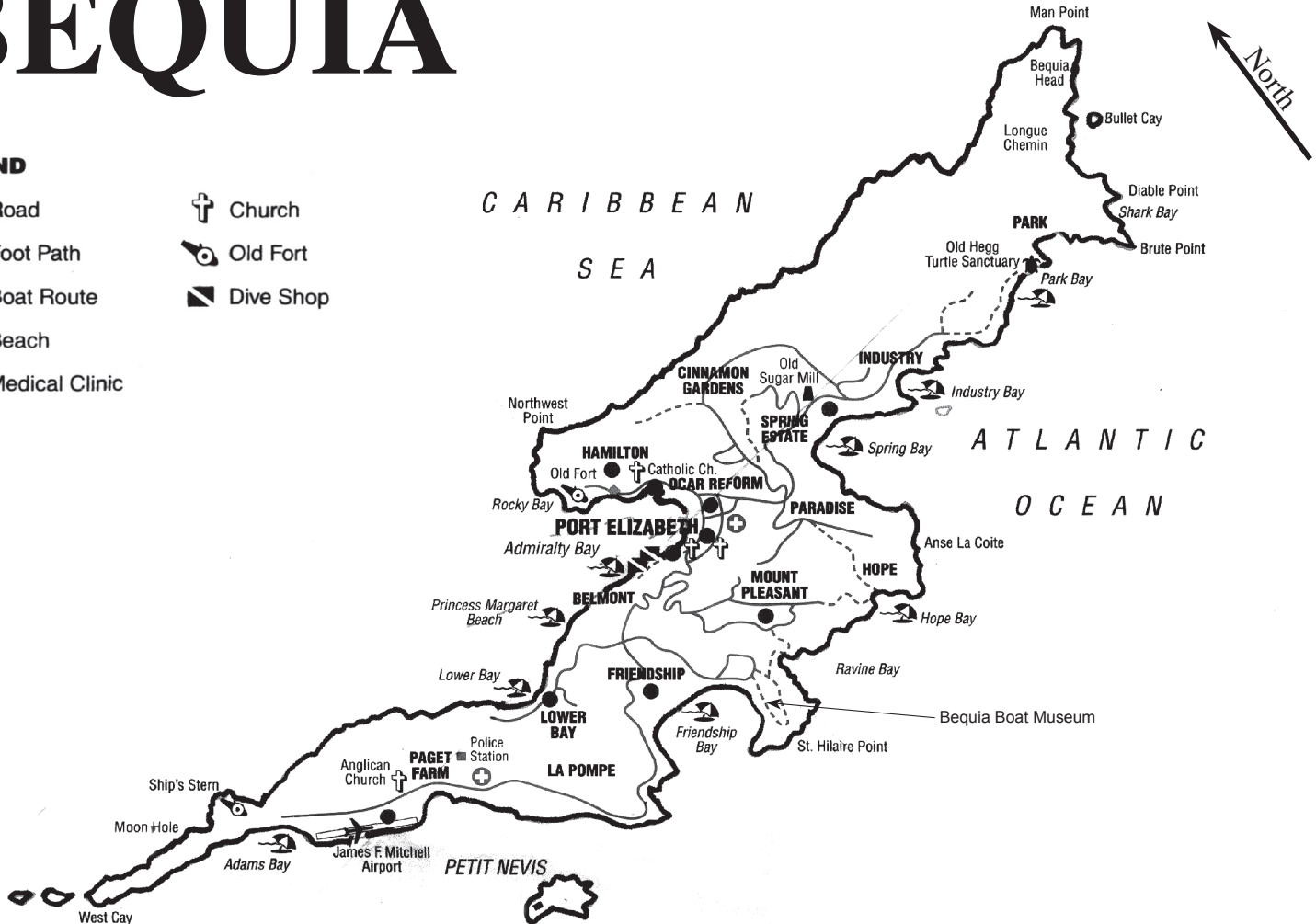
Sail for the day in classic island style

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

'Making a Big Difference in a Small Island'

GENERAL INFORMATION

Taxis/Water Taxis
Dollar Vans

call VHF on Channel 68
depart regularly from Port Elizabeth

Bequia Hospital
Bequia Doctor

457 3328
454 3514

Bequia Police Station

458 3350
VHF 16 "ZedQS Bequia"
457 4578

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.

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