

NO. 1141  
April 25th -  
May 1st

# BEQUIA 2025

## THIS WEEK

WHAT \* WHERE \* WHEN?

*Fri 25th*

Bequia Fast Ferries Ltd - New fast, stable & luxurious daily Ferry Service between Bequia and Kingstown, see ad 493 3278  
Mustique, Friendship Rose - Classic 100ft Schooner B'fast, Lunch, Drinks, Snacks, Snorkel 150US Kids Free 457 3888/495 0886  
'High Rider' Power Boat Trips - Mustique, Mayreau, Cays etc, Airport pick-up/drop-offs, Fishing, see ad 532 4088  
Gusto A Bequia Sailing Adventure - Trips to Mustique & Tobago Cays, see ad for more info 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 Fridays, Mondays & Wednesdays from 10am - 1pm, Adm. EC\$25. See ad 532 9554  
The Liming, Adams Bay - Daily for B'fast Lunch & Dinner, reservations please! Day Passes also available - see ad 533 0398  
Provision, Lower Bay - Open for Lunch on Fri thru' Tues only, Dinner Thurs thru' Tues. (Closed Weds), see ad 431 0457  
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 for dinner Fridays), see ad 458 3255  
Point Lounge, Hamilton - (formerly L'Auberge) Open Tues-Sat for lunch & dinner, Mons dinner only, see ad 494 6578  
Jack's Bar, PM Beach - Sunset Vibes with 'Bashi' today from 5.30pm. Happy Hour 5-6pm! See ad 529 4692  
Mac's Pizza - Friday Happy Hour Bar Specials 5-7pm. Open daily 11.30am-9pm (Fri, Sat & Tues until 10pm) See ad 458 3474  
Blue Tropic @ Bequia Beach - Dinner from 6.30pm, Cloud Gooding live tonight, also Tuesday, see ad! 458 1600

*Sat 26th*

Dawn's Café, Lower Bay - Open Tues - Sun for B'fast & Lunch, Dinner by reservation please! See ad 492 6508  
Jack's Bar, PM Beach - Closed all day today for Private Function - open again tomorrow as usual! See ad 529 4692  
Serenity House Shop, Front Street - Curated Beach Fashion, Home Decor, Gifts & Souvenirs, open daily. See ad 570 9518  
Common Ground, Belmont Walkway - M to F 11am-5pm, Sats 10am-2pm @ Gingerbread! Local Fashion, Art, Gifts & more  
Bequia Threadworks - Handmade Fashion & Accessories for men, women & kids. Mon - Fri 8am-4pm, Sat 8am-12pm 526 6945  
Cheri's Rooftop Terrace - A la carte Dinner Tues to Sat 4-10pm, Yachtie Special weekdays 4-6pm, see ad 433 9054  
Mac's Pizza - Saturday Evening Chill & Lime on our patio - Barside Music from 6.30pm, sunset view! See ad 458 3474  
The Liming, Adams Bay - Caribbean Dinner Menu Special tonight! Reservations please, see ad 533 0398  
Bagatelle @ Bequia Beach - Seafood Fest, live entertainment by Jan & Louis. Res. essential! See ad 458 1600  
Bequia Plantation Hotel - Seafood Night! 3-course Set Menu + Glass Prosecco US\$90pp, 'Bashi' live! See ad 534 8677

*Sun 27th*

Jack's Bar, PM Beach - Open from 10am, Sunday Lime with DJ Music 1pm-7pm. Happy Hour 5pm-6pm! See ad 529 4692  
Bequia Plantation Hotel - Pizza & Beer Mania 11am-5pm! 25% off 2nd 14" Pizza, Bucket of 6 Beers from EC\$32 534 8677  
Greenhouse Café Bequia - All the cannabis products you need! Find us at Bequia Plantation Hotel, see ad 534 8677  
De Reef, Lower Bay - Sunday Lunch & Lime, Jan & Louis live + guest Phil Christie 4pm. Happy Hour 4-7pm WhatsApp/Tel 528 4958  
The Cocktail Lab @ Bequia Marina - Fabulous Cocktails in a lounge-style setting! Wed-Sun 4pm until! See ad 433 8218  
Frangipani Hotel & Bar - Sunday Lime & Chill: Food & Drink Specials, DJ Phill from 6pm until... 458 3255

*Mon 28th*

Bequia Heritage Museum - Open today 10am - 1pm, Adm. EC\$25. Allow plenty of time for your visit! See ad 532 9554  
Bequia Beach Hotel - Day Passes include: Use of pools & all amenities, 2-course Lunch, from US\$125pp, see ad 458 1600  
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  
Sugar Hill Bar & Restaurant - Open Monday to Saturday 3pm until... Great food - great location! 458 3773  
Fernando's Hideaway - Monday 4-course Special! Dinner served Mon-Sat, res. pl. WhatsApp/Tel 430 0478/458 3758

Daily Calendar of Events continued on page 2...

## 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



**Tues 29th**

**Vinlec Scheduled Outage** - Paget Farm, O'Car, from 8am - 12 noon  
**Sugar & Spice Café @ Frangi** - Open daily from early till late for coffees, pastries, paninis and more! See ad 533 2233  
**The Sandbar, Friendship Bay** - Sips & Bites from 11am to 6pm, open 7 days a week! See ad 534 8020  
**The Spa @ Bequia Plantation Hotel** - Open for your pampering! Call to make an appointment, see ad 534 8677  
**Cheri's Rooftop Terrace** - A la carte Dinner Tues to Sat 4-10pm, Yachtie Special weekdays 4-6pm, see ad 433 9054  
**Bequia Plantation Hotel** - Crazy Tuesday Jazz: 50% discount on selected Drinks 5-7pm, Jan & Louis live from 5.30-8pm, see ad 534 8677  
**Frangipani Hotel** - Last Tequila Tuesday! Band 'Good Vibes' + DJ Phill. Mexican Food, Tequila Shots, Cocktails, 6pm til 458 3255  
**The Liming, Adams Bay** - Enjoy our Asian Dinner Menu Special tonight! Reservations please, see ad 533 0398  
**Jack's Bar, PM Beach** - Jammin' Tuesday BBQ with Band Xta-C live from 7.30pm, please reserve! See ad 529 4692

**Wed 30th**

**Grenadine Hills, Friendship Bay** - Exclusive luxury Villas - the ultimate in comfort & privacy! See ad 534 8020  
**Bequia Heritage Museum** - Open today 10am - 1pm, Adm. EC\$25. Allow plenty of time for your visit! See ad 532 9554  
**Sunkissed Beach Rentals** - Loungers, Coolers, non-motorised Watersports, Picnics & much more! See ad 432 4986  
**Doris Fresh Food** - Meats, cheeses, fruit & vegetables, fine wines and more... See ad for details! 458 3625  
**Vintages Bequia @ Frangi** - Shop wines, liquors, teas and more. Open Mon to Sat 9am to 4pm 528 6101  
**Maranne's Ice Cream @ Gingerbread** - Daily 10.30am-5.30pm, closed Sundays. Ice cream, yoghurt, etc. See ad 593 7264  
**Blue Grenadines** - Escape to Paradise with Blue Grenadines Villa Rentals and Villa Sales, see ad 458 3440  
**The Cocktail Lab @ Bequia Marina** - Chill Acoustic Guitar Music by Cloud Gooding, 5.30-7.30pm, see ad 433 8218  
**Bequia Plantation Hotel** - Meat Lovers Night! Amuse Bouche + Selection of Meats & sides, US\$85pp. See ad 534 8677

*National Workers' Day*

**Thurs 1st**

*Public Holiday*

**Grenadine Island Villas** - The most comprehensive listing of Villas & Apts to rent and buy in Bequia, see ad 457 3739/3888  
**Grenadine Wild Sea Salt Boutique** - Boutique open, Tours available by appointment only WhatsApp +1 917 855 5930  
**Bequia Threadworks** - Closed today, Public Holiday. Handmade Fashion & Accessories for men, women & kids. 526 6945  
**Encore Thrift Store, Ocar** - All proceeds in aid of The Bequia Sunshine School, open Thurs, Fri & Sat, 9am-1pm, see ad  
**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

### BEQUIA BEACH THE GRENADINES

#### BAGATELLE RESTAURANT & BAR

B'fast: 7.30-10am • Lunch: 12.30-3pm • Dinner: 6.30-9.30pm

Revolving a la Carte Menu - Authentic Caribbean Cuisine

• Saturdays - Seafood Fest with Jan & Louis live

#### BLUE TROPIC RESTAURANT

New a la Carte Mediterranean Menu!

Open for Dinner from 6.30pm (closed Mondays & Thursdays)

• Live entertainment with Cloud Gooding on Tuesdays & Fridays

#### DAILY DAY PASSES - US\$125 PP

Includes transfer to & from Harbour/Airport, use of all Amenities  
 2-Course Lunch, 2 Soft Drinks, 2 Rum Punch

#### DAILY SPA PASSES - US\$200 PP

Includes Day Pass + 50min Swedish or Aromatherapy Massage

Please Call: 458-1600 frontdesk@bequiabeach.com  
 www.bequiabeachhotel.com



*The Liming*

**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**

#### BEQUIA'S ONLY COCKTAIL BAR

Handcrafted & Creative Cocktails

Exquisite & Friendly Service

Lounge Style & Cozy Setting

Breathtaking Waterfront Location



**Wed - Sun 4pm - until Closed on Mon & Tue**



Located at the Bequia Marina, on the waterfront

**CL** 784 BQ  
**The Cocktail Lab**

**WEDNESDAY LIVE MUSIC 5:30-7:30PM**  
 CHILL ACOUSTIC GUITAR MUSIC BY CLOUD GOODING

**GET DOWN THURSDAY**  
**EC\$5 LOCAL RUM MIX 5PM-9PM**  
**MUSIC BY DJ ADIKTID 7PM-10PM**  
**MAY 1 - LABOUR DAY CELEBRATION**

**@thecocktaillabbequia +1 784 433 8218**



## POINT LOUNGE

overlooking the  
harbour in Hamilton

Open for  
**Lunch, Dinner & Take-Out**

Mon 5pm-10pm • Tues to Thurs 10am-10pm  
Fri & Sat 10am until... Suns please call



Call/WhatsApp 494-6578 pointloungebequia@gmail.com



**Sugar  
& Spice  
Cafe**  
and everything nice

+1 (784) 533-2233

@sugarandspicebequia

**OPEN DAILY**

7:30AM - 7:30PM

Coffee, Tea, Smoothies,  
Desserts, Paninis & More

Contact us for custom  
dessert orders!



*Provision*



*First and Last  
Bequia*

**Provision in Lower Bay**

Global Flavor~West Indian Style

Lunch: Friday to Tuesday 11am-3.30pm

Dinner: Thursday to Tuesday 6pm-8.30pm

Outdoor Garden Seating with view of the sea!

Phone/WhatsApp +1-784-431-0457

www.provisionbequia.com

(Closed Wednesdays)

## BEQUIA PLANTATION HOTEL

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



**Fri 25th April: RUM PUNCH HOUR! 4 - 6PM**

Rum Punch @ US\$4 only from 4 - 6pm

Plantation Combo Bites (Beef Tacos, Spicy Wings) US\$25

**Sat 26th April: SEAFOOD NIGHT 6.30 - 8.30PM**

6pm: 3-Course Set Menu US\$90 pp incl. glass of Prosecco

'Bashi' Live Session from 6 - 9pm

**Sun 27th April: PIZZA & BEER MANIA! 11AM - 5PM**

Buy one 14" Pizza, get second at 25% discount!

Bucket of 6 Hairoun EC\$32 - Bucket of 6 Carib EC\$38

**Tues 29th April: CRAZY TUESDAY JAZZ 5 - 7PM**

50% off Selected Drinks + Beer Bucket + 6 Drumettes EC\$50

Jan & Louis live from 5.30 - 8pm

**Wed 30th April: MEAT LOVERS NIGHT 6.30 - 9PM**

Amuse Bouche + Selection of Meats (Pork Loin, Lamb Loin,  
Striploin, Chicken and sides) US\$85 pp

Daily Afternoon Tea! See Facebook for details of all events:

www.facebook.com/BequiaPlantationHotel

## MAC'S PIZZA & KITCHEN

**FRIDAY 25th April:**

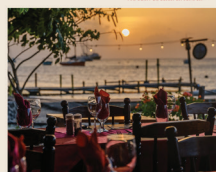
**Happy Hour 5-7pm Bar Specials!**

**SATURDAY 26th April:**

**Chill & Lime: Barside Music from 6.30pm**

Open Daily from 11.30am - 9pm  
(Fridays, Saturdays & Tuesdays until 10pm)  
Tel: (784) 458 3474

*the*  
**frangipani**  
Bequia  
hotel restaurant bar



+1 (784) 458 3255

reservations@frangipanibequia.com

@frangipanibequia

Breakfast | Lunch | Dinner  
Waterfront Dining

**OPEN DAILY!**

Closed Friday Evenings



**Last Tequila Tuesday of the Season:**

**April 29th from 6PM**

Live Music by 'Good Vibes'!

Mexican Food & Tequila Specials



## JACK'S BEACH BAR

## PRINCESS MARGARET BEACH

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

**Friday 25th April: Sunset Vibes with 'Bashi' from 5.30pm**

**Sat 26th April - CLOSED • Sun 27th: House DJ Music from 1pm - 7pm**

**Tues 29th: Jammin' Tuesday! 3-course Buffet EC\$150, Band Xta-C live 7.30pm**

Reservations strongly urged!

Call/ WhatsApp: 529 4692

https://jacksbeachbar.com

## 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

**DeReef**  
Beach Bar & Restaurant  
Lower Bay - Bequia

Restaurant & Beach Bar

OPEN DAILY

FROM 10.30am UNTIL...

**Sundays Lunch & Lime -**

Jan & Louis live + guest Phil Christie 4-6.30pm

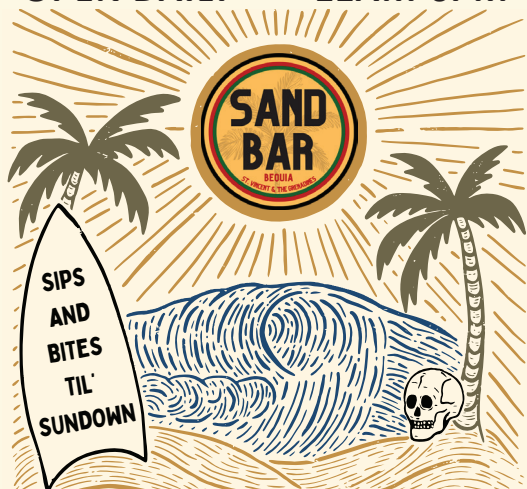
Daily Happy Hour 4-7pm

Spacious Seating!

WhatsApp/Phone 528-4958

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

OPEN DAILY 11AM-6PM



LOCATED IN THE CORNER OF FRIENDSHIP BAY  
@SANDBARBEQUIA +1 (784) 534 8020

### Cheri's Rooftop Terrace

Phone: 433 9054  
Opposite Cemetery

Weekdays 3pm to 10pm • Sat 1pm to 10pm • Suns 10.30am to 10pm

- **TUES - SAT:** Fabulous a la Carte Dinner 4 - 10pm
  - **WEEKDAYS:** Check our Yachtie Special! 4 - 6pm
  - **SAT AFTERNOONS:** Burger, Mojito & Taco Specials 1 - 5pm
  - **SUNS:** Brunch (alternating Suns) 10.30 - 1.30pm / Tapas 3 - 10pm
- Private Dinners / Intimate Event options also available  
Weekly schedule see: [www.tinyurl.com/58wtej66](http://www.tinyurl.com/58wtej66) Closed Mondays!

### 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

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



## SHOPPING / ACTIVITIES / SERVICES

### DORIS' FRESH FOOD & YACHT PROVISIONING



• Located in Back Street •

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

Monday to Saturday: 8am-3pm Sunday: Closed

WhatsApp/Signal: +1 784 528 8568 Tel: 458 3625  
[doris\\_freshfood@yahoo.com](mailto:doris_freshfood@yahoo.com) See also: [www.dorisyfreshfood.com](http://www.dorisyfreshfood.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.com](http://vintagesbequia.com)

VINTAGES  
BEQUIA  
WINE • SPIRITS • BEER • WATER



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



## SERENITY HOUSE

Front Street Bequia

Serenity House Shop is a Retail/Wholesale store,  
featuring a range of curated Brands & Products in  
Beach Fashion, Gifts, Souvenirs & Home Decor

Open Mon-Fri 9am to 5pm Sat & Sun 9am to 2pm

Phone: 1 (784) 570 9518

Follow us on Instagram: Serenity House Shop

Also find us at our new location in Kingstown at the Cruise Ship Terminal



BEQUIA  
Threadworks

Shop Ethically Handmade  
Apparel & Accessories  
Men | Women | Children

Closed Thursday 1 May for  
the Public Holiday

Regular Hours  
Mon to Fri 8AM - 4PM  
Sat: 8AM - 12PM

+1 (784) 526 6945  
[infobequiathreadworks.com](mailto:infobequiathreadworks.com)  
[@bequiathreadworks](https://www.instagram.com/bequiathreadworks)



ENCORE

In aid of the  
Sunshine School

BEQUIA'S BOUTIQUE-STYLE  
THRIFT STORE

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

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

A Short Course  
of  
BEQUIA POEMS



Richard Dey

### 'A SHORT COURSE OF BEQUIA POEMS'

by Richard Dey

"Dey's voice ... speaks with an assurance  
and maturity about a special place"

Signed copies available at  
the Bequia Heritage Museum - only EC\$25



ST VINCENT BEQUIA TOBAGO CAYS MUSTIQUE  
**C A R I B B E A N S C H O O N E R**

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

**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

www.octopus-caribbean.com

hello@octopus-caribbean.com

Call or What'sApp: +1 784 432 5201

**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

**MUSTIQUE** *Sail with* **TOBAGO CAYS**

**GUSTO!**



**(784) 433-1371**

GUSTOBEQUIA@GMAIL.COM

WWW.GUSTOBEQUIA.COM



GUSTO A BEQUIA SAILING ADVENTURE

**"HIGH RIDER" BOAT TOURS**

**40 FOOT POWER BOAT (max 12 people)**

Mustique, Canouan, Mayreau, Tobago Cays, Union, Mopion  
St. Vincent Airport Pick-up / Drop-off, Falls of Baleine

**Fishing Trips - live or artificial bait  
Tailored Cruises to suit your needs!**

**Please call for quote:**

**CELL / WHATSAPP: 1 (784) 532-4088**



**SUNKISSED BEQUIA  
Beach Equipment Rentals**

*Beach & pool days just got a whole lot better!*

We offer Private Loungers, Coolers,  
non-motorised Watersports Equipment,  
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

**WESTSIDE RENTAL & CAR DETAILING**



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



**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

## Bequia Tech

Full Service Business, Internet Café & Technology Center

- Air Conditioned for your Comfort •

Print/Fax/Scan/Laminate/Photo Copy - Color/BW

Passport & Photo Printing • Business Cards, Flyers, Programmes, etc.

Point of Sale Systems: Restaurant / Retail programming

Cell Phone Accessories & Chargers

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

## Quik-Print

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- GRAPHIC DESIGN
- STATIONERY
- RUBBER STAMPS
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- DIGITAL FULL COLOUR PRINTING
- FLYERS

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

Phone: (784) 456-2217

e-mail: info@quikprintsvg.com

**BEQUIA THIS WEEK ONLINE EDITION - IN COLOUR!**

**Visit: [www.begos.com](http://www.begos.com)**

**Includes links to our free 'LOVE BEQUIA' Postcards archive!**

**To advertise contact: [outhouse@vincysurf.com](mailto:outhouse@vincysurf.com) or call / WhatsApp: 532 9553**

## BEAUTY, HEALTH & FITNESS



**Sunny Spa**  
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

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 •

## 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](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](mailto:serenity_dayspa@yahoo.com)



## 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](mailto:FOBH13degreesN@outlook.com)**



PURCHASING MEDICINAL CANNABIS

HAS NEVER BEEN SO *EASY*

GET YOUR 25 XCD PRESCRIPTION ONLINE TO BE ABLE TO PURCHASE PRODUCTS AT GREENHOUSE CAFE

[WEAREMEDICINAL.COM/CONSULT](http://WEAREMEDICINAL.COM/CONSULT)



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)



## 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 CALLING 784-534-8677



# BEQUIA

## LEGEND

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

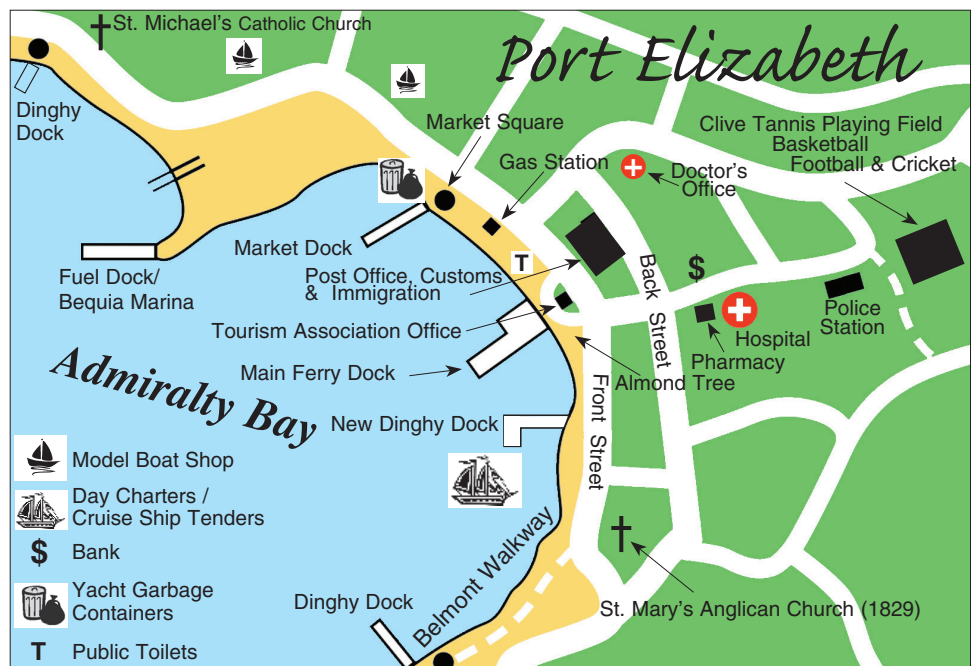


## BEQUIA HARBOUR

The *WHERE'S & WHAT'S*

## 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)



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

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## VILLA RENTALS & REAL ESTATE / GENERAL INFORMATION

**grenadine  
ISLAND  
VILLAS**  
[www.grenadinevillas.com](http://www.grenadinevillas.com)

The best, most comprehensive  
listing of Villas & Apartments  
to rent and buy in Bequia!

Villa Rentals  
Land & Villa Sales  
flights & travel services  
[grenadinevillas@mac.com](mailto:grenadinevillas@mac.com)

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## 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

**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 Police Station 458 3350  
VHF 16 "ZedQS 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



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

**Tuesday 29th April: Paget Farm, O'Car 8am - 12 noon**

### 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](https://www.admiralferries.com) WhatsApp (784) 534-7707

**Bequia Fast Ferries:** [www.bequiafastferries.com](http://www.bequiafastferries.com) (784) 493-3278

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

[www.bequiafastferries.com](http://www.bequiafastferries.com)

Tel: (784) 493-3278

**BEQUIA FAST FERRIES LTD**

**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		

**Fares - One Way**

Passengers	Vehicle (including driver)
Locals: \$25 Non-Nationals: \$30	\$85

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