

NO. 1091  
Mar 8th -  
Mar 14th

# BEQUIA 2024

## THIS WEEK

WHAT \* WHERE \* WHEN?

*Fri 8th*

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  
'High Rider' Power Boat Trips - Mustique, Mayreau, Cays etc. Fishing Trips, Sunset Cruises. See ad p. 3 532 4088  
Bequia Heritage Museum - Open every Fri, Mon & Wed, 10am - 1pm. Adm. EC\$25 (kids under 12 free!) See ad 532 9554  
United Fitness Gym, Ocar - Fully equipped, great rates, open weekdays from 5am, weekends from 8am, see ad 495 8938  
Serenity Day Spa, Belmont - Offering a wide range of Spa Treatments, Mon to Sat 9am-5pm, see ad 533 4005  
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  
Grenadine Wild Sea Salt Boutique - Open Daily 9am-4.30pm. For Guided Tour details see ad WhatsApp +1 917 855 5930  
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: Check our Friday Happy Hour Specials! Waterfront location, see ad 458 3474  
Jack's Bar - Open daily for B'fast from 9am. Happy Hour daily 5-7pm! Dinner res. strongly advised! See ad 458 3809  
Cheri's Rooftop Terrace - Delicious A la Carte Dinner Menu Tues - Sat, must res. See ad for daytime options 433 9054

*Sat 9th*

Dive Bequia @ Gingerbread - Open daily 8am-4.30pm. Dives, instruction & snorkeling, see ad WhatsApp 495 9929  
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  
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  
Encore Thrift Store, Ocar - All proceeds in aid of Bequia Sunshine School, open Thurs - Sat 9am-1pm, see ad  
The Cocktail Lab @ Bequia Marina - Cocktails in a lounge-style setting! Open Tue-Sun 3pm-11pm. See ad 433 8218  
Jack's Bar - Tonight: 'Dynamite' performs live from 8-10pm! Reservations strongly advised! See ad 458 3809  
Mac's Pizza - Saturday Evening Chill & Lime: 'Shake!' live from 7pm - Soul, R&B & Motown, see ad 458 3474

*Sun 10th*

Jack's Bar - Open daily 9am until..., incl. 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. 1 drink, res pl. Open daily, see ad 532 5134  
De Reef, Lower Bay - Open 10.30am, Sunday Lunch - Jan & Louis + Shake! live 4pm. Happy Hour 4-7pm. WhatsApp/Tel 528 4958  
Mac's Pizza - Relax and enjoy Sunday evening music with 'Joshu' live from 6.30pm, see ad 458 3474  
Frangipani Hotel & Bar - Sunday Lime & Chill: Food & Drink Specials, DJ Turu from 8pm until... 458 3255

*Mon 11th*

Vinlec Scheduled Outage - Industry, 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  
Provision, Lower Bay - Now serving Dinner 5 nights Thurs - Monday! Open daily for lunch (closed Weds), see ad 431 0457  
Bequia Plantation Hotel - Enjoy our daily Sunset Happy Hour on our waterfront terrace from 5-7pm 534 8677  
Fernando's Hideaway - Monday 4-course Special! Open Mon thru Sat for dinner only. Please res by noon! 458 3758  
De Reef 'Beatles Night' - With authorized Beatles biographer Hunter Davies, 7pm. Film clips, trivia & more... 528 4958

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 12th**

Vinlec Scheduled Outage - Paget Farm, from 8am - 12 noon  
 Tobago Cays, Friendship Rose - Today & Friday 15th: B'fast, Lunch, Drinks, Snacks, Snorkel 175US 457 3888/495 0886  
 Bequia Maritime Museum, Ocar - History of Boatbuilding, by appointment only, open Mon-Fri 2-4pm, see ad 454 9274  
 The Cocktail Lab @ Bequia Marina - Cocktails in a lounge-style setting! Open Tue-Sun 3pm-11pm. See ad 433 8218  
 Jack's Bar - Jammin' Tuesday BBQ with 'Xta-C' the Band live from 7.30pm, res. please! See ad 458 3809  
 Frangipani Hotel & Bar - Tequila Tuesday, live music 'Energy Trio'! Mexican food & Tequila Cocktail Specials, 6pm til... 458 3255

**Wed 13th**

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

*National Heroes Day*

**Thurs 14th**

*Public Holiday*

The Liming, Adams Bay - Open daily for Lunch; Dinners welcome by res only! Day Pass US\$75pp. See ad 533 0398  
 Sail Relax Explore - Contact us for open cruises/private charters to neighbouring islands. See ad 457 3888/495 0886  
 Bequia Threadworks - Shop 2024 Collection 'The Way Home' at our Boutique on Back Street. See ad 526 6945  
 Maranne's Ice Cream @ Gingerbread - Open 7 days, 10.30am - 5.30pm, ice cream, yoghurt, etc. See ad 593 7264  
 Frangipani Hotel & Bar - World-famous BBQ & Buffet, 7.30pm, music by Elite Steel Orchestra. Must reserve! 458 3255

## EATING OUT & BARS

### BEQUIA'S ONLY COCKTAIL BAR

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



Tue - Sun 3pm - 11pm  
 Closed on Mondays



Located at the Bequia Marina  
 Behind Coco's Restaurant

**CASH ONLY!!!**



+1 784 433 8218



@thecocktailabbquia

## MAG'S PIZZA & KITCHEN

**FRIDAY 8th March from 4-7pm:**

**HAPPY HOUR**

Specials: Wings • Mini Pizza  
 El Dorado 5yr old • Cocktail of the Day  
 Barside Music!

**SATURDAY 9th March from 7pm:**

**Soul, R&B and Motown  
 with 'SHAKE!' Live**

Specials: Wings Combo • Cocktail of the Day

**SUNDAY 10th March Music Night:**

**'JOSHU' Live from 6.30pm**

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

## 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**

## 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**

*Provision*



**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





**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



**DeReef Restaurant & Beach Bar**  
**OPEN DAILY**  
**From 10.30am until...**

*Sun 10th March: Lunch & Lime - Jan & Louis + Shake! live 4pm*  
*Mon 11th: 'BEATLESNIGHT' with Hunter Davies - film clips, trivia & more, 7pm*  
**Daily Happy Hour 4-7pm**    WhatsApp/Phone 528-4958

**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)

**Sundays from 10.30am:**  
 Brunch 10.30am-1.30pm • West Indian Tapas 2-10pm

*Closed Mondays!*

**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 Daily 9am until... for Breakfast, Lunch & Dinner    Happy Hour daily 5-7pm**

**SATURDAY Mar 9th 8pm - 10pm: 'DYNAMITE' LIVE!**  
**TUES Mar 12th: JAMMIN' TUESDAY BBQ from 7pm - LIVE MUSIC by 'Xta-C' the Band**  
**All Day Menu always available! • DJ music every Sunday**

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

**Sugar & Spice Cafe**  
 and everything nice

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

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

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




**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

**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



**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

## ACTIVITIES

### 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*

### Live Bequia

**NIGHT DIVE: Every Thursday • TRY SCUBA: Every Sunday**

**WEEKLY SPECIALTY COURSES**

**Reservations essential!**

**WhatsApp +1 (784) 495 9929 Next to Gingerbread Open 7 Days**

### MUSTIQUE *Sail with* TOBAGO CAYS

# GUSTO!



**(784) 433-1371**

**GUSTOBEQUIA@GMAIL.COM WWW.GUSTOBEQUIA.COM**

**f GUSTO A BEQUIA SAILING ADVENTURE**

### 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...**

### "HIGH RIDER" BOAT TOURS

**Mustique, Canouan, Tobago Cays, Mayreau  
Island Hopping, Fishing Trips, Sunset Cruise, Pick-up/Drop-off**



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

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

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](http://www.friendshiprose.com)



[friendshiprose@mac.com](mailto: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](http://www.octopus-caribbean.com)

[hello@octopus-caribbean.com](mailto:hello@octopus-caribbean.com)

**Call or What'sApp: +1 784 432 5201**

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](mailto: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







**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




**STRONG KIDS,  
STRONG  
COMMUNITIES**



The  
Grenadines  
Initiative

**GRENADINESINITIATIVE.CA**



**The Bequia  
Perspectives Novels**

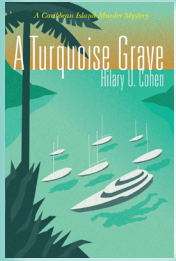
Available in print  
and eBook formats

[www.tinyurl.com/jl6gu7o](http://www.tinyurl.com/jl6gu7o)

**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](http://www.tinyurl.com/3c3cvkpd)





**'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



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)



**WESTSIDE RENTAL & CAR DETAILING**



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



**BEQUIA'S BOUTIQUE-STYLE  
THRIFT STORE HAS MOVED!**

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

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

**ENCORE**  
In aid of the  
Sunshine School

## 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

- PRINTING
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- RUBBER STAMPS
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- DIGITAL FULL COLOUR PRINTING
- FLYERS

Kingstown, (St. Vincent) Ltd, Bay Street,  
Phone: (784) 456-2217 • Fax: (784) 457-2996  
e-mail: info@quikprintsvg.com



Tel: 458 3286 Fax: 458 3964

**TOURISM ASSOCIATION**  
www.bequiatourism.com

## Visit the Bequia Tourism Office!

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

*Located opposite Customs/Revenue building*

## Professional

# VILLA & PROPERTY PHOTOGRAPHY

**for Marketing, Promotion, Websites, Brochures and Magazines**

**Stills, Aerial Stills & Video**

**Over 30 years experience in Bequia!**

**Tel / WhatsApp: 1(784) 532 9553**

**outhousesvg@gmail.com**

## 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  
CALLING 784-534-8677

## 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

Tel: 1(784) 533-4005

Email: [serenity\\_dayspa@yahoo.com](mailto:serenity_dayspa@yahoo.com)



## 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!**

## 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**

email or call to register: [phealey247@gmail.com](mailto:phealey247@gmail.com)

[www.satiyogaworldwide.com](http://www.satiyogaworldwide.com) Tel: 784-455-4565

## 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)**



# BEQUIA

## LEGEND

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

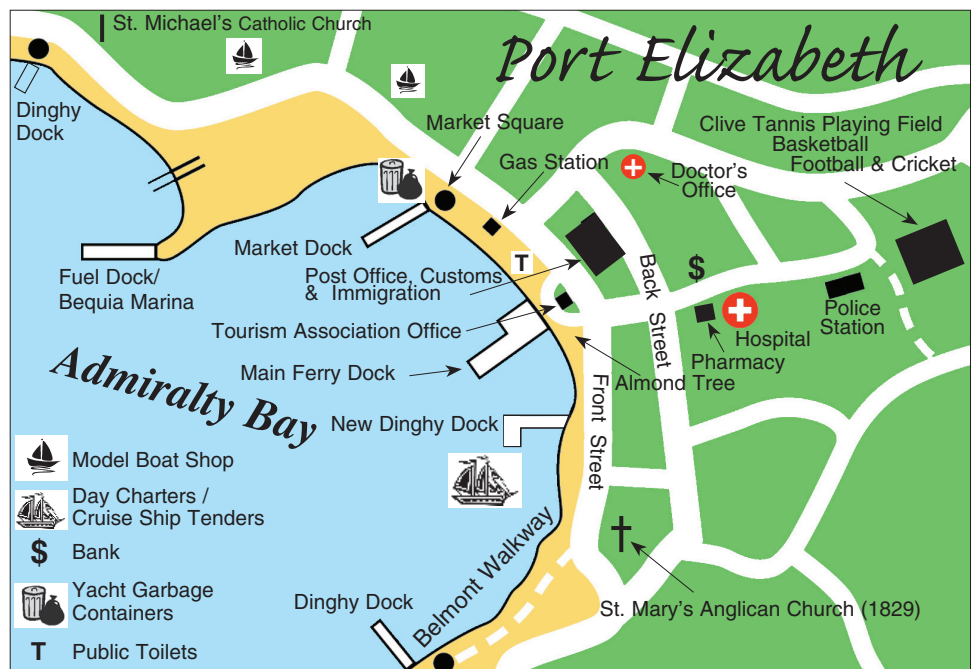


## BEQUIA HARBOUR

The *WHERES* & *WHATS*

## Bequia Tourism Association

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



## 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!

## — LAND FOR SALE —

### Mount Pleasant area

- Only 5 lots remaining.
- Stunning Grenadine views.
- Private and secluded.
- Large lots with easy access.

**Bequia's small successful  
development only USD 4.00 sq ft**

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



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)

**+1 (784) 457 3888**

**+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 "ZedQS Bequia"

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](http://www.bequiaexpress.com)

**Admiral Ferries:** (784) 534-7707 / [www.admiralferries.net](http://www.admiralferries.net)

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

## BEQUIA THIS WEEK

**CHECK OUR ONLINE EDITION  
- IN COLOUR!**

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

**Includes interim advertising updates!**

**See also Links to our  
free 'LOVE BEQUIA'  
Postcards archive!**

**To advertise contact:  
[outhouse@vincysurf.com](mailto:outhouse@vincysurf.com) or call 532 9553/4**



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

Mon 11th March: Industry 8am - 12 noon

Tues 12th March: Paget Farm 8am - 12 noon



# POSTCARD FROM BEQUIA



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