

NO. 1150
June 27th -
July 3rd

BEQUIA 2025

THIS WEEK

WHAT * WHERE * WHEN?

Fri 27th

Gusto A Bequia Sailing Adventure - Trips to Mustique & Tobago Cays, see ad for more info WhatsApp/Tel 433 1371
Sail Relax Explore - Contact us for open cruises/private charters to neighbouring islands. See ad 457 3888/495 0886
Bequia Fast Ferries Ltd - New fast, stable & luxurious daily Ferry Service between Bequia & Kingstown, see ad 493 3278
Bequia Heritage Museum - Open Fridays, Mondays & Wednesdays from 10am - 1pm, Adm. EC\$25. See ad 532 9554
Vintages Bequia @ Frangi - Buy 1 bottle of Wine, get 2nd half off! Valid till June 30th, see social media! 528 6101
The Sandbar, Friendship Bay - Sips & Bites from 11am-5pm Weds to Mons! Day Pass US\$45, see ad 534 8020
Sunny Spa@Jack's, PM Beach - Wide range of beauty & body treatments, M-F 9am-5pm, w/e appts only, see ad 529 1607
Bequia Plantation Hotel - Daily for B'fast, Lunch & Dinner! (Early closing Fri & Sat this week only), see ad 534 8677
Cheri's Rooftop Terrace - Now open for Lunch Mon-Fri, Dinner Thurs-Sat, plus weekend Specials! See ad 433 9054
De Reef, Lower Bay - Open 10.30am until... Happy Hour daily 4-7pm, closed Thursdays! See ad WhatsApp/Tel 528 4958
Frangipani Hotel - B'fast, Lunch & Dinner daily, dinner res. essential! (Closed evenings on Fri & Mon), see ad 458 3255
Jack's Bar, PM Beach - Sunset Vibes with 'Bashi' today, 5.30pm until... Happy Hour 5-6pm! See ad 529 4692
Mac's Pizza - Friday Happy Hour Bar Specials 5-7pm. Daily 11.30am-9pm, Fri & Sat 'til 10pm, (closed Weds). See ad 458 3474

Sat 28th

Bequia Football - 11am: Bequia United U-17 vs Strike Force U-17 • 1.30pm: Bequia United Women vs Chelsea FC Women
Sugar & Spice Café @ Frangi - Open daily from 7.30am - 6.30pm for coffees, pastries, paninis and more! See ad 533 2233
The Liming, Adams Bay - Daily Lunch & Dinner (res. preferred). Check our Day Passes - only US\$75pp! See ad 533 0398
Dawn's Café, Lower Bay - Open Tues - Sun for B'fast & Lunch, Dinner by reservation please! See ad 492 6508
Bequia Threadworks - Handmade Fashion & Accessories for men, women & kids. Mon - Fri 8am-4pm, Sat 8am-12pm 526 6945
Mac's Pizza - Saturday Evening Chill & Lime on our patio - 'Bashi' live from 7-9pm, sunset view! See ad 458 3474

Sun 29th

Bequia Football @ Clive Tannis Playing Field - 1.30pm: Bequia United FC vs Toni Store
Sunkissed Beach Rentals - Loungers, Coolers, non-motorised Watersports, Picnics & much more! See ad 432 4986
Grenadine Island Villas - The most comprehensive listing of Villas & Apts to rent and buy in Bequia, see ad 457 3739/3888
Jack's Bar - Open from 10am, Sunday Lime with DJ Music from 1pm until... Happy Hour 5pm-6pm! See ad 529 4692
De Reef, Lower Bay - Sunday Lunch as usual, closed today from 3.30pm for private event! WhatsApp/Tel 528 4958
The Cocktail Lab @ Bequia Marina - Sunday Sunset Special - Selected Cocktails EC\$15, 5.30pm-7.30pm. See ad 433 8218

Mon 30th

Bequia Heritage Museum - Open today 10am - 1pm, Adm. EC\$25. Allow plenty of time for your visit! See ad 532 9554
Serenity House Port View Guest House, Pt. Elizabeth - 2-bed, 3 bath rental, A/C, ocean view! See ad 570 9518
The Spa @ Bequia Plantation Hotel - Open for your pampering! Check our Spa & Day Pass Combo! see ad 534 8677
Fernando's Hideaway - 3-Course Dinner Special Mon-Sat EC\$70 (closed Suns). Res. pl. WhatsApp/Tel 430 0478/458 3758

Tues 1st

Serenity Day Spa, Belmont - Offering a wide range of Spa Treatments, 9am-5pm, closed Suns, Mons & Thurs, see ad 533 4005
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 Suns & Mons. Ice cream, yoghurt, etc. See ad 593 7264
Doris Fresh Food - Meats, cheeses, fruit & veg, fine wines and more... Mon-Fri 8am-2pm, Sat til 12 noon. See ad! 458 3625
Bequia Threadworks - Contact our Production Team for alterations, custom upholstery projects & more... See ad 526 6945

Wed 2nd

Bequia Heritage Museum - Open today 10am - 1pm, Adm. EC\$25. Allow plenty of time for your visit! See ad 532 9554
Jack's Bar - Open from 10am as usual - closed today from 4pm for private function! 529 4692
The Spa @ Bequia Plantation Hotel - Open for your pampering! Check our Spa & Day Pass Combo! see ad 534 8677
The Cocktail Lab @ Bequia Marina - Solo Piano Cocktail Hour with Uncle Louis, 5.30pm-7.30pm. See ad 433 8218

Thurs 3rd

Blue Grenadines - Escape to Paradise with Blue Grenadines Villa Rentals and Villa Sales, see ad 458 3440
Greenhouse Café Bequia - All the cannabis products you need! Find us at Bequia Plantation Hotel, see ad 534 8677
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

EATING OUT & BARS



JACK'S BEACH BAR PRINCESS MARGARET BEACH

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

Friday 27th June: Sunset Vibes with 'Bashi' from 5.30pm

Sunday 29th June: House DJ Music from 1pm until...

Wednesday 2nd July: Closed from 4pm for Private Function!

Reservations strongly urged! Call / WhatsApp: 529 4692 <https://jacksbeachbar.com>

BEQUIA PLANTATION HOTEL

Reservations
and Enquiries:



Tel: (784) 534 8677

Open Daily for Breakfast, Lunch & Dinner
Waterfront Bar with great Sunset View!

* Fri 27th June: Closed from 12 noon - private function

* Sat 28th June: Closed from 5pm - private function

CHECK OUR DAY PASS - only US\$65 PP!

Includes: Lunch & Dessert, two local drinks per person,
Use of Pool, Loungers and Watersports

email: info@bequiaplantationhotel.com

See Facebook for details of all events:

www.facebook.com/BequiaPlantationHotel



SANDBAR

WE ARE NOW OPEN 11AM-5PM DAILY - EXCEPT CLOSED ON TUESDAYS
SERVING FOOD AND DRINKS ALL DAY
NOW OFFERING SUMMER DAY PASS!

OUR DAY PASS INCLUDES:
1 SUN LOUNGER
2 DRINKS (BEER/RUM PUNCH)
1 MAIN COURSE + 1 DESSERT
\$117EC | \$45USD PER PERSON

CALL OR WHATSAPP US TO RESERVE YOUR SPOT!

+1784 5348020

LIMITED AVAILABILITY - PLEASE BOOK IN ADVANCE TO AVOID DISAPPOINTMENT

WE ARE LOCATED IN FRIENDSHIP BAY

The Cocktail Lab

Handcrafted Cocktails in a Lounge Style & Cozy Setting

GET DOWN THURSDAY
EC\$5 LOCAL RUM MIX 5PM-9PM
MUSIC BY DJ ADIKTID 7PM-10PM

WEDNESDAY LIVE MUSIC
5:30-7:30PM
SOLO PIANO COCKTAIL HOUR
WITH UNCLE LOUIS

SUNDAY SUNSET SPECIAL ★ EC\$15 COCKTAILS ★ 5:30-7:30PM

OPEN: Wed - Sun 4pm - until Closed on Mon & Tue Call or WhatsApp
LOCATED: at the Bequia Marina, on the waterfront +1 784 433 8218

MAC'S PIZZA & KITCHEN

Fri 27th June: Happy Hour 5-7pm

Sat 28th June: Chill & Lime 'Bashi' live 7-9pm

Open Sun to Thurs from 11.30am-9pm Closed Weds!
Fridays & Saturdays until 10pm Tel: 784 458 3474



Waterfront Dining
Belmont Walkway

Breakfast | Lunch | Dinner DAILY
Closed Monday Evenings & Friday Evenings

Try our new Lunch Menu!

+1 (784) 458 3255
reservations@frangipanibequia.com
[@frangipanibequia](https://www.instagram.com/frangipanibequia)



Cheri's Rooftop Terrace

Phone: 433 9054
Opposite Cemetery

Mon to Fri: LUNCH 12pm - 4pm • Thurs to Sat: DINNER 6pm - 9pm

• **SATURDAYS:** Burger, Mojito, Taco Special 12pm - 5pm

• **SUNDAYS:** Brunch (2nd & 4th Suns) 10.30am - 1.30pm ...
... Sunday evening Tapas 5pm - 10pm

Private Dinners / Intimate Event options also available

www.facebook.com/cherisrooftopterrace

MARAINNE'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!

Daily 10.30am-5.30pm Closed on Sundays & Mondays!

Tel: 593 7264

marannebazell@gmail.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

Sugar & Spice
and everything nice
Café

+1 (784) 533-2233
@sugarandspicebequia

OPEN DAILY

7:30AM - 6:30PM

Coffee, Tea, Smoothies,
Desserts, Paninis & More

Contact us for Custom
Dessert Orders



The Liming

Adams Bay, Bequia

Open Daily for
Lunch & Dinner

Reservations preferred
to avoid disappointment!

DAY PASSES US\$75 per person

Includes:

- 2-Course Meal - 3 Beverages included
- 1 Bottle Water
- Pool Access
- Beach Chair/Towel
- Watersports Equipment: Kayak, Paddle Board
- Access to Tennis Court

Reservations: +1 (784) 533-0398
or email frontdesk@thelimingbequia.com

DeReef
Beach Bar & Restaurant
Lower Bay - Bequia

Restaurant & Beach Bar
OPEN DAILY 10.30am UNTIL...
(closed Thursdays)

Sunday 29th June:

*Sunday Lunch as usual - closed to the public
from 3.30pm for private event!*

WhatsApp/Phone 528-4958

SHOPPING / SERVICES / ACTIVITIES

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
[@vintagesbequia](https://www.vintagesbequia.com)



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

DORIS' FRESH FOOD
& YACHT PROVISIONING



• Located in Back Street •

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

Monday to Friday: 8am-2pm, Sat: 8am-12 noon Sunday: Closed

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

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



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scholarships, we help
students gain the
knowledge and
resources they need to
thrive in school
and in life.



**The
Grenadines
Initiative**

grenadinesinitiative.org

WESTSIDE RENTAL & CAR DETAILING



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



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



Boutique:

Shop Ethically Handmade
Apparel & Accessories
Men | Women | Children

Monday to Friday 8AM - 4PM
Saturday 8AM - 12PM

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



BEQUIA
Threadworks

Production Centre:

Fully Equipped for Alterations,
Bespoke Embroidery Projects,
Custom Upholstery & More

Monday to Friday
8AM - 4PM

+1 (784) 526 6189
production@bequiathreadworks.com

FOLLOW

[@bequiathreadworks](https://www.instagram.com/bequiathreadworks)



Bequia Tech

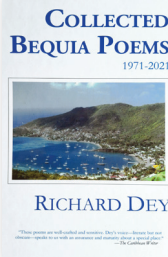
Full Service Business, Internet Café & Technology Center

- Air Conditioned for your Comfort •
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- 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



COLLECTED BEQUIA POEMS 1971-2021

by Richard Dey

"I felt as if I had been there!"

- Bruce Bennett, author

*** Newly Published! ***

Signed copies available only at the
Bequia Heritage Museum - EC\$65 / US\$26

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



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

MUSTIQUE Sail with TOBAGO CAYS

GUSTO!



(784) 433-1371

GUSTOBEQUIA@GMAIL.COM WWW.GUSTOBEQUIA.COM

f GUSTO A BEQUIA SAILING ADVENTURE

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

VILLA RENTALS & REAL ESTATE



**SERENITY
HOUSE**
PORT VIEW

FRONT STREET, BEQUIA

"WE OFFER YOU A COMFORTABLE BED IN A WELL-APPOINTED
2 BED, 3 BATH SPACE WITH A/C & SCENIC OCEAN VIEW"

BOOK NOW: 784 570-9518 / 784 496-5619

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 • 1 (784) 532-9553/4

Outhouse Graphics - serving Bequia businesses & visitors for 25 years!



Tel: +1(784) 458 3286

WhatsApp: +1(784) 496 4417

BEQUIA TOURISM ASSOCIATION

www.bequiatourism.com

tourismbequia@gmail.com

Visit the Tourism Office!

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

Located opposite Customs/Revenue building

grenadine
ISLAND
VILLAS
www.grenadinevillas.com

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

PrimeLocation Zoopla rightmove

Villa Rentals
Land & Villa Sales
flights & travel services
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+1 (784) 457 3739

Bequia
luxury
Villas



Discover Bequia's
Luxury Villa Rentals
with Blue Grenadines
& Exclusive Villa Sales
with Real Grenadines.



www.bluegrenadines.com
www.realgrenadines.com
WhatsApp: +44 7960 480403

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
Belmont Inn & Suites, Bequia 9am - 5pm (closed Suns, Mons & Thurs)
Tel: 1(784) 533-4005 Email: serenity_dayspa@yahoo.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



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
treatments, massage

**Check our selection of
Spa & Day Pass Combos - valid till 30th July 2025!**
See full selection: www.tinyurl.com/59sba8pn

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

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



BEQUIA INFORMATION

<https://bequiafastferries.com>
BEQUIA FAST FERRIES LTD
 (784) 493-3278 | office@bequiafastferries.com | www.bequiafastferries.com

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		

*Schedule may be amended on special occasions

Fares

Passengers - Locals			Passengers - Standard		
Age Group	One Way	Return	Age Group	One Way	Return
Adults	\$25	\$50	Adults	\$30	\$60
Teenagers (13-17)	\$20	\$40	Teenagers (13-17)	\$25	\$50
Children (5-12)	\$15	\$30	Children (5-12)	\$20	\$40

Vehicles		
Standard Size	One Way	Return
Vehicle Only	\$65	\$120
Vehicle and Driver	\$85	\$155

BEQUIA FERRIES SCHEDULES

For current and holiday schedules
 see relevant Ferry Company info/contact below:

Bequia Express: www.bequiaexpress.com / (784) 457-3539

Admiral Ferries: AdmiralferriesBequia WhatsApp (784) 534-7707

Bequia Fast Ferries: <https://bequiafastferries.com> (784) 493-3278

Jaden Sun: www.jadensunferry.com (inter-Grenadines)



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

NO VINLEC SCHEDULED OUTAGES THIS WEEK!

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

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

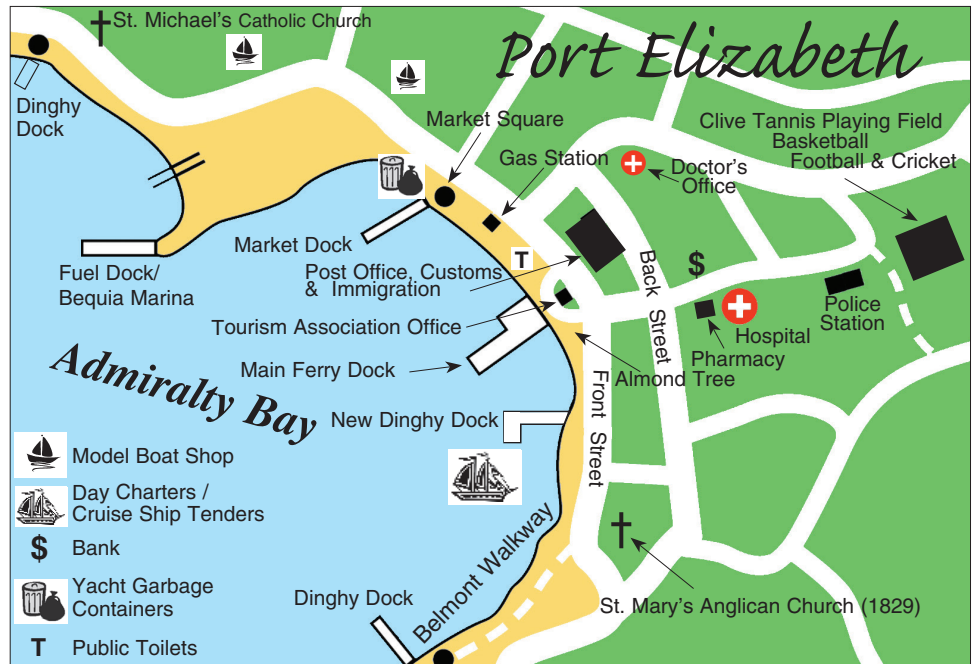
Customs & Immigration: Mon - Fri: 8.30am - 6pm (closed 12-1pm), Sat: 8.30am - 12 noon, 3pm - 6pm, Sun: 9am - 12 noon; 3pm - 6pm
 Overtime fees may be charged - Clearing in and out outside office hours and on Public Holidays is normally possible by arrangement.

BEQUIA HARBOUR

The **WHERE'S** & **WHATS**

Bequia Tourism Association

Phone: (784) 458 3286
 WhatsApp (784) 496 4417
tourismbequia@gmail.com
www.bequiatourism.com



CHECK BEQUIA THIS WEEK ONLINE - IN COLOUR! Visit: www.begos.com

BEQUIA

LEGEND

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



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• **Dumping in unauthorized places is a prosecutable offence. Be smart - don't dump!** •



Bequia Tourism Association

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