NO. 1096
Apr 12th - Apr 18th

BEQUIA 2024 THIS WEEK

WHAT * WHERE * WHEN?

Fri 12th

Octopus Yacht Charter - Tobago Cays (Fri/Tues), Mustique (Wed), elegant 62ft yacht, max 10 pax, see ad 432 5201
Sail Relax Explore - Contact us for open cruises/private charters to neighbouring islands. See ad 4573888/495 0886
Bequia Heritage Museum - Open today 10am - 1pm, Adm. EC$25. Allow plenty of time for your visit! See ad 532 9554
Jack's Bar - Fri- Sun B'fast from 9am, Mon-Thurs open 10am. Happy Hour daily 5-7pm! Dinner res. advised! See ad 458 3809
Frangipani Hotel & Bar - Open for B'fast, Lunch & Dinner daily, (Closed for dinner Fridays only - res. essential!) 458 3255
Bequia Beach Hotel - Bar & Restaurants open daily! Day Pass Packages from US$85. See ad for details 458 1600
Greenhouse Café Bequia - All the cannabis products you need! Find us at Bequia Plantation Hotel, see ad 534 8677
Serenity Day Spa, Belmont - Offering a wide range of Spa Treatments, Mon to Sat 9am-5pm, see ad 533 4005
The Spa @ Bequia Plantation Hotel - Open for your pampering! Call to make an appointment, see ad 534 8677
De Reef, Lower Bay - Open daily 10.30am until... Happy Hour every day 4-7pm, see ad WhatsApp/Tel 528 4958
Provision, Lower Bay - Pizza Friday! Neapolitan style pies. Serving Lunch 11.30am - 3.30pm, see ad 431 0457
The Liming, Adams Bay - Fish Friday! Exquisite Fish Dishes noon through Dinner, call to reserve! See ad 533 0398
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! Friday Happy Hour Specials. Julian & Vanita live from 6.30pm, see ad 458 3474
Cheri's Rooftop Terrace - Delicious A la Carte Dinner Menu Tues - Sat, must res. See ad for daytime options 433 9054

Sat 13th

Encore Thrift Store, Ocar - All proceeds in aid of The Bequia Sunshine School, open Thurs to Sat 9am-1pm, see ad
Dawn's Café, Lower Bay - Breakfast & lunch. Dinner by res. Takeaways! (Closed Mondays), see ad 492 6508
Grenadine Wild Sea Salt Boutique - Open Daily 9am-4.30pm. For Guided Tour details see ad WhatsApp +1 917 855 5930
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
Provision, Lower Bay - Open daily for lunch on our terrace (closed Weds), Dinner Thurs - Sun only, see ad 431 0457
The Cocktail Lab @ Bequia Marina - Cocktails in a lounge-style setting! Open Tues-Sun 3pm-11pm. See ad 433 8218
Mac's Pizza - Saturday Evening Chill & Lime on our patio - 'Shake!' live from 6.30pm! Bar & Food Specials, see ad 458 3474
Bequia Plantation Hotel - Seafood Night! Lobster Thermidor & King Prawns, sides, dessert US$60, DJ Mickey, see ad 534 8677
Bagatelle @ Bequia Beach - Creole/Asian Buffet Night (alternates weekly). Reservations essential! See ad 458 1600

Sun 14th

Sugar & Spice Café @ Frangi - Open daily from early till late for coffees, pastries, paninis and more! See ad 533 2233
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. dessert & 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
Bequia Plantation Hotel - 'All You Can Eat Meat', incl. T-bone steak, 6.30-9.30pm, US$75. Colin Peters live, see ad 534 8677

Mon 15th

Vinlec Scheduled Outage - Mount Pleasant, 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. Allow plenty of time for your visit! See ad 532 9554
The Cocktail Lab @ Bequia Marina - Closed Mon April 15th thru Thurs 18th. Re-opening Fri April 19th! See ad 433 8218
Fernando's Hideaway - Monday 4-course Special! Dinner Mon-Sat, res. please WhatsApp/Tel 430 0478/458 3758

Tues 16th

Vinlec Scheduled Outage - Union Vale, from 8am - 12 noon
United Fitness Gym, Ocar - Fully equipped, great rates, open weekdays from 5am, weekends from 8am, see ad 495 8938
Doris Fresh Food - Mon-Sat 8-4pm, closed Suns. Meats, cheeses, fresh fruit & veg, fine wines. See ad 458 3625
Bequia Plantation Hotel - Sundowner Happy Hour 5-7pm, 'Shake!' Bequia Rock & Soul live from 5.30pm 534 8677

Wed 17th

Bequia Heritage Museum - Open today 10am - 1pm, Adm. EC$25. Allow plenty of time for your visit! See ad 532 9554
The Liming, Adams Bay - Open daily for Lunch; Dinners welcome by res only! Day Pass US$75pp. See ad 533 0398
Vintages Bequia @ Frangi - Shop wines, liquors, teas and more. Open Mon to Sat 9am to 4pm 533 2233
Bagatelle @ Bequia Beach - BBQ Night with live entertainment. Reservations essential! See ad 458 1600
Bequia Plantation Hotel - Flavours of India Buffet! Authentic Indian dishes, US$60pp 6pm-9pm, see ad 534 8677

Thurs 18th

Vinlec Scheduled Outage - Mount Pleasant, from 8am - 12 noon
Maranne's Ice Cream @ Gingerbread - Open 7 days, 10.30am - 5.30pm, ice cream, yoghurt, etc. See ad 593 7264
Bequia Maritime Museum, Ocar - History of Boatbuilding, by appointment only, open Mon-Fri 2-4pm, see ad 454 9274
Bequia Threadworks - Shop 2024 Collection 'The Way Home' at our Boutique on Back Street. See ad 526 6945

BEQUIA BEACH THE GRENADINES

BAGATELLE RESTAURANT & BAR

B'fast: 7.30-10am • Lunch: 12.30-2.30pm • Dinner: 6.30-9.30pm

Revolving a la Carte Menu - with Mondays live entertainment except:

Wednesdays - BBQ Night with Live entertainment

Saturdays - Creole/Asian Buffet nights alternating weekly

BLUE TROPIC RESTAURANT

Daily from 6.30pm (closed Sundays) • Live entertainment Saturdays

New a la Carte Mediterranean Menu!

*DAILY DAY PASSES - 10AM TO 5PM

Standard: 2-course Lunch + 2 Drinks - US$85pp

De Luxe: 2-course Lunch + 2 Drinks + 30 min massage - US$125pp

Premium: 2-course Lunch + 2 Drinks, day room use - US$150pp (min 2 pax)

* *All day passes include use of pools, loungers, towels & basic watersports*

Reservations 458-1600 frontdesk@bequiabeach.com

www.bequiabeachhotel.com

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)

Closed Mondays!

Sundays from 10.30am:

Brunch 10.30am-1.30pm • West Indian Tapas 2-10pm

BEQUIA PLANTATION HOTEL

- Sat 13th April: Seafood Night 6 - 9pm
  US$60pp - DJ Mickey from 6pm!
- Sun 14th: All You Can Eat Meat 6.30 - 9.30pm
  US$75pp - Colin Peters Live 6.30pm to 9pm!
- Tues 16th: Happy Hour 5 - 7pm - 'Shake!' Live 5.30 - 8pm
- Wed 17th: Flavours of India Buffet 6 - 9pm
  Chicken Curry, Lamb Rogan Josh, Fish Tikka Masala - US$60pp

info@bequiaplantationhotel.com *Reservations: (784) 534 8677*

BEQUIA'S ONLY COCKTAIL BAR

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

Located at the Bequia Marina, on the waterfront

CL 784 BQ
The Cocktail Lab

THE COCKTAIL LAB TEAM IS TAKING A LITTLE BREAK

WE WILL BE CLOSED ON APRIL 15-16-17-18
REOPENING ON APRIL 19, FRIDAY

OPEN
Tue - Sun 3pm - 11pm
Closed on Mondays

+1 784 433 8218
@thecocktaillabbequia

Jack's BEACH BAR, BEQUIA

JACK'S BEACH BAR PRINCESS MARGARET BEACH

Mon to Thurs from 10am-10pm • Weekends & Public Holidays from 9am for Breakfast

All Day Food & Drinks on the Best Beach in Bequia!

Happy Hour Daily 5-7pm • Last Dinner orders 9pm

Reserevations advised for lunch & dinner! Call/WhatsApp: 529 4692 / 458 3809 https://jacksbeachbar.com

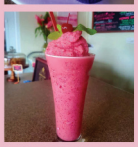
Sugar & Spice and everything nice Cafe

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

OPEN DAILY

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

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



Provision
First and Last Bequia

Provision in Lower Bay
Global Flavor~West Indian Style
Open daily for Lunch (closed Weds)
Dinner Thursday to Sunday only
Outdoor Garden Seating with view of the sea!
Phone/WhatsApp +1-784-431-0457
www.provisionbequia.com

MAC'S PIZZA & KITCHEN

FRIDAY 12th April from 5-7pm:

HAPPY HOUR

JULIAN & VANITA live from 6.30pm

Check for our Bar & Food Specials!

SATURDAY 13th April:

CHILL & LIME

'SHAKE!' live from 6.30pm
- Bequia Rock & Soul

Check for our Bar & Food Specials!

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

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*

DeReef

Beach Bar & Restaurant

Lower Bay – Bequia

Restaurant & Beach Bar

OPEN DAILY

From 10.30am until…

Sunday Lunch & Lime *Jan & Louis + 'Shake!' live 4pm*

Daily Happy Hour 4–7pm *Spacious Seating!*

WhatsApp/Phone 528–4958

Dance & Prance

Restaurant & Bar

PAGET FARM

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

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

THE SECRET'S OUT!

Discover

THE SAND BAR

in Friendship Bay

SAND BAR BEQUIA ST. VINCENT & THE GRENADINES

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!

The Liming

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

Famous Sunday Caribbean Curry Lunch

at

Firefly

Bequia Estate

Beef, Chicken, Conch 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

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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*

Bequia TOURISM ASSOCIATION

Tel: 458 3286 Fax: 458 3964

www.bequiatourism.com

Visit our Tourism Office!

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

Located opposite Customs/Revenue building

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 Gym at Ocar!*

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

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

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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

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Call or What'sApp: +1 784 432 5201

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www.friendshiprose.com

The Friendship Rose
BUILT BY HAND IN FRIENDSHIP BAY

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

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
WhatsApp: +1 917 855 5930

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***

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

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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:
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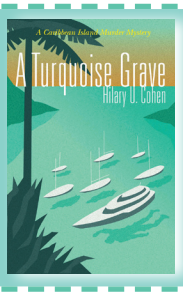

BEAUTY, HEALTH & FITNESS

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

A NEW GYM IN BEQUIA!

UNITED FITNESS & WELLNESS

- 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!*

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SOOTHE YOUR BODY & MIND

We offer a wide range of Spa Treatments including Massages, Full Body Care, Facials Waxing, Manicures, Pedicures & more…

SERENITY DAY SPA

For price list see: www.tinyurl.com/56t6s7m7

Belmont Inn & Suites, Bequia ***Open Mon to Sat 9am - 5pm***
Tel: 1(784) 533-4005 ***Email: serenity_dayspa@yahoo.com***

VILLA RENTALS / REAL ESTATE

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!

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Outhouse Graphics - serving Bequia businesses & visitors for 24 years!

— LAND FOR SALE —

Mount Pleasant area

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

Bequia's small successful development only USD 4.00 sq ft

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

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Land & Villa Sales
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grenadinevillas@mac.com

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+1 (784) 457 3739

BEQUIA INFORMATION

GENERAL INFORMATION

Bequia Hospital (24 hrs)	458 3294	**Bequia Police Station**	458 3350 VHF 16 "ZedQS Bequia"
Bequia Clinic	457 3328	**Coastguard**	457 4578 VHF 16 "Juliet8Bravo"
Dr. Lugo	(private appts/visits) 528 1955	**Post Office**	Mon - Fri: 9am-12 noon, 1pm-3pm
Paget Farm Clinic	458 3302	**Cruisers' Net:**	VHF 68 Mon/Wed/Fri 8am Weather & Local Info
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.

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).

ACTION BEQUIA

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

BEQUIA FERRIES SCHEDULES

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

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

Admiral Ferries: (784) 534-7707 / www.admiralferries.net

www.jadensunferry.com *(inter-Grenadines)*

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

Mon	**15th April:**	**Mount Pleasant**	**8am - 12 noon**
Tues	**16th April:**	**Union Vale**	**8am - 12 noon**
Thurs	**18th April:**	**Mount Pleasant**	**8am - 12 noon**

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For advertising space and rate details contact outhouse@vincysurf.com or call: 532 9553/4

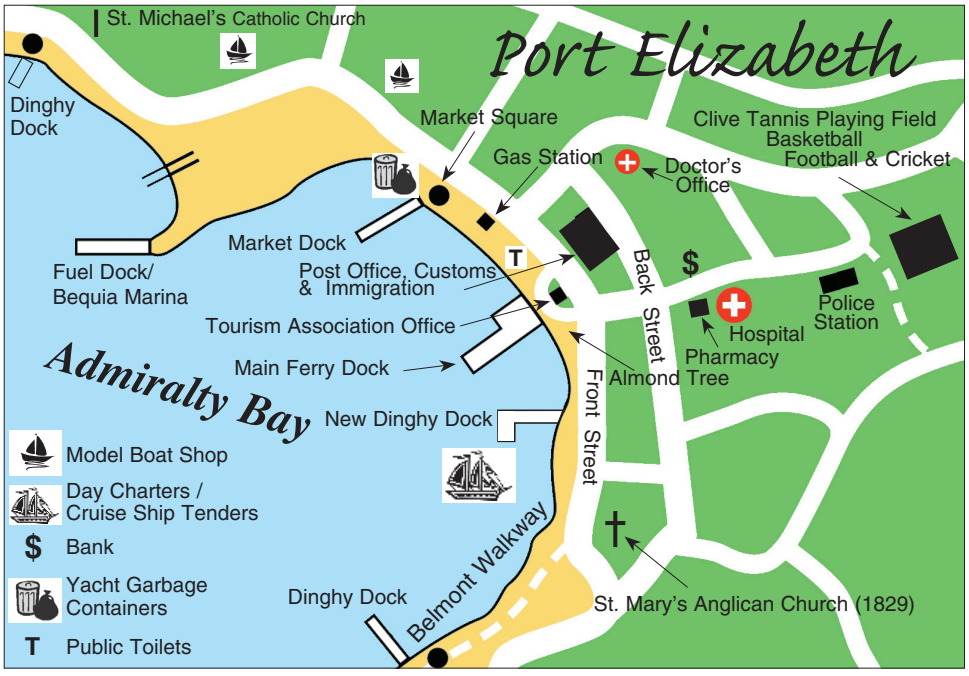
BEQUIA

BEQUIA HARBOUR

The WHERES & WHATS

Bequia Tourism Association

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



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*