

NO. 1101
May 17th -
May 23rd

BEQUIA 2024

THIS WEEK

WHAT * WHERE * WHEN?

Fri 17th

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
Cheri's Rooftop Terrace - Daytime options + a la carte Dinner Tues-Sat, must res. (Closed Sun & Mon). See ad 433 9054
The Liming, Adams Bay - Open for Lunch, with Dinners welcome by res. See ad for Day Pass and Lunch Specials! 533 0398
Firefly Estate - Open for Golf, Estate Tours, Cocktails & Drinks: Tues - Sunday 10am - sunset. WhatsApp only 532 5134
Serenity Day Spa, Belmont - Wide range of Spa Treatments, 9am-5pm, closed Tues, Thurs & Sundays. 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 - Wed thru Sat for Lunch 11.30am-3.30pm, Bar 'til 5pm. Dinner Fri & Sat only 6.30-8.30pm 431 0457
Dance & Prance Rest't, Paget Farm - Fri & Sat Lunch & Dinner BBQ Special! Check our Weekly Specials, see ad 492 2614
Bequia Plantation Hotel - Beer O'Clock 5-7pm! Buckets of 6 Hairoun, Carib or Heineken, DJ Mickey 5.30pm, see ad 534 8677
Mac's Pizza - Daily from 11.30am: Check our Friday Happy Hour Bar Specials! Waterfront location, see ad 458 3474
The Cocktail Lab @ Bequia Marina - Corona Friday - Beer Specials with DJ Adiktid, 5.30-7.30pm. See ad 433 8218

Sat 18th

Dawn's Café, Lower Bay - Breakfast & lunch. Dinner by res. Takeaways! (Closed Mon & Tues), see ad 492 6508
Grenadine Wild Sea Salt Boutique - Boutique & Tours are available by appointments only WhatsApp +1 917 855 5930
The Sand Bar, Friendship Bay - Daily Drinks 10.30am 'til sunset; light lunch bites from 11am, closed Mondays! See ad
Sugar Hill Bar & Restaurant - Open Wednesday to Saturday 3pm until... Great food - great location! 458 3773
Mac's Pizza - Saturday Evening Chill & Lime on our patio - Check for our Bar Specials! See ad 458 3474
Bequia Plantation Hotel - Seafood Night! 6-course Dinner (set menu), US\$55. Live music by 'Bashi'. See ad 534 8677
Bagatelle @ Bequia Beach - Creole/Asian Buffet Night (alternates weekly). Reservations essential! See ad 458 1600

Sun 19th

Sugar & Spice Café @ Frangi - Open daily from early till late for coffees, pastries, paninis and more! See ad 533 2233
United Fitness Gym, Ocar - Fully equipped, great rates, open weekdays from 5am, weekends from 8am, see ad 495 8938
De Reef, Lower Bay - Open 10.30am, Sunday Lunch - Jan & Louis live 4pm. Happy Hour 4-7pm. See ad WhatsApp/Tel 528 4958
Bequia Plantation Hotel - Plantation Brunch: All You Can Eat Buffet US\$45 pp, 12 noon - 3pm. See ad! 534 8677

Whit Monday
Mon 20th
Public Holiday

Bequia Heritage Museum - Closed today, Whit Monday! Back open on Wednesday 10am - 1pm. See ad 532 9554
Fernando's Hideaway - Monday 4-course Special! Dinner served Mon-Sat, res. pl. WhatsApp/Tel 430 0478/458 3758
Jack's Bar - Holiday Monday! Open today from 9am for breakfast. DJ Adiktid from 1pm! See ad 458 3809
Mac's Pizza - Whit Monday BBQ Pizza Special! Open from 11.30am, beautiful waterfront location, see ad 458 3474

Tues 21st

Vinlec Scheduled Outage - Hamilton, from 8am - 12 noon
Doris Fresh Food - Mon-Fri 8-4pm, Sat 8-2pm, closed Suns. Meats, cheeses, fresh fruit & veg, fine wines. See ad 458 3625
Bequia Plantation Hotel - Crazy Tuesday 5-7pm: 50% discount on all Beverages! Jan & Louis live from 5.30pm 534 8677

Wed 22nd

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
Bagatelle @ Bequia Beach - BBQ Night with live entertainment. Reservations essential! See ad 458 1600

Thurs 23rd

Vinlec Scheduled Outage - Industry, from 8am - 12 noon
Maranne's Ice Cream @ Gingerbread - Daily 10.30am - 5.30pm. Ice cream, yoghurt, etc. Closed Suns! See ad 593 7264
Vintages Bequia @ Frangi - Shop wines, liquors, teas and more. Open Mon to Sat 9am to 4pm 533 2233
Encore Thrift Store, Ocar - All proceeds in aid of The Bequia Sunshine School, open Thurs to Sat 9am-1pm, see ad
Bequia Maritime Museum, Ocar - History of Boatbuilding, by appointment only, open Mon-Fri 2-4pm, see ad 454 9274
Bequia Threadworks - Shop ethical & sustainable fashion for men, women & children at our Boutique. See ad 526 6945
The Cocktail Lab @ Bequia Marina - Thirsty Thursday: Local Rum Mix EC\$5, Cocktail Special EC\$10, 5-9pm. See ad 433 8218

EATING OUT & BARS

BEQUIA'S ONLY COCKTAIL BAR

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



Wed - Sun 3pm - 11pm Closed on Mon & Tue

Located at the Bequia Marina, on the waterfront

CL 784 BQ
The Cocktail Lab

BEER BUCKET BEER COCKTAILS DJ ADIKTID
Corona Friday 17TH MAY 5:30-7:30PM

THIRSTY THURSDAY 5PM - 9PM
THE AFTERWORK LIME
\$5 LOCAL RUM MIX \$10 COCKTAIL SPECIAL

@thecocktailabbequia +1 784 433 8218

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 and Mondays CLOSED!

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

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



JACK'S BEACH BAR PRINCESS MARGARET BEACH

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

20th MAY - WHIT MONDAY: Breakfast from 9am - DJ ADIKTID from 1pm!

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

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

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

MAG'S PIZZA & KITCHEN

FRIDAY 17th May from 5-7pm:

HAPPY HOUR
Check for our Bar Specials!

SATURDAY 18th May:

CHILL & LIME
Check for our Bar Specials!

WHIT MONDAY 20th May:

BBQ PIZZA on Special!

Open Fridays & Saturdays 11.30am - 10pm
Sundays & Weekdays 11.30am - 9pm
Tel: (784) 458 3474

Dawn's Café - Lower Bay

Delicious Home Cooking in idyllic Garden Setting
Breakfast & Lunch. Dinner by Res. Takeaways!
Closed Mondays & Tuesdays No Credit Cards
Located at the end of Lower Bay Tel: 492 6508

Provision



Provision in Lower Bay

Global Flavor~West Indian Style
Lunch Wed thru Sat (11.30am-3.30pm)
Dinner Fri & Sat only (6.30-8.30pm)
Outdoor Garden Seating with view of the sea!
Phone/WhatsApp +1-784-431-0457
www.provisionbequia.com



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

Check for our Daily & Weekend Specials:

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

BEQUIA PLANTATION HOTEL



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

Fri 17th May: BEER O'CLOCK 5 - 7PM

Hairoun, Carib, Heineken Buckets of 6 Beers
* DJ Mickey 5.30 - 7.30pm

Sat 18th May: SEAFOOD NIGHT 6-course Dinner (Set Menu)

US\$55 pp * Dining 6.30 - 9.30pm * 'Bashi' live from 6.30pm

Sun 19th May: PLANTATION BRUNCH BUFFET

All You Can Eat! US\$45 pp * 12 noon-3pm

Tues 21st May: CRAZY TUESDAY 5 - 7PM

50% Discount on ALL Beverages!
Jan & Louis live on sax and piano from 5.30 - 8pm

For menu details see
Bequia Plantation Hotel Facebook Page:

www.facebook.com/BequiaPlantationHotel

THE SECRET'S OUT!
Discover
THE SAND BAR
in Friendship Bay
Tues to Suns (Closed Mons)



Everyone welcome!
Open from 10.30am 'til Sunset
Serving delicious Cocktails
& Light Lunch Bites
(kitchen open from 11am)
Located where Mosquito Bar once was -
- limited parking inside the gates!



Restaurant & Beach Bar

OPEN DAILY

From 10.30am until...

Sunday Lunch & Lime Jan & Louis live 4pm

Daily Happy Hour 4-7pm Spacious Seating!

WhatsApp/Phone 528-4958

MARRAINE'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

marannehazell@gmail.com



Adams Bay Bequia
Open Daily for Lunch -
Dinner by Reservation only!

The Liming

Lunch Time at THE LIMING!
20% discount on table bills for Caricom residents
only 1 bill per table - reservations preferred
- Caricom ID needed!
(cannot be used with any other promotion)

*** DAY PASS WITH VILLA ***
From 9am to 5pm - US\$350
Day Use of One-Bedroom Villa
2 Person only, includes Day Pass Lunch
(subject to availability)
Tel: +1 (784) 533-0398
Enquiries email: gm@thelimingbequia.com

Tel: 458 3286 Fax: 458 3964

TOURISM ASSOCIATION
www.bequatourism.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

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

DORIS' FRESH FOOD & YACHT PROVISIONING



• Located in Back Street •

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

Monday to Friday: 8am-4pm Saturday: 8am-2pm Sunday: Closed

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

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



BEQUIA'S BOUTIQUE-STYLE THRIFT STORE

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

ENCORE

In aid of the Sunshine School

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

WESTSIDE RENTAL & CAR DETAILING



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

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

COLLECTED
BEQUIA POEMS
1971-2021



RICHARD DEY

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 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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ST VINCENT BEQUIA TOBAGO CAYS MUSTIQUE

CARIBBEAN SCHOONER

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friendshiprose@mac.com
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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



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



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)




BEQUIA
Threadworks



f i p

ETHICALLY HANDMADE FASHION

Bequia Threadworks Boutique
Back Street, Port Elizabeth

Monday to Saturday
8AM - 4PM

Shop Online: www.noyobequia.com

+1 (784) 526 6945 | boutique@bequiathreadworks.com | @bequiathreadworks

BEQUIA THIS WEEK ONLINE EDITION - IN COLOUR!

Includes live links to our advertisers & interim updates
Links to our free 'LOVE BEQUIA' Postcards archive!

Visit: www.begos.com

To advertise contact: outhouse@vincysurf.com
or call 532 9553

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

BEAUTY, HEALTH & FITNESS



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!*

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

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 Open 9am - 5pm. Closed Tues, Thurs & Sun
Tel: 1(784) 533-4005 Email: serenity_dayspa@yahoo.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 • 1 (784) 532-9553/4

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

4-BED HOUSE 'ALIZE' FOR SALE

in La Pompe, Bequia

- Fantastic Sea Views over Friendship Bay
- Currently arranged as two self-contained 2-bed Units
- Garden on 3 Levels



ONLY US\$180,000 • Details here: www.begos.com/alize.jpg

Contact: halovana@gmail.com Tel: +1 (784) 430 0142

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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

+1 (784) 457 3888

+1 (784) 457 3739

BEQUIA INFORMATION

GENERAL INFORMATION

| | | | |
|---------------------------------|--------------------------------|-----------------------|---|
| Bequia Hospital (24 hrs) | 458 3294 | Bequia Police Station | 458 3350 |
| Bequia Clinic | 457 3328 | | VHF 16 "ZedQ5 Bequia" |
| Dr. Lugo (private appts/visits) | 528 1955 | Coastguard | 457 4578 |
| Paget Farm Clinic | 458 3302 | | VHF 16 "Juliet8Bravo" |
| Imperial Pharmacy | 458 3373, after hours 458 3025 | 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.

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 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

| | | | |
|-------|-----------|----------|---------------|
| Tues | 21st May: | Hamilton | 8am - 12 noon |
| Thurs | 23rd May: | Industry | 8am - 12 noon |

BEQUIA

LEGEND

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

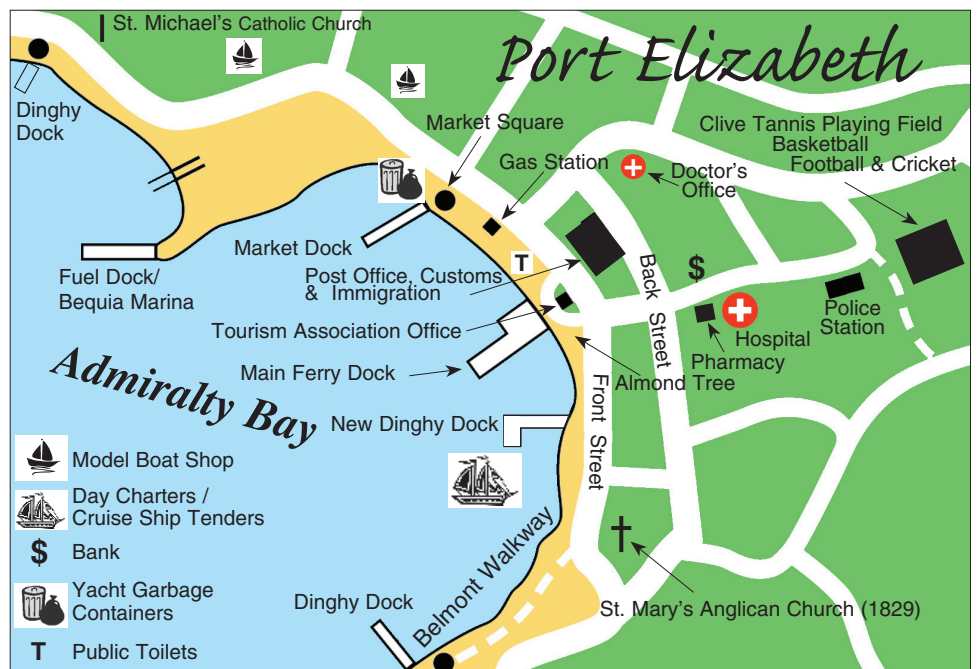


BEQUIA HARBOUR

The *WHERE'S & 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