

NO. 1127

Jan 17th -
Jan 23rd

BEQUIA 2025

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
 Gusto A Bequia Sailing Adventure - Trips to Mustique & Tobago Cays, see ad for more info WhatsApp/Tel 433 1371
 Bequia Heritage Museum - Open Fridays, Mondays & Wednesdays from 10am - 1pm, Adm. EC\$25. See ad 532 9554
 Sunny Spa@Jack's, PM Beach - Wide range of beauty & body treatments, M-F 9am-5pm, w/e appts only, see ad 529 1607
 Firefly Estate Tours - Fun guided Estate Tour, press your own sugar cane, taste seasonal crops & more! EC\$15pp 532 5134
 Provision, Lower Bay - Open for Lunch Thurs thru' Tues (closed Weds), Dinner on Thurs thru' Sun only, 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
 Jack's Bar, PM Beach - Sunset Vibes with 'Bashi' every Friday 5-7.30pm. 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 18th

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
 Dawn's Café, Lower Bay - Open Tues - Sun for B'fast & Lunch, Dinner by reservation please! See ad 492 6508
 Bequia Golf Club, Spring - 6 hole, par 3 Cross Country Golf Course, clubs & balls provided. EC\$50pp 532 5134
 Serenity House Shop, Front Street - Curated Beach Fashion, Home Decor, Gifts & Souvenirs, open daily. See ad 570 9518
 Mac's Pizza - Saturday Evening Chill & Lime on our patio with Local DJ Music 7-9pm. Bar Specials! See ad 458 3474
 Cheri's Rooftop Terrace - A la carte Dinner Mon to Sat 6-10pm, Early Bird Specials Mon to Fri 3-5pm, see ad 433 9054
 Bagatelle @ Bequia Beach - Seafood Fest, live entertainment by Jan & Louis + 'Shake!'. Res. essential! See ad 458 1600
 Bequia Plantation Hotel - Seafood Night! 3-course Set Menu incl. 2 glasses House White, US\$65pp. Bashi live, see ad 534 8677
 Provision, Lower Bay - Dinner with 'De Real Strings' live, reservations strongly recommended! See ad 431 0457

Sun 19th

Cheri's Rooftop Terrace - Sunday Specials! Brunch 10.30-1.30pm (alternating Sundays), Tapas 3-10pm see ad 433 9054
 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-4pm! 25% off all Pizzas, Buckets of 6 Beers from EC\$32, DJ 534 8677
 Firefly Estate, Spring - Don't miss our famous Sunday Curry Lunch, EC\$75 pp incl. 1 drink, res please See ad 532 5134
 De Reef, Lower Bay - Sunday Lunch & Lime, Jan & Louis + 'Shake!' live from 4pm, Happy Hour 4-7pm. WhatsApp/Tel 528 4958
 Greenhouse Café Bequia - All the cannabis products you need! Find us at Bequia Plantation Hotel, see ad 534 8677
 The Cocktail Lab @ Bequia Marina - Fabulous Cocktails in a lounge-style setting! Tues-Sun 4pm until! See ad 433 8218
 Frangipani Hotel & Bar - Sunday Lime & Chill: Food & Drink Specials, DJ Phill from 6pm until... 458 3255

Mon 20th

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
 Sati Yoga Shala, Lower Bay - All level Classes with Patricia Healey, private Classes also available! See ad 455 4565
 Serenity Day Spa, Belmont - Offering a wide range of Spa Treatments, Mon to Sat 9am-5pm, closed Sundays, see ad 533 4005
 Common Ground, Belmont Walkway - M to F 11am-5pm, Sats 10am-2pm @ Gingerbread! Local Fashion, Art, Gifts & more
 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 daily from 10am -10pm for Lunch, Dinner & Sunset Snacks. Happy Hour 5-6pm, See ad 529 4692
 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!** •

Tues 21st

Vinlec Scheduled Outage - Spring, from 8am - 12 noon
Tobago Cays, Friendship Rose - Classic Schooner B'fast, Lunch, Drinks, Snacks, Snorkel 175US Kids Free 457 3888/495 0886
Apartment to Rent, La Pompe - Terrace overlooking sea, 2-bed, fully equipped, A/C, see ad WhatsApp 526 2386
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 533 2233
Maranne's Ice Cream @ Gingerbread - Daily 10.30am-5.30pm, incl. Sundays. Ice cream, yoghurt, etc. See ad 593 7264
Mac's Pizza - Enjoy live music with 'Bashi' on our waterfront terrace 6.30-9pm, Wine Specials! See ad 458 3474
Bequia Plantation Hotel - Crazy Tuesday Jazz 5.30-7pm: 50% discount on all beverages! 'Shake!' Blues & Jazz, see ad 534 8677
Frangipani Hotel & Bar - Tequila Tuesday: Band 'Energy' + DJ Phill. Mexican Food, Tequila Shots, Cocktails, 6pm til 458 3255

Wed 22nd

Bequia Heritage Museum - Open today 10am - 1pm, Adm. EC\$25. Allow plenty of time for your visit! See ad 532 9554
Grenadine Wild Sea Salt Boutique - Boutique open, Tours available by appointment only WhatsApp +1 917 855 5930
Blue Grenadines - Escape to Paradise with Blue Grenadines Villa Rentals and Villa Sales, see ad 458 3440
Bequia Threadworks - Ethically handmade Fashion & Accessories for men, women & kids. Mon - Fri 8am-4pm 526 6945
Jack's Bar, PM Beach - Open from 10am, closed today only from 4pm for Private Function! 529 4692
Frangipani Hotel - Live Music tonight: The band 'Shake!' playing Bequia Rock & Soul, from 5.30pm 458 3255
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! All You Can Eat Buffet, US\$55 pp. incl. glass House Red! See ad 534 8677
Bagatelle @ Bequia Beach - BBQ Night with DJ entertainment by DJ Ozan. Res. essential! See ad 458 1600

Thurs 23rd

Vinlec Scheduled Outage - Industry, from 8am - 12 noon
Tobago Cays, Friendship Rose - Classic Schooner B'fast, Lunch, Drinks, Snacks, Snorkel 175US Kids Free 457 3888/495 0886
The Liming, Adams Bay - Daily for B'fast Lunch & Dinner, reservations please! Day Passes also available - see ad 533 0398
The Spa @ Bequia Plantation Hotel - Open for your pampering! Call to make an appointment, see ad 534 8677
Grenadine Island Villas - The most comprehensive listing of Villas & Apts to rent and buy in Bequia, see ad 457 3739/3888
Encore Thrift Store, Ocar - All proceeds in aid of The Bequia Sunshine School, open Thurs, Fri & Sat, 9am-1pm
The Cocktail Lab @ Bequia Marina - Get Down Thursday: Local rum Specials 5-9pm, DJ Adiktid 7-10pm. See ad 433 8218
Frangipani Hotel & Bar - World-famous BBQ & Buffet, 7.30pm, music by Elite Steel Orchestra. Must reserve 458 3255

EATING OUT & BARS

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 Open on Sundays!

Tel: 593 7264

marannehazell@gmail.com



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@sugarandspicebequia

OPEN DAILY

7:30AM - 7:30PM

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

Check out our
new panini menu!



DeReef
Beach Bar & Restaurant
Lower Bay - Bequia

Restaurant & Beach Bar

OPEN DAILY

FROM 10.30am UNTIL...

Sundays Lunch & Lime -

Jan & Louis + 'Shake!' live 4-6.30pm

Daily Happy Hour 4-7pm

Spacious Seating!

WhatsApp/Phone 528-4958

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

Cheri's Rooftop Terrace

Phone: 433 9054
Opposite Cemetery

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

• **MON-SAT:** Fabulous a la Carte Dinner 6-10pm

• **WEEKDAYS:** Happy Hour & Early Bird Specials 3-5pm

• **SAT AFTERNOONS:** Burger, Mojito & Taco Specials 1-5pm

• **SUNS:** Brunch (alternating Suns) 10.30-1.30pm, Tapas 3-10pm

Weekly schedule see: www.tinyurl.com/58wtej66 Closed Mondays!

Provision



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



JACK'S BEACH BAR PRINCESS MARGARET BEACH

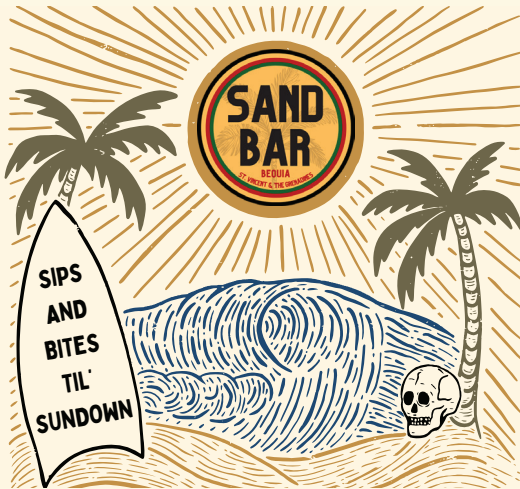
Open daily from 10am for Drinks, Lunch & Dinner • Check our new Dinner menu!
Daily Sunset Happy Hour 5pm to 6pm • **CLOSED @4pm Wed 22nd Jan for private function**

Fri 17th Jan: Sunset Vibes with 'Bashi' 5pm - 7.30pm

Sun 19th Jan: DJ music from 1pm - 7pm

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

OPEN DAILY 11AM-6PM



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

MAG'S PIZZA & KITCHEN

FRIDAY 17th Jan:

HAPPY HOUR 5-7pm BAR SPECIALS!

SATURDAY 18th Jan:

**CHILL & LIME with
Local DJ Music 7-9pm**

TUESDAY 21st Jan:

**'Bashi' live from 6.30-9pm
Wine Specials!**

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

BEQUIA PLANTATION HOTEL

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



Fri 17th Jan: SUNSET MARGARITA 4 - 6PM

Frozen Margaritas US\$4.50 * Combo Bites US\$14
DJ Mickey entertains from 4.30 - 6.30pm

Sat 18th Jan: SEAFOOD NIGHT 6.30 - 8.30PM

3-Course Set Menu US\$65 pp incl. 2 glasses House White Wine
Live Jamming Session with 'Bashi' 6 - 8.30pm

Sun 19th Jan: PIZZA AND BEER MANIA! 11AM - 4PM

25% off all Pizzas! Plus: Buckets of 6 Beers from EC\$32

Tues 21st Jan: CRAZY TUESDAY JAZZ 5.30 - 7PM

50% Discount on ALL Beverages!
'Shake!' Blues & Jazz Session 5.30 - 8.30pm

Wed 22nd Jan: PRIME CUT MEAT LOVERS NIGHT 6 - 9PM

All You Can Eat Mixed Grill & Dessert Buffet (Lamb Chops, T-Bone,
Beef Tenderloin, Pork Loin + sides) US\$55 pp incl glass House Red

Daily Afternoon Tea! See Facebook for details of all events:
www.facebook.com/BequiaPlantationHotel

Now every Sunday:
Famous Caribbean Curry Lunch
at

Firefly

Bequia Estate

Choice of beef, conch, chicken or vegan Curry + sides,
& chutneys. Locally made ice creams & desserts!
ec\$75 per person + service

Includes one wine/beer/juice/cocktail pp with meal

Reservations requested: phone/whatsapp 1 (784) 532-5134

E mail: fireflyestatebequia@gmail.com

Open daily for breakfast, lunch, drinks, & dinner by reservation

BEQUIA'S ONLY COCKTAIL BAR

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



Tue - Sun 4pm - until late **Closed Mondays**

Located at the Bequia Marina, on the waterfront



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

@thecocktaillabbequia +1 784 433 8218



Adams Bay
Bequia

The Liming

Open daily for
Breakfast, Lunch and Dinner
(Reservations requested for Dinner)

ASK ABOUT OUR DAY PASSES

Enjoy our facilities and
beautiful setting for a full day!

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Enquiries email: gm@thelimingbequia.com

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

- Wednesdays - BBQ Night with entertainment by DJ Ozan
- Saturdays - Seafood Fest with Jan & Louis + Shake! live

BLUE TROPIC RESTAURANT

New a la Carte Mediterranean Menu!

Open Daily for Dinner from 6.30pm (closed Mondays)

- Live entertainment with Cloud Gooding on Tuesdays & Fridays

DAILY DAY PASSES - US\$85 PP

Includes 2 Welcome Drinks plus access to Pools,
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Reservations essential!

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

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Classes with Patricia Healey

Mon & Thurs 9.15am: Intermediate

Tues & Fri 9.15am: Mild * Wed 9.15am: Restorative

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at Bequia Plantation Hotel

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Try a body scrub, after sun care, waxing, facials, hydration
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CBD infused massages are available.

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about
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infused
massage

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SOOTHE YOUR BODY & MIND

We offer a wide range of Spa Treatments
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Waxing, Manicures, Pedicures & more...

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

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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

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Fine wines and spirits!

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

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



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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

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



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ADVENTURES IN THE TRADE WIND

by RICHARD DEY

The Story of Morris Nicholson – Pioneer Charterboat Skipper

"... a well-told, interesting tale that weaves Dey's conversations with Nicholson into the history of the early days of the charter industry in the Caribbean."

– YACHTING Available from Bequia Heritage Museum, Amazon

ADVENTURES IN THE TRADE WIND



RICHARD DEY



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In aid of the Sunshine School

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A Turquoise Grave

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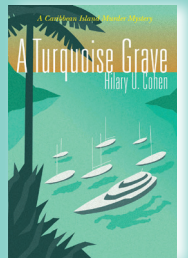
by Hilary U. Cohen

"...hard not to fall in love with this island paradise and the novel's wonderfully drawn characters"

"A captivating and transporting novel"

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Threadworks

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Fashion & Accessories

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8AM - 4PM

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Back Street, Port Elizabeth

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The Grenadines Initiative

grenadinesinitiative.org

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 Blues comes to Bequia for 1 Night:
FRIDAY, JANUARY 24, 2025

SHOW TIME 8.30PM

BEQUIA BLUES + 2025

BASIL'S MUSTIQUE BLUES

SHOW TICKETS: EC\$ 50.00 PREPAID or EC\$ 75.00 at the Door
Tickets for show only. Prepaid Tickets can only be purchased at Plantation front desk. For Guests attending the concert only, it is highly advisable to purchase your drinks voucher when purchasing your entrance ticket

DINNER AND SHOW: EC\$ 160.00 | USD 60.00
Dinner and Show including 1 glass of house white wine.
Dinner time: 6:00 PM - 8:30 PM
(Appetizer and Main Course served at your table, Self Service Chocolate Buffet and chocolate Fountain)
Kids Menu available.

SCAN FOR MENU

(784) 534-8677 | INFO@BEQUIAPLANTATIONHOTEL.COM

ST VINCENT BEQUIA TOBAGO CAYS MUSTIQUE

CARIBBEAN SCHOONER

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Fridays & Tuesdays - Tobago Cays US\$130 • Wednesdays - Mustique US\$125

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5 Outstanding Shows with Top-Notch Talent

- ◆ JOHN LENNON: MAN OF THE DECADE Feb 3 & 4
- ◆ TUESDAYS WITH MORRIE Feb 7 & 8
- ◆ SIX DANCE LESSONS IN SIX WEEKS Feb 12 & 13
- ◆ THE MIND READING LAWYER Feb 14 & 15
- ◆ An Act of Grace Feb 18 & 19

for info and tickets



BEQUIA INTERNATIONAL THEATRE FESTIVAL

February 3 - 19, 2025



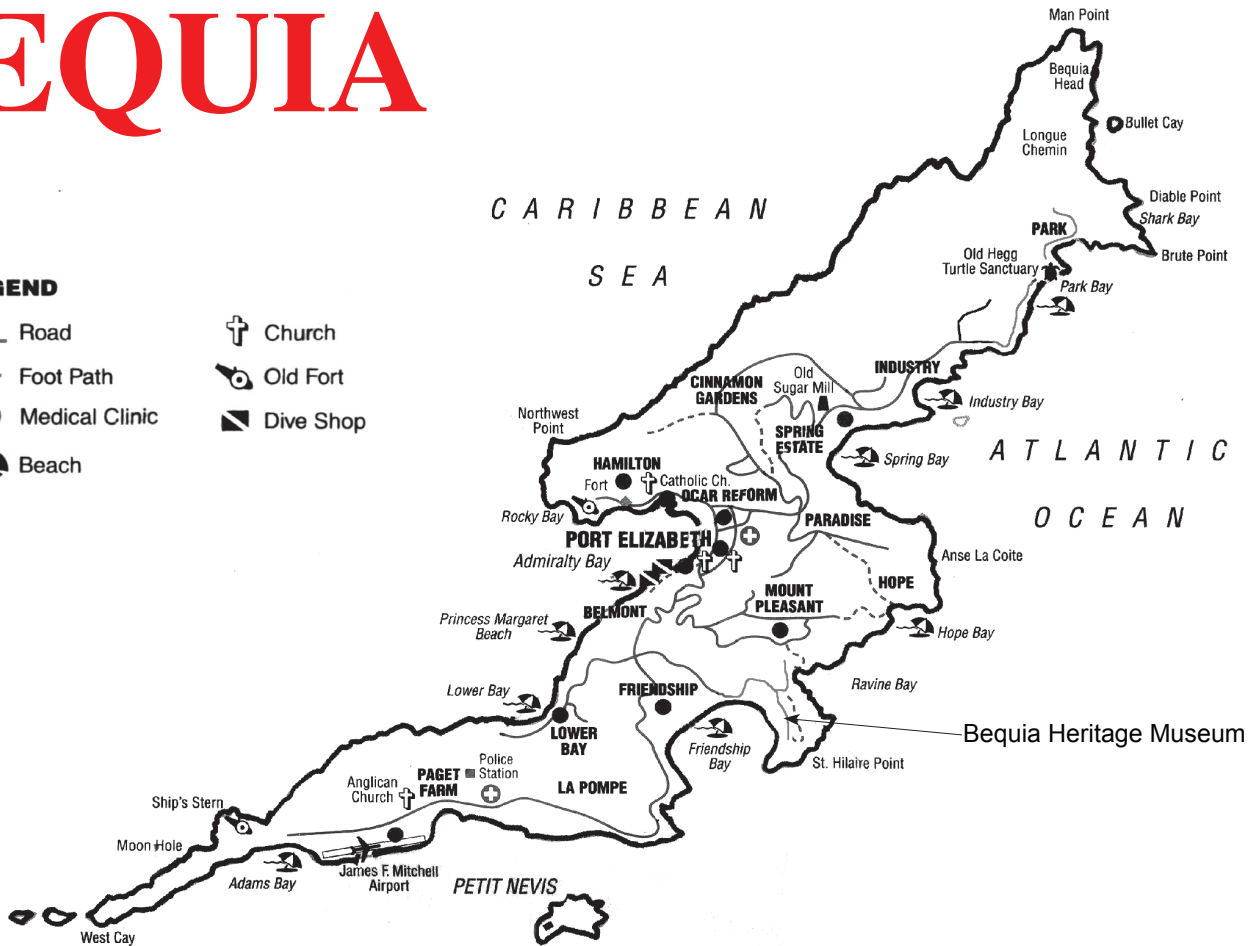
for info and tickets

BequiaShows.com

BEQUIA

LEGEND

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



VILLA RENTALS / REAL ESTATE

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Villas



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**LOOKING TO RENT OR SELL
YOUR PROPERTY IN BEQUIA?**

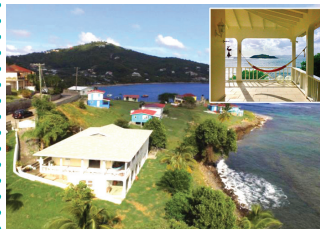
Why not advertise in 'Bequia this Week'?

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

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**Spacious Upper Floor
2-Bedroom Apartment**

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*Very reasonable rates -
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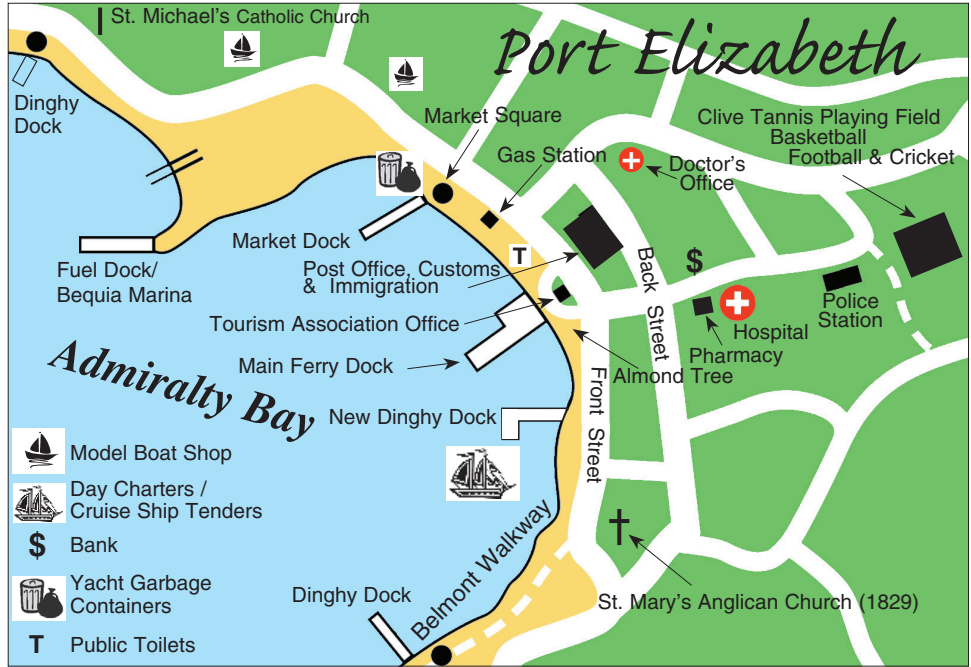
+1 (784) 457 3739

BEQUIA INFORMATION

BEQUIA HARBOUR The *WHERE'S* & *WHAT'S*

Bequia Tourism Association

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



GENERAL INFORMATION

Bequia Hospital (24 hrs)	458 3294	Bequia Police Station	458 3350
Bequia Clinic	457 3328	Coastguard	VHF 16 "ZedQ5 Bequia" 457 4578
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.

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:** www.facebook.com/AdmiralferriesBequia
admiralferries@gmail.com WhatsApp (784) 534-7707
- **Jaden Sun:** www.jadensunferry.com (inter-Grenadines)



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

Mon	20th Jan:	Mount Pleasant	8am - 12 noon
Tues	21st Jan:	Spring	8am - 12 noon
Thurs	23rd Jan:	Industry	8am - 12 noon



BEQUIA TOURISM ASSOCIATION
www.bequiatourism.com tourismbequia@gmail.com

Visit the Bequia Tourism Office!

Advice on accommodation, tours, daytrips, plus stamps, postcards, Bequia publications, flags, souvenir maps, beach towels, caps, bags, gifts & more...

Tel: +1(784) 458 3286

Located opposite Customs/Revenue building

WhatsApp: +1(784) 496 4417

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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

