

MAY

Fri 10th

Africano Disco: Dance Hall Nice Again, South Rivers  Tel: 457-2845
 Karaoke After Work, Vee Jays Restaurant and Bar, Kingstown. 4:30 pm Tel: 456-9788
 Hotel Alexandrina: Kulture Bar & Grill Happy Hour 5-8 pm, Prospect Tel: 458 -1800
 Grenadine House Restaurant: Happy Hours 3 pm until Tel: 457- 4795
 Paradise Beach Hotel: Grillin with the Captain, from 7:30 pm Tel: 453 -1111
 French Verandah: Happy Hours 5-7 pm Tel: 458-4283
 Ada Restaurant, Beachcombers Hotel: Happy Hours from 4:30 pm until 7:30 pm, Live Music Tel: 456-6808
 Unplug, Tree Bar & Grill, 2 for 1, Happy Hour from 7—9 pm, Arnos Vale Tel: 458 - 4411
 Sunset Shores Hotel: Chillin and Refillin Happy Hours 4—7pm Tel: 458 - 4308
 The Loft Restaurant and Bar, Blue Lagoon Hotel and Marina, Ratho Mill, Tel: 431-9741
 Moonshine Restaurant and Bar, DJ Music, Special on Zest 7-9 pm Villa

Sat 11th

Dutty Mas J'ouvert Jam, E T Joshua Tarmac, 10 pm
 Sunset Shores Hotel: Chillin and Refillin Happy Hours 4—6pm Tel: 458 - 4411
 Young Island Resort: BBQ Saturday, 7pm -10 pm Tel: 458 - 4826
 Untold, White Opal, All White Event, Dolphin Gymnasium, E T Joshua Tarmac. 8 pm—2am
 Bashment when we party, Rock Back Bar, Mt Grenan
 Grenadine House Restaurant: Happy Hours 3 pm until, Tel: 458 -1800
 Ada Restaurant, Beachcombers Hotel: Sangria (2 for 1) 12 noon—8:30 pm, BBQ 5:30; Live Music Tel: 458-4283
 BBQ Cookout Every Saturday, Myah's Hotel from 12:00 noon until Tel: 451-3600
 FLOW Wine Bar & Kitchen: Latin Night Tacos & Tequila, 8 pm—midnite, Kingstown

Sun 12th

French Verandah: Mother's Day Buffet Tel: 453 - 1111
 Kulture Bar & Grill, Hotel Alexandrina: Mother's Day Lunch, 1-4 pm, Prospect Tel: 456-9788
 Grenadine House Restaurant: Mother's Day Buffet Lunch, 12 noon, book special spa treatment Tel: 458 - 1800
 Sunset Shores Hotel: Mother's Day Celebration, 11 am—6 pm Tel: 458 - 4411
 Young Island Resort: Buffet Lunch, Sunday, 12:30 - 2:30 pm Tel: 458 - 4826
 Myah's Suites: Mother's Day Dine and Dance, 6-11 pm Tel: 451-3600
 Gate 3 Restaurant & Lounge: Mother's Day Lunch 12-4 pm, E T Joshua Center, Arnos Vale Tel: 570-3333
 Café Soleil, Blue Lagoon Marina: Mother's Day Lunch 11 am; live music by BAM from 7 pm Tel: 456 - 8550
 The Loft Restaurant and Bar, Blue Lagoon Hotel and Marina, Mother's Day Lunch 11am—2 pm Tel: 458 - 4308
 Paradise Beach Hotel: Mother's Day Lunch 12-4 pm Tel: 457- 4795
 Celebrate Mother's Day at Bungalow Restaurant Tel: 456-6777
 Ada Restaurant, Beachcombers Hotel: Mother's Day Lunch 12—5pm, Live Music Tel: 458-4283
 Basil at Villa: Mother's Day Lunch, 12-5 pm Tel: 456-2602

Mon 13th

Karaoke Night, Tree Bar & Grill, Arnos Vale , 8 pm
 Gate 3 Restaurant & Lounge, E T Joshua Center, Arnos Vale Tel: 570-3333
 Ada Restaurant, Beachcombers Hotel: Regular menu, take-away can be requested Tel: 458-4283
 French Verandah: Regular menu, take-away can be requested Tel: 453 - 1111

Tues 14th

French Verandah: Happy Hours 5-7 pm Tel: 453 - 1111
 Grenadine House Restaurant: Taco Tuesday Tel: 458 - 1800
 Entice Lounge & Bar, (Mon—Sat 10 am until), Victoria Park Tel: 454-2455

Wed 15th

Flow Wine Bar, Kingstown Tel: 457 - 0809
 Sunset Shores Hotel: Regular menu, take-away can be requested Tel: 458 - 4411
 Kulture Bar & Grill, Hotel Alexandrina, Prospect Tel: 456-9788
 Paradise Beach Hotel: Regular menu, take-away can be requested Tel: 457- 4795

Thurs 16th

French Verandah: Regular menu, take-away can be requested Tel: 453 - 1111
 Moonshine Restaurant and Bar, Villa Tel: 431-9741

Saturday 11th May

Nursing Pageant, SVG Community College (SVGCC) Villa Campus, 7 pm

Sunday 12th May

Carnival Zess, Porters Estate, Arnos Vale, 5 pm

Bagga Fish Fest Committee, Mother’s Day Karaoke, Sea Surf Restaurant and Bar/Liz Bar, 7 pm—until

Mother’s Day Karaoke Sunday, Wafulasun Sports Bar, Cumberland, 6:00 pm

Once in a Blue Moon Mother’s Day Celebration, Botanical Gardens, 5:30 pm

Sheka’s Beach Bar & Grill: Mother’s Day Brunch and Mimosa

Driftwood Restaurant and Lounge: Mother’s Day Special

Coconut Grove Beach Club, Ratho Mill: Mother’s Day Lunch, 11 am—5 pm

Mangoz Restaurant and Bar: Mother’s Day Celebration, Villa

Signature Restaurant and Event Center, Vigie Highway, Arnos Vale

Grill Spot Bar & Grill: Mother’s Day Lunch, Vigie Highway, Arnos Vale

La Vue Hotel: Mother’s Day Lunch 12-4 pm

Tel: 528-6137

Tel: 526-3663

Tel: 456-8999

Tel: 431—2837

Tel: 458-5882

Tel: 456-6518

Tel: 457-7768

Tel: 528-8883

MAY 31ST AND JUNE 1ST - 2ND

SOHO BEACH HOUSE CANOUAN



ONE FEST CANOUAN

SUNDAY OPTIONAL BEEFY'S SOUTHERN GRENADINES BOAT TRIP STARTING AT 12DEC

DAILY ACCESS FROM 5DEC AND WEEKEND ACCESS 12DEC

LIVE PERFORMANCES

BEACH GAMES AND LIMIN ON GRAND BAY

SVG INSPIRED CARIBBEAN **BBQ**

POP-UP SHOPS AND LOCAL ARTISANS

TRANSPORTATION PARTNERS SVG AIR AND FAST FERRY

CONTACT +1-784-530 7400 RECEPTION.CANOUAN@SOHOHOUSE.COM




ESCAPE TO BEQUIA

Summer Staycation Rates

Economy Room
\$150 EC/Night



Garden Room
\$260 EC/Night



For Vincentian Nationals | Double Occupancy

Deluxe Room
\$300 EC/Night



AC Suite
\$400 EC/Night



Book Now:

+1 (784) 458 3255 (Call between 8AM - 4PM)

reservations@frangipanibequia.com



Mother's Day Buffet

Honey BBQ Chicken
Garlic Herb Grilled Fish
Classic Minced Meat Lasagna



Verandah Bread Rolls
Plantain & Potato Salad
Saffron Corn Rice
Verandah Macaroni Pie
Red Bean Stew
Garden Salad



Double Chocolate Cake

Reservations (784)453-1111 EC\$85.00 Children Under 10 \$35.00

12
may
2024

6PM
TO
11PM

Mother's Day DINE & DANCE

\$150
Per Person

INCLUDES

- Buffet Dinner
- Wine With Dinner
- Welcome Drink

PRIZES TO BE WON

- BEST DRESSED COUPLE
- BEST DRESSED MOM

Live Local Dj:

Back In Time Music

**RESERVE YOUR
TABLE TODAY**

TREAT MOM LIKE THE
QUEEN SHE IS THIS MOTHER'S DAY
AT MYAH'S HOTEL!

RESERVATIONS: (784) 451-3600 | reservation@myahshotel.com

*PRICE INCLUSIVE OF VAT & SERVICE CHARGE

Grenadine House
Kingstown, St. Vincent

Mother's Day

12:00pm | Sunday, 12th May, 2024

Callaloo Soup with Cattle Skin &
Mini Dumplings
Assorted Bread

Breadfruit Salsa
Macaroni Salad
Tossed Salad with Berry Dressing

Festive Rice
Shepherds Pie
Chef Styled Vegetables
Steamed Plantains
Stewed Green Peas with Coconut Milk

Beef Stroganoff
Ginger Honey Glazed Ham
Grilled Chicken with Orange Sauce
Pan Seared Catch with Tropical Salsa

Guinness Cheesecake
Red Velvet Nutty Bar
Chocolate Mousse Cake

Fudge
Kurma
Sugar Cake (Peanut and Coconut)
Tamarind Balls

**BOOK
NOW**

+1 784 458-1800 | +1 784 593-0996

Mother's Day Celebration

Sunday, May 12th, 2024

11 am to 6 pm - Reservations Preferred

4 Course Buffet with complimentary drink
Vincenian Milk Chocolate Fountain

Featuring live entertainment by

<< Darron Andrews >>

>> Blazing Fyah <<

Adults - \$110 | Vegetarian - \$80 | Children - \$55 (5 to 11 yrs)

Children 4 and under no charge

Pricing in EC\$ Includes 16% VAT - 10% Service Charge will be added



Sunset Shores

BEACH HOTEL & RESTAURANT

Villa Beach, St. Vincent | +1 784-458-4411 | info@sunsetshores.com

PARADISE BEACH HOTEL'S

Mother's Day

LUNCH

From 12-4pm, 12th May, 2024
@Paradise Beach Hotel

For Reservations:
+1(784)457-4795 📞
info@paradisestvg.com ✉️

Mother's Day Menu

Sunday, May 12th, 2024 – 11 am to 6 pm
Reservations Preferred

Starters
Roasted Pumpkin & Sweet Potato Soup *with freshly baked bread*
OR Shrimp or Chicken Tostones

Salads
Green Garden Salad, Tomato Watermelon & Feta Salad

Entrées (choose 2)
Grilled Flank Steak w Tamarind Sauce | Stuffed Pork Tenderloin w Herb Crust
Oven Roasted Chicken Breast w Creamy Spinach Filling
Baked Fillet of Fish in Herb Garlic Sauce

Served with Sunset Shores Signature Sides
Honey & Herb Roasted Vegetables, Pigeon Peas & Pumpkin, Basmati Rice Pilaf,
Tomato & Basil Marinara Pasta, Creamy Mashed Garlicky Potatoes

Sweet Treats
Vincentian Milk Chocolate Fountain & other Assorted Desserts

Complimentary drink
Red or White Wine, Sunset Mimosa, or Fresh Fruit Punch

Adults \$110 | Vegetarian \$80 | Children (5 to 11 yrs) \$55
Children 4 and under no charge – Pricing in ECS & Includes VAT - 10% Service Charge will be added to your bill

Villa Beach, St. Vincent | +1 784-458-4411 | info@sunsetshores.com

Featuring:

ONCE IN A BLUE MOON

MAY | 12TH | 2024 | 5:30 PM

Botanical Gardens

Early Bird: \$50 Regular: \$60

COMPLIMENTARY BLUE MOON DRINK ON ENTRY
FREE GIFT FOR ALL MOTHERS

YOU MUST WEAR BLUE

Ticket Outlets:
• Cell World • Chill Spot

MUSIC BY DJ KANO

Mother's Day

KARAOKE SUNDAY NIGHT

Special on the menu, served with cake, ice cream and complimentary glass of wine.

Doors Open 6pm




Join Us for

Mother's Day LUNCH

SUNDAY MAY 12 FROM 12PM - 4PM

CALL FOR RESERVATIONS: 784-456-9788

EMAIL: info@hotalexandrina.com

CELEBRATE

Mother's Day

with us at

BUNGALOW

along with live music by

Andy CRUIKSHANK



For reservations or information
456-6777
Reservations Recommended



Mother's Day Lunch

SUNDAY
12 TH MAY 12:00 - 4 PM

ENTERTAINMENT BY WALT CARTER

LOOK OUT FOR OUR MENU

\$90 PER PERSON
\$45 FOR CHILDREN

Gate3restaurant.com

Gate3 Restaurant

784-570-3333 | www.gate3svg.com

Mother's Day menu

STARTERS

- Mango-Infused Smoked Salmon Kebabs with Ponzu Sauce drizzle
- Vegetable Spring Rolls served with a shot of Pumpkin Soup

MAINS

- Grilled "5 spiced" Fish in White Wine Sauce
- Pork Chops in Brown Dijon Glaze
- Caribbean Style Braised Chicken Thighs

<h3>SIDES</h3> <ul style="list-style-type: none"> Coconut Spanish Rice Herb Crusted Potato Au Gratin Pesto Pasta Primavera Italian Caesar salad 	<h3>DESSERTS</h3> <ul style="list-style-type: none"> Carrot Cake with Cream Cheese Frosting Semi-Sweet 'Lazy Daisy' Chocolate Cake with Vanilla Ice Cream
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Sunday, May 12

GATE 3 RESTAURANT & LOUNGE

RESERVE NOW: 784-570-3333

Mother's Day LUNCH MENU

----- SOUP -----
GREEN SPLIT PEAS WITH GARLIC BREAD

----- MEATS (CHOOSE TWO) -----
STUFFED CHICKEN IN MUSHROOM SAUCE
GLAZED BBQ RIBS
FISH KEBABS (2)

----- SIDES -----
HERB RICE
CREAM CHEESE AND SPINACH LASAGNA ROLL
ROASTED POTATOES
STEWED PIGEON PEAS
GREEN SALAD
GARLIC BREAD

----- DESSERT -----
PINEAPPLE CAKE WITH ICE CREAM

COMPLEMENTARY GLASS OF WINE!

ADULTS \$85
KIDS UNDER 10 \$40

CALL FOR RESERVATIONS: 784-456-9788
EMAIL: info@hotalexandrina.com

SHEKA'S BEACH BAR & GRILL
AFTERNOON EDITION

MOTHER'S DAY

BRUNCH & MIMOSA

Celebrate Mother's Day with a delightful brunch.

12 May 2024 **Buccament bay Beach front**
Under the giant almond tree

Live DJ music : Jude 'd cool dude'
Time: 2-5pm

Brunch buffet \$95 per person
Kids up to 12yrs \$50
10 % service charge

MORE INFO

Call #5263663/5290484

SPECIALS JUST FOR YOU!

driftwood
restaurant & lounge
eat. drink. drift.

MOTHER'S DAY SPECIALS

A FREE GLASS OF WINE

DELICIOUS DESSERTS



Mother's Day

BRUNCH MENU

Brunch

BANANA & PINK WAFFLES
W/ FRIED CHICKEN WINGS
TOMATO BRUSCHETTA
STUFFED PLANTAIN CUPS(SALTFISH OR MANGO SALSA)
CHEESE WONTONS
TUNA BOUCHEES

LUNCH

CHOICE OF 1 MEAT

SPINACH STUFFED FISH
GARLIC PARMESAN CK SKEWERS
PANSEARED PORK CHOPS 'N' SWEET GINGER SAUCE

sides: choice of 3

Chef potato pie
Marinara penne pasta
Deep fried eggplant
Sweet potato medley salad
Classic house salad w/olive garden Italian dressing

Dessert

TIRAMISU PARFAIT CUPS
SUGAR COOKIES W/ ROYAL ICING

Mother's Day

GRILL SPOT BAR & GRILL

MENU

STARTER

Conch chowder or Callaloo soup

MEATS

Chillspot jerk ribs
Vegetable & cheese stuffed chicken
Grilled pepper fish
Curried mutton
Chinese pepper steak

SIDES

Ginger roasted vegetables with corn
Sweet potato salad
Stewed green peas
Spinach rice
Breadfruit pie
Garden salad

DESSERT


Apple and vanilla tart
Chocolate heart cake
Pumpkin cheesecake

\$80
CHILDREN UNDER 10 \$40

Vigie Highway, Amos Vale, outside previous location of Rent and Drive
TO RESERVE TABLES, CONTACT 1 (784) 457-7768



Spring Hotel Bequia



DAY PASS

USD \$75 per person

Includes:

- FREE SHUTTLE SERVICE
- 1 TWO COURSE MEAL
- 1 WELCOME DRINK
- CHANGE ROOM
- POOL ACCESS
- 1 LOCAL BEVERAGE
- ACCESS TO ENTERTAINMENT AREAS

ROOM ADD-ON + USD \$35


Reservation Only

tel # 1 784 457 3707 / 1 784 454 4260
email: info@springhotelbequia.com

Grenadine House
Kingstown, St. Vincent

EVERY TUESDAY

TACOS




Tuesday

**BEEF
CHICKEN
FISH
VEGETABLE**

-SERVED WITH FRIES / SALAD | 1 REFRESHING GLASS OF GH LEMONADE-

- +1 784 458-1800 | + 1 784 593-0996 | STAY@GRENADINEHOUSE.COM -



SERENITY DIVE INC



START YOUR SCUBA DIVING CAREER NOW!!!

We're offering an internship/employment opportunity

Candidate must have/be:

- GOOD COMMUNICATIVE SKILLS
- COMFORTABLE BOTH IN AND ON THE WATER
- WILLING TO LEARN
- PASSIONATE & MOTIVATED

For more information contact us:
(784) 457-5335 or email your CV to
serenitydive@hotmail.com

FRIDAY 10 MAY

AFRICANO DISCO PRESENTS



DANCEHALL NICE AGAIN

FLOODLIGHTS CRICKET AND FOOTBALL AFTER PARTY

LOCATION:
CLUB AFRICANO / SOUTH RIVERS

MUSIC BY:
THA FUGITIVE

CARIB BEER & CAMPARI ON SPECIAL ALL NIGHT



Signature **HAPPY MOTHER'S DAY**

Buffet Menu

MEAT
 BAKED LAMB IN A GINGER AND SOY SAUCE
 STUFFED CHICKEN BREAST IN A CREAMY CHEESE SAUCE
 PAN-SEARED FISH WITH A GARLIC BUTTER SAUCE
 SIGNATURE JUICY BBQ PORK RIBS

SIDES
 STIR-FRY PINEAPPLE RICE
 ROSEMARY BAKED POTATOES
 PENNE PASTA IN TOMATO SAUCE
 VEGETABLE MEDLEY
 CREAMY CORN PIE

DESSERT
 GUINNESS & BAILEYS CHEESE CAKE
 CHOCOLATE DRIZZLED CAKE
 RED VELVET CAKE

ADULTS **\$85** CHILDREN **\$45**
 per person under 12

Limited seating - Call in advance for reservations @ 456 6518
 Take away is also available!!

Bamboo Spa Resort
 UNITING MIND... BODY... SPIRIT.

MOTHER'S DAY SPA ESCAPE

QUEEN FOR THE DAY \$428.40

BODY POLISH
 LUXURY MANICURE & PEDICURE
 HALF BACK MASSAGE
 FACIAL

JUST FOR MOM FULL BODY MASSAGE GEL PEDICURE GEL MANICURE \$268.80	MOM TO BE PRENATAL MASSAGE PEDICURE MANICURE \$243.60	MOM DELUXE DAY HOT STONE MASSAGE LUXURY PEDICURE MANICURE \$294.00
MOM ESCAPE FACIAL MANICURE HALF BACK MASSAGE \$231.00	RELAX MOM & DAUGHTER FACIALS PEDICURES MANICURES \$470.40	

FOR APPOINTMENTS OR GIFT CERTIFICATE PURCHASE
 (784) 482-9506 OR (784) 493-5668

Promotion Valid May 2 - 15, 2024

CONNECT WITH US:
 Facebook: Bamboo Spa Resort Instagram: bamboospasv

Grenadine House
 Kingstown, St. Vincent

DAY PASS

US \$85.00
 Per Person

ROOM ADD-ON +\$35.00

DAY PASS PACKAGE INCLUDES:

- ✓ 1 WELCOME RUM/FRUIT PUNCH
- ✓ 1 TWO COURSE MEAL
- ✓ 1 LOCAL BEVERAGE
- ✓ 1 GLASS HOUSE RED/WHITE WINE
- ✓ ACCESS TO POOL
- ✓ ACCESS TO GYM

BOOK NOW

+1 784 458-1800 | +1 784 593-0996
 stay@grenadinehouse.com



CENTRAL LEEWARD CARNIVAL 2024

UPCOMING EVENTS

May 18 **KIDDIES CARNIVAL/ FAIR**
 Barrouallie Square
 10 AM

May 24 **Party N de Square**
 Barrouallie Square
 8 PM

May 25 **JOUVERT**
 Barrouallie Square
 4 AM

May 25 **EVENING JUMP UP**
 Barrouallie Square
 3 PM

Canouan WHITSUNTIDE Regatta

Date: 16TH MAY - 20TH MAY

Thursday 16TH MAY	Opening Ceremony. Cultural Extravaganza. Racing Rules & Briefing of Regatta. Welcome Party.
FRIDAY 17TH MAY	Fishing Competition. Fish Fest. Card Games + Domino Game.
SATURDAY 18TH MAY	First day of Sailing. Onshore Activities. Wet Fete Night, Regional Artist, Club House.
SUNDAY 19TH MAY	Second day of Sailing. Onshore Activities. Beach football, Tug A War, Sack Race, Ring Game. Punch Board, Musical Chairs, Dips Teen Show - Venue Harcourt.
MONDAY 20TH MAY	Final day of Sailing Onshore Activities Closing and Price Giving

MUSIC ALL WEEKEND PROVIDED BY:
PRIME LIME SOUNDS

VINCYMAS CALENDAR 2024

JUNE 28 - JULY 09

SAT MAY 4TH	VINCYMAS LAUNCH
FRI JUNE 28TH	FANTASTIC FRIDAY
SAT JUNE 29TH	JUNIOR CARNIVAL
SUN JUNE 30TH	JUNIOR PANORAMA
TUE JULY 2ND	JUNIOR CALYPSO/SOCA
THUR JULY 4TH	STEEL AND GLITTER
FRI JULY 5TH	EVO
SAT JULY 6TH	RAGGA SOCA MONARCH & SOCA MONARCH FINALS
SUN JULY 7TH	DIMANCHE GRAS
MON JULY 8TH	JOUVERT & T-SHIRT BAND STREET PARTY
TUE JULY 9TH	MARDI GRAS

THE HOTTEST IN THE CARIBBEAN

1-784-457-2580 | www.vincymas.vc
 Vincymas | M: cdcovsvg@vincysurf | I: vincy_mas

Grenadine House Kingstown, St. Vincent

POOL Packages

POOL PACKAGE 1 XCD \$40.00 -ACCESS TO POOL-	POOL PACKAGE 2 XCD \$60.00 -ACCESS TO POOL- - 1 LIGHT MEAL- - 1 HAIROUN SOFT DRINK-
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FOR RESERVATIONS CALL/WHATSAPP
+1 784 458-1800 | + 1 784 593-0996

Mac's PIZZERIA

Vhf 68

Live Music with Jan & Louis on Sax & Piano

SATURDAY 11th May. - Music starts at 6.30

SVG Hotel & Tourism Association
 Cruise Ship Terminal, Unit #8, St. Vincent & the Grenadines
 T: 784 458-4379 | M: 784-494-4379
 E: svghotels@vincysurf.com | svghotels@gmail.com

WINDWARD CARNIVAL 2024

Calendar of Events

- 20 MAY** CARNIVAL LAUNCH
TRIPLE R SQUARE
- 23 MAY** MOONLIGHT SPLASH
RABACCA
- 01 JUNE** KIDS BONANZA / KIDDIES CARNIVAL
CHILLI PLAYING FIELD
- 16 JUNE** BRUNCH & JIGGLE
SEA VIEW GARDEN BEACH CLUB
- 21 JUNE** WINDWARD SOCA MARCH & PAN - KAI - MAS
CHILLI PLAYING FIELD
- 22 JUNE** JOUVERT AND STREET PARTY / AFTER PARTY
STREETS OF GEORGETOWN
- 23 JUNE** CARNIVAL COOLDOWN
VENUE: TBA

LOCATION
 DOLPHIN GYMNASIUM
 ET. JOSHUA TARMAC

MAY 11 2024

8PM UNTIL 2AM

UNTOLD

White opal

ALL WHITE EVENT

TICKET OUTLETS
 CHILL SPOT
 GATE 3
 PULSE

MAY SPECIAL!!

Open Water Diver Starting At \$400USD/\$1070EC

Advanced Adventurer Diver Starting At \$375USD/\$1000EC

(784) 527-3406
 info@diveantilles.com
 diveantilles.com

T20
 ICC MEN'S T20 WORLD CUP WEST INDIES vs USA 2024

TROPHY TOUR

at Vincent and The Grenadines
 The Caribbean you're looking for

- MAY 15TH**
3:30 - 6:00PM
UPSTREET VIBE
UPPER BAY STREET, KINGSTOWN
- MAY 16TH**
8:00 - 9:30AM
NORTH WINDWARD
2:00 - 4:00PM
NORTH LEEWARD
- MAY 17TH**
10:30 - 3:00PM
BEQUIA
4:00 - 6:00PM
ST. VINCENT
UNLEASH: RUNS & RHYTHMS
HERITAGE SQUARE, KINGSTOWN



Organic Essence ECs 140.00

Our Organic Essence Package consists of a refreshing facial and upper body massage. Designed to deliver an indulgent organic experience, whilst supporting your skin's natural ability to regenerate and become healthy and balanced. With a blend of Aloe Vera and natural oils, your body will feel renewed after this treatment.

Nourish & Nurture ECs 115.00

This soothing, multi-detox body wrap treatment is an infusion of Organic ingredients including Peppermint and Seamoss, aimed at detoxing and cleansing the skin.

Radiate & Renew ECs 155.00

This is an exfoliating body massage and scrub where the body will be polished to perfection with an infusion of Local Vincy Salt Crystals and Massage oil, aiding in removing dead skin cells and improving circulation. In addition, this treatment includes an indulgent massage with Locally made body butter to replenish and renew the skin.

Mineral Infusion ECs 95.00

Based on an ancient therapeutic treatment for hands in need of little extra care, this treatment is perfect if you have discomfort in your hands and arms.

This deeply restorative treatment involves a soothing mineral soak, a refreshing exfoliation treatment, a warm mask and a comforting hand and feet massage with organic oils, designed to relieve discomfort and give you an energy boost.

Your hands will be treated to an aromatic experience in either uplifting lemongrass or soothing wild rose, to promote healing and revitalise your skin and nails.

Vitality ECs 75.00

Treat your little one to a relaxing and refreshing upper body massage and their choice of a manicure or pedicure using all natural, local, safe ingredients.



Eco May

This May, we are going green! Use the code : ECOGH when booking and receive 10% off our Eco May packages!



+1 784 458-1800 | +1 784 593-0096
STAY@GRENADINEHOUSE.COM



NEW FLIGHTS

Starting April 1st 2024, we will be operating new flights to the Grenadines on

MONDAY | WEDNESDAY | FRIDAY | SATURDAY

departing St. Vincent at 8:00 am

BOOK YOUR FLIGHT TODAY:

Tel: (784) 457-5124

Whatsapp: (784) 532-9179

Email: reservations@flysvgair.com



Happy Hour

FRIDAYS from 5PM to 8PM

Buy 1 Get 1
FREE

Carib BEERS

Introducing our
PLANTAIN TACOS

Rum Punch SPECIAL

Tel: 784-456-9788 | Email: info@hotelalexandrina.com





Jaden Sun - Fast Ferry Service
From Fri. 10th May to Wed. 15th May, 2024

Days	Route	Estimated Time of DEPARTURE	Estimated Time of ARRIVAL
Friday 10 May, 2024	NO OPERATION		
Sunday 12 May, 2024	NO OPERATION		
Monday 13 May, 2024	NO Morning operation	3:30	4:00 pm
		pm	4:10 pm
	Kingstown → Bequia	5:25	5:40 pm
	Bequia → Canouan	pm	6:00 pm
	Canouan → Mayreau	5:50	
	Mayreau → Union Island	pm	
Tuesday 14 May, 2024	Union Island → Mayreau	6:30 am	6:40 am
	Mayreau → Canouan	6:50 am	7:05 am
	Canouan → Bequia	7:15 am	8:15 am
	Bequia → Kingstown	8:25 am	8:55 am
	-----	-----	-----
	Kingstown → Bequia	3:30	4:00 pm
	Bequia → Canouan	pm	5:10 pm
	Canouan → Mayreau	4:10 pm	5:40 pm
	Mayreau → Union Island	5:25	6:00 pm
		pm	
		5:50	
		pm	
Wednesday 15 May, 2024	Union Island → Mayreau	6:30 am	6:40 am
	Mayreau → Canouan	6:50 am	7:05 am
	Canouan → Bequia	7:15 am	8:15 am
	Bequia → Kingstown	8:25 am	8:55 am
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	-----	-----	-----
	No Afternoon Schedule		

ULTIMATE CARNIVAL STARTER
WEEK #2
Carnival Zessers
The Caribbean Series
SUNDAY MAY 12, 2024
@PORTERS ESTATE, ARNOS VALE
START TIME: 5 PM
TICKETS: \$50
 DEJAYS: DJ TAZ, 2 KOOL CHRIS, ICE COLE, DJ STIFLAH & SHADY & FROM TRINIDAD: DJ CHARLOTTE
 - ZESSERS REPORT FOR DUTY -

WELCOME TO NORTH LEEWARD Carnival 2024
 12TH MAY - 16TH JUNE
PROGRAM OF ACTIVITIES FOR NORTH LEEWARD CARNIVAL

CARNIVAL LAUNCH CHATEAUBELAIR PLAYING FIELD	20 th May
WET FETE	1 st June
Soca MONARCH PETIT BORDIER HARD COURT	8 th June
KIDDIES CARNIVAL CHATEAUBELAIR PLAYING FIELD	9 th June
NASTY IN WHITE JOUVERT PARTY PETIT BORDIER HARD COURT	14 th June
JOUVERT & STREET JUMP UP	15 th June
BRUNCH SOIREE	16 th June
TROPICAL PARADISE SUMMER BLISS	3 rd August

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JADEN SUN - FAST FERRY SERVICE
REGULAR SCHEDULE

Days	Route	Estimated Time of DEPARTURE	Estimated Time of ARRIVAL
SUNDAY	Kingstown → Bequia	4:00 pm	4:30 pm
	Bequia → Canouan	4:35 pm	5:35 pm
	Canouan → Mayreau	5:45 pm	6:00 pm
	Mayreau → Union Island	6:05 pm	6:15 pm
MONDAY	Union Island → Mayreau	6:30 am	6:40 am
	Mayreau → Canouan	6:50 am	7:05 am
	Canouan → Bequia	7:15 am	8:15 am
	Bequia → Kingstown	8:25 am	8:55 am

	Kingstown → Bequia	3:30 pm	4:00 pm
	Bequia → Canouan	4:10 pm	5:10 pm
	Canouan → Mayreau	5:25 pm	5:40 pm
Mayreau → Union Island	5:50 pm	6:00 pm	
TUESDAY	NO OPERATION		
WEDNESDAY	Union Island → Mayreau	6:30 am	6:40 am
	Mayreau → Canouan	6:50 am	7:05 am
	Canouan → Bequia	7:15 am	8:15 am
	Bequia → Kingstown	8:25 am	8:55 am
	NO AFTERNOON SCHEDULE		
THURSDAY	NO OPERATION		
FRIDAY	Kingstown → Bequia	10:00 am	10:30 am
	Bequia → Canouan	10:40 am	11:40 am
	Canouan → Mayreau	11:55 am	12:10 pm
	Mayreau → Union Island	12:20 pm	12:30 pm

	Union Island → Mayreau	3:30 pm	3:40 pm
	Mayreau → Canouan	3:50 pm	4:05 pm
	Canouan → Bequia	4:20 pm	5:20 pm
Bequia → Kingstown	5:30 pm	6:00 pm	
SATURDAY	NO OPERATION		

1. BOARDING is 30 minutes prior to departure
2. Departure and arrival times may vary due to weather and other operational reasons
3. If a Bank Holiday falls on Monday, there will be **NO** departure on Sunday. The ferry will depart on **Monday** at 4:00pm instead
4. Fares are subject to change

Jaden Inc
P.O. Box 2333
Kingstown, St. Vincent
T. 784-451-2192
M. 784-498-7114
Ferry: 784-498-7115
Email: jadensun@stvincyferry.com
Website: www.jadensunferry.com

SAILING SCHEDULE

OPERATING DAYS	DEPARTS BEQUIA	DEPARTS KINGSTOWN
MONDAY	6:30 AM 2:00 PM	11:45 AM 4:00 PM
TUESDAY	6:30 AM 2:00 PM	11:45 AM 4:00 PM
WEDNESDAY	6:30 AM 2:00 PM	11:45 AM 4:00 PM
THURSDAY	6:30 AM 2:00 PM	11:45 AM 4:00 PM
FRIDAY	6:30 AM 9:15 AM 2:00 PM	8:00 AM 11:45 AM 4:00 PM
SATURDAY	6:30 AM 9:15 AM 4:00 PM	8:00 AM 11:00 AM 5:30 PM
SUNDAY	6:30 AM 4:00 PM	8:00 AM 5:30 PM

(784) 458 3348
 (784) 534 7707
 admiralferries@gmail.com
 admiralferries.com

MV Gem Star 2

Schedule

Departs Kingstown

TUESDAYS & FRIDAYS - 12:00NOON

Kingstown - Canouan - Mayreau - Union Island

Departs Southern Grenadines

WEDNESDAYS & SATURDAYS - 7:00AM

Union Island - Mayreau - Canouan - Kingstown

ONE WAY FARES CANOUAN: \$60 | MAYREAU: \$70 | UNION ISLAND: \$80

All fares are quoted in Eastern Caribbean dollars.



DEPARTS BEQUIA

MONDAY - FRIDAY

6:30 AM
8:30 AM
9:30 AM
1:00 PM
4:30 PM

SATURDAYS

6:30 AM
8:30 AM
1:00 PM
4:30 PM

SUNDAYS & PUBLIC HOLIDAYS

6:30 AM
4:30 PM

FARES

Bequia: adult return
\$45.00, one way
\$25.00

Children return
\$25.00 and one way
\$15.00.

Children under 5
years travelling with
an adult free.

=====

One way to Canouan
\$60.00

One way to Union
Island and Mayreau
\$80.00

DEPARTS KINGSTOWN

MONDAY - FRIDAY

8:00 AM
10:30 AM
1:00 PM
4:00 PM
6:00 PM

SATURDAYS

8:00 AM
11:00 AM
5:00 PM
6:00 PM

SUNDAYS & PUBLIC HOLIDAYS

8:00 AM
6:00 PM

SOUTHERN GRENADINES

**MONDAY & WEDNESDAY
TO SOUTHERN GRENADINES**

Canouan - Mayreau - Union
Depart Kingstown - 11:00 AM

**TUESDAY & THURSDAY
TO KINGSTOWN**

Mayreau - Canouan - Kingstown
Depart Union Is - 6:30 AM

**FRIDAY
(Same Day Return).**

TO KINGSTOWN
Canouan - Mayreau - Union
Depart Kingstown - 11:00 AM

Tel: 457-3539