

JULY

Fri 12th

Myah's Hotel: Sky Lounge Club Party, 7 pm—12 am	Tel: 451-3600
Mangoz Restaurant, Villa	Tel: 458-5882
Paradise Beach Hotel: Grillin with the Captain, from 7:30 pm	Tel: 457- 4795
Grenadine House Restaurant: Happy Hours 3 pm until	Tel: 458 -1800
The Loft Restaurant, Blue Lagoon Hotel, Ratho Mill	Tel: 458-4308
Flow Wine Bar & Kitchen, Kingstown	Tel: 457- 0809
Elevate, Tropical Ecstasy, Cruise Ship Terminal, 7pm—midnight	
Bagga Fish Fest, Barrouallie Square, 6 pm	
Moonshine Restaurant and Bar, Villa	Tel: 431-9741
Ada Restaurant, Beachcombers Hotel: Happy Hour 4:30—7:30 pm, live music	Tel: 458-4283
Hotel Alexandrina: Kulture Bar & Grill Happy Hour 5-8 pm, Prospect	Tel: 456-9788
Tree House & Grill, Arnos Vale	Tel: 456-6808
French Verandah: Happy Hours 5-7 pm	Tel: 453 -1111
Touch on Water, Sunset Cruise, Sailing to the Leeward Coast, sailing at 6 pm from Cruise Terminal	



Sat 13th

Ada Restaurant, Beachcombers Hotel: Sangria Day 12:30—8:30; BBQ 5:30—9 PM pm, live music	Tel: 458-4283
Moonshine Restaurant and Bar, Moon lit Saturdays from 9 pm, Villa	Tel: 431-9741
Grenadine House Restaurant: Happy Hours 3 pm until	Tel: 458 -1800
Myah's Hotel: BBQ 12:00 pm onward, Happy Hour All Day	Tel: 451-3600
Coconut Grove Beach Club, Ratho Mill: Regular menu from 2 pm	Tel: 431-2837
Backyard Adventures, Arnos Vale, 10 am—8 pm	Tel: 593-6980
Flow Wine Bar & Kitchen, Kingstown	Tel: 457- 0809
Sunset Shores Hotel: BBQ 6:30 -9:30 pm, happy hour 4-6 pm	Tel: 458 - 4411
Rock Back Bar, Mt Grenan, Birthday Bash	

Sun 14th

Grenadine House Restaurant: Buffet Lunch, 12 noon, Happy Hours 3 pm until,	Tel: 458 - 1800
Myah's Hotel: Lunch from 12:00 noon	Tel: 451-3600
Yet Still We Rise, Hurricane Beryl Relief Drive Concert, 3—10 pm, Victoria Park	
Over Dose, Porters Estate, Arnos Vale, 3-10 pm	
Moonshine Restaurant and Bar: Bring back the Vibes, 7 pm, Villa	Tel: 431-9741
Café Soleil, Blue Lagoon Marina: BBQ, live music by BAM from 7 pm	Tel: 456 - 8550
Backyard Adventures, Arnos Vale, 10 am—8 pm	Tel: 593-6980

Mon 15th

Hotel Alexandrina: Kulture Bar & Grill, Prospect	Tel: 456-9788
Tree House & Grill: Karaoke Night, 8 pm until, Arnos Vale	Tel: 456-6808
French Verandah: Regular menu, take-away can be requested	Tel: 453 - 1111
Ada Restaurant, Beachcombers Hotel: Regular menu, take-away can be requested	Tel: 458-4283

Tues 16th

French Verandah: Happy Hours 5-7 pm	Tel: 453 -1111
Grenadine House Restaurant: Taco Tuesday	Tel: 458 -1800
Signature Restaurant and Event Centre: Beer & Wings Tuesday, Vigie Highway, Arnos Vale	Tel: 456-6518

Wed 17th

The Loft Restaurant, Blue Lagoon Hotel, Ratho Mill	Tel: 458-4308
Myah's Hotel: Pizza and Pasta your Way	Tel: 451-3600
Flow Wine Bar, Kingstown	Tel: 457 - 0809
Hotel Alexandrina: Kulture Bar & Grill, Prospect	Tel: 456-9788

Thurs 18th

Sunset Shores Hotel: Regular menu	Tel: 458 - 4411
Mangoz Restaurant, Villa	Tel: 458-5882
Signature Restaurant and Event Centre, Vigie Highway, Arnos Vale	Tel: 456-6518

Grenadine House
St. Vincent

SUPER

EG\$125

POOL
Carnival Cooldown

10TH JULY-31ST JULY, 2024

-POOL ACCESS-
-LIGHT MEAL (WINGS/SANDWICH & FRIES) - 1 HAIR/ROUN SOFT-
-AN UPPER BODY MASSAGE OR FOOT REFLEXOLOGY-

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

MYAH'S SUITES
HOTEL

SUNDAY LUNCH
SUNDAY JULY 14TH | 12PM

Meats
Choice of:

- Home-made style chicken in Creole sauce
- Grilled fish

Sides

- Rice Pilaf
- Scalloped Potatoes
- Fried Plantain
- Sauteed Seasonal Vegetable
- Battered Egg Plant

Dessert
Bread pudding in caramel sauce & ice cream

\$55 Adults
\$25 Kids (4-10yrs)
VAT and SVC inclusive.

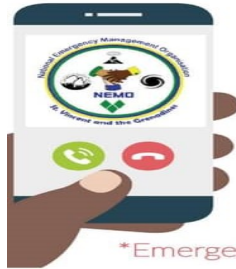
+ 1 784 451-3600
reservations@myahshotel.com

Myahs Hotel

www.myahshotel.com

SAINT VINCENT AND THE GRENADINES (GETS) READY

St.Vincent
and the
Grenadines



*Emergency Numbers

Emergency Contacts

Organization

NEMO
Police
BRAGSA
Milton Cato Memorial Hospital
Accident & Emergency
Health Security
VINLEC
CWSA
SVG MET Services
Coast Guard
SVG Port Authority
SVG Red Cross
Maritime Administration
Forestry Department

DIGICEL
FLOW
SOL
RUBIS

Contact #

456-2975
*458-6366
457-1211
457-2956
456-1185
456-1955
453-2351
456-1701
*456-1540
456-2946
*457-1445
458-4477
457-4578
456-1830
456-1888
456-1378
457-8594
453-3000
457-1901
458-4138
456-5355

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

BBQ SATURDAY



12PM ONWARDS

ALL DAY HAPPY HOUR

MENU

- BBQ Ribs
- BBQ Chicken
- Corn On Cob
- Rice and Peas
- Festivals



Islander Bar & Grill

Myahs Hotel | www.myahshotel.com

Grenadine House
Kingstown, St. Vincent

July Spa Specials

Come Alive - EC\$120.

THIS SPECIAL INCLUDES:

- > FULL BODY SWEDISH MASSAGE
- > FULL BODY SCRUB

It's a Vibe - EC\$140.

THIS SPECIAL INCLUDES:

- > FULL BODY PEPPERMINT MASSAGE WITH INDIAN HEAD MASSAGE
- > FOOT REFLEX THERAPY

Carnival Unwind - EC\$175.

CHOOSE ANY THREE (3)

- > PEDICURE
- > BACK MASSAGE
- > AROMATHERAPY BACK MASSAGE
- > COOLING FACIAL
- > FOOT REFLEXOLOGY

APPOINTMENTS : +1 784 456-2600 | +1 784 458-1800
 WHATSAPP : +1 784 593-0996+ | +1 784 458-1800
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MONDAY | WEDNESDAY | FRIDAY | SATURDAY

departing St. Vincent at 8:00 am

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VINCY BRAND

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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

WhatsApp Instagram Facebook

Islander Bar & Grill

Pizza And Pasta Your Way!

THIS WEDNESDAY

Pizza Menu	Pasta Menu
2x10" With Two Toppings US \$20 EC \$50	Pasta+ Choice Of Sauce + add-on US \$10 EC \$25
2x12" With Two Toppings US \$24 EC \$60	

Pizza Toppings
•Pepperoni •Ham •Sausage •Bell peppers
•Mushrooms •Corn •Pineapple •Bacon •Extra cheese

Pasta Add-Ons
•Vegetables •Chicken
•Fish •Italian sausage

Prices Include VAT. Subject to 15% Service Charge

Myahs Hotel www.myahshotel.com

Islander
Bar & Grill

All Day
HAPPY HOUR

FRIDAY & SATURDAY

Myahs Hotel | www.myahshotel.com

DJQ PRODUCTIONS

ELEVATE

TROPICAL Ecstasy

JULY 12th 2024 | CRUISE SHIP TERMINAL

ECONOMY TICKET **\$70** | FIRST CLASS TICKET **\$200**

TIME: 7PM - MIDNIGHT

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

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Going Places Travel

Grenadine House
Kingstown, St. Vincent

EVERY TUESDAY

TACOS

TACOS

Tuesday

BEEF
CHICKEN
FISH
VEGETABLE

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

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Instagram, WhatsApp, Facebook icons

Spring Hotel Bequia

DAY PASS

USD \$75 per person

ROOM ADD-ON + USD \$35

Includes:

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

ACCESS TO ENTERTAINMENT AREAS

Reservation Only

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ROUND TRIP

*Does not include EC\$100 departure tax for SVG, payable in CASH to the AIA Immigration Authorities on departure.

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Facebook, Instagram icons

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

FRIDAY
 From Bequia 9:00 AM and not 9:15 AM
 From Kingstown: 7:45 AM and not 8:00 AM

GOSPEL HUB PROMOTIONS AND
 THE GOVERNMENT OF ST. VINCENT & THE GRENADINES
 PRESENT

Yet

STILL WE RISE

HURRICANE BERYL RELIEF DRIVE CONCERT

VICTORIA PARK

FREE ADMISSION

SUNDAY
JULY 14TH
 3:00PM UNTIL

FEATURING
JARON NURSE
 SVG'S LOCAL GOSPEL SENSATIONS

ALL PROCEEDS GO TOWARDS AFFECTED VICTIMS OF HURRICANE BERYL

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#HURRICANBERYLRELIEF #WEWILLRISEAGAIN

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.

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WEEKLY SCHEDULE


BEQUIA - KINGSTOWN

DEPARTS BEQUIA			DEPARTS KINGSTOWN		
MONDAY - FRIDAY	SATURDAYS	SUNDAYS & PUBLIC HOLIDAYS	MONDAY - FRIDAY	SATURDAYS	SUNDAYS & PUBLIC HOLIDAYS
6:30 AM	6:30 AM	6:30 AM	8:00 AM	8:00 AM	8:00 AM
8:30 AM	8:30 AM		10:30 AM	11:00 AM	
9:30 AM			1:00 PM		
1:00 PM	1:00 PM		4:00 PM	5:00 PM	
4:30 PM	4:30 PM	4:30 PM	6:00 PM	6:00 PM	6:00 PM



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to the Southern Grenadines
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We apologize for inconvenience caused.



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