

## JULY

**Fri 19th**

Myah's Hotel: Sky Lounge Club Party, 7 pm—12 am	Tel: 451-3600
French Verandah: Happy Hours 5-7 pm	Tel: 453 -1111
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
Tree House & Grill, Arnos Vale	Tel: 456-6808
Mangoz Restaurant, Villa	Tel: 458-5882
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
Sunset Shores Hotel: Happy hour 4-7 pm	Tel: 458 - 4411
Entice Lounge & Bar, (Mon—Sat 10 am until), Victoria Park	Tel: 454-2455



**Sat 20th**

Chill Spot and Grill, Arnos Vale	Tel: 457-7768
Myah's Hotel: BBQ 12:00 pm onward, Happy Hour All Day	Tel: 451-3600
Ada Restaurant, Beachcombers Hotel: Sangria Day 12:30—8:30; BBQ 5:30—9 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
Entice Lounge & Bar, (Mon—Sat 10 am until), Victoria Park	Tel: 454-2455
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: Happy hour 4-6 pm	Tel: 458 - 4411
Rock Back Bar, Mt Grenan, Party	

**Sun 21st**

Sunset Shores Hotel: Regular menu	Tel: 458 - 4411
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
Café Soleil, Blue Lagoon Marina: BBQ, live music by BAM from 7 pm	Tel: 456 - 8550
Over Dose, Porters Estate, Arnos Vale, 3 pm—midnight	
Moonshine Restaurant and Bar: Bring back the Vibes, 7 pm, Villa	Tel: 431-9741
Richland Park Netball Opening and After Party	
Backyard Adventures, Arnos Vale, 10 am—8 pm	Tel: 593-6980

**Mon 22nd**

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 23rd**

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 24th**

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 25th**

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  
Kingstown, St. Vincent

# Sunday Buffet

Sunday July 21st, 2024 | 11:30am

- Sweet Potato Soup-
- Corn Salad-
- Honey Mustard Chicken-
- Creole Fish-
- Scalloped Potatoes-
- Saffron Rice-
- Stewed Green Peas with Coconut Milk-
- Ice Box Cake-

**XCD\$60**  
PER PERSON  
+ 10% SERVICE CHARGE

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

**ONE784**  
PROMOTIONS

**3PM - MIDNIGHT**

# OVER DOSE

SHE OUT IN  
**SHEIN**

**\$40**

PORTER'S ESTATE  
ARNOS VALE

**MH HOTEL**

MYAH'S SUITES

# 4<sup>TH</sup> NIGHT FREE

Valid: 15th July to 12th December 2024

**BOOK 4 NIGHTS AT THE REGULAR PUBLISHED RATE AND GET THE 4TH NIGHT FREE.**

**BOOK ONLINE USING BOOKING CODE: 4NF**

Reservations Call: 451-3600 | Email: reservation@myahshotel.com

THIS OFFER CANNOT BE COMBINED WITH ANY OTHER PROMOTION. MAXIMUM ONE (1) FREE NIGHT PER RESERVATION. BLACKLISTED DATES AND OTHER TERMS AND CONDITIONS APPLY.

+ 1 784 451-3600

Visit our website [myahshotel.com](http://myahshotel.com)



The St. George's Cathedral Fundraising Committee invites you to its BBQ  
Saturday August 3rd, 2024  
Time: 1:00pm - 4:00pm  
Venue: Anglican Car Park  
Donation: \$25.00

**CHICKEN OR PORK**

**IN AID OF CHURCH RESTORATION**

**MH HOTEL**

# STAYCATION

**US\$119**  
PER NIGHT | 2 PERSONS  
Min Nights: 2 Max Nights: 10

- COMPLIMENTARY BREAKFAST
- 15 MINUTE PRIVATE PHOTOSHOOT AND 3 DIGITAL PHOTOS
- 10% DISCOUNT ON ALL FOOD AND BEVERAGE
- ACCESS TO ALL HOTEL AMENITIES

**BOOKING WINDOW 2024:** JULY 1ST - 31ST. **VALID FOR STAYS:** 1ST - 31ST AUGUST, 1ST - 30TH SEPTEMBER

**BOOK NOW** | + 1 784 451-3600  
reservations@myahshotel.com

TERMS & CONDITIONS:  
RATE SUBJECT TO 11% VAT, 10% SERVICE CHARGE AND US\$6.00 CLIMATE RESILIENCE LEVY FOR TWO PERSONS.  
COPY OF VALID ST. VINCENT AND THE GRENADINES ID WILL BE REQUIRED AT THE TIME OF BOOKING. THIS PROMOTION IS NOT COMBINABLE WITH ANY OTHER PROMOTION AND SUBJECT TO CHANGE OR DISCONTINUATION AT ANY TIME.

+ 1 784 451-3600 Visit our website myahshotel.com

**Grenadine House**  
St. Vincent

# SUPER COOL POOL

**EG\$125**

## Carnival Cooldown

**10TH JULY-31ST JULY, 2024**

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

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

**SAINT VINCENT AND THE GRENADINES (GETS) READY**

**Emergency Contacts**

St.Vincent and the Grenadines



\*Emergency Numbers

Organization	Contact #
<b>NEMO</b>	456-2975
<b>Police</b>	*458-6366
<b>BRAGSA</b>	457-1211
<b>Milton Cato Memorial Hospital</b>	457-2956
<b>Accident &amp; Emergency</b>	456-1185
<b>Health Security</b>	456-1955
<b>VINLEC</b>	453-2351
<b>CWSA</b>	456-1701
<b>SVG MET Services</b>	*456-1540
<b>Coast Guard</b>	456-2946
<b>SVG Port Authority</b>	*457-1445
<b>SVG Red Cross</b>	458-4477
<b>Maritime Administration</b>	457-4578
<b>Forestry Department</b>	456-1830
	456-1888
	456-1378
	457-8594
<b>DIGICEL</b>	453-3000
<b>FLOW</b>	457-1901
<b>SOL</b>	458-4138
<b>RUBIS</b>	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



Operated By: **GA** **SVG AIR**

# 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



## 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  
EMAIL : STAY@GRENADINEHOUSE.COM

**Islander Bar & Grill**

# Pizza And Pasta Your Way!

**THIS WEDNESDAY**

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

**Grenadine House**  
Kingstown, St. Vincent

# POOL Packages

POOL PACKAGE 1	POOL PACKAGE 2
XCD \$40.00	XCD \$60.00
-ACCESS TO POOL-	-ACCESS TO POOL-
	- 1 LIGHT MEAL-
	- 1 HAIROUN SOFT DRINK-

**FOR RESERVATIONS CALL/WHATSAPP**  
+1 784 458-1800 | + 1 784 593-0996

WhatsApp | Instagram | Facebook

**the frangipani**  
Bequia  
hotel.restaurant.bar

## ESCAPE TO BEQUIA Summer Staycation Rates

<b>Economy Room</b> \$150 EC/Night	<b>Garden Room</b> \$260 EC/Night
<b>Deluxe Room</b> \$300 EC/Night	<b>AC Suite</b> \$400 EC/Night

For Vincentian Nationals | Double Occupancy

**Book Now:**  
+1 (784) 458 3255 (Call between 8AM - 4PM)  
reservations@frangipanibequia.com

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Everyday! Gourmet

**Authentic Caribbean Product**

**CREAMY GARLIC PASTE**  
The Best Cooking Companion!  
For Pizzas, Pasta, Wraps, Burgers, Sandwiches, Seafood, Fish, Meat, Vegetables and more!

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The Best Cooking Companion!  
For Seafood, Fish, Meat and more!

**Available at**  
Greaves Supermarkets,  
Massy Stores,  
Peppakorn  
Bonadie's Supermarket Middle St,  
Randy's Diamond,  
Diamond Grocery Diamond

**Sweet n' Creamy Garlic Sauce**  
GREAT FOR SANDWICHES, BURGERS, PIZZAS, WRAPS, SALADS AND MORE!

**VEGAN GARLIC SAUCE**  
GREAT FOR SANDWICHES, BURGERS, PIZZAS, WRAPS, SALADS AND MORE!

**VINCY BRAND**

LOCALLY MADE | Harmony Hall, St. Vincent and the Grenadines, Tele: 454-3023

**Islander**  
Bar & Grill

*All Day*  
**HAPPY HOUR**

**FRIDAY & SATURDAY**

Myahs Hotel [www.myahshotel.com](http://www.myahshotel.com)

**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

The National Parks, Rivers and Beaches Authority

**For Immediate Release**  
Friday, July 19th, 2024

**SITES REOPENING NOTICE**

The Management of the National Parks, Rivers and Beaches Authority (NPRBA) wishes to inform the public of the following **REOPENING DATES** for our **recreation sites**:

- Cumberland Beach Recreation Park - Sunday, July 21st, 2024
- Brighton Salt Pond Beach Facility - Sunday, July 21st, 2024
- Wallilabou Heritage Park - Monday, July 22nd, 2024

The Owia Salt Pond Recreation Park, Rawacou Recreation Park, Villa Beach Recreation Facility and the Mt. Wynne Beach Facility remain open.

**All other sites will remain closed** until further notice.

We regret any inconvenience this may cause and sincerely appreciate your understanding and patience during this challenging period.

*This is a Public Service Announcement from the Management of the National Parks, Rivers and Beaches Authority.*

The National Parks, Rivers and Beaches Authority

**For Immediate Release**  
Friday, July 19th, 2024

**POND CLOSURE NOTICE**

The Management of the National Parks, Rivers and Beaches Authority (NPRBA) wishes to inform the public that the **Rawacou Recreation Park's Bathing Pond** will be **temporarily closed until further notice**.

This closure is necessary to facilitate rehabilitation work following the passage of Hurricane Beryl.

The Authority regrets any inconvenience this may cause and sincerely appreciates your understanding and patience during this period.

*This is a Public Service Announcement from the Management of the National Parks, Rivers and Beaches Authority.*

Grenadine House  
Kingstown, St. Vincent

EVERY TUESDAY

# TACOS

# Tacos

**Tuesday**

BEEF  
CHICKEN  
FISH  
VEGETABLE

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

+1784 458-1800 | +1784 593-0996 | STAY@GRENADINEHOUSE.COM

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

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

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- WILLING TO LEARN
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(784) 457-5335 or email your CV to serenitydive@hotmail.com

GA SVG AIR

# NEWS FLASH

SPECIAL FARE AVAILABLE

## BARBADOS CROOVER 2024

BARBADOS TO ST VINCENT RETURN

### EC\$ 1137.24\*

ROUND TRIP

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

Special fare available until 31st August 2024

Call us at: +1 (784) 457 5124  
WhatsApp: +1 (784) 532 9179  
Barbados: +1 (246) 228 5544  
Email:reservations@flysvgair.com

Book now  
www.grenadine-air.com

Facebook, Instagram icons

## SAILING SCHEDULE



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

# EXPLORE GHANA!

Jul 30th - Aug 8th 2024






*Visit a land of vibrant culture, rich history, and breathtaking landscapes!*

 **Going Places**  
 Travel



**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



TEL: 784 457-3539 | FAX: 784 457-3055  
Email: info@bequiaexpress.com

*Your safe, reliable and efficient ferry service!*



# MV GEM STAR 2

Service. Reliability. Respect.

## SCHEDULE UPDATE

**Tuesdays and Fridays**  
Departs - 12:00NOON  
**Kingstown - Canouan - Mayreau**

**Wednesdays and Saturdays**  
Departs - 7:00AM  
**Mayreau - Canouan - Kingstown**

All passengers from Kingstown must have a government pass issued at the Ferry Terminal.

SHIP: 784 526 1158 | OFFICE: 784 457 4157  
gemstarshipping@gmail.com

Find us on 