

## AUGUST

Fri 23rd

360 Sports Bar, E T Joshua Center, 11 am—11 pm

French Verandah: Happy Hours 5-7 pm

Paradise Beach Hotel: Grillin with the Captain, from 7:30 pm

Grenadine House Restaurant: Happy Hours 3 pm until

Block Party Triple-R-Square, Georgetown

Myah's Hotel: Sky Lounge Club Party 7 pm—12 am, Happy Hour All Day Party, Official Drop Off Corner Bar & Grill, North Union

Signature Restaurant and Event Centre, Hot & Ready, Pizza Fridays, Vigie Highway

Moonshine Restaurant and Bar, Fridazze Zess, Villa

Ada Restaurant, Beachcombers Hotel: Happy Hour 4:30—7:30 pm, Live Music

Hotel Alexandrina: Kulture Bar & Grill, Prospect

Sunset Shores Hotel: Happy hour 4-7 pm



Tel: 529-8300

Tel: 453 -1111

Tel: 457- 4795

Tel: 458 -1800

Tel: 451-3600

Tel: 456-6518

Tel: 431-9741

Tel: 458-4283

Tel: 456-9788

Tel: 458 - 4411

Red Room Party, Dolphin Gymnasium, Arnos Vale Tarmac

Ital Fest - Royalty, Lawn at the Entrance to Arnos Vale Stadium, 10:00 am—10:00 pm

Coconut Grove Beach Club, Ratho Mill: Regular menu from 2 pm

Driftwood Restaurant and Lounge, Ratho Mill

Summer Rose Bar & Lounge from 5 pm

Myah's Hotel: BBQ 12 pm, Happy Hour All Day

Grenadine House Restaurant: Happy Hours 3 pm until

Ada Restaurant, Beachcombers Hotel: Sangria Day 4:30 —9:30; BBQ 5:30—9 pm, Live Music

360 Sports Bar, E T Joshua Center 11 am -11 pm

Flow Wine Bar & Kitchen, Kingstown

Moonshine Restaurant and Bar, Villa

Entice Lounge & Bar, (Mon—Sat 10 am until), Victoria Park

Tel: 431-2837

Tel: 456-8999

Tel: 494-7673

Tel: 451-3600

Tel: 458 -1800

Tel: 458-4283

Tel: 529-8300

Tel: 457- 0809

Tel: 431-9741

Tel: 454-2455

Sat 24th

Fast and Furious, 1:00 pm to 1:00 am, Victoria Park

Myah's Hotel: Lunch from 12:00 noon

Grenadine House Restaurant: Buffet Lunch, 12 noon, Happy Hours 3 pm until

360 Sports Bar, E T Joshua Center, 11 am—11 pm

Café Soleil, Blue Lagoon Marina: BBQ, live music by BAM from 7 pm

Wafulasun Sports Bar: Karaoke Sundays, 7 pm, Cumberland

Moonshine Restaurant and Bar: Bring back the Vibes, 7 pm, Villa

Backyard Adventures, Arnos Vale, 10 am—8 pm

Ada Restaurant, Beachcombers Hotel: Regular menu, Live Music

Tel: 451-3600

Tel: 458 - 1800

Tel: 529-8300

Tel: 456 - 8550

Tel: 570-9691

Tel: 431-9741

Tel: 593-6980

Tel: 458-4283

Sun 25th

Tree House & Grill: Karaoke Night, 8 pm until, Arnos Vale

Hotel Alexandrina: Kulture Bar & Grill, Prospect

Ada Restaurant, Beachcombers Hotel: Regular menu, take-away can be requested

French Verandah: Happy Hours 5-7 pm

Grenadine House Restaurant: Taco Tuesday

Signature Restaurant and Event Centre: Beer & Wings Tuesday, Vigie Highway, Arnos Vale

Myah's Hotel: Pizza and Pasta your Way from 12 noon

Tree House & Grill: Seafood Night, 7 pm until, Arnos Vale

Flow Wine Bar, Kingstown

The Loft Restaurant, Blue Lagoon Hotel, Ratho Mill

Tel: 456-6808

Tel: 456-9788

Tel: 458-4283

Tel: 453 -1111

Tel: 458 -1800

Tel: 456-6518

Tel: 451-3600

Tel: 456-6808

Tel: 457 - 0809

Tel: 458-4308

Tues 27th

Wed 28th

Paradise Beach Hotel: Regular menu, take-away can be requested

Sunset Shores Hotel: Regular menu, take-away can be requested

Entice Lounge & Bar, (Mon—Sat 10 am until), Victoria Park

Tel: 457- 4795

Tel: 458 - 4411

Tel: 454-2455

Thurs 29th

## Friday 23rd August

Lashum Street Vibes, Campden Park

## Saturday 24th August

Mangoz Restaurant, Great Vibes & Ambience, Villa

Palki Restaurant, Villa

Chill Spot and Grill, Arnos Vale,

## Sunday 25th August

South East Football League, Brighton Playing Field

Tel: 458-5882

Tel: 527-2554

Tel: 457-7768



**Grenadine House**  
Kingstown, St. Vincent

# Sunday Buffet

Sunday August 25th 2024 | 11:30am

- Kidney Bean Soup-
- Sweet Potato Salad-
- Shake & Bake Chicken-
- Grilled Fish with Tomato Basil Sauce-
- Carrot Rice-
- Limoncello Pasta-
- Stewed Callaloo with Corn-
- Lemon Cake-

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

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

  



# Myah's Hotel

## SKY LOUNGE

### Club Party

**THIS FRIDAY**

LOCATION  
**MYAH'S HOTEL**

**SPECIALS**  
**COCKTAIL,**  
**BEER & RUM**

   

MUST BE 18 YEARS OR OLDER | DOES NOT INCLUDE PREMIUM LIQUOR | NO SHORT PANTS OR SLIPPERS ALLOWED | NO SMOKING

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

# September Spa Specials

## PACKAGE 1 - EC\$150

-Hot Stone Massage with Basalt Stones-

- File & Polish-

## PACKAGE 2 - EC\$120

-Rehydrating Facial-

-Customized Massage-

## PACKAGE 3- EC\$100

-Exfoliating Body Scrub-

- Manicure with Paraffin Wax-

### Add Ons

-Pedicure:\$45-

- Massage:\$60-

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**

# BBQ SATURDAY

**12PM ONWARDS**

**ALL DAY HAPPY HOUR**

FOR MORE INFORMATION Call: 1(784) 451-3601

Myahs Hotel www.myahshotel.com

**VICTORIA PARK** **1PM-1AM**

WE THING PROMOTIONS PRESENTS

**SUNDAY 25 AUGUST 24**

# VICTORIA DRIFT

# FAST & FURIOUS

THIS YEAR WE'RE WELCOMING LADIES!

LADIES CAN ENTER ANY SEGMENT!  
BURN OUT, BEST RIDE, LOUDEST RIDE, ANY SEGMENT

ADMISSION: \$15 ADULTS, \$10 KIDS

CATEGORIES INCLUDE: BEST INTERIOR, BEST EXTERIOR, BEST PAINT JOB, BEST ENGINE, BEST RIMS, BEST GRAPHICS, BEST MINIBUS, BEST SUV, BEST BIKE, OLDEST BY YEAR, NEWEST BY YEAR, BEST VINTAGE AND SO MUCH MORE!

REGISTRATION FOR ANY CATEGORY \$35 | \$10 FOR EACH ADDITIONAL CATEGORY

INTERESTED PERSONS CAN CONTACT LANO: 1-(784)-533-2536

**360 Sports Bar**

## HAPPYTIZERS

- Plantain Mozzarella Sticks 15.00
- Deep Fried Plantain Stuffed w/ Mozzarella Cheese 20.00
- Bajan Fish Cakes (6) Fish Cakes w/ Rose Marie Sauce 20.00
- Wings Your Way (6) Wing Pieces Done Your Way 20.00
- Fried Calamari 15.00
- Deep Fried Panko Crusted Calamari Rings w/ 360 Tartar Sauce 25.00
- Loaded Nachos Crispy Tortilla Chips | 360 Cheese Sauce Pico de Gallo | Sour Cream | Guacamole (Optional) 25.00

## SALADS

- 360 Side Salad 15.00
- 360 Cesar Add: Chicken | Shrimp 20.00
- 360 Goes Greek 25.00

## SANDWICHES

- Classic Turkey Club 25.00
- Fat Fowl 25.00
- Caribbean Clucker 25.00
- Flounder Ponder 25.00

## MY BURGER BABY

- The 360 House made Beef Patty | Lettuce | Tomato | Red Onion | Pickles Add: Cheddar Cheese | Crispy Bacon 25.00
- Get Smashed Smashed Burger | Cheddar Cheese | Pickles | 360 Sauce 25.00
- Porky Pig: Bacon wrapped burger Bacon Wrapped Burger | Lettuce | Tomato | Red Onion | Pickles Add: Cheddar Cheese 30.00
- Bang Bang Shrimp Burger 360 Shrimp Patty | Lettuce | Tomato | Red Onion 35.00

All Burgers come w/ your choice of: Classic Fries | Sweet Potato Fries | Seasoned Wedges | 360 Side Salad

## PASTA: PENNE | FETTUCCINE

- 876 Rasta Pasta Vegetarian | Chicken | Fish | Shrimp Jerk Seasoning | Onions | Sweet Peppers | Parmesan Cheese 25.00
- 360 Alfredo Vegetarian | Chicken | Fish | Shrimp Parmesan Cheese 35.00
- King of Torts Rigatoni Pasta | Marina | Heavy Cream | Vodka | Chili Flakes | Parmesan Cheese 40.00

## MUNCHKINS MENU

- Fish | Chicken Fingers Deep Fried Chicken | Fish Fingers 20.00
- Chicky Pack Seasoned Deep Fried Wing Drumettes 20.00
- Baby Pasta (Alfredo) Onions | Sweet Peppers | Mushrooms | Carrots Broccoli | Parmesan Cheese 25.00
- Baby Burger Slider Mini Burger w/ Toppings Choice of: Lettuce | Red Onions | Tomato | Pickles Add: Cheddar Cheese 25.00

All Options are served with a choice of: Classic Fries | Sweet Potato Fries | Seasoned Wedges | Mac Baby | Munchkin Side Salad

**MHI HOTEL**

**Adults \$55 XCD**  
**Kids \$25 XCD (4-10YRS)**

**Sunday Lunch**

**AUG 25 12pm**

**MENU**

Homemade Style Chicken in Creole Sauce	Sauteed Seasonal Vegetables
Grilled Fish With Lemon Butter Sauce	Battered Egg Plant
Rice Pilaf	Bread Pudding In Caramel Sauce & Ice-cream
Sacaloped Potatoes	
Fried Plantain	

\*\*VAT and SVC inclusive.\*\*

**I AM...**

**Aug. 19th** | **I AM mindful** | 6am - until  
Radio Interviews, Preschoolers' Health Education Sessions

**Aug. 20th** | **I AM healthy, I AM fit** | 10am - 1pm (Part 1)  
Half Day healthy eating camp for Primary School students

**Aug. 21st** | **I AM healthy, I AM fit** | 10am - 1pm (Part 2)  
Half Day healthy eating camp for Secondary School students

**Aug. 22nd** | **I AM taking mental health seriously** | 10am - until  
Radio Interviews, Hypertensive & Diabetic group outreach

**Aug. 23rd** | **I AM testing and treating** | 10am - until  
Care packages distribution and MCMH lawn beautification

**Aug. 24th** | **Yoga-cise: I AM ready** | TBD  
Health Fair open to general public

Logos: GECCU, JCI St. Vincent, and Miss JCI St. Vincent.

**WAFULASUN SPORTS BAR**

**SUNDAY NIGHT**

**Karaoke**

**We Welcome King G**

**TO THE PEOPLE'S PLACE**

**Wafulasun Sports Bar**

**CUMBERLAND**

**Doors Open 7pm**

**Phone 784 570 j9691**

**Food and Drinks on Sale**

**GECCU Miss SVG 2024 Community Service Project**

**ATHALIA GLOSTER**  
**MINISTER OF YOUTH DEVELOPMENT**  
**MISS FLOW**

**AUGUST 19TH - 25TH**

**ARCYLE INTERNATIONAL AIRPORT STUDENTS TOUR** | DAY 1

**PREPARE TO READ STUDENTS READING FAIR** | DAY 2

**LET THE GUIDANCE BEGIN YOUTH MENTORSHIP PROGRAM** | DAY 3

**FASTEN YOUR FUTURE FINANCIAL LITERACY WORKSHOP** | DAY 4

**ALL HANDS ON DECK COMMUNITY BEAUTIFICATION** | DAY 5

**TOUCHDOWN! FAMILY FUN DAY** | DAY 6

Logos: GECCU, MISS SVG PAGANT, and FLOW.



**JOIN US**

# SAVE THE REEFS

**WE ARE OFFERING PADI DIVE CERTIFICATIONS & AN OPPORTUNITY TO WORK AS A CORAL GARDENER**

## WHAT WE'RE LOOKING FOR:

- **LOCAL VINCENTIANS AGED 16+**
- **AVAILABLE TO WORK ONE DAY EVERY OTHER WEEKEND FOR 2-3 MONTHS**
- **MUST BE ABLE TO SWIM**

## WHAT WE'RE OFFERING:

- **FREE PADI OPEN WATER DIVER CERTIFICATION**
- **PAID WEEKEND WORK AS A CORAL GARDENER**
- **TRAINING IN CORAL GROWTH, MANAGEMENT, AND REPLANTING**



**THE ST. VINCENT CO-OPERATIVE BANK LTD.**

# Open for Business

**We are offering loans to businesses:**

- **Business Debt Consolidation**
- **Working Capital Replenishment**  
(term out your overdraft and start fresh)
- **Inventory Stocking**
- **Capital Injection**
- **Revolving Loans**
- **Tax, NIS, Property Tax**

For more information, call us at **784-532 9823**, Email: [adickson@svcbl.com](mailto:adickson@svcbl.com) or **784-493 5098**, Email: [nnickie@svcbl.com](mailto:nnickie@svcbl.com)

**THE PENNY BANK AND SO MUCH MORE**

TERMS AND CONDITIONS APPLY.



## BLUE LAGOON DAY PASS For 2

**INCLUSION** FROM 10 AM – 6 PM

- Welcome Drink
- 2 Loft Lunch Vouchers US\$36.80/EC\$100
- Room use from 10am to 6pm (for 2)
- Access to Pool
- Access to Kayaks
- Complimentary Wifi

**\$110 USD** for 2 people

**BLUE LAGOON HOTEL & MARINA**

Follow us! @BlueLagoonsVG

**FOR BOOKINGS: 784-458-4308** info@bluelagoonsvg.com www.bluelagoonsvg.com

**GA SVG AIR**  
Charter and Air Services

## Weekly SCHEDULE To Grenada and Carriacou

Our 19-seater Twin Otter aircraft will depart on  
Mondays, Tuesdays, Wednesdays, Fridays, Saturdays and Sundays

TIME	ROUTE
8:00 am	St. Vincent to Carriacou
8:40 am	Carriacou to Grenada
9:20 am	Grenada to Carriacou
4:00 pm	Carriacou to Grenada
4:30 pm	Grenada to Carriacou
5:00 pm	Carriacou to St. Vincent

Book flights at: [flsvsgair.com](http://flsvsgair.com)

Whatsapp: +1 (784) 532 9179  
St. Vincent Office: 1784 457-5124  
Carriacou Office: 1473 456-8519  
Grenada Office: 1473 444-3549

Grenadine House  
Kingstown, St. Vincent

## Honeymoon Package

At Grenadine House, we believe that a great honeymoon destination will give you romance, genuine moments of joy and incredible memories to last a lifetime. Book with us today and have an experience that you will never forget.

**Honeymoon Package - US\$850.00**

**Package Includes:**

- One (1) Arrival Rum/ Fruit Punch Each
- Luxury Accommodation With A Beautiful View For Three (3) Nights
- One (1) Bottle of Wine
- Fresh Local Floral Decor
- One (1) Candlelight Dinner For Two (2) On Our Romantic Terrace overlooking the city of Kingstown into the tranquil Grenadines Islands
- One (1) Breakfast In Bed For Two

**FOR RESERVATIONS:**  
CALL / WHATSAPP: +1 784 458-1800 | +1 784 593-0996  
stay@grenadinehouse.com

BEQUIA PLANTATION HOTEL  
Bequia - West Indies

## E-BIKE TOURS

Whether you're a guest or simply interested, we have something to suit everyone's preferences. Schedule with us today and check out our prices below!

**HALF-DAY RENTAL \$25**  
**FULL-DAY RENTAL \$50**  
**GUIDED TOUR \$80**

ALL PRICES ARE IN USD

**CALL FOR BOOKING**  
**784 534 8677**

info@bequiaplantationhotel.com

## ESCAPE TO BEQUIA

### Summer Staycation Rates



For Vincentian Nationals | Double Occupancy



**Book Now:**

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



 **Grenadine House**  
Kingstown, St. Vincent

# POOL Packages

<p><b>POOL PACKAGE 1</b> XCD \$40.00</p> <p>-ACCESS TO POOL-</p>	<p><b>POOL PACKAGE 2</b> XCD \$60.00</p> <p>-ACCESS TO POOL- - 1 LIGHT MEAL- - 1 HAIR OUN SOFT DRINK-</p>
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**FOR RESERVATIONS CALL/WHATSAPP**  
+1 784 458-1800 | +1 784 593-0996

  



 **Seafood Night**  **AUGUST 24**  
6:30 PM TO 9:30 PM

**3-Course Set Menu USD 45.00 per Person**

**STARTER**  
Seared Scallops on a Green Pea Puree,  
Balsamic Bacon Jam and Glazed Baby Carrots

**MAIN COURSE**  
Plantation Grilled Seafood Platter  
(Fish, Tiger Prawns, Garlic Mussels, and Calamari)  
Served with Pilaf Rice, Garlic French Beans  
and a Spicy Creole Sauce

**DESSERT**  
White Chocolate Key Lime Cheesecake

**Bashi Jamming Live Session**

Reservations (784) 534-8677 info@bequiaplantationhotel.com



 **BIG NEWS**  
**Spa Opening**

**Opening Hours**

Mondays	9:30am - 5:30pm
Tuesdays	9:30am - 5:30pm
Wednesdays	Closed
Thursdays	9:30am - 5:30pm
Fridays	Closed
Saturdays	9:30am - 5:30pm
Sundays	12pm - 5:00pm

**Our Services Include:**

- Manicures
- Pedicures
- Massages
- Facials
- Waxing
- Scrubs

**APPOINTMENTS PREFERRED. WALK-INS WELCOMED \*SUBJECT TO AVAILABILITY.\***  
Reservations Call: 451-3600 | Email: reservation@myahshotel.com

+1 784 451-3600

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



National Parks, Rivers and Beaches Authority  
 Jaycees Building, Stoney Ground Road  
 Kingstown, St. Vincent and the Grenadines  
 784-453-1623 / Fax: 784-453-1622  
 nationalparkssvg1@gmail.com  
 www.nationalparks.gov.vc

14/08/2024

## SITES REOPENING NOTICE

The National Parks, Rivers, and Beaches Authority (NPRBA) would like to notify the public that the **St. Vincent Botanical Garden** will be **open on Monday, 19th August, 2024.**

In addition, the following NPRBA sites are currently open:

- Black Point Heritage and Recreation Park
- Brighton Salt Pond Beach Facility
- Cumberland Beach Recreation Park
- Dark View Falls Recreation Park
- Mt. Wynne Beach Facility
- Owia Salt Pond Recreation Park
- Rawacou Recreation Park
- Villa Beach Recreation Facility
- Wallilabou Heritage Park

Please be advised that all other sites will remain closed until further notice.

We kindly urge visitors to exercise caution as rehabilitation work is still ongoing at some sites.

We sincerely apologize for any inconvenience and greatly appreciate your continued patience and understanding during this time.

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

MINISTRY OF TOURISM, CIVIL AVIATION, SUSTAINABLE DEVELOPMENT AND CULTURE PRESENTS

06 SEPTEMBER 2024 OLD TREASURY BUILDING LOT

# AFRICAN CARICOM DAY

CELEBRATING WHO WE ARE AS A PEOPLE

10:00AM TO 4:30PM  
 LIVE BAND, DANCE, SONG, MODELING, EXHIBITIONS AND MUCH MORE

#NATIONALCARICOMDAY #DEPARTMENTOFCULTURE #DCDS

BEQUIA PLANTATION HOTEL  
 Bequia - West Indies

## Plantation DAY PASS

**\$55 USD per person**

**INCLUSION FROM 9 AM - 4 PM**

- Welcome Drink
- 2 Courses Lunch (1 Main and 1 Dessert)
- Watersports Activities
- Pool and Beach Access
- Beach Towel
- Complimentary Wifi

**ADD-ON**

- Breakfast: USD 20.00 / person
- Day use room - USD 85.00 from 9:00 AM - 4:00 PM (Double Occupancy)
- 45 minutes Swedish Massage - USD 50.00

FOR BOOKINGS: 784-534-8677 info@bequiaplantationhotel.com

SVG FIRST EVER

# ITAL FEST ROYALTY

SAT 24TH AUGUST  
 10 AM TO 10 PM  
 VENUE: LAWN @ ENTRANCE TO ARNOS VALE STADIUM

FT... THE ISLANDS BEST ITALIST AND HERBALIST SHOWCASING HEALTHY ORGANIC FOODS BEVERAGES AND MEDICINE ...

MUSICAL PERFORMANCES BY OUR TOP LOCAL REGGAE ARTIST PATRICK JUNIOR AND NEGUS SOUNDS CLIMAXED BY ABUZA, LAUNCHING HIS ISLAND WIDE TOUR IN CELEBRATION OF 20 YEARS SINCE HIS DEBUT ALBUM.

FAMILY FRIENDLY ATTRACTIONS INCLUDING BOUNCING CASTLES AND FACE PAINTING...

EXCITING CULINARY DISHES... HEALTHY DIET OPTIONS ...

#COMEHUNGRYLEAVEHEALTHY





Grenadine House  
Kingstown, St. Vincent

# August Spa Specials

*Summer Glow - EC\$150.*  
- MASSAGING BODY SCRUB -  
- BOOSTER FACIAL -

*Summer Loving - EC\$120.*  
- BODY SCRUB -  
- PEDICURE -  
- BACK MASSAGE WITH AN INDIAN HEAD MASSAGE -

*Summer Rescue - EC\$115.*  
- FULL BODY SWEDISH MASSAGE -  
- REGULAR MANICURE -

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*Kids Relief - EC\$75.*  
- MANICURE -  
- PEDICURE -  
- BACK MASSAGE -

*Kids Summer Vibes - EC\$100.*  
- PEDICURE -  
- BACK MASSAGE -

- POOL ACCESS WITH A LIGHT MEAL & 1 HAIR OUN SOFT -

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

THIS WEDNESDAY

# Pizza And Pasta Your Way!

**Pizza Menu** **Pasta Menu**

**2x10" With Two Toppings** US \$20 EC \$50

**2x12" With Two Toppings** US \$24 EC \$60

**Pasta+**  
Choice Of Sauce + add-on  
US \$10 EC \$25

**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

**Call: 1 (784) 451-3601**

Oh So!  
Everyday! Gourmet

Authentic Caribbean Product

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

**SPICY TURMERIC GARLIC PASTE**  
The Best Cooking Companion!  
For Soups, Fish, Meat and Corn!

**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!

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

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

# 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](mailto:admiralferries@gmail.com)    [admiralferries.com](http://admiralferries.com)



## Weekend Rates

**Passenger Return**  
**\$40ec**

**Vehicle + Driver Return**  
**\$100ec**

*Years Of Serving You Admiral 2 Ferry*  
 Tel: 1-784-458-3348 - whatsapp 1-784-534-7707  
[admiralferries@gmail.com](mailto:admiralferries@gmail.com)

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

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](mailto:stay@grenadinehouse.com)




## Spa Specials

**PRETTY HANDS AND FEET**    **\$120<sup>XCD</sup>**    **MANICURE + PEDICURE**  
CHOICE OF GEL OR REGULAR POLISH

\*PROOF OF TEACHING PROFESSION REQUIRED\*

**Teachers Treat**    **Massage & Hydrating Facial**    **\$160<sup>xcd</sup>**

AUGUST 7TH - SEPTEMBER 30TH

**TEEN AND TWEEN FACIAL CLEANSE**    **30MIN - \$40<sup>XCD</sup>**  
REFRESHING EXFOLIATION FOR SENSITIVE SKIN. AGE RESTRICTION PROMOTION. PROOF OF DOB MAY BE REQUIRED. SUBJECT TO CHANGE AT ANY TIME

**Fresh Face Facial**    **25MIN - \$45<sup>XCD</sup>**  
AVAILABLE FOR A LIMITED TIME ONLY. SUBJECT TO CHANGE AT ANY TIME.

VAT INCLUSIVE, SUBJECT TO 15% SERVICE CHARGE.  
 24HR ADVANCE RESERVATIONS PREFERRED. WALK-INS WELCOME, SUBJECT TO AVAILABILITY.

Reservations Call: 451-3600 | Email: [reservation@myahshotel.com](mailto:reservation@myahshotel.com)

+1 784 451-3600    Visit our website [myahshotel.com](http://myahshotel.com)

**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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SCHEDULE UPDATE

**Tuesdays: Departs 12:00NOON**  
Kingstown - Canouan - Mayreau - Union Island

**Wednesdays: Departs 7:00AM**  
Union Island - Mayreau - Canouan - Kingstown  
Regular fares apply to travel on Tuesdays and Wednesdays.

Fridays: Departs 12:00NOON

Kingstown - Canouan - Mayreau - Union Island

Saturdays: Departs 7:00AM

Union Island - Mayreau - Canouan - Kingstown

Government issued passes valid for travel on Fridays and Saturdays **ONLY**.  
All government officers **MUST** have government passes at **ALL TIMES**.

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

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