

## MARCH

Fri 14th

Happy  
National  
Heroes Day

Wreath Laying Ceremony, Obelish, Dorsetshire Hill, 8:00 am

Ada Restaurant, Beachcombers Hotel: Happy Hour, 4:30pm - 8:00pm Live Music

Tel: 534-2593

French Verandah: Heroes Lunch, Happy Hours 5-7 pm

Tel: 453 -1111

Myah's Hotel: Happy Hour All Day

Tel: 451-3600

National Heroes Day Festival All Day Event, Heroes Square, Fancy, From 2pm

Grenadine House: Heroes Day Breakfast & Lunch, Happy Hour & Sushi Fridays 3 pm until

Tel: 458 -1800

Sunset Shores Hotel: Heroes Day Brunch from 12:00 noon, Happy hour 4-7 pm

Tel: 458 - 4411

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

Tel: 457- 4795

G Spot Bar, Sandy Bay: The Legends Event



The Loft Restaurant & Bar, Blue Lagoon Hotel: Heroes Day Buffet, 11 am - 3 pm

Tel: 458-4308

Leeward Experiential Tour, Cumberland Playing Field, from 10 am

Myah's Hotel: Happy Hour All Day, Saturday Bites, 12noon

Tel: 451-3600

Dons & Divas, Porter's Estate, Arnos Vale, 6pm - 2am

Sunset Shores Hotel: Happy hour 4-7 pm, BBQ 7pm

Tel: 458 - 4411

Wafulasun Sports Bar, Chateaubelair: Bend Over, 10pm

Tel: 570-9691

Ada Restaurant, Beachcombers Hotel: Happy Hour 4pm - 8pm, BBQ 5:30pm - 9:30 pm Live Music

Tel: 534-2593

Grenadine House: Happy Hour 3 pm

Tel: 458 -1800

Young Island Resort: BBQ from 7:00 pm

Tel: 458-4826

Sun 16th

Gospel Extravaganza, Greiggs Playing Field, 7pm

Coastal Adrenaline: A Bike and Breakfast Buffet, 7:00 - 10:00 am

Tel: 532-6370

Myah's Hotel: Lunch 12:00 noon

Tel: 451-3600

La Vue Boutique Hotel & Beach Club: Brunch 11am - 3pm, Karaoke, 6pm

Tel: 532-8883

Grenadine House: Sunday Buffet 11:30, Happy Hours 3 pm until

Tel: 458 - 1800

Mon 17th

Flow Wine Bar & Kitchen, Kingstown

Tel: 457- 0809

Tree House & Grill: Karaoke Night, 8pm until

Tel: 456-6808

Tues 18th

Signature Restaurant and Event Centre, Vigie Highway: Beer and Wings

Tel: 456-6518

Grenadine House Restaurant:: Taco Tuesday 11 am - 6 pm

Tel: 458 -1800

Wed 19th

Coconut Grove Beach Club, Ratho Mill: Happy Hour 5pm - 7pm

Tel: 431-2837

Grenadine House: Wellness Wednesday

Tel: 458 - 1800

Chill Spot and Grill, Arnos Vale, Seafood Menu: Surf & Turf

Tel: 457-7768

Tree House & Grill: Seafood Night, Cracked Conch, 5pm until

Tel: 456-6808

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

Tel: 451-3600

Signature Restaurant and Event Centre: Lobster Special, Vigie Highway, Arnos Vale

Tel: 456-6518

Thurs 20th

Myah's Hotel: Thursday Special, Karaoke Night 7pm - 10 pm

Tel: 451-3600

Chill'n Brewery, Egmont Street, Honey BBQ, Sweet Chilli, 10am—6pm, Kingstown

Tel: 456-1776

Coconut Grove Beach Club, Ratho Mill: Happy Hour 5pm - 7pm

Tel: 431-2837

Grenadine House Restaurant:: Pasta Thursday

Tel: 458 -1800

## Friday 14th March

Coastal Grill: Heroes Day Buffet Dinner, 7-10 pm

Tel: 455-5091

Coconut Grove Beach Club, Ratho Mill: Happy Hour 5pm - 7pm

Tel: 431-2837

Driftwood Restaurant and Lounge, Ratho Mill - Friday Night Ceviche!, 6pm

Tel: 456-8999

## Saturday 15th March

Experiential Tour Event, Cumberland Recreational Park, 10:00—5:00 pm

Driftwood Restaurant and Lounge, Ratho Mill

Tel: 456-8999

Chill'n Brewery: Wings - Honey BBQ, Sweet Chilli, 10 am—2 pm, Kingstown

Tel: 491 4455

Hotel Alexandrina: Kulture Bar & Grill, Prospect 3pm

Tel: 456-9788

Summer Rose Bar & Lounge from 5 pm

Tel: 494-7673

Palki Restaurant, Villa

Tel: 527-2554

Flow Wine Bar & Kitchen, Kingstown

Tel: 457- 0809

Animation Night, a Family Friendly Event, Calliaqua Playing Field, 6:30 pm

Women's Show 'HOME', 4-8 pm, Youlou Art Center, Indian Bay

Tel: 497-7811

## Sunday 16th March

Mangoz Restaurant, Great Vibes & Ambience, Villa

Tel: 458-5882

Chill Spot and Grill, Arnos Vale

Tel: 457-7768

Wafulasun Sports Bar, Chateaubelair: Karaoke Night, 8pm

Tel: 570-9691

Café Soleil, Blue Lagoon Marina: BBQ 11 am - 5 pm, live music by BAM from 7 pm

Tel: 456 - 8550

Invitational Masters 11 v 11 Football, Calliaqua Playing Field, 11am - 6pm

**Grenadine House**  
Kingstown, St. Vincent

# HEROES DAY MENU

14TH MARCH 2025

### BREAKFAST MENU

7AM - 10AM

**\$30 PER PERSON**

- BAKES & CODFISH
- MADUNGO BAKES
- BANANA & CODFISH
- ROASTED BREADFRUIT & CODFISH

SERVED WITH A CUP OF COCOA TEA

10% SERVICE CHARGE TO BE ADDED TO FINAL BILL

### LUNCH BUFFET MENU

12PM

**\$50 PER PERSON**

- CATTLE SKIN & PIG FOOT SOUSE
- CALLALOO SOUP WITH COCONUT DUMPLINGS AND CORN
- FRIED FISH
- CURRIED MUTTON
- COCONUT DUMPLINGS, STEAMED PROVISION, ROASTED BREADFRUIT
- LOCAL DELIGHTS

10% SERVICE CHARGE TO BE ADDED TO FINAL BILL

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

## HEROES AND HERITAGE MONTH CALENDER OF ACTIVITIES 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9</p> <p>Cultural Extravaganza <i>Sandy Bay</i> 12:00 p.m.</p>	<p>10</p> <p>Promotion of Heritage Month Best Reel Competition</p>	<p>11</p> <p>Garifuna Conference <i>UWI Global Campus</i> 1:00 p.m.</p> <p>Remembrance Service – Ebenezer T. Joshua <i>Kingstown Cemetery</i> 4:00 p.m.</p> <p>Promotion of Heritage Month Best Reel Competition</p>	<p>12</p> <p>Garifuna Conference <i>UWI Global Campus</i> 9:00 a.m.</p> <p>Promotion of Heritage Month Best Reel Competition</p>	<p>13</p> <p>Garifuna Conference <i>UWI Global Campus</i> 9:00 a.m.</p> <p>Promotion of Heritage Month Best Reel Competition</p>	<p>14</p> <p>Wreath Laying Ceremony <i>Obelisk at Dorsetshire Hill</i> - 8:00 a.m.</p> <p>20th Annual National Heroes Day Festival <i>Fancy</i></p> <p>Annual Greiggs Heritage Festival <i>Greiggs</i></p> <p>Promotion of Heritage Month Best Reel Competition</p>	<p>15</p> <p>Experiential Tour Event <i>Cumberland Recreational Park</i> 10:00 a.m. – 5:00 p.m.</p>
<p>23</p> <p>Hairouna Film Festival <i>(Venue and time to be announced)</i></p>	<p>24</p> <p>Hairouna Film Festival <i>(Venue and time to be announced)</i></p> <p>Promotion of Heritage Month Best Reel Competition</p>	<p>25</p> <p>Hairouna Film Festival <i>(Venue and time to be announced)</i></p> <p>Promotion of Heritage Month Best Reel Competition</p>	<p>26</p> <p>Hairouna Film Festival <i>(Venue and time to be announced)</i></p> <p>Promotion of Heritage Month Best Reel Competition</p>	<p>27</p> <p>Hairouna Film Festival <i>Union Island Secondary School</i> 6:30 p.m.</p> <p>Promotion of Heritage Month Best Reel Competition</p>	<p>28</p> <p>Hairouna Film Festival <i>Market Square Canouan</i> 6:30 p.m.</p> <p>Heritage Month Best Reel Competition winner revealed</p> <p>Best Dressed Garifuna Wear winner reveal</p>	<p>29</p> <p>Hairouna Film Festival Closing Night <i>Flowt Beach Bar</i> 6:30 p.m.</p>
<p>30</p> <p>Opening of SVG Gospel Fest 2025 <i>Russell's Auditorium</i> 6:00 p.m.</p>	<p>31</p>					

March 14th  
2025



**THE LOFT**  
RESTAURANT & BAR

11 - 3  
am pm

# Heroes' Day Buffet

\$75 per person

- |                         |                       |
|-------------------------|-----------------------|
| <b>Sides</b>            | <b>Fish Options</b>   |
| Roast breadfruit        | Black fish            |
| Provisions              | Fried fish            |
| Yam pie                 | Cod fish              |
|                         | Brown stew fish       |
| <b>Desserts</b>         | <b>Also Available</b> |
| Assorted Local Desserts | Fish broth - \$20     |

VAT is added to the total bill amount

FOR RESERVATIONS

info@bluelagoonsvg.com | (784) 458-4308

# LEEWARD EXPERIENTIAL TOUR

Venue  
**CUMBERLAND  
PLAYING  
FIELD**

Date & Time  
**SATURDAY  
MARCH 15TH  
10AM**

Take a Drive, Feel the Vibe,  
**CUMBERLAND COMES ALIVE!!!**

EXPERIENCE THE HERITAGE  
AND CULTURE OF  
LEEWARD COMMUNITIES

Local food  
& drinks  
on sale!

Traditional Games:  
Tug ah war, marble games,  
pan-ah-pan, cricket with  
coconut bats and more!

Featuring:  
**Bush Tea  
Stand!**

CONTACT US  
tourism@govvc (784) 457-1502

**Grenadine House**  
Kingstown, St. Vincent

# Happy HOUR

## SUSHI FRIDAYS

EVERY FRIDAY - 3PM- UNTIL



**LIVE  
Blazing  
FIRE Music!**  
CONTACT US

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



HAPPY NATIONAL HEROES DAY!  
YOU & YOUR HERO DINE FOR

# \$150<sup>EC</sup>

ALL YOU CAN EAT BUFFET



ONLY ON FRIDAY MARCH 14 7-10PM

DON'T MISS IT, TASTE THE FLAVOURS



GET READY  
For The Women's Show  
TITLED  
**'HOME'**

Opening Reception

Saturday 15th, March  
Time: 4pm - 8pm

During the reception there will be a craft fair.  
at the reception. Finger foods will be served, and drinks will be on sale.

Come ready to have a great time.

This show will end August 31st.

CONTACT US FOR MORE INFORMATION  
TEL: 784 457 4493 / 784 497 7811  
EMAIL: YOULOUARTCENTRE@GMAIL.COM

FC SUNDAY SWEATERZ

PRESENTS:

INVITATIONAL  
**MASTERS**  
11V11 FOOTBALL

LOCATION:  
**CALLIAQUA PLAYING FIELD**

**16TH MARCH - 20TH APRIL 2025**

SUNDAYS ONLY  
**11:00AM - 6:00PM**

FOOD AND DRINKS WILL BE ON SALE  
FREE ADVERTISING OPPORTUNITY FOR BUSINESS PLACES



**NORTHERN EAGLES CRICKET TEAM  
FUNDRAISER EVENT**



**"BEND OVER"**

Featuring  
**DJ RISH • DJ BAW • DJ FRASS**

Join us for a night of fun, music, and great vibes,  
while supporting a worthy cause!

Doors Open 10:00 P.M	<b>SATURDAY</b> <b>15<sup>th</sup> MARCH</b>	Admission <b>\$10</b>
<b>VENUE: WAFULASUN SPORTS BAR - CUMBERLAND</b>		

**SPECIALS:**

- Complimentary Drink for the First 10 ladies
- Beers - 3 for 10 all night




Coastal Grill  
...taste the flavours

**HAPPY NATIONAL HEROES DAY!**  
**YOU & YOUR HERO DINE FOR**  
**\$150<sup>EC</sup>**  
**ALL YOU CAN EAT BUFFET**



**ONLY ON FRIDAY MARCH 14 | 7-10PM**  
DON'T MISS IT, TASTE THE FLAVOURS

ARNOS VALE

SPORTING COMPLEX

SKYLUCE ENTERTAINMENT

nlp

MARCH 13TH 2025 8PM-3AM

# RUM AND ZESS

FOAM EDITION

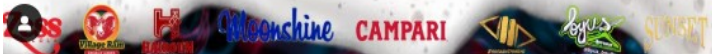
moonshinesvg

PNDRN THE HAWK AND SPIT BOSS

DIRTY DAWG PUDAZ

## THINGS YOU SHOULD KNOW

- DRESS TO GET WET!!...ITS A FOAM PARTY
- PNDRN SUPER SOAKER MUSIC VIDEO IS GOING TO BE SHOT
- \$80 AT THE GATE GET YOUR TICKETS !!



Grenadine House Kingstown, St. Vincent

# Pasta Thursday

CHICKEN FISH

BEEF CARBONARA

EVERY THURSDAY

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



SATURDAY, APRIL 19

Coconut Grove BEACH CLUB

# CALLING ALL VENDORS



EASTER POP UP SHOP



REGISTER TODAY

gm@coconutgrovesvg.com

(784) 431-2837

LIMITED STALLS AVAILABLE

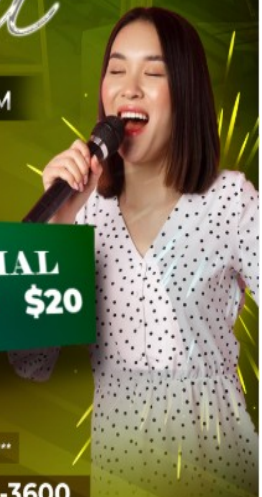
At Coconut Grove

MH HOTEL

THIS THURSDAY

# KARAOKE Night

TIME: 7PM - 10PM



PIZZA SPECIAL 1 X 10" PIZZAS \$20

\*\*SPECIALS RUN FROM 7PM-10PM\*\*

FOR MORE INFORMATION Call: 1(784) 451-3600

\*VAT inclusive. Subject to 15% service charge

Myahs Hotel

www.myahshotel.com

FRIDAY  
NIGHT  
CEVICHE

driftwood  
eat drink drift

DJQ PRODUCTION  
HAIROUN

The LEGENDS Event

GSPOT BAR (SANDYBAY)  
MAR 14TH

ADM \$15  
SOUND BY NU FLAVA SOUNDS

Chill'n Brewery

WINGS  
HONEY BBQ, SWEET CHILLI

ONLY EC\$12

www.chillnbrewery.com | +1784-491-4455

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

# Happy Hour

WEDNESDAYS -  
FRIDAYS  
5PM-7PM

Coconut Grove  
BEACH CLUB

## SAILING SCHEDULE

ADMIRAL FERRIES LTD

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

EACH AND EVERY  
**MONDAY NIGHT**

FreeBar & Grill **8PM UNTIL**

# KARAOKE night

FREE BEER AFTER FIRST SONG  
BEER SPECIAL 3 FOR **\$12**

## CANOUAN FAIR OF THE ARTS FESTIVAL

14TH = 16TH MARCH 2025  
*National Hero's Day Weekend*

ACTIVITIES INCLUDE  
 KARAOKE COMPETITION  
 MAY POLE DANCING  
 BOUNCING CASTLE  
 SLIDES  
 TUG OF WAR  
 DOMINO GAMES  
 AND MUCH MORE...

SPECIAL ATTRACTIONS  
 CLOTHES STALLS | SOUVENIR SHOPS | FOOD STALLS | BAR

TIME: 10AM DAILY | VENUE: FRIENDSHIP PARK ~ CANOUAN | MUSIC BY: WOUNDED DOGS SOUNDS LOCAL DJS

Contact: 4315161 for more information on Stalls Registration by February 14th.

### ONE DAY IS NOT ENOUGH



**SAT 15 MAR**

**HYPACTIVE x Z1 STUMB**

**6PM TO 2AM**

**Dons & DIVAS**

**Soiree**

PORTER'S ESTATE | ARNOS VALE

TICKET OUTLETS	TICKET RUNNERS
PARIZZ LIME & CHILL - KINGSTOWN TERRANCE AUTO CARE - KINGSTOWN LAVILLE'S BOUTIQUE - KINGSTOWN THE CELL - KINGSTOWN WANGY @ HAMMER TIME - ARNOS VALE THOMAS WHOLESAL - ARNOS VALE THE CELL - ET JOSHUA TARMAC MIKEY JAMES - MESPO MAZ I BAR - QUESTELLES BEBE'S CHILL SPOT - LOWMANS LD JOHNNIE'S BARBERSHOP - GEORGETOWN SENA - SANS SOUCI	CASHES SON SON AIRFORCE SHABBA TOPPA MINIVAN BOBBY'S FRUIT STALL SCOOBAE

**TIER 1 \$60 TIER 2 \$70**

**MARCH 13TH**  
10PM to 7AM

TICKETS  
Early Bird- \$25  
General- \$30

**MAS**

**ON THE HILL**

North Jeeward Jowert  
Come Clean Leave Dutty

**VENUE: CHERRY HILL**

**DJ'S**  
IMPULSE SOUNDS(DJ BAW X YUNG G) | DJ RISH | FRASS X DJ TUCKER  
DJ PRIVATE | SIMPLE SOUNDS FAMILY | DJ NOXROY X MC FOWL

PERFORMANCES BY SVGS TOP SOCA ARTISTES

HAIROUN, CAMPARI, Zess, DRoyal Designs, SUNSET VERY STRONG RUM, Vibe

**SPOKEN WORD SOREE**

WHERE: **BASIL AT VILLA**

TICKETS: **\$40**

WHEN: **MAR 21 2025**

*Basil at Villa*

**\$40 ENTRY INCLUDES:**

- EVENT ADMISSION TO LIVE POETRY READINGS
- COCKTAIL HOUR CHARCUTERIE ACCESS
- RAFFLE TICKET
- ACCESS TO ALL EVENT ACTIVITIES
- FREE SAMPLES FROM FEATURED BUSINESSES

POETRY & CULTURE

WINE

SMALL BUSINESSES

**FRIDAY 14 MARCH 2025**

HAIROUN, MINISTRY OF TOURISM AND CULTURE, NATIONAL LOTTERIES AUTHORITY, BOSVG, BOTTLERS LIMITED, GECCU, TOURISM AUTHORITY PRESENTS

**FANCY NATIONAL HEROES Day Festival**

ALL DAY EVENT

CULTURAL PACKAGE BEGINS AT **2PM**

**VENUE: HEROES SQUARE (FANCY)**

LIVE PERFORMANCES FROM  
 FIREMAN HOOPER MAJOR K  
 HANCE JOHN YCF  
 JAH BRIMSTONE LEXI  
 RAS BONGO ILEY LADY CAS

FANCY DRAMA GROUP  
 FANCY GOVERNMENT SCHOOL  
 VISITING GARIFUNA GROUP  
 SANDY BAY SECONDARY SCHOOL BAND

**AFTER-PARTY BY INTERNATIONAL DJ LIVE OUT OF TORTOLA**

**DJ STYLEZ**  
NUFLAVA SOUND

**GH WRAPS**  
**SERVED WITH SALAD**  
CHICKEN, FISH, VEGETABLES

**BUILD YOUR SALAD**  
Lettuce, Tomatoes, Cucumbers,  
Carrots, Cabbage, Onions, Sweet  
Peppers, Avacado, Chick Peas

4 Veggies + 1 CHOICE OF MEAT -  
FISH/CHICKEN

**CHEF'S DAILY SPECIAL**

**Local Ground Provision Bowl**

Steamed Plantains, Steamed Provision,  
GH Salad, Coconut Dumplings

Choice of Codfish/ Grilled Chicken / Fish


**BEVERAGES**

Ginger Lime Fuzz  
Fruit Smoothies (Seasonal Fruits)  
Plumrose/ Waxapple Watermelon Spritz  
(SEASONAL)

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



*Lets Play*  
**PICKLEBALL**  
Beginners and Seasoned Players



**PROSPECT RACQUET CLUB**

- Stay fit and healthy
- Enjoy safe outdoor activity
- Meet new players

Call or whatsapp  
493-9268

*Learn to play and have fun!*

 **FreeBar & Grill**




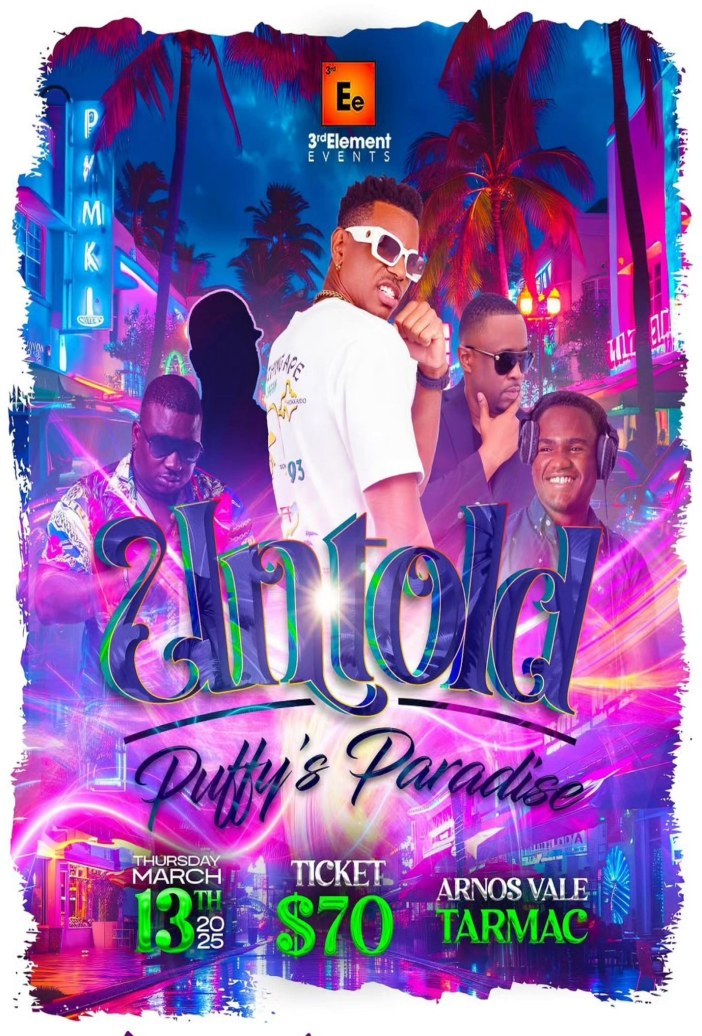
**SeaFood NIGHTS**

**CRACKED Conch**

Every Wednesday  **From 5pm** until

Variety of Sides to choose from  
Call to Order 784 456 6808

 **3<sup>rd</sup> Element EVENTS**



**Untold**

*Puffy's Paradise*

THURSDAY MARCH **13<sup>TH</sup>** 2025

TICKET **\$70**

ARNOS VALE **TARMAC**

**MIH HOTEL**  
MYAH'S SUITES

**COUCH & COB**  
*Thursday*

MARCH THUR 13<sup>TH</sup>  
3PM UNTIL

**PRICE \$40.25**

**CURRIED CONCH WITH RICE AND PEAS SALAD AND CORN ON THE COB**

ISLANDER BAR & GRILL  
MYAH'S HOTEL

**Call: 1(784) 451-3600**

Prices Includes VAT & Service Charge

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

**SPOKEN WORD SOREE**

WHERE: BASIL AT VILLA

TICKETS: \$40

WHEN: **MAR 21 2025**  
WORLD POETRY DAY  
AT: **6 PM**

FEATURED POET: MARALYN BALLANTYNE

POETRY & CULTURE

WINE

SMALL BUSINESSES

**Spring Hotel Bequia**

**the Venue**

**Event Space for:**

- \*Weddings
- \*Meetings
- \*Special Celebration Events
- \*Presentations
- \*And much more

info@springhotelbequia.com

(784) 457-3707 (784) 451-4260 www.springhotelbequia.com

**Grenadine House**  
Kingstown, St. Vincent

EVERY TUESDAY

**TACOS**

**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

*Happy*  
**HOUR**

EVERY  
FRI-SUN  
3PM  
UNTIL



HAIROUN BEERS | CARIB BEERS | SHOTS SPECIALS  
COMBOS | BURGERS | TACOS | FINGER FOODS | WINGS

 GRENADINE HOUSE

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

*Signature*  
FROM THE BOTTLE

**Lobster**  
*Night*  
WEDNESDAY

\$75



**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!*

## Heroes Day Menu

**Starter**  
*Conch chowder*  
 served with an assortment of freshly baked breads

**Salads**  
*Banana salad or Garden salad*

**Meats** (only 3)  
*Pigfoot souse*  
*Saltfish buljol*  
*Fried jackfish in creole sauce*  
*Curry mutton*  
*Jerk chicken*

**Sides**  
*Dough boy*  
*Mudunga bakes*  
*Corn coo coo*  
*Rice and peas*  
*Ground provisions*

**Desserts**  
*Ducana*  
*Sweet potato pudding*  
*Banana bread*  
 served with your choice of local juices or teas

\$75 inclusive of VAT and service charge  
 Kids under 12 half price  
**\*Caribbean breakfast available\***



BEACH HOTEL & RESTAURANT




LIVE BAND ENTERTAINMENT

MARCH 14TH  
Noon - 8 pm

Villa Beach, St. Vincent(T): +1784-458-4411 (E): info@sunsetshores.com

## HFF 2025 MAINLAND SCHEDULE

**SAT MAR 15, 2025**

**6:30PM**  
**ANIMATION NIGHT:**  
*A Double Feature Film Presentation*

SHORT MOVIE SELECTION

- The Hip Hops (Dominica)

FEATURE FILMS

**ICARUS (France)**  
 Dir. Carlo Vogele

**OPAL (Martinique)**  
 Dir. Alain Bidard

**CALLIAQUA PLAYING FIELD**  
**ADMISSION: FREE**

A family friendly event!

**FRI MAR 21, 2025**

**6:30PM**  
**OPENING NIGHT**  
*Comedy Night*

SHORT MOVIE SELECTION

- Yuh Eh Hear (Ting!) (T&T)
- Run Like We (UK)

FEATURE FILM

**KIDNAPPING INC. (Haiti)**  
 Dir. Bruno Mourral

Suitable for audiences 15+

**FLOWT BEACH BAR**  
**ADMISSION: \$20**

in-person conversation with Bruno Mourral, along with actor Marcus Boereau after the screening!



# MV GEM STAR 2

Service. Reliability. Respect.

---

## SCHEDULE UPDATE MARCH 11 - 14

**GOVERNMENT SERVICE**  
**TUESDAY, MARCH 11 - 11:00AM**  
 Kingstown - Canouan - Mayreau - Union Island

**WEDNESDAY, MARCH 12 - 8:00AM**  
 Union Island - Mayreau - Canouan - Kingstown

ALL CARGO must be accompanied by a GOVERNMENT PASS.  
 All traveling passengers must have a GOVERNMENT PASS.

**GEM STAR SERVICE**  
**THURSDAY, MARCH 13 - 11:00AM**  
 Kingstown - Canouan - Mayreau - Union Island

**FRIDAY, MARCH 14 - 8:00AM**

Union Island - Mayreau - Canouan - Kingstown

Passengers using this service must pay as the board the vessel.

**SATURDAY, MARCH 15 - NO SERVICE**

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

Find us on



**BLUE LAGOON**  
HOTEL & MARINA

# POOL PASS

# BLUE LAGOON

ADULTS: \$35 EC  
 UNDER 12: \$17.50 EC  
 10AM-5PM

1-784-458-4308

Terms & conditions apply

Grenadine House  
Kingstown, St. Vincent

# POOL Packages

<b>POOL PACKAGE 1</b> XCD \$40.00 -ACCESS TO POOL-	<b>POOL PACKAGE 2</b> 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

FRIDAY 14TH MARCH 2025

# FULL MOON PARTY & HOG ROAST

*Heroes' Day*

FROM 6.30PM UNTIL LATE

Hog plate EC\$70  
(Fish, chicken etc also available)

Dancing to Live Music from Bashi & DJ Slimz  
Beach Bonfire

KEEGAN'S BEACHSIDE, LOWER BAY, BEQUIA



## Jaden Sun Fast Ferry Southern Grenadines Schedule March 2025

### Government Service

Wednesdays & Fridays

Depart Kingstown 9:00 AM

Depart Union Island 4:00 PM

Stops in Canouan & Mayreau on both days

Stops in Bequia on Wednesdays ONLY

A Government PASS is required

### Jaden Sun Paid Service

Sundays & Mondays

Depart Kingstown 3:30 PM

Mondays & Tuesdays

Depart Union Island 6:30 AM

Stops in Bequia Sundays & Mondays ONLY

# Parks and Sites

## Recreation & Site Seeing

- Rawacou Recreation Park
- Belmont Lookout
- Owia Salt Pond
- Cumberland Beach Recreation Park
- Brighton Salt Pond

## Hiking & Adventure

- La Soufriere Cross Country Trail on the Windward Side
- Cumberland Trail
- Dark View Falls
- Buccament Forest

## Heritage & Culture

- SVG Botanical Garden
- Wallilabou Heritage and Recreation Park
- Black Point Heritage and Recreation Park

## BEQUIA - PLACES TO VISIT

- Maritime Museum
- Old Hegg Turtle Sanctuary
- Hope Bay Estate
- Site of Hamilton



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

📅 Friday, 24th January, 2025

## **LA SOUFRIÈRE WINDWARD TRAIL NOTICE**

The Management of the National Parks, Rivers and Beaches Authority (NPRBA) wishes to inform the general public that, effective Saturday 1st February, 2025, a Facility User Fee will be implemented for users of the La Soufrière Windward Trail, as follows:

- National and Caribbean Visitors: EC \$5.00
- International Visitors: US \$5.00

Payments can be made at the following locations:

- The National Parks Authority Office, Jaycees Building, Stoney Grounds
- Black Point Heritage and Recreation Park Site

The NPRBA sincerely appreciates your continued support of the La Soufrière Windward Trail and looks forward to your cooperation in ensuring the sustainable management of this treasured site.

**A Public Service Announcement From The Management of  
The National Parks, Rivers and Beaches Authority**

THE SVG GOSPEL FEST AND MIN. OF CULTURE

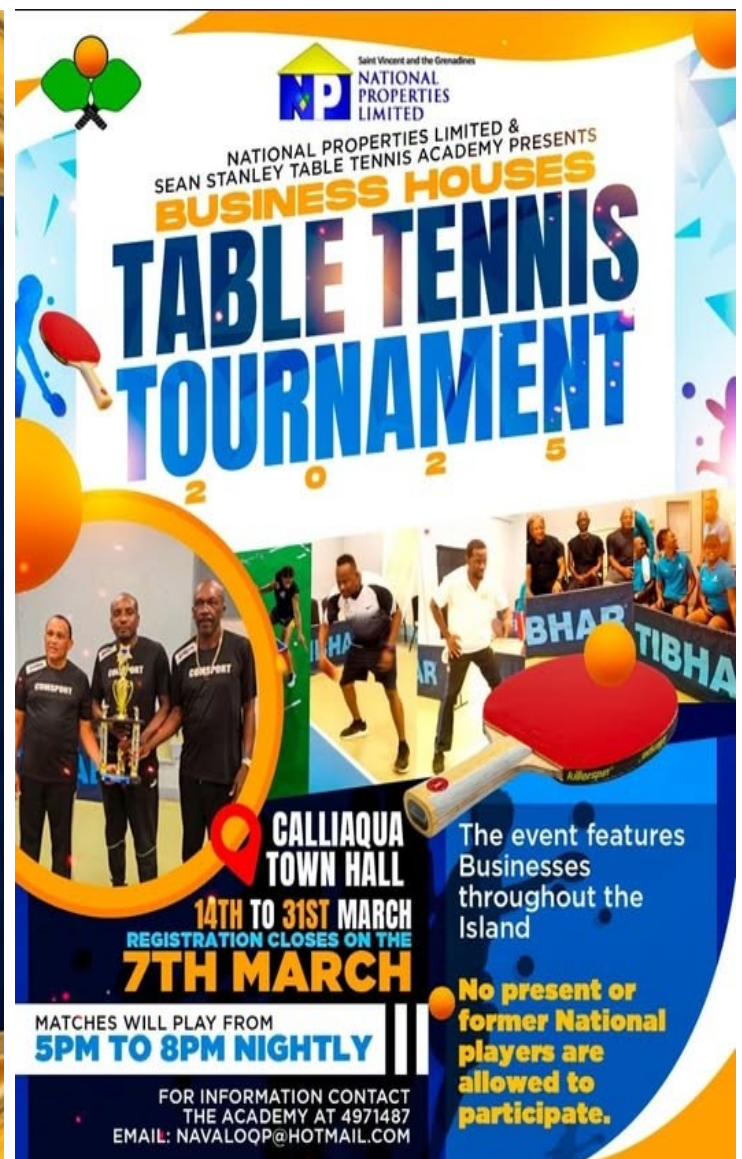



# Event Calendar

## 2025

<b>SUNDAY MARCH 30TH</b>	<b>SUNDAY APRIL 13TH</b>
<b>OPENING</b>	ASL AUTO & REAL ESTATE <b>SYMPHONIES OF PRAISE</b>
<b>SATURDAY APRIL 05TH</b>	<b>FRIDAY APRIL 18TH - SUNDAY APRIL 20TH</b>
SVGTCCU LTD <b>DANCE PRAISE</b>	<b>ZONAL GOSPELFEST SHOWCASE</b>
<b>SUNDAY APRIL 06TH</b>	<b>FRIDAY APRIL 25TH</b>
<b>YOUTH PRAISE</b>	EARLINNIS.COM <b>SING A NEW SONG</b>
<b>FRIDAY APRIL 11TH</b>	<b>SUNDAY APRIL 27TH</b>
<b>SING-A-NEWSONG WORKSHOP</b>	<b>GOSPEL FEST SHOWCASE</b>
<b>SATURDAY APRIL 12TH</b>	
SENTRY INSURANCE <b>DRAMA PRAISE</b>	

@GOSPELFESTSVG    SVG GOSPEL FEST



Saint Vincent and the Grenadines  
**NATIONAL PROPERTIES LIMITED**

NATIONAL PROPERTIES LIMITED & SEAN STANLEY TABLE TENNIS ACADEMY PRESENTS

# BUSINESS HOUSES TABLE TENNIS TOURNAMENT

2025

**CALLIAQUA TOWN HALL**  
14TH TO 31ST MARCH  
REGISTRATION CLOSING ON THE 7TH MARCH

MATCHES WILL PLAY FROM 5PM TO 8PM NIGHTLY

FOR INFORMATION CONTACT THE ACADEMY AT 4971487  
EMAIL: NAVALOQP@HOTMAIL.COM

The event features Businesses throughout the Island

No present or former National players are allowed to participate.

### Emergency Numbers

Fire, Police and Coastguard:	911/999
Hospitals: Accident and Emergency Kingstown:	456-1955
Bequia:	458-3294
Canouan Clinic:	458-8305
Union Clinic:	458-8245



## SVG Hotel & Tourism Association

OFFICE AND SOUVENIR SHOP

Cruise Ship Terminal, Room #8

P O Box 2125  
Kingstown  
St. Vincent & the Grenadines  
T: 784 458-4379  
M: 784-494-4379

E: [info@svghotels.com](mailto:info@svghotels.com)/[svghotels@gmail.com](mailto:svghotels@gmail.com)  
W: [www.svghotels.com](http://www.svghotels.com)  
Ins & Outs of SVG: [www.insandoutsofsvg.com/](http://www.insandoutsofsvg.com/)