

# Frat's On 2025 St. Vincent

PUBLISHED BY THE ST. VINCENT AND THE GRENADINES HOTEL & TOURISM ASSOCIATION

Issue: 1071

	105	LISHED BY THE ST. VINCENT AND THE GRENADINES HOTEL & TOURISM ASSOCIATION	
		Tree House & Grill, Arnos Vale: Mafia's Paradise, 10pm	Tel: 456-6808
	MARCH	Ada Restaurant, Beachcombers Hotel: Happy Hour, 4:30pm - 7:30pm with Live Music	Tel: 534-2593
	MARKOTT	French Verandah: Happy Hours 5-7 pm	Tel: 453 -1111
	Fri 7th	Myah's Hotel: Happy Hour All Day	Tel: 451-3600
		Driftwood Restaurant and Lounge, Ratho Mill - Friday Night Ceviche!, 6pm	Tel: 456-8999
		Grenadine House: Happy Hour & Sushi Fridays 3 pm until	Tel: 458 -1800
		Sunset Shores Hotel: Happy hour 4-7 pm	Tel: 458 - 4411
		Paradise Beach Hotel: Grillin with the Captain, from 7:30 pm	Tel: 457- 4795
		International Women's Day Empowerment Symposium, Bungalow, Villa, 6:30pm - 8:30pm	
		Myah's Hotel: Happy Hour All Day, Local Cuisine, 12noon, Saturday Night Bites, 7pm to 10pm	Tel: 451-3600
		Palki Restaurant, Villa: Jazzy & Soulful Evening, 7pm	Tel: 527-2554
	Sat 8th	Sunset Shores Hotel: Happy hour 4-7 pm, BBQ 7pm	Tel: 458 - 4411
	out oth	Wafulasun Sports Bar, Chateaubelair: Vybez Cyar Done, 10pm	Tel: 570-9691
		Ada Restaurant, Beachcombers Hotel: BBQ from 5:30pm - 9:30 pm with 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
		Cultural Exhibition: Showcasing Indigenous Roots, Sandy Bay, 2:00pm to 5:00pm	
		Gospel Extravaganza, Greiggs Playing Field, 7pm	
	Sun 9th	Café Soleil, Blue Lagoon Marina: BBQ 11 am - 5 pm, live music by BAM from 7 pm	Tel: 456 - 8550
		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 10th	Flow Wine Bar & Kitchen, Kingstown	Tel: 457- 0809
		Tree House & Grill: Karaoke Night, 8pm until	Tel: 456-6808
	Tues 11th	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
		Coconut Grove Beach Club, Ratho Mill: Happy Hour 5pm - 7pm	Tel: 431-2837
		Grenadine House: Wellness Wednesday	Tel: 458 - 1800
	Wed 12th	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 13th	Mass on the Hill, Cherry Hill, Chateaubelair, Paint and Powder, 10 pm	
		Rum & Zess Foam Edition, Arnos Vale Sporting Complex, 8 pm—3 am	
		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
		Untold - Puffy's Paradise, Arnos Vale Tarmac	
		Grenadine House Restaurant:: Pasta Thursday	Tel: 458 -1800
		Or chaume mouse restaurance, rasta indisuay	1011 700 - 1000

#### Friday 7th March

Vee Jays Restaurant, Friday Lime, Lower Bay Street

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

Tel: 457-2845

#### **Saturday 8th March**

Flow Wine Bar & Kitchen, Kingstown

Driftwood Restaurant and Lounge, Ratho Mill

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

Tel: 456-8999

Tel: 491 4455

Hotel Alexandrina: Kulture Bar & Grill, Prospect 3pm

Tel: 456-9788

Summer Rose Bar & Lounge from 5 pm

Tel: 494-7673

### **Sunday 9th March**

Mangoz Restaurant, Great Vibes & Ambience, Villa

Chill Spot and Grill, Arnos Vale

Tel: 458-5882

Tel: 457-7768

Wafulasun Sports Bar, Chateaubelair: Karaoke Night, 8pm

Tel: 570-9691

















St. Vincent and the Grenadines Indigenous People Association, Inc.

Cultural Exhibition: Showcasing Indigenous Roots

Sandy Bay Sunday, March 9th 2025, 2:00PM to 5:00PM

Experience
our nation's
Indigenous
heritage through performances,
traditional
ceremonies,
dancing,
storytelling,
craftmaking
workshops, films, educational
activities & food



Contact register or contribute at SIPASVG@gmail.com USA: 202-906-9088 SVG: 784-494-2514 P.O. Box 534. Kingstown,SVG.























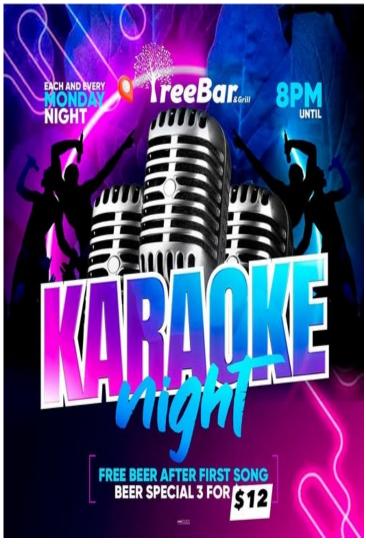
















Steamed Plantains, Steamed Provision,

**GH Salad, Coconut Dumplings** 

Choice of Codfish/ Grilled Chicken / Fish

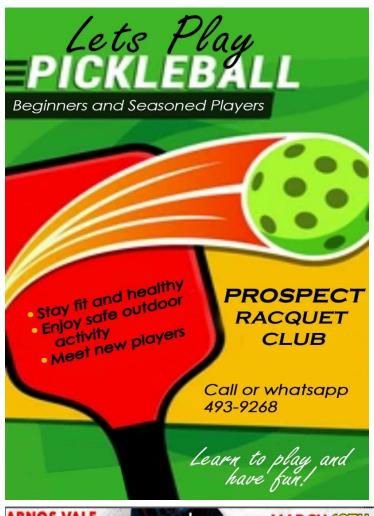
**BEVERAGES** 

Ginger Lime Fuzz
Fruit Smoothies (Seasonal Fruits)

Plumrose/ Waxapple Watermelon Spritz (SEASONAL)

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



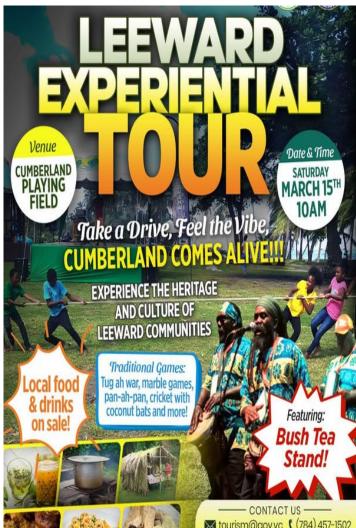


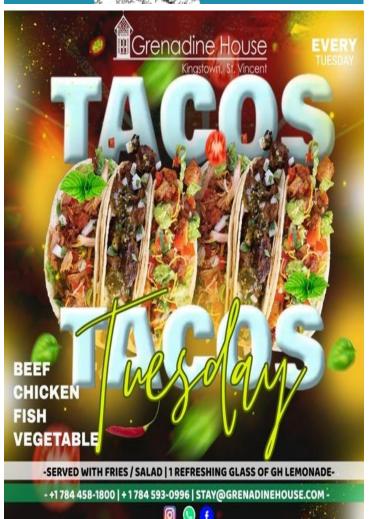




















STEW CHICKEN \$23 CURRY CHICKEN \$18/\$23 BBQ PORK \$22 BBQ PIFTAIL \$25 BBQ CHICKEN \$23

STARTS AT \$5

**GRILLED FISH \$30 GRILLED SHRIMP \$55** CONCH ROTI \$25 CHICKEN ROTI \$15

Served with three (3) sides

CHEF SALAD

STEW LIVER \$20

ISLAND VEG

CREAMY POTATO

SIEVE VEG

TANYA FRITTERS

# SOUP TURKEY NECK SOUP \$20

Also Available:

SEAFOOD LO MEIN \$3.5 SEAFOOD FRIED RICE \$35 PELEAU \$10/15

CHICKEN LO MEIN

CHICKEN FRIED RICE \$20

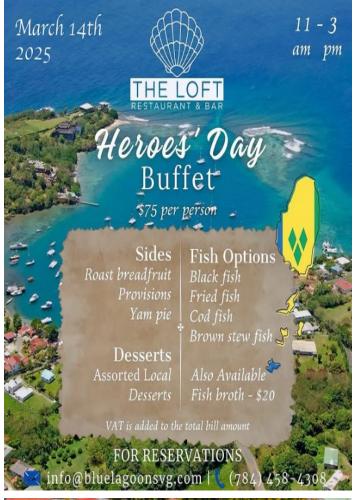
E ACCEPT: VISA

TEL. [784] 570-9691 / [784] 532-5514 E-Mail: Jamixp@GMail.com; Facebook: #Wafulasun

# JJ King 6 ALL YOUR FAVOURITE SONGS EVERY SUNDAY NIGHT WAFULASUN SPORTS BAR, CUMBERLAND FOOD.DRINK.MUSIC.PARTY | FREE ENTRY | START 8PM Waitulasun's the place where great friends meet CONTACT US:

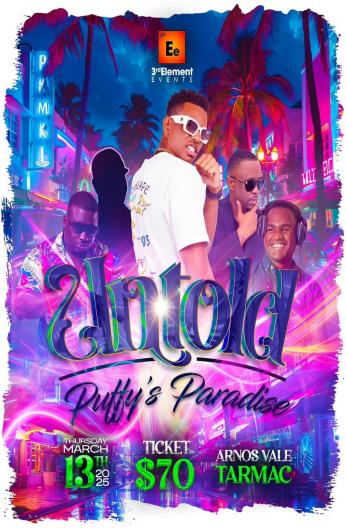
FREE 6-pack for the week's

winner











# 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

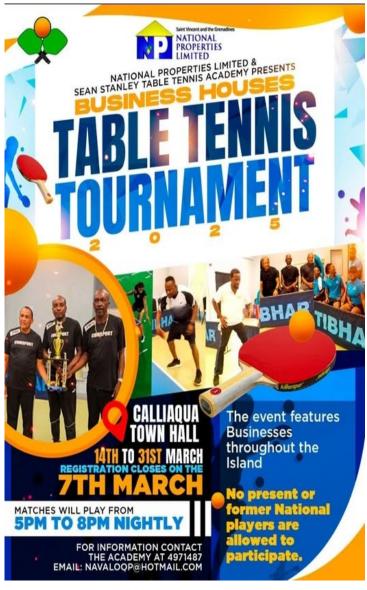
Payments can be made at the following locations:

- 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





# **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/svghotels@gmail.com

W: www.svghotels.com

Ins & Outs of SVG: www.insandoutsofsvg.com/