



SVGHTA
ST. VINCENT & THE GRENADINES
HOTEL AND TOURISM ASSOCIATION

What's On in St. Vincent

2026

Issue: 1134

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

MAY

Fri 29th

Blue Lagoon Hotel & Marina: Sunset & Vibes, 5pm - 8pm 784-458-4308
 LOUD Open Mic Night, Tree House Bar, Arnos Vale, 8pm
 Grenadine House: Happy Hour 5pm - 7pm, Festive Fridays 6pm - 9pm Tel: 458-1800
 Paradise Beach Hotel: Grillin with the Captain, from 7:30 pm, Live Music Tel: 457- 4795
 Ada Restaurant, Beachcombers Hotel: Happy Hour 6pm - 8pm with Live Music Tel: 534-2593
 French Verandah, Villa: Jerk & Festival and Happy Hour 5pm - 7pm Tel: 453 -1111
 Sunset Shores Hotel: Happy Hour 5pm -7 pm Tel: 458-4411
 Myah's Hotel: Happy Hour All Day Tel: 451-3600
 Friday Block Party, Triple R Square, Georgetown, 6pm

Sat 30th

Miss SVG La Fleur Royal 2026, Victoria Park / Independence Park, 8pm
 Young Island Resort: BBQ, 7pm - 10pm
 Grenadine House: Happy Hour 3pm
 Sunset Shores Hotel: Happy Hour 5pm - 6pm, BBQ 7pm
 Myah's Hotel: Happy Hour All Day, Saturday Cravings, 12 Noon
 Ada Restaurant, Beachcombers Hotel: Happy Hour & BBQ 6pm - 9pm with Live Music Tel: 458-4826
 52 Ocean Heights, Upstairs Computec: Champions League Finals, 12 Noon - 3pm Tel: 458-1800
 Tel: 458-4411
 Tel: 451-3600
 Tel: 534-2593
 784-494-1822



Sun 31st

La Vue Boutique Hotel & Beach Club: Karaoke 7pm Tel: 532-8883
 Myah's Hotel: Sunday Lunch 12 Noon Tel: 451-3600
 Grenadine House: Sunday Lunch 11am - 3pm, Happy Hour 3pm until, Tel: 458-1800
 Over Dose Carnival NXT Level Series The Rising, Kingstown Cruise Terminal 4pm - 11pm

JUNE

Mon 1st

Fantasea Tours: All Inclusive Day Cruise to Mustique & Bequia Tel: 457-4477
 Moonshine, Villa: Plenty for \$20 Wings Tel: 433-1528
 Myah's Hotel: Menu, 12 Noon until Tel: 451-3600
 Tree House & Grill: Karaoke Night Party, 8pm until Tel: 456-6808
 Hotel Alexandrina: Kulture Bar & Grill, Prospect 3 pm Tel: 456-9788

Tues 2nd

Chill Spot Bar & Grill, Vigie Highway, Arnos Vale: Tuesday Night Karaoke, 8pm until Tel: 457-7768
 Fantasea Tours: All Inclusive Day Cruise to Tobago Cays, Mayreau & Canouan Tel: 457-4477
 French Verandah, Villa: Happy Hour 5pm - 7pm Tel: 453-1111
 Tree House & Grill: Burger & Beer Tuesdays Tel: 456-6808
 Grenadine House: Taco Tuesday 11am - 6pm Tel: 458-1800
 La Vue Boutique Hotel & Beach Club: Taco Tuesday, 12 Noon - 10pm Tel: 532-8883
 Jungl Lounge, Villa Flat: Tuesday Happy Hour, 3pm - 7pm Tel: 527-2554
 Signature Restaurant, Arnos Vale: Beer & Wings Tuesdays Tel: 456-6518

Wed 3rd

Fantasea Tours: All Inclusive Day Cruise to Mustique & Bequia Tel: 457-4477
 Jungl Lounge, Villa Flat: Karaoke Night, 7pm Tel: 527-2554
 Grenadine House: Wellness Wednesday Tel: 458-1800
 Myah's Hotel: Pizza your Way All Day Tel: 451-3600
 Coconut Grove Beach Club, Canash Beach: Happy Hour 5pm - 7pm Tel: 431-2837

Thurs 4th

Moonshine, Villa: Games Night & Thirsty Thursdays Tel: 433-1528
 Tree House & Grill: Taco Thursday Tel: 456-6808
 Grenadine House: Pasta Thursday Tel: 458-1800
 Coconut Grove Beach Club, Canash Beach: Taco Thursdays 2pm, Happy Hour 5pm - 7pm Tel: 431-2837

Friday 29th May

Signature Restaurant, Arnos Vale: Hot & Ready Pizza, After Work Lime Fridays

Tel: 456-6518

Palki Restaurant, Villa: Wine & Dine Friday Nights, 5pm

Tel: 527-2554

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

Tel: 431-2837

Jungl Lounge, Villa Flat: Ole School Fridays, 7pm

Tel: 527-2554

Saturday 30th May

Puff & Paint, Greenhouse Café, Coconut Grove, Ratho Mill, 3pm - 7pm

784-432-4600

Tree House & Grill: Creole Saturdays, Happy Hours, 12 Noon - 5pm

Tel: 456-6808

Jungl Lounge, Villa Flat: Reggae Nights, 7pm - 2am

Tel: 527-2554

Moonshine, Villa: Moonlit Saturdays, 9pm until

Tel: 433-1528

Sunday 31st May

Jungl Lounge, Villa Flat: Enharmonics Band Live, 6pm

Tel: 527-2554

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

Tel: 456-8550

Moonshine, Villa: Retro Sundays

Tel: 433-1528

Ada Restaurant, Beachcombers Hotel: Live Music

Tel: 534-2593

Palki, Villa Flat: Sunday Buffet Brunch, 11am - 3pm

Tel: 527-2554



Grenadine House
Kingstown, St. Vincent

FESTIVE FRIDAY \$50

Join us for a premium dining experience
| 6:00pm - 9:00pm

Stir Fry Rice

Plantain Salad

Garlic Parmesan
Corn On a Cob

BBQ Pigtail

Jerk Wings

BBQ Ribs

SUSHI AVAILABLE \$54

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



29 MAY FRI
8PM

AVSA INC.

open mic NIGHT

AVSA INC. PRESENTS

LOUD VOL. 1

AT TREEBAR, ARNOS VALE

FREE ENTRY



SVGHTA
ST. VINCENT & THE GRENADINES
HOTEL & TOURISM ASSOCIATION

St Vincent & The Grenadines
Hotel & Tourism Association



SVG
Restaurant
Week




Taste of Vincy

21st - 27th June, 2026

SAVE THE DATE!



Join us for a week
of culinary delights!

Follow us:   

svghotels@gmail.com / info@svghotels.com
+1-784-458-4379 / +1-784-494-4379

MAY 29TH - 31ST
SOHO BEACH HOUSE
CANOUAN

ONE FEST CANOUAN



LIVE PERFORMANCES

FRIDAY 29TH

THE BAND TOUCH
TOO KOOL KRIS
DJ CRUSH

SATURDAY 30TH

SKINNY FABULOUS
LIVE BAND
THA FUGITIVE

**SUNDAY 31ST
BEACH BRUNCH**

DJ Q
DJ SHADY

OTHER ATTRACTIONS

POP-UP SHOPS
LOCAL ARTISANS

SVG INSPIRED
**CARIBBEAN
BBQ**

ISLANDWIDE
TREASURE HUNT
BAR CRAWL

REWARD: 2 COMP NIGHTS
AT SOHO BEACH HOUSE

TICKETS

\$195

WEEKEND PASS

\$150

ONE DAY PASS

ROOMS ** EARLY BIRD SALE ENDS MAY 5TH

HOSTED BY: **GRENADINES GOLD X SOHO BEACH HOUSE**

CONTACT +1 784 530 7400

Coconut Grove BEACH CLUB PRESENTS Restaurant WEEK

XCD 60.00 +10% SERVICE CHARGE

Oxtail in Plantain Cups



Passion fruit Rum Punch



SERENITY DIVE PRESENTS

LIONFISH Fry




FRIDAY JUN 5

5:00 PM - 10:00 PM

SUNSET SHORES HOTEL, VILLA BEACH

ONLY \$25 PER PLATE

PLACE YOUR ORDERS IN ADVANCE

784 528-8030
784 532-8646

WWW.KARIBITES.COM

PROTECT OUR OCEANS. EAT LIONFISH. ❤️

COME ENJOY THE FRESHEST Cocktails COLDEST Beers

ALL YOUR FAVOURITE Drinks

AT CAPTAIN LANO'S BAR



WE ARE OPEN TODAY FROM 5PM FOR

Moonshine THIRSTY THURSDAYS

DRINK. PLAY. VIBE.

COCKTAIL SPECIALS AVAILABLE





THE LOFT
RESTAURANT & BAR

Present
RESTAURANT
week



DATE: 21ST - 27TH JUNE 2026

FEATURING

Plantain Lasagna

filled with ground beef and served with green salad.



DRINK OPTION

Cherry Rum-punch

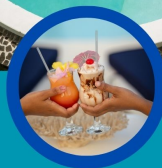
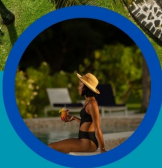
featured with all locally made rums and cherry.



PRICE:

60^{EC}

PLUS SERVICE CHARGE



GATHER YOUR CREW!

Your perfect day in paradise begins with the Bequia Plantation Hotel Experience.

Enjoy a complimentary lunch!

Book 4 day passes and get yours Free!

WHERE THOSE IN THE KNOW GO

\$65.00USD Per Person.

- Welcome Drink
- 2 Course Lunch(1 starter & 1 main)
- Watersports Activities
- Pool and Beach Access
- Beach Towel
- Complimentary WIFI

Add-On

- Breakfast USD \$20.00 per person. (Excluding A La Carte Items)
- Day Use Room- USD \$85.00 from 9:00AM-4:00PM(Double Occupancy)
- 45 minutes Swedish Massage - USD \$60.00

Book Now

Reservations 1(784)534-8677 | info@bequiaplantationhotel.com

Disclaimer: All day pass guests must leave their ID Card (NIS, Driver's license, etc) at the front desk upon check in. ID'S will be securely held and returned at the end of the day pass.

Pass the Vibe Check
GIVEAWAY

ENTER FOR YOUR CHANCE TO WIN A DAY PASS FOR YOU AND THREE OF YOUR FRIENDS!

INCLUDES: (per person)

- Neck & shoulder massage at the spa
- One meal, dessert & a complimentary rum punch, mimosa OR non-alcoholic beverage at Islander Restaurant
- Access to pool
- Private room access (10AM-5PM)

HOW TO ENTER:

1. Tag 3 friends to share this day pass with
2. You & your 3 tagged friends must follow our page @myahshotel
3. You & your tagged friends must repost this post

360
Sports Bar

CHAMPIONS LEAGUE FINAL | ARSENAL VS. PSG
SATURDAY 30TH MAY | GAME STARTS 12PM

CHAMPIONS LEAGUE®

LIVE ON 5 BIG SCREENS | **LIVE DJ BEFORE & AFTER THE GAME** | **FULL SYSTEM AUDIO**

HEINEKEN SPECIAL: 5 HEINEKENS FOR \$25

6 PACK HEINEKEN GIVEAWAYS

RESERVED | **TABLE RESERVATIONS NOW AVAILABLE!** | **CALL 5303360**

Heineken
Enjoy Responsibly

*** FULL SPORTS BAR FOOD MENU AVAILABLE ***

MISS SVG
La Fleur
ROYALE
 TWENTY-26

HOST
CHRISTEL CHARLES

HOST
TYRIQUE THOMAS

MAY 30TH | \$60 GENERAL | \$250 VIP | **VICTORIA PARK** | **7 QUEENS . 1 CROWN**
 ONE UNFORGETTABLE NIGHT

REVELLS
PEOPLE CHOICE
Awards
 POWERED BY MISS SVG 2026

THE CROWN IS IN YOUR HANDS!
 Support your favorite contestant and help them become the People's Choice!

VOTE NOW! | www.choice.misssvg.com

VOTING ENDS MAY 30TH, 2025 | 12PM

MAY 30TH | \$60 GENERAL | \$250 VIP | **VICTORIA PARK** | **7 QUEENS . 1 CROWN**
 ONE UNFORGETTABLE NIGHT

52 OCEAN HEIGHTS
Restaurant & Bar

CHAMPIONS LEAGUE Final

ARSENAL VS. PSG

SATURDAY MAY 30

SPECIALS RUN FROM 12PM - 3PM

MINI PLATTER

- 3PCS WINGS
- 4 FISH PUFFS
- 2 GARLIC BREAD STICKS
- GARDEN SALAD

SERVE WITH 52 COCKTAIL SAUCE

\$25

COCKTAIL SPECIALS

- CAMPARI SOUR \$10
- RUM SOUR \$10
- VODKA SOUR \$10

SHOTS

- CAMPARI 2 \$16
- TEQUILA SHOT \$10

CARIB

3 FOR \$10

CARIB BLUE

4 FOR \$15

HAIROUN

3 FOR \$10

HENNESSY

\$10

LOCATION: Upstairs Computec | PHONE: 1-784-494-1822

Moonshine

MOONLIT SATURDAYS

EVERY SATURDAY

MOONSHINE, VILLA | 9PM - UNTIL

LIVE DJS • FREE ENTRY ALL NIGHT

The French Verandah

HAPPY Hour

TUESDAYS & FRIDAYS

5PM - 7PM

May 29, 2026

Sponsored by:

HAIROUN

MINIMART 454-3099

FOODSHOP 593-1299

FRIDAY Block Party

DJ ATTO / DJ FUGITIVE

6pm TRIPLE-R-SQUARE G/TOWN

The Best Friday Nights from 7:30pm Night — in town

Friday Night BBQ @ Paradise Beach Hotel

Live music, great people —
even better food.



Villa Beach, St. Vincent +1(784)457-4795 paradisessvg.com



BEQUIA PLANTATION HOTEL
Bequia - West Indies

PIZZA NIGHT

"THE PIZZA PLAN YOU NEEDED"



WEDNESDAY'S AT BEQUIA PLANTATION HOTEL
ORDER, PICK UP AND ENJOY A FREE BEER
ENQUIRE ABOUT OUR SPECIALS ON PIZZA SLICES

RESERVATIONS 1(784)534-8677 | INFO@BEQUIAPLANTATIONHOTEL.COM

TACO THURSDAYS



Coconut Grove
BEACH CLUB

Contact us at 1784-431-2837, Follow Us On Social Media @coconutgrovesg

FRIDAY NIGHT CEVICHE




driftwood
eat drink drift.

BEQUA PLANTATION HOTEL
30TH MAY 2026

Pasta Night

Savor The Mediterranean
"Real Pasta, Real Flavor"

Personalize your dish with your preferred pasta selection:
Spaghetti | Linguine | Fettuccine | Farfalle | Penne

- 

Mediterranean Seafood Alfredo \$26 USD
Fish, Lobster and Shrimp tossed in a smooth white wine cream reduction, finished with fresh herbs and roasted peppers.
- 

Sicilian Arrabbiata \$14 USD
Rich and Spicy roasted tomato sauce with olives, garlic and fresh basil, finished with parmesan.
- 

Rustic Vegetable Medley \$13 USD
Local Vegetables, mushrooms and tomatoes sauteed in olive oil and herbs, finished with aged parmesan.
- 

Alle Vongole \$18 USD
Fresh clams gently sauteed with garlic, olive oil, white wine and parsley, finished with parmesan.
- 

Tuscan Creamy Chicken Pesto \$16 USD
Grilled Chicken tossed in a rich creamy basil pesto sauce with Garlic, Spinach and Parmesan.



16% VAT included. 10% service charge to be added to final bill. Allergy information available upon request.



THIS **Father's Day**
GIVE HIM
THE ULTIMATE EXPERIENCE!
THE PERFECT GIFT HE'LL NEVER FORGET!




STARTING AT ONLY
\$325
XCD
AND UP!

FATHER'S DAY PACKAGES
- ATV & CREOLE BREAKFAST OR - ATV & BBQ -

ASK ABOUT OUR VARIOUS PACKAGES!

VALID FOR FULL SERVICE ON
JUNE 21, 2026

OR

VALID FOR PARTIAL SERVICE
UP TO 6 MONTHS

BOOK TODAY! | 784-532-6370



RELAX. PLAY. CONNECT.

FAMILY MEMORIES

are made here.

Enjoy quality time, beautiful spaces,
and the moments that matter most.





SPACIOUS COMFORT



POOL FUN FOR ALL AGES



MEMORIES THAT LAST

Call Us Today
784-456-9788

YOUR DAY PASS GETAWAY
Starts Here.

RELAX. PLAY. CONNECT. TOGETHER.

Signature

AFTER WORK LIME

FRIDAYS







BEQUIA CARNIVAL

"De Spirit of Bacchanal Fever."

De Spirit of BACCHANAL FEVER

CARNIVAL EVENTS

2026



MONDAY
25TH MAY
2026



CARNIVAL LAUNCH



FRIDAY
5TH JUNE
2026



LUXE AFTER DARK
"De Night Mas Experience"



SATURDAY
6TH JUNE
2026



KIDDIES CARNIVAL



SATURDAY
13TH JUNE
2026



SUNSET SOIREE
"Where Luxury Meet Bacchanal"
Drinks Inclusive Party



FRIDAY
19TH JUNE
2026



"DRENCHED" WET FETE



SATURDAY
20TH JUNE
2026



COOLER MADNESS



SUNDAY
21ST JUNE
2026



PAINTED "J'OUVERT"



MONDAY
22ND JUNE
2026



STREET JUMP-UP

One People. One Spirit. One Bacchanal!

THE GREAT ESCAPE VINCYMAS 2026

THE HOTTEST CARNIVAL IN THE CARIBBEAN

CALENDAR OF EVENTS 2026

APRIL

Saturday 11th - VINCYMAS OFFICIAL LAUNCH

Friday 24th - Rum and Riddim - G'town

MAY

Saturday 30th - Miss SVG

JUNE

Friday 5th - Rum & Riddim - Bagga

Sunday 14th - Bacchanal Bay - Soca Monarch Semis

Thursday 18th - We Spirit Cultural Parade

Sunday 21st - AIA Activation - Touch Down

Wednesday 24th - AIA Activation - Touch Down

Friday 26th - Fantastic Friday - Calypso Semi Finals

Saturday 27th - Junior Carnival

Sunday 28th - Junior Panorama

Tuesday 30th - Junior Calypso & Soca

JULY

Wednesday 1st - 8th - Vincymas Food Village

Thursday 2nd - Steel & Glitter

Friday 3rd - EVO

Saturday 4th - Big Bad Soca Monarch

Sunday 5th - Dimanche Gras

Monday 6th - Jouvert and Monday Jam

Tuesday 7th - Mardi Gras- Grand Finale

Sunday 12th - AIA Activation-Promise





Culture • Carnival • Sports
Community Development



ESG CARNIVAL

ACTIVITIES CALENDAR

FRIDAY
15TH

KARAOKE
"CARNIVAL LIME
CHILL N SING"



 **CALLIAQUA
CULTURE
POT SQUARE**

MAY
23RD

NIGHT MAS
"BRING YUH MAS
N COME"



JUNE
5TH

**CALYPSO AND
SOCA MONARCH**
@ CALLIAQUA HARD COURT



JUNE
6TH

JOUVERT AM
STREET JUMP UP PM



JUNE
7TH

KIDDIES CARNIVAL



ONE COMMUNITY • ONE CULTURE • ONE CELEBRATION
COME OUT AND VINCYMAS WITH US!

360
Sports Bar

MONDAYS
ARE HARD,
LET US DO THE COOKING!

Whether you're just in the mood for something light or a Full Court Platter - *we have it!*

BIRTHDAY? | ANNIVERSARY? | JUST NEED A REASON TO GET OUT?

MONDAYS @
360
Sports Bar
We're open
11AM TO 11PM
Are you coming out?

KICK BACK, CELEBRATE OR JUST VIBE

AMAZING WINGS & SIGNATURE BAJAN FISH CAKES | FULL COURT FAVOURITES: PASTA, BABY BACK RIBS, SHISH KABOBS & GRILLED PLATTERS

YOUR MONDAY SPOT IS RIGHT HERE.

Grenadine House
downtown, St. Vincent

Sunday Buffet
Sunday 31st May 2026 | 11:30am

XCD\$60
PER PERSON
+ 10% SERVICE CHARGE

Breadfruit Soup
Cucumber, Tomato, Corn and Avocado Salad
Fish in Lemon and Garlic Sauce
Stew Pork
Red Beans and Rice in Coconut Milk
Honey Roasted Potatoes
Chef Style Vegetables
Chef Delight

f | i | w

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

Islander
Bar & Grill

Monday - Tuesday
LUNCH DEAL!

10" Pizza With Two Toppings EC \$20
🕒 12pm - 3pm

f | i | w Myahs Hotel | www.myahshotel.com

Signature
BEER & WINGS
TUESDAYS

3 For \$10 Hairoun

Complimentary Hairoun Beer With Every Portion Of Wings

AN EVENING OF
INDULGENCE, ENJOYMENT
& RELAXATION.

5pm - 12am



NIGHT *Pass*



INCLUDES:

- One room
- Dinner at pool
- Welcome fruit punch or rum punch
- Dessert
- Bottle of champagne or wine
- 12" pizza
- Access to all amenities



BOOK NOW: 1-784-451-3600

\$400 PER COUPLE
\$300 SINGLE PERSON

Signature

HOT & READY PIZZA FRIDAYS



GET A LARGE COMPLIMENTARY 1.75L OF JU-C WITH THE
PURCHASE OF ANY 12 OR 16 INCH PIZZA UNTIL 9PM

SCHEDULE UPDATE SOUTHERN GRENADINES

MONDAY DEPARTS KINGSTOWN 11:30 AM
KINGSTOWN > CANOUAN > MAYREAU > UNION ISLAND

TUESDAY DEPARTS UNION ISLAND 6:00 AM
UNION ISLAND > MAYREAU > CANOUAN > KINGSTOWN

WEDNESDAY DEPARTS KINGSTOWN 10:30 AM
[SAME DAY RETURN]
KINGSTOWN > CANOUAN > MAYREAU > UNION ISLAND
> CANOUAN > KINGSTOWN

THURSDAY DEPARTS KINGSTOWN 11:30 AM
KINGSTOWN > CANOUAN > MAYREAU > UNION ISLAND

FRIDAY DEPARTS UNION ISLAND 6:00 AM
UNION ISLAND > MAYREAU > CANOUAN > KINGSTOWN

SATURDAY DEPARTS KINGSTOWN 11:30 AM
KINGSTOWN > CANOUAN > MAYREAU > UNION ISLAND

SUNDAY DEPARTS UNION ISLAND 7:00 AM
UNION IS. > MAYREAU > CANOUAN > BEQUIA > K'TOWN

WEEKLY SCHEDULE

FROM BEQUIA FROM KINGSTOWN

MON- FRI	
6:30 AM	8:00 AM
7:30 AM	9:30 AM
9:30 AM	1:00 PM
1:00 PM	4:00 PM
4:00 PM	5:00 PM

SATURDAYS	
6:30 AM	8:00 AM
7:30 AM	9:30 AM
9:30 AM	12:30 PM
1:00 PM	4:30 PM
4:00 PM	5:00 PM

SUNDAYS	
6:30 AM	8:00 AM
11:00 AM	4:30 PM
4:00 PM	5:00 PM

RATES

ADULT PASSENGERS
ONE WAY RETURN
\$25 | \$40

STANDARD SIZE VEHICLES
ONE WAY RETURN
\$60 | \$100

DRIVER INCLUDED




Bequia Express Co. Ltd.
Safe. Reliable. Efficient
TEL: 784 457-3539
Email: info@bequiaexpress.com




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Safe. Reliable. Efficient
TEL: 784 457-3539
Email: info@bequiaexpress.com





BUY 1 GET 1 FREE

HAPPY HOURS



CAMPARI | JOHNNY WALKER BLACK & RED
ABSOLUTE VODKA | SPARROW | MALIBU
TANQUERAY GIN | DAIQUIRI | MOJITO

FRIDAYS **17:00 - 19:00**


MORE INFORMATION: Info@sunsetshores.com | +1784 458 4411
LOCATION: Sunset Shores Beach Hotel, Villa

EVERY WEDNESDAY NIGHT
8PM - CLOSE



PRESENTS

*Drinks
Food
Fun*



BEST SINGER WINS A 12 INCH CHICKEN PIZZA

Night of KARAOKE

PALKI RESTAURANT SVG, VILLA FLAT, VILLA



TWO FOR Friday

Friday **29th May**
5PM - 11PM

21 FOR
ON
RUM MIXERS
CAMPARI
DEWARS
POINT PUNCH



Music Mixed by **DJ BEBE**

5 FOR \$20
ON
CARIB & HAIROUN



HAMILTON, EN ROUTE TO FORT HAMILTON | CALL/WHATSAPP 784-494-6578

STRATOSEGE LLC INVITES YOU TO



The
Leadership Moments Lab



HOSTED BY: EXHALE AND FLOURISH® | DATES: April 23, May 21, June 11

REGISTER NOW AT
WWW.IGNITESTRATOSEGE.COM/LAB-2026

LAND & SEA TOURS
PRIVATE CHARTERS
SNORKEL & SUNSET CRUISES
ISLAND TRANSFERS (LAND & SEA)
WHALE & DOLPHIN WATCHING
VISIT THE GRENADINE ISLANDS
VILLA & VEHICLE RENTALS

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FANTASEATOURS.COM
INFO@FANTASEATOURS.COM
@FANTASEATOURS.SVG

**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

Wellness Wednesday
EVERY WEDNESDAY

Day Pass:
\$110usd/couple
10am - 6pm

You get a room, access to pool and kayaks
and a **\$100xcd** meal voucher at The Loft

JERK 'N' FESTIVAL FRIDAYS

Bring the Jerk 'N' Festival home
Schedule your order early. Pre-order now.

Download the app now!

Father's Day's Celebration



Save the Date:
Father's Day Buffet
June 21st, 2026

-Live Entertainment-
-Gift for Dad-

Reservations Required

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



MYAHS HOTEL
DAY PASS
Experience

Rates:
Single Guest: EC \$265.00
Two Adults: EC \$370.00

Day Pass Includes

- 20-minute Neck & Shoulder Massage at the Spa (Adults only)
- One Meal & One Non-Alcoholic Beverage at Islander Restaurant
- Access to the Pool throughout stay
- Private Photo Session (15 minutes) with 5 Digital Photos
- Private Room Access from 10:00 AM to 5:00 PM

FOR MORE INFORMATION
Call: 1(784) 451-3600
reservation@myahshotel.com

SVG AIR

SVG Air connects you to the beauty of the Grenadines – safely, comfortably, and in minutes.
Island-hop with ease. Explore more.

Fly local. Fly SVG Air.

Check flight availability
Visit Our Website - <https://www.flysvgair.com>
Call: +1 (784) 457 5124
Whatsapp: +1 (784) 532 9179

Point LOUNGE Bequia

HAPPY HOUR

FRIDAY & SATURDAY
4:30PM-7PM

FOOD & DRINKS SPECIAL

Hamilton, en route to Fort Hamilton
784-494-6578



BEQUIA FAST FERRIES LTD

Schedule

MONDAY to SATURDAY

From Bequia	From Kingstown
6:30 AM	7:45 AM
8:45 AM	10:00 AM
12:00 PM	3:00 PM
4:15 PM	5:15 PM

SUNDAYS & PUBLIC HOLIDAYS

From Bequia	From Kingstown
7:00 AM	8:15 AM
4:15 PM	5:15 PM

Fares

Passengers - Locals			Vehicles		
Age Group	One Way	Return	Standard Size	One Way	Return
Adults	\$25	\$50	Vehicle Only	\$65	\$120
Teenagers (13-17)	\$20	\$40	Vehicle and Driver	\$85	\$155
Children (5-12)	\$15	\$30			

Passengers - Standard		
Age Group	One Way	Return
Adults	\$30	\$60
Teenagers (13-17)	\$25	\$50
Children (5-12)	\$20	\$40

Faster **Luxurious** **Stable**

(784) 493-3278
office@bequiafastferries.com



JADEN SUN FAST FERRY

Regular Schedule 2026

Route 1: Southbound (Kingstown → Union Island) Departures

Day	Kingstown	Bequia	Canouan	Mayreau	Union Island
Sunday	3:30PM	4:00PM	5:15PM	5:45PM	(End of Route)
Monday	3:30PM	4:00PM	5:15PM	5:45PM	(End of Route)
Wednesday	No Sailing	No Sailing	No Sailing	No Sailing	—
Friday	9:00AM	9:30AM	11:00AM	11:30AM	(End of Route)

Route 2: Northbound (Union Island → Kingstown) Departures

Day	Union Island	Mayreau	Canouan	Bequia	Kingstown
Sunday	No Sailing	No Sailing	No Sailing	No Sailing	—
Monday	6:30AM	6:45AM	7:15AM	8:30AM	(End of Route)
Wednesday	6:30AM	6:45AM	7:15AM	—	(End of Route)
Friday	3:30PM	3:45PM	4:15PM	5:30PM	(End of Route)

No Operation: There will be NO sailings on Tuesdays, Thursdays or Saturdays.

Boarding: You must be at the dock and ready to board at 15 Minutes prior to departure.

Bank Holiday: If a holiday falls on a Monday, the Sunday afternoon ferry is cancelled. Instead, the ferry will depart Kingstown at 3:30 PM on Monday.

Sailing Times
 Kingstown/Bequia: 30 minutes
 Bequia/Canouan: 60 Minutes
 Canouan/Mayreau: 20Minutes
 Mayreau/Union Island: 10 Minutes

Contact Information

Office Phone: (784) 451-2192 | jaden.sun | jadeninc02@gmail.com
 Ferry: (784) 498-1551 | Jaden Sun Fast Ferry | www.jadensunferry.com
 Cell: (784) 498-7114




JADEN SUN FAST FERRY

FARES

Effective March 2026

Route	Adult 1 way	Child (2-11 years) 1 way
FROM KINGSTOWN		
Kingstown → Bequia	EC\$ 40.00	EC\$ 20.00
Kingstown → Canouan	EC\$ 120.00	EC\$ 60.00
Kingstown → Mayreau	EC\$ 130.00	EC\$ 65.00
Kingstown → Union Island	EC\$ 130.00	EC\$ 65.00
FROM BEQUIA		
Bequia → Kingstown	EC\$ 40.00	EC\$ 20.00
Bequia → Canouan	EC\$ 110.00	EC\$ 55.00
Bequia → Mayreau	EC\$ 120.00	EC\$ 60.00
Bequia → Union Island	EC\$ 120.00	EC\$ 60.00
FROM CANUOAN		
Canouan → Mayreau	EC\$ 40.00	EC\$ 20.00
Canouan → Union Island	EC\$ 50.00	EC\$ 25.00
Canouan → Bequia	EC\$ 110.00	EC\$ 55.00
Canouan → Kingstown	EC\$ 120.00	EC\$ 60.00
FROM MAYREAU		
Mayreau → Union Island	EC\$ 40.00	EC\$ 20.00
Mayreau → Canouan	EC\$ 40.00	EC\$ 20.00
Mayreau → Bequia	EC\$ 120.00	EC\$ 60.00
Mayreau → Kingstown	EC\$ 130.00	EC\$ 65.00
FROM UNION ISLAND		
Union Island → Mayreau	EC\$ 40.00	EC\$ 20.00
Union Island → Canouan	EC\$ 50.00	EC\$ 25.00
Union Island → Bequia	EC\$ 120.00	EC\$ 60.00
Union Island → Kingstown	EC\$ 130.00	EC\$ 65.00

www.jadensunferry.com

+1 (784) 451-2192 / (784) 498-7114

Jaden Sun Fast Ferry | jaden.sun

Scan for schedule 



MV GEM STAR 2

Southern Grenadines Ferry

SCHEDULE

TUESDAYS & FRIDAYS - 11:00AM
 Kingstown → Canouan → Mayreau → Union Island

WEDNESDAYS & SATURDAYS - 7:00AM
 Union Island → Mayreau → Canouan → Kingstown

ONE WAY FARES ↔ KINGSTOWN
 CANOUAN: \$60 | MAYREAU: \$70 | UNION ISLAND: \$80
All fares are quoted in Eastern Caribbean dollars.



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

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OLE SCHOOL Fridays

VILLA FLAT NEAR COLLEGE GAP

Reservations: 784-527-2554

5PM - 7PM
WEDNESDAY TO FRIDAY
 AT COCONUT GROVE

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Coconut Grove BEACH CLUB

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THE LOFT
 RESTAURANT & BAR

Dine With Us

Open Daily From 7am-11pm

Contact us at 1784-458-4308

Follow us on social media

The Loft Restaurant & Bar

XCD 270
 Per Child Per Week
 Week 1: 20th - 24th July
 Week 2: 27th - 31st July

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Fun & Creative Outdoor Activities For Boys & Girls 5-12 Years Old

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TUESDAY HAPPY HOUR
3PM – 7PM
EVERY TUESDAY
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SPECIALS



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LOUNGE • Villa Flat, Near College Gap

LAVUE
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TACO TUESDAY
12PM - 11PM

SUNSET RESTAURANT

\$30

- Crispy Fried Shrimp Tacos topped w pico di gallo & pickled sweet onion
- Grilled Chicken Tacos topped w pico di gallo & pickled sweet onion
- Sweet Chilli Fish Tacos topped w pico di gallo & pickled sweet onion
- Hawaiian Steak Tacos topped w pico di gallo & pickled sweet onion
- Short Rib topped w pico di gallo & pickled sweet onion




BEQUIA PLANTATION HOTEL
Bequia · West Indies

SUNSET CRUISE EXPERIENCES

Sail into the golden hour and experience Bequia's Coastline like never before
Perfect for couples, celebrations, or simply relaxing on the sea.

Choose from

<p>Bequia Sunset Cruise</p> <ul style="list-style-type: none"> • 2 Selections of hors d'oeuvres • Plantation Punch • Soft drinks • Selection of Beers <p>USD \$220 per couple + USD \$90 per extra person</p>	<p>Premium Bequia Sunset Cruise</p> <ul style="list-style-type: none"> • 4 Selections of hors d'oeuvres • Plantation Punch • Soft drinks • Selection of Beers • Unlimited Prosecco <p>USD \$300 per couple + USD \$100 per extra person</p>
--	---

Departs: 4:30 PM - Duration: 2 hrs [Reserve today](#)

(784) 534 - 8677 [f](#) [i](#) Bequia Plantation Hotel



BLUE LAGOON
HOTEL & MARINA

Sunset & Vibes

29TH MAY 2026
5pm - 8pm

↓ KARAOKE ↓

HAPPY HOUR • ON THE DOCKSIDE • KARAOKE



TREE BAR

Creole Saturdays
each and every Saturday

Blackfish and Provision



Saltfish Buljol



Pigfoot Soupe



Coch Soupe



Smoke Herring and Doughboy



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THE PERFECT ESCAPE AWAITS



- ✓ RIDE ALONG PICTURESQUE BEACHES & COASTAL TRAILS
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- 🕒 7 DAILY DEPARTURES STARTING FROM 6:00 AM



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BOOK NOW: www.coastaladrenaline.com

Moonshine

THIRSTY

Thursdays



THURSDAY IS THE NEW FRIDAY!

LIVE DJ | CAMPARI SPECIALS & SLR COCKTAILS
FREE GAMES ALL NIGHT! VIBES ALL NIGHT LONG!

FAIR PLAY RULES APPLY | 1 GAME PER TURN | WINNER STAYS



Afternoon Tea

at Bequia Plantation Hotel

4:00 - 6:00pm Daily.

Because Every Afternoon With Friends Deserves Some "Tea"

Teatime Delicacies

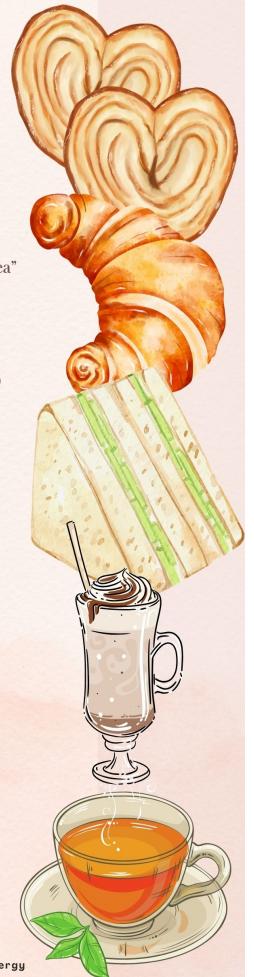
Assorted Platter of Delicacies - \$14.00 Per Person USD

- Spinach Scones.
- Banana Bread.
- Mini Croissant.
- Shortbread Cookie.
- Cucumber Cream Cheese Sandwich.
- Egg & Mayo Sandwich.

Coffee & Tea

- Pot of Tea \$3.00 USD
- Espresso \$4.00 USD
- Nespresso \$5.00 USD
- Flat White \$5.00 USD
- Americano \$5.00 USD
- Regular Coffee \$4.00 USD
- Irish Coffee..... \$4.00 USD
- Iced Coffee \$5.00 USD

Reservations 1/784/534-8677 info@bequiaplantationhotel.com
18% VAT included. 10% service charge to be added to final bill. Allergy information available upon request.





Couples DAY PASS

Lunch
Bottle Of Champagne
(non-alcoholic)
Beautiful Room

\$112 USD

Singles DAY PASS

Lunch
Glass Of Champagne
(non-alcoholic)
Beautiful Room

\$80 USD

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**FROM
EC \$490.00**

Welcome drinks,
Complimentary
use of Pool & Gym



XCD \$150 per person

- *Pool Access
- *2 glasses of Rum or Fruit punch
- *1 Meal

USD \$150 per person

- *Inclusive of A Room
- *Pool Access
- *2 glasses of Rum or Fruit punch
- *1 Meal

Call to inquire about children rates & Availability

La Vue Terms & conditions applied

Call Us to book
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Lavuehotel

\$44

Grenadine House
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stay@grenadinehouse.com



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STOP BY EVERY MONDAY FOR

PLENTY FOR 20 MONDAYS

20 WINGS FOR \$20 | DINE IN ONLY OFFER



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HOTEL & MARINA

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BLUE LAGOON

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

1-784-458-4308

Terms & conditions apply

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Kingstown, St. Vincent

DAY PASS

US \$85.00
Per Person

ROOM ADD-ON +\$35.00

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- ✓ 1 WELCOME RUM/FRUIT PUNCH
- ✓ 1 TWO COURSE MEAL
- ✓ 1 LOCAL BEVERAGE
- ✓ 1 GLASS HOUSE RED/WHITE WINE
- ✓ ACCESS TO POOL
- ✓ ACCESS TO GYM

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Kingstown, St. Vincent

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- Cumberland Trail
- Dark View Falls
- Vermont Nature Trail
- Indian Bay Beach Facility

Heritage & Culture

- SVG Botanical Garden
- Wallilabou Heritage and Recreation Park
- Black Point Heritage and Recreation Park
- Layou Heritage Park
- Villa Beach Facility
- Mt Wynne Public Beach

Recreation & Site Seeing

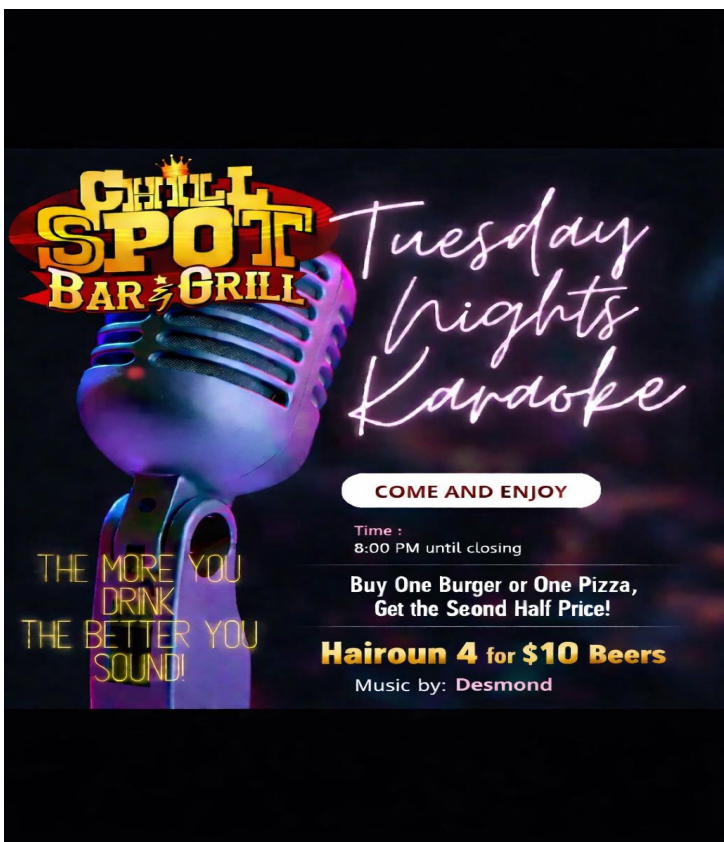
- Rawacou Recreation Park
- Belmont Lookout
- Owia Salt Pond
- Cumberland Beach Recreation Park
- Brighton Salt Pond
- Fort Duvernette

SITES CLOSED TO THE PUBLIC

- Fort Charlotte
- Falls of Baleine
- La Soufriere from the Leeward side

BEQUIA - PLACES TO VISIT

- Maritime Museum
- Site of Hamilton
- Sea Salt Museum
- Spring Plantation



CHILL SPOT BAR & GRILL

Tuesday nights Karaoke

COME AND ENJOY

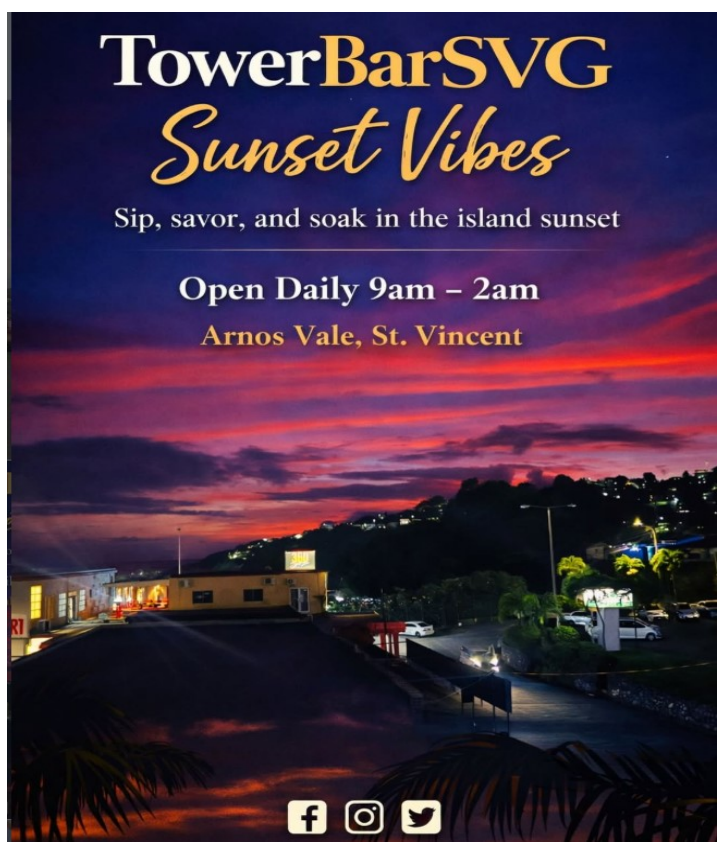
Time : 8:00 PM until closing

Buy One Burger or One Pizza, Get the Second Half Price!

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Music by: Desmond

THE MORE YOU DRINK THE BETTER YOU SOUND!



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Sip, savor, and soak in the island sunset

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OVER DOSE
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 SUNDAY MAY 31 2026
 4PM-11PM
 KINGSTOWN CRUISE TERMINAL
 ADMISSION \$40
 Logos: Campari, FLOW, and others.

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 WHERE THE JUNGLE COMES ALIVE WITH FLAVOR
LIVE
BAND
 SUNDAY, MAY 31ST 2026
 STARTING AT 6PM
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 Featuring Krystian Mark
 ENJOY AN EVENING OF GREAT FOOD AND GOOD VIBES
 FREE ADMISSION
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- Hospitals: Accident and Emergency Kingstown: 456-1955
- Bequia: 458-3294
- Canouan Clinic: 458-8305
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