



ST. VINCENT & THE GRENADINES  
HOTEL AND TOURISM ASSOCIATION

# What's On in St. Vincent

2026

Issue: 1141

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

**JULY**

**Fri 24th**

**Moonshine, Villa: Fridaze, 10pm until** Tel: 433-1528  
**Tree Bar & Grill, Arnos Vale: Unplug Fridays** Tel: 456-6808  
**Coconut Grove Beach Club, Canash Beach: Live DJ Fridays Happy Hour 5pm - 7pm** Tel: 431-2837  
**Grenadine House: Happy Hour 3pm until, 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 Live Music** Tel: 534-2593  
**French Verandah, Villa: Jerk & Festival and Happy Hour 5pm - 7pm** Tel: 453 -1111  
**Myah's Hotel: Happy Hour All Day** Tel: 451-3600  
**Sunset Shores Hotel: Happy Hour 4pm - 7pm** Tel: 458-4411

**Sat 25th**

**District Night Club & Lounge, Calder: Summer Bounce Grown & Sexy, 10pm until** Tel: 570-9691  
**Wafulasun Sports Bar, Cumberland: Tropical Rendezvous, 10pm - 3am** Tel: 458-1800  
**Sunset Shores Hotel: Happy Hour 4pm - 6pm, BBQ 7pm** Tel: 451-3600  
**Grenadine House: Happy Hour 3pm** Tel: 534-2593  
**Myah's Hotel: Happy Hour All Day, Saturday Cravings, 12 Noon** Tel: 433-1528  
**Ada Restaurant, Beachcombers Hotel: BBQ 6pm - 9pm with Live Music** Tel: 458-4826  
**Moonshine, Villa: Moonlit Saturdays, 9pm until**  
**Young Island Resort: BBQ, 7pm - 10pm**



**Sun 26th**

**Holiday Inn Express & Suites, Diamond: Pancake Sundays, 7am - 10:30am** Tel: 451-2466  
**La Vue Boutique Hotel & Beach Club: Sunday Buffet 12 Noon - 4pm, Karaoke 6pm** Tel: 532-8883  
**Moonshine, Villa: Retro Sundays** Tel: 433-1528  
**Ada Restaurant, Beachcombers Hotel: Live Music** Tel: 534-2593  
**Grenadine House: Buffet 11:30am - 3pm, Happy Hour 3pm until** Tel: 458-1800

**Mon 27th**

**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 28th**

**Myah's Hotel: Taco & Tequila Tuesday** Tel: 451-3600  
**Fantasea Tours: All Inclusive Day Cruise to Tobago Cays, Mayreau & Canouan** Tel: 457-4477  
**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  
**Fantasea Tours: All Inclusive Day Cruise to Mustique & Bequia** Tel: 457-4477

**Wed 29th**

**Moonshine, Villa: Fever Wednesdays, 9pm** Tel: 433-1528  
**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 30th**

**La Vue Boutique Hotel & Beach Club: Taco Thursday, 12 Noon - 10pm** Tel: 532-8883  
**Jungl Lounge, Villa Flat: Latin Night Party** Tel: 527-2554  
**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 24th July

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

Tel: 456-6518

### Saturday 25th July

GSpot Bar, Sandy Bay: One RnB Nite

Jungl Lounge, Villa Flat: Reggae Night

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

Moonshine, Villa: Moonlit Saturdays, 9pm until

Tel: 527-2554

Tel: 456-6808

Tel: 433-1528

### Sunday 26th July

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

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

Tel: 456-8550

Tel: 527-2554





# FESTIVE

## FRIDAY

### MENU

\$50

JAPANESE SALAD

TOMATO CUCUMBER  
AVACADO SALAD

CORN PIE

SAUTEED POTATO

JERK PORK RIBS

GRILLED GARLIC & HERB  
BBQ PIGTAIL

GRILLED GARLIC &  
PARMESAN WINGS

+1 (784) 458-1800

+1 (784) 593-0996

stay@grenadinehouse.com



July 24th  
6pm-9pm

Coconut Grove  
BEACH CLUB

# Kids SUMMER CAMP

FUN. FRIENDS. ADVENTURE. MEMORIES THAT LAST.

**XCD 270**  
PER CHILD PER WEEK

**WEEK 1:**  
20TH - 24TH JULY

**WEEK 2:**  
27TH - 31ST JULY

**ACTIVITIES**

- SAILING
- ARCHERY
- EXCURSIONS
- POOL DAYS
- BEACH DAYS
- ARTS & CRAFTS

**OUTDOOR ACTIVITIES**  
FOR BOYS & GIRLS  
5-12 YEARS OLD

**MORE INFORMATION** | +1 (784) 532 8808 | gm@coconutgrovesvg.com

Coconut Grove  
BEACH CLUB

# LIVE DJ Fridays

FEATURING  
**DJ SHADY**

**HAPPY HOUR**  
5PM - 7PM

**THIS FRIDAY** | **COCONUT GROVE BEACH CLUB** | **GOOD MUSIC  
GOOD VIBES**

LAVUE  
BOUTIQUE HOTEL & BEACH CLUB

# Sunday BUFFET

**SUNDAY 26TH JULY 2026**  
12:00PM - 4:00PM

**\$75**  
INCLUSIVE  
OF TAXES

**SOUP OF THE DAY**

**MEATS**

- BOURBON GLAZED CHICKEN
- SMOTHERED PORK CHOP (W) ONION GRAVY
- JERK GRILLED OCTOPUS

**SIDES**

- FRIED RICE
- SAUTÉED CABBAGE N CARROTS
- GARLIC TRUFFLE MASH POTATOES

**DESSERTS**

- CARROT CAKE
- VANILLA CAKE

**RESERVATIONS**

CALL 784-528-8883 | WHATSAPP 784-534-7754

lavuehotelbeachclub | La Vue Hotel





ST. VINCENT & THE GRENADINES  
HOTEL & TOURISM ASSOCIATION

St. Vincent & the Grenadines Hotel & Tourism Association  
in collaboration with  
National Emergency Management Organization



# DISASTER PREPAREDNESS AND MANAGEMENT WORKSHOP

**Date: 11th August, 2026**

**Venue: Holiday Inn Express & Suites**

**Time: 8:30am - 3:00pm**

**Registration Fee: \$100.00 Per Person**

(Includes Certificate of Participation, Snack and Lunch)

**Registration Deadline: 4th August, 2026**

This workshop will focus on strengthening resilience with expert-led strategies for disaster preparedness, mitigation and response.

St Vincent & the Grenadines Hotel & Tourism Association  
Cruise Ship Terminal, Room #8, St Vincent & the Grenadines

**T** 784-458-4379 / M: 784-494-4379

**E** info@svghotels.com / svghotels@gmail.com

**W** Website: svghotels.com



Emergency  
Planning



Hurricane  
Safety



Preparedness  
Kits



Evacuation  
Strategies



AN IHG HOTEL



# Taste of St Vincent and the Grenadines 2026

Calling all chefs, bartenders and mixologists! The stage is set for Taste of Saint Vincent and the Grenadines 2026, the St. Vincent and the Grenadines Hotel and Tourism Association (SVGHTA) Local Culinary & Bartending Competition!

This is your opportunity to showcase your talent, creativity, skill and passion while representing the very best of our hospitality industry.

Top performers will receive professional training and the winners will advance to represent Saint Vincent and the Grenadines at the Taste of the Caribbean Regional Competition in Barbados on November 18 & 19, 2026, all expenses paid.

Applications Open: August 15, 2026

Competition Commences: August 29, 2026

Please note that this competition is open only to employees of hotels that are members of the SVGHTA.

**ENTER Taste of SAINT VINCENT AND THE GRENADINES 2026**

**THE SVGHTA LOCAL CULINARY & BARTENDING COMPETITION**

**CHEFS | BARTENDERS | MIXOLOGISTS**

**SVGHTA**  
ST. VINCENT & THE GRENADINES  
HOTEL & TOURISM ASSOCIATION

Top performers will receive professional training and the opportunity to represent Saint Vincent and the Grenadines at the Taste of the Caribbean Regional Competition in Barbados on November 18 & 19, 2026.

**PRIZES TO BE WON**

- Overall prize package valued at EC\$8,000
- Category winners receive EC\$2,000 each
- Winner advances to Barbados, all expenses paid.

**APPLICATIONS OPEN**  
**AUGUST 15, 2026**

**APPLICATION DEADLINE: TO BE CONFIRMED**

**COMPETITION COMMENCES: AUGUST 29, 2026**

**VENUE: DIAMOND INSTITUTE**

Launch Date: August 15, 2026

Hotel employees are encouraged to apply.



**Grenadine House**  
Kingstown, St. Vincent

*Sunday Buffet*  
Sunday 26th July 2026 | 11:30am

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

Corn Soup

Garden & Plantain Salad

Chef Style Vegetables

Green Peas & Rice

Shepherd's Pie

Roasted Pork

Grilled Fish with Sides

Chef's Delight

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

**Holiday Inn Express & Suites**  
— BY IHG® —

**PANCAKE SUNDAYS**

Enjoy a full buffet breakfast with our signature pancake feature.

| BUFFET BREAKFAST INCLUDES | TOP IT YOUR WAY           |
|---------------------------|---------------------------|
| Hot Breakfast Favourites  | Chef's Flavour of the Day |
| Local Fruit Selection     | Seasonal Topping Feature  |
| Bread & Pastries          | Chef's Choice Topping     |
| Coffee, Tea & Juice       | Sweet Drizzle Selection   |

**ONLY \$23 USD per person**

Served Sundays 7:00 AM - 10:30 AM  
RSVP By 6:00 PM on Saturdays  
Hotel: 784-451-2466  
WhatsApp: 784-532-9969  
Email us to RSVP info@hiexsvg.com

Selections vary weekly.

Made fresh in-house every Sunday morning.

**WE'RE HIRING!**  
DIVE Antilles

JOIN THE DIVE ANTILLES TEAM!

**DIVEMASTER  
DIVE INSTRUCTOR  
& DIVEMASTER INTERNSHIP OPPORTUNITY**

Dive Antilles is looking for enthusiastic, hardworking and reliable Divemasters or Dive Instructors to join our friendly team!

**WE ARE LOCATED AT**  
PARADISE BEACH HOTEL,  
VILLA BEACH, ST. VINCENT

**WORKING HOURS**  
Typically  
8:00 AM - 4:00 PM

Some days may finish earlier, while others may require staying a little later depending on guest activities and operational needs.

**WHAT YOU'LL BE DOING**  
(BUT NOT LIMITED TO):

- Guiding certified divers on boat dives
- Assisting with snorkel tours
- Loading and unloading boats with dive equipment
- Filling scuba tanks
- Cleaning, maintaining and caring for dive equipment
- Assisting with dive courses and student divers
- Providing excellent customer service to guests

**FOR INSTRUCTORS:**  
Instructors will be responsible for teaching PADI and SSI courses, depending on their qualifications and agency status.

**REQUIREMENTS**

- Must be reliable, punctual and able to arrive at the dive shop on time
- Friendly and confident with tourists and guests
- Able to speak clearly and communicate professionally
- Outgoing personality - not shy!
- Physically fit and healthy - must be able to lift and carry dive equipment
- Hardworking and a team player
- Boat handling / boating experience is a plus

**SALARY**  
Salary will be based on experience, qualifications and certifications.

**INTERNSHIP OPPORTUNITY FOR EXPERIENCED DIVERS!**  
We are also willing to accept applications from EXPERIENCED DIVERS who are not Divemasters yet. We offer internship opportunities for the right candidates to train and work with us towards becoming a Divemaster. If you're passionate about diving and want to grow your career with us, we'd love to hear from you!

**APPLY TODAY!**  
Send your CV and a brief introduction to Dive Antilles via email:  
info@diveantilles.com

**LOCALS ARE ENCOURAGED TO APPLY!**

*Be part of our small professional team and share your passion for the underwater world!*

**RELIABLE, PASSIONATE, TEAM PLAYER.**  
Love the ocean? Love working with people? Join Dive Antilles!

**JUNGLE LOUNGE**  
WHERE THE JUNGLE COMES ALIVE WITH FLAVOR

**7PM UNTIL**

**KARAOKE Night**

**BEST WINS A FREE 12 INCH CHICKEN PIZZA**

**EVERY WEDNESDAY**

**CONTACT 17845272554**

**LOCATED VILLA FLAT NEAR COLLEGE GAP**





# Summer Spa Packages

## Teacher's Retreat

|                                                               |                  |
|---------------------------------------------------------------|------------------|
| A De-Stressing & Hydrating Treat Massage and Hydrating Facial | 1hr 30m<br>\$150 |
|---------------------------------------------------------------|------------------|

## Vacation Essentials

|                                              |                  |
|----------------------------------------------|------------------|
| Manicure & Pedicure Combo<br>Free gel polish | 1hr 10m<br>\$120 |
|----------------------------------------------|------------------|

## Summer Features

|                                                                      |              |
|----------------------------------------------------------------------|--------------|
| Head to Toe (Deep Cleansing Facial & Hot Oil Signature Body Massage) | 1hr<br>\$120 |
|----------------------------------------------------------------------|--------------|

451-3600

## YOU DESERVE to feel amazing

Escape the stress. Restore your body. Refresh your mind.

COME TO GRENADINE HOUSE SPA and experience the difference. ♡

### OUR MASSAGE EXPERIENCES

#### DEEP TISSUE MASSAGE

Relieves chronic muscle tension and targets deep layers of muscle for lasting relief.

#### SWEDISH MASSAGE

Promotes relaxation, improves circulation and leaves you feeling refreshed and renewed.

#### AROMATHERAPY MASSAGE

Soothes the mind and body with therapeutic essential oils to enhance your well-being.

#### G H SIGNATURE MASSAGE

Our exclusive blend of techniques designed for total relaxation and complete rejuvenation.

GIVE YOURSELF THE GIFT OF Relaxation. You deserve it. ♡

BOOK YOUR APPOINTMENT TODAY  
Step into tranquility. Leave renewed.

GREINADINE HOUSE SPA  
Kingstown Park  
Kingstown, St. Vincent  
& the Grenadines

456 2600 / 493 0996  
Spa@grenadinehouse.com  
www.grenadinehousespa.com

Relax. Recharge. Rejuvenate.

YOUR WELL-BEING IS OUR PRIORITY ♡

## Dine With Us

Open Daily From 7am-11pm

Contact us at 1784-458-4308

Follow us on social media

The Loft Restaurant & Bar



# YOU ARE INVITED TO A COMMUNITY Consultation ON THE REHABILITATION OF FORT CHARLOTTE

Let's build a stronger, more vibrant future together. Your voice matters. Your ideas shape our community.



**DATE:**  
WEDNESDAY,  
29<sup>TH</sup> JULY, 2026



**TIME:**  
4:30 PM – 6:30 PM



**VENUE:**  
CATHOLIC PASTORAL CENTER,  
EDINBORO

- ✓ Learn about the plans
- ✓ Share your ideas and concerns
- ✓ Help shape a sustainable and inclusive development for Fort Charlotte



**WE INVITE:**  
Residents of Edinboro and surrounding areas, stakeholders and interested persons to attend and be part of this important conversation.

*Together, we can unlock opportunities for heritage, tourism, jobs and a stronger community.*

**YOUR COMMUNITY.  
YOUR HERITAGE.  
YOUR FUTURE.**



For more information, contact the UBEC SVG Project Implementation Unit  
(784) 494-8232 [ubecsvg@gmail.com](mailto:ubecsvg@gmail.com)  
Building a climate-resilient, inclusive Blue Economy for St. Vincent and the Grenadines.

**THE WORLD BANK**  
IBRD • IDA • WORLD BANK GROUP

Funded by  
the World Bank

# COME SAIL WITH US TO BEQUIA!

**JULY 25th 2026**



**\$55 USD  
Per  
Person**



Discover beautiful white sand beaches, crystal-clear waters, and unforgettable moments.

- ✓ Authentic island experiences
- ✓ Ideal for families, friends & couples

**BOOK NOW**

☎ 1 (784) 458-5882

✉ [mangozbeachbar@gmail.com](mailto:mangozbeachbar@gmail.com)

**YOUNG ISLAND  
RESORT**

**CPL  
CARIBBEAN  
PREMIER LEAGUE**

**VALID:**  
August 2 – August 12
 
 **LOCATION:**  
Young Island,  
St. Vincent and  
the Grenadines
 

**RATES**

**SINGLE OCCUPANCY**  
**US\$ 183**  
/ night

**DOUBLE OCCUPANCY**  
**US\$ 210**  
/ night

**INCLUSIONS & PERKS**

**COMPLIMENTARY  
WELCOME DRINK**

**COMPLIMENTARY  
FRUIT PLATE**

**24-HOUR  
FERRY TRANSFER**

**CONTACT & BOOKING INFORMATION**

**WEBSITE:**  
[www.youngisland.com](http://www.youngisland.com)

**EMAIL:**  
[reservations@youngisland.com](mailto:reservations@youngisland.com)

**WHATSAPP:**  
784 528 8922

**PHONE:**  
+1 (784) 458-4826

**BAGGA FISH FEST COMMITTEE  
PRESENTS**

**HAIROUN**  
HOLD YOUR OWN

**BAGGA FISH FEST**

**DJ BLAZE**

**DJ DOMO**

**BAGGA FISH FEST**

**DATE**  
**AUGUST  
7<sup>TH</sup> 2026**

**TIME**  
**7PM**

**LOCATION**  
**BAGGA  
SQUARE**

**GOOD MUSIC • GOOD VIBES • ONE BIG CELEBRATION!**

*— Come for the Fish, Stay for the Vibes! —*



YOU'RE INVITED TO OUR

# SIP & Paint

CREATE • CONNECT • CHERISH

Creating Memories WITH YOUR Loved One

**SUNDAY AUGUST 23<sup>RD</sup>**

**5:00 PM**  
START TIME

**HOLIDAY INN**  
*See you there!*

**TICKETS**

|                                                  |                                                        |
|--------------------------------------------------|--------------------------------------------------------|
| <b>COUPLE</b><br>\$325<br><i>Better Together</i> | <b>SINGLE</b><br>\$200<br><i>Your Moment to Create</i> |
|--------------------------------------------------|--------------------------------------------------------|

**CONTACT US:**  
**1784-497-4945**

**WHAT TO EXPECT**

- EXPRESS YOURSELF THROUGH PAINTING  
Create freely, let your creativity flow!
- GREAT MUSIC  
Relax. Paint. Enjoy.
- REFRESHMENTS ALL INCLUSIVE
- MEMORIES TO LAST  
Take it home. Treasure it forever.

**RESERVE YOUR SPOT!**  
*Don't miss it!*

GOOD VIBES. GREAT COMPANY. BEAUTIFUL MEMORIES.

BEQUIA PLANTATION HOTEL

**SUMMER SALE**  
Stay Dates: July 12 – September 6, 2026  
**20% OFF STAYS**

**BOOKING CODE BPH000**

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

**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*

|                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                          |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>\$65.00USD Per Person.</b> <ul style="list-style-type: none"> <li>Welcome Drink</li> <li>2 Course Lunch(1 starter &amp; 1 main)</li> <li>Watersports Activities</li> <li>Pool and Beach Access</li> <li>Beach Towel</li> <li>Complimentary WIFI</li> </ul> | <b>Add-On</b> <ul style="list-style-type: none"> <li>Breakfast USD \$20.00 per person. (Excluding A La Carte Items)</li> <li>Day Use Room- USD \$85.00 from 9:00AM-4:00PM(Double Occupancy)</li> <li>45 minutes Swedish Massage - USD \$60.00</li> </ul> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**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.

**Grenadine House**  
Kingstown, St. Vincent

**GRENADINE House**

RELAX • RECHARGE • RECONNECT

**GUEST AMENITIES & OPENING HOURS**

- RECEPTION**  
7:00 AM – 10:00 PM  
OPEN EVERYDAY
- RESTAURANT & BAR**  
7:00 AM – 9:30 PM  
OPEN EVERYDAY
- GYM**  
7:00 AM – 8:00 PM  
OPEN EVERYDAY
- SWIMMING POOL**  
8:00 AM – 5:00 PM  
OPEN EVERYDAY
- THE SPA**  
9:00 AM – 5:00 PM  
TUESDAY TO SATURDAY  
*\*CLOSED ON SUNDAYS, MONDAYS, AND PUBLIC HOLIDAYS*

+1 (784) 458-1808  
+1 (784) 593-0996  
stay@grenadinehouse.com

Thank you for choosing Grenadine House.  
*Enjoy your stay.*

ACCOMMODATIONS | PREMIUM AMENITIES | WARM HOSPITALITY | BEAUTIFUL SURROUNDINGS



**WAFULASUN**  
*Our Place*

**THIS SATURDAY**

It's a Hot Summer Night

*Affair*

Inside  
Wafulasun's  
**TROPICAL RENDEZVOUS**

*With*  
**DJ PRIVATE**

25TH JULY 2026 | 10 PM - 3 AM | ADMISSION \$10.

*Good People • Great Vibes • Tropical Nights*  
ONLY AT WAFULASUN - OUR PLACE

**MH HOTEL**

**GIRLS OUTSIDE Package**

An elevated escape for the ladies looking to relax, recharge, and indulge.

**\$180**

Book Now: 784-451-3600

- Gel Pedicure
- 30 Min Back & Neck Massage
- 4 Hr Pool Pass
- 1 Dessert
- 1 Drink (Alcoholic or Non-Alcoholic)

*Signature*

**AFTER WORK LIME FRIDAYS**

**3 FOR \$12**

**Carib Lager**

*Moonshine*

**MOONLIT SATURDAYS**

**EVERY SATURDAY**

MOONSHINE, VILLA | 9PM - UNTIL

LIVE DJS • FREE ENTRY ALL NIGHT



# FITNESS GYM



## PACKAGE PRICE

Registration + First Month Fee:  
XCD \$125.00

Monthly Fee: XCD \$60.00

**OPEN HOURS**  
**5:00AM - 8:00PM**

## REGISTER NOW

+1 (784) 458-1800

+1 (784) 593-0996

stay@grenadinehouse.com



**JUNGL LOUNGE**  
WHERE THE JUNGLE COMES ALIVE WITH FLAVOR

**EVERY SATURDAY**

# REGGAE Night

COME AND ENJOY  
**GOOD REGGAE**  
AND EVEN BETTER  
**FOOD AND VIBES**

☎ 1(784)527-2554  
📍 Villa flat near college gap

Grenadine House  
Kingstown, St. Vincent

# SUMMER POOL PACKAGE

**PER PERSON: \$50**

INCLUDES: ACCESS TO THE POOL,  
1 LIGHT MEAL, 1 HAIROUN SOFT DRINK

**GROUP OF 10:  
\$45 PER PERSON**

INCLUDES: ACCESS TO THE POOL,  
1 LIGHT MEAL & 1 HAIROUN  
SOFT DRINK PER PERSON

**TO BOOK YOUR SPOT NOW**  
CALL:  
+1 (784) 458-1800  
or +1 (784) 593-0996  
**SPACES ARE LIMITED!**

🏊 POOL ACCESS  
🍔 LIGHT MEAL  
🥤 HAIROUN SOFT DRINK  
👥 FUN & RELAXATION

✉ Stay@grenadinehouses.com

**GRAB YOUR FRIENDS, TAKE A BREAK & UNWIND!**

**WE ARE OPEN TODAY**  
— FROM 5PM FOR —

# Moonshine THIRSTY THURSDAYS

**DRINK. PLAY. VIBE.**

🍸 | 🎱 | 🎵

**COCKTAIL SPECIALS AVAILABLE**



**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



**COME ENJOY**  
**THE**  
**FRESHEST**  
**Cocktails**

**COLDEST**  
**Beers**

**ALL YOUR**  
**FAVOURITE**  
**Drinks**

AT  
**CAPTAIN**  
**LANO'S**  
**BAR**



**TACO**  
**THURSDAYS**

  
**Coconut Grove**  
 BEACH CLUB

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



**PALKI**  
 FINE DINING RESTAURANT

**Sunday Buffet Brunch**  
 AT VILLA FLAT  
 Starting 11 AM to 3 PM  
 EVERY SUNDAY

Call to Reserve Your Table  
**784-527-2554**







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

Your Escape.  
Your Moments.

BEACHFRONT STAY | DELICIOUS FOOD | GREAT VIBES

be our guest  
**Unwind & Relax**

Enjoy delicious meals, a cozy stay,  
or a cold drink while watching  
your favorite sports at our bar.

*We've got everything you need  
for the perfect getaway!*

For reservation  
and inquiries

+1784-458-3530  
+1784-4345339  
[keeganbequia@yahoo.com](mailto:keeganbequia@yahoo.com)  
[www.graciebeachside.com](http://www.graciebeachside.com)

Relax.  
Recharge.  
Repeat.  
*Only at Gracie's.*

Great Food. Cozy Rooms. Friendly Vibes. That's Gracie's.

**Congratulations!  
You Did It!**

BOOK YOUR DAY PASS WITH BEQUIA PLANTATION HOTEL  
PACKAGES AVAILABLE FROM: JUNE 12<sup>TH</sup> TO JULY 31<sup>ST</sup> 2026

**RISING STAR PACKAGE  
USD \$390.00**

REQUIREMENTS:

- MINIMUM OF SIX (6) CHILDREN AND TWO (2) ADULTS.
- Time - 9:00AM- 4:00pm.
- Age limit: Children under 14 years.

PACKAGE INCLUSIONS:

- Unlimited mango smoothies.
- Three (3) 14-inch pizzas.
- Chicken spring rolls.

**NEXT CHAPTER PACKAGE  
USD \$430.00**

REQUIREMENTS:

- MINIMUM OF SIX (6) CHILDREN AND TWO (2) ADULTS.
- Time - 9:00AM- 4:00pm.
- Age limit: Children 14 years and older.

PACKAGE INCLUSIONS:

- Unlimited mango smoothies.
- Three (3) 14-inch pizzas.
- Chicken spring rolls.
- Four (4) portions of Sweet Chilli wings.

(784)534-8677 | [info@bequiaplantationhotel.com](mailto:info@bequiaplantationhotel.com) | [www.Bequiaplantationhotel.com](http://www.Bequiaplantationhotel.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](mailto:reservation@myahshotel.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



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 [SAME DAY RETURN]

DEPARTS KINGSTOWN 10:30 AM  
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



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



## 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





**HOTEL ALEXANDRIA**  
Prospect St. Vincent & The Grenadines  
784-456-9788

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.



# FRIDAY NIGHT CEVICHE





*driftwood*  
eat drink. drift.

**MANGOZ**  
Restaurant & Bar

# WE ARE NOW OPEN ON MONDAYS!

 **CLOSED ON TUESDAY**

*Plan your week and come vibe with us!*

 **GOOD FOOD** |  **GOOD DRINKS** |  **GOOD VIBES**

THANK YOU FOR YOUR CONTINUED SUPPORT!

**Grenadine House**  
Kingstown, St. Vincent

# POOL Packages






|                   | <b>PACKAGE 1</b>                                                                                                                                                         | <b>PACKAGE 2</b>                                                                                                                                                      |
|-------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                   | <b>XCD \$40.00</b>                                                                                                                                                       | <b>XCD \$60.00</b>                                                                                                                                                    |
| <b>PER PERSON</b> | <ul style="list-style-type: none"> <li>• Pool Access</li> <li>• Free Wi-Fi</li> <li>• Free Parking</li> <li>• Meals and drinks can be purchased at the hotel.</li> </ul> | <ul style="list-style-type: none"> <li>• Pool Access</li> <li>• 1 Light Meal</li> <li>• 1 Haircut Soft Drink</li> <li>• Free Wi-Fi</li> <li>• Free Parking</li> </ul> |

**8AM TO 5PM**

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





**MIAMI VICE SUMMER BRUNCH**

**9TH AUGUST 2PM - 7PM**

**FOOD INCLUSIVE** | **WELCOME DRINK: BELLINI SANGRIA**

**VVIP: \$220 REGULAR: \$130**

Tickets available at Kendra's Aluminium Store (Kingstown) & Myah's Hotel

**Jazzy's ALL NATURAL SOFT SERVE ICE CREAM**

*Naturally Made with Love*

*Cool Creamy Refreshing!*

**Now Available EVERY THURSDAY & FRIDAY!**

**STRAWBERRY SOFT SERVE** | **CHOCOLATE SOFT SERVE**

**CRUISE SHIP TERMINAL SHOP NO. 7** | **Call or WhatsApp: 526-1329**

Stop by every Thursday and Friday for your favorite soft serve treats. Bring your family and friends and enjoy the delicious taste of Jazzy's All Natural!

*Made Fresh for You!*

NATURAL INGREDIENTS • GREAT TASTE • MADE WITH LOVE

**THIS WEEK AT COCONUT GROVE BEACH CLUB**

| DAY       | OPENING HOURS | TODAY'S HIGHLIGHTS                    |
|-----------|---------------|---------------------------------------|
| WEDNESDAY | 2PM - 11PM    | HAPPY HOUR ALL DAY                    |
| THURSDAY  | 2PM - 11PM    | TACO THURSDAY<br>HAPPY HOUR 5PM - 7PM |
| FRIDAY    | 2PM - UNTIL   | LIVE DJ<br>HAPPY HOUR 5PM - 7PM       |
| SATURDAY  | 2PM - UNTIL   | BEACH BAR VIBES ALL DAY               |
| SUNDAY    | 2PM - 11PM    | RELAX & ENJOY THE BEACH               |

*Good Vibes. Great Food. Unforgettable Views.*

CANASH BEACH, RATHO MILL | (784) 431-2837 | gm@COCONUTGROVESVG.COM



# LAVUE

BOUTIQUE HOTEL & BEACH CLUB



## Summer STAYS AT the VUE

RELAX. RECHARGE. RECONNECT.

Escape the everyday and indulge in a summer staycation designed for comfort, connection and unforgettable moments. Beautiful views. Exceptional service. Pure relaxation.

ALL FOR  
**US\$300**  
PER COUPLE

### INCLUDES:

- One Night Accommodation
- Dinner for Two
- Continental Breakfast for Two

★ ROOM UPGRADES ARE AVAILABLE.

*You deserve a break.*  
BOOK YOUR STAY TODAY.



CALL TO BOOK  
1 784 528 8883



WHATSAPP  
1 784 534 7754



LavueHotelBeachClub  
La Vue Hotel



Grenadine House

Kingstown, St. Vincent

### GH WRAPS SERVED WITH SALAD

CHICKEN, FISH, VEGETABLES

### BUILD YOUR SALAD

Lettuce, Tomatoes, Cucumbers,  
Carrots, Cabbage, Onions, Sweet  
Peppers, Avocado, 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)

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stay@grenadinehouse.com



**Wellness Wednesday**  
EVERY WEDNESDAY

Grenadine House  
Kingstown, St. Vincent

FANTASEA TOURS  
St. Vincent W.I.



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## JERK 'N' FESTIVAL FRIDAYS

Bring the Jerk 'N' Festival home

Schedule your order early. Pre-order now.



Download the app now!







# 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

## FRIENDS WEEKEND

### GETAWAY AT BEQUIA PLANTATION HOTEL

July 12<sup>th</sup>, 2026 - September 6<sup>th</sup> 2026

Available every weekend!

Stay in our Double En-Suite or Double Master Bungalows.  
Receive a complimentary bottle of wine OR platter on arrival.

Max 4 persons | Min 2 nights stay






**Book Now**

+1(784)534-8677  
 info@bequiaplantationhotel.com  
 BOOKING CODE BPHI23



# THURSDAY

## JULY 30<sup>TH</sup>

# \$1 WINGS

MUSIC BY  
**DJ BEBE**



**6PM - 10PM**

### DRINK SPECIALS

|                          |                                       |                                  |
|--------------------------|---------------------------------------|----------------------------------|
| <b>\$5</b><br>RUM MIXERS | <b>\$10</b><br>CAMPARI & VODKA MIXERS | <b>5 FOR \$20</b><br>BEER BUCKET |
|--------------------------|---------------------------------------|----------------------------------|

POINT LOUNGE, BEQUIA  
 CALL / WHATSAPP 784-494-6578  
 @POINTLOUNGEBEQUIA



# 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

Find us on



Grenadine House  
Kingstown, St. Vincent

# Pasta Thursday

CHICKEN FISH

BEEF CARBONARA

EVERY THURSDAY

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

WhatsApp Instagram Facebook

# TACO TUESDAY

& tequila

EVERY TUESDAY

INCLUDES:

- \$10 TEQUILA SHOTS
- 2 FOR 1 MARGARITAS
- 3 TACOS FOR \$50 - CHICKEN, BEEF OR SEAFOOD

MH HOTEL 784-451-3600 Myah's Hotel

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

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

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

(784) 534 - 8677 Bequia Plantation Hotel

Moonshine

# PLENTY FOR 20 MONDAYS

20 WINGS FOR \$20

— DINE IN ONLY OFFER —

ONLY \$20

BIG FLAVOR. BIGGER VIBES.

SAUCY. TASTY. IRRESISTIBLE.

Pull Up. TREAT YOURSELF!



# TREE BAR

Crepes Saturdays  
each and every Saturday

Blackfish and Provision



Saltfish Buljol



Pigfoot Soupe



Conch Soupe



Smoke Herring and Doughboy



Moonshine

# THIRSTY

Thursdays

GAME NIGHT  
EDITION



**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



Sunset Shores

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

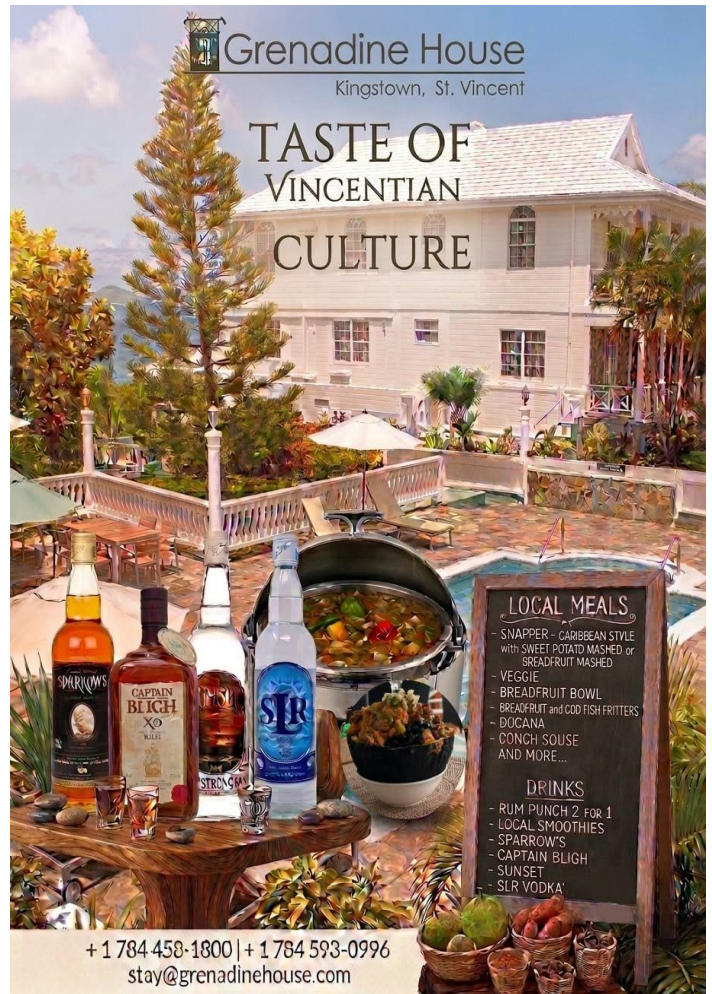
LOCATION  
Sunset Shores Beach Hotel,  
Villa



Grenadine House

Kingstown, St. Vincent

# TASTE OF VINCENTIAN CULTURE



## LOCAL MEALS

- SNAPPER - CARIBBEAN STYLE  
with SWEET POTATO MASHED or  
BREADFRUIT MASHED
- VEGGIE
- BREADFRUIT BOWL
- BREADFRUIT and COD FISH FRITTERS
- DUCANA
- CONCH SOUSE
- AND MORE...

## DRINKS

- RUM PUNCH 2 for 1
- LOCAL SMOOTHIES
- SPARROW'S
- CAPTAIN BLIGH
- SUNSET
- SLR VODKA

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stay@grenadinehouse.com





## 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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EC \$490.00**

Welcome drinks,  
Complimentary  
use of Pool & Gym



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BOUTIQUE HOTEL & BEACH CLUB

# POOL Day Pass

**10AM- 5PM**

Dive into relaxation with our Pool Day Pass.  
Perfect for locals & guests alike!

Choose (1) one of our Day Pass Package

**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  
(784) 528-8883

Lavuehotelbeachclub  
Lavuehotel

**Grenadine House**  
Kingstown, St. Vincent

# TACO

*Tuesday*

**BEEF  
CHICKEN**

**\$44**

-SERVED WITH FRIES | SALAD | 1 SOFT DRINK

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



5PM - 7PM  
**WEDNESDAY TO FRIDAY**  
AT COCONUT GROVE

**HAPPY HOURS**

Coconut Grove  
BEACH CLUB

CALL: +1784431-2837  
EMAIL: 6M@COCONUTGROVESVG.COM  
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**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

**DAY PASS**

**PRICING OPTIONS**

**SINGLE OCCUPANCY (PER PERSON)**

Day Pass Only: **US \$85.00**  
Day Pass + Room: **US \$120.00**

**DOUBLE OCCUPANCY (FOR TWO PERSONS)**

Day Pass Only: **US \$150.00**  
Day Pass + Room: **US \$205.00**

**DAY PASS PACKAGE INCLUDES:**

- ✓ 1 WELCOME RUMPUNCH / LOCAL DRINK
- ✓ 1 TWO COURSE MEAL
- ✓ 1 GLASS HOUSE RED/WHITE WINE
- ✓ ACCESS TO POOL
- ✓ ACCESS TO GYM

**BOOK NOW** | +1 784 458-1800 | +1 784 593-0996  
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**ALL NATURAL**  
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Thank you for supporting LOCAL & NATURAL!



# Parks and Sites

## Hiking & Adventure

- La Soufriere Cross Country Trail on the Windward Side
- 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



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**THE JOSHUA CENTRE**  
Arnos Vale, St. Vincent

MON - FRI 9:00am - 4:30pm | SAT 9:00am - 1:00pm

(784) 457-1841

MoneyGram. Going Places Travel



LAVUE  
BOUTIQUE HOTEL & BEACH CLUB

**TACO TUESDAY**  
12PM - 11PM

**\$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

SUNSET RESTAURANT





## 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 |



SVGHTA  
ST. VINCENT & THE GRENADINES  
HOTEL AND TOURISM ASSOCIATION

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

**SVG Hotel & Tourism Association**  
**OFFICE AND SOUVENIR SHOP**  
**Cruise Ship Terminal, Room #8**

E: [info@svghotels.com](mailto:info@svghotels.com) / [svghotels@gmail.com](mailto:svghotels@gmail.com)  
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