



SVGHTA
ST. VINCENT & THE GRENADINES
HOTEL AND TOURISM ASSOCIATION

What's On in St. Vincent

2026

Issue: 1138

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

JULY

Fri 3rd

EVO Night in the Clouds, Cruise Ship Terminal, 8pm

Grenadine House: Festive Fridays 6pm - 9pm

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

Ada Restaurant, Beachcombers Hotel: Happy Hour 6pm - 8pm with Live Music

French Verandah, Villa: Jerk & Festival and Happy Hour 5pm - 7pm

Myah's Hotel: Happy Hour All Day

Moonshine, Villa: Fridaze, 10pm

Sunset Shores Hotel: Happy Hour 4pm - 7pm

Tel: 458-1800

Tel: 457- 4795

Tel: 534-2593

Tel: 453 -1111

Tel: 451-3600

Tel: 433-1528

Tel: 458-4411

Sat 4th

Soca Monarch, Victoria Park, 7pm

Sunset Shores Hotel: Happy Hour 4pm - 6pm, BBQ 7pm

Grenadine House: Happy Hour 3pm

Myah's Hotel: Happy Hour All Day, Saturday Cravings, 12 Noon

Ada Restaurant, Beachcombers Hotel: BBQ 6pm - 9pm with Live Music

Moonshine, Villa: Moonlit Saturdays, 9pm until

Young Island Resort: BBQ, 7pm - 10pm



Tel: 458-4411

Tel: 458-1800

Tel: 451-3600

Tel: 534-2593

Tel: 433-1528

Tel: 458-4826

Sun 5th

Dimanche Gra: Calypso Monarch Finals, King & Queen of the Bands, Victoria Park, 8pm

Grenadine House: Buffet 11am - 3pm, Happy Hour 3pm until

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

Moonshine, Villa: Retro Sundays

Ada Restaurant, Beachcombers Hotel: Live Music

Tel: 458-1800

Tel: 532-8883

Tel: 433-1528

Tel: 534-2593

Mon 6th

Bubbles & Champagne Super K, Arnos Vale, Dolphin Gymnasium, 9pm - 2am

Fantasea Tours: All Inclusive Day Cruise to Mustique & Bequia

Moonshine, Villa: Plenty for \$20 Wings

Myah's Hotel: Menu, 12 Noon until

Tree House & Grill: Karaoke Night Party, 8pm until

Hotel Alexandrina: Kulture Bar & Grill, Prospect 3 pm

Tel: 457-4477

Tel: 433-1528

Tel: 451-3600

Tel: 456-6808

Tel: 456-9788

Tues 7th

Fantasea Tours: All Inclusive Day Cruise to Tobago Cays, Mayreau & Canouan

French Verandah, Villa: Happy Hour 5pm - 7pm

Tree House & Grill: Burger & Beer Tuesdays

Grenadine House: Taco Tuesday 11am - 6pm

La Vue Boutique Hotel & Beach Club: Taco Tuesday, 12 Noon - 10pm

Tel: 457-4477

Tel: 453-1111

Tel: 456-6808

Tel: 458-1800

Tel: 532-8883

Wed 8th

Fantasea Tours: All Inclusive Day Cruise to Mustique & Bequia

Moonshine, Villa: Fever Wednesdays, 9pm

Jungl Lounge, Villa Flat: Karaoke Night, 7pm

Grenadine House: Wellness Wednesday

Myah's Hotel: Pizza your Way All Day

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

Tel: 457-4477

Tel: 433-1528

Tel: 527-2554

Tel: 458-1800

Tel: 451-3600

Tel: 431-2837

Thurs 9th

Moonshine, Villa: Games Night & Thirsty Thursdays

Tree House & Grill: Taco Thursday

Grenadine House: Pasta Thursday

Coconut Grove Beach Club, Canash Beach: Taco Thursdays 2pm, Happy Hour 5pm - 7pm

Tel: 433-1528

Tel: 456-6808

Tel: 458-1800

Tel: 431-2837

Friday 3rd July

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

Tel: 456-6518

Saturday 4th July

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

Tel: 456-6808

Moonshine, Villa: Moonlit Saturdays, 9pm until

Tel: 433-1528

Young Island Resort: BBQ, 7pm - 10pm

Tel: 458-4826

Sunday 5th July

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

Tel: 456-8550

JULY 3RD
TWENTY - 26

THE GREAT ESCAPE VINCYMAS 2026

STARTING TIME 8PM

TWO

NIGHT IN THE Clouds

📍 CRUISE SHIP TERMINAL EARLY BIRD \$60 | VIP \$275

BURNING FLAMES | ICON | ADDED RANKIN | ZOELAH

THE GREAT ESCAPE VINCYMAS 2026

SOGA MONARCH

SATURDAY JULY 4TH 2026

VICTORIA PARK KINGSTOWN, ST VINCENT

GATES OPEN 7PM

TICKETS AVAILABLE

TICKETS AVAILABLE AT REVEL

\$80

TICKETS ISLAND WIDE

OUR MAS · OUR STORY · OUR LEGACY

THIS IS VINCYMAS

VINCYMAS 2026 THE GREAT ESCAPE

CALYPSO MONARCH FINALS
KING & QUEEN OF THE BANDS

DIMANCHE GRAS
SUNDAY JULY 5TH

8PM VICTORIA PARK | GENERAL \$40

MHI HOTEL

Gel Pedicure

30 Min Back & Neck Massage

4 Hr Pool Pass

1 Dessert

1 Drink (Alcoholic or Non-Alcoholic)

Girls OUTSIDE Package

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

\$180

Book Now: 784-451-3600

Signature

AFTER WORK LIME
 FRIDAYS

3 FOR \$12

Carib LAGER

SILC MUSICLOVERS

SILC BAND

BARCODE

Saturday 11th July

Grenadine House
Kingstown, St. Vincent

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.

📍 GRENADINE 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 ♡

SOCA OVERLOAD SUNDAY

SOCA IS EVERYTHING SUNDAY

SUN, JULY 05 • 12PM-6PM

DJ SLIMZ • DJ BEBE

AT GRACIE'S BEACHSIDE

FORMERLY KEEGAN'S

NUFF FOOD

COLD DRINKS

BEACH VIBES

OPEN-AIR PARTY

360 Sports Bar

RESET & Restart

THIS CARNIVAL SEASON

DAILY SOUP & SOUSE SITUATION
11:00 AM • WHILE STOCKS LAST

Conch & Pig Foot Souse
AVAILABLE DAILY
— WHILE STOCKS LAST —

WED JUL 1	🍗	CHICKEN SOUP
THU JUL 2	🦃	TURKEY BOIL UP
FRI JUL 3	🌽🌽	CALLALOU & CORN SOUP
SAT JUL 4	🍗 & 🦃	CHICKEN SOUP & TURKEY BOIL UP
SUN JUL 5	🌽	CORN SOUP

Recharge. Refuel. Restart.

360 SPORTS BAR

point
LOUNGE
Bequia

\$1 WING THURSDAYS!

EVERY THURSDAY

6PM TO 8:30PM

CRISPY • BBQ • BUFFALO

ADDITIONAL \$1
CREAMY GARLIC, BLUE CHEESE, HONEY MUSTARD, RANCH

POINT PUNCH
\$5

RUM MIXERS
\$5

TEQUILA SHOTS
\$8

CAMPARI
\$8

5 FOR \$20
CARIB & HAIROUN

📍 PRIVATE PARKING LOT
HAMILTON, EN ROUTE TO FORT HAMILTON

📞 CALL/WHATSAPP 784-494-6578



BEQUIA PLANTATION HOTEL

SUMMER SALE

Stay Dates: July 12 – September 6, 2026

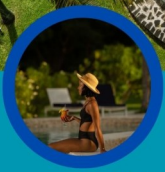
20% OFF STAYS



BOOKING CODE BPHOOO

(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

\$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

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) 458-1888

+1 (784) 593-0996

stay@grenadinehouse.com

Thank you for choosing Grenadine House.
Enjoy your stay.



ACCOMMODATIONS

PREMIUM AMENITIES

WARM HOSPITALITY

BEAUTIFUL SURROUNDINGS

COME ENJOY
THE
FRESHEST
Cocktails
COLDEST
Beers
ALL YOUR
FAVOURITE
Drinks
AT
CAPTAIN
LANO'S
BAR

Grenadine House
Kingstown, St. Vincent

July 3rd
6pm-9pm

FESTIVE

FRIDAY

MENU

SLICED GRILLED TUNA

SAUTÉED CONCH

STIR FRIED PASTA
CARNIVAL PASTA

PUMPKIN FRITTERS

GARDEN SALAD



+1 (784) 458-1800

+1 (784) 593-0996

stay@grenadinehouse.com



\$50



Islander
Bar & Grill

Monday - Tuesday
LUNCH
DEAL!

10" Pizza With Two Toppings **EC \$20**

🕒 12pm - 3pm

Myahs Hotel www.myahshotel.com

WE ARE
OPEN TODAY
— FROM 5PM FOR —
Moonshine
THIRSTY THURSDAYS

DRINK. PLAY. VIBE.

COCKTAIL SPECIALS AVAILABLE



CARNIVAL ESCAPE

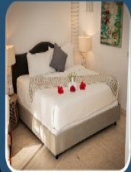
Stay Dates: July 1 - 9, 2026



BEQUIA PLANTATION HOTEL

20% OFF

All Available Rooms



Booking Code- BPH778

RESERVATIONS



PHONE NUMBER
(784) 534-8677



EMAIL
info@bequiaplantationhotel.com

Moonshine

MOONLIT SATURDAYS

EVERY SATURDAY

MOONSHINE, VILLA | 9PM - UNTIL

LIVE DJS • FREE ENTRY ALL NIGHT

ESCAPE THE CARNIVAL Crowd!

Need a break from the action? Come up to 4 Flights Up for good food, cold drinks and good vibes in a relaxed, elevated atmosphere.



GREAT FOOD
Flavorful dishes made to satisfy every craving.



ICE-COLD DRINKS
Signature cocktails, premium spirits and more.



GOOD VIBES
Good music, good energy and good company.



RELAXED ATMOSPHERE
Kick back, unwind and enjoy the view from up here.



4 FLIGHTS UP
GOOD FOOD. GOOD VIBES.

Elevate Your Wellness.

REST. RELAX. RENEW.



We are a licensed facility offering medical cannabis for registered patients. WELLNESS. DISCREET. ALWAYS.

Whether you're a local or visiting for Vincy Mas, 4 Flights Up is your perfect getaway. Great food, refreshing drinks and an experience that will have you coming back for more.

Good Food. Great Vibes.
ALWAYS WORTH THE TRIP.



FIND US AT
RATHO MILL



CALL US
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GOOD FOOD | GREAT VIBES | ALWAYS WORTH THE TRIP



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

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Check flight availability

Visit Our Website - <https://www.flysvgair.com>

Call: +1 (784) 457 5124

Whatsapp: +1 (784) 532 9179

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

Friday Night BBQ @ Paradise Beach Hotel

Live music, great people —
even better food.



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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
16% VAT INCLUDED, 10% SERVICE CHARGE TO BE ADDED TO FINAL BILL.

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.

JULY 6TH 2026
ARNOS VALE DOLPHIN GYMNASIUM

9PM - 2AM

Bubbles and CHAMPAGNE SUPER K

TICKETS AVAILABLE ON eventbrite

Grenadine House
 Kingstown, St. Vincent

POOL Packages

PACKAGE 1
XCD \$40.00
PER PERSON

- Pool Access
- Free Wi-Fi
- Free Parking
- Meals and drinks can be purchased at the hotel.

PACKAGE 2
XCD \$60.00
PER PERSON

- Pool Access
- 1 Light Meal
- 1 Hairoun Soft Drink
- Free Wi-Fi
- Free Parking

8AM TO 5PM

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

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.

BEQUA PLANTATION HOTEL
 4th July 2026

Pasta Night
Taste of Tuscany
 Live Entertainment by Kids On Pan
 "Real Pasta, Real Flavor"

- Florentine Chicken** \$18 USD
 Herb-marinated chicken tossed with wilted spinach, mushrooms, and fresh basil in a delicate white wine cream sauce.
- Mediterranean Garden** \$14 USD
 Roasted eggplant, sweet peppers, fresh tomatoes, and basil pesto, finished with shaved Parmesan.
- Creamy Tuscan Seafood** \$29 USD
 Succulent shrimp and scallops with spinach, roasted garlic, and crisp carrots, tossed in a light Parmesan cream sauce.
- Italian Sausage Ragù** \$18 USD
 Rustic Italian sausage simmered in a rich tomato and basil ragù, finished with aged Parmesan and fresh herbs.

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

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

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 - J'ouvert and Monday Jam

Tuesday 7th - Mardi Gras- Grand Finale

Sunday 12th - AIA Activation-Promise



Gracie's
BEACHSIDE LTD.

*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

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- +1784-4345339
- keeganbequia@yahoo.com
- www.graciebeachside.com

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

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

Coconut Grove
BEACH CLUB

CLOSED FOR PRIVATE EVENTS ON THE 3RD AND 5TH JULY 2026

BEQUIA PLANTATION HOTEL
Bequia, West Indies

Congratulations! You Did It!

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

<p>RISING STAR PACKAGE USD \$390.00</p> <p>REQUIREMENTS:</p> <ul style="list-style-type: none"> MINIMUM OF SIX (6) CHILDREN AND TWO (2) ADULTS. Time - 9:00AM - 4:00pm. Age limit: Children under 14 years. <p>PACKAGE INCLUSIONS:</p> <ul style="list-style-type: none"> Unlimited mango smoothies. Three (3) 14-inch pizzas. Chicken spring rolls. 	<p>NEXT CHAPTER PACKAGE USD \$430.00</p> <p>REQUIREMENTS:</p> <ul style="list-style-type: none"> MINIMUM OF SIX (6) CHILDREN AND TWO (2) ADULTS. Time - 9:00AM - 4:00pm. Age limit: Children 14 years and older. <p>PACKAGE INCLUSIONS:</p> <ul style="list-style-type: none"> Unlimited mango smoothies. Three (3) 14-inch pizzas. Chicken spring rolls. Four (4) portions of Sweet Chilli wings.
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(784)534-8677 | info@bequiaplantationhotel.com | www.bequiaplantationhotel.com

MH HOTEL

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



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

Carnival Schedule 2026

SUN. 5TH JULY TO FRI. 10TH JULY, 2026

Day	Route	Estimated Time of Departure
SUN 5 July 2026	NO Sailing	
MON 6 July 2026	NO Sailing	
TUES 7 July 2026	NO Sailing	
WED 8 July 2026	Kingstown → Bequia	9:00 am
	Bequia → Canouan	9:30 am
	Canouan → Mayreau	11:00 am
	Mayreau → Union Island	11:30 am
	Union Island → Mayreau	3:30 pm
FRI 10 July 2026	Mayreau → Canouan	3:45 pm
	Canouan → Bequia	4:15 pm
	Bequia → Kingstown	5:30 pm
	Kingstown → Bequia	9:00 am
	Bequia → Canouan	9:30 am
FRI 10 July 2026	Canouan → Mayreau	11:00 am
	Mayreau → Union Island	11:30 am
	Union Island → Mayreau	3:30 pm
	Mayreau → Canouan	3:45 pm
	Canouan → Bequia	4:15 pm
FRI 10 July 2026	Bequia → Kingstown	5:30 pm

THE REGULAR SCHEDULE RESUMES ON SUNDAY 12 JULY, 2026

Sailing Times:

- Kingstown/Bequia: 30 minutes
- Canouan/Mayreau: 20 minutes
- Bequia/Canouan: 60 minutes
- Mayreau/Union Island: 10 minutes

CONTACT INFORMATION

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



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

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





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







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

The French Verandah


HAPPY Hour



TUESDAYS & FRIDAYS 5PM - 7PM

Moonshine




FRIDAZE

LIVE DJ • LADIES FREE
 DOORS OPEN 10PM





Signature
 RESTAURANT • BAR • LOUNGE

COMING SOON

SIGNATURE Pool Lounge



-  ACCESS TO BAR & RESTAURANT
-  AIR CONDITIONED COMFORT
-  NICE MUSIC
-  GOOD VIBES

Relax. Refresh. Signature.
 YOUR NEW FAVORITE SPOT TO UNWIND



J'ouvert Morning Breakfast

EAT LOCAL!

Local Breakfast

- TRI-TRI CAKE
- DUCANA
- BLACK FISH
- CRAB & CALLALOO
- CONCH SOUSE
- BREADFRUIT
- BAKES
- WHELK
- COD FISH
- STEWED CHICKEN
- SMOKED-HERRING
- CORN COU-COU
- DOUGH BOY
- BOUL-JOUL
- GREEN BANANAS
- JACK FISH
- PIG FOOT SOUSE
- CATTLE-HEAD SOUSE

Drinks

- VARIETY OF LOCAL JUICES
- TEAS - COCOA, GINGER AND MINT

J'OUVERT MORNING FROM 6 AM

Grenadine House
Kingstown, St. Vincent

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

Grenadine House
Kingstown, St. Vincent



FANTASEA TOURS
St. Vincent W.I.

- LAND & SEA TOURS
- PRIVATE CHARTERS
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- VILLA & VEHICLE RENTALS

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



CARNIVAL SCHEDULE

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

July 4th

Sun, Mon & Tues

FROM BEQUIA	FROM KINGSTOWN
7:00 AM	8:15 AM
4:15 PM	5:15 PM

July 5th, 6th & 7th

EXPERIENCE MORE THAN JUST THE MAS

Make Bequia part of your VincyMas weekend

Call us at: (784) 493-3278



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  



MV GEM STAR 2

Southern Grenadines Ferry

SCHEDULE UPDATE

TUESDAY JUNE 30 - 11:00AM
Kingstown → Canouan → Mayreau → Union Island

WEDNESDAY JULY 1 - 7:00AM
Union Island → Mayreau → Canouan → Kingstown

FRIDAY JULY 3 - **NO SERVICE**

SATURDAY JULY 4 - **NO SERVICE**



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

Find us on  

FITNESS GYM



PACKAGE PRICE

Registration + First Month Fee:
XCD \$125.00

Monthly Fee: XCD \$60.00

OPEN HOURS
5:00AM - 8:00PM

REGISTER NOW

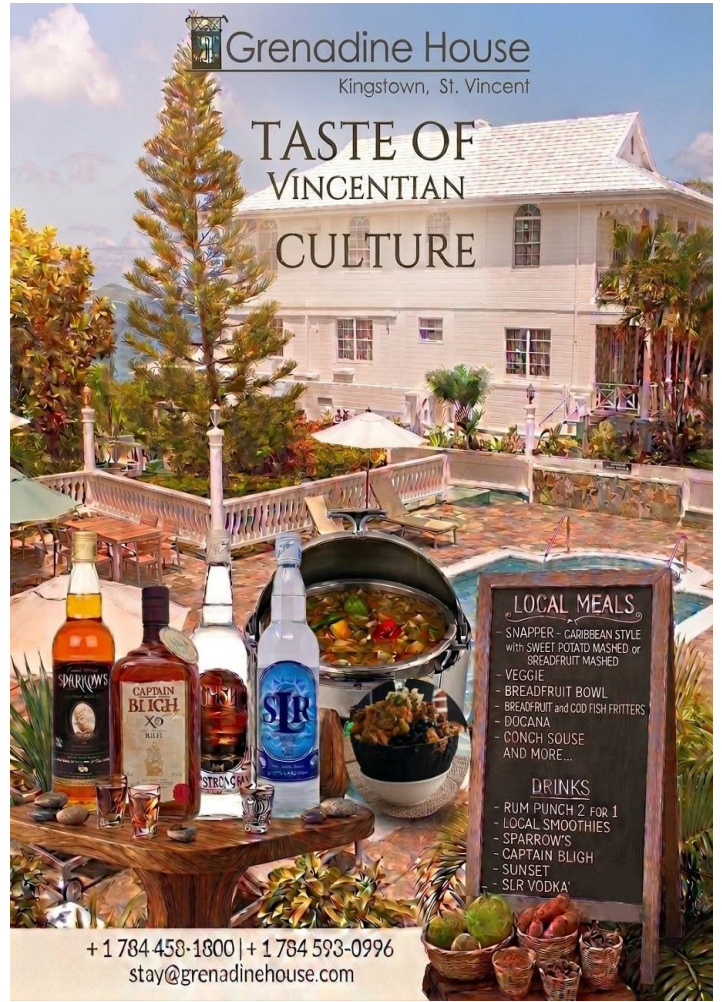
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TASTE OF VINCENTIAN CULTURE



LOCAL MEALS

- SNAPPER - CARIBBEAN STYLE
With SWEET POTATD MASHED or
BREADFRUIT MASHED
- VEGGIE
BREADFRUIT BOWL
- BREADFRUIT and COD FISH FRITTERS
- DOCCANA
- CONCH SOUSE
AND MORE...

DRINKS

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

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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

THE CARNIVAL SEASON IS HERE!

SKY LOUNGE

CARNIVAL CELEBRATION

DAILY OPENING

2:00 PM - 11:00 PM

UNTIL JULY 6TH

SKY LOUNGE: WHERE THE CARNIVAL VIBES MEET THE SKY

HARBOUR **VIBES** **BAGGA FISH FEST**

PRESENTS

BAGGA FISH FEST

MUSIC BY

DJQ & DJ SNYPA

TIME 7PM

LOCATION BAGGA SQUARE

DATE JULY 10TH 2026

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@hiexpress.com

Selections vary weekly.

Made fresh in-house every Sunday morning.

GOOD MORNING, GREAT START.
Let's make your morning extra special.

WE'RE HIRING!

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

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.

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

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!

JUNGL LOUNGE
WHERE THE JUNGLE COMES ALIVE WITH FLAVOR

EVERY WEDNESDAY

7PM UNTIL

KARAOKE Night

BEST WINS A FREE 12 INCH CHICKEN PIZZA

CONTACT 17845272554

LOCATED VILLA FLAT NEAR COLLEGE GAP

LAVUE
BOUTIQUE HOTEL & BEACH CLUB

SUNSET RESTAURANT

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



Grenadine House
Kingstown, St. Vincent

Pasta Thursday

CHICKEN FISH

BEEF CARBONARA

EVERY THURSDAY

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



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

Bequia Plantation Hotel



Coconut Grove
BEACH CLUB

Kids Summer Camp

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

Activities:

- Sailing
- Archery
- Excursions
- Pool Days
- Beach Days
- Arts & Crafts

XCD 270
Per Child Per Week

Week 1: 20th - 24th July

Week 2: 27th - 31st July

More Information : +1 (784) 532 8808 gm@coconutgrovesvg.com




TREE BAR

Creole Saturdays
each and every Saturday

Blackfish and Provision



Saltfish Buljol

Pigfoot Souse



Coch Souse



Smoke Herring and Doughboy



LIVE IT... FEEL IT... EMBRACE IT...

THE PERFECT ESCAPE AWAITS



- ✓ RIDE ALONG PICTURESQUE BEACHES & COASTAL TRAILS
- ✓ DISCOVER HIDDEN GEMS WITH PANORAMIC VIEWS
- 🕒 7 DAILY DEPARTURES STARTING FROM 6:00 AM

SINGLE ATVs

DOUBLE ATVs

CALL OR WHATSAPP: 784-532-6370

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

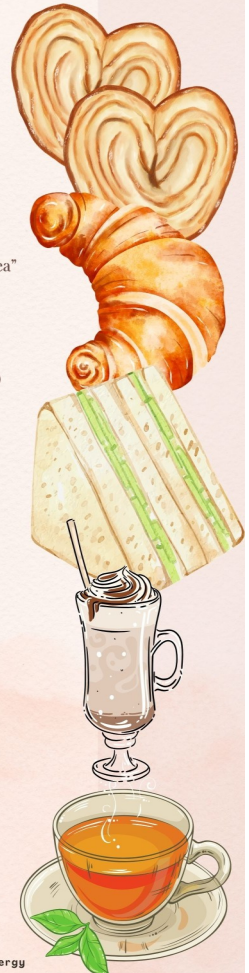
Assorted Platter of Delicacies - \$14.00 Per Person USD

- 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

BOOK NOW

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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
(784) 528-8883

Lavuehotelbeachclub
Lavuehotel

\$44

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Moonshine

PLENTY FOR 20 MONDAYS

20 WINGS FOR \$20 | DINE IN ONLY OFFER



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

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SUNDAY BBQ

AT THE BEQUIA PLANTATION HOTEL
 FEATURING LIVE MUSIC BY GOOD VIBES

JUNE 28TH 12PM-3PM

US\$40.00 PER PERSON

FEATURING A SELECTION OF MEATS:

- FLAME-GRILLED BBQ CHICKEN
SERVED OVER A SMOKY MANGO BBQ GLAZE.
- HERB-MARINATED PORK TENDERLOIN
WITH A TANGY MAPLE DIJON REDUCTION.
- GRILLED CATCH OF THE DAY
FRESH LOCAL FISH GRILLED AND TOPPED WITH A RICH GARLIC AND LEMON BUTTER SAUCE.

COMPLEMENTED BY:

- VEGETABLE FRIED RICE
- BUTTERED CORN ON THE COB
- FRESH GARDEN SALAD
- POTATO AU GRATIN
- LOCAL LENTIL STEW INFUSED WITH COCONUT MILK AND FRESH SPICES.

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

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

FRIENDS WEEKEND
GETAWAY AT BEQUIA PLANTATION HOTEL
 July 12th, 2026 - September 6th, 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









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 info@bequiaplantationhotel.com
 BOOKING CODE BPHI23



Vincy Mas Special!

\$52.00 XCD

OFF

ON SELECTED ATV BOOKINGS!

USE CODE: **MAS20**

VALID JULY 1 - 20

ADVENTURE AWAITS.
BOOK NOW!



BOOK ONLINE ONLY
 Coupon valid only when booking on our website.

NOT VALID ON:
 Sunrise Tour, Sunset Tour, or 9:30 AM Tour.

REQUIREMENT:
 Driver must present a valid driver's license from their country of origin.

BOOK NOW AT COASTALADRENALINE.COM

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-  Groups
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THE JOSHUA CENTRE
Arnos Vale, St. Vincent

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

 (784) 457-1841





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

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