

NO. 1152
July 11th -
July 17th

BEQUIA 2025

THIS WEEK

WHAT * WHERE * WHEN?

Fri 11th

Gusto A Bequia Sailing Adventure - Trips to Mustique & Tobago Cays, see ad for more info WhatsApp/Tel 433 1371
Sail Relax Explore - Contact us for open cruises/private charters to neighbouring islands. See ad 457 3888 /495 0886
Bequia Fast Ferries Ltd - New fast, stable & luxurious daily Ferry Service between Bequia & Kingstown, see ad 493 3278
Bequia Heritage Museum - Open Fridays, Mondays & Wednesdays from 10am - 1pm, Adm. EC\$25. See ad 532 9554
Serenity Day Spa, Belmont - Offering a wide range of Spa Treatments, 9am-5pm, closed Suns, Mons & Thurs, see ad 533 4005
The Sandbar, Friendship Bay - Sips & Bites from 11am-5pm Weds to Mons! Day Pass US\$45, see ad 534 8020
The Liming, Adams Bay - Daily Lunch & Dinner (res. preferred). Check our Day Passes - only US\$75pp! See ad 533 0398
Frangipani Hotel - Open daily for B'fast & Lunch; Dinner on Tues, Weds & Thurs only (res. essential!). See ad 458 3255
Bequia Plantation Hotel - Open daily for B'fast, Lunch & Dinner! Waterfront Bar, Day Pass US\$65, see ad 534 8677
Cheri's Rooftop Terrace - Now open for Lunch Mon-Fri, Dinner Thurs-Sat, plus weekend Specials! See ad 433 9054
Greenhouse Café Bequia - All the cannabis products you need! Find us at Bequia Plantation Hotel, see ad 534 8677
De Reef, Lower Bay - Open 10.30am until... Happy Hour daily 4-7pm, closed Thursdays! See ad WhatsApp/Tel 528 4958
Jack's Bar, PM Beach - Sunset Vibes with 'Bashi' today, 5.30pm until... Daily Happy Hour 5-6pm! See ad 529 4692
Mac's Pizza - Friday Happy Hour Bar Specials 5-7pm. Daily 11.30am-9pm, Fri & Sat 'til 10pm, (closed Weds). See ad 458 3474

Sat 12th

Sylvester Simmons Foundation Fishermans' Day - 9am-7pm Under the Almond Tree: Great Fun, Food & Music, see ad
Sugar & Spice Café @ Frangi - Open daily from 7.30am - 6.30pm for coffees, pastries, paninis and more! See ad 533 2233
Dawn's Café, Lower Bay - Open Tues - Sun for B'fast & Lunch, Dinner by reservation please! See ad 492 6508
Bequia Threadworks - Handmade Fashion & Accessories for men, women & kids. Mon - Fri 8am-4pm, Sat 8am-12pm 526 6945
Mac's Pizza - Saturday Evening Chill & Lime on our patio - 'Bashi' live from 7-9pm, sunset view! See ad 458 3474
Bequia Plantation Hotel - Seafood Night! Grilled Seafood Platter + 2 Glasses Prosecco US\$60 pp. See ad 534 8677

Sun 13th

Sunkissed Beach Rentals - Loungers, Coolers, non-motorised Watersports, Picnics & much more! See ad 432 4986
Grenadine Island Villas - The most comprehensive listing of Villas & Apts to rent and buy in Bequia, see ad 457 3739/3888
Jack's Bar - Open from 10am - Sunday Lime with local food and DJ Music! Happy Hour 5pm-6pm, see ad 529 4692
De Reef, Lower Bay - Sunday Lunch & Lime, Jan & Louis + "Gecko Beach" live 4pm. Happy Hour 4-7pm WhatsApp/Tel 528 4958
The Cocktail Lab @ Bequia Marina - Sunday Sunset Special - Selected Cocktails EC\$15, 5.30pm-7.30pm. See ad 433 8218

Mon 14th

Bequia Heritage Museum - Open today 10am - 1pm, Adm. EC\$25. Allow plenty of time for your visit! See ad 532 9554
Blue Grenadines - Escape to Paradise with Blue Grenadines Villa Rentals and Villa Sales, see ad 458 3440
The Spa @ Bequia Plantation Hotel - Open for your pampering! Check our Spa & Day Pass Combo! See ad 534 8677
Fernando's Hideaway - 3-Course Dinner Special Mon-Sat EC\$70 (closed Suns). Res. pl. WhatsApp/Tel 430 0478/458 3758

Tues 15th

Vinlec Scheduled Outage - O'Car, from 8am - 12 noon
Vintages Bequia @ Frangi - Shop wines, liquors, teas and more. Open Mon to Sat 9am to 4pm 528 6101
Serenity House Port View Guest House, Pt. Elizabeth - 2-bed, 3 bath rental, A/C, ocean view! See ad 570 9518
Maranne's Ice Cream @ Gingerbread - Daily 10.30am-5.30pm, closed Sundays. Ice cream, yoghurt, etc. See ad 593 7264
Bequia Threadworks - Contact our Production Team for alterations, custom upholstery projects & more... See ad 526 6945

Wed 16th

Vinlec Scheduled Outage - Section of Spring, from 8am - 12 noon
Bequia Heritage Museum - Open today 10am - 1pm, Adm. EC\$25. Allow plenty of time for your visit! See ad 532 9554
Doris Fresh Food - Meats, cheeses, fruit & veg, fine wines and more... Mon-Fri 8am-2pm, Sat til 12 noon. See ad! 458 3625
The Cocktail Lab @ Bequia Marina - Chill Acoustic Guitar Music by Cloud Gooding, 5.30pm-7.30pm. See ad 433 8218

Thurs 17th

Vinlec Scheduled Outage - Section of Spring, from 8am - 12 noon
Encore Thrift Store, Ocar - All proceeds in aid of The Bequia Sunshine School, open Thurs, Fri & Sat, 9am-1pm, see ad
The Cocktail Lab @ Bequia Marina - Get Down Thursday: Local rum Specials 5-9pm, DJ Adiktid 7-10pm. See ad 433 8218

EATING OUT & BARS

Cheri's Rooftop Terrace

Phone: 433 9054
Opposite Cemetery

Mon to Fri: LUNCH 12pm - 4pm • Thurs to Sat: DINNER 6pm - 9pm

- **SATURDAYS:** Burger, Mojito, Taco Special 12pm - 5pm
- **SUNDAYS:** Brunch (2nd & 4th Suns) 10.30am - 1.30pm ...
... Sunday evening Tapas 5pm - 10pm

Private Dinners / Intimate Event options also available

www.facebook.com/cherisrooftopterrace

DeReef

Beach Bar & Restaurant
Lower Bay - Bequia

Restaurant & Beach Bar
OPEN DAILY 10.30am UNTIL...
(closed Thursdays)

Sundays Lunch & Lime -
Jan & Louis + "Gecko Beach" live 4-6.30pm
Daily Happy Hour 4-7pm **Spacious Seating!**
WhatsApp/Phone 528-4958

Dawn's Café - Lower Bay

Delicious Home Cooking in idyllic Garden Setting

Breakfast & Lunch. Dinner by Res. Takeaways!

Closed Mondays No Credit Cards

Located at the end of Lower Bay Tel: 492 6508

Sugar & Spice Cafe

and everything nice

OPEN DAILY

7:30AM - 6:30PM

Coffee, Tea, Smoothies,
Desserts, Paninis & More

Contact us for Custom
Dessert Orders

+1 (784) 533-2233

@sugarandspicebequia



JACK'S BEACH BAR PRINCESS MARGARET BEACH

Open daily from 10am for Drinks, Lunch & Dinner

Enjoy Our Sunset Happy Hour every day from 5pm to 6pm!

Friday 11th July: Sunset Vibes with 'Bashi' 5.30pm until...

Sunday 13th July: DJ music from 1pm until...

Reservations strongly urged! Call / WhatsApp: 529 4692 <https://jacksbeachbar.com>



The Liming

Adams Bay, Bequia

Open Daily for
Lunch & Dinner

Reservations preferred
to avoid disappointment!

DAY PASSES US\$75 per person

Includes:

- 2-Course Meal - 3 Beverages included
- 1 Bottle Water
- Pool Access
- Beach Chair/Towel
- Watersports Equipment: Kayak, Paddle Board
- Access to Tennis Court

Reservations: +1 (784) 533-0398
or email frontdesk@thelimingbequia.com

MAG'S PIZZA & KITCHEN

Fri 11th July: Happy Hour 5-7pm

Sat 12th July: Chill & Lime 'Bashi' live 7-9pm

Open Sun to Thurs from 11.30am-9pm **Closed Weds!**
Fridays & Saturdays until 10pm Tel: 784 458 3474



SANDBAR

WE ARE NOW OPEN 11AM-5PM DAILY - EXCEPT CLOSED ON TUESDAYS
SERVING FOOD AND DRINKS ALL DAY
NOW OFFERING SUMMER DAY PASS!

OUR DAY PASS INCLUDES:
1 SUN LOUNGER
2 DRINKS (BEER/RUM PUNCH)
1 MAIN COURSE + 1 DESSERT
\$117EC | \$45USD PER PERSON

CALL OR WHATSAPP US TO RESERVE YOUR SPOT!

+784 5348020

LIMITED AVAILABILITY- PLEASE BOOK IN ADVANCE TO AVOID DISAPPOINTMENT

WE ARE LOCATED IN FRIENDSHIP BAY

MARAINNE'S

DELICIOUS HOMEMADE GOURMET ICE CREAM

Sorbets, Frozen Yogurt, Fresh Natural Yogurt &
Sundaes and Splits, Qts and half gal. Tubs to take away

All Natural Ingredients!

Open Daily 10.30am-5.30pm Closed on Sundays

Tel: 593 7264

marannebazell@gmail.com



The Cocktail Lab

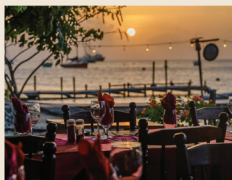
Handcrafted Cocktails in a Lounge Style & Cozy Setting

GET DOWN THURSDAY
EC\$5 LOCAL RUM MIX 5PM-9PM
MUSIC BY DJ ADIKTID 7PM-10PM

WEDNESDAY LIVE MUSIC
5:30-7:30PM
CHILL ACOUSTIC GUITAR MUSIC
BY CLOUD GOODING

SUNDAY SUNSET SPECIAL ★ EC\$15 COCKTAILS ★ 5:30-7:30PM

OPEN: Wed - Sun 4pm - until **Closed on Mon & Tue** Call or WhatsApp
LOCATED: at the Bequia Marina, on the waterfront +1 784 433 8218



Waterfront Dining

Belmont Walkway

**Open Daily
for Breakfast & Lunch**

Dinner: Tues, Wed & Thurs Evenings

+1 (784) 458 3255
reservations@frangipanibequia.com
@frangipanibequia

BEQUIA PLANTATION HOTEL

Reservations
and Enquiries:



Tel: (784) 534 8677

Open Daily for Breakfast, Lunch & Dinner

WEEKLY DINNER SPECIAL!

Saturday 12th July: SEAFOOD NIGHT 6PM - 9PM

Grilled Seafood Platter incl. Tiger Prawns, Fish, Scallops,
Garlic Mussels + sides, 2 glasses Prosecco - US\$60 pp

CHECK OUR DAY PASS - only US\$65 PP!

Includes: Lunch and Dessert, two local drinks per person,
Use of Pool, Loungers and Watersports

See Facebook for details of Special Events:

www.facebook.com/BequiaPlantationHotel

email: info@bequiaplantationhotel.com

ACTIVITIES / SHOPPING / SERVICES

BEQUIA HERITAGE MUSEUM

located at St. Hillary, Friendship

Exploring 1700 years of Bequia's unique history
from Amerindian times to the present day



CURRENT OPENING HOURS:

Mondays, Wednesdays & Fridays from 10am to 1pm

Private out-of-hours Guided Tours also available by prior arrangement

Adm: EC\$25 (US\$10) - kids free! Allow plenty of time for your visit
Email: bequiaheritage@gmail.com Tel: 532 9554 / 457 3649 / 458 3086



www.bequiatourism.com/events.htm#fish



THE BEQUIA ANNUAL FISHERMANS' DAY

**SATURDAY, JULY 12
9AM TO 7PM**

GREAT FUN, FOOD, DRINKS & MUSIC

ALL ACTIVITIES UNDER THE ALMOND TREE

- REGISTRATION FORMS AVAILABLE AT LULLEY'S FISHING STORE ON BEQUIA & MAINLAND.
- \$15 ENTRY FEE
- REGISTRATION FORM SUBMIT TO LULLEY'S DEADLINE - FRIDAY, JULY 11 BY 3PM



TROLLING ✓ IN-SHORE CASTING ✓ HAND LINE FISHING
CONTEST ENDS AT 3PM ALL FISHERMEN RETURN TO BEACH
FISH CATCH OF THE DAY SOLD UNDER THE ALMOND TREE



SUNKISSED BEQUIA Beach Equipment Rentals

Beach & pool days just got a whole lot better!

We offer Private Loungers, Coolers,
non-motorised Watersports Equipment,
Picnics and much more...!

Free delivery & pickup throughout the island

Want more details? Just get in touch:

Tel: 1 (784) 432 4986
Email: sunkissedbequia@gmail.com

MUSTIQUE Sail with TOBAGO CAYS

GUSTO!

WhatsApp (784) 433-1371

GUSTOBEQUIA@GMAIL.COM WWW.GUSTOBEQUIA.COM

f GUSTO A BEQUIA SAILING ADVENTURE

ST VINCENT BEQUIA TOBAGO CAYS MUSTIQUE CARIBBEAN SCHOONER

www.friendshipprose.com



friendshipprose@mac.com

Tel: (784) 457 3888

sail for the day in classic island style

100FT CLASSIC SCHOONER, SNORKELING MEALS & DRINKS INCLUDED CALL (784) 495 0886




Boutique:
Shop Ethically Handmade
Apparel & Accessories
Men | Women | Children

Monday to Friday 8AM - 4PM
Saturday 8AM - 12PM
+1 (784) 526 6945
info@bequiathreadworks.com



BEQUIA
Threadworks

Production Centre:
Fully Equipped for Alterations,
Bespoke Embroidery Projects,
Custom Upholstery & More

Monday to Friday
8AM - 4PM
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production@bequiathreadworks.com

FOLLOW
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**UNLOCKING
POTENTIAL**

Through innovative
programs,
partnerships, and
scholarships, we help
students gain the
knowledge and
resources they need to
thrive in school
and in life.



**The
Grenadines
Initiative**

grenadinesinitiative.org



**BEQUIA'S BOUTIQUE-STYLE
THRIFT STORE**

*You can find us in our
NEW bigger, brighter
and better premises
above the former Gym at Ocar!*

Open Thurs, Friday & Saturday 9am to 1pm - dinghy dock nearby

ENCORE
*In aid of the
Sunshine School*



VINTAGES RETAIL STORE
Monday to Saturday
9AM - 4PM
Next to Sugar & Spice Café
Shop wines, spirits, teas and more!
+1 (784) 528 6101
vintagesbequiasales@gmail.com
@vintagesbequia



Sole Distributor: Mount Gay Rum, Cointreau, Rémy Martin, St-Rémy, The Botanist Gin, Ponche Kuba, Harney & Sons

ADVENTURES IN THE TRADE WIND
by RICHARD DEY
The Story of Morris Nicholson -
Pioneer Charterboat Skipper

*"... a well-told, interesting tale that weaves Dey's
conversations with Nicholson into the history of the
early days of the charter industry in the Caribbean."*

- YACHTING Available from Bequia Heritage Museum, Amazon





**DORIS' FRESH FOOD
& YACHT PROVISIONING**

• Located in Back Street •
Imported meats, cheeses, fresh fruit and vegetables.
Fine wines and spirits!

Monday to Friday: 8am-2pm, Sat: 8am-12 noon Sunday: Closed
WhatsApp/Signal: +1 784 528 8568 Tel: 458 3625
doris_freshfood@yahoo.com See also: www.dorisfreshfood.com

VILLA RENTALS & REAL ESTATE

**grenadine
ISLAND
VILLAS**

www.grenadinevillas.com

The best, most comprehensive
listing of Villas & Apartments
to rent and buy in Bequia!

 PrimeLocation  Zoopla  rightmove

**Villa Rentals
Land & Villa Sales
flights & travel services**
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+1 (784) 457 3739

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luxury
Villas**



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Luxury Villa Rentals
with Blue Grenadines
& Exclusive Villa Sales
with Real Grenadines.



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BG
Grenadines**



**Real
RG
Grenadines**

www.bluegrenadines.com
www.realgrenadines.com
WhatsApp: +44 7960 480403

LOOKING TO RENT OR SELL YOUR PROPERTY IN BEQUIA?

Why not advertise in 'Bequia this Week'?

*Published weekly - both in print and online -
to a truly international readership!*

Contact: outhousesvg@gmail.com • I (784) 532-9553/4

Outhouse Graphics - serving Bequia businesses & visitors for 25 years!



BEQUIA TOURISM ASSOCIATION
www.bequatourism.com
tourismbequia@gmail.com

Tel: +1(784) 458 3286

WhatsApp: +1(784) 496 4417

Visit the Tourism Office!

**Advice on accommodation, tours, daytrips, plus stamps,
postcards, newspapers, flags, maps, caps, bags & beach towels**

Located opposite Customs/Revenue building



**SERENITY
HOUSE**
PORT VIEW

FRONT STREET, BEQUIA

**"WE OFFER YOU A COMFORTABLE BED IN A WELL-APPOINTED
2 BED, 3 BATH SPACE WITH A/C & SCENIC OCEAN VIEW"**

BOOK NOW: 784 570-9518 / 784 496-5619

BEAUTY, HEALTH & FITNESS



PURCHASING MEDICINAL CANNABIS

HAS NEVER BEEN SO *EASY*

**GET YOUR 25 XCD PRESCRIPTION
ONLINE TO BE ABLE TO PURCHASE
PRODUCTS AT GREENHOUSE CAFE**

WEAREMEDICINAL.COM/CONSULT



Purchase flowers, lotions, pre-rolls, tincture and more
at one of the Greenhouse Café locations

(Coconut Grove at Canash Beach or Plantation Hotel in Bequia)



The Spa

at Bequia Plantation Hotel

KEEP YOURSELF BEAUTIFUL

Try a body scrub, after sun
treatments, massage

**Check our selection of
Spa & Day Pass Combos - valid till 30th July 2025!
See full selection: www.tinyurl.com/59sba8pn**

MESSAGES

Aromatherapy, hot stone, swedish deep tissue or
CBD infused massages are available.

Ask
about
our CBD
infused
massage

**MAKE YOUR RESERVATIONS BY
CALLING 784-534-8677**

FRIENDS OF BEQUIA HOSPITAL

A Registered Charity

We rely on donations to maintain adequate
medical supplies for the Bequia Hospital & Clinic
providing healthcare for everyone on Bequia.

PLEASE GIVE GENEROUSLY!

Donations in a sealed, addressed envelope can be left at the
Bequia Tourism Office. **For more info call: 529 8491**

Email: FOBH13degreesN@outlook.com

SERENITY DAY SPA

SOOTHE YOUR BODY & MIND

We offer a wide range of Spa Treatments

including Massages, Full Body Care, Facials

Waxing, Manicures, Pedicures & more...

For price list see: www.tinyurl.com/56t6s7m7

Belmont Inn & Suites, Bequia 9am - 5pm (closed Suns, Mons & Thurs)

Tel: 1(784) 533-4005

Email: serenity_dayspa@yahoo.com



CHANGES TO YACHT GARBAGE DISPOSAL IN BEQUIA

**PLEASE NOTE: The bins for recycling plastic, drink cans & glass at the Dinghy Dock by the main jetty
have been REMOVED, as have ALL the bins at Princess Margaret Beach!**

Now, the **ONLY** location for pre-sorted, non-recyclable Yacht Garbage and for Recyclable items is at the **Vegetable Market** -
in the Green Concrete Hut, accessible directly from the dinghy dock at the market, or by foot behind the market

Please do NOT dispose of Yacht Garbage or recycling bags ANYWHERE ELSE on the island

• Dumping in unauthorized places is a prosecutable offence. Be smart - don't dump! •

Bequia Tourism
Association



BEQUIA INFORMATION

<https://bequiafastferries.com>
BEQUIA FAST FERRIES LTD
 (784) 493-3278 | office@bequiafastferries.com | www.bequiafastferries.com

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 | | |

*Schedule may be amended on special occasions

Fares

| Passengers - Locals | | | Passengers - Standard | | |
|---------------------|---------|--------|-----------------------|---------|--------|
| Age Group | One Way | Return | Age Group | One Way | Return |
| Adults | \$25 | \$50 | Adults | \$30 | \$60 |
| Teenagers (13-17) | \$20 | \$40 | Teenagers (13-17) | \$25 | \$50 |
| Children (5-12) | \$15 | \$30 | Children (5-12) | \$20 | \$40 |

| Vehicles | | |
|--------------------|---------|--------|
| Standard Size | One Way | Return |
| Vehicle Only | \$65 | \$120 |
| Vehicle and Driver | \$85 | \$155 |



ST. VINCENT ELECTRICITY SERVICES LIMITED CUSTOMER ADVISORY SCHEDULED OUTAGES IN BEQUIA

Tuesday 15th July: O'Car 8am - 12 noon
Wednesday 16th July: Section of Spring 8am - 12 noon
Thursday 17th July: Section of Spring 8am - 12 noon

BEQUIA FERRIES SCHEDULES

For current and holiday schedules
see relevant Ferry Company info/contact below:

Bequia Express: www.bequiaexpress.com / (784) 457-3539

Admiral Ferries: AdmiralferriesBequia WhatsApp (784) 534-7707

Bequia Fast Ferries: <https://bequiafastferries.com> (784) 493-3278

Jaden Sun: www.jadensunferry.com (inter-Grenadines)

GENERAL INFORMATION

Bequia Hospital (24 hrs) 458 3294
Bequia Clinic 457 3328
Dr. Lugo (private appts/visits) 528 1955
Dr. Greg Thomas (Chiropractor) 457 3785
Paget Farm Clinic 458 3302
Imperial Pharmacy 458 3373, after hours 458 3025

Bequia Police Station 458 3350
 VHF 16 "ZedQS Bequia"
Coastguard 457 4578
 VHF 16 "Juliet8Bravo"
Post Office Mon - Fri: 9am-12 noon, 1pm-3pm
Cruisers' Net: VHF 68 Mon/Wed/Fri 8am Weather & Local Info

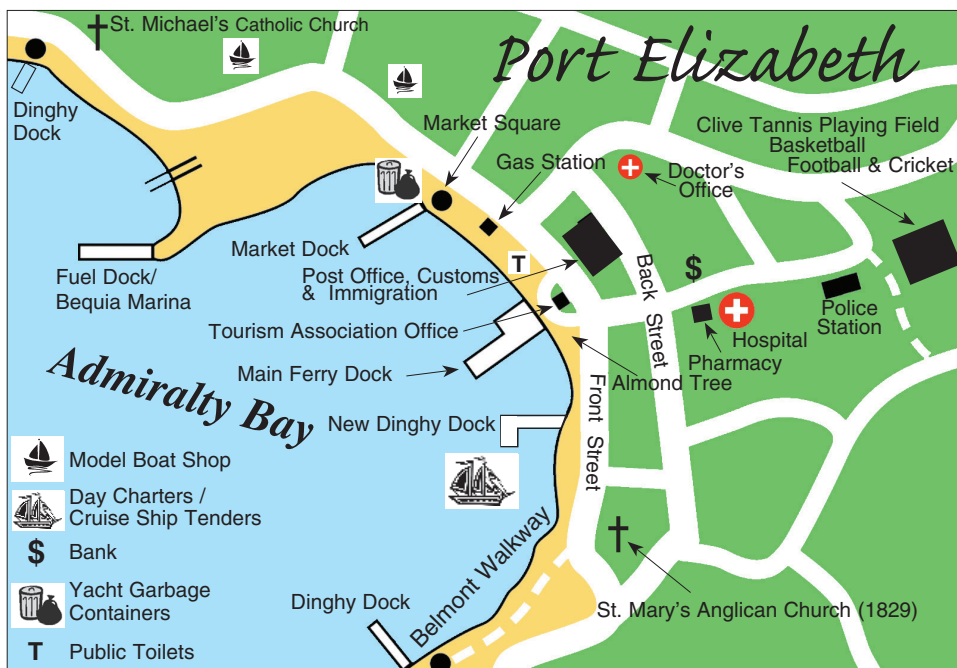
Customs & Immigration: Mon - Fri: 8.30am - 6pm (closed 12-1pm), Sat: 8.30am - 12 noon, 3pm - 6pm, Sun: 9am - 12 noon; 3pm - 6pm
 Overtime fees may be charged - Clearing in and out outside office hours and on Public Holidays is normally possible by arrangement.

BEQUIA HARBOUR

The **WHERE'S**
& **WHATS**

Bequia Tourism Association

Phone: (784) 458 3286
 WhatsApp (784) 496 4417
tourismbequia@gmail.com
www.bequiatourism.com



CHECK BEQUIA THIS WEEK ONLINE - IN COLOUR! Visit: www.begos.com

For advertising space and rate details contact outhouse@vincysurf.com or call: 532 9553/4

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BEQUIA

LEGEND

- Road
- - - Foot Path
- ⊕ Medical Clinic
- 🏖 Beach
- ✝ Church
- 🏰 Old Fort
- 🏊 Dive Shop



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Please do NOT dispose of Yacht Garbage or recycling bags ANYWHERE ELSE on the island

• **Dumping in unauthorized places is a prosecutable offence. Be smart - don't dump!** •



Bequia Tourism Association

POSTCARD FROM BEQUIA



Get your card to share here: www.begos.com/lovebequia/
Share your love for Bequia by sending a card to your friends
and loved ones. Say hello and tell them how you are doing -
it will mean a lot to them to be reminded of our beautiful island.

Love
Bequia



See all cards here: www.begos.com/lovebequia